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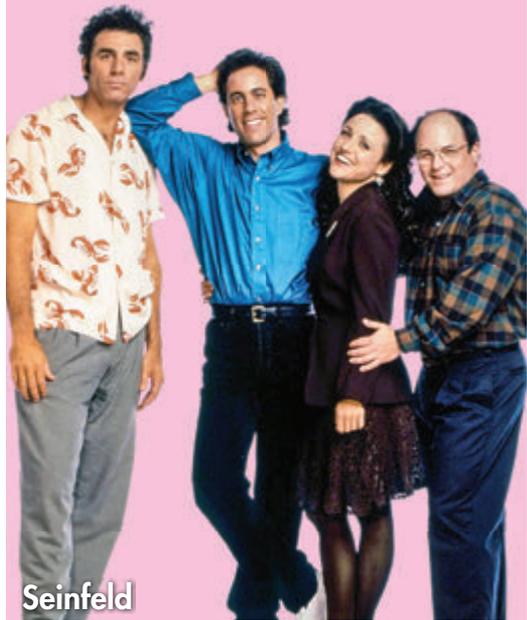
SUNDAY, JUNE 26-JULY 3, 2022 | PARADE.COM



Friends



Black-ish



Seinfeld



The Mary Tyler Moore Show

75 Years of *Sitcoms*

Test your TV comedy IQ with our quiz, p. 7



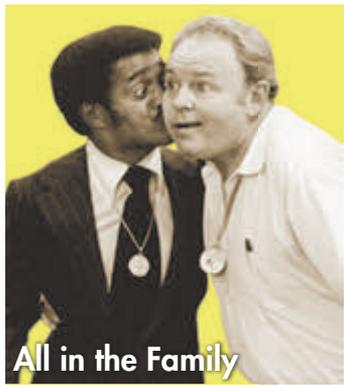
The Jeffersons



I Love Lucy



Cheers



All in the Family



Leave It to Beaver



The Office



The Honeymooners

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Personality Parade

WALTER SCOTT ASKS...



MARTIN SHORT

The *Saturday Night Live* alum and *Three Amigos* star, 72, returns for a second season as part of the podcasting detective trio—Oliver (Short), Charles (Steve Martin) and Mabel (Selena Gomez)—in *Only Murders in the Building* (June 28 on Hulu). The threesome solved one murder but ended up as suspects in a second, which is where the new season picks up.

What's new for the show in season two? Shirley MacLaine is in it, also Amy Schumer—and Jane Lynch is back.

Will Oliver, Charles and Mabel get out of jail to prove their innocence? Absolutely right, that's fair to say.

Is your character, Oliver, like you? I can be a little bit of a smart-ass; I can be sarcastic. Oliver's like that. Oliver was a theater director who had this massive disaster, *Splash!*, where people were injured. It cost him money. I've never been in that situation, but I can certainly relate to it.

What was it like working with Steve and Selena? The set was always loose and funny, filled with jokes, and Steve and I insulting each other and Selena getting in on it, and the crew having a riot, because they're our audience.

Were you and Steve looking for a project together? Not really, because we do live shows together [the *You Won't Believe What They Look Like Today!* tour]. We do 35 a year or something. So we weren't looking for that at all. Steve had been at a party about 12 years ago [and] saw three elderly actors sitting on the couch together talking, and [the party's host] said, "You should do a show about them." And Steve has always loved true crime, so he thought, *Gee, that could be interesting. Three guys that live in the same building and there's a crime.*

Is there something you want to do that you haven't done? No, I'm 72 years of age and, at this point, if I haven't done it, it's because I didn't want to or maybe shouldn't have. I've been asked to direct movies and stage, but I like being in front and I like being onstage. I think Steven Spielberg was a 9-year-old with a camera, so it makes sense [for him]. But I wasn't; I was a 12-year-old in my attic bedroom pretending to have my own TV show.

What are his favorite podcasts? (They're not true crime!) Go to [Parade.com/short](https://www.parade.com/short) to find out.

KELLY RIPA IS GAME

"It's time to bridge the generation gap!" says Ripa, 51, who began her TV career in the 1980s as a dancer on *Dance Party USA*. Ripa, who is co-host of the syndicated morning show *Live! With Kelly and Ryan*, goes solo to host the new comedy quiz competition *Generation Gap* (July 7 on ABC), which pits teams combining young people and not-so-young people against each other. The new series was created by Emmy-winning producers Mark Burnett and Jimmy Kimmel.



HARRY HAMLIN'S FAMILY AFFAIR

The miniseries *Flowers in the Attic: The Origin* (July 9 on Lifetime) untangles the twisted roots of the story first depicted in the controversial 1979 cult novel by V.C. Andrews and made into films in 1987 and 2014. *L.A. Law*'s Hamlin plays Mr. Winfield, the father of Olivia Winfield (Jemima Rooper), who grows up to become an abusive grandma, confining her grandchildren to the upstairs of her home. "It brings a whole new meaning to the family dynamic, which I find fascinating," says Hamlin, 70, who was voted *People* magazine's "Sexiest Man Alive" in 1987.

CHRIS PRATT RULES JULY

It's double the action next month for Pratt, 43, who stars in *The Terminal List* (July 1 on Prime Video, based on the books by Jack Carr) as a Navy SEAL whose platoon is ambushed during a high-stakes covert mission. Then he reprises his *Guardians of the Galaxy* role as Peter Quill/Star-Lord in *Thor: Love and Thunder* (in theaters July 8). Here are five fun facts about the Minnesota-born former star of *Parks and Recreation* and the *Jurassic World* franchise.



◀ His fan-favorite *Parks and Rec* character, dim-witted slacker **Andy Dwyer**, was supposed to be a season-one-only guest star.

An athlete who wrestled and played high school football, young Pratt's dream was to be a stuntman, so he used to "practice falling down the stairs."

He's Arnold Schwarzenegger's son-in-law through his marriage to **Katharine Schwarzenegger**, and the couple just had their second child together. ▶



He saw the original *Jurassic Park* (1993) on its opening day when he was 13—and grew up to star in three later films of the *dino-dynasty* franchise.

He's particularly fond of one vegetable. "Show me a salad bar," he says, "and I will clean them out of beets."

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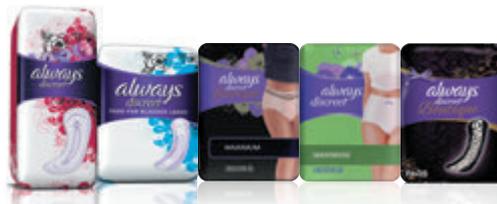
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WHAT'S ON YOUR BUCKET LIST?

Get inspired by these people who made their travel dreams come true.

BY MELANIE HAIKEN

| 1 | The Ultimate National Park Road Trip When genetic testing revealed that Abbi Whitaker carried a BRCA2 gene mutation that vastly increased her risk of breast and ovarian cancer, the news came as a shock. Having already survived anal cancer a decade before, Whitaker, 46, wasn't about to wait and worry; she made plans to have a preventive double mastectomy and reconstructive surgery, followed by a hysterectomy.

But she also knew she needed something joyful to look forward to, so she decided to visit 20 national parks in 2021, interspersed with her surgeries. "Nature is my church, it's where I feel the best, and I wanted something really magical to hold on to," she says. Joined by her husband, Ty, she headed to the Grand Canyon and Death Valley in February, followed by the Petrified Forest and Saguaro in March.

The Whitaker kids, 15-year-old Ever and 12-year-old Eden, joined their parents on about half the trips, including a spring break road trip to visit Utah's Mighty 5: Zion, Bryce Canyon, Arches, Canyonlands and Capitol Reef.

Over the summer they hit White Sands, Yellowstone, Lassen, Redwood, Crater Lake, Pinnacles and Glacier National Parks. At Glacier, Whitaker had an epiphany: "We were driving the Going-to-the-Sun Road and it was just mesmerizing, and I thought, *How amazing it is to be alive for this!*"

Along the way the family purchased a Sprinter van, something Abbi had dreamed of for years. "Having a double mastectomy makes you do some impulsive things," she jokes.

The Whitakers completed their odyssey with a memorable weekend in Yosemite, staying at the historic Ahwahnee Hotel. "We saved the crowning jewel for last," she says.

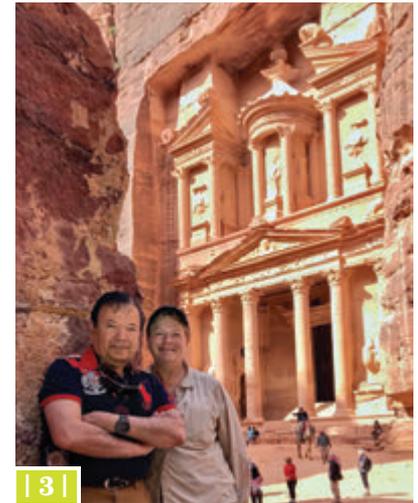
"How amazing it is to be alive for this!"



| 1 |



| 2 |



| 3 |

| 2 | Alaska in Winter Seeing the aurora borealis had been a dream of Marilynn Mastrella's since she first saw photos of it in high school. The clinical social worker from Somerville, N.J., 56, saw the northern lights twice on a recent trip to Alaska, in Fairbanks, a prime viewing destination. "It was so amazing," she says.

She also hiked with a herd of reindeer, soaked in a thermal mineral pool and went dog sledding with a team that had been in the Iditarod. "Dog mushing was so much fun. The dogs were so happy and fun to watch," she says. Next, Mastrella plans to return to explore the state's national parks when they're not blanketed in snow.

| 3 | Petra, Jordan: A Wonder of the World "I had been desperate to visit Petra for so many years," says Ann Swinford, 63, a radiologist from Ann Arbor, Mich., about the site renowned for its ornately carved temples and tombs hewn directly into rose-colored rock.

Founded by the Nabateans in the 4th century B.C. and all but abandoned a thousand years later, Petra became famous for its starring role in the movie *Indiana Jones and the Last Crusade*. Swinford, who traveled with her husband, Mo, was awed by the grandeur of the ornate structures hidden within the towering cliffs. "When you're walking down the long canyon and then the rocks split and you see the temple appear, it's so magical," she says.

They also visited Jordan's historic sites, including the Roman ruins of Jerash, where the stones still show the grooves of chariot wheels, and the colorful city of Madaba, famed for its Byzantine mosaics. And she swam suspended in the saline-saturated waters of the Dead Sea. "Ever since I went to Bible class and they told me there was a sea you could float in, I've wanted to experience that, and it was so much fun!"



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The Odd Couple (ABC, 1970–75; watch on Hulu) Mickey Rooney as Oscar the slob? That’s who Tony Randall (Felix) wanted, but producer Gary Marshall opted for Jack Klugman.

ALL IN THE FAMILY



(CBS, 1971–79; watch on Hulu and Prime Video) In Queens, N.Y., Archie Bunker (Carroll O’Connor) was constantly up in arms over his “dingbat” wife, Edith (Jean Stapleton), rebellious daughter, Gloria (Sally Struthers), and her husband, Mike (Rob Reiner, the son of Carl, who created *The Dick Van Dyke Show*), whom he nicknamed “Meathead.” Says Struthers, 74, “All the subjects we explored on the show are still relevant today.” When Sammy Davis Jr. plants a big kiss on Archie’s cheek, “that moment became the longest laugh in the history of the sitcom!” she says. “Archie was both a flawed and lovable character, and we all have someone like that in our family.”



The Jeffersons (CBS, 1975–85; watch on Prime Video). It wasn’t until Isabel Sanford (Louise) and Sherman Hemsley (George) reprised their characters on a 1995 episode of *The Fresh Prince*

of *Bel-Air* that “Weezy” told George that she was sensitive to her nickname because of her asthma.

(NBC, 1982–93; watch on Hulu, Peacock, Paramount+) “The comedy showed that anybody can come into this bar and be your family,” Bianculli says. And Ted Danson’s Sam Malone character “is this perfect everyman. There’s nobody who can’t relate to him.” Though the bar on set was functional, the cast drank “near beer,” a weakened strain of ale mixed with a bit of salt to keep a sudsy head in the glass.



CHEERS



The Golden Girls (NBC, 1985–92; watch on Hulu) Leslie Nielsen guest-starred as Lucas Hollingsworth, who married Dorothy (Bea Arthur) in the finale.

Friends (NBC, 1994–2004; watch on HBO Max) Best laugh: the season five episode where Ross yells “Pivot!” while trying to get a couch up the apartment steps.

continued on page 8

Test Your Sitcom IQ

The answers to the 20 quiz questions below appear in our Sitcom Scramble.

Find clues in the story; answer key on page 8.

Go to Parade.com/sitcoms for the Sitcom Scramble solution.

E R V P S D V S S S Y Q T W S M N V
 L C E I K A K A N D C O I K C I O C
 Z Z R V W P R M N Z V M E W R C S P
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 I F C K F N R M O Y G I I Y I C K N

1. What did Ricky Ricardo often say instead of “Lucy” in the phrase “____, I’m home!”?
2. Who tricked Jackie Gleason into casting her for *The Honeymooners*?
3. Spunky Mary Richards on *The Mary Tyler Moore Show* was originally supposed to have experienced this, but the network thought it would be a viewer turn-off
4. Who was “dead from the head up” on *All in the Family*?
5. What was mixed into the *Cheers* cast’s near beer to make it sudsy?
6. and 7. Who voiced baby Maggie’s only spoken word on *The Simpsons*? And what was the word?
8. Where is Dunder Mifflin Paper Company based in *The Office*?
9. Which classic sitcom just lost its status as the longest-running live-action sitcom to *It’s Always Sunny in Philadelphia*?
10. and 11. What ailment makes Louise Jefferson of *The Jeffersons* sensitive about her nickname? And what is her nickname?
12. On *Friends*, what does Ross yell when the couch won’t fit up the steps?
13. What’s the last name of the *Schitt’s Creek* co-stars who are related?
14. With what show does singer-actress Diana Ross have a “familial” association?
15. Who did Tony Randall (Felix) want to play Oscar in *The Odd Couple* (instead of Jack Klugman)?
16. Who played Lucas Hollingsworth, who married Dorothy on *The Golden Girls*?
17. What was Theodore Cleaver’s nickname?
18. This guest star on *The Andy Griffith Show* went on to play the Joker.
19. What was *Seinfeld* famously about?
20. What is the last name of the creator of *The Dick Van Dyke Show*?

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from page 7

The Simpsons (Fox, 1989–; watch on Disney+) Elizabeth Taylor voiced baby Maggie's only spoken word: "Daddy."

SEINFELD

(NBC, 1989–98; watch on Netflix) The show about nothing was really something, with hilariously interconnected subplots in 180 episodes.



The Office (NBC, 2005–13; watch on Peacock) Everybody recognizes the exaggerated characters in this workplace comedy set in Scranton, Pa.

(ABC, 2014–22; watch on Hulu).

Who on the show has famous parents in real life? That would be **Tracee**

Ellis Ross (Diana Ross) and Rashida Jones (Quincy Jones and Peggy Lipton), who plays her sister.



BLACK-ISH

Schitt's Creek (Pop TV, 2015–20; watch on Netflix) starred Eugene and Dan Levy, Catherine O'Hara and Annie Murphy.

It's Always Sunny in Philadelphia (FX, 2005–; watch on FX) The show recently topped *The Adventures of Ozzie and Harriet* as the longest-running live-action sitcom.

ANSWER KEY 1. HONEY; 2. AUDREY MEADOWS; 3. DIVORCE; 4. MEATHEAD; 5. SALT; 6. ELIZABETH TAYLOR; 7. DADDY; 8. SCRANTON; 9. OZZIE AND HARRIET; 10. ASTHMA; 11. WEEZY; 12. PIVOT; 13. LEVY; 14. BLACK-ISH; 15. MICKY ROONEY; 16. LESLIE NIELSEN; 17. BEAVER; 18. JACK NICHOLSON; 19. NOTHING; 20. REINER

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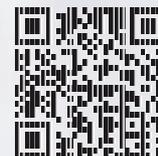


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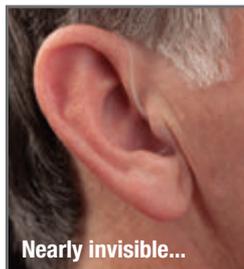
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Ask Marilyn

By Marilyn vos Savant

As a nation of immigrants, we are usually identified by our country of origin. I'm of Irish and European heritage, and my daughters are the fourth generation born in the USA. At what point can we identify as being of American heritage?

—David Coyne, Boston, Mass.

Unless you believe life arose separately in the various territories around the world (the number and boundaries and names of which have changed again and again over time), all current countries are nations of immigrants. I suggest two components: (1) You were born in this country or became a citizen later, and (2) you feel like an American. If you fit both these descriptions, congratulations! I believe you're an American.



Send questions to marilyn@parade.com

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10 | JUNE 26–JULY 3, 2022

Weird Herb Shocks Doctors With Relief of Leg and Feet Pain, Burning, Tingling, Numbness

6 clinical studies show it is effective. Lost but now re-discovered. Thousands of new users report amazing relief from leg and feet problems in just 30 to 90 days – with no side effects. Available in all 50 states without a prescription.

A re-discovery from the 1600s is causing a frenzy within the medical system. A weird herb has been shown in six clinical studies (and by thousands of users) to be very effective for leg and feet pain, burning and numbness – with no side effects – at low cost – and with no doctor visit or prescription needed.

This weird herb comes from a 12-foot tall tree that grows in Greece and other countries in Europe. In the old days, people noticed that when their horses who had leg and feet problems ate this herb – it was almost like magic how quickly their problems got much better. They called it the “horse herb”. Then somehow with Europe’s ongoing wars, this herbal secret got lost in time.

“It works for people who’ve tried many other treatments before with little or no success. Other doctors and I are shocked at how effective it is. It has created a lot of excitement” says Dr. Ryan Shelton, M.D.

Its active ingredient has been put into pill form and improved. It is being offered in the United States under the brand name Neuroflo.

WHY ALL THIS EXCITEMENT?

Researchers have found an herb originally from Greece that has been shown in six placebo-controlled medical studies (543 participants) to be effective and safe. This natural compound strengthens blood vessel walls and reduces swelling to stop the pain and suffering.

Poor blood flow in the legs and feet is one of the common problems that develops as we age. Millions of Americans suffer from neuropathy and chronic venous insufficiency (CVI), edema, and other leg/feet problems – millions have these but are undiagnosed.

Today’s treatments don’t work for a high percentage of people – and they have side effects that make them hard to tolerate or that people do not want to risk. This includes prescription drugs, over the counter pain pills, surgery and compression.

Already popular in Europe, this natural herb is taking America by storm since it was announced last week.

HOW IT WORKS

Here’s why you have pain now: Your arteries have weakened. Your arteries can’t carry enough blood, nutrients and oxygen down to your legs and feet. This damages your nerves and causes your burning, tingling and numbness.

The herbs in the pill Neuroflo strengthen your arteries that carry blood, nutrients and oxygen to your feet and legs. It improves your circulation so oxygenated blood goes to the nerves and repairs them. This makes your nerves grow stronger so your pain fades away and your legs and feet feel much younger again.

Until now, scientists could not combine these herbs into one pill without losing their full potency, but finally, they have succeeded.

Katerina King from Murrieta, California says, “I had hands and feet tingling and snapping and burning feeling. It made my life very uncomfortable. I had a hard time walking, my legs felt like they each weighed 50 pounds. Once I got in my car and my feet felt so heavy I couldn’t even drive the car. With Neuroflo I have no more tingling, cold or burning painful legs and feet. It went away.”

WHAT DOCTORS ARE SAYING

“Now I finally have a natural solution I can recommend to my patients who suffer from leg and feet problems and pain. I’m delighted because previous treatments were not effective, but Neuroflo has worked for every one of my patients with no side effects” says Dr. Eric Wood, N.D.

Dr. Ryan Shelton, M.D. says “This is new and different. It works for people who’ve tried many other things before. It is natural with no side effects. Don’t give up hope for your leg and feet pain, burning, tingling and numbing. This pill is working for countless people after other treatments have failed them. I highly recommend it.”



“Neuroflo is a terrific choice for people with leg and feet issues. The clinical trials in sup-



RE-DISCOVERED LEG AND FEET PROBLEM SOLUTION: In Greece in the 1600s, this herb was originally called “horse herb” because it was fed to horses with ailing legs. It has now been re-discovered and is giving soothing comfort to Americans who have leg and feet pain, burning, tingling and numbness.

port of this herb show it is very effective for safe and fast relief,” said Dr. Wood, a Harvard trained doctor who has appeared on award winning TV shows.

Now you can get a good night’s sleep - peaceful, restful sleep – with no pain, tingling, zinging, itching or zapping. Improve your balance and coordination. No side effects – safe to take with other medications. Enjoy your favorite activities and hobbies again. Be more active, have more fun, enjoy life more. Don’t risk irreversible damage to your feet and hands. Don’t get worse and wind up in the hospital or a nursing home.

Neuroflo is GUARANTEED to work for you – or you will get full refund with a 90-day unconditional money-back guarantee. It is NOT sold in stores or online. No prescription or doctor visit is required.

50% OFF FOR THE NEXT 10 DAYS

This is the official release of Neuroflo in the state. Therefore, everyone who calls within the next 10 days will receive 50% OFF their first order. A toll-free hotline number has been set up for local readers to call for this 50% OFF savings. The number will be open starting at 7:00 am Sunday, June 26th and only for the next 10 days.

All you have to do is CALL TOLL-FREE **1-800-316-9155** and provide the operator with the special 50% OFF discount approval code: **NEF158**.

Important: Due to Neuroflo’s popularity and recent media exposure on ABC, CBS and FOX NEWS, phone lines are often busy. If you call and do not get through immediately, please be patient and call back. Those who miss the 10 day deadline for 50% OFF will have to pay more for Neuroflo.

The Invention of the Year

The world's lightest and most portable mobility device

Once in a lifetime, a product comes along that truly moves people. Introducing the future of battery-powered personal transportation . . . ***The Zinger.***

Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough . . . a personal electric vehicle. It's called the **Zinger**, and there is nothing out there quite like it.

"What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!"

-Kent C., California

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum so it weighs only 47.2 lbs. It features one-touch folding and unfolding - when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its



Available in Green, Black (shown) and Blue

rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life.



The Zinger folds to a mere 10 inches.

Why take our word for it? Call now, and find out how you can get a **Zinger** of your very own.

journey zinger

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Please mention code 117299 when ordering.



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Joystick can be mounted on the right or left side for rider's comfort

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HEALTH & LIFESTYLE

The Zinger and Zoomer Chairs are personal electric vehicles and are not medical devices nor wheelchairs. They are not intended for medical purposes to provide mobility to persons restricted to a sitting position. They are not covered by Medicare nor Medicaid. © 2022 Journey Health and Lifestyle



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