

# Parade

SUNDAY, MAY 22-29, 2022 | PARADE.COM



# E.T. IS 40!

How a little space alien forever won our hearts in 1982



**PLUS** Your Summer Reading List, p. 4

WALTER SCOTT'S

# Personality Parade



## A Day for Remembering

The National Memorial Day Concert (May 29 on PBS) will again pay tribute to service members, their families at home and all those who have given their lives for our country. This year, it will include a special salute to the late Gen. Colin Powell, who appeared at every annual concert since its inception 33 years ago. "This is a day for all Americans to pause and reflect on the bravery and sacrifice of our men and women in uniform," says *Criminal Minds* actor **Joe Mantegna**, 74, who for the 16th year will co-host the event with actor **Gary Sinise**, 67. "This show is one of the most rewarding things I have ever done."

## Star Wars Reunion

After portraying Obi-Wan "Ben" Kenobi in three films, **Ewan McGregor**, 51, fires up his light saber again for the latest *Star Wars* spinoff, ***Obi-Wan Kenobi*** (May 27 on Disney+). The limited series picks up a decade after the events of *Revenge of the Sith* with Kenobi looking after a very young Luke Skywalker and preparing to face the evil Darth Vader. "I loved playing Obi-Wan again," the award-winning Scottish actor says. "I'm not going to give away anything about the storyline, only I think it's really going to satisfy *Star Wars* fans."



WALTER SCOTT ASKS...

## ANGIE HARMON

The *Rizzoli & Isles* star returns to TV in the first installment of her new movie series, *Buried in Barstow* (June 4 on Lifetime). Harmon, 49, who also co-produces, plays Hazel King, a single mom who left Las Vegas and her job as a hired assassin to safely raise her newborn daughter. Now, nearly two decades later, the past catches up with her as she's pulled back into her old life.

**You hadn't acted since *Rizzoli & Isles*. What drew you back?** The most attractive thing about *Buried in Barstow* was it's about a mother's love for her child and how far we will go to protect them: as far as we can get away with.

**Barstow is about halfway between Los Angeles and Las Vegas. Why did Hazel build her diner there?** I think [in the movie] Barstow is like a starting-over ground zero for people. Everybody there is hiding something. Everybody has something they're ashamed of. And they're just trying to get back on their feet and build a new life, but also stay under the radar.

What activity is her "therapy"? Go to [Parade.com/harmon](https://Parade.com/harmon) to find out.



## WHAT'S UP WITH WINONA

Part one of the fourth season of *Stranger*

**Things** premieres May 27 on Netflix, and **Winona Ryder**, 50, reprises her role as a mom facing more supernatural threats in the sleepy town of Hawkins. Here are some fun facts about the actress, who made her breakthrough at age 15 in the Tim Burton movie *Beetlejuice*.



► She graduated from Petaluma High School in California in 1989 with a 4.0 GPA.

Born with the last name Horowitz, she took "Ryder" from the band Mitch Ryder & the Detroit Wheels.

► Her agent begged her not to do ***Heathers***, saying the 1988 dark teen comedy would be detrimental to her career. Today the film, co-starring **Christian Slater**, is considered a cult classic.

*The Catcher in the Rye* by J.D. Salinger is her favorite book.

► She dated her ***Edward Scissorhands*** co-star **Johnny Depp** for four years. They met at the premiere of her 1989 film *Great Balls of Fire!*



**Hazel is on the opposite side of the law than Jane Rizzoli.** I loved that she's slightly unpleasant. But that's her. When it begins, you're thinking, *God, what's her problem?* And then as the story builds, you start to see why she is the way she is.

**What did you enjoy about the six years you spent on *Rizzoli & Isles*?** I enjoyed to the absolute hilt playing Jane. She was such a fun character, and she was a haven for me. When we lost [Rizzoli & Isles actor] Lee Thompson Young [to suicide] and I went through a divorce [from Jason Sehorn], Jane was a safe place; I could disappear into her and get through the day. I will always, always be thankful for Jane Rizzoli.

**Law & Order**, the TV franchise on which you played Assistant District Attorney Abbie Carmichael, has returned. Have you watched it? I'm a single mom of three teenage girls. So sitting down in front of the TV at night is not really part of my schedule.

EMAIL YOUR QUESTIONS FOR WALTER SCOTT TO PERSONALITY@PARADE.COM

# How a Safe Step Walk-In Tub can change your life

## Remember when...

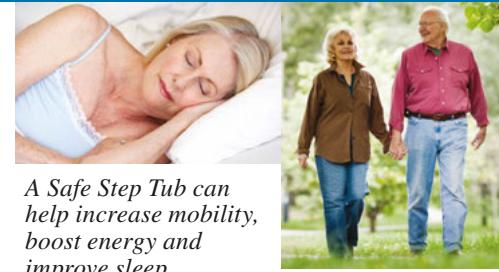
Think about the things you loved to do that are difficult today — going for a walk or just sitting comfortably while reading a book. And remember the last time you got a great night's sleep? As we get older, health issues or even everyday aches, pains and stress can prevent us from enjoying life.

So what's keeping you from having a better quality of life? Check all the conditions that apply to you.

Then read on to learn how a Safe Step Walk-In Tub can help.

### Personal Checklist:

- |                                    |   |
|------------------------------------|---|
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Lower Back Pain  |
| <input type="checkbox"/> Insomnia  | <input type="checkbox"/> Anxiety          |
| <input type="checkbox"/> Diabetes  | <input type="checkbox"/> Mobility Issues  |
| <input type="checkbox"/> Dry Skin  | <input type="checkbox"/> Poor circulation |



A Safe Step Tub can help increase mobility, boost energy and improve sleep.

It's got everything you should look for in a walk-in tub:

- Heated Seat – Providing soothing warmth from start to finish.
- MicroSoothe® Air Therapy System – helps oxygenate and soften skin while offering therapeutic benefits.
- Pain-relieving therapy – Hydro massage jets target sore muscles and joints.
- Safety features – Low step-in, grab bars and more can help you to bathe safely and maintain your independence.
- Free Shower Package – shower while seated or standing.

## Safe Step includes more standard therapeutic and safety features than any other tub on the market, plus the best warranty in the industry:

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# Parade Picks

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## Summertime Hits

Romances! Mysteries! Thrillers! Here are the books you won't want to put down this season. —Megan O'Neill Melle

1 For a ticking-clock heist novel set on a 47-hour train ride (with a cast that includes hackers, bankers, a murderous wife and a yippy dog), pick up James Grady's *This Train* (Pegasus Crime). **\$26**

2 Adrian McKinty's *The Island* (May 17, Little, Brown and Company), soon to be a Hulu series, is an Australian-set thriller about a family vacation that turns into a nightmarish attempt to stay alive. **\$28**

3 Two scheming, matchmaking octogenarians blackmail their grandchildren into a fake engagement in Natalie Caña's big-family rom-com *A Proposal They Can't Refuse* (June 7, Mira). **\$16**

4 In *More Than You'll Ever Know* (June 7, William Morrow) by Katie Gutierrez, a woman's double life is exposed after one husband murders the other. Years later, a true-crime writer wants to tell her story. **\$29**

5 One of the most anticipated summer memoirs, *James Patterson: The Stories of My Life* (June 6, Little, Brown and Company) details the author's astonishing road to success (he nearly died at birth, wrote the jingle line "I'm a Toys 'R' Us kid" and met James Taylor at a mental hospital). **\$29**

6 Twenty-four years after *Election*—adapted into the 1999 cult-classic film starring Reese Witherspoon—Tom Perrotta returns with *Tracy Flick Can't Win* (June 7, Scribner), about the once-overachieving high schooler who

is now a middle-aged assistant principal dealing with disappointment and frustrated ambition. **\$27**

7 Will physical currency disappear? In *Cloudmoney* (July 5, Harper Business), Brett Scott discusses blockchain technology and the risks and rewards of cash, cards and crypto. **\$30**

8 Filmmaker Werner Herzog's first novel, *The Twilight World* (June 14, Penguin), is based on the true story of Hiroo Onoda, a Japanese soldier who defended a small island in the Philippines for three decades after WWII ended. **\$25**

9 A woman is determined to expose the con artist who ruined her life in *The Lies I Tell* by Julie Clark (June 21, Sourcebooks Landmark). **\$28**

10 The relationship of two lifelong friends, now in the twilight of their lives, is tested (along with the destiny of a land trust they co-own in Maine) in *Fellowship Point* (July 5, Scribner) by Alice Elliott Dark. **\$29**

11 Childhood friends reunite as adults and become successful video game developers in Gabrielle Zevin's modern love story *Tomorrow, and Tomorrow, and Tomorrow* (July 5, Knopf). **\$28**

Melissa McCarthy is going to the dogs in the June 5 issue of Parade!

There will be no May 29 issue of Parade.



12 A decade after an Oxford University porter is convicted of murdering a female student, something isn't adding up in Ruth Ware's latest murder mystery, *The It Girl* (July 12, Gallery/Scout Press). **\$29**

13 In the chilling literary thriller *The Kingdoms of Savannah* (July 19, Celadon) by George Dawes Green, a woman uncovers truths about a secret Southern community (formed by Black slaves who fought for the British during the Revolutionary War) and unveils the city's sinister history. **\$28**

## Picks plus

**TWO NIGHTS IN LISBON**

is destined to be the thriller of Summer 2022. Lee Child has called it "sensationally good—timely, important, layered with ticking suspense."

Chris Pavone is a New York Times bestselling author whose debut made Parade's list of "Best Thriller, Crime, and Suspense Novels of all Time."

Visit [ChrisPavone.com](http://ChrisPavone.com) for more info!

ISTOCK: MCCARTHY BY JEFF LIPSKY FOR FOURTEENAGENCY



## Ask Marilyn

By Marilyn vos Savant

Say you have one cubic mile of water, and you release it at the rate of 1,000 gallons a minute. About how long would it take to drain the entire tank: (a) 2 weeks, (b) 20 weeks, (c) 2 years, (d) 20 years, (e) 200 years, (f) 2,000 years?

—Mike Carlson,

Dardenne Prairie, Mo.

Try exercising your intuition on this one, readers! The answer is below Numbrix.

Fruit is often shipped from distant states and then gassed to ripen it. Does this process change its nutritional value?

—Christi Waltrip, St. Louis, Mo.  
No, the ethylene gas used for this purpose is a naturally occurring plant hormone that the fruit would have produced itself otherwise.

Send questions to  
[marilyn@parade.com](mailto:marilyn@parade.com)

## Numbrix®

Complete 1 to 81 so the numbers follow a horizontal or vertical path—no diagonals.

23			77		71
		29	75		
19					65
17					57
15					59
	37	41			
9		39			53

Visit [Parade.com/numbrix](https://Parade.com/numbrix) for more Marilyn vos Savant Numbrix puzzles and today's solution.

Answer: It would take more than 2,000 years!

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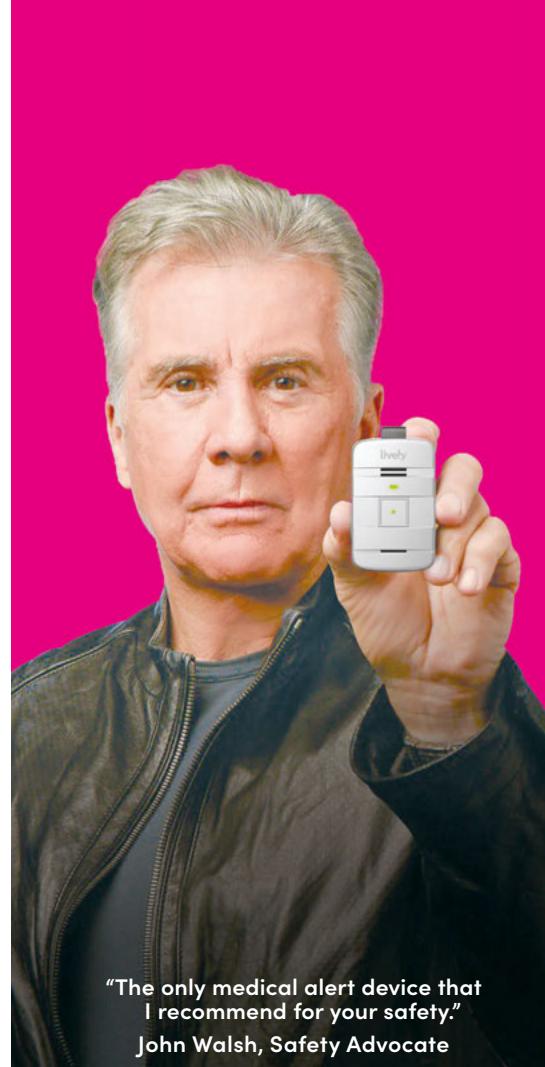
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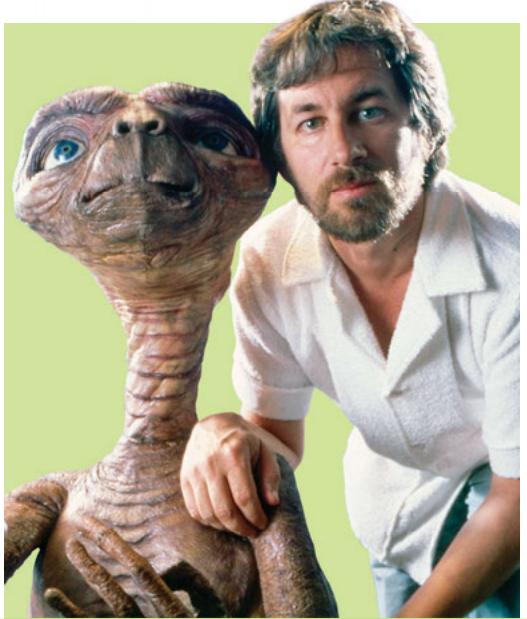
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[lively.com](http://lively.com)

<sup>1</sup>"GreatCall review", TechRadar.com (Jul. 21, 2020). <sup>2</sup>Consistently rated the most reliable network and best overall network performance in the country by IHS Markit's RootScore Reports. <sup>3</sup>Based on device cost, activation fee, plus 12 months of service among competitors with similar products and services (comparison conducted on 2/28/2022). <sup>4</sup>Fall Detection is an optional feature and may not always accurately detect a fall. Users should always push their button when they need help, if possible. Fall detection only available with purchase of Ultimate Health and Safety Plan. <sup>5</sup>Monthly service fee excludes government taxes or assessment surcharges and may change. <sup>6</sup>50% off regular price of \$49.99 is only valid for new lines of service. Offer valid through 5/28/22 at Rite Aid and Walgreens. Offer valid through 5/29/22 at Best Buy. Urgent Response or 9-1-1 calls can only be made when cellular service is available. Urgent Care, brought to you in partnership with FONEMED®, is not a substitute for dialing 9-1-1 and should not be used in a case of emergency. FONEMED's registered nurses and contracted physicians through MDLIVE offer advice regarding healthcare decisions and physicians may prescribe certain medications. Escalation to a physician is in the sole discretion of FONEMED. Call back time for physicians can be 30 minutes or more. MDLIVE physicians reserve the right to deny care for potential misuse of services. Lively is not liable for any act or omission of FONEMED or any of its agents. Waterproof rated for up to 3 feet for up to 30 minutes. LIVELY is a trademark of Best Buy and its affiliated companies. ©2022 Best Buy. All rights reserved.

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# E.T. IS 40!

How a wayward, wobbly little space alien forever won our hearts in 1982.

BY MARA REINSTEIN

**B**efore there was *E.T. the Extra Terrestrial*, there was *Growing Up*. That was Steven Spielberg's original title for the story inspired by adolescent feelings of alienation after his childhood move to Arizona and his parents' divorce. The director likely didn't imagine that his most personal effort would be so universally relatable—and that four decades later the movie's awe-inspiring wonder

would still hold a special place in the heart lights of its fans, who have embraced it as a nostalgia trigger for

youthful innocence, adventure and the universal longing for home.

"Not only is it incredibly artistic, it pulls on many primal emotions from our childhood," says film critic Molly Haskell, author of the 2017 book *Steven Spielberg: A Life in Films*. "It's scary, and yet it's like the taming of a nightmare."

Most of us remember well the coming-of-age tale about Elliott (Henry Thomas), who befriends a wide-eyed extraterrestrial accidentally stranded on Earth. Along with his friends and family, Elliott must help "E.T." go home while evading government agents who are determined to derail those plans.

"I remember reading the script behind closed doors at the studio and thinking it would do a lot for the world," says Dee Wallace, who played Elliott's single mom, Mary. After premiering at the Cannes Film Festival, it became an instant cultural phenomenon as well as a Best Picture Oscar nominee with four wins. "This wasn't just a movie," Haskell says. "It was a blockbuster with incredible marketing that could play in any country."

For its 40th anniversary, we "phone home" to celebrate the movie's enduring legacy.

**"E.T. began with me trying to write a story about my parents' divorce."**

—Steven Spielberg



## THE FIRST KID CAST

The granddaughter of legendary actor John Barrymore, 6-year-old **Drew Barrymore** already had appeared in commercials and a few smaller films when she charmed Spielberg in her audition for little sister Gertie. On the set, "she was a feisty and talented little girl," says **Dee Wallace**, who played her mom. The first day of production "I was sitting in a tall director's chair and Drew looked at me and said, 'Hi, Dee, I'm going to sit in your lap now.'"



## RIGHT ON CUE

For **Henry Thomas'** audition, Spielberg asked the 9-year-old actor to improvise a scene in which a government agent (played by a member of the film's casting team) wants to snatch E.T. from him. Thomas immediately broke down in tears, begging the man not to take his far-out friend. The scene was so moving that Spielberg told him on the spot, "OK, kid, you got the job." You can watch the clip, which just might make you cry, on YouTube.

*continued on page 7*



## TRICKS AND TREATS

In the Halloween scene (shot in October 1981), Elliott and his older brother (Robert MacNaughton) dress up E.T. so he can elude authorities and go into the forest to contact his mother ship. On the set, **Spielberg** joined the fun by dressing up as an old woman and bobbing for apples with the young cast members. "Steven really understands children and treated it like a big holiday," Wallace says. "He kept an organized set, but it was still loose."

**\$75**

That's how much you'd pay on eBay for an unwrapped vintage E.T. TV tray. More than 1,000 E.T.-related toys are available on the site.

## FREE THE FROGS!

The scene in science class when Elliott frees all the frogs, saving them from dissection, is based on Spielberg's own past. He was apparently so aghast when asked to cut open a frog in school that he released several of the amphibians.



## THAT BEATING HEART

The legendary **Neil Diamond** wrote the No. 5 hit "Heartlight" with Carole Bayer Sager and Burt Bacharach after the three saw *E.T.* at a screening in New York City.

And though E.T.—whose beating heart did, indeed, light up through his translucent torso—is never mentioned by name, the lyrics do reference a certain bicycle ride "across the moon." Universal executives sued for copyright infringement and Diamond settled the case for a reported \$25,000.

## USING THE FORCE

Ever notice the *Star Wars* toys scattered around Elliott's room or how E.T. excitedly spots a child in a Yoda costume during the Halloween scene? That's Spielberg's nod to his friend George Lucas'

*Star Wars* (1977).

Lucas waved back in 1999's *Star Wars: Episode I—The Phantom Menace*:



During the sequence set in the Galactic Senate Chamber, three E.T.s sit among the other races.



## STEVEN SPIELBERG'S ALIENS

► The aliens in Spielberg's 1977 drama *Close Encounters of the Third Kind* had big heads and long arms.

► When brainstorming about *E.T.*, Spielberg thought of adapting the *Close Encounters* aliens. When that seemed too scary for the movie he had in mind, he repurposed the idea, turning the evil extraterrestrials into malevolent ghosts—and into the 1982 thriller *Poltergeist*, which he co-wrote and co-produced (but didn't direct).

► There was more than one E.T. used for filming. Some were animatronic puppets operated by hydraulics; others were actors in various rubber getups. The scene where E.T. gets a little tipsy was performed by 11-year-old Matthew DeMeritt, an actor born without legs. A special E.T. suit allowed him to walk using his arms.

## MOONSHOT

In the most iconic sequence, Elliott and E.T. soar on a bicycle into the moonlit sky to the sound of composer John Williams' majestic Oscar-winning score. (The image of a hooded boy on a bike in front of the moon still serves as the logo for Spielberg's Amblin Entertainment production company.) Visual effects supervisor Dennis Muren and his team at Industrial Light & Magic shot a low moon among the trees, using maps and charts to coordinate the scene. Elliott and E.T. were added during post-production.

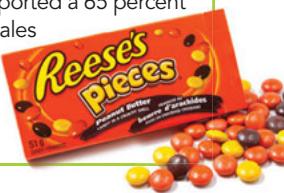
## Where's Harrison Ford?

The *Raiders of the Lost Ark* star played a high school principal but ended up on the cutting room floor.



## STARRING REESE'S PIECES

In an alternate universe, E.T. could have been sweet on M&M's. But Universal Studios reportedly wouldn't let Mars executives read the final script, so the company passed on the cross-promotion. (Mars also didn't like the look of the alien.) When Spielberg's people approached the Hershey Company about using Hershey's Kisses, they instead suggested their new peanut butter-filled bits called Reese's Pieces, and agreed to spend \$1 million on a cross-promotional campaign. The agreement paid off, as the company reported a 65 percent increase in sales two weeks after the premiere.



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# What America Eats



## Savory. Spicy TOMATO SALAD

Seasonal tomatoes don't need a lot of dressing up, as this recipe from the new cookbook *The Cook You Want to Be* by Andy Baraghani (out May 24) demonstrates. Olive oil infused with anchovies, garlic and red pepper flakes, along with a splash of vinegar, balances the tomatoes' natural sweetness. Serve with crusty bread to sop up all the goodness.



### JUICY TOMATOES WITH ITALIAN CHILE CRISP

In a small skillet over medium, combine  $\frac{1}{3}$  cup extra-virgin olive oil; 5 cloves garlic, thinly sliced; and 4 oil-packed anchovies, drained. Cook, stirring often, 3–5 minutes or until garlic is barely golden and crisp and anchovies have melted. Remove from heat. Stir in 2 tsp fennel seeds, crushed or finely chopped, and 1 tsp red pepper flakes.

Arrange 2 lb heirloom tomatoes (any size), cut into wedges (or cherry tomatoes, some halved and some whole), on a large platter. Splash with 2 Tbsp sherry vinegar (or red wine vinegar). Spoon oil mixture over tomatoes and scatter 1 cup basil leaves on top. Sprinkle with plenty of flaky sea salt. Serves 4.

Visit [Parade.com/cook](http://Parade.com/cook) for Baraghani's addictive fried-cheese recipe.

*Scientific Discovery Stuns Doctors*

# Biblical Bush Shuts Down Joint Discomfort in 5 Days

*Amazing plant “prescription” gives new life to old joints without clobbering you. So safe you can take it every day without worry.*

According to the Centers for Disease Control And Prevention, more than 54 million Americans are suffering from joint discomfort.

This epidemic rise in aching joints has led to a search for alternative treatments—as many sufferers want relief without the harmful side effects of conventional “solutions.”

Leading the way from nature’s pharmacy is the new “King of Oils” that pioneering Florida MD and anti-aging specialist Dr. Al Sears calls “the most significant breakthrough I’ve ever found for easing joint discomfort.”

Biblical scholars treasured this “holy oil.” Ancient healers valued it more than gold for its medicinal properties. Marco Polo prized it as he blazed the Silk Road. And Ayurvedic practitioners, to this day, rely on it for healing and detoxification.

Yet what really caught Dr. Sears’ attention is how modern medical findings now prove this “King of Oils” can powerfully...

## Deactivate 400 Agony-Causing Genes

If you want genuine, long-lasting relief for joint discomfort, you must address inflammation. Too much inflammation will wreak havoc on joints, break down cartilage and cause unending discomfort. This is why so many natural joint relief solutions try to stop one of the main inflammatory genes called COX-2.

But the truth is, there are hundreds of agony-causing genes like COX-2, 5-LOX, iNOS, TNK, Interleukin 1,6,8 and many more—and stopping just one of them won’t give you all the relief you need.

Doctors and scientists now confirm the “King of Oils”—Indian Frankincense—deactivates not one but 400 agony-causing genes. It does so by shutting down the inflammation command center called Nuclear Factor Kappa Beta.

NK-Kappa B is like a switch that can turn 400 inflammatory genes “on” or “off.” A study in Journal of Food Lipids reports that Indian Frankincense powerfully deactivates NF-Kappa B. This journal adds that Indian Frankincense is “so powerful it shuts down the pathway triggering aching joints.”

## Relief That’s 10 Times Faster... and in Just 5 Days

Many joint sufferers prefer natural solutions but say they work too slowly. Take the best-seller glucosamine. Good as it is, the National Institutes of Health reports that glucosamine takes as long as eight weeks to work.

Yet in a study published in the International



Journal of Medical Sciences, 60 patients with stiff knees took 100 mg of Indian Frankincense or a placebo daily for 30 days. Remarkably, Indian Frankincense “significantly improved joint function and relieved discomfort in as early as five days.” That’s relief that is 10 times faster than glucosamine.

## 78% Better Relief Than the Most Popular Joint Solution

In another study, people suffering from discomfort took a formula containing Indian Frankincense and another natural substance or a popular man-made joint solution every day for 12 weeks.

The results? Stunning! At the end of the study, 64% of those taking the Indian Frankincense formula saw their joint discomfort go from moderate or severe to mild or no discomfort. Only 28% of those taking the placebo got the relief they wanted. So Indian Frankincense delivered relief at a 78% better clip than the popular man-made formula.

In addition, in a randomized, double blind, placebo controlled study, patients suffering from knee discomfort took Indian Frankincense or a placebo daily for eight weeks. Then the groups switched and got the opposite intervention. Every one of the patients taking Indian Frankincense got relief. That’s a 100% success rate—numbers unseen by typical solutions.

In addition, BMJ (formerly the British Medical Journal) reports that Indian Frankincense is safe for joint relief — so safe and natural you can take it every day.

Because of clinically proven results like this, Dr. Sears has made Indian Frankincense the centerpiece of a new natural joint relief formula called Mobilify.

## Great Results for Knees, Hips, Shoulders and Joints

Joni D. says, “Mobilify really helps with soreness, stiffness and mild temporary pain. The day after taking it, I was completely back to normal—so fast.” Shirley M. adds, “Two week after taking Mobilify, I had no knee discomfort and could go up and down the staircase.” Larry M. says, “After a week and a half of taking Mobilify, the discomfort, stiffness and minor aches went away... it’s almost like being reborn.” And avid golfer Dennis H. says, “I can attest to Mobilify easing discomfort to enable me to pursue my golfing days. Definitely one pill that works for me out of the many I have tried.”

## How to Get Mobilify

Right now, the only way to get this powerful, unique formula that clobbers creaking joints in five days without clobbering you is with Dr. Sears’ breakthrough Mobilify formula. It is not available in stores.

To secure a bottle of this breakthrough natural joint discomfort reliever, buyers should call the Sears Health Hotline at **1-800-253-2584** within the next 48 hours. “The Hotline allows us to ship the product directly to customers.”

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The Hotline will be open for the next 48 hours. After that, the phone number will be shut down to allow them to restock. Call **1-800-253-2584** to secure your limited supply of Mobilify. You don’t need a prescription, and those who call in the first 24 hours qualify for a significant discount. Use promo code **PARAMB10** when you call.

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# Stay Healthy

## LIVING WITH

# ARTHRITIS

What you need to know about the complicated disease and how to control it

By Lambeth Hochwald

May is Arthritis Awareness Month, and Elaine Husni, M.D., vice chair and director of the department of rheumatic and immunologic diseases at Cleveland Clinic, is happy there is some good news to share. When it comes to relieving symptoms, "there are options," she says. "We've tripled the number of medications out there for treatment, especially for inflammatory arthritis."

*Parade* spoke with two arthritis sufferers about the medications and lifestyle changes that help them control it and about the realities of living with the ailment.

### Kari Martin

Martin, 33, a writer in Brownsboro, Texas, has had psoriatic arthritis for seven years. She works hard to decrease symptom flare-ups by eliminating inflammatory foods from her diet.



**How she discovered it** "When I was 26, I just wasn't feeling well. The fatigue was so intense that it was hard to get out of bed. Then I started noticing red patches on my elbows and on the sides of my feet. I tried athlete's foot cream, but nothing helped. I went to my primary care doctor first, and he did an X-ray and said I had arthritis in my back. When I was finally sent to a rheumatologist, I got some answers. She ran blood tests to check inflammation levels and immediately got me started on a psoriatic arthritis treatment plan."

**What she does to control it** "I initially did immunosuppressive therapy, which helped off and on. In 2018, I spoke with my rheumatologist about also trying to control it through diet. Now, I stay away from white bread, pasta, rice and white sugar. I've learned the hard way that when I eat those foods, I'll end up having a flare. While it's very difficult to eat completely clean, I've worked hard to change my diet as much as possible so I will feel well."

**What she wants you to know** "Find a doctor who is willing to listen. Be gentle with yourself, and don't compare your journey or symptoms to other people

who have the same condition. Support groups are really helpful. I found that people in those groups talked a lot about how they couldn't get out of bed. I try to encourage them by sharing that I'm determined to never be bedridden—no matter what happens!"

### Matt Wohlfarth

Wohlfarth, 58, a professional comedian in Pittsburgh, was diagnosed with rheumatoid arthritis more than 20 years ago. "I wake up every morning feeling like the Tin Man from *The Wizard of Oz!*" he says. Stress reduction, dietary adjustments and medicine have helped him cope.



**How he discovered it** "When I was 34, I was headlining in comedy clubs, and I started noticing how my elbows would freeze up between shows. At first, I thought it was happening because I was holding the microphone in one position. Next, I started feeling razor-blade pain in my feet, my handshake got weak and I was super tired. After my internist did blood work I got my rheumatoid arthritis diagnosis."

**What he does to control it** "I'm still trying to control it, and I will say that stress definitely kicks things off. I started off on a Humira injectable once a week and now take Rinvoq in pill form, but I still feel the swelling in my hands and knees. For example, right now my left knee feels like I was tackled by an NFL player, so I'm wearing a knee brace. It definitely gets worse if I veer away from my gluten-free diet, which I just started a few months ago. When I eat bread or potatoes or pizza I feel it."

**What he wants you to know** "I was a really bad patient for the first few years, but my biggest advice is to listen to your doctor, take this seriously and, if you're diagnosed with a condition like this, do what you can to eliminate as much stress as you can. You won't die of this disease, but you'll die with it, so you need to manage it. Try to meditate, consider making changes to your diet and don't get caught up in all the things you can't do. Focus on all that you can do!"

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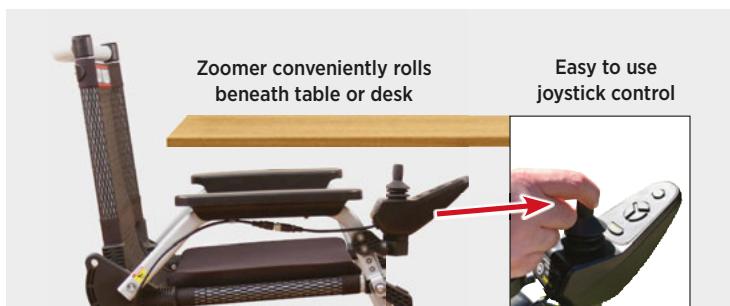
Sincerely, A. Macon, Williamsburg, VA

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