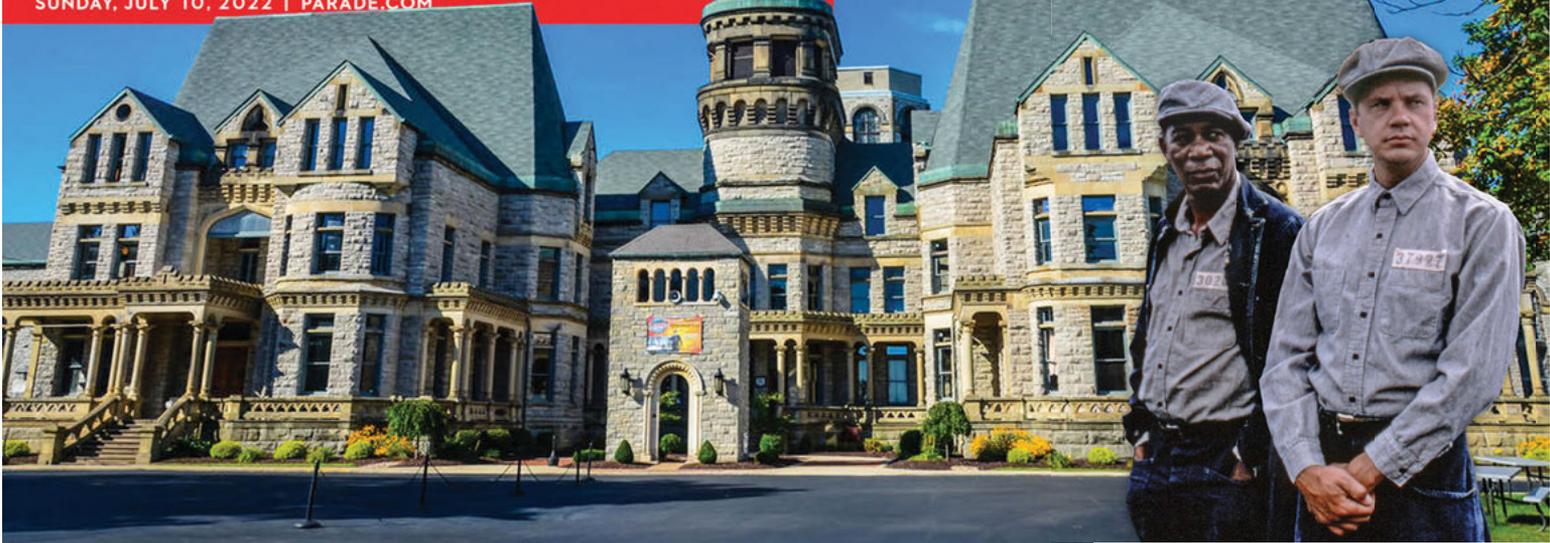


# Parade

SUNDAY, JULY 10, 2022 | PARADE.COM

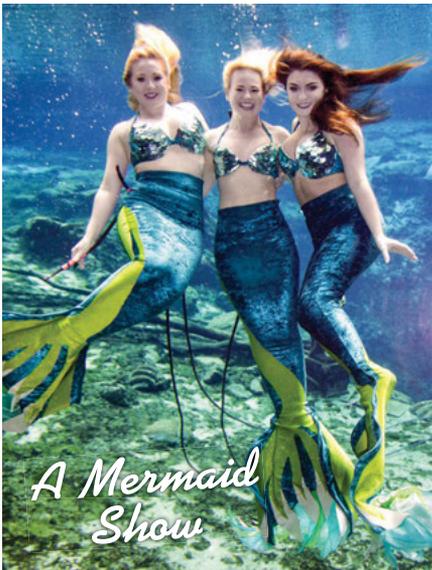
*The Shawshank  
Museum*



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WALTER SCOTT'S

# Personality Parade



WALTER SCOTT ASKS...

## HENRY GOLDING

The *Crazy Rich Asians* star, 35, enters the romantic world of *Persuasion* (July 15 on Netflix), based on Jane Austen's final novel, published in 1817. He plays Mr. Elliot, a cousin and suitor for the hand of Anne (Dakota Johnson), who is pining for another man—the one who got away.

**What attracted you to *Persuasion*?** It was my first time doing a period drama/comedy, and it allowed me to be back home [in England]. The quarantine had just finished, and I hadn't been home for two years. It was a chance to see my family and bring my baby [his 14-month-old daughter with wife Liv Lo, a yoga instructor and television host].

**Tell us about your character, Mr. Elliot.** He doesn't have a care in the world. He has his own ambitions, and that's mainly [pursuing women]. He's not afraid to mess around with the beehive and get stung a few times. Whatever takes his fancy, whatever whim he feels, he just dives headfirst into it.

**You've also done *Snake Eyes* [on Prime Video], a ninja-themed spinoff of the G.I. Joe franchise. What was that like?** It's a lot more physical. Sword work is very technical, so it takes a lot of coordination. It helps to have a background in martial arts, which I didn't. I had done some Muay Thai boxing through the years; very amateur in terms of skill level, but enough to learn and adapt into this situation.

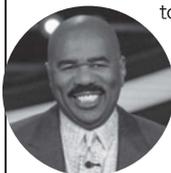
**You have several tattoos. Tell us about them.** It's a part of my culture from Malaysia, where traditionally we use tattoos to tell stories or to mark significant moments in life. So, for me, it's a heritage thing. They're markers of different chapters in my life.

**You were a TV personality when you landed *Crazy Rich Asians*. How did you make the jump to film?** I always wanted to get into acting and learn the craft. So I went to an acting class. And then I got a job offer to be a host on a show called *The Travel Show*, and I was like, "Oh, I guess it's not meant to be just yet." So I put it on the backburner, but then the opportunity came for *Crazy Rich* and I jumped at it.

WHAT'S HIS FAVORITE JANE AUSTEN NOVEL?  
GO TO [PARADE.COM/GOLDING](http://PARADE.COM/GOLDING) TO FIND OUT.

## SURVEY SAYS!

*Celebrity Family Feud* returns for its eighth season (July 10 on ABC), with actors going head-



to-head with their TV "families" to guess responses to survey questions. It all begins with

*Abbott Elementary* vs. *Hacks* and *Shark Tank* vs. *The Talk*. "*Celebrity Family Feud* allows [celebrities] to come across as normal people—especially when they give an incorrect answer," says host **Steve Harvey**, 65, who has helmed the noncelebrity "standard" version of *Family Feud* since 2010.



## A COMING-OF-AGE TALE

**Lake Bell** plays Laura, a mother with a big, bruised heart, in the cross-generational coming-of-age film *Summering* (in theaters July 15). It's about four girls (one is Laura's daughter) who set out on an adventure the week before middle school begins, only to make a disturbing discovery. "We all aspire to be the best versions of ourselves, but there are challenges that life presents from all directions," says Bell, 43, who most recently directed some episodes of the Hulu series *Pam & Tommy*. "Laura has to recognize that she hasn't been fully present for her daughter and find a way forward, for both of their sakes."



## DIGGING UP ROOTS

**Who Do You Think You Are?** returns with an all-new season (July 10 on NBC). The genealogy show uses cutting-edge research tools and digitized records from Ancestry to help celebrities—including Allison Janney, Zachary Levi, Nick Offerman, Billy Porter, Zachary Quinto and Bradley Whitford—trace their roots. Here are some surprising things stars have learned on previous episodes.



**The *Big Bang Theory*'s Jim Parsons** learned the story of his six-times great-grandfather, who designed one of the buildings at Versailles.



**Hilary Duff**, the former *Younger* star who now appears on *How I Met Your Father*, found an ancestor who fought against pirates in the Caribbean.



**Josh Groban**, who has sold some 25 million albums, discovered an ancestor in 17th-century Germany who was a music teacher—and a well-known astronomer.



**Dead to Me** star **Christina Applegate** and her father found the gravesite of her grandmother, whose story had long been misunderstood.

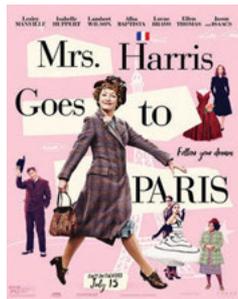
EMAIL YOUR QUESTIONS FOR WALTER SCOTT TO [PERSONALITY@PARADE.COM](mailto:PERSONALITY@PARADE.COM)

# Parade Picks

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## PASSPORT TO PARIS

**L**esley Manville is a post-war London widow and housekeeper who falls head over heels for a client's couture Christian Dior gown in *Mrs. Harris Goes to Paris* (in theaters July 15). Enchanted by the frock, she saves her



pennies and embarks on an adventure to Paris in hopes of owning one herself, finding her feet, friends and possibly love along the way. Inspired by the film's love letter to French style and culture (and in time for Bastille Day July 14), here are some French things we love. —Megan O'Neill Melle



## IN THE MOVIES

Dreaming of Paris? Stream these favorite films.



➔ **AN AMERICAN IN PARIS (1951)** Gene Kelly dances to Gershwin and navigates love and Paris with Leslie Caron in this Oscar-winning musical.

**THE DA VINCI CODE (2006)** For equal parts marvel (cryptic clues!), mystery (murder at the Louvre!) and French art trivia, turn to this Tom Hanks—starring, Ron Howard—directed flick.

**MIDNIGHT IN PARIS (2011)** A frustrated writer (Owen Wilson) time travels to 1920s Paris, where he mingles with Salvador Dalí, F. Scott Fitzgerald and Kathy Bates as Gertrude Stein.



The first-ever ballet flat was designed in France by Rose Repetto in the 1950s for actress Brigitte Bardot, who wanted a shoe as lightweight and flexible as ballet slippers. Get the look with the SAM EDELMAN FELICIA FLAT. \$70, nordstrom.com

Macarons—colorful filled sandwich cookies—are a delicious French treat. THE FRENCH MACARONS GIFT BOX serves up a variety of flavors. \$40 for 24, amazon.com



Deftly tied silk scarves, like the TOILE DE JOUY VINTAGE BLUE SQUARE SCARF, are year-round wardrobe staples for Parisians. \$19, us.fableengland.com



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For thin, delicate crepes, the French turn to De Buyer's BLUE STEEL CREPE PAN. \$30, amazon.com



French countryside kitchens boast Emile Henry's made-in-France CERAMIC ROUND TART DISHES for classic quiches, rustic fruit tarts and everything in between. \$50, emilehenryusa.com



↳ **MARIE ANTOINETTE (2006)** Kirsten Dunst plays France's ill-fated queen and history's favorite villainess.

**HUGO (2011)** This Martin Scorsese film about a 12-year-old orphan who lives in the clocktower of a Paris train station earned 11 Academy Award nominations—including one for Best Picture.



↳ **RATATOUILLE (2007)** An Oscar-winning Pixar classic about a rat with dreams of becoming a renowned French chef.

**BREATHLESS (1960)** The bold visual style of writer-director Jean-Luc Godard's drama about a criminal on the run with an American girlfriend represented a new era in French filmmaking.



↳ **CHARADE (1963)** Several crooks pursue a young American (Audrey Hepburn) around Paris, trying to recover the money her now-dead husband stole from them in this comedy thriller co-starring Cary Grant.

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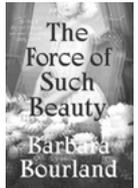
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# Books

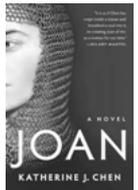
WE LOVE

## OUT THIS MONTH

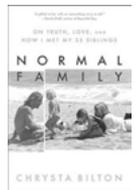
After a failed escape attempt, the princess of a tiny kingdom begins to reevaluate her life in Barbara Bourland's **The Force of Such Beauty** (July 19, Dutton). **\$27**



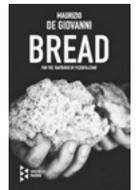
An epic take on the life of Joan of Arc, **Joan** by Katherine J. Chen (Random House) reimagines the martyr as a secular, fierce young warrior humanized for modern times. **\$28**



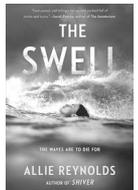
Chrysta Bilton writes about learning the identity of her sperm donor dad and setting out to meet the other kids he fathered in **Normal Family: On Truth, Love, and How I Met My 35 Siblings** (July 12, Little, Brown and Company). **\$29**



A squad of squabbling detectives investigates the killing of a baker in Naples, Italy, in **Bread** (July 19, World Noir), the fifth book in Maurizio de Giovanni's Bastards of Pizzofalcone series. **\$18**



Pick up **The Swell** by Allie Reynolds (July 19, G.P. Putnam's Sons) for a cast of unhinged sinister surfers and a woman caught in a deadly adventure. **\$27**



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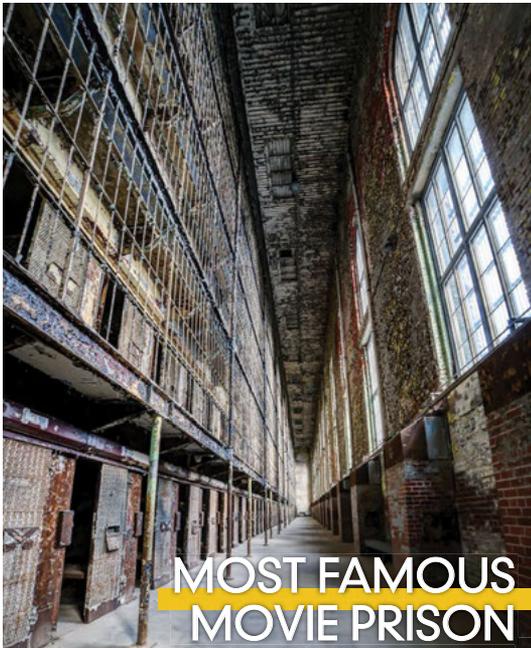
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SUMMER 2022

# SEE AMERICA

Check out the largest American flag, tour the Shawshank prison, gaze at the darkest sky, enjoy the longest-running swimming mermaid show or spend the night in a potato—plus 16 other must-see attractions. *By Kathleen McCleary*



## MOST FAMOUS MOVIE PRISON

### LARGEST CONCENTRATION OF BALD EAGLES

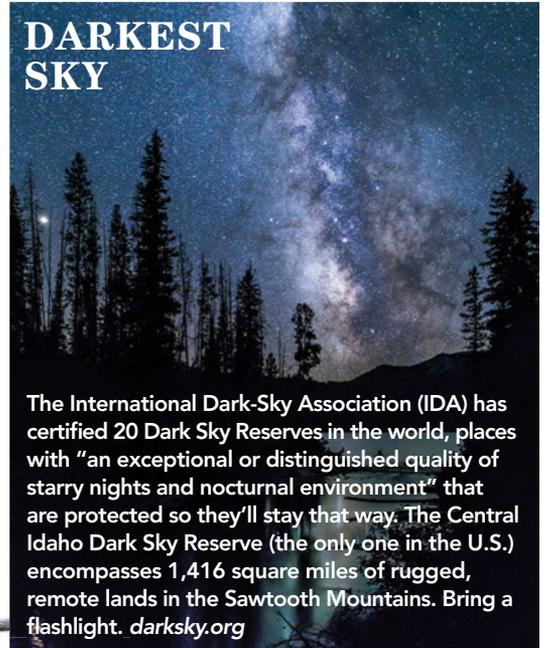
Every November, hundreds—sometimes thousands—of bald eagles soar into the **Chilkat Valley near Haines, Alaska**. Churning groundwater prevents the river from freezing, providing fresh fish for the eagles to feast on through December. Haines also sits on the deepest fjord in North America, another astounding sight.

[alaska.org](http://alaska.org) (search “Chilkat”)



### DARKEST SKY

The International Dark-Sky Association (IDA) has certified 20 Dark Sky Reserves in the world, places with “an exceptional or distinguished quality of starry nights and nocturnal environment” that are protected so they’ll stay that way. The Central Idaho Dark Sky Reserve (the only one in the U.S.) encompasses 1,416 square miles of rugged, remote lands in the Sawtooth Mountains. Bring a flashlight. [darksky.org](http://darksky.org)



**The Ohio State Reformatory in Mansfield** admitted its first prisoners in 1896, but the reformatory’s best-known prisoners—Andy Dufresne and Ellis Boyd “Red” Redding of 1994’s *The Shawshank Redemption*—are fictional. Movie fans can take a History Meets Hollywood Tour of the prison, look at movie props in the museum or drive the Shawshank Trail, featuring 15 movie sites. Ghost lovers can take a tour exploring the prison’s long history of paranormal activity. [mrps.org](http://mrps.org)



### ONE OF THE WORLD’S OLDEST TREES

Its location is a tightly kept secret, but if you’re hiking in **eastern California’s Inyo National Forest**, it’s possible you’ll encounter **Methuselah**, a 4,500-year-old bristlecone pine. Great Basin bristlecone pines grow slowly, as slowly as 5 to 6 inches every 40 years, which means Methuselah was a seedling around the time the last rock was pushed into place at Stonehenge. [fs.usda.gov/inyo](http://fs.usda.gov/inyo)

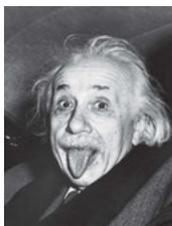


from page 9

## SMARTEST BRAIN

Slices of Albert Einstein's brain shine on at Philadelphia's Mütter Museum.

Shortly after Einstein died in 1955, the pathologist who conducted the autopsy removed the brain and kept it. He had the University of Pennsylvania dissect the organ into thousands of slides and sections, which scientists have analyzed over the decades searching for clues



to Einstein's genius, but finding no definitive answers. (You can see other medical oddities at the Mütter, including a gangly 7-foot-6-inch skeleton, the tallest on exhibit in North America.) [muttermuseum.org](http://muttermuseum.org)



## THE FIRST CRYPTO-ZOOLOGY MUSEUM

Portland, Maine, is home to the world's first museum devoted to cryptids, animals like Bigfoot and the Loch Ness

Monster that may or may not exist. Items on display at the International Cryptozoology Museum

include hair samples from Abominable Snowmen, a life-size thylacine (a real-life dog-kangaroo hybrid from Tasmania now thought to be extinct) and a fur-bearing trout. [cryptozoologymuseum.com](http://cryptozoologymuseum.com)



## Ask Marilyn

By Marilyn vos Savant

Why do so many forest fires happen in California? Plenty of forests exist elsewhere in the country.

—Don Reichert, Duncanville, Texas

It's a combination of California's climate and topography. First, the state receives more than 90 percent of its annual rainfall from November through April. Then the dry season begins. Hot weather soon arrives, and the land starts to bake. By late summer, strong and extremely dry winds make the terrain even more vulnerable.

Still, while California is highly prone to fires, few are caused by a natural event such as a lightning strike. Up to 90 percent are sparked by human activity. Controlled burns (to rid the undergrowth of so much tinder) can help.



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

## BIRTHPLACE OF AMERICA'S MOST POPULAR APPLE



In peak season, David Bedford tastes as many as 500 apples a day—"and I'm a guy who didn't even like apples as a kid," he says. Bedford, an apple breeder at the Horticultural Research Center at the Minnesota Landscape Arboretum evaluates apples for 20 different characteristics. The best apples have some complexity, with both high sugar and high acid so they're both sweet and tart. Honeycrisp, which he first tasted in the 1980s, had that flavor and set the standard for texture (although it wasn't sold commercially until 1991 and became popular in 2005). What's next? "A cherry-flavored apple with Honeycrisp's texture," he says. His only occupational hazard? "That much acid can work away at the enamel on your teeth after 42 years." [arb.umn.edu](http://arb.umn.edu)



## FIRST PRESIDENTIAL RETREAT

Before Camp David, there was the summer retreat Herbert Hoover built near the Rapidan River in Virginia's Blue Ridge Mountains. Three of Rapidan Camp's original 13 buildings remain, restored to their original 1932 condition. The Hoovers paid for the land and building supplies for the camp, where President

Hoover spent many hours fishing and entertaining (including dignitaries such as Charles Lindbergh, Edsel Ford and Mr. and Mrs. Theodore Roosevelt Jr.). Hoover donated the camp (he referred to it as "the

Brown House") to the Commonwealth of Virginia when he left office. It's now part of Shenandoah National Park. [gohikevirginia.com/rapidan-camp](http://gohikevirginia.com/rapidan-camp)



## OLDEST STILL-RUNNING RESTAURANT

The White Horse Tavern in Newport, R.I., began serving guests in 1673, which means it's nearly 100 years older than the second-place contender (NYC's Fraunces Tavern) and more than 100 years older than the United States itself. There have been just nine owners in the tavern's almost 350-year history. Save one short hiccup, it stayed in one family for 200 years. [whitehorsenewport.com](http://whitehorsenewport.com)



continued on page 12

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19				37
21				45
79				51
81	75	69	67	65

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

CLOCKWISE FROM TOP: LEFT: BETTMANN/GETTY IMAGES; RANDY DUCHANE/ALAMY; ISTOCK; JIAN DAGINAL/ALAMY; MINNESOTA LANDSCAPE ARBORETUM/UNIV. OF MINNESOTA; HARRY FISHER/ALLEN TOWN MORNING CALL/TREBUNE NEWS SERVICE VIA GETTY IMAGES



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### AMERICA'S FIRST FOOD TRUCKS

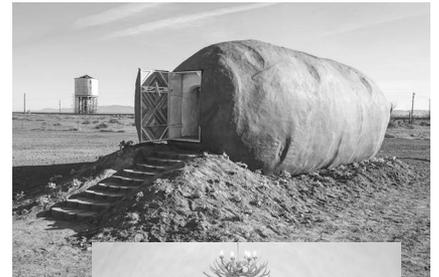
If you were a cowboy driving cattle across the dusty plains of the Midwest in the late 19th century, the dinner that the "cookie" (the chef) stirred up from his chuck wagon was the highlight of your day, even if it was just beans and biscuits. "A good cookie is going to keep your cowboys coming back," says Gretchen Jeane, organizer of the annual **Chuck Wagon Festival at the National Cowboy & Western Heritage Museum in Oklahoma City**. The name "chuck wagon" comes from a slang term for food—"chuck"—and also from Texas rancher Charles "Chuck" Goodnight, who created the first chuck wagon in 1866. Now it's the official vehicle of the state of Texas. [nationalcowboymuseum.org](http://nationalcowboymuseum.org)



Modern-day "cookies" on the range

### STRANGEST AIRBNB

Outside of Boise, Idaho, you can spend a night—or two or three—inside a giant Idaho potato. The Idaho Potato Commission created the big spud for its 75th anniversary celebration in 2012, and it traveled to 48 states over seven years. Afterward, Big Idaho Potato Tour spokesperson **Kristie Wolfe** transformed it into a cozy retreat, with whitewashed walls, pink armchairs and an antler chandelier. As one Airbnb reviewer says, "This is exactly what you want it to be—a beautifully decorated, cozy and comfortable potato." [airbnb.com](http://airbnb.com) (search "**Big Idaho Potato Hotel**")



### MOST UNUSUAL HOUSE

"There's not another place in the world like it," says Atlas Obscura's Dylan Thuras, who credits a visit at age 12 to the **House on the Rock in Spring Green, Wis.**, with igniting his passion for all things unusual. ("I don't know if there would be an Atlas Obscura without it," he says of the group that explores the world and writes about it.) Built in 1945 by collector and visionary Alex Jordan, the house encompasses the world's largest indoor carousel, a sculpture of a squid fighting a whale that's larger than the Statue of Liberty, and an Infinity Room with 3,264 windows, among other attractions. "It's impossible to encapsulate in a single description," Thuras says. [thehouseontherock.com](http://thehouseontherock.com)



continued on page 14

# 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, July 10<sup>th</sup> and only for the next 10 days.

All you have to do is CALL TOLL-FREE **1-800-658-9134** 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.



## MOST ROLLER COASTERS

With the opening this summer of the brand-new **Wonder Woman Flight of Courage** roller coaster at **Six Flags Magic Mountain Theme Park in Valencia, Calif.**, the park will not only boast more roller coasters (20) than any other theme park in the world, but it will also have the tallest (13 stories) and longest (more than 3,300 feet). Start screaming now. [sixflags.com/magicmountain](http://sixflags.com/magicmountain)



## DEEPEST LAKE

It's more than 7,700 years old and one of the clearest, purest lakes in the world. And at 1,943 feet deep, **Oregon's Crater Lake** is the deepest lake in the U.S. (and the ninth deepest in the world). It's also

home to what may be the oldest upright floating log in the world, the Old Man, a 30-foot section of mountain hemlock first spotted in 1896. (About three feet of the Old Man's trunk extends above the water.) The Old Man is around 450 years old, according to carbon dating, but no one knows how long he's been floating. [travelcraterlake.com](http://travelcraterlake.com)

## LARGEST FREE-FLYING AMERICAN FLAG

It's big (140 feet by 70 feet), heavy (250 pounds) and it flies from a 400-foot tall pole over the headquarters of Acuity Insurance in **Sheboygan, Wis.** In 2020, giant thunderstorms tore the flag in half. It has been replaced and is flying again. [acuity.com/about/flagpole](http://acuity.com/about/flagpole)



## MOST-FILMED MOVIE LOCATION IN THE WORLD

**New York City's Central Park** has been featured in more than 532 movies, including *Elf*, *When Harry Met Sally*, *Enchanted*, *The Avengers*, *Barefoot in the Park* and *The Manchurian Candidate*. [centralpark.com](http://centralpark.com)

Visit [Parade.com/museum](http://Parade.com/museum) to see the Sacramento History Museum's octogenarian TikTok star in action.

# Eats

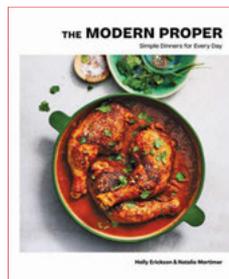
What America

SUMMER'S BEST

## Steak Salad



Smoky chipotle chiles in the dressing bring a just-off-the-grill vibe to this easy oven-broiled sheet-pan steak supper. It's from the new cookbook ***The Modern Proper*** by Holly Erickson and Natalie Mortimer.



## SUMMER VEGETABLE STEAK SALAD WITH CILANTRO LIME DRESSING

Preheat oven to broil with rack positioned as close as possible to heat source.

Pat 1½ lb **skirt steak** dry with paper towels. Season with 1½ tsp **kosher salt** and ½ tsp freshly ground **black pepper**. Place on a sheet pan.

In a medium bowl, toss 1 **medium zucchini**, cut into 1-inch cubes (about 2 cups); 1 **small yellow squash**, cut into 1-inch cubes (about 1 cup); 1 Tbsp **extra-virgin olive oil**; ½ tsp kosher salt; and ½ tsp freshly ground black pepper.

In a small bowl, combine ½ cup extra-virgin olive oil; ½ cup minced **cilantro**; ¼ cup **white wine vinegar**; ¼ cup **fresh lime juice** (about 2 limes); 2 Tbsp **honey**; 1–2 **chipotle chile peppers canned in adobo** (about 2 Tbsp), minced; 3 cloves **garlic**, minced; and ½ tsp kosher salt.

Brush 2 Tbsp dressing on top of steak. Broil 4–6 minutes. Remove sheet pan from oven. Turn steak; brush with 2 Tbsp dressing. Scatter squashes around steak. Broil 4–6 minutes or until thickest part of steak registers 135°F on an instant-read thermometer. Remove from oven; let rest 5 minutes.

Arrange 4 cups **mixed salad greens** on a large serving platter. Add roasted squash. Thinly slice steak across the grain; arrange atop salad. Spoon remaining dressing all over. Garnish with additional cilantro. **Serves 4.**

Visit [Parade.com/steak](http://Parade.com/steak) for an Asian-Style grilled steak recipe.

# “Tub accidents” cause serious injuries for seniors and people with limited mobility.



NORTH AMERICA'S  
#1 SELLING  
WALK-IN TUB

EASE OF  
USE  
CERTIFIED  
Arthritis Foundation

CSLB 1082165 NSCB 0082999 0083445

## How to help avoid slips and falls while enjoying a bath.

The bathroom continues to be a major source of serious accidents. According to the CDC, all age groups are affected. However, seniors and people with limited mobility due to arthritis or muscle weakness are more vulnerable to broken hips, concussions, and other critical injuries caused by slips, loss of balance, or tripping.

### One effective solution: replace your old, dangerous tub.

With its high sides, awkwardly placed faucets, slick bottom, and hard surfaces, the standard bathtub can be a prime cause of bathroom injuries. Seeking a safer alternative, many concerned families are replacing their old tub with a new Safe Step Walk-In Tub.

Designed and built in Tennessee with a lifetime warranty, every Safe Step Walk-In Tub features the most advanced technology focused on safety and comfort:

- ▶ Easy entrance with the industry leading low step-in
- ▶ Anti-slip floor and seat
- ▶ Two built-in grab bars
- ▶ *MicroSoothe*<sup>®</sup> Advanced Air Therapy System
- ▶ 10 Hydro Massage Jets and 16 Air Bubble GentleJets
- ▶ Ultra-wide door with no-strength locking handle
- ▶ *Optional* rainfall shower head
- ▶ Best-in-class installation and warranty included

Designed to fit in the same space as the existing tub, the Safe Step Walk-In Tub is not only safer, it's also more soothing because 10 strategically placed water jets and 16 air bubble jets surround sore muscles and joints to help offer therapeutic relief. You can even add exotic fragrances for aromatherapy benefits. Now that's relaxation!

## Did you know...?

The CDC has documented the risk of a serious fall in the bathroom: “Falls cause 80% of all bathroom injuries, and older adults (65 & older) experience the highest injury rates.”<sup>1</sup>

Another CDC Study provides even more details: “Among older adults, falls are the leading cause of injury death. Every 20 minutes, an older adult dies from a fall in the United States.”<sup>2</sup>

### Safe Step is North America's #1 selling walk-in tub.

Join the thousands of people that have taken the step to make their bathroom safer, while enjoying life changing therapeutic benefits.

For more information, call today and receive a free shower package for a limited time only. Take your next step toward feeling great and stay in the home you love.

Call Now Toll-Free  
**1-800-996-3954**  
for more information and receive a  
**FREE SHOWER PACKAGE**  
Plus \$1600 off\* for a limited time only

**SAFE STEP**  
WALK-IN TUB  
[www.GoToSafeStepTub.com](http://www.GoToSafeStepTub.com)

<sup>1</sup>Nonfatal Bathroom Injuries Among Persons Aged ≥15 Years—United States, 2008.” Centers for Disease Control and Prevention, 10 June 2011. Web. 26 Apr. 2012. <http://tinyurl.com/6qbcap>

<sup>2</sup>Center for Disease Control and Prevention. National Center for Injury Prevention and Control. <https://www.cdc.gov/steadi/patient.html>

\*With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase.

# 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**

Call now and receive a utility basket absolutely FREE with your order.

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Please mention code 117371 when ordering.



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a Joystick model

(Zoomer Chair)



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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