

Parade

SUNDAY, MAY 15, 2022 | PARADE.COM

Plus
Sissy Spacek, p. 2

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Personality Parade

WALTER SCOTT ASKS...

SISSY SPACEK

The *Carrie* star and *Coal Miner's Daughter* Oscar winner, 72, stars with J.K.

Simmons, 67, in the sci-fi series *Night Sky* (May 20 on Prime Video). The two play Irene and Franklin York, who discover a hidden backyard chamber leading them into an adventure that spans space and time.

What can you tell us about the Yorks?

They experienced an enormous tragedy 20 years earlier. At the same time, they discovered the chamber. Irene had been looking for meaning in her life. She's driven by this need to understand why. She's a woman who's looking at the stars, at the universe, and contemplating how one thing might have impacted the other. She's waiting for a sign.

In addition to being a sci-fi story, would you say *Night Sky* is a love story? The Yorks are so in love with one another. There were a lot of things that drew me to *Night Sky*, and that was a major thing—that it was about these two older people in the twilight of their lives and how an ordinary couple can be living in such extraordinary circumstances, but they still take their vitamins, eat their meals and go for rides. They have a simple life, and they want to keep it that way. I just adore Irene and Franklin.

Do you remember your first impression of *Carrie*?

I remember sending that script to my parents, and they didn't know what to think. Sometimes there's a little element of fear that's involved with doing things, and that's good; it rattles my cage a little bit. But the fact that I was playing a real human being, I never thought of her as a monster. I thought of her as a misunderstood, abused young person.

What is there left for you to accomplish? I want to continue to work on things that are meaningful to me, and I want to spend time with my family. I've always wanted to take time out for real life because I had such a precious childhood and family—certainly not without challenges, as every person has. But it made me understand how important living a real life is.

WHY DOES SHE LIVE IN VIRGINIA INSTEAD OF HOLLYWOOD? GO TO PARADE.COM/SPACEK TO FIND OUT.



ROSIE'S ON THE CASE

After a great role in seasons one and two of *The Flight Attendant*, **Rosie Perez**, 57, stars in *Now and Then* (May 20 on Apple TV+), a multilayered thriller that follows a group of college friends through two periods of their lives. The Brooklyn native, who began her career as a dancer on *Soul Train*, got her breakthrough role in Spike Lee's *Do the Right Thing* and was nominated in 1994 for an Oscar for her role in *Fearless*. In *Now and Then*, she plays a detective determined to uncover the truth about a tragic event that happened 20 years ago. The bilingual series was filmed in both Spanish and English.



A DOWNTON ABBEY MYSTERY

The mysterious past of the Dowager Countess of Grantham (**Maggie Smith**, 87) is revealed in *Downton Abbey: A New Era* (May 20 in theaters) when she comes into possession of a villa in the South of France, sending the family on a grand journey to learn about the inheritance. "It isn't reinventing the wheel, but the film is a celebration of all the things that audiences have loved about *Downton* for over 11 years now, as well as a celebration of all the characters," says Hugh Bonneville, 58, who plays the countess's son, Robert Crawley, the Earl of Grantham. "It's a real visual feast."

CELEBRATING GEORGE CARLIN

You can relive the greatest jokes and learn more about the life and controversial career of groundbreaking stand-up comedian Carlin—who died in 2008 at age 71—in the two-night documentary *George Carlin's American Dream* (May 20–21 on HBO and HBO Max). Here are a few facts about the New York City native, who in 1975 was the first-ever host of *Saturday Night Live*.



◀ His dream career as a kid was to become a movie star like his idol **Danny Kaye**.

- His memorable stand-up routines, which influenced many up-and-coming comedians, included "Baseball and Football," "The Ten Commandments" and "Seven Words You Can Never Say on Television."
- Carlin was awarded the 2008 Mark Twain Prize for American Humor by the Kennedy Center for the Performing Arts, becoming the first posthumous recipient.



▲ A favorite of host **Johnny Carson**, he appeared on *The Tonight Show* more than 130 times.

▼ He played Mr. Conductor on the PBS children's series *Shining Time Station*, provided the narration for *Thomas the Tank Engine* and appeared in movies including *Car Wash*, *Bill & Ted's Excellent Adventure* and *The Prince of Tides*.



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Oh Happy DAY!

It has been 30 years since **Whoopi Goldberg** starred in *Sister Act* as Deloris—aka Sister Mary Clarence—the sassy nightclub singer turned nun who transforms a habit-wearing choir of clergywomen while hiding in protective custody. Rumor has it, there's a third



Sister Act in the works. (*Sister Act 2: Back in the Habit* came out in 1993.)

While we wait, let's look back at the smash hit (also starring **Maggie Smith**).

—Megan O'Neill Melle



HOLLYWOOD HABITS

Here are some more nuns on the big and small screens.

NUNS ON THE RUN (1990) To hide from their mob boss, two criminals (**Eric Idle** and **Robbie Coltrane**) infiltrate a convent and fool the sisters into believing they're women (and nuns) themselves.



THE SOUND OF MUSIC (1965) Julie Andrews is the feisty and free-spirited nun turned governess who charms an Austrian widower (Christopher Plummer) and his seven children.

THE FLYING NUN (1967–70) **Sally Field** is Sister Bertrille, a new arrival at a Puerto Rican convent who can, yes, catch the wind and fly in this ABC sitcom.

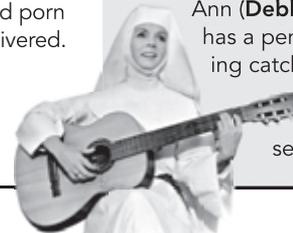
AMERICAN HORROR STORY: ASYLUM (2012–13) Season two of FX's horror anthology series is set in a 1960s mental institution run by the stern Sister Jude (Jessica Lange) and the young Sister Mary Eunice (Lily Rabe), who becomes possessed by the devil.

CALL THE MIDWIFE (2012–) This long-running BBC series set in 1950s London follows the (bike-riding!) nurses, midwives and nuns providing the poorest expecting women with care.

THE SONG OF BERNADETTE (1943)

Jennifer Jones stars in this Oscar-winning film as a poverty-stricken young French girl who has visions of the Virgin Mary.

THE SINGING NUN (1966) Sister Ann (**Debbie Reynolds**) has a penchant for writing catchy tunes and accidentally becomes a pop sensation.



1 DIVINE INTERVENTION **Bette Midler** was originally cast in the film's lead role. When she backed out, it went through numerous rewrites—by screenwriters including Carrie Fisher (*Postcards From the Edge*) and Nancy Meyers (*Private Benjamin*, *Something's Gotta Give*)—before Goldberg took the part.

2 CHURCH AND STATE While Goldberg's character used the church to hide from her mob boyfriend's band of goons, it's actually against government policy to protect witnesses by having them pose as members of the clergy.

3 THE GOSPEL OF SHOWBIZ The soundtrack, which includes the hilarious "My God" (a rewrite of Mary Wells' Motown hit "My Guy"), spent more than a year on the *Billboard* Top 200 albums chart.

4 SISTER STARLET Goldberg's character was inspired by real-life actress **Dolores Hart** (who gave **Elvis Presley** his first onscreen kiss in 1957's *Loving You*). She left Hollywood for the convent at age 24 and remains a voting member of the Academy of Motion Picture Arts and Sciences.

5 FUN WITH NUNS Filming in Reno, Nev., co-stars **Kathy Najimy** (*Veep*) and **Wendy Makkena** (*A Beautiful Day in the Neighborhood*) would gamble in their habits between takes and play pranks on hotel staff, like when they ordered room service in costume and had porn playing on the television when it was delivered.

Sister Act plus more!
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INDICATIONS

EYLEA® (aflibercept) Injection 2 mg (0.05 mL) is a prescription medicine approved for the treatment of patients with Wet Age-related Macular Degeneration (AMD), Macular Edema following Retinal Vein Occlusion (RVO), Diabetic Macular Edema (DME), and Diabetic Retinopathy (DR).

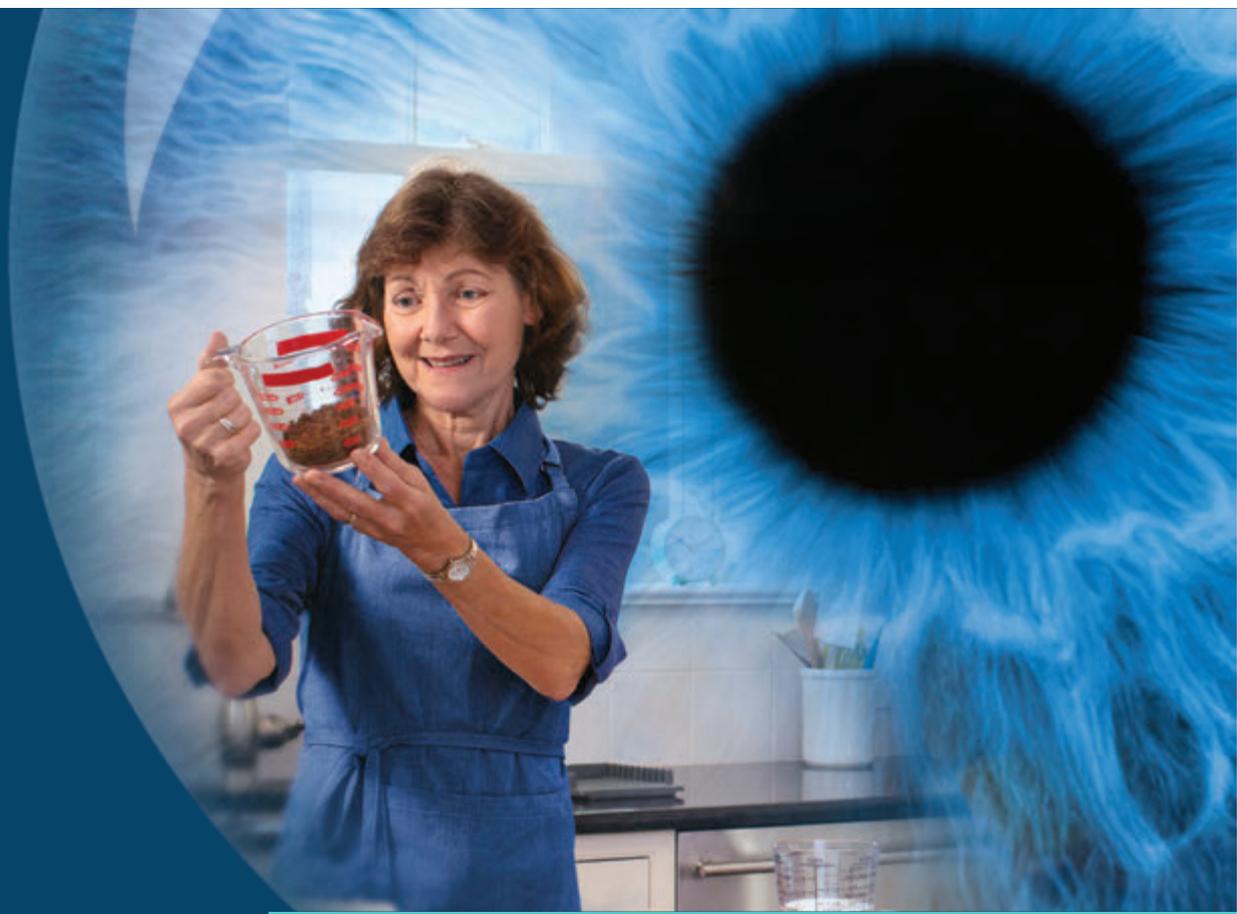
IMPORTANT SAFETY INFORMATION

EYLEA® (aflibercept) Injection is a prescription medicine administered by injection into the eye. You should not use EYLEA if you have an infection in or around the eye, eye pain or redness, or known allergies to any of the ingredients in EYLEA, including aflibercept.

Injections into the eye with EYLEA can result in an infection in the eye and retinal detachment (separation of retina from back of the eye) can occur. Inflammation in the eye has been reported with the use of EYLEA.

In some patients, injections with EYLEA may cause a temporary increase in eye pressure within 1 hour of the injection. Sustained increases in eye pressure have been reported with repeated injections, and your doctor may monitor this after each injection.

There is a potential but rare risk of serious and sometimes fatal side effects, related to blood clots, leading to heart attack or stroke in patients receiving EYLEA.



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for patients with Wet AMD*

The most common side effects reported in patients receiving EYLEA were increased redness in the eye, eye pain, cataract, vitreous (gel-like substance) detachment, vitreous floaters, moving spots in the field of vision, and increased pressure in the eye.

You may experience temporary visual changes after an EYLEA injection and associated eye exams; do not drive or use machinery until your vision recovers sufficiently.

Contact your doctor right away if you think you might be experiencing any side effects, including eye pain or redness, light sensitivity, or blurring of vision, after an injection.

For additional safety information, please talk to your doctor and see the full Prescribing Information for EYLEA.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see the Consumer Brief Summary on the adjacent page.

*IQVIA Medical claims: Number of injections administered Q1 - Q4 2020; Data on File.

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EYL.22.03.0011

Consumer Brief Summary

This summary contains risk and safety information for patients about EYLEA. It does not include all the information about EYLEA and does not take the place of talking to your eye doctor about your medical condition or treatment.

What is EYLEA?

EYLEA is a prescription medicine that works by blocking vascular endothelial growth factor (VEGF). VEGF can cause fluid to leak into the macula (the light-sensitive tissue at the back of the eye responsible for sharp central vision). Blocking VEGF helps reduce fluid from leaking into the macula.

What is EYLEA used for?

EYLEA is indicated for the treatment of patients with:

- Neovascular (Wet) Age-Related Macular Degeneration (AMD)
- Macular Edema Following Retinal Vein Occlusion (RVO)
- Diabetic Macular Edema (DME)
- Diabetic Retinopathy (DR)

How is EYLEA given?

EYLEA is an injection administered by your eye doctor into the eye. Depending on your condition, EYLEA injections are given on different schedules. Consult with your eye doctor to confirm which EYLEA schedule is appropriate for you.

Who should not use EYLEA?

Do not use EYLEA if you have an infection in or around the eye, eye pain or redness, inflammation in the eye, or are allergic to aflibercept and/or any other ingredients in EYLEA.

What is the most important information I should know about EYLEA?

- EYLEA must only be administered by a qualified eye doctor. Injection into the eye with EYLEA can result in an infection in the eye and retinal detachment (separation of retina from back of the eye) can occur. Inflammation in the eye has been reported with the use of EYLEA. If your eye becomes red, sensitive to light, painful, or develops a change in vision, seek immediate care from an eye doctor
- In some patients, injections with EYLEA may cause a temporary increase in eye pressure within 1 hour of the injection. Sustained increases in eye pressure have been reported with repeated injections, and your eye doctor may monitor this after each injection
- There is a potential but rare risk of serious and sometimes fatal side effects related to blood clots, leading to heart attack or stroke in patients receiving EYLEA
- Serious side effects related to the injection procedure with EYLEA are rare but can occur including infection inside the eye and retinal detachment
- You may experience temporary visual changes after an EYLEA injection and associated eye exams; do not drive or use machinery until your vision recovers sufficiently
- Because EYLEA is composed of large molecules, your body may react to it; therefore, there is a potential for an immune response (allergy-like) in patients treated with EYLEA

What are possible side effects of EYLEA?

EYLEA can cause serious side effects, including

- See important safety information listed under “What is the most important information I should know about EYLEA?”

The most common side effects include

- Increased redness in the eye
- Eye pain
- Cataract
- Vitreous (gel-like substance) detachment
- Vitreous floaters
- Moving spots in the field of vision
- Increased pressure in the eye

There are other possible side effects of EYLEA. For more information, ask your eye doctor.

It is important that you contact your doctor right away if you think you might be experiencing any side effects, including eye pain or redness, light sensitivity, or blurring of vision, after an injection.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

What should I tell my eye doctor before receiving EYLEA?

- Tell your eye doctor if you have any medical conditions
- Tell your eye doctor if you are pregnant or are planning to become pregnant. It is not known if EYLEA may harm your unborn baby
- Tell your eye doctor if you are breastfeeding. It is not known if EYLEA may harm your baby. You and your eye doctor should decide whether you should be treated with EYLEA or breastfeed, but you should not do both

How is EYLEA supplied?

EYLEA is supplied in a clear, colorless to pale yellow solution. It is provided in a pre-filled glass syringe or glass vial containing the amount of product required for a single injection into the eye, which is 0.05 mL (or 2 mg of the medicine product).

Where can I learn more about EYLEA?

For a more comprehensive review of EYLEA safety and risk information, talk to your health care provider and see the full Prescribing Information at EYLEA.com.

REGENERON

Manufactured by:

Regeneron Pharmaceuticals, Inc.
777 Old Saw Mill River Road
Tarrytown, NY 10591

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Issue Date: November 2020

Initial U.S. Approval: 2011

based on the August 2019 EYLEA[®] (afibercept) injection full Prescribing information.

Stay Healthy



SNEAKY SYMPTOMS YOU MUST KNOW

Don't miss the warning signs for these serious ailments.

By Michelle Ponte

Some health conditions pop up overnight or have vague symptoms that are tricky to diagnose. This is particularly true of shingles, age-related macular degeneration (AMD), dementia and kidney disease, says Donald Ford, M.D., department chair of family medicine at Cleveland Clinic. "The risk factors are not always clear, so our ability to predict them is limited, and often we have to wait until the signs show up." Here's what you need to know to understand those signs.

SHINGLES

Each year, 1 million people get shingles, a viral infection that can come on suddenly due to a reawakening of chickenpox. Shingles typically occurs when you're older, causing chills, fever and a painful blistering rash on one area of your body. The virus is thought to be triggered by stress, trauma or diseases that suppress the immune system.

Why It's Sneaky "Shingles takes most people by surprise," with only general symptoms, such as the onset of unexplained localized pain, says Ford. There is also a common misconception that only adults who had chickenpox



will get shingles. "The fact is anyone over age 28 [before the chickenpox vaccine was used] was exposed to the virus, even if they never got sick," he says. Early treatment with antiviral medications is important in preventing postherpetic neuralgia, a burning pain that can occur after an outbreak. A two-part shingles vaccine is recommended for those 50 and older.



AGE-RELATED MACULAR DEGENERATION

The most common cause of vision loss in people over age 55 is AMD, a condition where part of the retina becomes damaged.

Dry AMD is the most common form and occurs when tiny protein clumps called drusen build up and cause central vision loss. Wet AMD, which is more serious, involves abnormal blood vessels growing under the retina and causing bleeding and damage. Risk factors include your age, family history and being overweight.

Why It's Sneaky You can have dry AMD for decades with few symptoms, says Alex Yuan, M.D., an ophthalmologist with Cleveland Clinic. Symptoms are non-specific—you might have a blurry spot in one eye or see crooked lines. "The tricky part is we all have two eyes, and it is very difficult to notice the loss of [vision] in one eye, especially if it's your nondominant eye," Yuan says. A comprehensive dilated eye exam and diagnostic testing are the best ways to diagnose AMD. Eye injections, laser therapy and specific vitamins, known as AREDS 2, help slow AMD progression.



DEMENTIA

Some 5 percent to 8 percent of people over age 65 have dementia, a general term for memory loss related to many health conditions. Alzheimer's disease, a neurological disorder, is the most common form of dementia. While some memory loss is expected as we age—you may have a harder time remembering names—dementia is marked by more significant events, such as getting lost in a familiar place or not recognizing a loved one.

Why It's Sneaky Early dementia can be tricky to diagnose because of fear and denial. "There's a natural human habit to cover up for it," says Ford. Dementia also can be mistaken for normal memory loss. Your primary care doctor can do simple cognitive exercises, which "can

reveal problems that might not otherwise be easily visible," he says. Cognitive screening is available for adults 65 and older as part of Medicare's annual wellness evaluation. While dementia treatments are limited, early diagnosis is important for establishing a solid support system.



CHRONIC KIDNEY DISEASE

The kidneys are your body's taskmaster—they do everything from removing toxins and excess fluid to regulating bone health. Some 37 million people in the U.S. have chronic kidney disease, which puts them at risk for kidney failure. "When your kidney functions less than 60 percent, that qualifies as chronic kidney disease," says Cassandra Kovach, M.D., a nephrologist at Cleveland Clinic. Diabetes and high blood pressure are the top causes of kidney disease.

Why It's Sneaky "Most people don't have any symptoms of kidney disease until it has advanced," says Kovach. Common symptoms may include low energy, poor appetite and nausea or vomiting. "The symptoms are very nonspecific and can be caused by a bunch of different things, which also makes it tricky," she says. If you're at risk, you'll want to get an annual kidney screening (simple blood and urine tests). Most treatments aim to prevent the progression of kidney disease by treating high blood pressure, anemia and other complications. Catching the disease early will give you the best chance of stopping further kidney damage.

Visit [Parade.com/lung](https://www.parademag.com/lung) for sneaky signs your cough could mean cancer.

Cheers to SUMMER!

Refreshing cocktails to get the season rolling, from a *Downton Abbey*-themed sipper to a pool-party-ready slushy.

By Alison Ashton • Cover and feature photography by Mark Boughton • Styling by Teresa Blackburn



Blackberry and Basil Mojito

Traditional mojitos feature rum and mint. This twist, from *Summer Fizz*, opts for vodka and basil instead.

Gently muddle 4 **basil leaves** and 4 **blackberries** in the bottom of a stemless wine glass. Fill halfway with ice. Add 1½ oz **vodka**; stir. Top with **sparkling lemon soda** (such as Sanpellegrino Limonata); stir again. Garnish

with 2 blackberries and a basil sprig. **Serves 1.**



Melon-Basil Cup

Frozen melon balls stand in for ice in this refreshing, low-alcohol drink from *Mindful Mixology* by Derek Brown.



Orange oleo saccharum, a type of fruit syrup used to flavor cocktails, is easy to make. For DIY honey syrup, just stir 2 parts honey and 1 part boiling water in a heatproof bowl or jar; cool before using.

Combine 8 oz **dry white wine**, ½ oz **orange oleo saccharum** (recipe follows), 1 tsp **honey syrup** and a dash of **fresh lemon juice** in a Champagne flute; stir. Add assorted **frozen melon balls**. Garnish with a **basil sprig**. **Serves 1.**

Orange Oleo Saccharum

Wash 2 **oranges**. Cut peels into strips (avoiding bitter white pith; reserve oranges). Place peels and 1 cup **sugar** into an airtight container; pulverize with a muddler or back of a spoon. Seal; let stand overnight. Stir in a small amount of orange juice to dissolve remaining sugar crystals. Strain through a fine-mesh strainer, pressing peels to extract syrup. Discard peels. Store up to 2 weeks in a cool, dark spot. **Makes about 1 cup.**



continued on page 11

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Sweet Life Slushy

This pool-party-ready drink is from **Booze & Vinyl, Volume 2** by André and



Tenaya Darlington. The fruity concoction is inspired by Frank Ocean's "Sweet Life" on his Channel Orange album, which references mangoes, peaches and limes.

To make simple syrup, combine equal parts sugar and water in a small saucepan. Bring to a boil; cook until sugar dissolves. Cool. Refrigerate in an airtight container up to 2 weeks.

In a blender, blend 4 oz **light rum**, 1 cup **frozen mango slices**, 1 cup **frozen peach slices**, 2 oz **fresh lime juice** and 1 oz **simple syrup**. Pour into 2 chilled glasses. Garnish with **lime wheels**. Serves 2.



Porch-Perfect Negroni



The Negroni has been a hot cocktail for the past few years. This version, from the book *Summer Fizz*, gets a lighter, summery touch with strawberries and sparkling bitter lemon.

Muddle 3 **strawberries** in the bottom of a rocks glass. Add $\frac{3}{4}$ oz **gin**, $\frac{3}{4}$ oz **Campari**, $\frac{1}{2}$ oz **bianco vermouth** (white vermouth) and 5 oz **bitter lemon** (such as Fever-Tree or Schweppes); stir gently. Add ice. Garnish with a **mint sprig** and a strawberry.

Serves 1.

The English Garden

With *Downton Abbey: A New Era* coming out May 20, a libation from **Seasons at Highclere** (aka *Downton Abbey*) is timely. The book is by Fiona, Countess of Carnarvon, who oversees Highclere with her husband, the Earl of Carnarvon. "This is such a quintessentially British cocktail filled with summer flavors, best served in a long, tall glass and enjoyed in a deck chair on the lawn," she says.



In a cocktail shaker, combine 3 oz **apple juice**, 2 oz **gin**, 1 oz **St-Germain Elderflower liqueur** and $\frac{1}{2}$ oz **lime juice**. Strain into a tall glass lined with a **cucumber ribbon** and filled with ice. Garnish with **apple slices** and, if desired, a **maraschino cherry**. Serves 1.

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from page 11

CELEB SPIRITS MATCH GAME

Can you match these beverage brands to the star associated with them? Answers below.



Ryan Reynolds



Blake Lively



Katy Perry



George Clooney



Dwayne Johnson



Kendall Jenner



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818 Tequila

Betty Buzz sparkling nonalcoholic mixers

Aviation American Gin

Teremana Tequila

Casamigos Tequila

What Is Orange Wine?

You probably know rosé, but what about orange wine, which originated thousands of years ago in the country of Georgia? David Choi, proprietor of Magna Carta Cellars and Angel Falls Wines in California, who also shares wine tips on TikTok and Instagram (as @winewithdavid), has the lowdown on this hot trend.

It's a "skin-contact" white wine. Mashed white wine grapes are allowed to ferment with the skins, which lends the final product its signature hue (the same way rosé is made with red-wine grapes). Sometimes orange wine is referred to as "amber" or *ramato* (Italian for "auburn").

If rosé is the lighter side of red wine, orange showcases the bolder side of white. Some orange wines can be light and refreshing, says Choi, but many are robust, often with notes of nuts, citrus and tropical fruit. Generally, the deeper the color, the bolder the flavor.

Orange wine is a tasty match with big-flavor foods. "It's a great barbecue wine," says Choi. Serve it with grilled meat (especially lamb), spice-rubbed salmon or barbecued chicken. It's also nice with a charcuterie board or spicy Asian fare.

It's now produced by winemakers all over the world. Choi likes California-made Donkey & Goat's 2020 Ramato Pinot Gris (\$30, donkeyandgoat.com).



Orange



Rosé

Answers: Reynolds; Clooney; Casamigos Tequila; Lively; Betty Buzz mixers; Perry; Jenner; 818 Tequila; Johnson; Teremana Tequila; De Soi aperitifs.

FROM LEFT: MICHAEL LOCCIANI/GETTY IMAGES; JAMIE MCCARTHY/GETTY IMAGES; GAVIN BOND VIA GETTY IMAGES; DENISE TRUSCELLO/WIREIMAGE/GETTY IMAGES; KEVIN MAZUR/GETTY IMAGES FOR D; MIKE COPPOLA/GETTY IMAGES

READY-MADE COCKTAILS to go



Premixed cocktails are perfect for summer fun on the go, says **André Darlington**, co-author of *Booze & Viny!* (volumes 1 and 2) and other cocktail compendiums. "They're an especially great way to enjoy mixed drinks while camping, at outdoor festivals, hiking or during other outside recreation when making a drink from scratch isn't ideal."

Quality varies wildly, he warns. Ready-made cocktails from trusted liquor brands or designed by mixologists are good options. Check the label too. "Make sure everything there is something you'd put in your own homemade drink," says Darlington. Three to try:

- Master mixologist Charles Joly (whose drinks are served at entertainment industry soirees like the Oscars Governors Ball) created Crafthouse Cocktails. The lineup includes Smoky Margaritas and Rum Old Fashioneds (**from \$24 for a four-pack, crafthousecocktails.com**).

- Cazadores Tequila, which has distilled the iconic Mexican spirit for 100 years, now offers a trio of canned cocktails, including classic and spicy margaritas as well as Palomas (**\$16 for a four-pack, cazadores.com**).

- Cutwater Spirits has an extensive lineup of canned mixed drinks, from Tiki Rum Mai Tais to Bloody Marys (**from \$3, cutwaterspirits.com**).

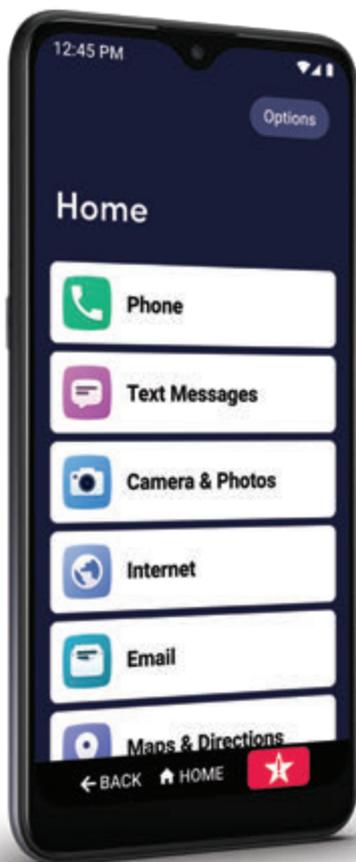
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Live Smart



NEVER SAY

“I’M TOO OLD FOR THAT!”

How to shush your negative inner voice and think positively. *By Paula Spencer Scott*

We all have a voice in our heads. It reminds us what’s on the grocery list, encourages good choices and psyches us up. But sometimes that inner voice does more harm than good. It might say, *I’m too old for that! I’m not good enough.* And when it comes to your inner voice, “bad is stronger than good,” says University of Michigan psychologist Ethan Kross, author of *Chatter: The Voice in Our Head, Why It Matters, and How to Harness It*. “We’re wired to notice the negative stuff more.”

That can undermine reasoning and decision-making skills (older adults who believe stereotypes about aging are more likely to do worse on cognitive tests). And negative self-talk stimulates a stress response that at toxic levels can contribute to cardiovascular disease and cancer, Kross says. Conversely, people with positive age beliefs were less likely to develop Alzheimer’s, even if their risks were high, one study showed. Read on to shush your negative inner voice.

Talk to yourself like you would a good friend. Use your own name and the word *you*. “The links in the mind are incredibly tight, so when you refer to yourself the way you refer to others, you’re thrust into adviser mode. You shift perspective and it’s easier to wade through difficulties,” Kross says.

Think about how you’ll feel tomorrow. Shifting to a future view highlights the impermanence of present woes. “I’ll say to myself, *Ethan, how are you going to feel about it in the morning?*” Kross says.

Talk to someone who will broaden your perspective. Venting may feel good in the moment. But avoid passive listeners or like-minded friends. It’s more productive to go

over things with a confidante who’ll help you broaden your perspective and think through options.

Reframe your situation as a challenge—not a threat. For example, rather than focusing on losses, focus on how getting older brings wisdom and new opportunities.

Stop doomscrolling. We’ve been living through “the biggest chatter period of the last 100 years,” Kross says. All of that negative chatter—political polarization, the pandemic, inflation and news of war—have brought two feelings that weaken our inner cheerleader, he says: uncertainty and lack of control. Is it any wonder that there have been spikes in road rage and general incivility? It’s

continued on page 16

Books

WE LOVE

OFFICE MATES



In 2005, we were introduced to the “World’s Best Boss,” Michael Scott (Steve Carell), and his Dunder Mifflin gang of employees. Just as the sitcom has endured (still a powerful force in streaming), so has one friendship: that of co-stars **Angela Kinsey** (accountant Angela) and **Jenna Fischer** (receptionist Pam). The two, who also host the *Office Ladies* podcast, are sharing behind-the-scenes memories and photos in their new book, ***The Office BFFs*** (May 17, Dey Street Books, \$28). “We were the gals who showed up to work with disposable cameras,” Fischer says. “We were in sync from the beginning, and I hope the book makes it clear just how close the cast and crew were—and still are.” More from the “best friends forever” here. —*Megan O’Neill Melle*



What was it like reminiscing through all those images?

Jenna Fischer: It was wild. We all looked like babies. Especially **Mindy Kaling** and **B.J. Novak**, who were so young when the show started.



Why is *The Office* so rewatchable?

JF: The show is so relatable. We all know a Dwight or an Angela or a Phyllis. Maybe it’s at work, at school or in our family.

Angela Kinsey: The relationships are so strong—we’ve all had a crush on someone we know, and to watch Jim and Pam navigate that is so endearing. And the best stories are simple. Our show was about a group of everyday people at their 9-to-5 job. Because of the single-camera nature, we were able to have more patience with the comedy and let storylines play out.

Where are your characters today?

JF: Pam I’m sure is living in Austin with Jim [and their children] CeCe and Phillip, and I like to imagine she’s painting murals and maybe has a successful Etsy shop.

AK: **Angela** and **Dwight** [Rainn Wilson] and their children are enjoying their lives on the beet farm. I feel like Angela took over the accounting of the farm and runs a very tight ship.



How do you both differ from your characters?

JF: Pam is very contained. She takes a long time to make moves. I’m more proactive. More ambitious.

AK: Well, I have never met a stranger. I chat up everyone. I actually love meeting new people and learning about their lives. Angela Martin would never talk to a stranger—so there’s that. Also, I don’t own any gray turtle-necks or fluffy blouses with tons of tiny buttons.



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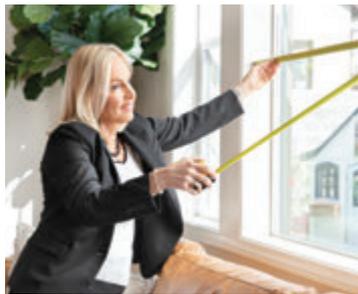
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easier to think more positively if you don't bombard yourself with repetitive, stressful bad-news stories.

Take control. Even cleaning or making a to-do list can help you exert order and create a sense of being in control. Little rituals (prayer, meditation, lining up your pencils) also can be calming.

Go outside. Green spaces reset our attention, which negative chatter depletes. Outdoors, we often feel the emotion of awe, being in the presence of something vast or indescribable (the Grand Canyon, a tree, a cathedral). Awe triggers us to think beyond ourselves—and magically shrinks the pesky voice in our head, Kross says.

Teaching Kids to Talk Nice (to Themselves)

What if kids learned early how to silence their inner critics and use their inner voices to coach themselves through life's challenges?

In Clayton County, Ga., schoolkids have been learning just that using scientifically vetted tools for managing emotions and thoughts. At year's end, they'll be followed up over time and compared to a control group that learned tools for studying better.

The clinical trial is being run by director Ethan Kross, who was inspired to bring his Toolbox Project to schoolkids by one of his University of Michigan students who, on the last day of class, asked, "Why didn't anyone teach us about these things earlier, when we could have really benefited from them?"

Go to Parade.com/mindfulness to learn how you can join Parade's #MindKind15 challenge.

BETTER THAN BOTOX: Takes 10 Years Off Your Face in Just 10 Minutes

Women are raving about the life-changing effects of this powerful formula.

There's no denying that people — mostly women — are on a mission to discover the best way to eliminate fine lines and wrinkles permanently. The \$14 billion dollars spent on aesthetic procedures in 2016 alone is a clear indication of that fact.

But now science appears to be offering a simpler solution. It's a special delivery technology adapted for skincare that gets superior results.

Known as advanced liposome technology, this powerful distribution system ensures that vital nutrients are delivered exactly where your skin needs them the most, providing your skin with maximum anti-aging benefits.

New Age-Defying 'Dermal Filler' Cream in High Demand

Al Sears, MD, of Palm Beach, Florida, recently released an anti-aging cream that adapts this breakthrough medical technology into the realm of skincare, and he's struggling to keep up with consumer demand.

Dr. Sears is South Florida's leading anti-aging pioneer. He has authored over 500 reports, scientific papers, and books on anti-aging. A frequent lecturer at global anti-aging conferences, Dr. Sears spoke at the WPBF 25 Health & Wellness Festival featuring Dr. Oz, along with special guest, Suzanne Somers. Thousands of people were in attendance as Dr. Sears discussed his latest anti-aging breakthroughs.

This powerful cream, known as Restore, keeps sell-

ing out faster than it's produced — and people are raving about the effect it's having on their skin.

"Within a few minutes of applying the cream, it visibly plumps out the under-eye area and my cheeks as well as those annoying lines that deepen as we age between the nose and lips. It also felt like it was tightening and smoothing my skin at the same time. I definitely feel I look younger whenever I use it," said Amy B., of Montville, New Jersey.

"The lines around my mouth and eyes are filled in and my skin is tightened. I love having younger-looking skin, so I will continue using Restore," raves Cathy C., of Florida.

"Advanced liposome technology ensures that vital nutrients are delivered exactly where your skin needs them the most."

The best part is that this cream has no adverse side effects, doesn't require a doctor's visit or prescription, and is 100% natural.

Powerful Delivery System Ensures Nutrients Penetrate Deep into Your Skin

The dermis is the underlying layer of skin that supplies nourishment and oxygen, and removes waste. In other words, it's responsible for keeping your outer layer of skin healthy. Liposome technology is designed to support



Revolutionary new derma-filler cream takes 10 years off your face in just 10 minutes

and nourish this deeper layer of skin by delivering nutrients directly to it.

"All of Restore's powerful ingredients are encapsulated in a liposome shell — an organic container that carries the beautifying agents deep into the skin cells," explained Dr. Sears.

"Restore's liposome shell is composed of phosphatidylcholine or PC for short. While cell membranes repel water, they absorb PC because they're actually made of it. As a result, Restore is delivered deep into the cell for maximum firming and volume."

When you apply liposome cream to your face, the liposomes in the skin cream work their way inside your skin, fuse with the skin cell membranes and then release their contents directly to the cells. Regular skin creams don't have this capability.

A Formula Designed to Take 10 Years off Your Face in Just 10 Minutes

Once it's penetrated the deeper layer of skin, Restore releases a unique blend of botanicals, vitamins and essential oils that reduces the

thin membrane that separates layers of your skin, and French studies have shown that avocado oil improves skin cell metabolism and enhances skin thickness.

Where To Get Restore

Right now the only way to get this powerful age-defying delivery technology is through Dr. Sears.

To get life-changing results like Amy and Cathy, buyers should contact the Sears Health Hotline at **1-800-234-6087** within the next 48 hours. "We simply don't have enough supply to get Restore shipped directly to stores," said Dr. Sears. "The hotline allows us to ship the product directly to the customer — the one who really wants it."

Dr. Sears feels so strongly about this product, that he offers a 100% money-back guarantee on every order. "Just send back the bottle and any unused product within 90 days, and I'll send you your money back," said Dr. Sears.

The hotline will be taking orders for the next 48 hours. After that, the phone number will be shut down to allow them to restock.

Call **1-800-234-6087** to secure your limited supply of Restore. If you were not able to get through last week due to extremely high call volume, please try again! You don't need a prescription, and those who call in the first 24 hours qualify for a significant discount. To take advantage of this great offer use Promo Code: **PARARS18** when you call in.

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Ask Marilyn

By Marilyn vos Savant

During a violent thunderstorm, I happened to look out the window and saw a fiery disc about 2 feet in diameter whirling on our driveway. I didn't see its form, but it rolled for 20 feet, then suddenly disappeared. Can you give me a clue about what it was?

—Delma Carr, Overton, Tenn.

Wow! I wish I could have been there with you. What you saw is called ball lightning, an electrical weather phenomenon that is poorly understood, mostly because it is so rare. When it occurs, the ball usually appears to dance in the sky until it disappears. A ground appearance is even rarer. Rarest of all, ball lightning occasionally passes right through a window. Imagine how you would have felt then!

Send questions to marilyn@parade.com

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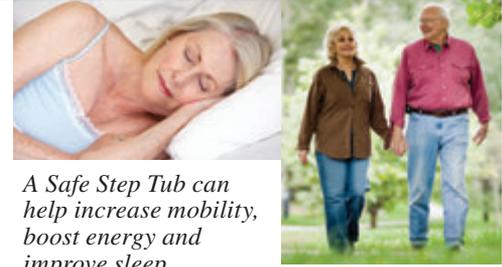
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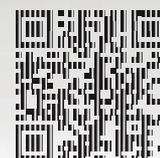
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