



**DEMAND MORE FROM LONGWEAR
WITH NO COMPROMISE**

BECAUSE YOU'RE WORTH IT.™



LIGHTWEIGHT, BREATHABLE, NON-COMEDOGENIC FORMULA.

INFALLIBLE

UP TO 24HR FRESH WEAR

FOUNDATION

SPF 25

OUR MOST LIGHTWEIGHT,
BREATHABLE, LONGWEAR FOUNDATION.
FRESH SKIN HOUR AFTER HOUR.

NOW IN
40
SHADES



L'ORÉAL
PARIS

A Missing Toddler,
a Mom Arrested



HOW I SURVIVED
THE CORONAVIRUS
One Man's Story



Lori
Loughlin
BOMBSHELL
NEW LEGAL
CLAIMS

People

WOMEN
CHANGING THE
WORLD

Exclusive!

Mariska
Hargitay

The Moment
That Changed
My Life

March 16, 2020

The star on family, her future
& finding her purpose—helping
sexual assault survivors: 'All these
women need is to be believed'



TWO NEW WAYS TO ENJOY COOKIES & CREME



NOW INSIDE TWIX.
NOW INSIDE STORES.

chatter

March 16, 2020

'Nerds are not only the wallflowers and the quiet ones. We're ambitious, we have obnoxious personalities sometimes, we want to have sex and dreams like all the other kids'

— MINDY KALING,
on the many layers of geeks, at a Netflix brunch

'I said, "If we're going to be together for the rest of our lives, what is the rush?"'

— JENNIFER LOPEZ,
on why she's not in a hurry to marry Alex Rodriguez, at Oprah's 2020 Vision: Your Life in Focus Tour stop in Los Angeles



'We all had our favorite Spice Girl.... She was obviously my favorite. It might be a bit awkward if she wasn't'

— DAVID BECKHAM,
on his wife, Victoria (inset), on *The Tonight Show Starring Jimmy Fallon*

'I always thought fashion was never my thing because I wear sweatpants and T-shirts so much'

— DREW BARRYMORE,
on launching her Flower lifestyle brand, to *People*

'I'm not leaving any money to my children. Congratulations, kids'

— MARIE OSMOND,
on choosing to give her fortune to charity after she dies, on *The Talk*

'I feel like the cast of *Game of Thrones* perhaps, but with way less blood, lower stakes'

— NICK JONAS,
on his power as a coach on *The Voice*, on *Late Night with Seth Meyers*

5 Things We're Talking About

this week!



1

Lady Gaga releases a new song

The pop star brings the power of pink to the video for her positive, upbeat single "Stupid Love." Days after it dropped, Gaga announced she'll put out her sixth album, *Chromatica*, April 10.



2

Jif helps settle a debate

The PB brand partnered with website Giphy to launch a limited-edition jar that will "put a lid on" how to pronounce "gif."



3

Two couples believe love is blind

After meeting in pods and getting engaged sight unseen on Netflix's *Love Is Blind*, two pairs tied the knot in the finale—but three others said "I don't" at the altar.



4

The Oprah Winfrey Show becomes a podcast

Each week the Oprah Winfrey Network will release one of more than 4,500 shows—spanning 25 years—as an audio program.



You get a podcast, you get a podcast, you get a podcast!



How you doin', Timothée Chalamet?

5

Timothée Chalamet will be there for you

Friends star Courteney Cox said if the show ever does a reboot, she'd cast the actor, 24, as Joey (Matt LeBlanc) and Jonah Hill as Ross (David Schwimmer).

**All the fun of Goldfish® now comes with
the goodness of 1/3 serving of vegetables.**



Introducing Goldfish® Veggie Crackers.



The Snack That Smiles Back®



BRING ON THE INSTANT *summer tan.*

Get those winter legs out of hibernation in a snap.

With Jergens® Natural Glow® Instant Sun® Sunless Tanning Mousse, you create your own sunshine. Grab your floatie and glow!

JERGENS®
Let your beautiful shine®



March 16, 2020

People contents

Vol. 93 / No. 11



54

Mariska Hargitay talks about how starring in *SVU* led her to become a passionate advocate for rape survivors. Plus: 10 more women changing the world.

ON THE COVER Photograph by Cliff Watts. Hair: Mia Santiago/Shu Uemura/See Management; Makeup: Dina Sliwiak; Prop Stylist: Anthony Asaro/11th Street Workshop/Art Department; Manicurist: Isadora Rios/CHANEL Le Vernis/Opus Beauty; Stylists: Meg Chapman & Jordan LaValle; Dress: Roksanada; Earrings: Livingston Ballard. Top insets, from left: Tennessee Bureau of Investigation; Chris Fortuna/Contour by Getty Images

Also in This Issue

- 3 CHATTER
- 12 STAR TRACKS
- 21 SCOOP
- 32 STORIES TO MAKE YOU SMILE
- 34 PASSAGES
- 37 WEDDINGS
- 43 PEOPLE PICKS
- 97 BEAUTY
- 101 FOOD
- 104 PUZZLER
- 107 SECOND LOOK
- 108 ONE LAST THING

On the Cover

- 54 Mariska Hargitay
- 21 Lori Loughlin
- 50 Coronavirus
- 88 Baby Evelyn

This Week

- 21 Scoop
Lori Loughlin's explosive new evidence in the college admissions scandal, secrets from Taylor Swift's latest video, Katherine Schwarzenegger Pratt on her new book—plus more celebrity news

- 84 Mike Burden
The incredible true story of a former KKK member taken in by an African-American reverend and his Baptist church

- 88 Missing Tennessee Toddler
More than two months after 15-month-old Evelyn Boswell was last seen, her mother, Megan, is charged with lying to police

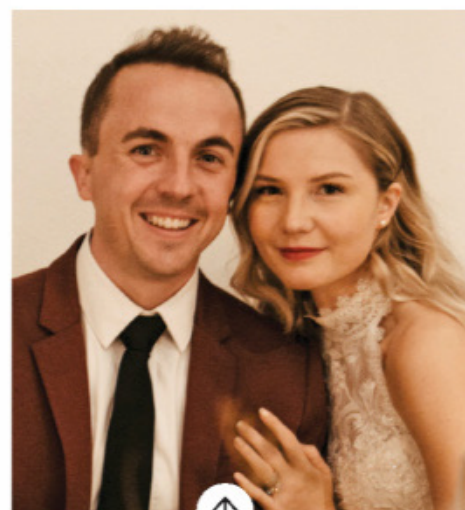
- 95 Carrie Underwood
The country star and mom of two sheds light on what her life is really like and how she manages her busy days



- 50 Surviving Coronavirus
Carl Goldman's dream cruise turned into a nightmare.



- 90 Princess Margaret
Lady-in-waiting Anne Glenconner shares memories of the late royal.



- 37 Weddings
Malcolm in the Middle star Frankie Muniz marries longtime love Paige Price.

CLOCKWISE FROM TOP RIGHT: COURTESY CARL GOLDMAN; GEORGE FRESTON/FOX PHOTOS/GETTY IMAGES; ALEX MAXWELL; CLIFF WATTS; BLAZER: KHAITE; NECKLACE: LIVINGSTON BALLARD

KATE'S ROYAL RUN

London, Feb. 26

Princess Kate tested out the track at London Stadium during an event for SportsAid, a charity that supports young athletes.





**PLAYFUL
POP STAR**
Sydney, Feb. 29
“Don’t Start Now”
singer **Dua Lipa**
marched in the Sydney
Gay and Lesbian Mardi
Gras Parade. “Nothing
short of magical,” she
wrote on Instagram.



NO. 1 FAN
**Toronto,
Feb. 25**
Rapper **Drake**
high-fived
Toronto Raptor
Matt Thomas
during the
basketball
team’s game
against the
Milwaukee
Bucks.



CELINE’S STREET STYLE
New York City, Feb. 28
Before taking the stage at the Barclays
Center, **Céline Dion** turned heads in a
colorful Marc Jacobs sweater.



**BURGER
BREAK**
**Los
Angeles,
Feb. 27**
Mark Wahlberg
passed out
goodies
from his
family’s chain,
Wahlburgers, at
the premiere of
his new action
movie *Spenser
Confidential*.

CLOCKWISE FROM LEFT: YUI MOK/GETTY IMAGES; BRENDON THORNE/GETTY IMAGES; DIGGZY/SPLASH NEWS; ROB LATOUR/SHUTTERSTOCK; VAUGHN RIDLEY/GETTY IMAGES



Sofia Vergara supported her son **Manolo Gonzalez Vergara**, 27, and his dog **Baguette** at the launch of his luxury pet retail line CANINI by Baguette on Feb. 28 in Las Vegas.

PUPPY LOVE



On Feb. 26 **Susan Sarandon** stopped by BUILD Series with pup **Penny** to promote her film *The Jesus Rolls* in N.Y.C.



Sophie Turner and husband **Joe Jonas** ran errands with **Porky**, their Alaskan Klee Kai, on Feb. 29 in L.A.



Emily Ratajkowski went for a stroll around N.Y.C. with **Colombo**, her husky-German shepherd mix, on March 2.

CLOCKWISE FROM TOP LEFT: DENISE TRUSCELLO/WIREIMAGE; DIA DIPASUPLI/GETTY IMAGES; JACKSON LEE/GC IMAGES; BAUER-GRIFFIN/GC IMAGES

"The Kicker"



"The Flamingo"



"The Irish Stepdance"



However you sleep, you're protected.

Always Overnight pads have a
75% larger back* for up to 10
hours of protection while you sleep.

*vs. Always Ultra Thin Regular with wings



"The Gecko"



"The Starfish"



"The Doggie Paddler"





PERFECT 10

**Perth,
Australia,
Feb. 25**

A leotard-clad **Jonathan Van Ness** slid into a split during a stop on the *Queer Eye* star's Road to Beijing stand-up comedy tour.



BEN GOES BLOND

**Sarlat,
France,
Feb. 27**

Ben Affleck looked unrecognizable with blond hair while filming *The Last Duel*.

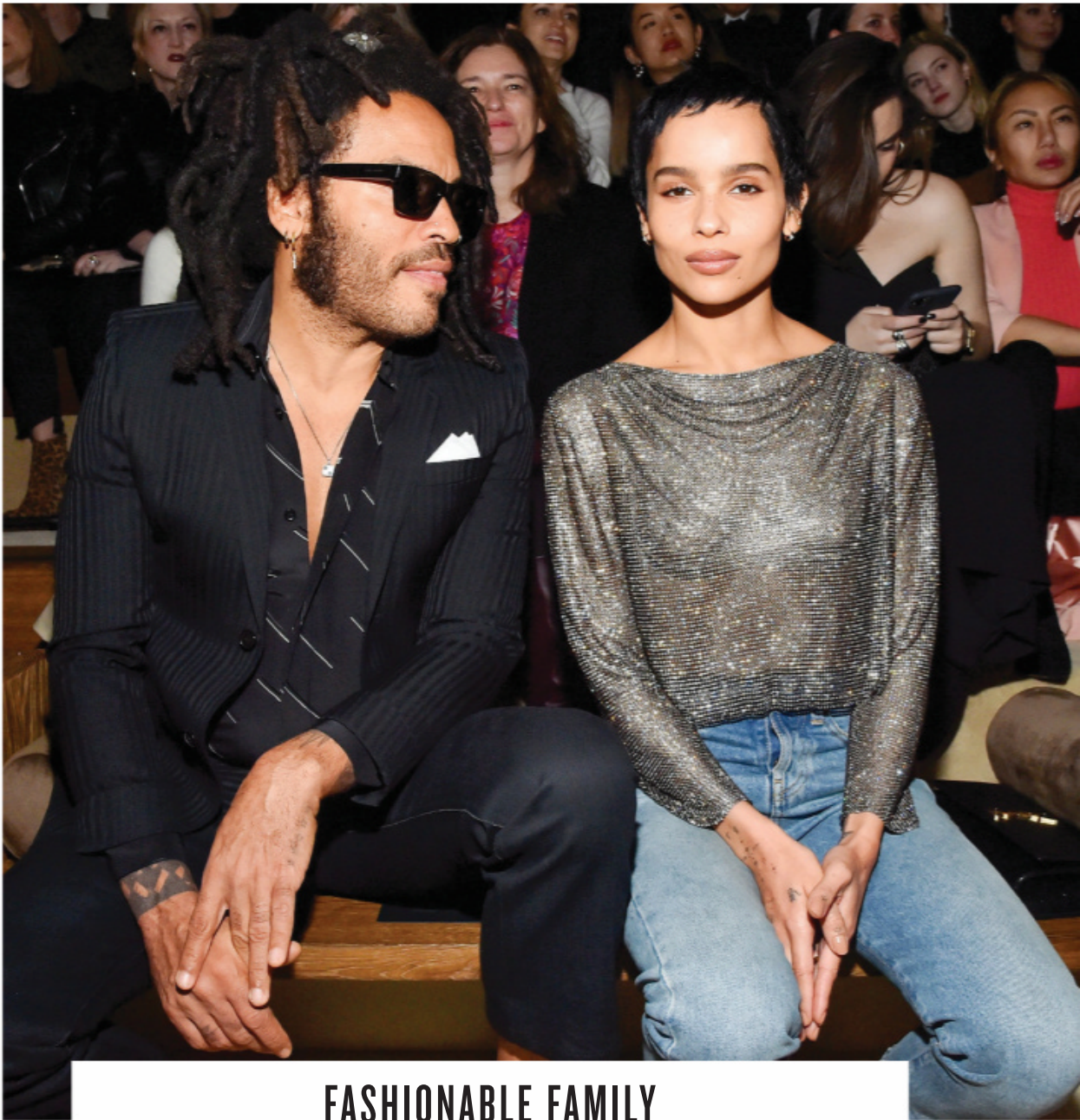




HARRY HITS THE ROAD

London, Feb. 28

Prince Harry and Jon Bon Jovi re-created the Beatles' iconic *Abbey Road* album cover alongside an Invictus Games choir member (second from left) and athlete (far right).



FASHIONABLE FAMILY

Paris, Feb. 25

Lenny Kravitz and daughter Zoë Kravitz made a stylish pair while sitting front row at the Saint Laurent show during Paris Fashion Week.



GETTING THE BOY BAND BACK TOGETHER

Coconut Creek, Fla., Feb. 28

The members of 98°—Drew Lachey, Nick Lachey, Justin Jeffre and Jeff Timmons—hit the stage during their reunion tour.



People
WEDDING
EXCLUSIVE



The bride (second from left) with (from left) Bachelor Nation pals Lace Morris, Iaconetti, Roper Tolbert and a guest.

A BACHELOR NATION WEDDING

Denver, Feb. 29

When previous *Bachelorette* contestant **JJ Lane** wed former NFL cheerleader **Kayla Hughes**, it was a mini reunion as fellow alumni like **Ashley Iaconetti**, **Jared Haibon**, **Jade Roper Tolbert** and **Tanner Tolbert** (a groomsman!) were on hand to celebrate. During the ceremony, planned by A Touch of Bliss, Hughes, 26, also recited sweet vows to Lane's 8-year-old daughter Gemma. "That was my favorite moment," Lane, 37, says. "It was really special."

StyleTracks KIM KARDASHIAN WEST LOVES HER LATEX

In Paris for fashion week, the star rocked three Balmain outfits in one day

9 A.M.

She wore this suit to husband Kanye West's Sunday Service two days after it appeared on the runway.



3 P.M.

She was spotted in a chocolate-colored ensemble, also a part of the label's collaboration with latex designer Atsuko Kudo, at the Balenciaga show.



7 P.M.

Kim stepped out to dinner in this custom blush color with daughter North, 6, sister Kourtney Kardashian and niece Penelope, 7.

2015

She wore this latex Atsuko Kudo dress just two days after announcing her pregnancy with son Saint.



DULL, TIRED SKIN? FLIP THE SWITCH.

MEET NEW BRIGHT BOOST.

- ✦ Powered by dullness-fighting Neoglucosamine.
- ✦ Boosts cell turnover by 10x* for instantly brighter skin.



*Surface Cells, In Laboratory Studies ©J&CI 2019

#1 DERMATOLOGIST RECOMMENDED BRAND
Neutrogena®

IT'S LIKE IF A
PRETZEL HAD
A SHADOW
MADE OF
CRUNCHY
PRETZEL



DIP OR
NO DIP

THEY'RE
FLAT
OUT
DELICIOUS

FIND US IN THE DELI



Preparation Mode
Giannulli and Loughlin (arriving at court in August 2019) “are in constant contact with their lawyers,” a source says. “They will be ready when the trial starts.”

Admissions Scandal Update

Lori Loughlin's Legal Bombshell

Almost a year after she and her husband were first charged in the college admissions scandal, Lori Loughlin is fighting back in court—with explosive evidence that could help exonerate her and her husband, Massimo Giannulli. On Feb. 26 the couple's attorney Sean Berkowitz filed a motion to have their upcoming trial date postponed due to newly released claims that scam mastermind

Rick Singer was told by the FBI to lie about whether parents knew they were paying bribes. Berkowitz states in the court documents that “Singer's notes indicate that FBI agents yelled at him and instructed him to lie by saying that he told his clients who participated in the alleged ‘side-door’ scheme that their payments were bribes, rather than legitimate donations that went to the schools.” >>



“They continue to ask me to tell a fib and not restate what I told my clients.”—Rick Singer in his notes on an Oct. 2, 2018, call with federal investigators, per legal filings.



Stepping Out
Life for Olivia Jade (far left, with pals at an L.A. lingerie launch on Feb. 10) is “back to normal,” a source says. **Right:** Loughlin ran errands in Santa Monica on Feb. 19.

The filing sent shock waves through those involved in the scandal, in which many defendants (including actress Felicity Huffman) have already pleaded guilty. “This is a defense attorney’s dream and a prosecutor’s nightmare,” says criminal defense lawyer James J. Leonard Jr., who’s not representing anyone in the case. “This changes everything.” Still, the Boston judge denied Loughlin’s request and set her and Giannulli’s court date for Oct. 5. “They are not upset that the date didn’t get moved,” says a Loughlin source. “Any new development that might challenge the prosecution’s allegations is good for them.”

Last year Loughlin, 55, and Giannulli, 56, pleaded not guilty to charges of fraud, money laundering and conspiracy to commit federal program bribery after they were accused of paying Singer \$500,000

Date Set
Loughlin and Giannulli’s trial is scheduled for Oct. 5 at Moakley Federal Courthouse in Boston.



to designate their daughters—Isabella Rose, 21, and YouTube star Olivia Jade, 20—as recruits to the USC crew team. Neither of their girls ever rowed. The couple have maintained that they believed they were making a charitable donation through Singer, not doing anything illegal. “Their story has never changed,” says the source. “This is

why they did not accept a plea deal with jail time. It’s not illegal to make a donation.” With jury selection starting in September, the source adds that the couple are “all good” and focused on preparing for trial. “It’s like a dark cloud that won’t go away.” — **EMILY**

STROHM with reporting by **Pernilla Cedenheim**

The New Bachelorette Gets Ready!

She hasn’t been on reality TV in two years, but Clare Crawley is a familiar face in Bachelor Nation. The hairstylist and newly named *Bachelorette* star was the runner-up on Juan Pablo Galavis’s *Bachelor* season in 2014, then appeared on *Bachelor in Paradise* and *The Bachelor: Winter*

‘THERE HAVE BEEN PLENTY OF DAYS WHERE I’VE WONDERED IF I’D EVER FIND SOMEONE. BUT I WON’T SETTLE’
—CLARE CRAWLEY

Games, after which she was briefly engaged to Benoit Beauséjour-Savard. “People ask, ‘Why would you go on the show again?’” she says. “But good or bad, you take something from every relationship. I know what I won’t put up with.”

At 38, she’s the oldest Bachelorette ever. “I feel

like my age is an asset,” she says. “Twenty-three-year-old Clare had no clue what she wanted. I want to represent for the girls my age out there.” Now Crawley is ready to meet a “vulnerable and open” man. Looks-wise, “I love scruff, and I’m a sucker for a tall guy,” she says. “I also love a dad bod!”

— **AILI NAHAS**

Another Shot at Love

“I’ve wanted to be married for a long time,” says Crawley. “I know what I’m looking for.” The ABC show premieres on May 18.



HEART MONITOR



New Couple?

Nicolas Cage & Riko Shibata

Eight months after ending his four-day marriage to fourth wife Erika Koike, the actor, 56, appears to have moved on: Cage was spotted holding hands with Shibata in New York City on Feb. 28.



Happy Anniversary!

Tom Brady & Gisele Bündchen

On Feb. 26 the Patriots quarterback, 42, and the supermodel, 39, celebrated 11 years of marriage. "Thank you for making life so sweet!" Bündchen wrote on Instagram of Brady, with whom she shares two children.



Getting Closer

Madonna & Ahlamalik Williams

The pop icon, 61, has leaned on her backup-dancer boyfriend, 25 (pictured Feb. 17 in London), amid health problems that caused her to cancel recent tour dates. The pair were snapped holding hands as Madonna walked with a cane Feb. 29 in Paris.



Going Strong

Miley Cyrus & Cody Simpson

The pop star, 27, and the 23-year-old Australian singer-songwriter—who began dating in October—are getting domestic: The couple went grocery shopping in Calabasas, Calif., on Feb. 28.



Secrets from Taylor Swift's New Video

In the music video for her new single "The Man," Taylor Swift, 30, gets a gender-bending makeover to imagine what life would be like if she were a successful man. On top of slamming sexist double standards she has encountered, the pop star—who wrote, directed and starred in the clip—alludes to her ongoing feud with megamanager Scooter Braun. — **JEFF NELSON**

DECODING 'THE MAN'

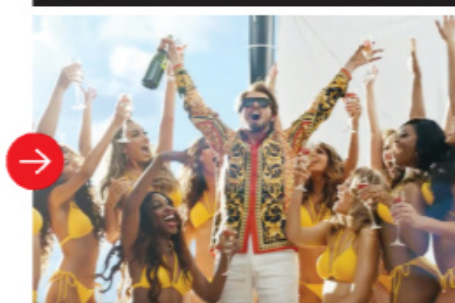
Her Shocking Transformation

Swift revealed on Instagram that she spent "between 4-6 hours" in the makeup chair every day to become the bearded brown-haired man she portrays in the music video.



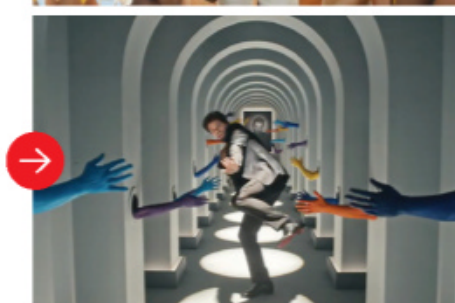
DiCaprio Diss

With the lyrics "We would toast to me, oh, let the players play/ I'd be just like Leo, in Saint-Tropez," the singer, who has been scrutinized for her love life, took a shot at Leonardo DiCaprio.



Feminist Theory

The 19 hands may represent the 19th Amendment, which granted women the right to vote. The video dropped Feb. 27, the 98th anniversary of when the Supreme Court upheld the amendment.



Scooter Braun Beef

The titles of Swift's first six LPs appear on a wall, with a sign reading "If found return to Taylor Swift" and a "no scooters" symbol—a reference to her drama with Braun, who owns the rights to her catalog.



A Cameo from Dad

Swift's father, Scott, appears as an umpire in a tennis scene, which viewers believe is a nod to Serena Williams slamming an official as sexist for harsh penalties against her at the 2018 U.S. Open.



Harvey Weinstein's Ex Georgina Chapman Moving On with Adrien Brody

The same week disgraced movie mogul Harvey Weinstein was found guilty of two felony sex crimes in New York City, news broke that his ex-wife, Marchesa fashion designer Georgina Chapman, is dating actor Adrien Brody. The pair have been together "for a while," says a source, who adds, "It diverts her attention from the pain of her situation and subsequent split." This is Chapman's first public romance since she and Weinstein, 67, reached an estimated \$15-20 million divorce settlement in January 2018, a few months after sexual assault allegations against Weinstein surfaced. Chapman, 43, who has two children with Weinstein, "was devastated," says another insider. "To say Harvey disgusts her is an understatement." She and Oscar winner Brody, 46, share "many of the same interests"—such as art, photography, fashion and music, says the first source. "She thinks he's unusual and interesting." — **DANA ROSE FALCONE** with reporting by Linda Marx

'SHE FINDS [HIM] TO BE AN INTERESTING PERSON WITH A DEEP PASSION FOR HIS WORK THAT IS SIMILAR TO HERS'
—A SOURCE ON CHAPMAN

New Couple
Brody "is her type of guy," an insider says of Project Runway alum Chapman.



YOU & ALMONDS

***VS. THE FIVE LONG HOURS BETWEEN
BREAKFAST AND LUNCH.***



Don't let the midmorning
slump slow you down.
With 6 grams of natural
protein, there's nothing you
and almonds can't do.

**OWN YOUR EVERYDAY.
EVERY DAY.**

 **california
almonds®**
Almonds.com

Scoop

Heather Graham Remakes Her Career



1997
With Mark Wahlberg in *Boogie Nights*.



Graham stars as a single mom in *The Rest of Us*.

Heather Graham still thinks the 1997 hit movie *Boogie Nights*, in which she earned acclaim for playing a skate-loving porn star nicknamed Rollergirl, is “iconic.” But after 33 years in front of the camera, the actress, 50, wonders, “Where’s that movie told from a woman’s point of view?”

The Wisconsin native got her start at 17 in the 1988 teen comedy *License to Drive*. “I just remember driving onto the 20th Century Fox lot and thinking, ‘I made it!’” she recalls. She studied English at UCLA before dropping out to pursue a blossoming career,

including roles in *Austin Powers: The Spy Who Shagged Me* (1999), *From Hell* (2001) and *The Hangover* (2009).

But now Graham, who was one of more than 80 women to accuse Harvey Weinstein of unwanted sexual advances, says she’s through working for so many male directors. “We’ve been subjected to only seeing most stories from a

man’s point of view,” she says. “And I want to be part of changing it. I just decided that I’m going to mostly watch movies about women, by women. They’re more uplifting and inspiring.” In 2018 she released her directorial debut,

the comedy *Half Magic*. Her latest film, *The Rest of Us*, directed by Aisling Chin-Yee, tells a “very female story” about “forgiveness and compassion,” Graham says. She also focuses on a healthy lifestyle. “It’s about feeling good

from the inside out,” she says. “I love yoga, I meditate. I do affirmations every day. The culture will try to tell you, ‘Now’s the time to feel bad about yourself.’ I say, ‘Now’s the time to feel even better.’”

—NIGEL SMITH

‘THE MORE WOMEN ARE EMPOWERED, THE BETTER IT IS FOR EVERYONE’

Meet the Actress Playing Princess Diana on Broadway

Jeanna de Waal, 31, was still a kid when Princess Diana died in 1997, so the task of bringing the royal to the Broadway stage meant “devouring” videos on YouTube, including a key news clip of the princess alongside sons William and Harry. “She’s not speaking, but you can see the way that she’s caring for them, how she watches so

intensely,” says de Waal. “She’s very present in every single moment.” The actress, who was raised in London by a British mom and South African dad and previously starred in *Kinky Boots*, traces the princess’s epic life in *Diana: A True Musical Story*, opening on Broadway March 31. But while Diana stood at 5’10”, de Waal is six inches shorter. She compensates for the difference with platforms in her shoes—and posture: “You really can sort of fake that you’re a little bit taller by the way you carry yourself.” —STEPHANIE PETIT

Double Diana
“People are going to decide in a quick few seconds if they buy it or not,” says de Waal (as Diana; inset, Diana in 1985).



Katherine Schwarzenegger Pratt on Love, Family and Forgiveness

The New York Times bestselling author—whose fourth book, *The Gift of Forgiveness*, is out now—talks about family traditions, turning 30 and her marriage to Chris Pratt, 40.

You and Chris got married last June. Do you still feel like a newlywed?

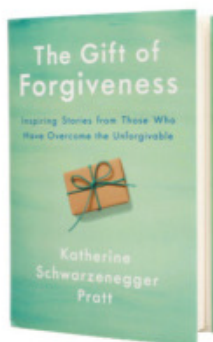
I do! I don't know how long that's supposed to last, but I feel beyond lucky and blessed every single day to be married to the man that I'm married to. So yeah, if it means I'm still really excited and crazy in love, I would say I still feel that way.

You interviewed 22 people—including Elizabeth Smart—about their most difficult moments and how they learned to forgive. What was that like?

I had plenty of times where I started crying because I just so wanted to do right by all of them, and I was really grateful they were willing to talk to me as a complete stranger. The conversations are really raw and vulnerable.

Who helped you most through the writing process?

I didn't want to give the book to just anybody because I'm [a perfectionist], so the only people who read it were my husband and mom [Maria



Passion Project
Writing the book was “an emotional process,” she says.

‘LIFE IS SO SHORT. I FEEL BLESSED AND GRATEFUL EVERY SINGLE DAY’



“She has changed my life,” Pratt (with Katherine in 2019) told E! of his wife.

Shriver]. They were both really impressed and excited for me to get it out there, because they know how passionate I am about this topic.

How do you and your siblings—Christina, 28, Patrick, 26, and Christopher, 22—stay so close?

We're in constant communication. I talk to my mom, my siblings and my dad [Arnold Schwarzenegger] several times a day.

I try to keep most Sundays as sacred days of not doing a lot of work, and all of us kids go to my mom's house for a family dinner.

You had a milestone birthday in December. What are you most looking forward to in your 30s?

I think when you're

Family First
Inset: Katherine (right) in 1992 with her parents and sister Christina. “I cherish the moments when everybody can all be together,” she says.



younger, you decide all the things you want to get done by the time you're 30, then you realize it's just another number. It definitely makes you look at life, though, and realize how fast it goes by. [Turning 30] at least made me want to make sure I'm spending a lot of time with people I love. — MELODY CHIU

Stories to make you... **smile!**

This unlikely duo became best friends for life the minute they met

ROCHESTER, N.Y.

Odd couples don't get any sweeter than this: Lundy, an 11-week-old Chihuahua with a birth defect that left him unable to use his back legs; and Herman, an adult pigeon who was found alone in a parking lot in 2018, unable to fly. The two bonded instantly days before Valentine's Day, after Lundy arrived at the Mia Foundation (themiafoundation.com), a Rochester, N.Y., rescue for animals with birth defects. "The way they interacted was so cute," says founder Sue Rogers, 54, whose Facebook photos went viral—and have since led to plans for a children's book about the pair's special friendship. "I have a bad day, and then something like this makes it all worth it," adds Rogers, who also plans to visit schools with the inspirational pair.



Lundy—who will probably need a wheelchair to support his back legs—and Herman are inseparable.



"Shawn had no connection to Finland," says McKenna (with the ring). Insets: McKenna and Shawn in 1978 (left) and Saarinen (right).

A high school ring lost in Maine turns up in a forest in Finland—47 years later

BRUNSWICK, MAINE

Debra McKenna, 63, had given up on ever seeing the class ring her husband of 40 years, Shawn McKenna (who died of cancer in 2017), had given her back in 1973. She'd lost the ring just weeks later, so when it turned up in a forest in Finland in January, McKenna says, "I couldn't believe it!" Marko Saarinen, a sheet metal worker, was using a metal detector and found the keepsake buried in the dirt. Saarinen used the initials and school name inscribed on the ring to find McKenna through Facebook. "It just warms my heart," she says. "But how did it get to Finland? That's a huge mystery!"

CLOCKWISE FROM TOP RIGHT: THE MIA FOUNDATION; LAHETTY HUAWEL-PUHELMESTANI; TROY R. BENNETT/BDN; COURTESY DEBRA MCKENNA

DEVOTED. LOYAL. TRUE. Like BLUE.

©2020 Blue Buffalo Co., Ltd.

**At BLUE, high-quality ingredients aren't a trend.
They're our history.**

From the start, the first ingredient in BLUE Life Protection Formula® has always been high-quality, real meat. That's why millions of pet parents have trusted BLUE™ since 2003.

Love them like family. Feed them like family.®





Ryan Biegel and Katie Lee

Babies

Food Network star **Katie Lee**, 38, is expecting her first child with her husband, **Ryan Biegel**, also 38. Last May the host of *The Kitchen* opened up about her fertility struggles. “I know a family will happen for us; it’s just not going to be as easy as we thought,” Lee wrote in an essay for *People*. “We will keep working toward it. Someday

we will have our happy new beginning.” ● **Joonas Suotamo**, 33, the Finnish actor who plays Chewbacca in *Star Wars*, welcomed a baby girl with his wife, **Milla**, on Feb. 26. She joins big brother **Aatos**, 2.

● **Brandon Jenner**, 38, and his wife, **Cayley Stoker**, 34, welcomed twin sons **Bo** and **Sam**. He is also dad to **Eva**, 4, with ex-wife **Leah Felder**, 37. ● Country singer-songwriter **Jimmie Allen**, 33, and his fiancée, **Alexis Gale**, welcomed a daughter, **Naomi**, on March 1. He’s also dad to son **Aadyn**, 5, from a previous relationship. ● *Orange Is the New Black* star **Laura Prepon**, 40, and her husband, **Ben Foster**, 39, made daughter **Ella**, 2, a big sister with the arrival of their baby boy.

Engagements

British Prime Minister **Boris Johnson**, 55, is

engaged to his girlfriend **Carrie Symonds**, 31.

They’re also expecting their first child together. ● Former *Summer House* star **Lauren Wirkus**, 32, announced that she said “yes” when her boyfriend, football coach **David Raih**, 39, popped the question.

Deaths

Melrose Place actress and Broadway star **Claudette Nevins** died at home in Los Angeles on



Claudette Nevins

Feb. 20 at age 82.

● Trader Joe’s founder **Joe Coulombe** died in Pasadena on Feb. 28. He was 89. ● On March 1 former General Electric CEO **Jack Welch** died at 84 of renal failure.

By DANA ROSE FALCONE



Happy Birthday!

Steph Curry, 32
March 14, 1988

Jon Hamm, 49
March 10, 1971

Olivia Wilde, 36
March 10, 1984

CLOCKWISE FROM TOP RIGHT: JASON MERRITT/RADAR/PICTURES/SHUTTERSTOCK; WALT DISNEY TELEVISION/GETTY IMAGES; ANTHONY BEHAR/NBCU/GETTY IMAGES; LARRY BUSACCA/GETTY IMAGES; JARED SISKIN/PATRICK MCMULLAN/GETTY IMAGES



James Lipton (1926-2020)

No interviewer was ever as curious about what illuminates a star’s talent

As host of *Inside the Actors Studio* on Bravo from 1994 to 2019, James Lipton interviewed everyone—from Robert De Niro to Barbra Streisand to Jennifer Lopez—with one objective: To get at the truth about what makes a performance great. There was no celebrity tittle-tattle. “I made a vow early on that we would not deal in gossip,” said Lipton, who was 93 when he died of bladder cancer March 2 in New York. Instead he asked intricately detailed, deeply researched questions and became a star in his own right, especially thanks to Will Ferrell’s *Saturday Night Live* impersonation. (Lipton loved it: “He’s got me cold, the rat.”) *Inside*, which now airs on Ovation, was also a showcase for the famous acting school where Lipton, whose own showbiz credits included playing a warden on *Arrested Development*, had taught. He numbered Bradley Cooper (his favorite interview) among his students. Lipton said Bravo’s Andy Cohen “really cared about what he did. If you got booked on his show, it meant you’d made it and had the talent to back it up.”



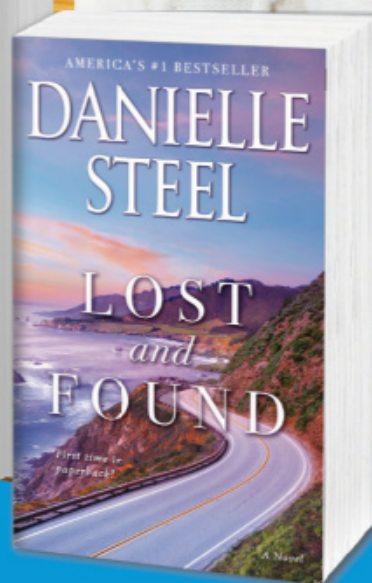
George Clooney (in 2012) and Jennifer Aniston (in 2011) were among Lipton’s nearly 300 guests.

From #1 *New York Times* bestselling author

DANIELLE STEEL

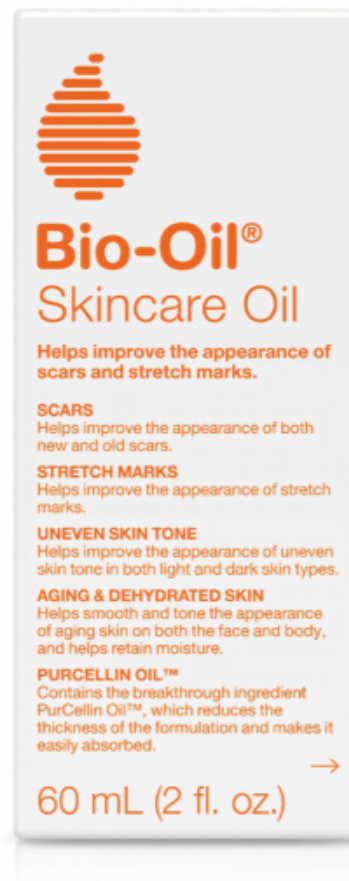
The Numbers Game

*It's never too late to face a challenge,
chase a dream, or transform your life . . .
Age is just a number.*



**Coming soon
in paperback!**

Dermatologist
Recommended for
Scars & Stretch
Marks



"I had a bad fall and ended up with a large cut along my shin bone. I like to wear skirts and dresses so I was worried about having a scar in such a noticeable place. Just as the wound was healing, I read an article in a magazine in which a celebrity swore by Bio-Oil. I was skeptical, but I thought it was worth a try. I faithfully followed the directions for using Bio-Oil, and my scar is now less noticeable. I feel confident wearing skirts and dresses again, and I have Bio-Oil to thank!" Gwen Streeter

Frankie Muniz & Paige Price

THE MALCOLM IN THE MIDDLE STAR SAYS 'I DO'

During Frankie Muniz's wedding to longtime love Paige Price in Phoenix on Feb. 21, things got a little heated. "Right after the ceremony started, our dry florals got knocked into a candle, and all of a sudden, 10-ft. flames!" Muniz, 34, recalls with a laugh. Luckily the rest of the evening went smoothly as the former child star and Price, 27, who co-own an olive oil shop, celebrated with family and friends. "It was the most magical thing we've ever done," says Muniz, who legally married Price in October. "I'm so sad that it's over!" —**AILI NAHAS**



A Joyful Night
Muniz and his bride (wearing a Melissa Sweet gown) walked down the aisle together. "I got teary-eyed," he admits.



ALL THE DETAILS!



A Sweet Treat
After a five-course meal featuring steak and fish, the couple's 40 guests enjoyed a vanilla-frosted cake by Sprinkle Me Sweet Bakery.



Romantic Decor
Tables featured soft florals. The two gave products from their local store Outrageous Olive Oils and Vinegars as favors.



Supportive Friends
Singer Zac Hanson (far left) posed with guests Will Meris and Shane Tschida. "The day couldn't have gone better," says Muniz.



UNEXPLAINABLY JUICY®

Edited By
Tom Gliatto

People picks

THE BEST STUFF TO WATCH,
READ & LISTEN TO THIS WEEK!

An elf quest:
Barley (left)
with Ian and
Laurel.



MOVIE | Onward

A fantastical tale gets a suburban spin—and earns plenty of laughs and tears

ANIMATED Is there a studio more adept at making us cry than Pixar? From *Toy Story* and *Wall-E* to *Coco* and *Up*, the Disney-owned animation giant has consistently moved audiences through storytelling smarts, rich characterizations and a deep well of feeling. On the surface its latest offering, the buddy adventure comedy *Onward*, seems like a departure: a diverting fantasy that imagines a world where mystical creatures live a very humanlike, mundane existence. The zany vibe is more like *Zootopia* than *Inside Out*.

But once its story kicks off, with two elves, Ian and older brother Barley (energetically voiced by Tom Holland and Chris Pratt), on the hunt for a magical crystal to bring their father back to life for a brief reunion, the heartstrings begin to quiver. There's also



Chris Pratt
as Barley



Tom Holland
as Ian



Julia Louis-Dreyfus
as Laurel

a lot of fun to be had. A spell gone wrong early in the film brings back only their dad's lower half, leading to a lot of *Weekend at Bernie's*-like slapstick with the brothers forced to wrangle the walking pair of legs as they try to bring all of him back.

Sight gags abound on their journey, including when the brothers come up against a biker gang of fairies. Octavia Spencer also brings the laughs as the not-so-fearsome Corey the Manticore (a fire-breathing mix of lion, human and scorpion), who teams up with the elves' mother, Laurel (Julia Louis-Dreyfus), to track her sons down. When the emotions come to a climax in the fiery finale, it hits hard. For anyone who has experienced loss, *Onward* will strike a chord. (March 6, PG)

From left:
Bali Chainani, Monica
Vaswani, Brian Benni,
Anisha Ramakrishna,
Amrit Kapai,
Vishal Parvani and
Shaan Patel.



TV | **Family Karma**

REALITY When you meet the circle of Florida-based Indian-American friends featured in Bravo's latest reality soap, it's difficult not to wonder what took so long for such a series to hit the air. The younger generation—whose immigrant parents had their own marriages arranged—often struggle to find balance between their American surroundings and Indian culture. They also live in traditional multigenerational households, which leads to plenty of drama and pressure to get married and have grandchildren. (*Bravo, March 8, 9 p.m.*)

TOMMY GARCIA/BRAVO

DOES YOUR DOG'S MOUTH HAVE
A DIRTY LITTLE SECRET?



Purina trademarks are owned by Société des Produits Nestlé S.A.

Clean it up. One Dentalife® ActivFresh® chew **every day** fights bad breath at the source.

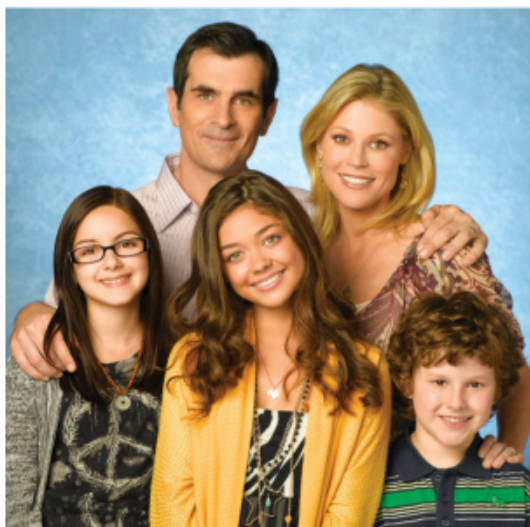


Your Pet, Our Passion.



MOVIE | **The Way Back**

DRAMA Boldly tackling a role that mirrors some of his own struggles, Ben Affleck delivers a raw, charismatic turn as an alcoholic former basketball star who takes a job coaching a high school team. This isn't exactly *Hoosiers*, but you'll be rooting for the scrappy players (the games are realistically exciting) as well as for the coach to notch a win. (March 6, R)



TV | **Modern Family**

COMEDY As the Emmy-winning series draws closer to its April 8 finale, spend extra quality time with the sweetly screwball clan during a three-hour marathon showcasing the best episodes of the past 11 seasons, as voted by fans. Remember when the Dunphy kids were this young? Sniffle. (ABC, March 11, 8 pm.)

Dispatches from Elsewhere's Eve Lindley

The New York native, 27, began her career studying design at F.I.T. and working in costuming on sets because as a trans actress, she didn't see much opportunity. But "there's been a shift," she says. Her character Simone, a love interest for Jason Segel's Peter in the trippy AMC drama, "is not any different than any other woman."

—BREANNE L. HELDMAN



Lindley with Segel and Sally Field.

one to watch

1 BOWL & YOU'RE GOOD TILL LUNCH

With 2% milk, at least half of adults had a lower desire to eat than before breakfast for 3 1/2 hours.



©, TM, © 2020 Kellogg NA Co.

10 LAYERS OF WHEAT IN EVERY BITE



©, TM, © 2020 Kellogg NA Co.



Hoult, Jackson and Mackie set out to build an empire.

MOVIE | **The Banker**

Black businessmen find an ingenious way to succeed
DRAMA Anthony Mackie and Samuel L. Jackson make for a dynamic duo playing two real-life entrepreneurs, Bernard Garrett and Joe Morris, who resort to creative methods to hit it big in mid-century America. With racism hindering their prospects, the ill-matched pair (Morris's brashness clashes with Garrett's reserve) enlist a white aspiring businessman (Nicholas Hoult) to pretend to be the head of their venture. Delayed by controversy (one of Garrett's sons, a coproducer, was accused by relatives of sexual abuse, which he denied), *The Banker* does a sturdy job of telling a remarkable story. (March 6, PG-13)



Tyson blasts off for 13 new episodes.

TV | **Cosmos: Possible Worlds**

Host Neil deGrasse Tyson leads another educational journey
SCIENCE "How far will our nomadic species have wandered by the end of the next century—and the next millennium?" Such is one of the many questions asked and explored in Neil deGrasse Tyson's latest season of the science-documentary franchise, which was originated by Carl Sagan and Ann Druyan in 1980. (National Geographic, March 9, 8 p.m.)

FROM TOP: APPLE TV+; COSMOS STUDIOS; (INSET) SLAVEN VLASIC/GETTY IMAGES



Q&A

Xosha Roquemore

The actress, 35, stars in OWN's *Cherish the Day*, a drama created by Ava DuVernay.

The series tells the day-by-day story of a blossoming romance. What drew you to it?

There was just something unique about my character Gently that made me excited. She's very calm and eccentric.



Roquemore and Alano Miller.

Your daughter (with actor Lakeith Stanfield) is 2 now. How has motherhood changed you?

You really do tap into your strength, like, "Dang, I can do anything." I immediately felt that unconditional love.

What would you be if you weren't an actress?

A fitness guru! Music and dancing would definitely be a part of it.

In 10 years, you're...

Hopefully eating good food—and choosing joy.

—DARLENE ADEROJU



MOVIE | The Burnt Orange Heresy

DRAMA A sexy, sophisticated film noir set in the art world brings together an unscrupulous critic (Claes Bang), a mysterious blonde (Elizabeth Debicki), an ultrarich collector (Mick Jagger, above) and a reclusive painter (Donald Sutherland) at Lake Como, Italy.

It's low on suspense, but the schemers and scenery excel. (March 6, R)

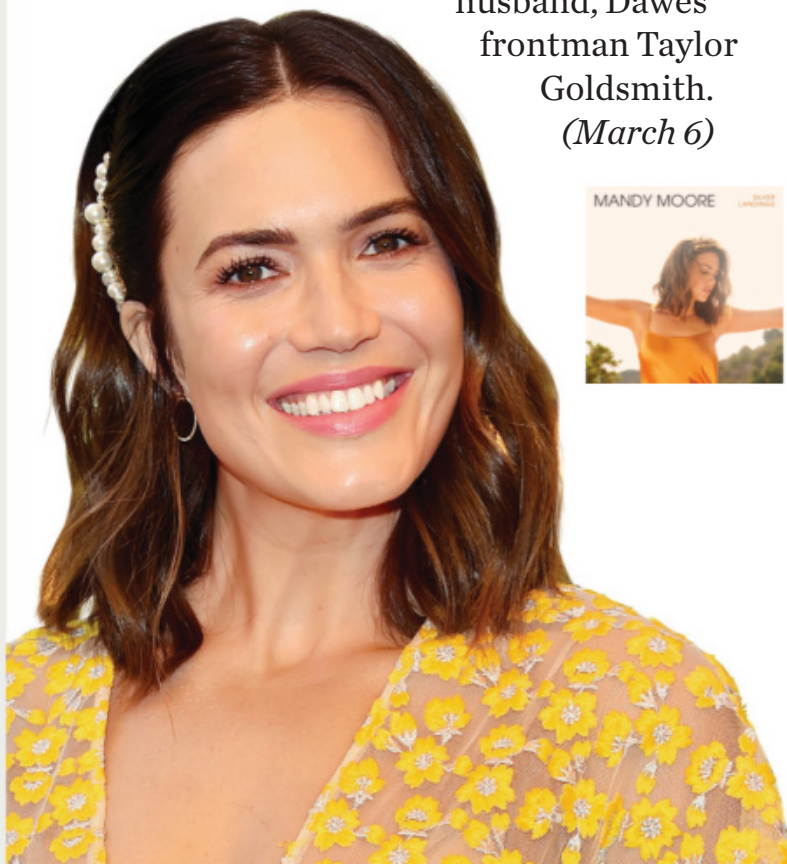
MUSIC | Mandy Moore: Silver Landings

POP After more than a decade focusing on acting, Moore reignites her musical flame with this warm and inviting album.

She dabbles in both taut pop-rock ("When I Wasn't Watching") and reflective folk ("Fifteen"), with contributions from her

husband, Dawes frontman Taylor Goldsmith.

(March 6)



SILENCE YOUR GROWL

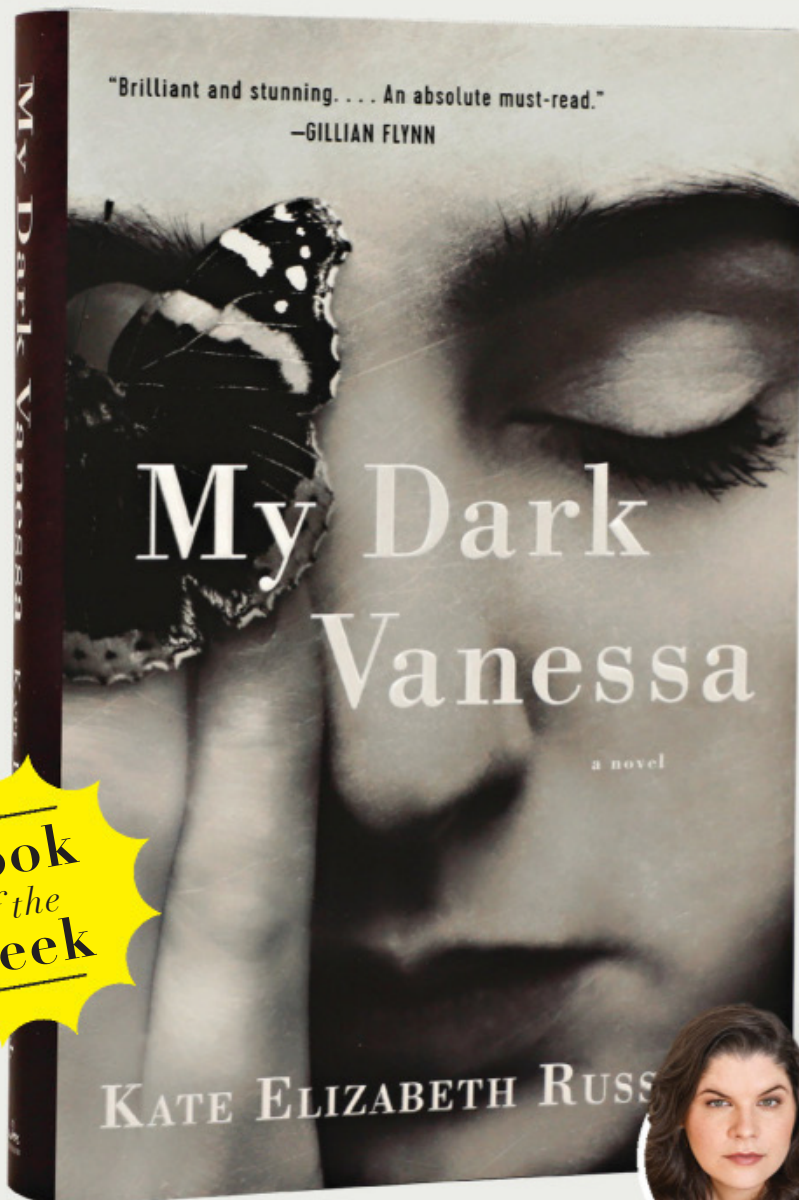


©, TM, © 2020 Kellogg NA Co.

The Best New Books

An abusive relationship reconsidered, a Brooklyn neighborhood's bonds and the healing power of a dog held close

Edited by KIM HUBBARD



book
of the
week

KATE ELIZABETH RUSSELL

Kate Elizabeth Russell
My Dark Vanessa
NOVEL

Vanessa Wye is 15 when her teacher Jacob Strane, 42, first tugs flirtatiously on her ponytail. Seventeen years later, in the wake of allegations by another former student that Strane abused her and others, the adult Vanessa clings to her belief that she held the power in a mutual love affair. "I never would have done it if you weren't so willing," he'd told her. This timely, riveting debut illuminates the interplay between a child's heartbreaking confusion and the deepest perversions of power.



James McBride
Deacon King Kong
NOVEL

"Sportcoat" Lambkin, a beloved, often drunk deacon and baseball coach, surprises his Brooklyn housing-project pals by shooting his former pitcher. That mystery turns into a rollicking, bittersweet tale of dealers, mobsters, church ladies, mistaken identities and a ghost. Buckle up.



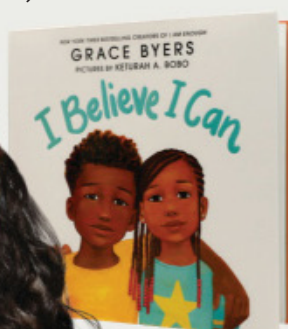
Laura Zigman
Separation Anxiety
NOVEL

At 50, Judy Vogel finds herself drowning in woes: a crumbling marriage, a stalled career, the recent loss of both parents, a dying best friend and a teenage son pulling away. Who can blame her when she seeks comfort by wearing the family dog in a baby sling wherever she goes? A quirky novel that's as hilarious as it is touching and wise.

Q&A

Grace Byers

The *Empire* star discusses her second confidence-building children's book, *I Believe I Can*.



How did kids respond to your first book, *I Am Enough*?

I got so many messages about little girls reading it and saying, "That's me. She looks like me." Being biracial and multicultural, I did not see a lot of books growing up where I felt seen. So I wanted to focus on children who the world might put in the margins.

What inspired you to write the second book?

I was thinking, once you know who you are, the next step is to know what you can do and to believe in yourself.

You've talked about being bullied as a kid because you had deaf parents. How did that impact your new book?

My mom shows up in the world every single day,

refusing to be limited by her deafness. It's so inspiring to me. I don't think I've ever heard her say the words "I can't."

What do you hope kids will learn from *I Believe I Can*?

There's always going to be somebody who doesn't believe in you. Just make sure that person isn't you.

—SAM GILLETTE

Contributors **BOOKS** RICHARD EISENBERG, ROBIN MICHELI, MARY POLS **MOVIES** NIGEL SMITH, SAMANTHA MILLER **MUSIC** ERIC RENNER BROWN **TV** CHRISTINA DUGAN, BREANNE L. HELDMAN



GILLEAN MCLEOD, 64



THEY SAID:
**STRENGTH TRAINING
AT YOUR AGE?**

I SAID:
**HOLD
MY
BOWL**



**Getting older = feeling older?
Think again.**

Especially not when you start your day
with a bowl of Great Grains® cereal.
Real fruits and nuts. Heart-healthy* grains.
It's got just what you need to get out
and prove 'em wrong.





A PATIENT'S
QUARANTINE
DIARY

I SURVIVED

'AT THE TIME, NO ONE
REALIZED OUR SHIP WAS A
FLOATING PETRI DISH'

— CARL GOLDMAN



THE CORONAVIRUS

A DREAM CRUISE OF
SOUTHEAST ASIA LANDED
AMERICAN CARL GOLDMAN
AT THE CENTER OF A
GLOBAL HEALTH CRISIS

By **JOHNNY DODD**

For Carl and Jeri Goldman, it was supposed to be the trip of a lifetime, a 16-day luxury cruise through Southeast Asia to celebrate Jeri's 60th birthday. The couple, who own a radio station in Santa Clarita, Calif., had booked the trip aboard the *Diamond Princess* with close friends Mark and Jerri Jorgensen in an adjoining cabin, and they spent the first 15 days taking in the sights in Hong Kong and Vietnam. "It was magical," says Carl, 67. "Jeri said she didn't want it to end."

But when a passenger aboard the *Diamond Princess* tested positive for the highly infectious COVID-19 virus on Feb. 1, the couple's dream vacation turned into a nightmare. First quarantined on the ship for 12 days, they watched dozens of their fellow passengers fall victim to the disease ("No one realized our ship was a floating petri dish," says Carl). Then just hours into their evacuation flight back to the U.S., Carl came down with a fever and tested positive for the virus. He spent the weeks since quarantined in a biocontainment unit at Nebraska Medical Center in Omaha, as

Rushed to the Hospital

After landing in Omaha on Feb. 18, Carl Goldman was taken to the Nebraska Medical Center's Biocontainment Unit. "My fever had already broken by then," he says. "On a scale of 1 to 10, this [COVID-19] was probably a 2." Inset: Aboard ship.





In Isolation
In Omaha, Goldman has been treated in a unit previously used to care for Ebola patients.

BY THE NUMBERS

67

Number of countries (at press time) with reported cases of coronavirus

1 TO 14 DAYS

What experts believe is the incubation period

80

Percentage of people expected to have a mild case

20 SECONDS

Minimum time people should spend washing their hands

nurses and doctors in hazmat suits monitor his vital signs and rub swabs over anything he may have touched, trying to detect how the virus is being spread. “It feels like I’ve been living in a science-fiction movie,” says Goldman. “It’s been a life-changing experience. I don’t think I’ll ever take anything for granted ever again.”

Since the COVID-19 coronavirus first surfaced in Wuhan, China, in late December, it has spread at an alarming rate from one nation to the next, so far infecting more than 90,000 and claiming more than 3,000 lives, including six Americans in Washington State. In recent days health officials have begun sounding an ominous alarm, saying it’s just a matter of time before those statistics skyrocket

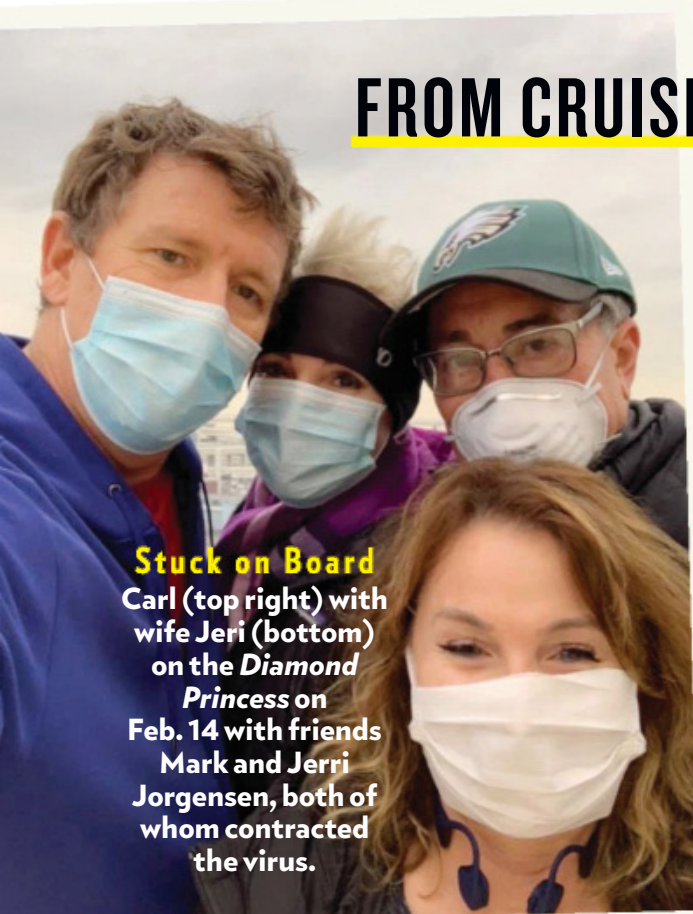
worldwide. “We are asking the American public to prepare in the expectation that this could be bad,” Dr. Nancy Messonnier, director of the CDC’s National Center for Immunization and Respiratory Diseases, said during a Feb. 25 press conference. “The disruption to everyday life may be severe.”

Goldman’s own ordeal began on Feb. 4 after Japanese health officials determined that a passenger on the *Diamond Princess* from China had contracted the virus, which causes a high fever and dry cough, among other symptoms (see sidebar). Authorities quarantined the boat in Yokohama harbor and began testing all 3,711 passengers and crew. “We’d hear the sirens from the ambulances throughout the day and night, taking people to the hospital,” says Carl.

By Feb. 16 at least 40 American passengers had been diagnosed with COVID-19, including Jerri Jorgensen; those who were deemed virus-free, including the Goldmans and Mark Jorgensen, were cleared to return to the U.S. But two hours into their flight back home on a U.S. Air Force cargo jet, Carl woke from a short nap and realized something was wrong. “I was burning up with a really high fever,” he says. He was moved to a quarantined area on the plane with eight other passengers who had recently come down with fevers.

After landing in California, the Goldmans were flown to Omaha, where Carl and other passengers with symptoms were transferred to the biocontainment unit. Jeri, who still hasn’t contracted the virus, was put into mandatory quarantine several blocks away for 14 days. (She arrived back in L.A. on March 2.) “My fever only lasted about 12 hours,” says Carl, whose only treatment has been ibuprofen for the fever and Gatorade for dehydration. “That was it, because there’s no cure for it. There

FROM CRUISE SHIP TO QUARANTINE



Stuck on Board
Carl (top right) with wife Jeri (bottom) on the *Diamond Princess* on Feb. 14 with friends Mark and Jerri Jorgensen, both of whom contracted the virus.



Close Quarters

“We had to self-take our temperature three times a day,” says Carl. “If it hit 99.5° or higher, you had to notify the onboard hospital.”



Docked in Yokohama

“Ambulances were lined up just outside the port, 20 to 40 at a time, waiting to take passengers to the hospital,” says Carl. “We stayed optimistic through it all, but that definitely got a little weird.”

With reporting by JULIE MAZZIOTTA

PREVIOUS SPREAD: FROM TOP: JOIE DE VIVRE PHOTOGRAPHIE; COURTESY CARL GOLDMAN(2); THIS SPREAD: CLOCKWISE FROM TOP RIGHT: ZUCCHI/INSIDEPHOTO/ROPI/ZUMA, EYEM/GETTY IMAGES; KYODO NEWS/GETTY IMAGES(2); COURTESY CARL GOLDMAN(3)

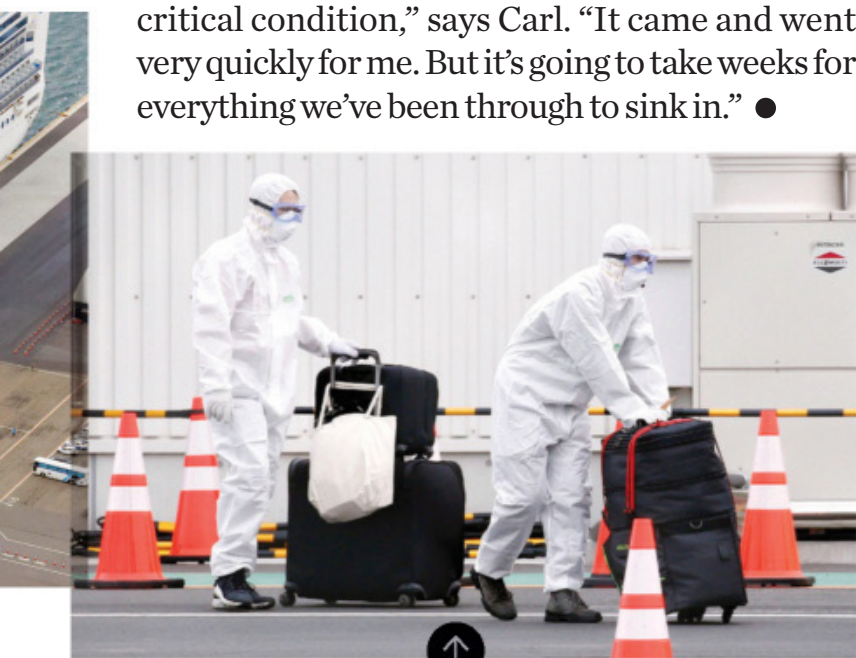


THE FACTS ABOUT MASKS

With the number of coronavirus cases growing daily, it's virtually impossible to walk around any major city without seeing people wearing face masks. But do they really keep you from catching the virus? Experts say no. The only people who need to wear masks are those who already have symptoms of the virus—to prevent them from spreading it any further, says the CDC. (And even then, only certain masks are effective and must be properly fitted to your face to seal off germs. See inset.) In fact, on Feb. 29, the U.S. Surgeon General, Jerome M. Adams, advised Americans via Twitter to “STOP BUYING MASKS,” adding that “if health care providers can’t get them to care for sick patients, it puts them and our communities at risk!”

are no antibiotics. My only other symptoms were a little tightness in my chest and a dry cough.”

While he must remain in isolation until he tests negative for the virus on three consecutive days, he is passing the time by pacing back and forth in his room. “Every 14 steps I hit a wall, then I turn around,” he says. “Yesterday I got 9,000 steps in.” But he is also keenly aware that others were not as lucky. In the weeks since he and Jeri left the *Diamond Princess*, more than 700 other passengers (most of whom are from China, South Korea and Japan) have contracted COVID-19, and six have died. Jerri Jorgensen was released from a hospital in Japan on March 2 and is heading home to Utah; Mark is now in quarantine in Omaha. “I’m lucky. I was never in critical condition,” says Carl. “It came and went very quickly for me. But it’s going to take weeks for everything we’ve been through to sink in.” ●



Emergency Operations

On Feb. 17 passengers who tested negative for the virus were allowed to go home, as workers in protective gear removed their baggage from the ship in Yokohama.

HOW TO STAY HEALTHY

While experts agree that the COVID-19 virus will likely continue to spread both here in the U.S. and around the world, there are steps you can take to stay healthy and informed. Here are a few things to know:

• How does the virus spread?

Researchers believe the virus travels in droplets that form when someone who is infected coughs or sneezes. It spreads to others when individuals within six feet of an infected person inhale those droplets into their lungs—or come in contact with a surface that has the virus on it, then touch their mouth, nose or eyes.

• Who is most at risk?

While anyone can contract the virus, the elderly and those with suppressed immune systems are most vulnerable, says Dr. Robert Norton, professor of public health at Auburn University. “There seem to be underlying medical conditions associated with many of the cases.”

• What are the symptoms?

Early signs can include a fever, cough, headache and shortness of breath. “In a small number of cases,” says Norton, “it can progress into what’s known as severe acute respiratory syndrome, where the lung tissues begin to degrade.” If you’re experiencing symptoms, see your doctor immediately and ask about testing.

• What happens if the virus continues to spread?

That’s still unclear, but it’s smart to be prepared, says

Dr. Nancy Messonnier, a CDC respiratory disease specialist. “Ask your children’s school for their plans for school closures,” she says. “Think about what you would do if day cares close. Is teleworking an option for you? Does your health care provider offer a telemedicine option?”

• What can you do to stay healthy?

Wash your hands regularly, and avoid contact with people who seem sick. Similarly, says Norton, “if you’re feeling sick, self-segregate and have yourself checked out. If everybody adheres to those kinds of standards, it’s far less likely the outbreak will continue.” And get the flu shot. While there’s no direct correlation between the two contagions, it’s one less threat to your health overall—and it helps free up health services for people with coronavirus.

• If you get COVID-19 and recover, can you get it again?

With many infectious diseases, it’s possible to develop immunity after exposure; but experts aren’t sure that’s the case with COVID-19. “In all likelihood you would be more resistant,” says Norton, “but there is some indication that individuals could be reinfected. Ask me that question in a few weeks, and hopefully we’ll be able to answer it.”

W
O
M
E
N

• *Changing the* •

W
O
R
L
D

*Saluting the
activists and
innovators who
are making
a difference*



MARISKA HARGITAY

*‘DON’T GET
MAD. DO
SOMETHING
ABOUT IT’*

THE SVU STAR SHARES HOW A TV ROLE LED TO THE
REAL-WORLD FIGHT OF HER LIFE: SUPPORTING RAPE SURVIVORS
AND MAKING SURE EVIDENCE DOESN’T GO IGNORED

By **KATE COYNE** | Photographs by **CLIFF WATTS**

O

One of the few certainties in Hollywood is that absolutely nothing, ever, is a sure thing. Back in 1999 the odds of success for a procedural drama series with a decidedly grim premise—following the NYPD detectives who investigate sex crimes—were not exactly promising. But when *Law & Order: Special Victims Unit* (now known more familiarly as *SVU*) premiered on NBC, it was an instant hit—and it has gone on to become the longest-running drama series in TV history, with 21 seasons and counting.

The actress at its center, Mariska Hargitay, became not only a star—but also a passionate activist. As *SVU* grew in popularity, Hargitay received more and more letters from real-life survivors of sexual assault opening up to her about what they had endured. “So many of them said, ‘I’ve never told anyone this before,’” Hargitay, 56, recalls. She trained as a rape crisis counselor and in 2004 started her own nonprofit organization, the Joyful Heart Foundation, to support survivors of domestic violence and sexual assault. In 2010 Joyful Heart moved beyond its initial goal of providing therapeutic resources to tackle a problem that outraged Hargitay: the backlog of rape kits that sit untested in practically every state, wasting evidence that could put predators behind bars (see sidebar).

Being cast in *SVU* has been life-altering for Hargitay in other ways too: Over two decades, the daughter of 1950s stars Jayne Mansfield and Mickey Hargitay has become a happily married mom of three (sons August, 13, and Andrew, 8, and daughter Amaya, 8) with her husband, Younger actor Peter Hermann, 52, whom she met when he guested on the show in 2002. As the smell of dinner (roasted chicken with sweet potatoes) wafted through her New York City home and her kids debated who would pick that night’s family movie, Hargitay looked back on the journey that changed her and what she’s learned along the way.



“These women... need to be respected and seen and heard”

You can’t plan for the things that will change your life.

Sometimes I look at the ways that I am the same as, and then different from, who I was 20 years ago. I’ve always liked to think of myself as someone who goes through the world openhearted and ready to jump in and say “Yes” and “Why not?” People used to call me the accidental activist. I didn’t take this job on *SVU* to do this work. But I think I was meant to do this. I was the one who was supposed to play Olivia Benson. A more talented actress would probably have been better than me. That’s not the point. The point is: I think I’m supposed to do this work with this job, this opportunity. My best friend always used to say I was very “ready, shoot, aim,” because I was like, “I’m in. I don’t know how, but we’ll figure it out.”

People will underestimate you.

There was so much to do when we first started Joyful Heart. It was such a fight at the beginning.



• *Fighting for Justice* •

In 2009 Hargitay learned about America’s enormous number of untested rape kits—DNA and other evidence taken from victims that was being shelved by police and prosecutors because of lack of funding or motivation to move forward with cases. Her Joyful Heart Foundation soon made its End the Backlog initiative a priority. “I couldn’t believe this could happen,” she says. Her Emmy-winning 2018 HBO documentary *I Am Evidence* spotlighted rape survivors whose kits went long ignored and showed the results of efforts in Cleveland, Detroit and L.A. to clear their backlogs, leading to thousands of matches to DNA databases and the identification of hundreds of potential serial rapists. (Joyful Heart also offers education and advocacy programs for sexual-assault, domestic-violence and child-abuse survivors.) “Eradicating the rape-kit backlog is no longer if,” Hargitay says. “It’s when.” —DANA ROSE FALCONE

HER
IMPACT

\$131
MILLION

Approved by
Congress to fund
rape-kit testing via
a program Hargitay
advocated for.

41

States have
passed laws
supporting
rape-kit reform.

824

Potential serial
rapists identified
from testing
Detroit’s 11,137
rape kits alone.



Taking a Stand

Hargitay (right, in 2012) teamed with Michigan prosecutor and activist Kym Worthy (far right, in 2014) to champion rape-kit testing on a national level. There are an estimated 225,000 rape kits still untested in the U.S.



For more information:
joyfulheartfoundation.org/act

People laughed at me. That was hard because I didn't really know how to start a foundation. I had to figure it out myself. And to be honest, in some ways the rape-kit backlog—just the fact that this issue is so undeniable, so clear—it was almost like a gift, like someone said, “This is what you need to help people understand.” People said, “This cannot be. This needs to change.”

Anger can be a positive emotion if you know what to do with it.

When I learned about the rape-kit backlog, I was so outraged. Then you go, “Okay. Don't get mad. Do something about it. This is a big waste of anger.” And then meeting [Michigan prosecutor and rape-kit activist] Kym Worthy and people who were experts made me so excited and empowered. I said to Kym, “I'm your soldier. You tell me what you need.” And we joined forces. Testifying before Congress on Capitol Hill on June 16, 2017, I got pretty fired up. But you have to be like



The Power of SVU

The record-setting drama airs its 476th episode this week—and has been renewed for three more seasons. “Having this character, Olivia Benson, listen—that was so powerful,” says Hargitay (above, with Chris Meloni in 1999, and in 2019).

that when you're being met with such complacency and lethargy, when you have to say to these officials, “Which part of ‘This kit is someone's life’ do you not get? You're going to just shelve these people and say we don't care about this?” But now we have changed the laws in 41 out of 50 states.

One of the most powerful ways to help someone is also the simplest.

The No. 1 rule as an actor is to listen. Because if you're going to respond truthfully to someone, you have to know what you are responding to. It's such a basic thing, and yet we forget. I don't know that anyone else heals you, but they can sit with you and say, “I am not going to ignore this trauma.” That's all these women needed, whether it's the Weinstein accusers or Taylor Swift—because I'm a 56-year-old who listens to Taylor Swift and I relate so deeply to her—or anyone involved in #MeToo. All these women need is to be believed. They need to be respected and seen and heard and have somebody go, “I'm so sorry. That person needs to be held accountable.”

I went into this with outrage, and that has been the fuel for my attempts to make change. But I have also been so deeply refueled by seeing the power of simply listening, of simply bearing witness. I always talk about compassion and empathy as superpowers. You don't have to be an expert to help someone heal. All you have to do is listen and be kind. And that is not what victims are met with, unfortunately, in this moment, still. But it is changing.

“
*I always
talk about
compassion
and
empathy as
superpowers*”





CHECKLIST

- ✓ 10 GRAMS OF PROTEIN
 - ✓ 13 GRAMS OF WHOLE GRAINS
 - ✓ TASTY CRISPY CLUSTERS
 - ✓ ME TIME
- GO CRUSH THE DAY



**With 10g
of Protein**

**So You Can Do
More of What
You Love**



“

Time is my most precious commodity now. I've had to think smarter”

Feeling the Love

With husband Hermann and kids (from left) Andrew, Amaya and August in 2019. Being a mom “is the most important thing I’ll ever do,” she says.



Shining a light on difficult subjects can be uncomfortable, but it’s worth it.

In many ways discussing sexual assault and harassment reminds me of the way substance abuse was once handled. Everyone has somebody in their lives who has dealt with substance abuse, but nobody ever used to talk about it. And then gradually it became more acceptable to be open. [When *SVU* started] nobody was talking about sexual assault. Then people were watching the show and saying, “Did you see that episode?” And I think people started to feel, “Oh, it’s on TV. It’s okay to talk about.” Then we have these conversations with our kids, with other parents and with our coworkers. We are now openly discussing “What is consent? What are your thoughts about somebody who wears a short skirt and then gets assaulted? Do you think it’s their fault?” It’s not a taboo conversation, and that is something I’m proud of.

Even the fiercest warriors need a soft place to land and to think about what comes next.

Being at home, this is my happy place. The idea of being home changes everything, and I can see it with my kids too, that idea of “Oh, okay, Mama’s home, everything is fine.” And in this house it’s happy chaos when everyone is here. I’ve always wanted this to be the joyful house. So that gives me peace. Still, there’s not enough hours in the day. I’m on a TV show, and I have a foundation and three children and a husband, and they all need, as anything that you value does, a lot of focus and energy. Time is my most precious commodity now. I’ve had to think smarter to get more done.

Every day I marvel at the turn of events that brought me here. That I was the one to get this role that led me to this life, to this mission. And every day I say thank you. When I finish *SVU*, as much as it will be an enormous adjustment, I will also be able to look back and say, “I gave it my all and maybe even a little more.” And I’m excited about the next chapter. ●



Scan this QR code with your phone’s camera to watch *Women Changing the World* on PeopleTV.



Stretch Your Dollars This Tax Season

Save more of your hard-earned cash this year. Get a quote with GEICO and see how easy it is to save big on the coverage you need. After all, new customers report **average annual savings over \$500** when they switch. You could, too.

GEICO®



[geico.com](https://www.geico.com) | 1-800-947-AUTO | Local Office

Some discounts, coverages, payment plans, and features are not available in all states, in all GEICO companies, or in all situations. Boat and PWC coverages are underwritten by GEICO Marine Insurance Company. Homeowners, renters, and condo coverages are written through non-affiliated insurance companies and are secured through the GEICO Insurance Agency, Inc. Motorcycle and ATV coverages are underwritten by GEICO Indemnity Company. Average savings amount based on national GEICO New Policyholder survey data through July 2019. GEICO is a registered service mark of Government Employees Insurance Company, Washington, DC 20076; a Berkshire Hathaway Inc. subsidiary. GEICO Gecko image © 1999-2020. © 2020 GEICO.



19_227643



0% SULFATES, PARABENS & DYES

100% BOSS



TRESEMMÉ'S NEW PRO PURE COLLECTION

Style without compromise while leaving your hair at its best.

EVA LONGORIA

SUPPORTING FUTURE STEM LEADERS

W

When Eva Longoria was a kid, she knew exactly what she wanted to be. It wasn't an actress.

"I'd say, 'I want to be a philanthropist,'" she recalls. "I think I actually said 'volunteer.'" Longoria, 45, credits her older sister Liza for teaching her about giving back. "She has a mental disability," she says. "I always wondered, 'Who are these people helping my family with this program or with this class?' And my mom would explain they are philanthropists."

If Longoria dreamed of helping people, she couldn't have imagined she'd have the reach she does today. "When *Desperate Housewives* exploded globally, I thought, 'Here is such an opportunity to say something. So what are you going to say?'" she recalls. Getting a master's degree in Chicano studies from California State University helped her decide. As Longoria started her thesis, a mentor suggested she concentrate on her passion. "I knew I wanted to help the Latino community, specifically women," she says. "I wanted to focus on education, but I drilled down even further."

Longoria commissioned a study from UCLA, and the research showed a lack of Latinas in STEM (Science, Technology, Engineering and Math)



HAIR: KEN PAVES; MAKEUP: ELAN BONGIORNO/ROUGE ARTISTS; PRODUCTION: RACHAEL LIEBERMAN; STYLIST: CHARLENE ROXBOROUGH KONSKE; DRESS: MAX MARA; BOOTS: GIOVANNI ROSSI



Giving back to the Latino community
Longoria (helping girls build a robot in 2018) says the women her foundation helps “take that experience back to their communities, back to their families. And then that knowledge is shared, and it strengthens communities.”

fields. So she launched the Eva Longoria Foundation in 2012 to help provide Latinas with entrepreneurial training and education support, specifically in STEM. The producer—who has more than 20 projects under her belt, including the upcoming comedy *24-7*, which is inspired by the feminist classic *9 to 5*—has also made it a priority to give Latinos a chance both in front of and behind the camera. She’s a founding member of Time’s Up and a passionate advocate for voting rights. “Now that I’m a mom, I feel more urgency,” she says of her son Santiago, 20 months, with husband José Bastón. “I’m making sure that this world is a good place for him to grow up.” And while her work at her foundation is some of the most rewarding she’s ever done, she hopes the job doesn’t last. “The goal is to be extinct,” she says. “My hope is there’s no need for the foundation in 10 years.” —MARY GREEN

HER IMPACT

\$8.2
MILLION

**Amount she’s
donated to
other grassroots
organizations
supporting the
Latino community.**

\$3.7
MILLION

**Amount her
foundation has
raised to help
Latinas with STEM
education.**

CHRISTINA KOCH

ROCKETING INTO THE RECORD BOOKS

Imagine witnessing 16 sunrises and sunsets every day for 11 months. Or floating in a sleeping bag every night. Or relying on a rehydrated towel instead of a shower for almost a year. That was reality for NASA astronaut Christina Koch. After spending 328 days aboard the International Space Station, she landed back on Earth in February, setting a new record for the longest single spaceflight by a woman. “I feel incredibly privileged to have been a part of this,” says the 41-year-old, who passed the previous record held by her

mentor Peggy Whitson. “Thinking back to a year in your life and being able to contribute as much as I have had the opportunity to has just been awesome.”

Koch, who dreamed of being an astronaut when she was growing up in North Carolina, can point to many contributions, including the study of plant biology and what can grow in space. (Mustard greens were a success.) She also expanded the research on the health impacts of space travel. While “feeling like I was standing on my head all the time,” says Koch, she participated in investigations on kidney cells and the effect of the lack of gravity on bone and muscle loss.

While her return was “bittersweet,” Koch says she was eager to get back home to Galveston, Texas, to “soak up every new sensory experience—walking barefoot on the beach, playing catch with my dog and [feeling the] wind blowing on my face.” And eat plenty of chips and salsa with her husband, Robert. But she’s not off duty for long—she’s a potential candidate for a moon landing by 2024. —CAITLIN KEATING

HER IMPACT

210

Studies, which will help inform deep-space travel, Koch participated in during her mission.

6

Spacewalks she completed during her 11-month journey, including the first all-female walk with fellow astronaut Jessica Meir.

7

Number of educational “downlinks” Koch completed, in which she reached more than 10,000 students directly from space.

Out of This World
Christina Koch during a spacewalk on Jan. 15. Inset: Harvesting space-grown Japanese mustard greens on Nov. 13.



EMILY BLUNT

GIVING GIRLS A VOICE

a As a child, Emily Blunt had a stutter that made it difficult for her to even say her own name. “I started noticing it at 6 or 7,” the London-born actress says. “My grandfather, my uncle and my cousin all stutter. It feels like you’ve got this impostor living in your body.” After a teacher noticed her stutter disappeared whenever she would launch into impersonations, he suggested she audition for the school play. She found that the more she lost herself in characters, the less self-conscious she was and the more her stutter would diminish. Now the star aims to help kids going through the same thing by working with the American Institute for Stuttering. “They understand that how these kids relate to their stutter is usually the issue,” says Blunt, 37. “You’ve got to fall in love with the fact that you’ve got a stutter to accept it. But it’s not all of you. Everyone’s got something—and this is just your thing.”

Blunt’s personal experience has inspired her to help girls everywhere, regardless of the obstacles they may face. The *A Quiet Place Part II* and *Jungle Cruise* star also supports Malala Fund, created by Nobel Prize winner Malala Yousafzai to break down the barriers preventing more than 130 million girls worldwide from receiving an education. “She’s the most poignant, impressive person I’ve ever met,” Blunt says. “What she says is true: When women are empowered in communities, those communities flourish. I want to support Malala until the day I die.”

Giving back is a quality Blunt and husband John Krasinski also hope to pass on to their daughters Hazel, 6, and Violet, 3. “Empathy reigns supreme in our house,” Blunt says. “We tell them all the time, ‘Be brave, be kind.’” —MARY GREEN

HER IMPACT

‘Emily’s willingness to be vulnerable with her own stuttering has been a game changer in the stuttering community.’

—HEATHER GROSSMAN,
director of the American
Institute for Stuttering

Meeting a Hero
Blunt and Krasinski
auctioned off two
tickets to the premiere
of *A Quiet Place* (as
part of a double date
with them!) to benefit
Malala Fund. In 2017
the couple met Malala
Yousafzai and her
father, Ziauddin (left).



GET FASTER SYMPTOM RELIEF THAN THE LEADING PRESCRIPTION DRY EYE DROP[†]



**FAST
HYDRATION**



**EVAPORATION
PROTECTION**



**LONG-LASTING
RELIEF**

Venus Williams
Tennis champion & dry eye sufferer

From the #1 Doctor Recommended brand, **SYSTANE[®] COMPLETE** relieves symptoms of all major types of dry eye. With advanced nano-droplet technology, this soothing eye drop provides outstanding coverage.

The Relief is Real[™]

Save \$3 at SystaneComplete.com



[†]The leading prescription eye drop for dry eye is indicated to increase tear production and not dry eye symptom relief.

NAJAH BAZZY

BREAKING THE CYCLE OF POVERTY

n Najah Bazy, 59, remembers the gut punch of watching a 3-month-old baby die. It was 1996, and she was in the Dearborn, Mich., home of an Iraqi refugee family. As a transcultural nurse, Bazy was tasked with supporting their beliefs and his end-of-life hospice care. She arrived to find the baby cradled in a laundry basket—the family couldn’t afford a crib or other furniture. “The baby died, and I went out and had a good cry in my car and called my mom,” she says. Her mother was moving and donated items to help furnish the family’s home. Bazy used her own salary to pay for the funeral.

She decided she couldn’t stop there. She began filling up the back of her van with furniture, clothes and food and delivering it to needy families—many refugees, often women who were domestic-abuse survivors in severe poverty. Things grew “one step at a time,” she says, and in 2004 she left her job to focus full-time on her nonprofit, which she called Zaman. At first she offered food, clothing and help finding housing but quickly realized women needed a “one-stop center” to truly get back on their feet. She opened one and began offering education and skills training. “You throw them a life jacket, and then you have to really anchor them,” she says. Her one-step-at-a-time growth quickly became leaps and bounds—to date she’s helped more than 2.1 million families worldwide. “Women have come back to be volunteers; their kids become donors,” says Bazy, who has never been paid for her work at Zaman. “I do this for the hope in it.” — RACHEL DESANTIS



Teaching Hope
Bazy (at an event for her organization last September) is constantly surprised by Zaman’s reach—and impact: “It’s the things I can’t see that take my breath away.”

HER
IMPACT

8,081

Number of vocational training hours Bazy’s organization has provided to people in Michigan in 2019.



FROM TOP: CHRISTOPHER BOOMER; DANIEL MEARS/DETROIT NEWS

Secret.

ALL STRENGTH
NO SWEAT

FIERCE + FEMININE. NO SWEAT.

INTRODUCING NEW SECRET ESSENTIAL OILS ANTIPERSPIRANT

Experience Secret's advanced
sweat and odor protection
crafted with pure essential oils.
Free of parabens and dyes.



Camila Mendes

SIMONE BILES

PUSHING THE LIMITS IN WOMEN'S SPORTS

HER
IMPACT

4

Number of moves
named after her; all
four are the most
difficult moves in
the sport.

25

Number of World
Championship
medals to date,
more than any
other gymnast in
history. "I exceeded
my own goals and
expectations,"
Biles says.



S

Simone Biles has a way of handling fear: by facing it head-on. Because she was afraid of snakes, she got her own pied ball python (and named it Versace). To conquer a triple-double—three backflips with three twists—she practiced and practiced until she nailed it at the 2019 World Championships. Never before completed in competition, the move was quickly dubbed the Biles II. So when people call her the greatest gymnast of all time, the 22-year-old from Columbus, Ohio, is not shy about accepting the praise. "It's taken a lot for me to be confident in who I am, how I look and what I do to this day," she says.

That hard-won confidence has only furthered her impact beyond the sport. Last year Biles bravely stood up with her co-athletes to describe her abuse by convicted sexual predator Larry Nassar. Since then she's become an outspoken voice for change within U.S.A. Gymnastics. Now, as she heads to the Tokyo Games, she remains intensely focused. She's favored to add five gold medals to her overall collection—which already includes five World Championship all-around titles and five Olympic medals (four gold). "It's a bit of pressure," Biles admits, "but it's an honor. I just want to encourage other kids to pursue their dreams." —KRISTINA JOHNSON

DANIELLE LEVIT/AUGUST

Depend®
Silhouette®

COMPLETE COMFORT. PREMIUM PROTECTION.

With a sleek modern design and smooth fabric that's just like underwear, **Depend® Silhouette® Briefs** deliver discreet, protection that's more comfortable than Always Discreet Boutique*.



2 BEAUTIFUL COLORS

LIFE'S BETTER WHEN YOU'RE IN IT.
BE THERE.

*Depend® Silhouette® size L/XL vs. Always® Discreet Boutique size L



© Registered Trademark of Kimberly-Clark Worldwide, Inc. © 2014

NADYA OKAMOTO

STOPPING PERIOD STIGMA

Each morning on her way to high school, Nadya Okamoto passed more than 10 homeless shelters in downtown Portland, Ore. Hoping to help some of the women she saw, she asked what they needed most. The answer surprised her: period supplies. “They were using things like toilet paper and socks and cardboard,” Okamoto says. “I had [never] heard about period poverty. I was not able to stop thinking about it.”

She started researching the issue and couldn’t find any organizations addressing the problem, so at age 16, she formed her own, called Period. She started small, getting her friends to help pack feminine hygiene products for women on the streets and in homeless shelters (which often didn’t have enough funding to keep up with the demand). But her work grew exponentially. In five years the organization formed more than 600 chapters in all 50 states and 30 countries.

Okamoto has also expanded her mission to include abolishing the sales tax on feminine hygiene products on the books in 30 states. “Taking down the tampon tax is our next big goal,” says Okamoto, now 22 and a junior at Harvard, and the organization has already successfully lobbied in Ohio to get the tax eliminated. Okamoto doesn’t mind juggling it all with her studies. “I think it’s my job to fight for people to talk about periods as a natural, normal thing.” —JULIE MAZZIOTTA



Leading the Charge

Okamoto (in Milton, Mass.) cofounded her nonprofit in 2014. “Most of my friends were skeptical at first,” she says, “but now there are all these examples of youth activism.”

HER IMPACT

900,000+

Number of menstrual products Period has distributed to women in need in the past five years.



**Makes
broccoli less
broccoli-ey.**



For the win win

© 2019 Kraft Foods



NEXXUS®

SALON CRAFTED PROTEIN BLENDS



VISIBLY HEALS SIGNS OF SEVERE HAIR DAMAGE

NEXXUS KERAPHIX

SALON CRAFTED WITH KERATIN PROTEIN AND BLACK RICE

Discover our first-ever healing system for damaged hair with Keratin Protein and Black Rice that relieves roughness and brittleness, restoring and strengthening your hair from within so you can keep the look you can't live without.

NEXXUS.COM/KERAPHIX

AWKWAFINA

OPENING DOORS FOR ASIAN- AMERICANS

In 2012 Awkwafina had her first paid gig—a rap performance at Sarah Lawrence College. “It wasn’t good,” she recalls, “but the kids were very supportive. [Afterward] this girl came up to me and said, ‘Thank you for existing, because I never thought there would be someone like you.’” Awkwafina, whose real name is Nora Lum, still thinks about that moment a lot. “We need to see ourselves when we’re growing up,” she says.

Lum was determined to be seen. She cultivated a following on YouTube with her music parodies “My Vag” and “NYC Bitch\$” and in 2018 had breakout success in *Ocean’s Eight* and *Crazy Rich Asians*. Her rise reached new heights last year with an acclaimed performance in the sleeper hit *The Farewell*, which led to her historic win as the first Asian woman to win Best Actress at the Golden Globes. Now she’s a boss, starring in and producing the Comedy Central show *Nora from Queens*. (Lum was raised in Queens by her Chinese-American father and grandparents after her Korean-American mother died when she was 4.) She’s using the opportunity to hire



HER
IMPACT

5.35
MILLION

Number of views
her 2012 video
“My Vag” has.

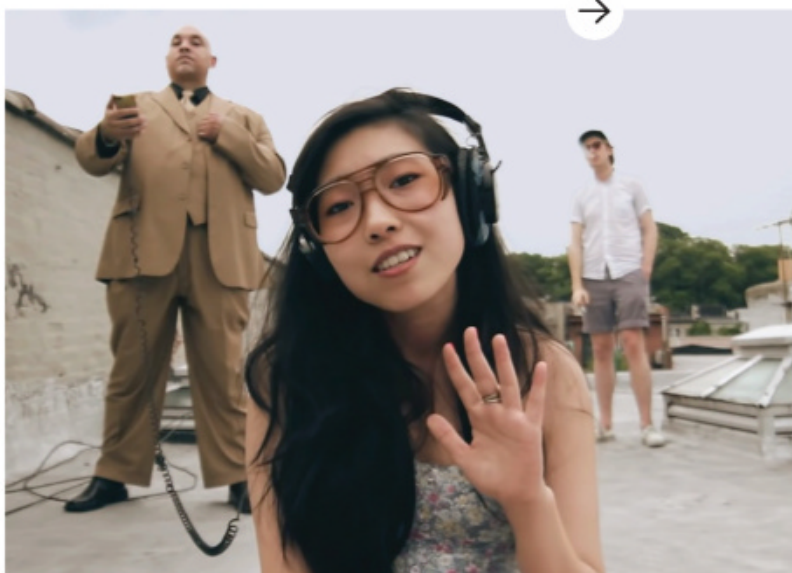
newcomers to write and direct on *Nora*. “People say, ‘We want female writers, writers of color, but there aren’t any,’” Lum, 31, says. “There are so many; if we are going to carve out this new generation of creators, they need a chance to get through the door.” —MARY GREEN

In January she was the first Asian woman to win a Golden Globe for Best Actress, Motion Picture Comedy or Musical for *The Farewell* (right).



Back to Her Roots

Lum launched her career in 2012 with the viral video “My Vag” (right). Since then she’s partnered with Building Beats, a nonprofit that helps students pursue a music career. “I’ve been to classes and showcases and see the talent these kids have.”



JENNIFER HYMAN

CHANGING THE WAY WOMEN GET DRESSED

Jennifer Hyman's big idea started with a familiar fashion emergency: Her sister had been invited to a wedding and had nothing to wear. "She said all her clothes felt dead to her. I thought, 'What if, as we grow and change, our closets would grow and change with us?'" That spark was the beginning of Rent the Runway, a clothing-rental service that, for \$159 a month, promises women unlimited outfit options.

Hyman cofounded the company in 2009, before Uber was a household name and the sharing economy became a thing. The idea of having a "closet in the cloud," as she describes it, "was pretty radical." A decade later Rent the Runway has upended the fashion industry, democratizing what was once a very exclusive world. Last year, when Hyman secured additional funding that pushed the company's value to the unicorn status of \$1 billion, the company seemed unstoppable.

But then a new inventory system crashed, and the company had to stop accepting new customers right before the busy holiday season. Hyman didn't hide in a C-suite office. Instead she personally responded to the complaints and rolled up her sleeves to pack orders. "I'm grateful our customers care enough to take time to give us feedback," the CEO and mother of two says, adding that "continuous learning" is what will keep Rent the Runway beloved.

Other retailers—from Loft to Banana Republic—have been racing to get into the rental game. But Hyman isn't fazed. "I didn't start Rent the Runway because I wanted to win," she says. "I want women to feel like the very best version of themselves. When women feel great about themselves, incredible things happen." —WENDY NAUGLE

HER
IMPACT

76%

Percent of zip codes Rent the Runway reaches. The company is now the largest dry cleaner in the country and perhaps in the world.



INSET: GEORGE
ETHEREDGE/
THE NEW YORK
TIMES/REDUX

These Aren't Your Mother's Cookies. They Just Taste Like it.

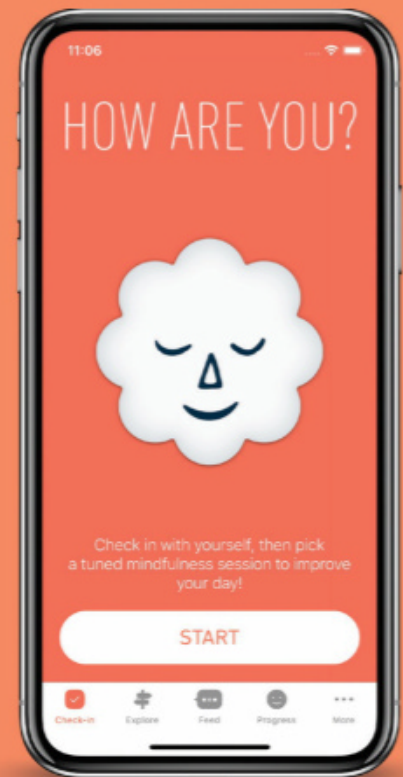
PEPPERIDGE FARM FARMHOUSE®



THERE'S NO TASTE LIKE HOME™

© 2020 Pepperidge Farm, Incorporated. All Rights Reserved.

CUE A BETTER MOOD



Check in with how
you're feeling with short
mindfulness activities
tuned to your emotions.

stopbreathethink.com

**DOWNLOAD
STOP, BREATHE & THINK®
FOR FREE**



Hover your phone's camera
over this smart code to
download now.



© 2019 Stop, Breathe & Think®.

Apple and the Apple logo are trademarks of Apple Inc.,
registered in the U.S. and other countries and regions.
App Store is a service mark of Apple Inc.

© 2018 Google LLC. All rights reserved. Google Play and
the Google Play logo are trademarks of Google LLC.



STOP, BREATHE & THINK

SHARMEEN OBAID-CHINOY
& TRISH DALTON

FIGHTING FOR COLLEGE ATHLETES

Sharmeen Obaid-Chinoy believes in the power of a good story—particularly when it comes to changing public opinion. “Seeing and listening to other people’s personal testimonies can connect you to perfect strangers,” says the Pakistani-born filmmaker and journalist. “That’s how you move the needle.” In 2015 the Oscar and Emmy winner, 41, teamed up with director and producer Trish Dalton, 45, to tackle the complex ecosystem of college athletics. “What we always had in common was working on human-rights stories where there was injustice,” says Dalton. “Many of these kids are homeless. Or don’t have jobs or health care. It was quickly clear this needed to be talked about.”

Their film *Student Athlete* followed four young male athletes who aspired to make it to the NFL and NBA; it turns a critical eye on the NCAA’s rules prohibiting pay for college players—even as colleges and coaches make millions. Produced with LeBron James (“This is something he’s passionate about,” says Obaid-Chinoy), the documentary is galvanizing people to take action. Last year California passed legislation allowing college athletes to earn compensation for marketing and endorsement deals. And this week Congress will kick off the Collegiate Sports Caucus to look into the issue. (The filmmakers strategically hosted screenings of the film for members during March Madness last year.) Obaid-Chinoy finds it understandable that their female-helmed film has begun making waves in the world of men’s athletics. “Sometimes it just takes the perspective of women to change the way people see an issue.” —JOHNNY DODD



Social-Justice Filmmakers

“College athletes are the single largest exploited labor force in the United States,” says Obaid-Chinoy (right, with Dalton in New York on Feb. 26 and, below, on the set of *Student Athlete* in 2018. “For us, this is an issue of human rights.”

THEIR IMPACT

20

Number of states looking into changing how the NCAA regulates compensation for college athletes, with more on the horizon.





A South
Carolina man
decided to
quit the KKK.

A black
preacher
protected
him

A Triumph Over Hate

By **KARA WARNER**

Photographs by **SHAYAN ASGHARNIA**



Unlikely Allies
Rev. David Kennedy
(left) and Mike
Burden (right)
forged a 24-year
friendship from hateful
beginnings. "He was
the only person
who would help me,"
says Burden.



**'I share the dream
of Dr. King....
My job is to do the
right thing'**

—REV. DAVID KENNEDY

TIt's a sunny, cold winter morning in Laurens, S.C., and former resident Mike Burden is standing outside a place he'd like to forget—the Echo Theater and its infamous Redneck Shop. “I put a lot of blood, sweat and tears into that building,” he admits. “Feels like a lifetime ago.” From 1996 to 2012, the small town’s former segregated theater was a meeting place for the Ku Klux Klan. Burden, now 50, regrets ever coming up with the idea to open the notorious white supremacist shop. “It’s disgusting,” Burden says of being back in the space, which now sits mostly empty save for a few shreds of Confederate propaganda strewn about and, on the back wall, a giant swastika still visible under a thin layer of white paint. Under renovation, the Echo is finally shedding its racist past—just as Burden did more than two decades ago. “Let’s not let it happen again,” he says.

Good Works
Kennedy and Burden
(at the reverend’s
New Beginning
Missionary
Baptist Church).
“We have to be
loving and we have
to be forgiving,”
Kennedy says.

The remarkable story of how Burden repudiated the KKK—with the help of a bold African-American pastor, the Rev. David Kennedy, and his congregation—is now a movie, *Burden*, starring Garrett Hedlund and Forest Whitaker. Burden says growing up poor and physically abused made him anxious and angry. “I figured the world didn’t owe me nothing, and if the world treated me wrong, I was ready to fight it,” Burden recalls. At age 18, he was talked into joining the KKK by the local chapter leader, John Howard, who knew Burden’s parents, both of whom had briefly been Klan members. “I had never had no one love me,” he says. “That’s what I thought the Klan was for me. I thought it was my family.” Burden rose through the ranks, eventually becoming its local leader, the grand dragon, and opened the Redneck Shop in 1996. But around that time he met and fell in love with Judy Harbeson, whom he helped escape an abusive relationship. She led him to question his involvement in the Klan. “That’s where I started to realize, ‘Hey, I’m not this guy. I don’t want to be this guy,’” he recalls.

After he married Harbeson, Burden decided to leave the KKK—but the members retaliated. Howard, who’d rented an apartment above the Echo to Burden, Judy and her two children, locked them



Erasing Hate

At left: Kennedy confronted Klan leader John Howard in 2008 at the Redneck Shop, which sold racist memorabilia and hosted an unofficial KKK museum. The shop finally closed in 2012 because of Howard’s declining health. Kennedy and his church now have full ownership of the Echo Theater and hope to transform the building into a community and diversity center “for every race, every religion,” Kennedy says. For more information and to donate, visit rehabhate.com.

GROOMER: HEATHER HAWKINS/ZENOBI; BOTTOM FROM LEFT: PATRICK COLLARD/AP/SHUTTERSTOCK; MARK HILL

out. The family had nowhere to go. While begging for help, outside the Laurens police station, Burden encountered a most unlikely ally: Kennedy, a pastor at the New Beginning Missionary Baptist Church. The two had clashed at times over the Redneck Shop, but Kennedy, who grew up in segregated housing in Laurens and says he has endured every racist behavior imaginable, says he decided to help Burden in that moment because he didn't see a KKK member but a man trying to protect his family. "The turning point for me was he had the courage to ask me to help," recalls Kennedy, 67. "I had to feel it, and I had to see it."

Kennedy and members of his congregation provided free housing for Burden and his family and took up periodic collections to buy them food. "Jesus Christ did some very unpopular things," says the reverend. "When it's time to help, you do what God wants you to do. I wouldn't allow a technical reason to take over when human lives are at stake." One of Burden's first acts of good faith was to sell the title for the Echo building, which Howard had given him, to Kennedy and the church for just \$1,000. "I had a temper that went that quick," Burden explains. "You want to lock me and my family out? Watch this. I'll fix you." He also spoke at Kennedy's church and apologized to the black community for creating the Redneck Shop, "an eyesore on Laurens," he said at the time.

Almost 25 years later, Kennedy's act of grace reverberates for both men and the town. "The reverend and his congregation did something tremendous and brave," says *Burden* director Andrew Heckler, who's been trying to make the film since first reading about the Redneck Shop in 1996. "It's a great metaphor for how we can and should treat people," he says. Over the years Burden has struggled with substance abuse and has served jail time. He admits he's still a work in progress but is a better person because of Ken-

'Something you learn during a friendship is you earn each other's respect'

— MIKE BURDEN



↑
"Change is coming," says Burden (with Kennedy outside the Echo).

←
Bringing *Burden* (with, from left, Whitaker, Dexter Darden, Crystal Fox and Hedlund) to the screen took director Heckler 20 years. "I felt an obligation to tell their story," he says.

nedy. "I'm more tolerant of people. I don't argue, I don't fight no more," he says. "When I left Laurens County, I buried Mike Burden. I became a different man." Divorced from Harbeson in 2006, Burden is now a truck driver living in Texas with his third wife, Kelly. "The love of a good woman can change you," he says with a smile, adding that he looks forward to sharing his story with his stepgrandson in the future. "I want people to learn from my mistakes," he says, and move beyond hate. "It's the small people in this world who are going to make this change," says Burden. "It's not the politicians. It's the reverend, the people who work. We're the ones who can make this change. But we have to do it together." ●





A MOTHER'S SECRETS?

Police say Megan Boswell (left) didn't report her 15-month-old daughter Evelyn (right) missing. The little girl was last seen in December.

A Toddler Vanishes

WHERE IS BABY EVELYN?

MORE THAN TWO MONTHS AFTER THE LITTLE GIRL WAS LAST SEEN, POLICE ARREST HER MOTHER—AND RACE AGAINST TIME TO FIND HER **By STEVE HELLING**



Though just 18, Megan “Maggie” Boswell seemed to embrace being a mom. She would carefully pack bottles and diapers for her now 15-month-old daughter Evelyn Mae and take the toddler to play in the park near their home in rural Sullivan County, Tenn. “Maggie is a doting mom,” says her friend Anne Freeman, “and Evelyn adores her. She would light up when Maggie would walk into the room. It was so adorable.”

It's because of that seemingly tight bond that friends and family were shocked to discover baby Evelyn—last seen sometime in early December by a babysitter—was nowhere to be found. On Feb. 18, after Evelyn's concerned great-grandfather David Jones contacted authorities to report the toddler missing, an Amber Alert was issued for the blue-eyed toddler, last seen wearing a pink tracksuit,

**‘IF MAGGIE
BOSWELL
WOULD
SIMPLY
TELL THE
TRUTH,
THIS
COULD ALL
BE OVER’**

**—SHERIFF
JEFF
CASSIDY**

pink shoes and a pink bow. A reward for information leading to Evelyn's return has now reached more than \$60,000. “This case is unlike anything I've been involved in,” a shaken Sullivan County Sheriff Jeff Cassidy told reporters at a press conference on Feb. 21. “We've had a child that's not been seen by the parents or certain family members in almost two months, and it was just reported *this* week.... As you all know, these cases are really time-sensitive, and we urge anyone with information to come forward.”

Frustrated authorities questioned Megan but say she has given “inaccurate and conflicting” information. On Feb. 25 Megan Boswell was arrested on one count of false reporting. While she

sits in jail on \$25,000 bond and has yet to enter a plea, police say they continue to search for baby Evelyn—without any help from her mother. “Every time we talk to her, her story changes,” Sheriff Cassidy told reporters hours after Megan’s arrest. “And I’m serious about that. Every single time.”



By all accounts, Megan Boswell had a difficult upbringing. Court records show that her parents, Angela and Tommy Boswell, had a rocky relationship that resulted in several domestic-violence investigations and arrests over the years. They divorced in 2014, when Megan was 13. When she was 16, Megan began dating Ethan Perry, but the couple broke up when Megan became pregnant with Evelyn and Perry joined the military. (He has declined interviews and not spoken publicly about his daughter.) Megan retained custody of Evelyn, sometimes living with one of her parents and often enlisting them to watch Evelyn while she worked at local restaurants. “She went through hell,” a relative says. “But it seemed like the baby was helping her grow up and find herself.”

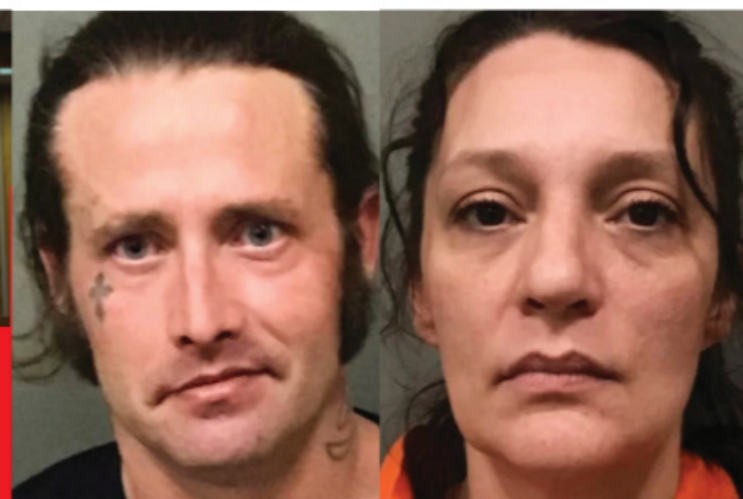
That seemed to change by late fall. Megan’s maternal grandfather, Jones, 68, told *The Bristol Herald Courier* that he last saw Evelyn the week before Thanksgiving and that Megan and Angela had spent two weeks at his home after that, with Megan telling them Evelyn was with the baby’s father. “When they get to the bottom of it, Megan Boswell is the source,” he said. “Megan keeps changing her story. Megan knows the truth.”

Hunter Wood, who briefly dated Megan in December, says he saw photographs of Evelyn but never met her in person. “I knew that the dad had custody sometimes, or that’s what she said,” says Wood. “That didn’t seem that weird. I didn’t meet



INVESTIGATING A MYSTERY

Sullivan County Sheriff Jeff Cassidy (above) says Evelyn’s grandmother Angela Boswell (in a mug shot, far right) and boyfriend William McCloud (in a mug shot, second from right) were driving a stolen BMW considered a “vehicle of interest” in Evelyn’s disappearance.



‘NO ONE KNOWS WHAT IS GOING ON, BUT WE JUST WANT EVELYN BACK SAFE’

—FRIEND ANNE FREEMAN

the baby... but I want that baby to be found.”

On Feb. 21 police arrested Megan’s mom, Angela, 42, and Angela’s boyfriend, William McCloud, 33, after finding them driving a stolen gray 2007 BMW—a vehicle authorities say is connected to the case. But neither was charged with anything related to Evelyn’s disappearance.

Meanwhile, Megan gave puzzling and contradictory interviews to local media outlets. On Feb. 24 she told WJHL-TV that Angela took Evelyn to a campground in Virginia, saying, “My mom did threaten me if I told anybody.” In a Feb. 25 interview with WCYB-TV she claimed that she was planning to take a polygraph exam and that she was turned away when investigators found out that she was pregnant again. (The sheriff later disputed that she was scheduled to take the test, and her jail intake forms do not list her as being pregnant.) In another interview with the same station she claimed that authorities “have a pretty good idea of who has Evelyn,” but Sheriff Cassidy again disputed her assertions, telling reporters that authorities still don’t know what happened to Evelyn—or if she’s in danger. “Nobody knows what the answers are,” says the Boswell relative. “Everyone is freaking out. The bottom line is that we just want Evelyn back. We just need to know that she’s okay and that she’s being taken care of. That’s all.”

Now authorities are fielding hundreds of tips—and dragged a North Carolina pond on Feb. 26 without finding evidence—hoping that their 24/7 search could still have a happy ending. “The outpouring of support from the community has been outstanding,” Sheriff Cassidy says. “I hope and pray that she’s alive.... And we’re going to continue to work just like she is alive.” ●

CHILLING SIMILARITIES TO A NOTORIOUS CASE

CAYLEE ANTHONY

- Caylee, 2, wasn’t seen for 30 days before being reported missing; mom Casey said she was with a nanny.
- Caylee’s grandmother called 911 to report her missing.
- Mom Casey was accused of lying to police and making false reports; she was later charged with Caylee’s murder but acquitted.

EVELYN BOSWELL

- Evelyn, 15 months, wasn’t seen for two months before being reported missing; mom Megan says she was with a babysitter or grandmother.
- Evelyn’s great-grandfather reported her missing.
- Mom Megan is accused of lying to police; she has been charged with making false reports.





Close Friends
“Margaret as my personal stylist!” says Glenconner (with the royal in an undated photo). “She was wonderful with all her staff, and they were frightfully loyal.”



LADY-IN-WAITING
ANNE
GLENCONNER

My Memories of Princess Margaret

ANNE GLENCONNER, MARGARET'S CLOSEST CONFIDANTE FOR MORE THAN 30 YEARS, OPENS UP ABOUT THE FIERY ROYAL'S EXTRAORDINARY LIFE **By SIMON PERRY**



Princess Margaret famously accessorized with a cocktail in one hand and a cigarette in the other. But the fun-loving royal, who struggled to find her purpose behind her older sister Queen Elizabeth, proved she could rein in her vices when she had to give up smoking and drinking in her later years. “I asked her, ‘Is it very hard?’” recalls her lady-in-waiting of three decades, Anne Glenconner. “She said, ‘No, Anne, once I make up my mind to do something, I do it.’”

That was certainly the way she lived. In *Lady in Waiting: My Extraordinary Life in the Shadow of the Crown*, available in the U.S. on March 24, Glenconner, 87, opens a window into the royal world as it intertwined with her own.

She grew up in an aristocratic family; had a rocky marriage to fellow aristocrat Colin Tennant (who later became Lord Glenconner); and lost two of their five children (Henry died of an AIDS-related illness in 1990; Charles died of hepatitis C in 1996). A witness to history, she was an attendant at Queen Elizabeth’s 1953 coronation, joined Margaret on her many getaways to the Caribbean

island of Mustique and watched as the princess’s own tempestuous marriage, to photographer Antony Armstrong-Jones, crumbled.

But it was the simple times with Margaret that Glenconner treasures most, “when we were just together. Without our husbands.” Margaret, who died at age 71 in 2002 following a stroke, had a tender side too: When Henry was diagnosed with AIDS, “people were terrified about how you caught it,” says Glenconner. “But she always came and brought [her children] David and Sarah, and she always hugged Henry.”

Even her biting wit had surprising heart. During a mid-flight storm, Glenconner became “nervous as we were bouncing about,” she recalls. “She put her hand on mine and said, ‘No point in being frightened, Anne, we’ll either be all right or we won’t. I think we might have another drink on the other hand.’ She always came up with good advice.”

In 1968 Margaret—then married to photographer Antony Armstrong-Jones and mother to David, 7, and Sarah, 4—began planning a home on the Caribbean island of Mustique, where Anne’s husband, Colin, had given her land.

Although incomparable to a royal palace, Mustique offered Princess Margaret a break from her husband. Like Colin, Tony was unpredictable, sharing similar character traits: He was eccentric and extremely demanding, often rubbing people up the wrong way. But, just like Colin, he could be incredibly charming.

Everybody she had ever met had treated her in a certain way and there was Tony, being spiteful in creative ways, bothering to come up with nasty little one-liners to write down and hide in her glove drawer, with her hankies or tucked into books.

In the late afternoon we would often go and sit in Basil’s Bar, watching the sunset, skeptically waiting for the “green flash” that is supposed to appear on the horizon just after the sun vanishes. . . . We always seemed to be distracted by the thought, pausing our conversation to stare at the view, just in case we saw it. We never did but it became a fun habit.

● ● ●

In 1973, as Margaret’s marriage was falling apart, Anne and Colin introduced the princess to fun-loving Roddy Llewellyn, a sometime landscape gardener.

Princess Margaret and Roddy had immediately clicked, even though Roddy was 17 years



Sharing Her Story
“You are a go-between,” Glenconner (in 2019) says of the role of lady-in-waiting.

younger than her. [After a car ride, Anne's son] Charlie explained, with a twinkle in his eye, that they had taken so long because Princess Margaret had whisked Roddy off shopping to find him some swimming trunks for the pool. With a big grin on his face, Charlie said that the trunks were so tight they could have been described as "budgie smugglers." I said to Colin, "Oh, gosh, what have we done?"

When Roddy had been at [Anne and Colin's estate, Glen] for about two days, he told me how beautiful he thought Princess Margaret was, and I said, "Don't tell me, tell her." So he did, and from then on, Princess Margaret and Roddy were inseparable, staying up late after dinner, sitting at one of the card tables in the drawing room after an evening of playing bridge or canasta. . . . After the weekend in Glen, they were together for eight years, and friends for life, making all the difference to Princess Margaret who, by the time they met, had endured several years of unhappiness with Tony.

By the mid-'70s, Princess Margaret's marriage was at breaking point, but with two children and being very religious, she didn't want a divorce. In the end, Tony pushed her to it because in 1978 his mistress, Lucy Lindsay-Hogg, became pregnant with their first child. Day after day there were screaming headlines, with pictures of Princess Margaret caught looking miserable, not helped by the fact that she had the type of face that looked somber when she wasn't smiling.

During this press-frenzied time, and in an attempt to escape their ghastly intrusion into her private life, over the next several months

Princess Margaret would come quite frequently to stay with me in my Norfolk farmhouse or at Glen. . . . Roddy would arrive later in the evening and I would leave them to relax. Going through such a private matter in public, and the scandal of being the first high-profile member of the Royal Family to divorce since King Henry VIII, was enough to make anybody need a friend.

...

Throughout countless hours together, Anne grew protective of Margaret, whose reputation as a demanding bon vivant had spread.

People complained about Princess Margaret being difficult, but I think quite often it was because she was bored or fed up. She would often be invited to meet strangers at lunch or dinner but, not surprisingly, her idea of fun wasn't sitting next to the mayor, the bishop, and the chief of police for Sunday lunch. When she was staying with friends, she didn't want to be on

show. She also appreciated being asked what she wanted to do and what she wanted to eat but she often wasn't. Great dinners would be arranged, when actually she preferred much simpler food.

I minded very much when people complained about her behavior. I knew she could be difficult: she was known for her icy stare if she felt someone had overstepped the mark, often accompanied with a curt remark normally with good reason. She had moments of being very grand indeed, but I worked round these "royal moments," finding her quietly amusing. I didn't like it when people criticized her, especially when she was already being hounded by the press.

...

In her later years, the single Margaret grew more dependent on Anne than ever.

In the years that followed, Princess Margaret had one or two more strokes and then her eyesight started to fail. Very quickly she lost it almost entirely. Having loved being surrounded by men, she now refused their company, even Colin's, only feeling comfortable with a few female companions.

A few of us would regularly read to her and sometimes I would stay the night. Her taste in reading material was eclectic to say the least. On one visit, I arrived to find her extremely animated. "I've got a new book,"

'She wasn't snobby, she was royal'

— LADY GLENCONNER



Attending the Queen

"It's a very personal memory," Glenconner says of her role in Queen Elizabeth's 1953 coronation.

Margaret & Me



Tight Bond
"My favorite times were the times I spent alone with her," Glenconner says. "We laughed so much."



Life of the Party
"I went around the world with her," says Glenconner (on Mustique in 1972).



↑
Family Ties
From left: Llewellyn;
Margaret; Glenconner
and her son
Charlie ca. 1975.

↓
Royal Mom
Margaret with
husband Antony
Armstrong-Jones
and their children,
David and Sarah.



→
Island Vibes
Margaret (on
Mustique in 1976)
“was quite clever,”
says Anne.



she said excitedly. “Would you read it to me? It’s all about seeds.” My heart sank. A whole book about plant seeds. What could be more boring? I thought, but Roddy had given it to her, and not only was she thrilled but she was clearly genuinely interested. I got as far as a chapter on potatoes before saying, “Ma’am, are you really interested in this book? Should I carry on? Isn’t it rather boring?”

“Keep going, Anne,” she said, without missing a beat. “It’s fascinating.” So, on I ploughed through that beastly book, but not without her stopping me and questioning my pronunciation, which she was always correcting. This was a habit of hers.



Anne had a front-row seat to Margaret’s complex relationship with her sister Queen Elizabeth.

One day, the Queen came to tea with Princess Margaret. I stayed in the drawing room so they could have some time together and she went off to the bedroom to find Princess Margaret. Quite soon after she had gone in, she reappeared.

“Oh, Ma’am, is everything all right?” I asked.

“No, it isn’t,” the Queen replied. “Margaret is listening to [the U.K. soap opera] *The Archers* and every time I try to say something she just says, ‘Shh!’”

I wasn’t surprised. Princess Margaret’s defiant streak extended to her sister, despite her being the Queen. I had always noticed that she had a very subtle strategy for one-upmanship, which contributed to the bickering that went on between her and the Queen Mother.

I said, “Let’s go back up together.”

When we got into the bedroom, I said to Princess Margaret, “Ma’am, the Queen is here, and she can’t stay all that long. Would you like me to help pour the tea?” I switched off the wireless, made sure they both had a cup, and left the room.



Margaret died following a stroke on Feb. 9, 2002.

The months after her death felt very quiet without Princess Margaret. She really was an extraordinary woman: If someone was anxious about something, she would always see the problem in an entirely different way, from a new angle, which would often help in finding a solution. Even now, when I’m faced with a problem, I wish she was here to tell me what she would do. Right up to the end, she stayed interested in the world around her. Life has not been the same without her, especially when I go to Mustique. ●



You can find the craziest things while
checking for monsters under your kid's bed.

Like a minute to eat a cookie.



Save Something for Yourself®

Carrie Underwood What My Life's Really Like

THE COUNTRY STAR AND MOM OF 2 SHARES HOW SHE GETS THROUGH HER CRAZY-BUSY DAYS **By JANINE RUBENSTEIN**



'I'm terrible at asking for help. I don't like a lot of people in my space!'

The hardest part of my day is getting out the door. My husband, Mike, and I are trying this thing where we get up earlier so we can have a little quiet time before the kids wake up. Then we have breakfast together, and it's all about the mad dash out the door. I have a calendar-journal that I look at for the day and week ahead. It's nice to see it laid out in front of me.

Exercise is me-time... I'm a health nerd. It's a passion. I don't pamper myself often—and maybe I should be a little better at that—but working out to me is that. It helps me balance. Some days I have to make myself, but I always feel better afterward.

What my husband and I talk about more than anything... Making sure our children have a “normal” childhood. That's hard with this particular life, and it does stress me out. Isaiah recently said my job is doing laundry, and I kind of loved that, because I don't really want him to know what I do. Not that I'm keeping him in the dark, but it made me feel good that he sees me doing mom stuff.

I feel like I have to flip a switch when I'm onstage. You can't be a big personality like that all the time. You could, but it would be exhausting! It's fun to put on the glitter and the heels, and I give it all I've got. Then I get to go home and everyone cares about me, the person. It feels good to be loved both ways.

I know how to veg out... My workday ends when the kids go to bed. Even if the counters aren't clean, I'm finished. Mike and I will sit on the couch and catch up and watch *The Bachelor* or *The Walking Dead*. That's my balance: Work hard and then veg.



Family First

“We tuck our kids in at night; we pray together,” she says of husband Mike Fisher, 39, and Isaiah, now 5, and Jacob, 1. “It's cool to see what they are thankful for.”

DAILY STATS

Wake-up time

It changes. My kids are my alarm.

Coffee?

One cup black in the morning.

Workout...

45-90 mins. a day. Some days cleaning the house counts.

Loads of laundry

I'm at it all the time. How can one little person have so much laundry?

Lights out

8 p.m.—for the kids, that is...

Living Healthy

Underwood's new book, out March 3, details her health and wellness journey—and her new Fit52 fitness program and app.



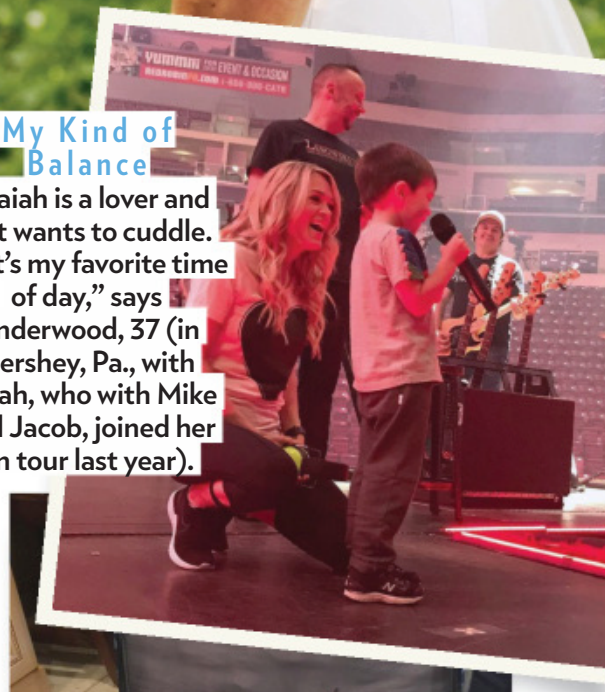
Treating Myself

“Dark chocolate is a favorite indulgence. I always keep some in my purse,” she says.



My Kind of Balance

“Isaiah is a lover and just wants to cuddle. That's my favorite time of day,” says Underwood, 37 (in Hershey, Pa., with Isaiah, who with Mike and Jacob, joined her on tour last year).



Welcome Home

“We're just pretty normal people,” says Underwood, whose rescue dog Ace is always happy when she's back from the road.



Work Out Wherever

The star (in her Calia athleisure line) fits exercise in where she can—here with Isaiah.



INSTANTLY
UNCLOGS
PORES
FOR A SHOCKING,
SATISFYING
CLEAN.

© 2020 KAO USA Inc.

Bioré
free your pores!

#1 TRUSTED BLACKHEAD REMOVER*

Bioré® Deep Cleansing Charcoal Pore Strips use patented C-Bond technology to bind to blackheads, not to skin. Instantly unclog pores so it feels like you can unleash your true potential. That's how we **#DoDifferent**. Your turn.

*#1 trusted blackhead remover based on Nielsen Data latest 52 weeks ending 4/13/2019



7 Big Skin-Care Trends Right Now

BUZZY INGREDIENTS, COOL TECHNOLOGY AND NEW PRODUCTS YOU'LL LOVE



1

Clean Beauty at the Drugstore

When it comes to skin care, eco-friendly and wallet-friendly don't always go hand in hand due to the pricier ingredients in nontoxic formulations. But some new brands are changing that with lines that cost \$20 or less, such as Clean Beauty, which pares back packaging in order to keep its high-quality formulas affordable.

Kiwi Botanicals Honey Melt Facial Cleanser, \$10; at Walmart stores
Cleen Beauty Coconut Water Hibiscus Glow Mist, \$7; at Walmart stores

2

Blue-Light Fighters

You already know you need to protect your skin from the sun (right?!), but now there's evidence that prolonged exposure to blue light—which is emitted from computers, smartphones, etc.—can also lead to signs of aging. Dermatologist Ranella Hirsch recommends applying a broad-spectrum sunscreen with antioxidants every day: "It'll help neutralize blue light rays before they have a chance to damage the skin."

EltaMD UV Replenish Broad-Spectrum SPF 44, \$32;
dermstore.com



3

High-Tech Tools

According to research firm Mintel, 48 percent of women have tried a skin-care device. Not sure what to try first? These pro-level tools are worth the investment.

Jennifer Aniston is a ZIIP devotee. "I have never seen such a result from a little machine like that," she told *Vogue* in October.



ZIIP GX

Uses electrical currents to boost elasticity, plus offers settings for acne, dark circles and more.

\$495; ziipbeauty.com

Foreo Luna 3

Behind this cute facade is a serious cleansing machine. Vibrating silicone nubs sweep away dirt and oil for a clearer complexion.

\$199; foreo.com



Use it with any gentle face wash



SiO Cryodrop

Used daily, this cool-to-the-touch tool (made of medical-grade steel) noticeably flattens fine lines.

\$115; siobeauty.com



4

Skin-Boosting B Vitamins

Niacinamide, a form of vitamin B3, has been a mainstay in skin-care products for decades. It's having a resurgence now in part due to new research affirming its ability to reduce acne, calm rosacea and even out pigmentation, says dermatologist Doris Day. We like it best in targeted treatments like the two shown here.

Peter Thomas Roth Pro Strength Niacinamide Discoloration Treatment, \$88; sephora.com

Paula's Choice Clinical Niacinamide 20% Treatment, \$48; paulaschoice.com

5

Smoothing Bakuchiol

Known as the gold standard for fighting fine lines and wrinkles, retinol (a derivative of vitamin A) can often irritate skin. Enter bakuchiol (pronounced "back-uh-heel"), a plant extract that has similar antiaging properties but without the unwanted drying effects, says dermatologist Macrene Alexiades. Bonus: You can find it in everything from moisturizers to masks.

Burt's Bees Renewal Firming Eye Cream, \$20; at drugstores

This mask is one of five bakuchiol products now available at Whole Foods Markets



Cocokind Resurfacing Sleep Mask, \$22; at Whole Foods Markets



Kacey Musgraves has said she's "hooked" on Augustinus Bader products, like this rich cream, which keep her "aglow."

6

Ultra-Luxe Body Lotions

It's not just your face that deserves pampering. These splurge-worthy formulas take care of everything else. Augustinus Bader's cream (top) was created after the professor spent 30 years researching skin rejuvenation for burn victims; La Mer's balm (left) contains the same "Miracle Broth" that made the brand's face cream a cult favorite; and Mutha's certified organic body oil is in high demand with eco-conscious celebs like Kate Hudson.

Augustinus Bader the Body Cream, \$165; violetgrey.com **La Mer Renewal Body Oil Balm, \$195;** cremedelamer.com **Mutha Body Oil, \$104;** mutha.com

7

Products for Menopausal Women

Brands are tackling the skin issues that can occur during this stage of life, when hormone levels drop and skin can become severely dry and lose elasticity. Longtime beauty industry executive Rochelle Weitzner created Pause after she experienced her first hot flash. The line includes this moisturizer, which promotes collagen growth while also exfoliating the skin to prevent clogged pores.

Pause Well-Aging Collagen Boosting Moisturizer, \$72; pausewellaging.com



(PRODUCTS) BRIAN HENK(12); (MUSGRAVES) JOHN LAMPARSKI/GETTY IMAGES

mightiest
protection
for your tightest
styles

UP TO 100%
LEAK & ODOR-FREE
wear what you want



TAMPAX radiant *always*
COLLECTION

Jimmy Dean ONCE SAID:

**"WARM
the
WHOLE
body
UP &
GET IT
goin'!"**

Jimmy Dean



TODAY'S YOUR
DAY TO
Shine onTM



FABIO VIVIANI Grilled Lamb Kebabs with Parmesan- Yogurt Sauce

The executive chef of Bar Verona in Detroit suggests serving these marinated skewers with roasted vegetables and rice

- 1 medium red onion, finely chopped
- ½ cup coarsely chopped fresh rosemary
- 2 Tbsp. finely chopped fresh thyme
- 6 garlic cloves, chopped
- 1 habanero chile, seeds and stems removed, finely chopped
- ½ cup olive oil
- 1 (2-lb.) boneless leg of lamb, cut into cubes
- ½ tsp. black pepper
- 2½ tsp. kosher salt, divided
- 1¼ cups plain whole-milk yogurt
- ¼ cup grated Parmesan cheese
- ½ cup finely chopped fresh basil
- ½ tsp. ground cumin
- ½ garlic clove, grated

1. Stir together onion, rosemary, thyme, chopped garlic, habanero and oil in a large bowl. Sprinkle lamb with pepper and 2 teaspoons salt; add to marinade, and toss well to coat. Cover and refrigerate at least 4 hours.
2. Preheat grill pan to medium. Stir together yogurt, Parmesan, basil, cumin, grated garlic and ½ teaspoon salt in a bowl. Set aside.
3. Thread meat onto 12 (9-inch) skewers. Grill, uncovered, on lightly oiled grates, turning every 3 to 4 minutes, until meat is evenly cooked and a bit charred. Serve with Parmesan sauce.

Serves: 6

Active time: 40 minutes

Total time: 4 hours, 40 minutes (includes marinating time)

quick tip!

Don't let meat sit in marinades made with lemon juice or vinegar for more than two hours—the acid will cause it to toughen. With no-acid recipes, like this one, meat can marinate for up to two days in the fridge.



**NEW
BUFFALO
CHICKEN
FROM
OSCAR MAYER.
YOU'RE
WELCOME.**



**NO ARTIFICIAL
INGREDIENTS.
17G OF PROTEIN.**

© 2019 Kraft Foods

People food

**quick
tip!**

At the grocery, buy frozen shrimp and thaw them yourself. "Fresh" shrimp are often shipped frozen and thawed by the store—so they're actually less fresh.



ART SMITH
**Shrimp
Cocktail with
Mango &
Avocado**

'This appetizer is inspired by the flavors of Key West,' says the chef, who will be hosting a Vintner Dinner at the Orlando Wine Festival & Auction (March 13-15)

- 1 cup Clamato juice
- $\frac{1}{3}$ cup ketchup
- $\frac{1}{4}$ cup finely chopped red onion (from 1 small onion)
- 2 Tbsp. fresh lime juice (from 1 lime)
- 2 garlic cloves, minced
- 2 tsp. prepared horseradish
- 1 tsp. hot sauce
- 3 Tbsp. chopped fresh cilantro
- $\frac{1}{4}$ cup apple cider vinegar
- 1 Tbsp. Old Bay seasoning
- $\frac{1}{2}$ cup water
- 8 oz. raw jumbo peeled and deveined shrimp
- 4 oz. shredded cabbage (from 1 small head)
- 1 cup chopped English cucumber (from 1 cucumber)
- 1 large (13 oz.) mango, chopped (about $1\frac{1}{2}$ cups)

1 large (8 oz.) avocado, chopped
Chopped fresh chives
Sesame seed crackers

1. Process Clamato juice, ketchup, onion, lime juice, garlic, horseradish and hot sauce in a blender until smooth, about 30 seconds. Add cilantro, and pulse until combined, 2 to 3 pulses. Cover and chill until ready to serve.

2. Stir together vinegar, Old Bay, and water in a small saucepan over medium; bring to a boil. Add half of the shrimp, and simmer just until shrimp turn pink, 2 to 3 minutes. Remove shrimp from liquid, and plunge into an ice bath to stop cooking. Repeat with remaining shrimp. Transfer shrimp to a plate lined with paper towels to drain. Chill for at least 30 minutes or up to 1 hour.

3. Chop shrimp into bite-size pieces. Divide cabbage evenly among 4 glasses. Top with layers of cucumber, mango, avocado and shrimp. Drizzle each serving with 3 tablespoons cocktail sauce. Garnish with chives, and serve with sesame seed crackers and remaining cocktail sauce on the side.

Serves: 4

Active time: 30 minutes

Total time: 1 hour

FOOD STYLST: MARGARET DICKER; PROP STYLST: KAY CLARKE; INSET: TOM BURTON

By ANA CALDERONE and MARY HONKUS

Photograph by
VICTOR PROTASIO

**NATURAL? YES.
DELICIOUS? YES.
OSCAR MAYER?
ABSOLUTELY!**



NO ARTIFICIAL INGREDIENTS. NO ANTIBIOTICS. EVER.

© Registered Trademark of Kimberly-Clark Worldwide, Inc. © KCWW

Beautifully designed.
Unbelievably soft.
More comfortable.*

More women agree **NEW Depend® FIT-FLEX® Underwear** protects and fits better* so you can be your best self.



**YOUR BEST COMFORT
AND PROTECTION GUARANTEED†**

GET A FREE SAMPLE AT DEPEND.COM

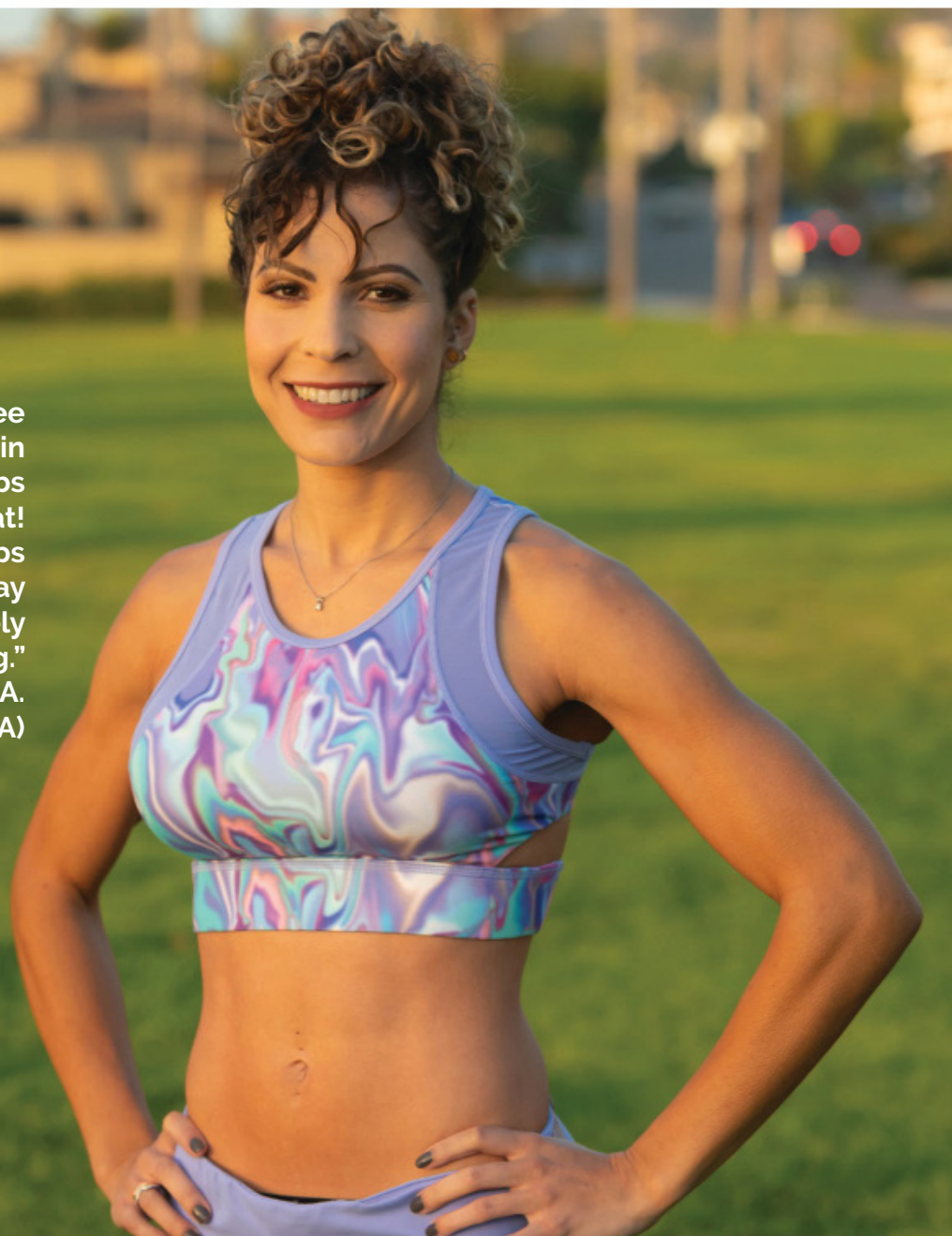
*vs. leading bargain brand.

†Purchase by 3/1/21. Redeem within 30 days of purchase. See depend.com/guarantee for details.



LIFE'S BETTER WHEN YOU'RE IN IT.
BE THERE.

"I can finally see my muscles again after losing 30 lbs and it feels great! Almased keeps my cravings at bay and is completely satisfying."
- Bridgette A.
(San Diego, CA)



The Secret Formula to Losing Weight, Fat and Inches!

Developed over 30 years ago by holistic therapist Hubertus Trouillé to improve metabolism, Almased is a unique low-glycemic high-protein (LGHP) diet formula that provides the body with all the amino acids it needs for optimal health.

In fact, a breakthrough 2018 study from the University of Alberta proved that Almased improved

metabolism and helped people burn fat instead of carbohydrates earlier than with a standard diet.

Two other studies support these findings, and show that the LGHP diet significantly boosts the fat-burning hormone, adiponectin. They also show that Almased supports healthy levels of blood sugar and the appetite hormones, ghrelin and leptin.

Its powerful unique combination of effects supports weight loss, weight management and overall health. It's why our customers say Almased is the very best low-glycemic high-protein diet.

Read more and download your **FREE diet plan** at figureplan.com/PM11D or **call us toll-free at 1-877-256-2733** for more information.

Ask for Almased at one of our fine retailers. You can also find Almased online.

Walgreens

meijer

CVS
pharmacy

GNC
LIVE WELL.

RITE
AID

HOW ALMASED WORKS



Starting Phase

Kick off your diet with a low-calorie nutritious fast for 3 to 14 days to boost metabolism.



Reduction Phase

Build healthy eating habits while keeping your metabolism up! Continue until you reach your desired goals!



Stability Phase

You've reached your weight loss goals! Energize your day and ensure you're getting quality protein, bioactive peptides, healthy carbs, plus vitamins and minerals daily.

Not looking for weight loss, but want to improve your health and stay fit? Try this phase to experience the unparalleled benefits of Almased.



Life Phase

Boost your nutrition and energy levels to achieve a healthier lifestyle.



Edie Falco

THE EMMY WINNER, 56,
STARS IN THE NEW
CBS SERIES *TOMMY*

Last time I cried

I watched *It's a Wonderful Life* with my daughter [Macy, 12], and I lost it at the end. She just looked at me like, "Mom, are you okay?"

Last vice

Popcorn. It's lame, but I'm literally at the point where I have to stay away from it. I can't even talk about it.

Last moment of pride

I very much enjoy crafting. I cut up a bunch of sweaters and T-shirts and made scarves and thought, "Gee. I will wear this proudly." I wonder sometimes if I missed my calling.

Last moment of nostalgia

I went to get a Christmas tree, and there was a little blond boy there helping his dad pick one out. My son [Anderson] is 15 now, and it really got me. I thought, "This is what everybody talks about. It goes so fast."

Last game I played

Apples to Apples. I have some control issues—I'm kind of manipulating and negotiating so that everyone is happy. This should really be between me and my shrink.

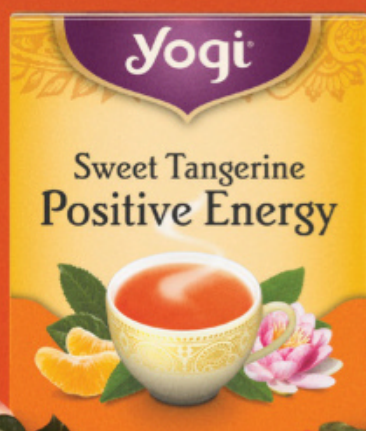
By JULIE JORDAN

AUSTIN HARGRAVE/AUGUST



PEOPLE (ISSN 0093-7673) (March 16, 2020) (Volume 93/Issue 11) is published weekly with an extra issue in February by TI Gotham Inc., a wholly owned subsidiary of Meredith Corporation, Principal Office: 225 Liberty St., New York, NY 10281-1008. Periodicals postage paid at New York, NY and additional mailing offices. Postmaster: Send all UAA to CFS. (See DMM 507.1.5.2); Non-Postal and Military Facilities: Send address corrections to People Magazine PO BOX 37508 Boone, IA 50037-0508. Canada Post Publications Mail Agreement # 40069223. BN# 888381621RT0001. People Weekly, Star Tracks, Picks & Pans and Chatter are registered trademarks of TI Gotham Inc. All Rights Reserved. Printed in the U.S.A. **CUSTOMER SERVICE AND SUBSCRIPTIONS: For 24/7 service, please use our website: www.people.com/myaccount. You can also call 1-800-541-9000 or write People Magazine PO Box 37508 Boone, IA 50037-0508.** Reproduction in whole or in part without written permission is strictly prohibited. Your bank may provide updates to the card information we have on file. You may opt out of this service at any time. ♦♦♦♦♦♦♦♦

I will manifest
the checking account
I was meant to have.



Be your own Yogi