

Parade

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PLUS
Emmy Predictions!
p. 4



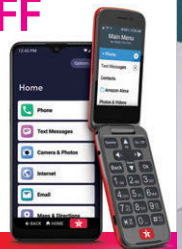
LINDA RONSTADT

The singing superstar on losing her voice, celebrating her Mexican heritage and the stories behind her songs



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WALTER SCOTT'S

Personality Parade



WALTER SCOTT ASKS...

TRACE ADKINS

A London Whodunit

Sam Rockwell, 53, and Saoirse Ronan, 28, team up as Inspector Stoppard and Constable Stalker in the comedic murder mystery *See How They Run* (in select theaters Sept. 16). Set in 1950s London, it revolves around the murder of a Hollywood moviemaker in the middle of a major production, which brings the two sleuths into a puzzling whodunit aswirl with glamour. "It's a pretty zany plot with some poignant moments," says Rockwell, who describes Stoppard as "a drunk, sexist inspector from Scotland Yard. He's sort of a tragic, dark character in a comic arena."

Like a Rolling Stone

For years, *Rolling Stone*, the brainchild of founder and editor Jann Wenner, 76, has reported on the biggest names in rock 'n' roll, the culture—and the counterculture. Now, with the release of *Like a Rolling Stone: A Memoir* (Sept. 13), Wenner takes readers inside the music, politics and lifestyle of a generation, from the work of Bob Dylan, John Lennon, Mick Jagger, Bono, Bruce Springsteen and other superstars to the Oval Offices of Bill Clinton and Barack Obama. "Like *A Rolling Stone* is a touchingly honest memoir from a man who recorded and shaped our times," says Springsteen, 72. "It is wonderfully deep and rewarding reading. I loved it."



—opposite **Susan Sarandon, 75,** as his fiercely talented, tough-as-nails wife, Dottie—in the multigenerational drama about a family fighting to preserve its legacy.

Tell us about the Roman family. Everybody has secrets, everybody has agendas; it's just typical drama with music mixed in. That's been one of my favorite parts of doing this—all the music. It's been a lot of fun to work with these different people and sing with them.

What about your character, Albie Roman? He's just old-school, set in his ways. He's a little

reluctant about the changes and different directions the music industry's going in. He's an old dinosaur. But at some point, he has to accept a lot of it and deal with it. He does it in his own surly way. I'm pretty much playing myself.

Are the songs in *Monarch* new? We've done a couple of originals, brand-new things. But most of it's just old, covered, classic country songs, interspersing some pop stuff too, current pop stuff that some of the younger characters are singing.

Your recent album, *The Way I Wanna Go*, is also diverse. How did it come about? Well, I wanted to do an album for my 25th anniversary, so I had the grand idea to put 25 brand-new songs on it. We had plenty of time to do it during COVID, so we just kept recording more songs and we finally ended up with 25 that I was proud of. I think my voice is probably as good or better on this album than anything I've ever done.

What's his surprising take on TV's *Nashville*? Go to Parade.com/adkins to find out.

AN EMMY STAR IS BORN



When the 74th Emmy Awards air (Sept. 12 on NBC), **Quinta Brunson, 32,** will certainly be there. Her show, *Abbott Elementary*—which she created and stars in—will be up for seven awards, almost unheard of for the first season of a network sitcom. Here are some fun facts you may not know about the Philadelphia native.



★ **Abbott Elementary** was named after Brunson's real-life former middle school teacher, Ms. Abbott.

- ★ Quinta means "fifth" in Spanish, indicating that she is the youngest of five children.
- ★ Before her success in entertainment, Brunson's least-favorite job was working retail at American Eagle, where she spent most of her time folding jeans.
- ★ Brunson first got attention for her Instagram series *Girl Who's Never Been on a Nice Date*, which went viral.
- ★ She's the first Black woman to be nominated three times in the same year in the Emmys' comedy category, for writing, series (as executive producer) and lead actress.



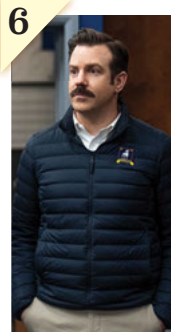
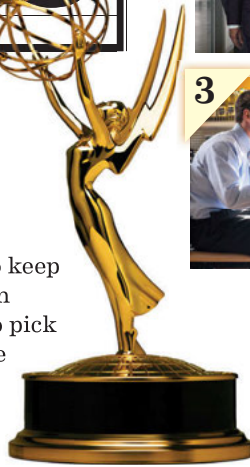
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— AND THE — EMMY — GOES TO... —

If you're like us, you're finding it hard to keep up with all of the excellent small-screen viewing these days. That makes it hard to pick the best shows, but we gave it a shot. Here are our predictions for the hottest races of the 2022 Emmy Awards, airing Sept. 12 on NBC. —Mara Reinstein



1. Outstanding Drama Series

- ▶ *Better Call Saul*
- ▶ *Euphoria*
- ▶ *Ozark*
- ▶ *Severance*
- ▶ *Squid Game*
- ▶ *Stranger Things*
- ▶ *Succession*
- ▶ *Yellowjackets*

The Emmy goes to...

Talk about a power move: The ferocious HBO family saga **Succession** picked up a whopping 25 Emmy nominations for its third season. It will be a major upset if the series doesn't strike it rich in the biggest category.

3. Outstanding Limited or Anthology Series

- ▶ *Dopesick*
- ▶ *Pam & Tommy*
- ▶ *The Dropout*
- ▶ *The White Lotus*
- ▶ *Inventing Anna*

The Emmy goes to...

All were binge-worthy, but the edge goes to the searing Hulu drama **Dopesick**, which stars **Michael Keaton** and explores America's struggle with opioid addiction.

2. Outstanding Comedy Series

- ▶ *Abbott Elementary*
- ▶ *Barry*
- ▶ *Curb Your Enthusiasm*
- ▶ *Hacks*
- ▶ *The Marvelous Mrs. Maisel*
- ▶ *Only Murders in the Building*
- ▶ *Ted Lasso*
- ▶ *What We Do in the Shadows*

The Emmy goes to...

Though the rookie hit *Abbott Elementary* gets high marks, **Ted Lasso**—the Apple TV+ series in which a big-hearted American football coach leads an English soccer team—will likely score its second consecutive win in this category.

4. Outstanding Lead Actor in a Drama Series

- ▶ Jason Bateman, *Ozark*
- ▶ Brian Cox, *Succession*
- ▶ Lee Jung-jae, *Squid Game*
- ▶ Bob Odenkirk, *Better Call Saul*
- ▶ Adam Scott, *Severance*
- ▶ Jeremy Strong, *Succession*

The Emmy goes to...

Jung-jae's character, Seong Gi-hun, managed to defeat 455 other players in the Netflix survival drama **Squid Game**, an international breakout phenomenon. The actor can go the distance here too.

5. Outstanding Lead Actress in a Drama Series

- ▶ Jodie Comer, *Killing Eve*
- ▶ Laura Linney, *Ozark*
- ▶ Melanie Lynskey, *Yellowjackets*
- ▶ Sandra Oh, *Killing Eve*
- ▶ Reese Witherspoon, *The Morning Show*
- ▶ Zendaya, *Euphoria*

The Emmy goes to...

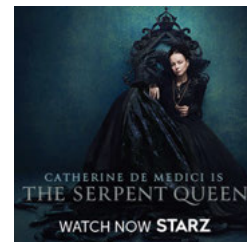
This one is a toughie, with Comer, Linney and Oh being honored for the last go-rounds of their respective series. But **Zendaya** is a former winner still flying high, and HBO's **Euphoria** was a smash among younger viewers—a much-sought demographic.

6. Outstanding Lead Actor in a Comedy Series

- ▶ Donald Glover, *Atlanta*
- ▶ Bill Hader, *Barry*
- ▶ Nicholas Hoult, *The Great*
- ▶ Steve Martin, *Only Murders in the Building*
- ▶ Martin Short, *Only Murders in the Building*
- ▶ Jason Sudeikis, *Ted Lasso*

The Emmy goes to...

In a category stacked with *Saturday Night Live* alums and former hosts—only Hoult has never stepped foot on the Studio 8H stage—it's easy to believe that **Sudeikis'** endearing fish-(and chips)-out-of-water coach will be a repeat victor.





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Live Smart

5 Things I Didn't Learn Until 50



If only we were taught these super-basic life skills alongside spelling and math!

By Paula Spencer Scott

Most of us pick up basic adulting skills along life's way, like doing laundry and scrambling eggs. Some of us even master the finer points of table manners or changing a tire. But what about the stuff that nobody ever teaches you? It wasn't until a string of late-life lucky encounters with fitness gurus, therapists and other experts that I even learned there was a "right" way to stand, walk, smile and breathe. Here's what I found out.

HOW TO BREATHE Most of us get through the day on fairly quick, shallow breaths. The better way? Deeper. Bring air down toward the belly, through the nose. How you know it's right: Instead of your chest rising and falling, your belly will go out, as the diaphragm contracts to give the lungs more room to fill, then in. "Belly breathing" brings in more oxygen and can lower tension.

HOW TO SIT I didn't expect to start physical therapy for a bum back by being told to have a seat. "Now, without using your arms, stand up," said Kendra Melson, founder of KineticWise Sports and Medical Massage clinic in Fort Collins, Colo. She watched me hunch and wobble. I reached for the chair arm anyway. Turns out I was doing this thing 100 times a day . . . wrong! Melson demonstrated the magic of first planting my feet, then using my thighs, butt and abdomen—not my arms—to power me up and back down. The improved stability and strength were unmistakable, and



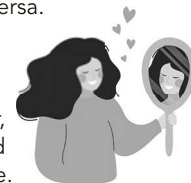
I'm sitting proof that consciously practicing makes you stronger and becomes second nature.

HOW TO STAND Pre-Melson, I stood like a crooked stick. Now I position my feet right below my hips. Then I put 60 percent of my weight in the heels and 40 percent in the toe box area (from the ball of your big toe across to the ball of your small toe). Together, this area and the heels form a tripod to hold you up. From this solid foundation, with my knees rotated out ever so slightly, the rest of my body can naturally and properly stack above, shoulders above pelvis. It's amazing how my back has stopped aching when I wait in long lines.

HOW TO WALK On a group wildflower hike, the guide, also a fitness coach, suggested I keep my shoulders down and back (meaning not up by my ears!) and strike my steps from heel to toe. Then, for better balance, which produces more energy, swing my arms straight out, coordinating the movement so that the right arm is in front when the left leg is in front, and vice versa.



HOW TO SMILE At a conference I once covered, the speaker, a psychologist, asked the audience to smile. Turn up the corners of your mouth, she said, even if it feels fake. A few hundred professional skeptics did—and the mood in the whole place lifted. Dozens of studies confirm the finding. Smiling can't cure your sickness or your broken heart. But for a moment, the very act of moving your mouth muscles into an upward curve tricks your brain into "reading" you as happy, igniting chemical changes that then make you feel so. Turns out, you don't have to wait until you feel like smiling to smile—once you put one on your face, that happyish feeling will follow. To think that for 50 years, I thought it was the other way around!



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LINDA

Ronstadt

THE SINGING SUPERSTAR ON THE STORIES BEHIND HER HITS, LOSING HER VOICE, HER NEW BOOK AND CELEBRATING HER SOUTH-OF-THE-BORDER HERITAGE. BY JIM FARBER

Almost a decade ago, Linda Ronstadt was diagnosed with Parkinson's disease. In 2019, her condition was re-diagnosed as progressive supranuclear palsy, a degenerative, Parkinson's-like disease for which there is no known cure. It robbed her of her distinctive soprano musical voice, ending a career that had made her one of the most popular and accomplished vocalists of her generation. A recipient of 11 Grammy Awards, plus the Recording Academy's Lifetime Achievement Award in 2016, she's also in the Rock and Roll Hall of Fame and the recipient of a Kennedy Center Honor.

Today, music is always with her—and within her. “I can still sing in my mind,” she tells *Parade*. “Sometimes I have to look up the words, because I forget the lyrics. But then I’ll sing a song in my head all the way through, like a hummingbird.”

At the zenith of her superstardom in the 1970s and into the '80s, Ronstadt was a pre-internet pop-culture darling. And not just for her hit songs. Her romances—with California governor Jerry Brown, with filmmaker George Lucas, with comedian Albert Brooks—also made headlines. She never married, and she successfully kept her two children, Mary and Carlos, both adopted in the 1990s, out of the spotlight.

Her career path was a wide-ranging odyssey across various musical forms and formats—pop, rock, punk, country, folk, opera, classical, Spanish and Latin—all grounded in her passion for music. These days, she says, “I listen mostly to opera. I love opera more than anything. I can listen to music really passionately now.”



Another passion, especially in recent years, has been doubling down to make clear to the world who she truly is. Born and raised in Tucson, Ariz., she was steeped in the music and culture of her father's side of the family, whose roots were deep in Mexico. It frustrates her that, throughout her four-decade career, the media has seldom acknowledged her Southwestern heritage, even when she emphasized it by recording albums like *Canciones de Mi Padre*, her 1987 collection of traditional Mexican songs that became the biggest-selling non-English-language album in U.S. history.

To help correct that, two years ago she took part in a documentary, *Linda and the Mock-*



ingbirds, which followed her on an emotional trip she took to the rural Mexican town of Banámichi, where her grandfather grew up. Now, Ronstadt, 74, is releasing the book she wrote with journalist Lawrence Downes, *Feels Like Home: A Song for*

the Sonoran Borderlands (Oct. 4), which illuminates the culture, food and natural wonders of the Sonoran Desert, which stretches from her Arizona childhood home through a large swath of northern Mexico. A companion album of songs Ronstadt has admired, sung or recorded over the years, *Feels Like Home: Songs From the Sonoran Borderlands—Linda Ronstadt's Musical Odyssey*, will be released Oct. 7.

Parade spoke with Ronstadt from her San Francisco home.

COVER CLOCKWISE FROM MAIN: JIM BRITTY/GUIDEPOST; AMY SUZMAN/INVISIONAR FILE; GEORGE ROSE/GETTY IMAGES; CHALKIE DAVIES/GETTY IMAGES; RICHARD E. AARON/REDFERNS/GETTY IMAGES; FEATURE FROM TOP: JASON HENRY/THE NEW YORK TIMES/REDUX; COURTESY LINDA RONSTADT

Home IS WHERE THE Tortillas ARE

How did the Sonoran region where you grew up shape you? I grew up in a certain way, in a certain place. There weren't trees. It wasn't green everywhere and I got used to that. Even now, I don't like to live where there are too many trees. I want to be able to see.

You have such a love of food, but you write in your book that you never learned to cook? Well, I was living in a hotel for decades. Being on the road is not conducive to cooking. I was better at needlework, because I could take it with me on the road.

Lately you've been emphasizing your heritage more than ever. Why? Because I demand

Your book includes recipes from the area. What's special about that food? They didn't have refrigeration, so the food had to be preserved by drying it or pickling it. They eat a lot of dried meat, dried fruit and pickled vegetables. But there's very rich soil, so the vegetables taste better. It's the breadbasket of Mexico. [Visit Parade.com/salsa to try Ronstadt's Green Chile and Tomato Salsa.]



it. I used to give interviews when I was starting out, and they would say, "Where are you from?" And I would say, "I'm Mexican and German," and they would say, "Oh, are you Spanish?" I would say, "No... Mexican." That's like mixing up Americans and Australians. It's a totally different culture!

Were you surprised that your first album of Mexican songs was an enormous hit? I didn't give it a thought. I just thought, *I'm going to record these songs and I don't care what they do with it.* I felt I'd earned the right to do a "vanity project" [laughs]. I grew up singing that music, but those songs are hard to sing. I had to learn how to sing them on a professional level. That the album turned out to be a hit allowed me to do another [Mexican album],

and it was better because I learned to sing those kinds of songs better.

What are your favorite Mexican songs? "Mi Ranchito" [my little farm], about the ranch where I grew up. "El Sueño" [the dream], I recorded with my brothers—my older and younger brother. "El Fango" is utterly mysterious and fascinating to me. It's a straight waltz, beautiful poetry.

You sang with such power that it was almost unthinkable that you would ever lose that ability. But you seem to have been very accepting of that loss and of your disease. Well, I don't have a choice. If I had a choice, then I might be pissed off. I try not to live in the future. I live in the present. I mean, we're all going to die of something, we just don't know what it is. I don't know what it is. Yes, I have a progressive disease, but I might get hit by a bus next week. I've been lucky. I have had a lot of really good help. My daughter is very helpful, so I'm well taken care of.

You sang in so many styles over your long career. What, for you, ties it all together?

Singing at home with my family is the source of it all. If I hadn't heard a style of music by the time I was 10, I didn't try to do it, because I couldn't do it authentically. I wouldn't try to sing the blues, for instance. Bonnie Raitt grew up playing blues, so she can do it. Luckily, my parents had a variety of tastes. They gave [me] Gilbert and Sullivan. They gave Sinatra and Hank Williams. And my grandparents loved opera. My music comes from everything I heard in our living room growing up.

continued on page 10

LINDA'S SONGS of the Southwest

These songs, some available on the new album *Feels Like Home: Songs From the Sonoran Borderlands*—Linda Ronstadt's *Musical Odyssey*, are among the traditional tunes she fondly remembers hearing and singing with her family.

"El Sueño" (the dream) "My brothers, Peter and Mike, sang this beautiful huapango folk song with me on my record *Mas Canciones*. We learned the harmonies as kids from a record by Trío Tariácuri, three brothers who were beloved musicians in Mexico for decades, starting in the 1930s."

"I Never Will Marry" "Dolly Parton and I both love this song and recorded it together. According to Ronstadt family rules, this was my sister's song, because she was the first of us to sing it. But Suzy married three times, so it became mine."

"El Crucifijo de Piedra" (the stone crucifix) "I learned this from the version sung by Miguel Aceves Mejía, the ranchera idol and actor. In it, an abandoned lover is crying in front of a church, so sad that the crucified Christ cries too. It's one of the most beautiful songs in the literature."

"Lo Siento Mi Vida" (I'm sorry my love) "Kenny Edwards [a longtime band member] and I wrote this with my dad. Kenny wanted it to be all in Spanish, but after he wrote the first line, we needed help for the rest. We told my dad what we wanted to say, and the song came together in a three-way phone conversation."

"Old Paint" "We sang this old cowboy song as kids. We never heard it on a record; it was just there, in the air. 'The song smells of saddle leather,' Carl Sandburg wrote of it in his 1927 folk-music anthology, *The American Songbag*. For my version on *Simple Dreams*, I played guitar myself, in my uniquely incompetent style."

Go to Parade.com/linda for more of Ronstadt's essential songs.



The Stories BEHIND the Songs

“DIFFERENT DRUM” 1967

When you changed the genders in the song, did you mean to make a feminist statement about a woman who won't be tied down? No!

[Laughs] I don't think I'd ever heard of feminism at that point! I was too naive. I thought feminism was not using makeup.

But did the lyric reflect your independent attitude at the time?

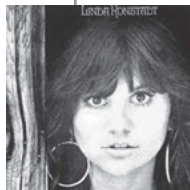
Absolutely. I still feel that way. I can't be pinned down to what carpet color to use. I would change it every week!

“ROCK ME ON THE WATER” 1972

What drew you to record a song by Jackson Browne? I first met him when he was 16 and I was 17. He was writing really good songs even then. There were really good

songwriters in L.A., and he was clearly one of the best. I met him when a friend of ours said he'd be fun to talk to. I heard an acetate of “Rock Me

on the Water” from the publishing company he had signed with, and I was just blown away. That first album he did [which featured his version of “Rock Me”] was perfect. He still makes great records.



“POOR POOR PITIFUL ME” 1977

What appealed to you about Warren Zevon's songs? His songs weren't easy for me to sing, but he was a true original. He had such unusual ideas in his lyrics. He had a grim humor.



“YOU'RE NO GOOD” 1974

I did that song as an afterthought. We just needed a fast song to perform in the show. It can't be all ballads or it gets boring. So I had to learn an up-tempo song fast and I had just heard that one on the radio.

“OOH BABY BABY” 1978

What led you to record this Motown hit?

“Ooh Baby Baby” was my idolizing Smokey Robinson. I love his voice and his songwriting. I love him! He's so charming and sincere and the song fit me because he's a soprano.

“BLUE BAYOU” 1977

Was the operatic melody of Roy Orbison's song the reason you recorded it? I was at



a jam session one late night in Malibu, with Jackson and J.D. Souther, and J.D. sang it for me. I thought, *I'm going to record that.* Roy Orbison sings in my range and this had

an excellent melody. In some melodies, there's not very much for my voice to get hold of, but this had a melody that soared!

WHAT'S NEW 1983

What was it like to work with the orchestral arranger Nelson Riddle on this album of standards? It was like swimming in cream. He's just a brilliant arranger. He can put strings

on a song without making it sound syrupy. I really learned those songs by polishing up my voice singing on Broadway [in *The Pirates of Penzance*]. Standards require what they call “the mix,” which combines your head voice and your chest voice. And the songs are so amazing. When you think of what Americans have contributed to the culture of the world at large over the last 150 years, it's been the popular song. And those are the best popular songs.

“THOSE MEMORIES OF YOU” 1987

How did your group with Dolly Parton and Emmylou Harris, known as the Trio, come about? It was an accident. I

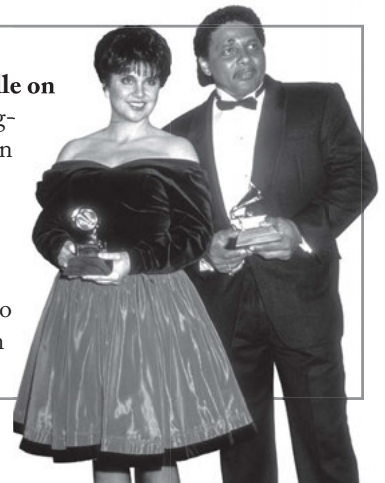
went over to Emmylou's house one day and Dolly was there, so we sat down and started singing a Carter Family song, and we found that the sound we had was different. So we said, “Let's do an album together.” Emmylou came up with the material. I came in with the harmony arrangements. We're all natural harmony singers. We didn't have to fight over not getting to sing a lead. We just went with whoever sang the lead best on that song.



“DON'T KNOW MUCH” 1989

Why do you think you paired so well with Aaron Neville on this No. 2 song? He sings up in my key. His style of singing

comes from French baroque opera. The Creoles down in Louisiana were people of color who had their own sound. It was a very wealthy and cultivated society. They sent their children to school in France and they'd come back with that style of singing. You don't belt it, like the Italians do. You sing it as a light falsetto, and it persists to this day. It only happens there. Aaron developed his own distinct sound from it.



BLUE BAYOU BY VINYL5/ALAMY; W/HARRIS/PARTON BY VALERIE MACON/AFP VIA GETTY IMAGES; W/ NEVILLE BY RON GALELLA, LTD./GETTY IMAGES

Scientific Discovery Stuns Doctors

Biblical Bush Relieves Joint Discomfort in as Little as 5 Days

Legendary “special herb” 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.”

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

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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.



The active ingredient in Mobilify soothes aching joints in as little as 5 days

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 weeks 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

To secure the hot, new **Mobilify** formula, buyers should contact the Sears Health Hotline at **1-800-305-0332** TODAY. “It’s not available in retail stores yet,” says Dr. Sears. “The Hotline allows us to ship directly to the customer.” Dr. Sears feels so strongly about **Mobilify**, all orders are backed by a 100% money-back guarantee. “Just send me back the bottle and any unused product within 90 days from purchase date, and I’ll send you all your money back.”

Use Promo Code **PARAMB22** when you call to secure your supply of **Mobilify**. Lines are frequently busy and due to heightened demand, supplies are limited. To secure your supply today, call **1-800-305-0332**.

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Ask Marilyn

By Marilyn vos Savant

You once wrote about why we should study history. Could you please repeat that answer for my teen sons?

—James Villa, Boise, Idaho

The chronicle of historical events teaches us—bit by bit by bit—about civilization, human nature, and its consequences. Imagine two men after a centuries-long journey in time: One was asleep all the way; the other was awake. The latter witnessed every triumph and calamity, learned where beauty flowered and where it died, watched the greatest and most inglorious fights of good against evil. Which would you choose as a leader? As a friend? Which would you rather be, the man who saw everything or the man who saw nothing? Your answer shows why you should study history.

Send questions to marilyn@parade.com

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| | | | | | | |
|----|----|----|----|----|----|----|
| 11 | | | 17 | | | 25 |
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| | | 59 | | 68 | | 75 |
| 57 | | | 69 | | | 73 |

Visit Parade.com/numbrix for more Marilyn vos Savant Numbrix puzzles and today's solution.

More People are Choosing This 1-Day, Dream Bathroom Update and Saving Thousands of Dollars.*

When Americans think of updating rooms in their home, the bathroom ranks high on their list.

No one likes an old, dreary, outdated bathroom, and since most people spend a fair amount of time in there, it makes sense that it's high on their priority list for updating.

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That's why one of America's most trusted leaders in home renovations and improvements created a modern, custom upgrade option that is quick to install, high-quality, and very affordable.

That's right, they're turning to Jacuzzi Bath Remodel, America's trusted leader in bathroom renovations, and authorized installer of iconic Jacuzzi® bath products.

Now any homeowner who wants to update their worn-out bath or shower can get a beautiful bath remodel in as little as one day. Jacuzzi Bath Remodel expert installers can transform an old bathtub into a soothing soaking oasis, upgrade a spare bath or

Jacuzzi Bath Remodel offers a custom, dream bathroom that can be installed in as little as 1 day.

shower, or bring a dream master bathtub or shower to life.

And their unique, stress-free remodeling process doesn't take weeks to complete — or require a messy demolition of the existing bathroom.

Customers can expect a transformed bathroom in as little as one day.

Thousands of people have now experienced a beautifully-designed, spa-like upgrade for less. And they didn't have to sacrifice beauty or luxury. Plus, with Jacuzzi Bath Remodel, they can expect...

One day installation: The expert team brings a new bathtub or shower to their home and installs it in just one day.**

Anti-microbial protection to keep your shower fresh and clean. All shower walls are infused with silver ions that prevent



Christina Hall
Renovation Expert

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bacteria, mold, and other microbes from growing and reproducing.

Bathtubs and showers that are easy to maintain for less time cleaning, and more time relaxing. Jacuzzi® showers, bathtubs and walls are made from nonporous acrylic that is stain-resistant and easy to clean.

Optional safety upgrade. As part of a bathroom remodel, they can also help homeowners who want to add a safety feature like grab bars or a walk-in shower.

A limited lifetime warranty to protect against defects in material and workmanship. They stand behind the craftsmanship and quality of their products with a limited lifetime warranty.**

It's now easier than ever to experience the luxury of a Jacuzzi® bath or shower.

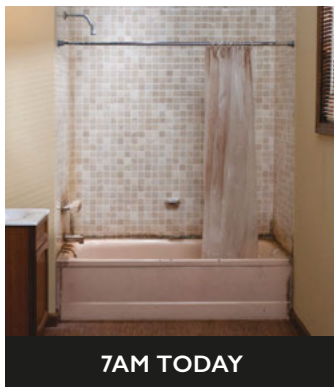
People all across America love the quick service and amazing colors and designs Jacuzzi Bath Remodel has to offer for only a fraction of the cost of a full bathroom remodel.

Here's what customers say about their bathroom remodel...

"It's beautiful! It's just made the biggest difference in the world for our bathroom. And the installer, Warren, I can't say enough about him." -Mike and Yvonne

"It's really awesome. It can snazz up the home a lot...The enclosure really looks nice with the tile look and the shelves. The shower is a big improvement over the cruddy old bathtub I had before." -Ross

Anyone who's ready to upgrade their existing bath or shower to an exclusive Jacuzzi® model can simply call now **888.665.2443** and connect to a Jacuzzi Bath Remodel dealer in your area.



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What America Eats



Our New Favorite Burger

Channeling the zingy flavors of a classic Vietnamese sandwich, these juicy burgers are from **Delicious Gatherings** by Tara "Teaspoon" Bench. You can make the patties up to a day ahead and chill. Then prep the toppings while the grill heats up.

CHICKEN BANH MI BURGERS

In a medium bowl, with gloved hands or a wooden spoon, thoroughly mix 1 lb **ground chicken**, $\frac{2}{3}$ cup chopped **cilantro**, 2 Tbsp finely diced **jalapeño**, 2 tsp grated **fresh ginger**, 2 tsp **sesame oil**, 1 tsp **fish sauce** and 2 **cloves garlic**, minced. Form into 4 large or 6 smaller patties. Place on a parchment-lined baking sheet. Chill until ready to grill.

Preheat grill to medium-high.

While grill heats up, in a small bowl, whisk 2 Tbsp **rice wine vinegar**, 2 tsp **granulated sugar** and $1\frac{1}{2}$ tsp sesame oil until sugar dissolves. In another small bowl, combine $\frac{1}{2}$ cup **mayonnaise** and 2 tsp **sriracha sauce**; stir in 1 Tbsp vinegar mixture. Just before serving, toss $\frac{3}{4}$ cup shredded or matchstick-cut **carrots**, $\frac{3}{4}$ cup matchstick-cut **daikon radish** and 2 **Persian cucumbers**, thinly sliced, with remaining vinegar mixture.

Brush 1 side of each patty with **canola or avocado oil**. Place oil side down on grill. Cover; cook 3 minutes. Brush tops of patties with oil. Gently flip, cover and grill 3 minutes or until done. (Alternatively, pan-fry patties in a nonstick skillet or grill pan 4 minutes per side.)

Spread cut sides of 4 or 6 **sandwich rolls** with sriracha mixture. Add burgers, vegetables and a sprinkling of $\frac{1}{3}$ cup chopped **peanuts** and $\frac{1}{3}$ cup chopped **cilantro** or **mint**. Serve with **lime wedges** and, if desired, 1 small **jalapeño**, sliced. **Makes 4 or 6 burgers.**

Visit [Parade.com/teaspoon](https://www.parade.com/teaspoon) for Bench's loaded guacamole dip recipe.

PHOTO BY TTY MECHAM; REPRINTED WITH PERMISSION DELICIOUS GATHERINGS: RECIPES TO CELEBRATE TOGETHER BY TARA "TEASPOON" BENCH (SEPTEMBER 2022, SHADOW MOUNTAIN)

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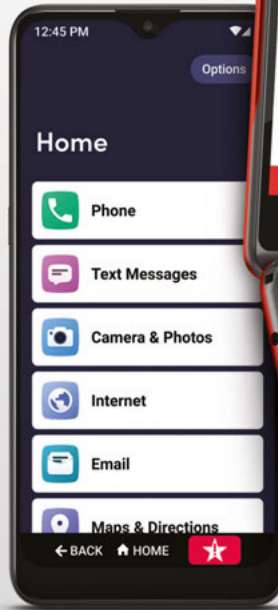
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