

Parade

SUNDAY, OCTOBER 2, 2022 | PARADE.COM

PLUS
Reese Witherspoon's
New Book, p. 4

*"Women love
that I'm playing
a badass"*

QUEEN LATIFAH

The *Equalizer* star on how
she became Hollywood royalty

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WALTER SCOTT'S

Personality Parade

WALTER SCOTT ASKS...

HILARY SWANK



New Love Boat Sets Sail

A TV classic gets a makeover with a new reality series hosted by husband-and-wife duo **Jerry O'Connell**, 48, and **Rebecca Romijn**, 49. *The Real Love Boat* (Oct. 5 on CBS) brings together looking-for-love singles on a luxury cruise, where they mingle for destination dates and test their compatibility. Watch for surprise appearances by original cast members from the 1977–87 series. "There's something so hopeful and joyous [about *The Love Boat*]," says O'Connell. "We hope to bring back that sort of vibe."



Blue Bloods Is Back!



In the 13th season of *Blue Bloods* (Oct. 7 on CBS), **Bridget Moynahan** is back as Erin, the sole daughter of police patriarch Frank Reagan (Tom Selleck). And now Erin is running for Manhattan District Attorney, the top spot in an agency of legal eagles that her family of boots-on-the-ground cops often sees as the opposition. "This obviously puts Erin in a difficult position," says Moynahan, 51, who's marking her 12th year on the hit series. "It will automatically give the writers an opportunity for tension and awkwardness. I'm looking forward to seeing how the storyline unfolds."

The Oscar winner for *Million Dollar Baby* and *Boys Don't Cry* stars in the new drama series *Alaska Daily* (Oct. 6 on ABC). Swank, 48, plays Eileen Fitzgerald, an investigative journalist seeking redemption at a newspaper in Anchorage after a story she's pursuing causes her dismissal from her high-profile job in Manhattan.

You've had some incredible roles. Do you ever absorb parts of your characters? You can't help but do that, especially with the roles that I've been so blessed to play. I play a lot of real-life people who blow open my blinders of how I look and walk in the world. Of course, that's going to forever change the way I see and view things. It's such a gift.

What's your take on Eileen? I call her no-nonsense, and she doesn't suffer fools. I don't think she's rude; she's very New York, very matter-of-fact, and she calls people on what she feels is BS. She's hell-bent on continuing to reveal that the article she wrote was true, that her source was good and to keep digging deeper into that specific investigation.

How are missing women at the heart of *Alaska Daily*? When she goes to dinner with her old boss, who's courting her to come to Alaska, Eileen sees pictures of these women, and under-

stands—as she starts doing research—that this is a huge, horrific situation, and nobody is investigating. Another woman disappears and gets forgotten, and another. Even saying that gives me chills. There's no world in which that should ever be happening, especially now in 2022.

You once said, "I cut coupons and believe in buying toilet paper and toothpaste in bulk. It's who I am." Is it still who you are? I was raised in a way to make ends meet, and that's just in your bones. Why wouldn't I look for a deal? I'm a human being. I work hard for my money. Growing up the way I did, we needed our dollars to go as far as they could. Why would I want that to be different now?



What "angelic" role is in her future? Go to Parade.com/swank to find out.

VAMPIRES EVERYWHERE!



Twenty-eight years after **Tom Cruise** and **Brad Pitt** beefed up the theatrical version of *Interview With a Vampire*, the story based on the Anne Rice novel comes back to life (Oct. 2 on AMC and AMC+) with Sam Reid as the immortal Lestat de Lioncourt and Jacob Anderson as his lover. Just in time for Halloween, go to Parade.com/vampires for our list of the top 50 vampire movies. And sink your teeth into some of these other famous vampires of film and TV.

Grandpa Munster
(Al Lewis)
The Munsters
(1964–66)



John (David Bowie)
The Hunger (1983)



Barnabas Collins
(Jonathan Frid)
Dark Shadows
(1967–71)



Edward Cullen
(Robert Pattinson)
Twilight (2008)

Angel (David Boreanaz)
Buffy the Vampire Slayer
(1997–2003)

Nadja (Natasia Demetriou)
What We Do in the Shadows
(2019–)



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Books

WE LOVE

Busy Betty

BY REESE WITHERSPOON

If you were a spirited kid filled with big ideas (or if you raised one), you'll delight in **Busy Betty** (Oct. 4, Flamingo Books), written by Oscar-winning actress and favorite online book club host **Reese Witherspoon**. "Instead of writing about the perfect little girl with the pink bows and tennis shoes, I wanted to write about that busybody who wears her brother's hand-me-downs and is really creative," Witherspoon says. "She's a whirling dervish of energy, but it takes teamwork to get constructive around her ideas. I hadn't read a character like that for a young girl, and I thought, *What if we can talk about executive function and concepts of business at a very young age?*" We spoke



with Witherspoon about her inspiration for *Busy Betty*. —Megan O'Neill Melle

What was a young Reese like? I was a very outgoing and busy child who was sometimes overwhelming to my mom and my teachers. And I definitely had to be separated from other kids for talking too much. I was talking and singing and dancing and making up games and stories and hopping around. One of my first businesses was building customized barrettes out of my desk in the second grade, and I got in a lot of trouble. But it didn't stop my entrepreneurial spirit. I thought it'd be really fun to write about a little girl who has that busy energy and a lot of great ideas.

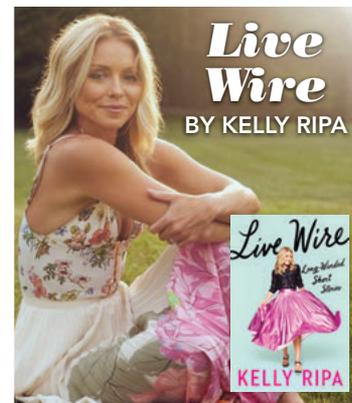
Hello Sunshine and Reese's Book Club celebrate women's stories and diversity. How is your new children's book an extension of that? My mission to highlight female authorship started 10 or so years ago when I looked around the media landscape and saw a lack of female voices being amplified. And subsequently, their stories were very muted and not really reflective of the diversity of women and the complications women face. Women



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Books We Love

are very dynamic. And so it's been a passion of mine to read more books, highlight female authors and also hire more female filmmakers to turn these books into movies and television shows. I started thinking, *How can I bring that mission to a younger audience and start reflecting a spectrum of little girls' experiences?*

Are there books or characters that have stayed with you over the years? [Beverly Cleary's character] Ramona Quimby was a huge inspiration for me. I love [Ian Falconer's character] Olivia the Pig. I also love the Elephant and Piggie series [by Mo Willems], which is something that I've read to my children. Amy Krouse Rosenthal's books were really inspiring for all of my children. I love humor and great characters, and I find it's easier to relate to stories that have a great central character.



For more than 20 years, **Kelly Ripa** has kept America's early birds entertained, charming *Live* guests alongside the late Regis Philbin, Michael Strahan and now Ryan Seacrest. Her energy, sharp wit and self-deprecating humor (always portray yourself as the bad guy, Philbin taught her) take her new book, **Live Wire: Long-Winded Short Stories** (Dey Street Books), to hilarious heights, reflecting on her career, motherhood and the time she and Richard Gere saved the life of a stoner (slight exaggeration) at one of Jimmy Buffett's dinner parties. For her favorite Regis memory, go to **Parade.com/kelly**, and read on for the books she loves. —MM

What are you currently reading? The new Lisa Taddeo book, *Ghost Lover*. I loved her 2019 book *Three Women* so much that I gave it to all my friends for Christmas.

Any favorite memoirs? I didn't read anything while I was writing, so the first thing I did as soon as we were done was read Kal Penn's memoir, *You Can't Be Serious*, which was genius. And I'm so grateful I didn't read it before I wrote mine, or I would have given my publishers their advance back.

Do you have a book that you most recommend to people? I love Gary Janetti. His latest book, *Do You Mind If I Cancel?*, made

continued on page 13

Visit [Parade.com/reese](https://www.parade.com/reese) to find out what she's reading now.

FALL in Love

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Stay Healthy

7 Ways to Fight Depression

Here's help for the one out of three Americans who struggle with feeling down.

By Kathleen McCleary

There's no one "cause" for depression. Your biology, your temperament, your early experiences, your current life circumstances—all affect the neurotransmitters in your brain and how they communicate, says psychiatrist Diane McIntosh, M.D., author of *This Is Depression* and co-host of the podcast *Blindsided*. "The worst kind of stress for your brain is chronic, unpredictable stress, and that's what we've all been living in during the pandemic," she says.

The good news is your neurotransmitters can be retrained. Talk with your doctor or a psychiatrist about talk therapy, medication and other treatments. And consider these small changes—all based in science—that may help.



EXERCISE "A 30-minute walk every day is enough to impact your mental health," McIntosh says. Studies have shown that exercise is as effective as medication or psychotherapy in reducing symptoms of depression. In fact, recent research found that people who did 2.5 hours of brisk walking a week cut their risk of developing depression by 25 percent. Exercising even half that much lowered depression risk by 18 percent.

LIMIT SOCIAL MEDIA USE "Stop dread scrolling," says Adam Borland, a clinical psychologist with Cleveland Clinic. Last year, researchers found that people who used social media the most (particularly Snapchat, Facebook and YouTube) were substantially more likely to report feeling depressed than adults who didn't.

FIND A MANTRA Borland brainstorms with his patients to help them find a phrase that's easily remembered and that they can feel a connection to. "One example is 'I'm doing the best that I can,'" he says. "It's very simple—but very powerful. It's got 'I am doing, I am

active, I'm not just waiting for things to happen,' and 'the best that I can' is humanistic. We're not robots. There's something freeing about that."

DO SOMETHING CREATIVE "I've had patients pick up musical instruments they hadn't played in many years, and it really helped," says Borland. In a 2018 study at the University of California San Francisco, researchers found that older adults who sang in a community choir every week were much less lonely and more interested in life than a control group. A 2013 study found that guided poetry writing sessions were "significantly effective" in alleviating symptoms of depression in adolescents.

PRACTICE GRATITUDE Focusing on what you appreciate about your life and expressing it—either by telling someone or writing it down—can affect the serotonin and dopamine systems in your brain and produce changes in the reactivity of key brain regions that last for weeks or months, says Alex Korb, neuroscientist at UCLA and author of *The Upward Spiral*. In a 2015 Indiana University study, researchers found that writing letters expressing gratitude made subjects' brains more reactive to positive events, changes that could be seen in the brain even three months later.

SLEEP Changing your sleep patterns changes a variety of neurotransmitter systems, says Korb. "Sleep reduces your emotional reactivity and reduces the rewarding pull of unhelpful behaviors," like bingeing on ice cream.

TALK TO FRIENDS AND FAMILY "Talking about your depression can be giving the other person a gift," says Borland. "They might be dealing with something similar that they haven't been able to talk about. Mental health and treatment are finally getting destigmatized."

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IT'S GOOD TO BE QUEEN

The *Equalizer* star Queen Latifah on her journey from New Jersey to Hollywood, her reign in rap music, TV and film and how she got that royal title.
BY MARA REINSTEIN

She was born Dana Owens. That's also the name displayed on the screen when she logs in for her Zoom interview. But it takes Queen Latifah only eight seconds to establish her true identity: "You can call me Queen," she says matter-of-factly.

You better believe she exudes the confidence required to back up her lofty title. First, Latifah, 52, shares how she boosted her self-esteem starting from a young age and learned to embrace her full-figured body. When her acting coach arrives on the scene during our Zoom, she instructs him where to sit until she finishes the conversation. Asked to name her favorite celebrity from her home state of New Jersey, she replies, "Me!"

Spoken like a superstar who has reigned supreme for more than 30 years.

Latifah, after all, wasn't content with simply being one of the first successful female rappers of her era. Or with co-starring in the hit sitcom *Living Single* in the 1990s. She went on to make her presence known across all movie genres—edgy thrillers (*Set It Off*), romantic charmers (*Last Holiday*), ribald romps (*Bringing Down the House*, *Girls Trip*) and dramatic biopics (*Bessie*). She scored an Oscar nomination for her brassy performance in the 2002 musical adaptation of *Chicago*.

And now she's vigilante extraordinaire Robyn McCall in her latest smash, *The Equalizer*, an updated version of the 1980s TV series (and subsequent Denzel Washington films). Each episode features Latifah's ex-CIA officer using her razor-sharp skill set to dole out swift justice. She's an avenging angel helping people who have nowhere else to turn, while raising her headstrong teen daughter, Delilah (Laya DeLeon Hayes).

continued on page 9



COVER AND OPENER BY SOPHY HOLLAND/CBS

ROLE CALL

The artist formerly known as Dana Owens has done it all.

ALL HAIL THE QUEEN (1989)

Latifah released her debut album at age 19. "I had to earn it," she says. It peaked at No. 6 on *Billboard's* hip-hop/R&B albums chart and includes the feminist anthem "Ladies First" with Monie Love.



JUNGLE FEVER (1991) Her first film appearance was in a single scene in Spike Lee's drama about a doomed interracial love affair. But it's a pivotal role: She's the waitress who doesn't want to serve the couple (Wesley Snipes and Annabella Sciorra) in a Harlem soul food restaurant. "I had a cold that day, so I'm a little stuffy."



LIVING SINGLE (1993–98)

Before *Friends*, there was this hit Fox sitcom about six unmarried Black 20-somethings trying to make it in the Big Apple. "The character was tailored for me," she recalls, with high praise for co-stars Kim Fields, Kim Coles and Erika Alexander.

from page 8

Since its post-Super Bowl premiere in February 2021, the CBS drama has garnered a large fan base, which includes Latifah's grandmother, "NaNa," and her aunt Virginia.

"A lot of women love the action," she says. "And they love that I'm playing this badass. They want to see some justice delivered in a cool and entertaining way."

Latifah, also an executive producer, is tight-lipped about what's in store for



Queen Latifah and Laya DeLeon Hayes (who plays her daughter) have a close bond.

season three (premiering Oct. 2 at 8:30 p.m. ET on CBS). Given that the series has already been picked up for season four, we assume Robyn survives her kidnapping, as seen in the season-two cliffhanger. ("Maybe there's another realm and it becomes a sci-fi show without me in it!" she jokes.)

She prefers to stay mum about her personal life as well. Though she's been in a relationship with choreographer Eboni Nichols since 2013—they reportedly met on the set of *Dancing With the Stars*—and the two welcomed a son named Rebel in 2019, Latifah begs off from divulging

any family anecdotes. As she explains it, "There's a separation, because I like to keep my home a safe haven. I don't want to know what goes on in your home either!" However, she is game to talk about almost everything else with *Parade*.

Why was it important for your *Equalizer* character to be a mother? We wanted

to show how a woman walks the tightrope of the world she's created. Some of those choices can be difficult. So let's see what life is like for a woman who has to balance work and parenthood and herself. At the same time, we don't see enough women on screens who aren't 22.

As a youngster, what females did you look up to on the screen? Oh, gosh, Diahann Carroll was one of my heroes. So was Pam Grier. And Nell Carter. I loved Dolly Parton because of the way she carried herself in her body. That was important to me because I was always trying to figure out my body back then. I also watched a lot of TV on PBS like *Sesame Street*, *The Electric Company* and this show called *Zoom*. There was a cute little girl on it who looked just like me, with this bushy ponytail. I was outgoing but still a little shy, so that meant a lot to me.

How did your childhood in Newark, N.J., differ from what you saw depicted on TV? I grew up a lot of different ways. I moved to East Orange when I was 12, which gave me more of a middle-class upbringing and a place to breathe. I also had stops with family in Maryland and Virginia, where [nights are] pitch-black

continued on page 10

LATIFAH'S LOVES

First album I bought "The *Purple Rain* soundtrack. The record had a poster of Prince on the inside!"



Favorite childhood movie "The [1976 musical] *Sparkle* with Irene Cara. I also loved the [1974 romance] *Claudine*."

Early musical influences "I loved watching Stevie Wonder and the *Jackson 5* perform on variety shows."



Favorite queen in history

"Hatshepsut of Egypt."

Favorite meal to cook "Scrambled or fried eggs."

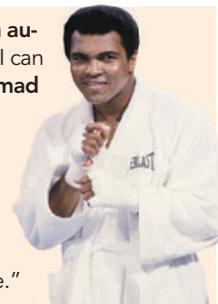
Favorite place to eat in New Jersey "Let's go with Libretti's restaurant. It's Italian, and it's going to close in January."

Favorite encounter with fellow Jersey native Bruce Springsteen "I've met him a lot because we used to both live in Colts Neck [N.J.]. I've since moved, but I love it very dearly."



Favorite souvenir from a set "The cigarette lighter from *Set It Off*. I can feel myself clicking it right now."

Last time I asked for an autograph "The only one I can remember was **Muhammad Ali**. He has a boulevard named after him in Newark, and I was at the unveiling because of my dad. I got his autograph, and then he smiled and waved at me."



SET IT OFF (1996) The acclaimed action-crime drama focused on four L.A. friends who plan a bank robbery spree. Latifah was the biggest name in the cast, alongside Jada Pinkett Smith, Vivica A. Fox and Kimberly Elise.



CHICAGO (2002) For the big-screen adaptation of the Broadway smash, Latifah took over the role of "Mama" Morton. "There was so much rehearsal, but we pulled it off!" she says. It led to her Best Supporting Actress Oscar nomination.

BRINGING DOWN THE HOUSE (2003) Latifah and **Steve Martin** didn't seem like an obvious pairing, but they delivered the goods in this screwball comedy, also starring **Eugene Levy**, about a newly divorced lawyer who falls for an escaped convict who swears she's innocent.



LAST HOLIDAY (2006) She headlined a hit loosely based on the 1950 classic. She's Georgia Byrd, a former department store clerk who jets off to Europe to live out her dreams after she's told she only has a few weeks left to live. Her love interest: fellow rapper-turned-actor LL Cool J.

CLOCKWISE FROM TOP LEFT: MICHAEL GREENBERG/CBS; BLUE/EE/ALAMY; KEVIN MAZUR/WIREIMAGE/GETTY IMAGES; JOHN IACONO/SPORTS ILLUSTRATED VIA GETTY IMAGES; WALT DISNEY/EVERETT; MIRAMAX/EVERETT

from page 9

and you learn to sleep to the sound of cicadas. Then you go back to the city and get used to the car lights moving across the ceiling and music blasting out of windows. I was really prepared when I finally went out into the world.

What's the origin story of your stage name? Latifah [Arabic for "pleasant"] has been my nickname since I was 8. When I signed my first contract at Tommy Boy Records when I was 17, [the executive] was like, "What would you like to be known as professionally?" My crew and I tested a lot of names. There was MC Latifah and Latifah Love. We landed on "Queen" because it defied a lot of the rampant misogyny going on in hip-hop at the time. I knew I could make that work.

Wasn't "Queen" a lot of pressure to put on yourself? I wouldn't have chosen the name if I couldn't live up to it! I've had more of the Queen in me than I ever thought. I come from a family of really varied, powerful women and men who listen to them. My mom [Rita] raised me to be a queen and taught me that all women should be treated as such.

How else did your parents influence you? My father [Lancelot] was a tactical police officer in Newark. He would build me up and say, "You will learn how to do this." Then my mother would be so smooth with my edges and say, "Here, let me polish this diamond." She was so unique and elegant. She was an art teacher at Irvington High School, but her students got so much more than art from

her. They learned how to live and dream and carry yourself and have self-esteem and handle conflict without violence. I lost her in 2018 [to the autoimmune disease scleroderma], and I'm still trying to wrap my head around it.

When did you really sense you had made it? I went to college for a year [at the Borough of Manhattan Community College] and was really scrounging. I had \$1.50 for lunch every day, and I'd eat 50-cent hot dogs and a quarter soda. So when I could buy my mom a house, that was a beautiful moment.

For your screen debut, you played an outspoken waitress in the 1991 drama *Jungle Fever*. How did you end up in the film? [Writer-director] Spike Lee was a visionary and knew that hip-hop was not just a fad. He wanted a rapper to play that role. My friend Monie Love actually

got [the role], but she got pregnant and couldn't do it. I was the second best.

Were you nervous to move from rapping to acting? Nervous? Freaked-out was more like it. I was already trying to get accustomed to being onstage in front of big crowds.

You've also done many comedies, starting with the [1993–98] sitcom *Living Single*. Are you a naturally funny person? I would say that I am! But *Living Single* wasn't given to me. I had been touring with Will Smith, and when he got *The Fresh Prince of Bel Air*, I thought, *Oh, if Will can do a show, we can do a show!* I helped connect the dots behind the scenes. We got Kim Coles, Kim Fields and Erika Alexander, some of my favorite actresses and so comedic. I was in awe.

Your biggest box-office hit was *Girls Trip* in 2017. What's the update on the sequel? From what I understand, it's going to happen. I can't tell you when. Now whether we're going to be girls or old ladies is another story.

Are you nostalgic for the old days? I am to a degree. But thank God that I was blessed enough to survive some of the choices I made back then. I had angels watching over me and praying for me.

So what's next for you? My job at this point is to keep moving in the way I'm supposed to and stay open and creative. I want to help the next generation trying to get their leg up and get them to a special place. That is what's always given me joy.



With her mother, Rita, in 2016

📌 We ranked Queen Latifah's best movies at [Parade.com/hustle](https://www.parade.com/hustle).



—ROLE CALL

HAIRSPRAY (2007) Her singing and acting chops are on display in this rollicking movie adaptation of the campy Broadway musical. As DJ and record shop owner "Motormouth" Maybelle, she showcases her feelings about 1960s social issues with song and sass.



BESSIE (2015) She beautifully captured the gutsy essence of larger-than-life 1920s blues singer Bessie Smith for this HBO movie chronicling how the legendary performer became a highly regarded entertainer.



GIRLS TRIP (2017) Hey there, Flossy Posse! Latifah teamed with Tiffany Haddish, Regina Hall and Jada Pinkett Smith in this riotously raunchy comedy, in which four longtime girlfriends reunite for a bonkers trip to New Orleans.

HUSTLE (2022) Latifah plays the wife of Adam Sandler's character in this warm Netflix comedy. Plot: He's an NBA talent scout who risks his reputation for an untested Spanish recruit.

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What America Eats

BOBBY FLAY'S

CHILE STEAK

Bathed in a marinade of olive oil, orange juice and chile powder, this steak from celebrity chef **Bobby Flay** boasts tons of flavor when it hits the grill. The recipe is from Flay's new cookbook, **Sundays With Sophie** (out Oct. 11), which features dishes he enjoys cooking for—and with—his 26-year-old daughter, Sophie.



Sundays with Sophie



STEAK RANCHERO WITH RED CHILE BUTTER

This recipe also works well with skirt steak, says Flay, and you can use the marinade and chipotle butter for chicken, fish, shrimp and even vegetables. Serve this with warm corn or flour tortillas, if you like.

Finely chop 3 cloves **garlic** with ¼ tsp **kosher salt**. Run the flat of the knife across the garlic-and-salt mixture to form a paste.

In a food processor, combine 1 stick (4 oz) **unsalted butter**, at room temperature; 1 Tbsp **pureed canned chipotle chile pepper in adobo sauce**; and ½ tsp garlic paste. Season with kosher salt and freshly ground **black pepper**. Blend until smooth. Transfer to a small bowl.

In a shallow baking dish, stir ¼ cup **extra-virgin olive oil**, remaining garlic paste, ⅓ cup **fresh orange juice**, 3 Tbsp **fresh lime juice**, 1 Tbsp **guajillo chile powder** (or other good-quality red chile powder), 1 Tbsp **ancho chile powder** and 2 tsp **onion powder**. Add 1 (2-lb) **flank steak**, turning to coat well. Cover; refrigerate at least 30 minutes and up to 2 hours.

Remove steak from refrigerator 30 minutes before cooking. Preheat grill to high.

Line a large plate with paper towels. Remove steak from marinade, allowing

excess to drip off. Place steak on lined plate. Gently pat steak with paper towels. Season both sides with salt and pepper.

Grill steak 5–7 minutes per side or until charred and cooked to medium-rare doneness. Transfer steak to a cutting board; slather with some red chile butter. Let rest.

While steak rests, brush 1 **Roma tomato**, halved, 3 **Fresno chiles** and 1 **red onion**, cut into ½-inch-thick rounds, with 1 Tbsp extra-virgin olive oil; season with salt and pepper. Add vegetables to grill. Cook until charred in spots and tender (2–4 minutes for tomato, 3–5 minutes for chiles and 6–8 minutes for onion). Remove vegetables from grill as they're done.

Thinly slice chiles; coarsely chop tomato and onion. Thinly slice steak against grain; slather with any remaining chile butter. Transfer to a platter. Top with grilled vegetables; garnish with **cilantro** and **lime wedges**. Serves 4.



Ask Marilyn

By Marilyn vos Savant

Is it possible for someone to die from exhaustion? And if so, how?

—Andrea Price, Grafton, Wis.

If a person has been active in an extreme way for a lengthy period of time, so much that the behavior could be called absurd, death from a heart attack is possible, but only if the person had an underlying heart condition. Otherwise, the event is too rare to consider.

This doesn't mean that pushing yourself excessively is safe. Such ongoing exhaustion may lead to the same problems caused by stress from outside sources: chronic fatigue, anxiety, depression and—surprisingly, in the case of exhaustion—insomnia. And if the stress continues unabated long-term, immunological deficiencies may occur.



Send questions to marilyn@parade.com

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from page 4

me laugh from beginning to end. (Not that I'm as good as he is, but I feel like we share an observant style.) I love the new David Sedaris book, *Happy-Go-Lucky*. It's genius. There's a book called *The Undocumented Americans* by Karla Cornejo Villavicencio that is probably the most gripping book I've ever read, about undocumented Americans living in the United States and what their experience is. I will also get on board with anything that Andy Cohen writes—he, by the way, was the one who told me many years ago that I needed to journal every night "because one day you're going to want to write a book."

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In *Not All Sheep Are Boring!*

(Putnam Books for Young Readers), former SNL star Bobby Moynihan introduces a cast of jetpack-riding, moon-prancing, wacky sheep you're sure to love. **\$19**



Beloved actress Julie Andrews and her daughter Emma Walton Hamilton are sharing the story of written music in

The First Notes: The Story of Do, Re, Mi (Nov. 1, Little, Brown Books for Young Readers). **\$19**



Mariah Carey's *The Christmas Princess* (Nov. 1, Henry Holt and Co.) tells the tale of Little Mariah, who sets off on a wintry, wondrous journey and finds the healing power of her voice along the way. **\$19**



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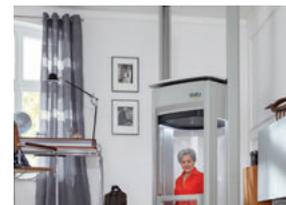


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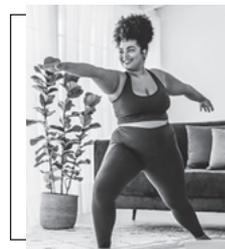
Six simple ways to stay well this winter

By Lambeth Hochwald

Though we didn't need to experience a global pandemic to realize how important it is to keep our immune systems tiptop, it turned out to be a powerful reminder of what we need to do to stay healthy. Happily, there are lots of expert-approved ways to bolster our immunity (beyond just washing our hands), which is particularly important in the winter when common colds and seasonal viruses spread more easily.

"In general, winter is the season when you're indoors more often and have closer sustained contact with people," says Joseph Khabbaza, M.D., a pulmonary and critical care physician at Cleveland Clinic. "That's why it's important to think about those people in your life with compromised immunities. You may be low-risk yourself, but if you're [going to] a holiday gathering where vulnerable people are also attending, you want to avoid riskier outings the week before or do a home COVID test before going."

Here are other ways to keep your immune system strong when the mercury dips.



3 REDUCE STRESS It's a challenge to stay zen right now for many reasons, including the pandemic's lingering effects. However, taking a yoga class or pausing for 10 minutes to meditate can mitigate some of the stress you're feeling—stress that's doing a number on your immune system. Turns out that stress can even decrease white blood cells (or lymphocytes), which help fight off infection, Khabbaza says.

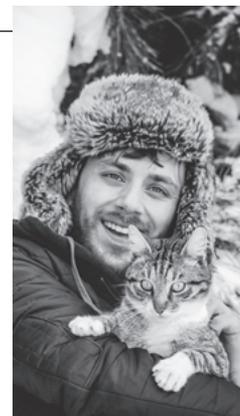
1 GET A GOOD NIGHT'S SLEEP Not only is sleep super important for overall health, it's a key immunity helper because it boosts the body's ability to fight illness. While you're sleeping, your body produces cytokines—proteins that direct immune cells to fight inflammation. Don't get enough sleep and you're likelier to get sick after exposure to a virus and likelier to be sick longer, research shows. How much sleep is enough? "Getting eight hours of sleep a night is a nice goal, but some people need more and others need less sleep," Khabbaza says. "This is why I encourage people to gauge their own sleep needs and understand that everyone has a range of optimal sleep hours for overall health."



2 REACH FOR HEALTHY FOODS Eating a plant-based diet or foods that are rich in vitamins and minerals with minimal processing is good for your immune system. "Fruits, vegetables, nuts, oats—all of these unprocessed foods will keep your immune system healthy and inflammation in check," Khabbaza says. "You're going to fight off infection better if you're in a healthier place nutritionally."

4 GET MOVING One of the best things for your immune system is to get up and move—every day, Khabbaza says. "Maintaining a good exercise regimen during the winter months is crucial for your mental health, it will prompt you to fill your body with healthier foods and it plays a role in helping you sleep better," he says. "I also believe that anyone can exercise in the cold—you just have to have the right gear, the right layers and the motivation to get out there."

6 TAKE YOUR SHOT(S) Staying up-to-date on CDC-recommended vaccines (COVID, flu, pneumonia, shingles—whatever is right for your age) is a must-do on your immunity-boosting checklist. "It's critically important," Khabbaza says. "Vaccinations play a critical role in strengthening your immune system to stave off any viruses you may encounter."



5 REACH OUT TO A FRIEND (OR GET A PET) Social connections work wonders to keep our immune systems humming along in a healthy way, Khabbaza says. This is because spending time with a friend (even if you're just laughing or chatting together) tells the brain that you're safe—and eliminates the possibility of a stressful fight-or-flight response. In addition, interacting with a pet can boost your mood, lower your blood pressure and keep your brain healthy.

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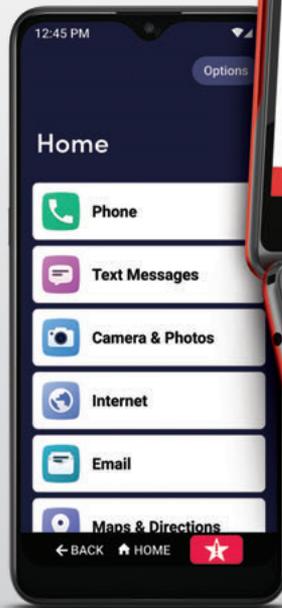
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