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DO IT WITH STYLE

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CALM & CLEAN FOR SPRING

# APRIL



“What a joy it is in life when you happen to  
have a clean, warm kitchen.”

OLGA TOKARCZUK, *DRIVE YOUR PLOW OVER THE BONES OF THE DEAD*

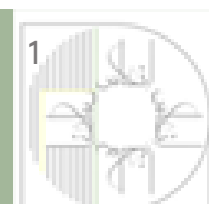
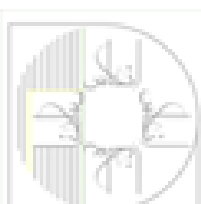
PROP STYLING BY JOSEPH WANEK. ASH WOOD ROUND CHEESE BOARD, \$60; WILLIAMS-SONOMA.COM

Photograph by Jason Donnelly

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## EDITOR'S NOTE

# I Have Feelings About My Tree



**W**HEN THE REAL ESTATE agent drove me up to the house, the sight took my breath away. There, in front of what is now my home, was a majestic, 100-foot-tall American elm, with a twisting trunk and broad crown. I adore this tree, and ever since moving in 14 years ago, I've imagined her watching over my family, as she watched over the family with two children before us.

My husband and I have always liked to relax in chairs on our shaded front lawn on warm evenings. But one late afternoon in the spring of 2020, I felt the unfamiliar sensation of sun dappling my legs. Looking up, I noticed her crown was sparse, several branches completely bare. An arborist came, then another, and the diagnosis made me sob. Our tree was dying, a victim of the Dutch elm disease that had decimated her ancestors in the U.S. in the 1930s and '40s.

Foolishly, I'd assumed the blight had burned itself out, my tree having been spared all those decades ago. Turns out, you can now "tree vaccinate" an elm. I did not know this, and it was too late. The vaccine would be useless now. (If you have a beloved tree and want to learn the best ways to take care of it, see "Get to the Root of the Problem," page 36.)

The loss of this living being was too much to take in 2020 and 2021, so I delayed the inevitable. But this spring, we shall hire removal specialists who will bring their cranes, which will lure the little kids on the block to watch. By day's end, she will be sawdust, my tree—even the stump will need to be mulched because of the disease's contagion.

We shall replace her with a linden, I think, in honor of my childhood backyard in Ohio. A wisp of a thing when my dad planted her, the linden later watched me do back handsprings across the yard in junior high, and grew so tall she cast shade on the tables at my wedding rehearsal dinner.

That's what I'll do—plant a linden in time for graduations, homecoming dances, maybe a prom or two. Lindens are good watchers too.

xo y.



**LET'S CONNECT!**  
Follow me on Instagram  
at @LizVaccariello.

STYLING BY LIZZY ROSENBERG; MAKEUP BY TODD HARRIS USING MAC COSMETICS AT HONEY ARTISTS; HAIR BY NEAL PITMANN  
USING R+CO FOR SEE MANAGEMENT; DRESS BY ANN TAYLOR; EARRINGS BY DINOSAUR DESIGNS






# love it or lose it

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there's no  
substitute  
for?

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"A great magazine  
that you look  
forward to receiving  
each month!"



"Butter!"



"A newborn's scent."



"That feeling when you  
crawl into fresh sheets  
after a long day and  
rub your legs together  
like a cricket."



"New York bagels.  
(Sorry, New Jersey.)"



"Family time.  
FaceTime or Zoom  
just doesn't cut it!"

ILLUSTRATIONS BY CLARE OWEN



# CHERRY BLOSSOM

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# REAL SIMPLE Everywhere Find Exclusive Ideas, Tips, and Ways to Make Life Easier—Every Day



## BEHIND THE SCENES

**Leesa Cross-Smith**

AUTHOR

@leesacrosssmith

### A place that brings you joy:

I'm like a house cat. I love being home—it's my coziest, safest place.

### What's always in your car?

Hand sanitizer, lots of lip glosses, and cinnamon mints.

### What's a perfect day?

I'd wake up whenever I want, drink some tea, eat two clementines, and take a long walk under a blue sky.

Read Leesa's essay on the power of rituals on page 26.



## IN YOUR HOME

### Brilliant Spring Cleaning Shortcuts

Save tons of time with tips that help keep dust and dirt at bay in every spot (and hard-to-reach corner) in your home. All you need is a little elbow grease and our definitive guide at [realsimple.com/clean-up](https://realsimple.com/clean-up).



## ON YOUR PHONE

### Find Us on TikTok

Follow us at @RealSimple to watch our creative cleaning and organizing videos, along with product reviews.



## IN YOUR WALLET

### Clever Item Money Saver

REAL SIMPLE readers score 20 percent off the collapsible and stashable Stojos bowl on page 19. Go to [stojo.co](https://stojo.co) and use the code REAL20 at check-out. Offer valid from 3/15/22 to 4/12/22.

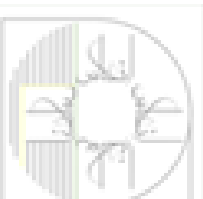
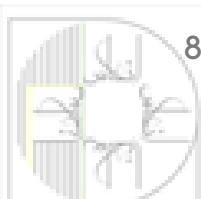


## ON THE WEB

### Easter Egg Inspiration

Get cracking on Easter prep with 15-plus doable projects at [realsimple.com/easter-eggs](https://realsimple.com/easter-eggs).

CLOCKWISE FROM TOP LEFT: COURTESY OF LEESA CROSS-SMITH; CHRISTOPHER TESTANI; COURTESY OF MANUFACTURER; GETTY IMAGES





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Jekyll Island Club Resort | @goanniewhere

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## YOUR WORDS

# You Will Never See Me Waste...

**Water! Living in Southern California has trained me well. Water is a gift from Mother Nature.**

JANICE MURASKO, PINE COVE, CALIFORNIA

## #RSLOVE

**Book-packing paper.** I work in a library, and we receive boxes of books padded with this amazing brown paper. We used to throw it out, but I started to build big art pieces with it.

LAUREL RAKAS, BOWLING GREEN, OHIO



For sharing this photo with us, Laurel will receive our special edition, The Power of Less. If you want your picture to be considered, tag photos on Instagram with #rslove.

**Citrus peel,** for deodorizing or cleaning. I also reuse cute jars and bottles in my pantry.

 @BEAUTIFY11JACKIE

**The opportunity to share good books.** I even put two free community library bins in front of my house.

JENNIFER COX, DYER, TENNESSEE

**The last bit of cookie dough.** I don't care what they say—I'm eating it raw.

MARTHA DELAFIELD, CHAPEL HILL, NORTH CAROLINA

**Fabric!** That stuff is like gold. I love mixing prints, so little scraps come in handy for projects.

MELISSA HARRYMAN, PETALUMA, CALIFORNIA

**A kiss from one of my kids.** I will take one or a million—never enough!

NINETTE HOLBROOK, WINTER GARDEN, FLORIDA

**After these past two years, toilet paper.**

 @COTHERMOMMA

**Any fruit.** My husband laughs about my talent for making jelly out of rotting fruit.

CHARLOTTE THOMAS, CORONADO, CALIFORNIA

**A chance to tell my mom I love her.** I'm blessed to have her, and she's my biggest fan, so I always make sure she knows how I feel.

AMIE VANZANT, RENO, NEVADA

**Chocolate of any shape or kind.**

RHEA WREN, SAN DIEGO

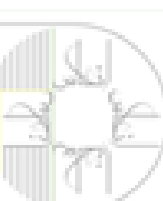
**The free tortilla chips at a Mexican restaurant.** I always bag up the leftovers.

KAREN PULLEN, CYPRESS, TEXAS

**A bouquet of fresh flowers.** Having them around is a simple way to celebrate life.

JENNY PIEZAS, CRANFORD, NEW JERSEY

COURTESY OF LAUREL RAKAS





**Money!** I use coupons, shop sales, and rarely pay full price. Saving money on necessities helps me have money for the “wants.”

TRACY MAILLOUX,  
NANTUCKET,  
MASSACHUSETTS

**An occasion to snap a picture for strangers.** People light up when I offer. You’d be surprised how much this small gesture makes you feel connected, if only for a blip in time.

KAREN LYNCH,  
NEW HOPE, MINNESOTA

**A penny on the ground.** I buy scratch-off lottery tickets only when I find a coin, which I use to scratch the ticket. I haven’t won anything yet, but I’m always hopeful.

LINDA PAPPAS,  
NORWOOD,  
MASSACHUSETTS

**Sunscreen!**

 @HIPPIECHICDEB

**Time.** I will be 88 years old soon, and I’m very aware that every day is a gift. I rise early with the anticipation of a good day. Time has taught me how to have peace.

BETTY POFERL,  
COON RAPIDS,  
MINNESOTA

**Sourdough starter!**

Too many wonderful things can be made and shared.

TRICIA NGUYEN,  
JOHNSON CITY,  
TENNESSEE

**A good pun.** I love to slip in a cheesy one-liner whenever I can. My children can roll their eyes all they want—the chuckle is worth it.

KATE HUNT,  
EVANSTON, ILLINOIS

**Food.** As the daughter of a farmer, I know the work behind everything on my plate. I appreciate the sacrifice, and I respect that with a zero-waste policy.

FRIDA SCHNITZLER,  
SPANISH FORT, ALABAMA



## READER OF THE MONTH

**Amy Atwell, 47**

NATURE GUIDE AND KITCHEN  
GARDEN CONSULTANT  
LAKEWOOD, COLORADO

**You will never waste...**

Flower heads and seeds from my garden. That box makes me feel abundant and hopeful for next year’s growth.

**Least organized part of your life:**

Our art supplies, but I’m OK with that because the clutter sparks creativity.

**What’s your karaoke song?**

I sang karaoke exactly once, with my husband, and now I leave it to him. The song was “Angel from Montgomery” by John Prine.

**What’s your favorite family recipe?**

My mom’s rosettes. Deep-fried cookies—need I say more?

**What’s your favorite tradition?**

Each year, we get a permit to cut down our own Christmas tree in Arapaho National Forest. It’s family time in nature that also helps prevent forest fires.

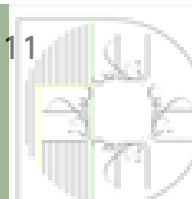
**Most recent splurge?**

We added a hybrid car to our household, and we’re loving it.

## NEXT QUESTION

**What are you nostalgic for?**

Send an email to [yourwords@realsimple.com](mailto:yourwords@realsimple.com) and let us know your answer to this question. Your response could appear on these pages.





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MINI-MUDROOM IDEAS

RASPBERRY MARSHMALLOWS

THE CHARMS OF TEA

# DELIGHTS

WE'RE LOVING

## Make a Splash!

April showers bring...  
some seriously cute  
all-weather gear.

BY CAT DASH

### GLAM GALOSHES

Sayonara, soggy socks!

These elegant rain boots have an adjustable gusset for a comfy fit. **TO BUY:**

Joules Welly Print Waterproof Rain Boots, \$85; nordstrom.com.



PROP STYLING BY MARINA BEVILACQUA

Photograph by Ted + Chelsea Cavanaugh

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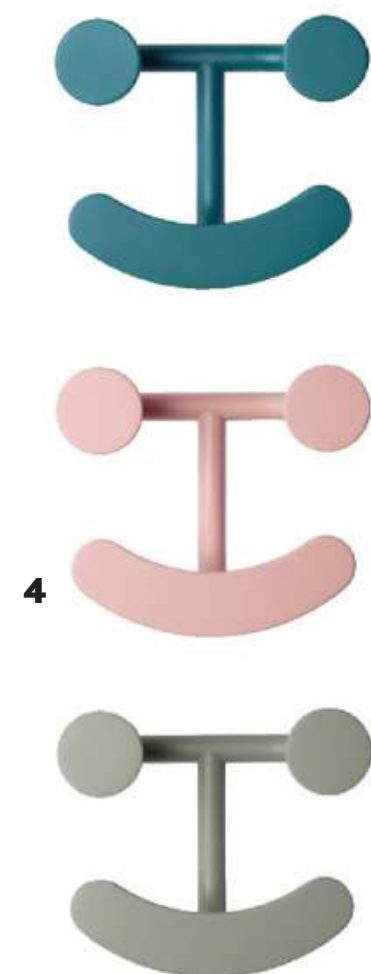
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2



3



4



5



6



8



7

**1 NEW GROUND**

Go ahead and scrape your muddy boots all over this slip-proof mat—it's machine washable.

**TO BUY:** Mix Floor Mat, from \$150; heyamat.com.

**2 BAG OF TRICKS**

A hardworking, water-resistant backpack with two handy pockets can withstand the rainiest days of schlepping. **TO BUY:** Kane Double Pocket Large Backpack, \$150; statebags.com.

**3 SHELF HELP**

This sleek rack makes your family's heap of shoes look like less of a mishmash. At about three feet wide, it fits at least nine pairs.

**TO BUY:** Entryway Rack, \$184; getopenspaces.com.

**4 GRIN AND BEAR IT**

One cheery steel hook is strong enough to hold a bag, raincoat, dog leash, and more. **TO BUY:** Fritz Hansen Happy Hook, \$76 each; goodeeworld.com.

**5 FRESH AIR**

The open-grid design allows for airflow so umbrellas dry more quickly. Short ones can hang from the wooden crossbar.

**TO BUY:** Yamazaki Tosca Umbrella Stand, \$55; thecontainerstore.com.

**6 PUP PIECE**

Protect your dog from wind and rain with a sporty cover-up that comes in seven colors. **TO BUY:** Nylon Rainbreaker, \$60; wagwear.com.

**7 TRAY CHIC**

You'll never see rust on this durable, powder-coated boot tray.

**TO BUY:** Best Made Metal Boot Tray, \$145; duluthtrading.com.

**8 TAKE NOTICE**

This collapsible baby is a standout—a bright spot of stripes in a sea of blah black umbrellas.

**TO BUY:** Remember Striped Umbrella, \$35; store.moma.org.



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# The Books List Top Picks for Every Taste

BY KRISTYN KUSEK LEWIS

## Time-Travel Tale

*Sea of Tranquility* by Emily St. John Mandel is a deeply imaginative novel spanning 500 years. It begins in 1912 with a British teenager's exile to Canada, hop-scotches through the 2020 pandemic, and moves on to the future, where a famous author, who lives on a moon colony, is visiting Earth for a book tour. A mashup of sci-fi and historical fiction, this thought-provoking story powerfully examines where we've been and where we're going.

## Groundbreaking Novel

*The Candy House*, what author Jennifer Egan calls a "sibling" to her Pulitzer Prize-winning *A Visit from the Goon Squad*, is unlike anything you've read. A rumination on our tech-obsessed culture, it centers on a fictional new technology that allows users to access their every memory and share them in exchange for the memories of others. With multiple perspectives and styles (there's a chapter composed solely of tweets), this mind-bending novel is a wild ride.

## Inspiring Memoir

In *Finding Me*, Viola Davis writes with raw honesty about her Rhode Island childhood, which was marked by poverty and a difficult family situation, and her journey to become one of the most acclaimed actors in Hollywood today. This book is a testament to resilience, hard work, and the power of owning your truth.

## Book Club Winner

Elizabeth Zott is a devoted chemist who wants to be taken seriously. But in 1960s California, her ambitions are routinely roadblocked by the men around her. Through a series of surprising (and entertaining) events, she becomes the star of America's most popular cooking show, where she sparks a revolution among her housewife viewers, motivating them to reassess their lives. *Lessons in Chemistry* by Bonnie Garmus is a bold, smart, and often hilarious look at the value of so-called women's work.

## Family Drama

Pulitzer Prize winner Anne Tyler's new novel, *French Braid*, proves once again that nobody can write about small family moments quite like she can. Her 24th novel focuses on the Garrett family from the 1950s to today, showing how each character's actions—the mother's pursuit of a painting career, a daughter's surprise pregnancy, a son's long absences—leave lasting marks on the others' lives.



PROP STYLING BY MARINA BEVILACQUA



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# Clever Items

## Little Helpers to Make Your Life Easier

BY BRANDI BROXSON

1

**HANDY HUMIDIFIER**

This rechargeable gadget turns a bottle or glass of water into a personal humidifier. Enjoy the hydrating mist for up to four hours—whether you're at home or the office. **TO BUY:** Anywhere Portable Bottle Humidifier, \$32; multitasky.com.







2

#### LEAF THE WATERING TO ME

Press this cute leaf-shaped funnel into the soil near the roots, and it will direct water to where your plant needs it most. **TO BUY:** Leafflow, \$18 for 3; animicausa.com.



3

#### LOOK, MA! NO CORD

This beater can whip up four batches of cookies on a single charge. We love the Soft Start feature that prevents powdered sugar from flying out of the bowl. **TO BUY:** Cordless 7-Speed Hand Mixer, \$100; kitchenaid.com.



4

#### SWEET SILENCE

The case attaches to your keyring to keep these earplugs handy during a noisy flight...or if you just get stuck sitting near the juicer at the corner café.

**TO BUY:** Earplugs Kit, \$10 for 2 sets; matadorup.com.



5

#### SLIDING SCALE

Streamline your utensil drawer with this adjustable measuring spoon, which lets you scoop any amount between ¼ teaspoon and 1 tablespoon. **TO BUY:** Measure-Up Adjustable Measuring Spoon, \$7; josephjoseph.com.



6

#### OUT IN THE WASH

Toss this paw-shaped disk into the dryer. The tacky surface pulls stubborn fur away from your clothes so it ends up in the lint trap. Just rinse between uses. **TO BUY:** FurZapper, \$15 for 2; furzapper.com.



7

#### SEAL OF APPROVAL

Stow last night's leftovers or pack a grain bowl in this collapsible and stackable container. It can go in the fridge, freezer, microwave—or the bottom of your tote. **TO BUY:** 36 oz. Bowl, \$25; stojo.co (see page 8 for a discount).



GENIUS BEAUTY

# A Pretty Pick-Me-Up

Plus five other beauty buys  
to simplify your routine

BY LISA DESANTIS

After a cold winter, my drab complexion craves a little glow, and nothing says “Spring has sprung” like a dose of this dewy blush.

Formulated with aloe water and rose extract, the stay-all-day stain—available in six punchy shades—delivers the moisture I need to refresh my parched skin. Plus, I get a nice sheen from its liquid pearl pigments. I dab some on my lips with my fingers and wipe the leftover on the apples of my cheeks for the easiest routine ever.

This gel gives a  
rush of cooling  
hydration that will  
perk you right up.



**TO BUY:**  
Glow Paradise Lip  
& Cheek Tint, \$14;  
[lorealparisusa.com](http://lorealparisusa.com).

PROP STYLING BY MARINA BEVILACQUA





1

#### WRINKLE RELEASER

Listen up, needlephobes and fellow busy peeps who can't make it to frequent dermatologist appointments: This peptide-packed formula is a great alternative to fillers. Squeeze the gel onto your skin, then tap it into a wrinkle using the metal tip and let dry. It's been a game changer for my "11" lines. **TO BUY:** Targeted Wrinkle Corrector, \$78; murad.com.

4

#### FUZZ FIGHTER

This beloved bargain has been in my routine since I was in middle school. And just like me, it's evolved. For next-level smoothing, this update has more oils (argan, coconut, moringa) than ever. **TO BUY:** John Frieda Frizz Ease Serum, \$10; walmart.com.



The recyclable carton uses 50 percent less plastic than the original.

2

#### WELLNESS WEARABLES

I get by with a little help from my...peel-and-stick patches. Instead of horse pills (er, oral supplements), I reach for a plant-powered time-release sticker to help me get some rest, recover from a night out, chill out, or pep up. **TO BUY:** Dream, Rescue, Relax, and B12 Awake Patches, \$12 for 4; thegoodpatch.com.



5

#### DARK-SPOT ERASER

Sometimes after a particularly brutal breakout, I'm left with an unsightly spot to commemorate the blemish that was. This brightening powerhouse, fueled by vitamin C, niacinamide, and bakuchiol, combats hyperpigmentation and sun damage. **TO BUY:** Superhue Hyperpigmentation Serum Stick, \$34; livetinted.com.



3

#### BRASS BUSTER

If you're a Charlotte (brunette) whose color-treated mane is starting to look a bit like an OG Miranda (red), you'll love this post-shampoo treatment. It has Centella asiatica to help strengthen hair, plus emerald green pigments to neutralize red undertones, helping you get back to your cooler, deeper brown roots. **TO BUY:** Chroma Absolu Masque Vert Chroma Neutralisant, \$50; kerastase-usa.com.





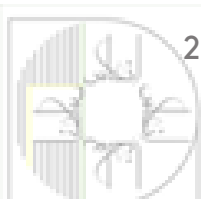


SPACE OF THE MONTH

## COAT CHECK

An overlooked closet gets a second life as a family-friendly mini mudroom.

BY TEDDY WILLSON







## Meet the Owners

### JESSICA & TYLER MARÉS

The Maréses really wanted the perks of a mudroom, but their 1,500-square-foot ranch in Thousand Oaks, California, lacked the space. And so the pair behind the *Renovate 108* design blog reimagined their front hall closet. They got rid of the door and cumbersome closet rod to create an easy-access nook filled with cubbies, hooks, a bench for comfortably putting on shoes, and baskets for storage. Now they have all the features of a mudroom in less than seven square feet.



Wallpapering the upper portion of your walls makes the space seem taller.



Hooks provide a grab-and-go spot for basics.



## Get the Look

### MAXIMUM STORAGE

Brass nameplates assign a zone to each family member. The utility hooks corral bags, coats, and masks, and the cubbies hold sunglasses and mail. The side wall has a rack for keys; floor baskets hold reusable shopping bags and mail-order returns.

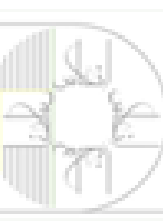
### DEEP THOUGHTS

To give the shallow closet a sense of depth, they painted the walls black. Floral wallpaper softens the effect and adds personality.

### OLD-SCHOOL FINDS

Vintage pieces bring even more character to the space. The couple flanked the closet with framed bookplates and installed an antique Chinese wood carving from eBay in the transom window above.

**TO BUY:** Hydrangea Wallpaper; [trustworth.com](http://trustworth.com) for info. Antique Brass Metal Clad Wall Frames, from \$20; [worldmarket.com](http://worldmarket.com). Medium Faceted Diamond Cut Crystal Finial Ceiling Fan Pull Chain, \$26; [wayfair.com](http://wayfair.com). Verde Print, from \$29; [juniperprintshop.com](http://juniperprintshop.com). White Leo Vase, \$72; [shopyowie.com](http://shopyowie.com). Threshold Braided Rectangle Basket, \$30; [target.com](http://target.com). Utility Triple Hook, \$54; [rejuvenation.com](http://rejuvenation.com).





## SWEET STUFF

## RASPBERRY AND HONEY MARSHMALLOWS

Indulge yourself with these pretty-in-pink—  
and downright delicious—treats.

BY LIV DANSKY



ACTIVE TIME **40 MINUTES**  
TOTAL TIME **2 HOURS, 40 MINUTES**  
MAKES **18 MARSHMALLOWS**

- Cooking spray
- 2 1.3-oz. pkg. freeze-dried raspberries
- 3 ¼-oz. envelopes unflavored gelatin
- 1 cup honey
- 1¼ cups granulated sugar
- ¼ tsp. kosher salt
- ¼ cup confectioners' sugar
- ¼ cup cornstarch

**LIGHTLY** coat a 9-inch square baking dish with cooking spray and line with parchment paper. Coat parchment paper with cooking spray.

**PLACE** raspberries in a large zip-top bag and crush with a rolling pin into a fine powder. Transfer half of powder to a medium bowl; reserve remaining half. Add ½ cup cool water to a large bowl and sprinkle gelatin over water.

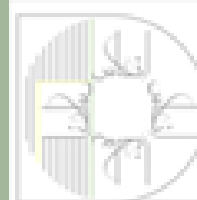
**ADD** honey to a large pot over medium-high; cook until fragrant and dark, 6 to 7 minutes. Whisk in granulated sugar, salt, and ½ cup cool water. Reduce heat to medium. Cook until syrup thickens (or reaches 245°F on a candy thermometer), 6 to 8 minutes.

**POUR** syrup into gelatin mixture. Beat with an electric mixer on low speed until combined. Add reserved raspberry powder, increase mixer speed to medium-high, and beat until mixture has lightened in color, thickened, and become glossy, about 10 minutes. Pour into prepared baking dish; smooth top using a greased offset spatula or spoon. Refrigerate, uncovered, until firm, about 2 hours.

**SIFT** confectioners' sugar and cornstarch into raspberry powder in medium bowl. Whisk to combine. Pour mixture onto a large cutting board.

**INVERT** marshmallows in baking dish onto prepared cutting board. Cut marshmallows and roll in confectioners' sugar mixture. Store in an airtight container for up to 5 days.

FOOD STYLING BY ALI RAMEE; PROP STYLING BY KAY E. CLARKE





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MY SIMPLE REALIZATION

# “Soft Habits Soothe My Soul”

Self-proclaimed “cozy advocate” LEESA CROSS-SMITH extols the healing power of quotidian pots of tea.

I USUALLY HAVE TEA three times a day—morning, afternoon, and bedtime. Back when I was a stay-at-home mom to small children, I certainly wasn’t always able to make the calm, quiet part of my day happen, though it was then I needed it most. I tend to look at a warm drink as a kind of medicine, and to appreciate the healing that comes with a small, personal ritual. Unlike a quick cup of coffee, tea asks me to go slowly, to let the water boil, then steep. To let it all cool down a bit again before I drink it. Cinnamon rooibos is my favorite, but I rarely meet a decaf tea I don’t like.

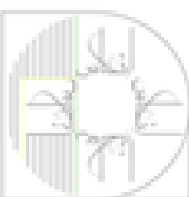
As a novelist, I incorporate a lot of tea drinking and coziness into my books too. My characters often reach for the kettle when things get intense. In my world—both inside and outside my writing—teatime is grounding and necessary. From the gentle click of the electric kettle to the knitted yellow cozy

I keep on the teapot, tiny, soft things make me feel better about the world. I joyfully welcome my mercies wherever and however I find them, no matter how brief, no matter how small.

As a naturally anxious person, I’m very easily overstimulated and always on the hunt for comfort even beyond my tea habit. I’m drawn to soft fabrics and quiet music—I have a velvet couch and a stack of Bon Iver records. I’m interested in anything that can make the world an easier place. I’m the kind of person who rewatches movies and TV shows, enjoying them even more the second (or 72nd) time around because I know what to expect. Period pieces are my favorite because I love the sounds and scores. Predictable things, schedules, rituals, habits? They bring me joy. ■

LEESA CROSS-SMITH IS THE AUTHOR OF THE UPCOMING NOVEL *HALF-BLOWN ROSE*, AS WELL AS *THIS CLOSE TO OKAY*, *SO WE CAN GLOW*, AND TWO OTHER BOOKS.

ILLUSTRATION BY SANNY VAN LOON/SHOP AROUND





# GET AHEAD OF ECZEMA AND SHOW MORE SKIN

DUPIXENT is a breakthrough eczema treatment that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 years and up.

- ▶ Fast itch relief\*
- ▶ Clearer skin that lasts\*
- ▶ Not an immunosuppressant
- ▶ Not a cream or steroid

\*In a clinical trial at week 16, 59% of adults taking DUPIXENT + topical corticosteroids (TCS) had significantly less itch vs 20% on TCS only; 39% saw clear or almost clear skin vs 12% on TCS only. 36% saw clear or almost clear skin at week 52 vs 13% on TCS only.

CELISA,  
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Individual results  
may vary.

**DUPIXENT**  
(dupilumab) Injection  
200mg • 300mg

HELP  
HEAL  
YOUR  
SKIN  
FROM  
WITHIN™

— TALK TO YOUR ECZEMA SPECIALIST AND GO TO DUPIXENT.COM TO FIND OUT MORE —

## INDICATION

DUPIXENT is a prescription medicine used to treat adults and children 6 years of age and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

## IMPORTANT SAFETY INFORMATION

**Do not use** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

**Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:** have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" right before and during treatment with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. A pregnancy registry for women who take DUPIXENT during pregnancy collects information about the health of you and your baby. To enroll or get more information call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/>; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

**DUPIXENT can cause serious side effects, including:**

**Allergic reactions. DUPIXENT can cause allergic reactions that can sometimes be severe.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, swelling of the face, lips, mouth, tongue, or throat, fainting, dizziness, feeling lightheaded, fast pulse, fever, hives, joint pain, general ill feeling, itching, skin rash, swollen lymph nodes, nausea or vomiting, or cramps in your stomach-area.

**Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.

**Joint aches and pain.** Some people who use DUPIXENT have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

**The most common side effects in patients with atopic dermatitis include** injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed by your healthcare provider. It's an injection given under the skin (subcutaneous injection). Your healthcare provider will decide if you or your caregiver can inject DUPIXENT. **Do not** try to prepare and inject DUPIXENT until you or your caregiver have been trained by your healthcare provider. In children 12 years of age and older, it's recommended DUPIXENT be administered by or under supervision of an adult. In children under 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

SANOFI GENZYME  REGENERON

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DUP.21.12.0068

**YOU MAY BE ELIGIBLE FOR AS LITTLE AS A \$0 COPAY.\* CALL 1-844-DUPIXENT (1-844-387-4936)**

**\*THIS IS NOT INSURANCE.** Not valid for prescriptions paid, in whole or in part, by Medicaid, Medicare, VA, DOD, TRICARE, or other federal or state programs, including any state pharmaceutical assistance programs. Program has an annual maximum of \$13,000. Additional terms and conditions apply.

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**Brief Summary of Important Patient Information about DUPIXENT® (dupilumab)  
(DU-pix'-ent)  
injection, for subcutaneous use**

**Rx Only**

**What is DUPIXENT?**

- DUPIXENT is a prescription medicine used:
  - to treat adults and children 6 years of age and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

**Who should not use DUPIXENT?**

**Do not use DUPIXENT** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

**What should I tell my healthcare provider before using DUPIXENT?**  
**Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:**

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a “live vaccine” right before and during treatment with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
  - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to <https://mothertobaby.org/ongoing-study/dupixent/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

**Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

**How should I use DUPIXENT?**

- **See the detailed “Instructions for Use” that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
  - The DUPIXENT pre-filled pen is only for use in adults and children 12 years of age and older.
  - The DUPIXENT pre-filled syringe is for use in adults and children 6 years of age and older.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be given by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.
- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within

7 days, wait until the next scheduled dose to give your DUPIXENT injection.

- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject too much DUPIXENT (overdose), get medical help or contact a Poison Center expert right away at 1-800-222-1222.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

**What are the possible side effects of DUPIXENT?**

**DUPIXENT can cause serious side effects, including:**

- **Allergic reactions. DUPIXENT can cause allergic reactions that can sometimes be severe.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, fast pulse, fever, general ill feeling, swollen lymph nodes, swelling of the face, lips, mouth, tongue, or throat, hives, itching, nausea or vomiting, fainting, dizziness, feeling lightheaded, joint pain, skin rash, or cramps in your stomach-area.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.
- **Joint aches and pain.** Joint aches and pain can happen in people who use DUPIXENT. Some people have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

**The most common side effects of DUPIXENT in patients with atopic dermatitis include:** injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, cold sores in your mouth or on your lips, and joint pain (arthralgia).

The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA.

Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

**General information about the safe and effective use of DUPIXENT.**

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to [www.DUPIXENT.com](http://www.DUPIXENT.com) or call 1-844-DUPIXENT (1-844-387-4936)

**What are the ingredients in DUPIXENT?**

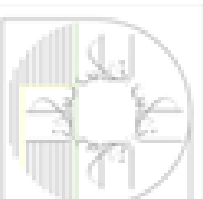
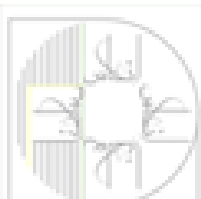
**Active ingredient:** dupilumab

**Inactive ingredients:** L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591  
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DUP.21.06.0182

**آموزشگاه انعکاس منبع جدیدترین اطلاعات ، مقالات و دوره های آموزشی دکوراسیون داخلی**





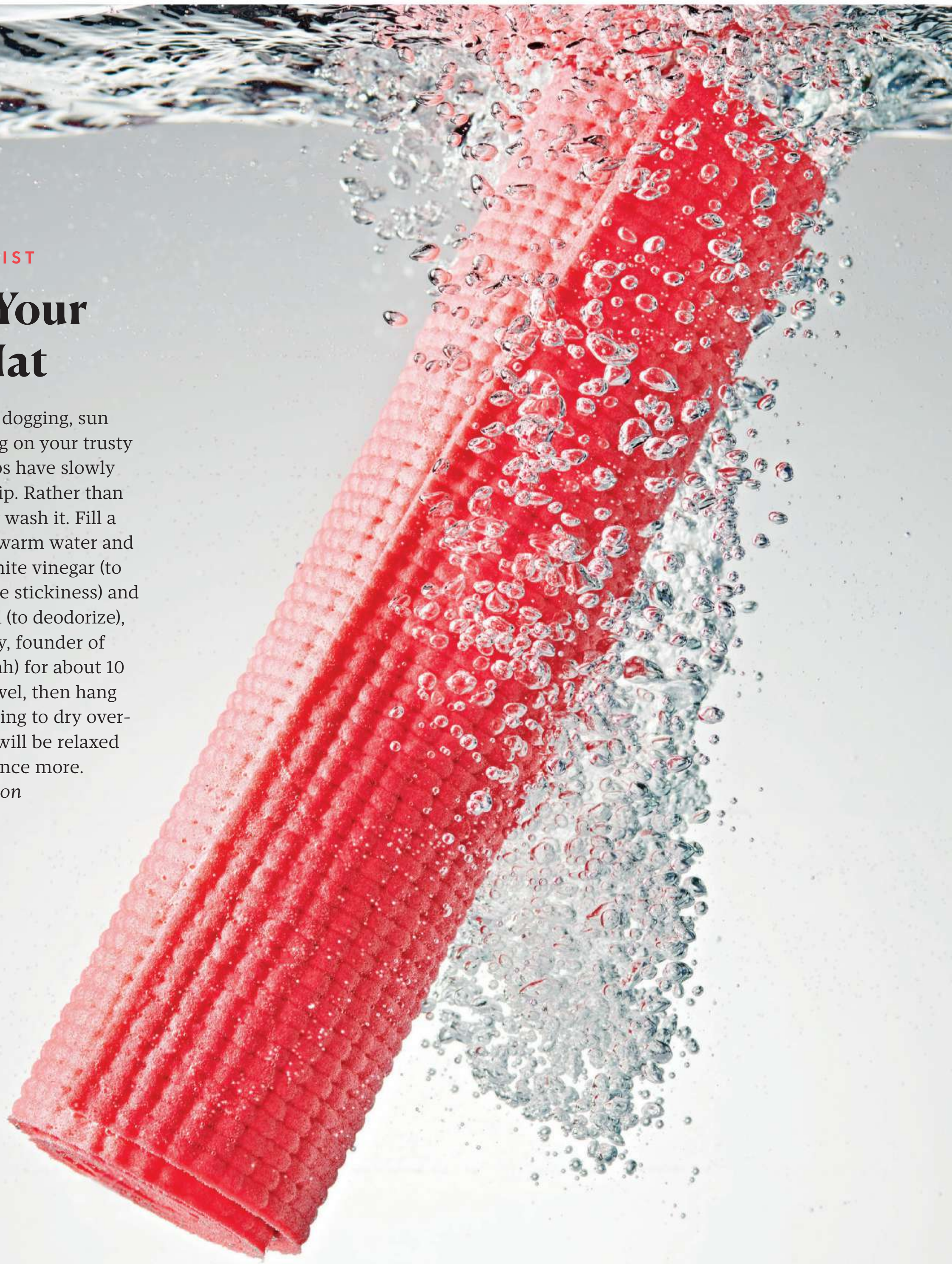
# GUIDES

SIMPLE TWIST

## Refresh Your Yoga Mat

You've been downward dogging, sun saluting, and shavasana-ing on your trusty mat, and your sweat drips have slowly worn away the nonslip grip. Rather than replace your mat, simply wash it. Fill a bathtub halfway with lukewarm water and mix in a tablespoon of white vinegar (to remove dirt and help restore stickiness) and a tablespoon of tea tree oil (to deodorize), says Sarah Larson Levey, founder of Y7 Studio. Let it soak (ahhh) for about 10 minutes, pat it with a towel, then hang it over a chair or porch railing to dry overnight. You and your mat will be relaxed and ready to unroll once more.

—Martha Upton



PROP STYLING BY MARINA BEVILACQUA



## THINGS COOKS KNOW

## Keep It Clean

Some kitchen messes make us never want to cook again. Here are the secrets to preventing those super spills—and recovering if it's too late.

BY LIZZY BRISKIN



### Stovetop Bacon Splatters

**PREVENT:** Cook bacon in the oven, or cover and cook in the microwave.

**FIX:** While the stove is still a little warm, wipe away grease with Bar Keepers Friend or a solution of Tide laundry detergent and warm water, says Julia Levy, a recipe developer and tester in the Dotdash Meredith Test Kitchens.

### Microwave Mishaps

**PREVENT:** Cover food with a paper towel or inverted microwave-safe bowl, which also helps maintain moisture.

**FIX:** "Microwave a cup of white vinegar to loosen caked-on messes," Levy suggests. Then follow up with a clean sponge. Vinegar also helps eliminate odors.

### Fish Funk

**PREVENT:** To avoid lingering smells, either keep the fish under wraps or take it outside, says Julia Turshen, author of the cookbook *Simply Julia*. She recommends folding parchment around fish with a few aromatics. "Minced garlic and lemon plus a little butter is nice. Bake the package at 400 degrees for flaky, tender fish without the odor." Better yet, sear fish outside in an oven-safe skillet placed directly on the grill.

**FIX:** Simmer sliced citrus or cinnamon sticks in water on the stove to cancel out the smell.

### Burned Sugar

**PREVENT:** When making caramel, keep sugar from crystallizing and turning rock-hard by adding an acid, like lemon juice, or a teaspoon of corn syrup or honey.

**FIX:** Fill a pot of hardened sugar with water and bring it to a boil until the mess comes off. "If you need a little extra help, add a pinch of baking soda," Levy says.

### Beet and Berry Stains

**PREVENT:** Before slicing beets, pomegranates, berries, or other vibrantly hued produce, Turshen covers her cutting surface with parchment paper.

**FIX:** "Zap food pigments from surfaces by putting salt on the stain and rubbing it with a halved lemon," Turshen says.

### Baking Overflow

**PREVENT:** Juicy fruit cobblers and custardy quiches can spill out of your baking dish, leaving a mess on the racks and oven floor. Put a parchment-lined baking sheet under your dish to catch spillover, Turshen says. Alternatively, "place a piece of aluminum foil on the rack underneath." This is preferable to lining the oven floor, as the foil can melt and cause heat damage.

**FIX:** While the oven is warm, cover a sugary spill with salt. Let it cool, then wipe away the salt and mess. Place cooled sticky oven racks in a large garbage bag outside. Coat them with Easy-Off Oven Cleaner and close the bag for 45 minutes (test a small area of the rack with the cleaner first). Wipe away the gunk with a rag, then rinse with soapy water. ■





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## THE ESSENTIAL

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BY FLAVIA NUNEZ

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**TO BUY:** Relaxed-Fit  
Chambray Shirt,  
\$89.50; jcrew.com.



## ...ADD A SWEATER VEST AND JEANS

A cashmere vest keeps you cozy, while white jeans and a bold bag practically scream spring. **TO BUY:** Cashmere Knitted Tank Top, \$130; bodenusa.com. 1981 Straight Pant, \$138; guess.com. Good Karma Bracelet Co. Cherry Quartz Gemstone Stretch Bracelet, \$44; etsy.com. Gabbi Bag, \$89; jwpei.com. 2790 Tank White Platforms, \$89; superga-usa.com.



## ...ADD A PLEATED SKIRT AND HEELS

Fluttery pleats and textured pumps prove formal doesn't have to be fussy. **TO BUY:** Belted Pleated Midi Skirt, \$129; anntaylor.com. Ria Gem Choker Necklace, \$98; sequin-nyc.com. Felice Clutch, \$78; ninashoes.com. Tatiana Pointy Toe Pumps, \$95; ninewest.com.



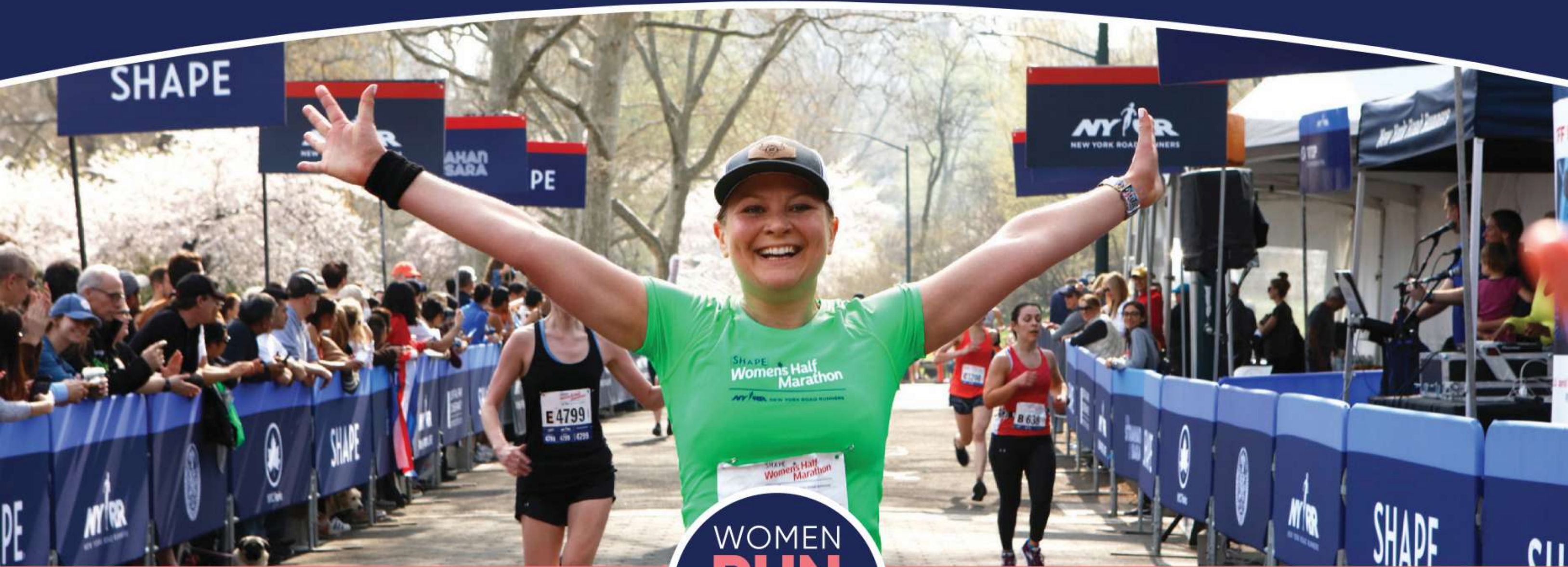
## ...ADD A JUMPSUIT

Layer some chambray under a denim jumpsuit, throw on a printed scarf, and voilà—you've got an outfit that's equal parts comfy and cool. **TO BUY:** Women's Shop Square Coveralls, \$129.50; duluthtrading.com. Garden Party Bandana, \$32; echonewyork.com. The Bianca Woven Belt Bag, \$260; bymilaner.com. Leslie Tan Stacked Heel Mules, \$95; ragnco.com.



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BEAUTY

## Body Breakthroughs

We have skin from our scalps to our soles, but we tend to fixate on the face alone. These sophisticated solutions show love to the rest of your shape.

BY ANNEKE KNOT





REALSIMPLE  
ROAD TEST



#### BEST MOISTURIZER

##### Tula Take Care + Nourish Advanced Hydration Body Moisturizer

Ashy ankles and cracked heels have met their match with this Marshmallow Fluff–like cream. Slathering it on post-shower feels more like a treat (looking at you, yummy vanilla-and-coconut scent) than a chore. And unlike a delicious dessert, this rub leaves you feeling supple, not sticky. It's loaded with skin-loving ingredients, like vitamin C to brighten and ceramides to nourish.

**TO BUY:** \$38; tula.com.



#### BEST PROTECTOR

##### Supergoop Glow Screen Body SPF 40

This lightweight body lotion imparts a healthy sheen sans sun damage and blocks harmful UV rays. **TO BUY:** \$42; sephora.com.



#### BEST EXFOLIATOR

##### Keys Soulcare Body Polish

The recipe for smooth skin: bamboo charcoal to slough, lactic acid to even tone, and sunflower seed oil to moisturize. **TO BUY:** \$25; ulta.com.



#### BEST ACNE FIGHTER

##### Bliss Clear Genius Body Acne Spray

Got backne? This mist targets hard-to-reach spots without requiring a contortionist act. Salicylic acid clears pores; cica reduces redness. **TO BUY:** \$13; target.com.



#### BEST CLEANSER

##### Dove Body Love Moisture Boost Body Cleanser

This sudsy gel cleans and hydrates with the mega-moisturizers hyaluronic acid and moringa seed oil. **TO BUY:** \$8; target.com.



#### BEST SPOT TREATMENT

##### Topicals High Roller Ingrown Tonic

Ingrown hairs, begone! This acid-packed roll-on busts bumps anywhere they pop up. **TO BUY:** \$26; mytopicals.com.





## GARDENING

# Get to the Root of the Problem

If your trees are acting shady, here's how to keep them and your home safe.

BY JENNY ROSENSTRACH

**WHEN I FIRST LAID EYES** on the house I've lived in for almost two decades, broker in tow, I loved everything about it: the arched doorways, the loftlike way the dining room blended into the living space, and the trees! A huge oak stood in the front lawn and another rose in the back, its crown providing shade and protection for our patio all summer.

A few years later, the oak in front was struck by lightning while my 4-year-old napped in the room beneath it. The strike, as terrifyingly loud as anything I've ever heard in my life, left a 30-foot scorched gash along the side of the tree, instantly making it a falling hazard and a leading character in all my nightmares. The oak in the backyard? How had I not noticed that it towered 75 feet high and sprouted from a steep slope, which meant it hovered at a precarious angle directly over my bedroom?

I don't want to be too dramatic—I realize this stuff comes with the territory when you move to the suburbs. And in the ensuing years, I found ways to manage both my tree care and my anxiety. Here's some advice from experts on the most common questions.



**I'm worried a tree in my yard will come down in a storm. What should I do?**

Well, this is not the time for your enthusiastic neighbor to try out their new chainsaw. Call a certified arborist, who has specialized training in assessing risks, diagnosing problems, and treating trees as needed. Daniel Weitoish, lead arborist at Cornell Botanic Gardens in Ithaca, New York, suggests finding one through the International Society of Arboriculture on its [treesaregood.org](http://treesaregood.org) portal; you can also go through the American Society of Consulting Arborists ([asca-consultants.org](http://asca-consultants.org)).

**My tree was wounded (but not knocked down) in a storm. How do I take care of it?**

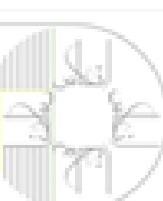
"Trees don't heal, they seal," Weitoish says, and they have their own strategies for doing so. Minor wounds can often go away on their own. However, if a branch is heavily damaged, call a pro. "An arborist can prune just outside a branch collar, the bulbous area around the base," Weitoish says. "This maintains protective structures in the trunk and facilitates callus development to seal the wound." He does not recommend applying wound dressing (such as paint, tar, cement, or sealant) after pruning, as it can hold moisture, encourage fungi, and slow wound closure.

Minor tree wounds can often fix themselves, but heavily damaged branches should be looked at by an arborist.

**Tree roots have made my front walk buckle. Is this fixable, and who do I call?**

Ideally, hire a hardscaper who will value the tree as much as the walkway, Weitoish says. "Working in an arboretum, I'm inclined to favor the tree over the paving, and often advocate for moving the paving farther from the trunk rather than damaging roots." Improper root pruning can be challenging for the tree to recover from, Weitoish points out, and with a smaller support system, the tree might be more likely to fall.

Rerouting pavement is much easier to pull off when it's your front path, versus the sidewalk, patio, or driveway. If you end up having to remove the tree and replant, choose compact trees that are known not to cause damage, says Georgia Clay, new-plants manager at Monrovia. Many municipalities have lists of approved street trees that will help you decide.







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### We're in a drought! How do I hydrate my trees when there are limits to my water usage?

If your tree is young or on the small side (with a trunk no larger than four inches in diameter), consider wrapping its base with a slow-release bag: You fill it with water that drips out over time.

Bigger trees do need some supplemental water. "Keep the soil moist but not saturated, and remember that larger trees have root zones that extend far from the trunk," Clay says. Infrequent but deep watering is better than frequent light watering because it helps build a stronger root system. Clay also recommends mulching one to two inches outside the tree base to help keep the soil moist and roots cool. But be careful not to overdo it: "A 'mulch volcano' at the base can suffocate the tree roots or create rot," she says.

Weitoish advises treating your trees kindly even in heavy-rain years. "Rarely does a single drought lead to a tree's death, but a succession of stressors will chip away at it," he says. "By keeping your trees happy and healthy each year, you help them build the resilience to fight through the tougher times."





Watering trees  
well but  
infrequently is  
better than  
watering them  
frequently but  
lightly.

### **Pests have invaded my tree. When do I need to worry?**

You can often spot signs of an invasion of larvae or insects—sawdustlike debris on the bark (called frass), a significant loss of leaves, exit holes in the bark, holes in the leaves, and the insect nests themselves. But in any given year, there is a certain amount of normal interaction between tree and insects. When in doubt, Weitoish says, contact an arborist, who may put you in touch with an integrated pest management professional.

The solution may just be a matter of pruning out affected branches to lower pest numbers. Some very small bugs can be controlled by applying horticultural soap to the tree. Larger culprits, like beetles, egg masses, and caterpillars, can be dunked in soapy water—"if you've got the stomach for it," Weitoish says. Of course, the best treatments start early, before pest numbers get out of control, so have an arborist take a look as soon as you can.

### **I think it's too late—my tree might be dead now. How do I know for sure?**

"Healthy, happy trees should have leaves or needles during the growing season and visible buds during the dormant season," Weitoish says. Dead trees will have no green foliage on their branches. Keep in mind, though, that out-of-the-ordinary weather (like a late frost or extended summer drought) can defoliate trees temporarily, but "they're incredibly resilient organisms that might still be alive," Weitoish notes.

If you're unsure whether your tree is dead, scratch a branch to look for healthy green tissue. If the inside is brown and dry, it's dead. Repeat this scratch test on a few more branches to determine if there are any healthy areas. Fungus can also be a sign that your tree is on its way out. Fungus feeds on rotting organic matter, so if it's on the tree, there might be rot inside.

Generally, municipalities are responsible for ensuring trees don't put the public at risk. If your dead or dying tree is close to the street, your town may foot the bill for removing or pruning it. If branches get in the way of power lines, reach out to your utility company. Most have an arborist or forester on staff who can determine if it's an issue—and nip it in the bud. ■



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PREVENT AND PROTECT

## Focus on Your Eyes

**A no-prep, noninvasive exam can detect chronic conditions, encourage healthier aging, and boost your mental health—and you’ve probably been putting it off.**

BY NAOMI BARR

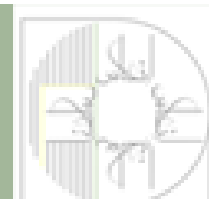
**HOPEFULLY YOU’RE ON TOP** of your twice-yearly dental visits and your annual physical—but when it comes to eye exams, do you have a blind spot? According to a recent survey, 1 in 10 Americans haven’t had an eye exam in five years or more. But it’s not something to delay until you’re tired of squinting at menus: Our eyes are the windows not just to our souls but also to our well-being, and many of the most common vision-impairing diseases begin asymptotically—though they can be treated if they’re detected early. Here are eight clear reasons to schedule your next exam today.

### **1 It can reveal important information about your health.**

Your ophthalmologist can examine blood vessels and tissues that go all the way to the brain, potentially detecting signs of a number of chronic conditions, including diabetes, cancer, and multiple sclerosis.

### **2 You may already be at risk of serious visual damage.**

About 4 percent of Americans ages 40 and above have some sort of uncorrectable vision impairment, often caused by eye disease. Among Americans 65 and older, 33 percent do.





Some of these diseases advance asymptotically until the damage becomes irreversible. But according to the Vision Council, a trade advocacy group, up to 80 percent of visual impairment cases are considered preventable if they're detected in time.

"By catching these diseases early, when they're more easily managed, we can really slow them down," says Camille Cohen, an optometrist in Brooklyn, New York. "That could mean the difference between five more years of good sight and another 20 or more."

### 3 Cataracts are common—but damage isn't inevitable.

Currently, cataracts are a leading cause of vision loss in the United States, but if they're caught early, small changes may be enough to fix the problem. The risk of developing cataracts begins to increase at age 40, when proteins in the eye start to break down due to aging and environmental contaminants, causing the lens to become cloudy. Cataracts affect more women than men (61 percent versus 39 percent). Researchers aren't sure why, though it may be partially on account of estrogen loss after menopause.

If you've noticed that you see halos around lights, that you need more light to read, that your clarity of vision is reduced, and that colors look more dull, schedule an appointment immediately. You may be able to manage the problem with minor adjustments, such as brighter lights and special prescription eyewear, like glasses with an anti-glare coating to ease light sensitivity, another common symptom.

If your cataracts interfere with activities like reading, driving, or watching TV, your doctor may recommend

surgery to replace the clouded lens with an artificial one called an intra-ocular lens. This surgery has an approximate 99 percent success rate. And a 2021 study found that cataract surgery is linked to a 30 percent lower risk of developing dementia.

### 4 Glaucoma may not present symptoms until it's too late.

Another of the most common eye diseases, glaucoma results from a buildup of fluid, which increases pressure on the optic nerve. As a result, you lose portions of your vision (often peripheral) over time—usually with no signs or symptoms.

"I had a patient come in who had 20/20 vision straight on—his central vision was like an eagle—but after I dilated him, he basically had zero peripheral vision and had late-stage glaucoma," Cohen says. "He was a truck driver, so he was probably just turning his head to compensate for the loss of vision and not noticing, which a lot of people do."

If you're Black or have a family history of the disease, you're at a significantly higher risk of glaucoma. The damage can't be reversed, but treatment and regular checkups can help slow or prevent further vision loss. Your doctor may also recommend prescription eye drops, oral medications, laser treatment, surgery, or a combination of any of these.

Note for yoga devotees who are diagnosed with glaucoma: According to the American Academy of Ophthalmology (AAO), it's best to avoid inverted positions, like headstands and shoulder stands, which can increase intraocular pressure.

### 5 You can slow the advance of some types of age-related disease.

Age-related macular degeneration—caused when the macula, the part of the eye responsible for sharp, straight-on vision, breaks down—is the leading cause of vision loss and blindness in Americans over 65. There are two types of AMD: dry and wet. In dry AMD, the most common, light-sensitive cells in the macula slowly break down, leading to a gradual loss of central vision. Dry AMD may advance to wet AMD, in which abnormal blood vessels grow under the macula; this usually results in legal blindness.

Vision impairment significantly increases your likelihood of depression and can raise your dementia risk by as much as 61 percent.





If you have intermediate dry AMD, a special dietary cocktail (prescribed by your doctor) of vitamins C and E, copper, zinc, lutein, and zeaxanthin may prevent it from turning into wet AMD. For wet AMD, your doctor may recommend injectable medicines as well as photodynamic therapy, which uses a combination of injections and lasers.

#### **6 If you are over 40 and have diabetes, you've got a fair chance of developing retinopathy.**

As the name indicates, diabetic retinopathy affects only those with diabetes, but that's a significant portion of Americans—about 10 percent. One in three people over 40 with diabetes have diabetic retinopathy, another eye disease that doesn't tend to present symptoms until it's advanced. By later stages, blood vessels in the retina start to bleed into the vitreous (the gel-like fluid filling your eye), which may cause you to see dark, floating spots or cobweblike streaks. If this happens, it's important to get treatment right away. Otherwise, the bleeding could get worse, causing scarring and eventually blindness.

Controlling your blood sugar and blood pressure via diet and exercise is paramount. Your doctor may also recommend injectable medications to reduce swelling of the macula, which can slow vision loss and improve vision.

#### **7 Good vision can save you from injuries.**

Vision loss doesn't just keep you from reading the teeny print on your phone: It more than doubles your risk of injurious falls. Some of our ability to balance comes from the environmental input we get from our sight.

#### **8 It can benefit your mental well-being and brain health.**

Vision impairment can lead to isolation and loneliness, and it significantly increases your likelihood of experiencing depression, which affects roughly 33 percent of older adults with vision loss. Depending on the condition, eye disease can raise your risk of dementia by as much as 61 percent.

### **WHEN YOU NEED AN EYE EXAM**

Both ophthalmologists (who are medical doctors) and optometrists (who can prescribe lenses and certain medications but aren't required to go to medical school) can do complete eye exams, but only ophthalmologists can perform surgery. In addition to having you read eye charts, your eye-care specialist will check out your peripheral and 3D vision, eye pressure, and eye movements. They may also give you dilating eye drops that allow them to see to the back of the eye. (If you're under 40 with healthy eyes, you may not need to be dilated at every exam.)

**AGES 20 TO 39:** Have a complete exam once in your 20s and twice in your 30s, advises the AAO. If you have diabetes or a family history of eye disease, you'll likely need to go annually; discuss it with your doctor. If you have eye pain or notice sudden floaters and flashes, get checked out immediately.

**AGES 40 TO 49:** If you've been avoiding eye exams, now is the time, says the AAO. You may be experiencing early signs of disease as well as changes in vision—namely, presbyopia, the age-related stiffening of our lenses that makes us squint at package directions. You also need to have the pressure inside your eyes checked to guard against glaucoma. This used to involve the “eye puff test,” in which short puffs of air are aimed at the eyeballs, but that's being phased out. Now your doctor may (after putting in numbing drops) use a device that touches the surface of the eye with light. If everything is normal and you have no problems like diabetes or high blood pressure, then you're low-risk. “I usually tell low-risk patients to come back every four years or so,” says Natasha Herz, MD, an ophthalmologist in Rockville, Maryland.

**AGES 50 TO 64:** “I ask my patients to come every other year as long as no problems show up,” Herz says.

**AGES 65 AND OLDER:** Since risk for disease is at its highest now, Herz suggests getting an exam every year, or as often as your doctor recommends.



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MONEY

## TWICE THE GREEN

3 ways to save money by living more sustainably

BY MELANIE MANNARINO



OUT WITH  
THE OLD...  
Incandescent  
bulbs





## Switch Your Light Bulbs

Traditional incandescents can break more easily, burn out faster, and consume more energy than modern bulbs. Look for LEDs, which use up to 90 percent less energy and last up to 25 times longer. That means less stress on the power grid, fewer bulbs in the landfill—and a major decrease in curse-ridden hunts for a fresh bulb to replace the one that just died.

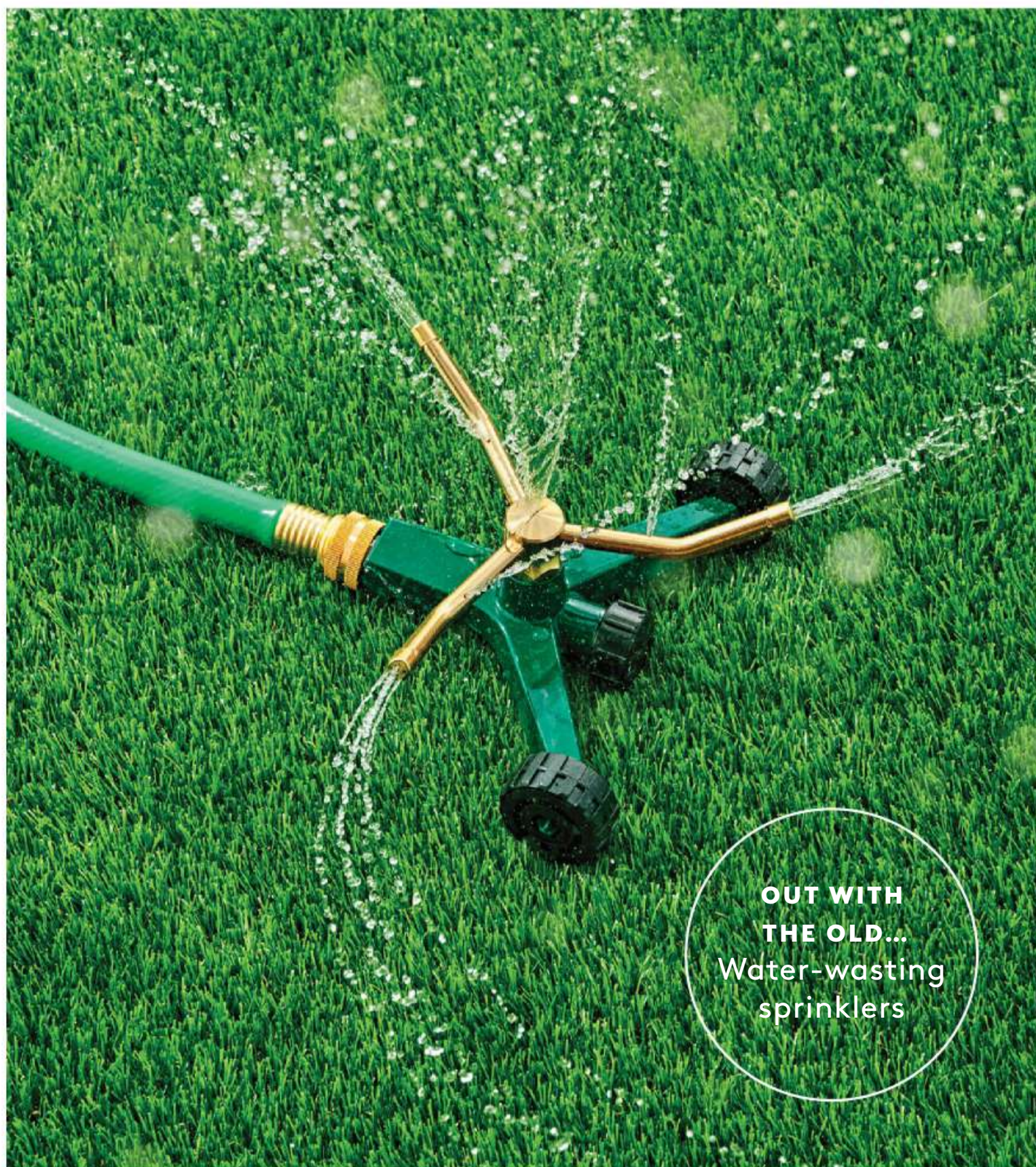
As word has spread about the efficiency of LEDs, they've gotten less expensive, making the cost savings extra sweet. And if your idea of eco-friendly bulbs is those harsh compact fluorescents that seemed to illuminate every crime-show interrogation, the good news is that LEDs come in cool or warm tones for a pleasing glow throughout your home.

**COST:** Surprisingly, LEDs are often cheaper than incandescents. A 60-watt incandescent bulb is approximately \$1.85, while an LED equivalent can be as little as \$1.35.

**SAVINGS:** The average household saves about \$225 a year by using LED lighting, according to Energy Saver, the U.S. Department of Energy's consumer resource site.

### ENVIRONMENTAL IMPACT:

By switching to LEDs, you help cut the byproducts of traditional electric power that contribute to climate change, poor air quality, and a contaminated water supply.



## Use a Smart Irrigation Controller

A lush, verdant lawn doesn't have to be a total water hog. Many people make two big mistakes that can waste both money and one of the earth's most precious resources: They use inefficient watering systems and turn them on at the hottest time of day, when the water evaporates faster than the ground can absorb it, says Amir Haghverdi, PhD, associate professor of agricultural and urban water management at the University of California, Riverside.

That's where a smart irrigation controller comes in, either a weather-based one or the kind with a soil-moisture sensor. "Some weather-based systems use data from a nearby weather station to estimate what your lawn needs at a given time," Haghverdi says. Soil-moisture sensors measure the dampness in soil directly, then water when needed. Some smart irrigation controllers can work with a hose, but most connect to an existing in-ground sprinkler system.

**COST:** Expect to pay about \$100 to \$300 for a smart irrigation controller.



11,300 million tons  
of textiles were  
sent to landfills  
in 2018.

**SAVINGS:** Some state and local governments offer onetime rebates for smart irrigation controllers, Haghverdi says, so you could get hundreds of dollars back. And if you program your controller to run the system during off-hours (such as 1 a.m.), you might use 15 percent less water, reducing your utility bill accordingly.

**ENVIRONMENTAL IMPACT:** The EPA estimates that nearly a third of residential water use in the United States—almost 9 billion gallons per day—goes toward irrigation, and as much as half of that water is wasted due to inefficiency. A smart sprinkler system can bring those numbers down.

### Buy Clothing Secondhand

The resale economy is having a moment: The market grew by 53 percent between 2015 and 2020 and is projected to more than double by 2030, according to a 2021 report by the online shopping platform Mercari and market research firm GlobalData.

**COST:** Secondhand shoppers typically save at least 25 percent, according to the Mercari-GlobalData report.



There's no shortage of places to hit up. You could go to brick-and-mortar thrift stores or consignment shops, or buy (and sell) online at sites like ThredUp, Depop, Poshmark, the RealReal, and Tradesy.

**SAVINGS:** Americans spent an average of \$1,434 on apparel in 2020, according to the Bureau of Labor Statistics. If you used that budget for secondhand items at 25 percent off retail, you'd save \$358.50 for the year. And if you shop secondhand for gifts (who wouldn't want a vintage designer scarf?), you'll save even more.

**ENVIRONMENTAL IMPACT:** In 2018, 13 percent of clothing and footwear in the U.S. was recycled, the EPA reports, which amounts to over 2 million tons. That may sound impressive—until you learn that 11,300 million tons of textiles were sent to landfills that same year. Dumping bags of old clothes into donation bins may not be an eco solution: With the popularity of fast fashion, Western consumers are cycling through clothes more quickly than less fortunate populations can use them—and as a result, some developing countries (like Ghana) are awash in castoff clothing. Making a concerted effort to buy and wear resale fashion helps limit your personal impact on this global problem. ■



# PUT YOUR STAKE IN THE GROUND.



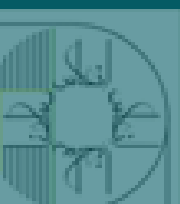
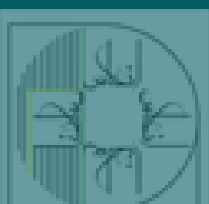
IN THE CULF COAST CAPITAL, YOU TAKE WHAT'S YOURS AND SHARE IT AROUND, BECAUSE LIFE'S JUST BETTER WHEN YOU'RE COASTING WITH OTHERS. SO NEXT TIME YOU NEED TO SET YOUR SIGHTS ON SOME OCEAN, GRAB A PAL AND COAST ON IN.

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HEALTHY AT HOME

## Genie in a Bottle

Can the new calming drinks let you sip your way to serenity?

BY AMY MACLIN





## Functional beverages are an appealing substitute for the “quarantinis” that have been flowing during Covid times.

**IF YOU’VE EVER** wished for a power potion, this may be your lucky day: Confidence is now available in a can. Sold in minimalist black-and-white packaging, Confidence is part of a growing trend of so-called functional beverages—drinks with supposed health and mood benefits. According to the marketing materials, it combines magnesium, B vitamins, and other ingredients “to give dreamers and doers the burst of confidence they need to immediately thrive in any situation.”

Unlike potentially *dysfunctional* beverages, like tequila, Confidence is liquid courage for the wellness generation, leaving the palate with a pleasant flavor of tea, hibiscus, and berry (as opposed to cotton-mouthed sadness).

Think of calming functional beverages as the mellow cousin of the energy drink. Companies claim the drinks can reduce anxiety, improve sleep, sharpen focus, and more—and we’re gulping them down. This year, the U.S. relaxation beverage market was almost \$277 million. Last spring, PepsiCo launched Soulboost, a sparkling water in two formulas: Lift, with Panax ginseng for mental stamina, and Ease, with the amino acid L-theanine for relaxation.

“Functional beverages were trending pre-Covid, but the pandemic has only boosted the trend, because people are focused on

health and managing stress,” says Maxwell Johnson, technical beverage specialist at BevSource, a beverage consultancy. Plus, he adds, “these beverages are nonalcoholic but still provide a ‘fun’ aspect—the buzz without the hangover.”

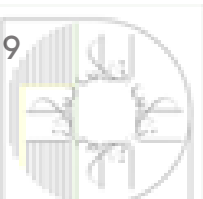
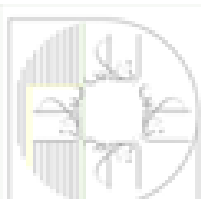
This makes functional beverages an appealing substitute for “quarantinis,” which have been flowing freely throughout the land: According to the U.S. National Pandemic Emotional Impact Report, compared with men, women reported higher rates of changes in productivity, sleep, mood, and health-related worries—and many turned to alcohol to cope. A Rand Corporation study reports that during the early days of the pandemic, the women surveyed increased their heavy-drinking days (four or more drinks within a couple of hours) by 41 percent. One problem with drinking to relieve anxiety, of course, is that it can be a circular path leading to ruined sleep, foggy mornings...and more anxiety.

So could these elixirs offer relief without regret? Here are the answers to all your thirsty questions.

### What’s in these things?

Many calming beverages contain adaptogens, a word that may make you think of sci-fi shape-shifters but is really just the term for natural substances believed to have stress-relieving properties. These include the anti-inflammatory Ayurvedic herb ashwagandha (also known as Indian ginseng); L-theanine, found in green and black tea and some mushrooms, which is thought to relax the mind without causing drowsiness; and valerian root, which may increase the amount of the calming chemical GABA in the brain.

Other common ingredients include nootropics, the Dr. Seuss-sounding category of natural or synthetic substances thought to enhance creativity, memory, and other cognitive functions. And some drinks contain small doses of CBD, a compound found in marijuana and hemp that doesn’t get you high but can help with anxiety and pain.





### Do these drinks really work?

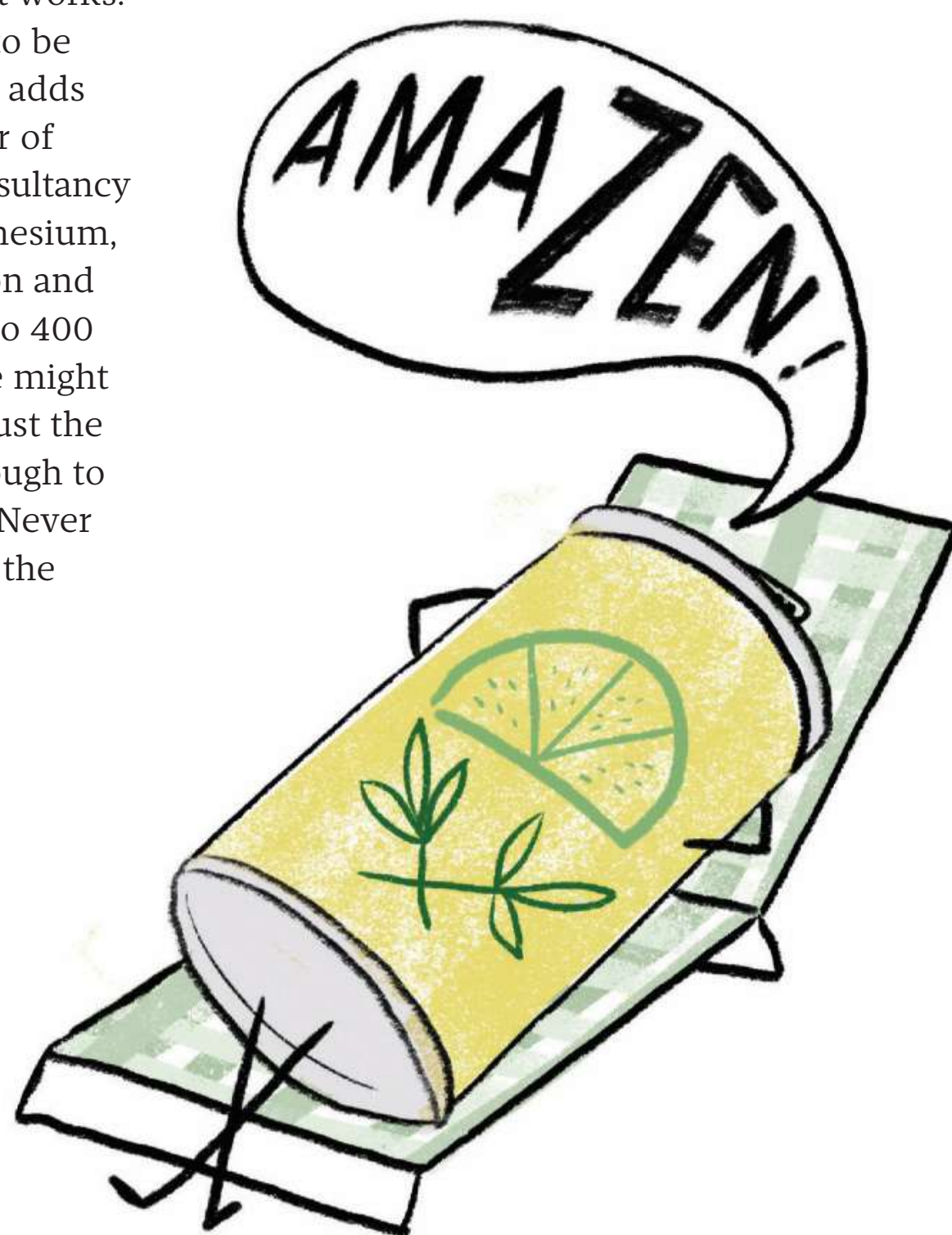
The bottom line is: No one knows. Though there's evidence to support the efficacy of some adaptogenic ingredients, there's been little research into how well they work in mass-produced drinks.

"Ashwagandha, for instance, has been shown to reduce anxiety, but the effect depends in part on the dosage, purity, and form," says Yufang Lin, MD, an integrative physician with the Cleveland Clinic in Lakewood, Ohio. "Unless a company can show their research, there's nothing to prove the product works."

Doses in beverages tend to be lower than those in studies, adds Lauren Slayton, RD, founder of Foodtrainers, a nutrition consultancy in New York City. Take magnesium, which can aid with relaxation and sleep: A typical dose is 300 to 400 milligrams, while a beverage might contain 40 milligrams. But just the promise of calm may be enough to chill you out, Slayton says: "Never underestimate the power of the placebo effect."

### Are they safe?

Many of these beverages are considered dietary supplements, so they are FDA-regulated (even if the companies aren't required to prove the benefits they claim). It's best to proceed with caution, however, if you're on medication. "Some supplements can interact with certain drugs, ranging from diabetic medications to oral contraceptives to blood thinners," says Toby Amidor, RD, author of *The Family Immunity Cookbook*. Make sure you talk to your doctor first. The same goes for those who are pregnant or breastfeeding, Slayton adds: "There's a host of herbal ingredients that are safe for the masses, but I wouldn't want a pregnant client consuming them."



In a choice between a low-dose magnesium drink and a martini, the former might be a better option.

For most everyone else, these beverages are likely fine in moderation, especially if they help you eschew your nightly cocktail. "If it's a choice between a low-dose magnesium drink and a martini, my vote is for the former," Slayton says. "Just make sure it's sugar-free—trading alcohol for a sugary drink wouldn't be much of an upgrade." (Many of these drinks have little or no sugar and are low in calories.)

### Do they taste like twigs?

Not necessarily. With an increasing variety in supermarkets, health-food stores, and convenience stores, you can find everything from fruit-infused waters to blends like Lightwave by Kin Euphorics, with, as the brand touts, "sparkling notes of lavender-vanilla, smoked sea salts, and passionflower."

### Can I drink them instead of meditating?

If you want to relieve anxiety, you're better off with practices like mindfulness, breathing, and yoga—but if you just want something special to sub in for chardonnay, this trend might be worth trying. Cheers! ■



# BE IN YOUR <sup>mindful</sup> <sup>clever</sup> MOMENT

concerned

professional

Thousands of women with metastatic breast cancer (MBC) are taking **IBRANCE**, the #1 prescribed FDA-approved oral combination treatment for HR+, HER2- MBC

## What Is IBRANCE® (palbociclib)?

IBRANCE is a prescription medicine used in adults to treat hormone receptor-positive (HR+), human epidermal growth factor receptor 2-negative (HER2-) breast cancer that has spread to other parts of the body (metastatic) in combination with an aromatase inhibitor as the first hormonal based therapy in postmenopausal women or in men.

## Important Safety Information for Patients

**IBRANCE may cause serious side effects, including:**

**Low white blood cell counts (neutropenia).** Low white blood cell counts are very common when taking IBRANCE and may cause serious infections that can lead to death. Your doctor should check your white blood cell counts before and during treatment.

If you develop low white blood cell counts during treatment with IBRANCE, your doctor may stop your treatment, decrease your dose, or may tell you to wait to begin your treatment cycle. Tell your doctor right away if you have signs and symptoms of low white blood cell counts or infections such as fever and chills.

**Lung problems (pneumonitis).** IBRANCE may cause severe inflammation of the lungs during treatment that can lead to death. Tell your doctor right away if you have any new or worsening symptoms, including chest pain, cough with or without mucus, and trouble breathing or shortness of breath.

**Your doctor may interrupt or stop treatment with IBRANCE completely if your symptoms are severe.**

**Before you take IBRANCE, tell your doctor about all of your medical conditions, including if you:**

- have fever, chills, or any other signs or symptoms of infection.
- have liver or kidney problems.
- are pregnant or plan to become pregnant; IBRANCE can harm your unborn baby.
  - Females who are able to become pregnant should use effective birth control during treatment and for at least 3 weeks after the last dose of IBRANCE. Your doctor may ask you to take a pregnancy test before you start treatment with IBRANCE.
  - Males with female partners who can become pregnant should use effective birth control during treatment with IBRANCE for at least 3 months after the last dose of IBRANCE.
- are breastfeeding or plan to breastfeed. It is not known if IBRANCE passes into your breast milk. Do not breastfeed during treatment with IBRANCE and for 3 weeks after the last dose.

**The most common side effects of IBRANCE include:**

- Low red blood cell counts and low platelet counts. Call your doctor right away if you develop any of these symptoms during treatment:
  - dizziness
  - shortness of breath
  - weakness
  - bleeding or bruising more easily
  - nosebleeds

**Other most common side effects include:** infections, tiredness, nausea, sore mouth, abnormalities in liver blood tests, diarrhea, hair thinning or hair loss, vomiting, rash, and loss of appetite.

IBRANCE may cause fertility problems in males. This may affect your ability to father a child. Talk to your healthcare provider about family planning options before starting IBRANCE if this is a concern for you.

These are not all of the possible side effects of IBRANCE. For more information, ask your doctor.

**Tell your doctor about all of the medicines you take, including** prescription and over-the-counter medicines, vitamins, and herbal supplements. IBRANCE and other medicines may affect each other, causing side effects.

Do not drink grapefruit juice or eat grapefruit products while taking IBRANCE as they may increase the amount of IBRANCE in your blood.

Tell your doctor if you start a new medicine. Take IBRANCE exactly as your doctor tells you.

If you take too much IBRANCE, call your doctor right away or go to the nearest hospital emergency room.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

**Please see Important Facts About IBRANCE on the following page.**

**To learn more, talk to your doctor.**

**Can't afford your medication? Pfizer may be able to help. Visit [IBRANCE.com](http://IBRANCE.com).**

\*Hormone receptor-positive includes estrogen receptor-positive (ER+) and/or progesterone receptor-positive (PR+)

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April 2021

PP-IBR-USA-3608-03





## IMPORTANT FACTS

### IBRANCE® (EYE-brans) (palbociclib)

The risk information provided here is not comprehensive. This information does not take the place of talking to your healthcare provider about your condition or treatment. To learn more about IBRANCE talk to your healthcare provider or pharmacist. To obtain the FDA-approved product labeling call 1-800-438-1985 or visit [www.IBRANCE.com](http://www.IBRANCE.com).

#### What is IBRANCE?

IBRANCE is a prescription medicine used in adults to treat hormone receptor (HR)-positive, human epidermal growth factor receptor 2 (HER2)-negative breast cancer that has spread to other parts of the body (metastatic) in combination with:

- an aromatase inhibitor as the first hormonal based therapy in postmenopausal women or in men, or
- fulvestrant in people with disease progression following hormonal therapy.

It is not known if IBRANCE is safe and effective in children.

#### What is the most important safety information I should know about IBRANCE?

**IBRANCE may cause serious side effects, including:**

**Low white blood cell counts (neutropenia).** Low white blood cell counts are very common when taking IBRANCE and may cause serious infections that can lead to death. Your healthcare provider should check your white blood cell counts before and during treatment.

If you develop low white blood cell counts during treatment with IBRANCE, your healthcare provider may stop your treatment, decrease your dose, or may tell you to wait to begin your treatment cycle. Tell your healthcare provider right away if you have signs and symptoms of low white blood cell counts or infections such as fever and chills.

**Lung problems (pneumonitis).** IBRANCE may cause severe or life-threatening inflammation of the lungs during treatment that can lead to death. Tell your healthcare provider right away if you have any new or worsening symptoms, including:

- chest pain
- cough with or without mucus
- trouble breathing or shortness of breath

Your healthcare provider may interrupt or stop treatment with IBRANCE completely if your symptoms are severe. **See "What are the possible side effects of IBRANCE?" for more information about side effects.**

#### What should I tell my healthcare provider before taking IBRANCE?

**Before taking IBRANCE, tell your healthcare provider about all of your medical conditions, including if you:**

- have fever, chills, or any other signs or symptoms of infection.
- have liver or kidney problems.
- are pregnant, or plan to become pregnant. IBRANCE can harm your unborn baby.
  - Females who are able to become pregnant should use effective birth control during treatment and for at least 3 weeks after the last dose of IBRANCE. Your healthcare provider may ask you to take a pregnancy test before you start treatment with IBRANCE.
  - Males with female partners who can become pregnant should use effective birth control during treatment with IBRANCE for at least 3 months after the last dose of IBRANCE.
  - Talk to your healthcare provider about birth control methods that may be right for you during this time.
  - If you become pregnant or think you are pregnant, tell your healthcare provider right away.
- are breastfeeding or plan to breastfeed. It is not known if IBRANCE passes into your breast milk. Do not breastfeed during treatment with IBRANCE and for 3 weeks after the last dose.

**Tell your healthcare provider about all of the medicines you take, including** prescription and over-the-counter medicines, vitamins, and herbal supplements. IBRANCE and other medicines may affect each other causing side effects.

#### How should I take IBRANCE tablets?

- Take IBRANCE exactly as your healthcare provider tells you.
- IBRANCE tablets may be taken with or without food.
- IBRANCE should be taken at about the same time each day.
- Swallow IBRANCE tablets whole. Do not chew, crush or split IBRANCE tablets before swallowing them.
- Do not take any IBRANCE tablets that are broken, cracked, or that look damaged.
- Avoid grapefruit and grapefruit products during treatment with IBRANCE. Grapefruit may increase the amount of IBRANCE in your blood.
- Do not change your dose or stop taking IBRANCE unless your healthcare provider tells you.
- If you miss a dose of IBRANCE or vomit after taking a dose of IBRANCE, do not take another dose on that day. Take your next dose at your regular time.
- If you take too much IBRANCE, call your healthcare provider right away or go to the nearest hospital emergency room.

#### What are the possible side effects of IBRANCE?

**IBRANCE may cause serious side effects. See "What is the most important safety information I should know about IBRANCE?"**

The most common side effects of IBRANCE when used with either letrozole or fulvestrant include:

- low red blood cell counts and low platelet counts. Call your healthcare provider right away if you develop any of these symptoms during treatment:
  - dizziness
  - shortness of breath
  - weakness
  - bleeding or bruising more easily
  - nosebleeds
- infections (see "What is the most important safety information I should know about IBRANCE?")
- tiredness
- nausea
- sore mouth
- abnormalities in liver blood tests
- diarrhea
- hair thinning or hair loss
- vomiting
- rash
- loss of appetite

IBRANCE may cause fertility problems in males. This may affect your ability to father a child. Talk to your healthcare provider about family planning options before starting IBRANCE if this is a concern for you.

These are not all of the possible side effects of IBRANCE.

**Keep IBRANCE and all medications out of the reach of children.**

**Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.**

**To learn more, talk to your doctor.**

These IMPORTANT FACTS are based on IBRANCE® (palbociclib) Patient Information LAB-1372-1.0, Rev. 11/2019.

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## PETS

# 3 Tricky Grooming Tasks Made Easier

What you call self-care, most pets consider a hard pass.  
Here's how to see eye to eye (ish).

BY JUNO DEMELO

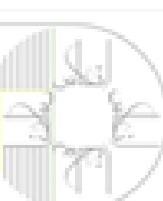


## Nail Trims

Most pets need a mani-pedi every four to six weeks. Ease them into it by gently touching their paws and then their nails when they're relaxed, working your way up to cutting one or two nails at a time. Ideally, a second person can distract your pet with a toy, treat, or calming massage as you trim. (Lightly massaging your cat's scruff or your dog's face may help relieve stress.) Whether you use scissor-style or guillotine-style clippers, or a dog-specific rotating grinder (which some dogs and owners prefer), avoid cutting too close to the "quick," or pink part of the nail. If your pet has dark nails, make small cuts, and stop when you see a grayish pink oval start to appear at the top of the snipped surface. Have a tub of styptic powder (try Miracle Care Kwik Stop Styptic Powder, \$4 for ½ oz.; chewy.com) on hand to stanch bleeding in case you accidentally cut the quick.

## Baths

Before you fill the tub or sink, lay a towel to keep your dog from slipping. Brush their fur before bathing, then wet their face with a damp cloth. Soak their body with a pitcher of warm water or a handheld showerhead. Rub in shampoo and rinse it out, squeegeeing fur with your hand until you don't see suds; use the damp cloth to rinse their face. If your pup starts to pull a *Baywatch* hair flip as you're washing, place a hand on their head to help hold them still. Stash a towel within reach so you can lift it to form a barrier when you're ready for your pup to shake off—or be prepared to slide the shower curtain shut with the quickness of Usain Bolt. Cat owners, if you think baths don't apply to you, they actually might: Generally, cats' sandpaper tongues are the best grooming tool, but if your cat gets into something smelly or sticky, has a skin condition, or is too old to groom, you may need to turn on the sink.







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### Toothbrushing

The ideal: You brush your pet's teeth every day for a minute or two. The reality: They flee the minute they see bristles. Try giving them a few weeks to get used to toothbrushing. Start by letting them taste pet toothpaste off your finger, then dab a bit on a tooth, then have them lick it off their toothbrush. If that doesn't work, try wiping their teeth with dental wipes. (Whether you brush or wipe, sit behind your pet so they can't back away from you.) If they won't let you do either, ask your vet about oral-care kibble or OraVet dental chews. The chews work to loosen and remove plaque and include an ingredient that helps ward off bacteria.

### The Tools



#### COMFORT CLIPPERS

The cutting guard on these grippy clippers helps you avoid snipping nails too short. **TO BUY:** JW Pet GripSoft Medium Deluxe Nail Clippers for Dogs, \$9; petco.com.



#### EASY RINSER

This stretchy, slip-on gadget can turn most showerheads and faucets into a handheld rinser. **TO BUY:** Rinseroo, from \$25; rinseroo.com.



#### TASTY TREAT

Just tear open the tube and distract your cat by slowly squeezing out this lickable treat. **TO BUY:** Inaba Churu Purée, from \$6 for 4; petsmart.com.

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INSIGHT ANIMAL BEHAVIOR  
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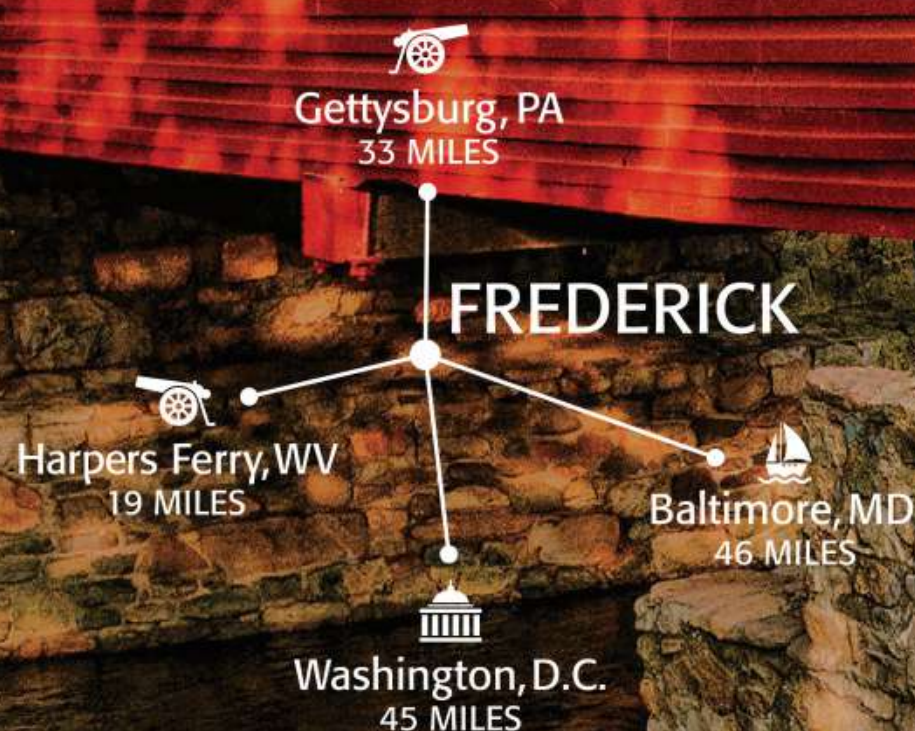
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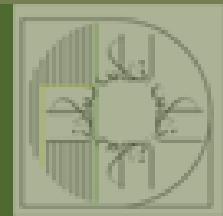
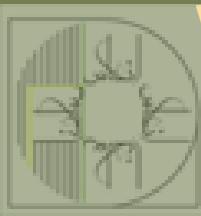
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# LIVES

5 PERSPECTIVES

## Power Dressing

The daily act of picking an outfit is as unique as it is common. Whatever your taste, find inspiration from these style setters.

BY CHRIS CANDER



STOCKSY





1

Embrace your inner cartoon character.

When I became an educator, I was inspired by the eccentric Ms. Frizzle from *The Magic School Bus*, who often wears fun, themed attire to engage her students on another level. I now have accessories for every holiday. My students love my bold, unique outfits and glasses, and especially my pom-pom earrings, which I own in every color. When our school pivoted to online classes, my accessories became even more important, since they helped me keep the kids’ attention. They always remark, “I can’t wait to see what you’ll wear tomorrow!”

KEANNA FUNDERBURK IS A FOURTH-GRADE TEACHER IN ATLANTA.

2

Swap and shop Mom’s closet.

Growing up, I was inspired by photos of my mom in her 20s. She wore classically feminine pieces, like pleated skirts; structured blazers; and on special occasions, the traditional Chinese qipao dress. Fortunately for me, she is frugal and keeps absolutely everything, so I get to wear her now-vintage clothes. She has lost some weight and loves to wear *my* old clothes. When I visit her, she’s often sporting the denim jackets, sweaters, and jeans I wore back in high school.

MARY GUI IS THE FOUNDER AND CEO OF SOCK CANDY.

5

Invest in the best you can afford.

I don’t consider myself to have a signature style, but other people do. They’re often surprised to learn that I don’t limit myself to boots and jackets. Luckily, I can afford better clothes than I could in the 1970s. Now I have my jackets custom made. Some of my shirts are more than 30 years old. I buy the best clothes I can afford and I take very good care of them, something I learned from my father. He even put wooden shoe trees in his leather slippers. My cowboy boots were an accident. Around 35 years ago, I developed a heel spur. Not only did boots help the pain, I was suddenly two inches taller.

FRAN LEBOWITZ IS A WRITER AND SOCIAL COMMENTATOR.

I don’t worry about keeping up with trends; it’s more exciting to wear things that are daring.

3

Opt for comfort over trends.

After my gender-affirming surgery, I wanted to show off my new body: tight clothes, miniskirts, crop tops, heels. That tendency waned, and these days I mostly wear sneakers with dresses, athleisure, or jeans with bold, colorful tops. I don’t worry about keeping up with trends; it’s more exciting to wear things that are slightly daring and comfortable, whether or not they’re in style. I spent so long hiding my physique, and it was painful trying to fit in. Now it feels great to be able to wear what makes me feel true to myself.

COREY RAE IS A TRANSGENDER ACTIVIST, MODEL, AND STORYTELLER.

4

Find something that works, then buy two.

As a kid, I wore school uniforms, so I never had to decide what to wear. This practical approach to dressing has followed me into adulthood. In the summer, I typically wear a solid V-neck T-shirt with khakis. I remember my mother buying her favorite sandals in every color. Similarly, if I like something, I’ll buy it in multiples. My style is all about what I’m comfortable in. While most of my clothes are no-nonsense, every undergarment I own is leopard print.

LOUISE MARBURG IS THE AUTHOR OF TWO BOOKS, INCLUDING *NO DIVING ALLOWED*.



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# Modern Manners Advice for Your Social Quandaries

BY CATHERINE NEWMAN



## T.B. ASKS...

**My friend is a reckless driver, and I can't stand being in the car with her. She drives over the speed limit, weaves around slower drivers on narrow Boston streets, and has run a red light and hit a parked car. But she'll often offer to pick me up on days when we have plans, and even though there's a bus I could take, it's hard to turn down the convenience of a ride. How can I avoid being an unwilling participant in the *Fast & Furious* franchise?**



## HAVE AN ETIQUETTE QUESTION?

Hover your phone's camera here to submit your question for Catherine, or email her at [modernmanners@realsimple.com](mailto:modernmanners@realsimple.com).

You actually do have control in this situation—but not over how your friend drives. It's more about how you weigh costs and benefits. Nerve-racking convenience or inconvenient safety? You have to pick a lane. That said, you can try asking for some accommodation, as long as you present the problem as yours, not hers (don't begin with "Hey, Danica Patrick"). "Would you please slow down a little?" you might try. "I'm so grateful for the ride, but I find myself becoming a nervous passenger these days."

## S.R. ASKS...

**My dad often visits and brings his dog. She digs holes in my garden and yard, makes messes on the rugs and couch, and tracks mud into the house. I have repeatedly, and nicely, asked my dad to either not bring her or have her stay off the furniture and rugs, but I'm met with "Aw, she's just a dog!" Then he dismisses my requests. What should I do?**

"Prioritize relationships over stuff" is something of a mantra around here. In other words, choose your dad over your sofa and carpet. I know it can be hard, though. In a situation like this, you might think your father isn't valuing your feelings if he lets his dog wreak havoc on your belongings. But he also has a deep connection to his messy pup, even if you don't share it. Can you ask him to help problem-solve in a way that doesn't make him defensive? "Dad, I'm so happy you're visiting, and I know you want to keep your dog with you. How can we protect my house while she's here?" If he doesn't have any ideas, then cover your furniture with old towels and sheets, and know you're appreciating the right things.



**J.K. ASKS...**

**My in-laws live in a beautiful beach home. My husband and I—along with our two adult children, their spouses, and our grandchildren—cherish vacations there. But not everything gets put away, hung up, or stored properly while we're there, and my mother-in-law tells me, and only me, about every infraction. What can I do?**

It's so frustrating—the way women are still seen as the arbiters of their families' behavior. What if you asked your husband to intervene? "Hey, Mom," he could say. "I know it's a little chaotic with all of us here. Let's figure out which household issues you care the most about, and I'll tell my family. Then you won't have to worry so much and my wife will get the vacation I know she needs." Whether it's wet towels on the floor (show your grandkids where the hooks are) or a poorly emptied dishwasher (try labeling the cabinets with sticky notes), you'll all know what to focus your tidying-up energy on. Plus, if your mother-in-law can pick her battles, maybe she'll be able to let the rest go and enjoy the time you're so lucky to have together.

**P.W. ASKS...**

**My fiancé and I are trying to decide who'll be in our wedding party. I have only a few close friends, and they all hate each other from past petty arguments. I love them and want them by my side on the big day, but every time I get close to asking one of them, they make a snide comment about another. I don't want drama. How can I handle this?**

There are occasions when everyone has to set aside their differences for a shared cause, and weddings are one of them. This applies to divorced in-laws, feuding relations, and yes, your rancorous friends too. So ask each one individually, and clarify your expectations: "I love you and I want you in my wedding party. But I'm also asking [insert name of sworn enemy]. Will you be able to show up for me on my special day without conflict or drama?" Framing the request this way will give your friends an occasion to rise to—and ideally, they will rise.

**J.D. ASKS...**

**I own the niches that hold the cremated remains of three of my family members. We visited yesterday, and I found out that my niece had changed the flowers and pictures I'd placed there. I feel it was rude to do this without my knowledge or permission. Am I being too sensitive, or did she overstep boundaries?**

Ownership is a tricky concept to apply to this situation. You paid for the niches, but the grief is shared, and all the bereaved should get a chance to express it. I wish your niece had checked with you before altering your arrangement. I'm sure the change was disconcerting, especially if you're feeling those losses acutely. But what if you interpreted her actions not as an offense but as a mutual shouldering of responsibility? You are not alone in mourning your relatives or memorializing them. Instead of gatekeeping, you might dwell on how lovely that is.

**ABOUT CATHERINE**

The author of *What Can I Say? A Kid's Guide to Super-Useful Social Skills to Help You Get Along and Express Yourself*, Catherine Newman gets advice from her husband and two opinionated, largely grown children in Amherst, Massachusetts.



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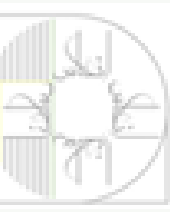


## FAMILY

## Help Loved Ones Make Health Changes

Whether it's embracing exercise or cutting back on social media, lifestyle shifts can be challenging. So how do you support your family member without turning into a nag?

BY MELINDA WENNER MOYER

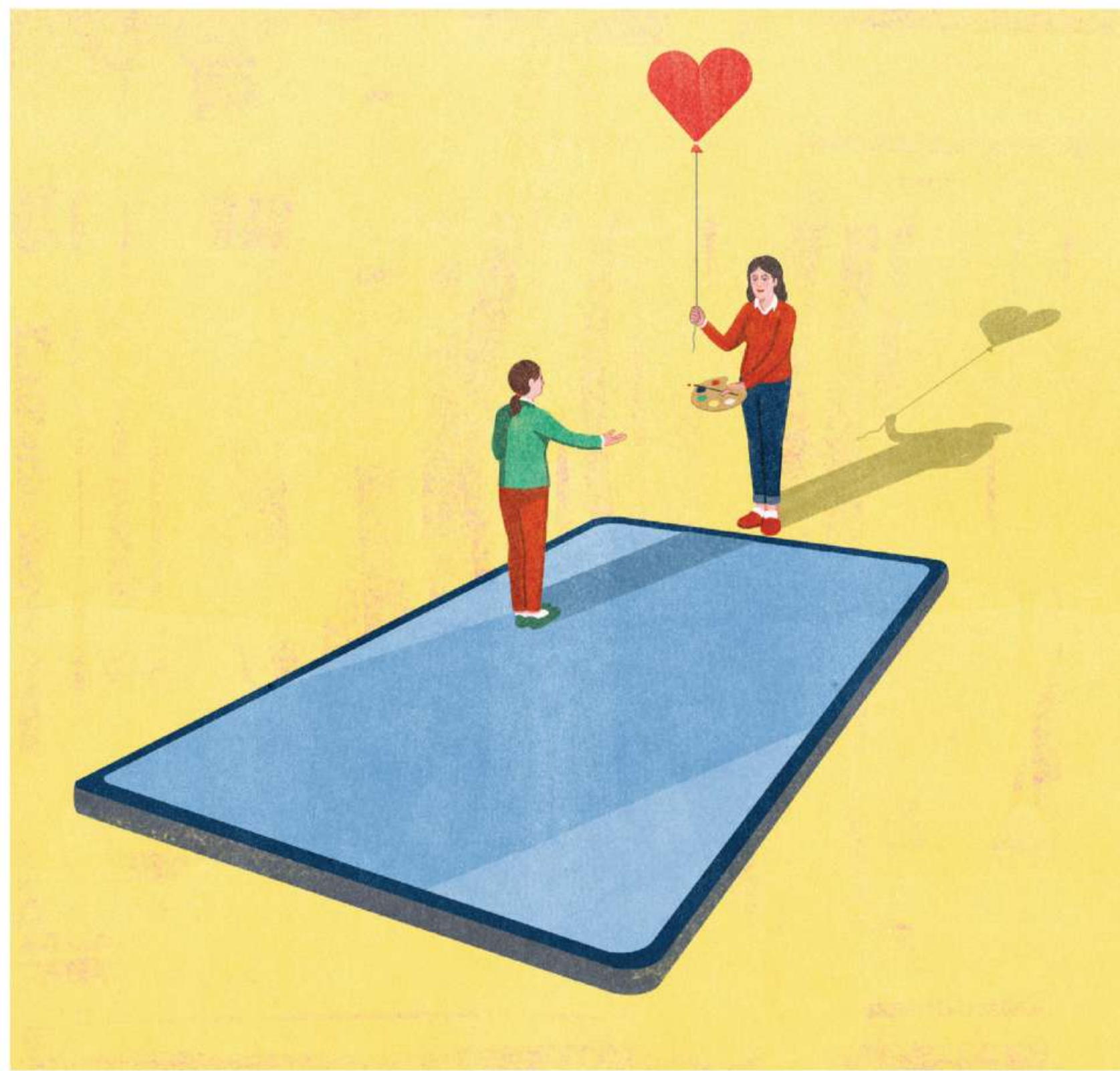




**WE ALL WANT** the best for the people we love—but sometimes it seems they don't want the best for themselves. Your mom complains that the physical therapy exercises for her hip are “too much trouble,” yet she hobbles down the hall moaning in pain. Or your husband says he wants to cut back on his drinking...every time he grabs another sixer from the garage. Or your teenage daughter readily admits that the polished perfection she sees on Instagram brings her down, but then checks the “likes” on her posts more reflexively than she breathes.

It's difficult to know how to support family members who want to develop healthier habits but get stuck in old patterns. Change is hard to begin with, but lifestyle-related shifts can be especially tough, because “there are so many factors outside our awareness—or control—that influence behavior,” says Stephanie Hooker, PhD, MPH, a clinical health psychologist at the HealthPartners Institute in Minneapolis. Your loved one may be confronting lack of time, lack of energy, or stressors that lead them to use those bad habits as coping mechanisms, a pattern that can become deeply ingrained over time.

So how can you help the person you love achieve their goals? Here's what experts suggest.



### **Don't Comment in the Moment—Start a Conversation When Everyone Is Calm**

When your spouse is stepping out for a third cigarette, it might seem like the perfect time to point out that their New Year's resolution was to quit. However, Edlynn says, “that's a recipe for conflict.” Research shows that people trying to make health changes are more successful when their partners support them in positive, motivating ways, as opposed to nagging or trying to control them.

The best time to initiate a conversation is when you're alone together and relaxed, like during a meal, says Sarah Feldstein Ewing, PhD, a psychology professor at the University of Rhode Island. When you're trying to talk to a

### **Ask How You Can Offer Support**

No one—parent, spouse, or child—likes being told what to do. Instead, show your support by asking, “How can I help you as you try to make this change?” says Emily Edlynn, PhD, a clinical health psychologist in Oak Park, Illinois. “You want to communicate, ‘I'm a partner with you in this process, I've got you, I'm by your side,’ rather than ‘I know what's best for you,’” she says. If you have ideas of your own, feel free to suggest them—maybe you and your spouse take a daily walk around the time they usually crack open their first beer—but if they're not receptive, let it go.



teen about health challenges, she adds, car rides can work well, because kids can feel less pressure when you're not face-to-face.

It's also wise not to bring up issues in front of others—don't mention your mom's struggles in front of your partner or your partner's issues in front of your kids, Hooker says, because then the person who's trying to change might feel embarrassed or defensive.

### **Approach with Curiosity, Not Judgment**

Start a conversation with open-ended questions ("Which exercise is the trickiest, Mom?") as opposed to more pointed ones ("Are you actually doing your physical therapy?"), Edlynn says. It's possible that even though Mom hates the hip stretches, she's dutifully following through on days you aren't around—so you don't want to open with an accusation. And even if you witnessed your spouse having a cigarette, maybe that was the week's one slipup, and otherwise they feel great about their progress.

Avoid making assumptions. Saying something like "I can tell you're really having a hard time" can backfire if they don't agree that they're struggling. Show compassionate curiosity,

and if they're having trouble working toward their goal, let them tell you themselves. If they *do* admit they're having problems, "repeat what you think they said to show you were really listening," Hooker suggests. You might say, "So it sounds like it's tough to cut back on cigarettes when you have especially stressful days at work."

### **Help Them Identify the Core Reason They Want to Change**

First of all, if your partner's behavior is putting you as well as them at risk—for example, they've lost their last three paychecks to online betting—don't beat around the bush. "For more destructive behaviors, it's important to be clear with your partner about how those behaviors are affecting you and the family," Edlynn says.

For less immediate issues, it can be useful to help your loved one understand the underlying reasons they want to change—especially when you "tie the behavior to their values," Edlynn adds. Maybe it's important to your mom to feel healthy enough to travel with her friends, and physical therapy will ensure she can.

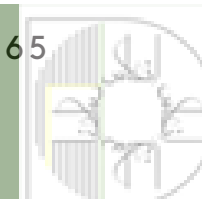
For kids, try focusing on short-term benefits. If you want to help your teen unplug from social media, resist the urge to say, "If you keep spending hours a day online, by the time you get to be my age, you'll have the attention span of a gnat!" You'll probably be met with a blank stare. Instead, try gently reminding them of other things they could do that might, as a bonus, help them achieve their goals: "I know you really want to get into that summer arts program, so I wonder if replacing some scrolling with sketching could help you get there—and be more satisfying."

### **Praise Their Successes**

Don't despair if you see backsliding. It's all part of the process. Some smokers attempt to quit 30 or more times before they succeed, according to research. When you notice your loved one taking even baby steps toward their goal, point it out, Hooker suggests. Say, "I saw you only had one drink tonight. I know you're partially doing this for our family, and I really appreciate it."

With kids and teens, focus on the desired behavior rather than harping on the concerning one. When you spot them with their sketch pad out, ask, "How's the drawing going? I'd love to see what you're working on." Small successes fuel motivation to keep going—and eventually, hopefully, lead to meaningful change you can celebrate together. ■

Avoid making assumptions. Saying "I can tell you're having a hard time" can backfire if they don't agree that they're struggling.





WE DID IT

**PULLED OFF A SECOND ACT**

These women prove that the time is always right  
to shift into a career you love.

BY LAUREN MECHLING



## “I Quit My Six-Figure Job to Become an Interior Designer”

**Beth Diana Smith, 42**

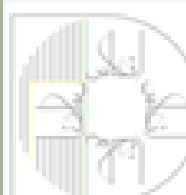
IRVINGTON, NEW JERSEY

**GROWING UP,** Beth was a math whiz who dreamed of becoming an accountant. By her early 30s, she was director of finance at MTV International, earning six figures plus a bonus, socking away funds into a 401(k), and flying around the world for her job. She was able to spend money on renovating her home. At night after work, she read home magazines, and on weekends she redecorated.

Her interest in design grew, and she enrolled in night classes at the New York School of Interior Design, thinking she might develop a side gig. But her passion skyrocketed to the point where design was the only thing she wanted to do. “Accounting and finance were where I thought I should be,” Beth says. “Design was where I was actually *supposed* to be.”

At age 34, she hung up her shingle as a full-time interior designer. Now 42, Beth just completed a

COURTESY OF MIKE VAN TASSEL





space for a show home in West Palm Beach, Florida, and prospective clients are often waitlisted.

Beth says there's nothing wrong with starting over once you've already established your career. "How can you know what you want to do until you experience it?" she says. "To be a student and never have done something and declare, 'Oh, this is what I'm going to do with my entire life,' is kind of insane. It's crazy to think I ever did anything else before this!"

**TAKE IT FROM ME** Transitioning from a corporate position to an independent firm means you no longer have a single boss—but you do have multiple mini bosses in the form of clients, who all bring their own needs and work rhythms. Beth invests a lot of thought and time (and money) into optimizing the designer-client relationship.

"Maintain your boundaries or you will burn out," says Beth, who makes a point of taking days off to recharge. She also specifies the exact scope of her work in writing at the outset of every project. "Hire a lawyer who can work with you to draft a contract that not only protects you but also protects your client," she says.

Another key to success has been networking—and not solely with big-name designers. "Don't just network up," Beth says. She often shares her project workbooks and contracts with less experienced designers in her community. "Network from a place of giving and not from taking," she says. "Try to be of service to other people, and it will always come back around to reward you."



## "I Started a Dairy Business at Age 57"

**Miyoko Schinner, 64**

NICASIO, CALIFORNIA

**IT WASN'T UNTIL** Miyoko's life slowed down personally that it picked up speed professionally. At 50, the vegan chef had three children in high school, and she'd already had several careers, "from complete failures to middling successes," she says. She'd written cookbooks, run a café, launched a natural food company, and even spent a few years in her 20s as a jazz singer in Japan, where she was born (she moved to the United States at age 7).

Putting the food world behind her, she began working at her attorney husband's law firm, then started a real estate investment business. The work came easily, but she'd lost a sense of purpose and passion. "We had a nice house and we could go on fancy vacations, but I felt so empty," she says. "I thought, 'If I keep going like this, I'll just drink wine and watch TV every night. I can't keep doing this.'"

She decided to go back to her true love and teach cooking classes. "I didn't think anybody was going to pay attention to me, but I had to do what I believed in."

At the same time, she began playing around with vegan cheese-making techniques at home. While some people dream of one day learning to sail or writing a novel, she'd always wanted to figure out how to use plant milks to make delicious cheeses. "It was a bucket-list project for me," she explains.

She became obsessed and called her old publisher to pitch a book, *Artisan Vegan Cheese*. She didn't think anybody would buy it, but it ended up being hugely popular, she says. "Nothing I'd done in my life had ever been half as successful."

Demand was so great that in 2014, at age 57, she created Miyoko's Creamery, with products she developed in her home kitchen. She invested her own money at first, then raised funds from family and friends to run research and development and open a separate production space. Word trickled out, and soon enough, investors she didn't personally know were coming on board, including Twitter cofounder Ev Williams.

Eight years later, the vegan dairy company has a staff of nearly 200, and its products—from butter to fresh mozzarella—are sold at



30,000 stores across the U.S. and Canada. “I’m so glad I stopped listening to the voices that told me I was destined to fail,” she says. “If you take a shot, then you have a 50/50 chance of succeeding. But if you don’t even try, you’re definitely going to fail.”

**TAKE IT FROM ME** Let go of the idea that opportunity knocks only once, early in your career. “You can succeed at any age,” Miyoko says, stressing that there’s no such thing as lost time. “Life experience is like building muscles.” She counts her many past failures as pivotal steps in her journey. “The more experiences you have, the stronger a person you’re becoming. It’s so important for women to recognize that their power never runs out. We build upon our power as we age.”

If anything, being young can be a disadvantage. “Women spend so much time taking care of other people—employers, partners, children,” Miyoko says. “But now I’m at a point in my life where I can finally be who I truly am. That doesn’t hit until you’re in your 50s or so.”

There’s no  
such thing as  
lost time.  
Life experience  
is like building  
muscles.



## “I Became a Yoga Teacher in Midlife”

**Deb Lebold Wineman, 53**

GLENCOE, ILLINOIS

**AS A LAW STUDENT** at Northwestern University, Deb threw herself into her volunteer work at a legal clinic, helping women who survived domestic violence. When she graduated, she took a lucrative job at a big corporate firm in Chicago, working 14-hour days on the mergers-and-acquisitions team. The pay was great, but the work-life balance was nonexistent, and following the birth of her daughter, Deb switched to a less demanding job in marketing at another law firm, where she worked for two years. Then she left the workforce altogether.

When her family moved from Chicago to the small suburb of Glencoe, she was a new transplant in a town of 8,000 where she knew not a soul. Feeling adrift and craving connection, she joined the board of a local synagogue and started taking classes at a nearby yoga studio. Things shifted one day when she came across a title called *Yoga for Depression* at a bookstore.

The book shed light on the connection between the teachings of yoga and mental health.

“There’s so much more to the practice than the physical layer,” says Deb, who had long been interested in Eastern thought and Jewish mysticism. “I wanted to delve deeper.” At age 40, she asked her mother to help with her three children so she could enroll in a rigorous teacher-training program in downtown Chicago.

Ever since, Deb has taught classes “pretty much anywhere I could get a job”—a big gym, a community center, and now on Zoom for her devotees. While she was initially drawn to nailing difficult poses, her technique has evolved to focus on how to experience life more fully. Studying yoga opened up a whole new way of seeing and being in the world, she says, and she has more clarity when reacting to difficult situations.

**TAKE IT FROM ME** Deb embraced virtual classes at the start of the pandemic and celebrates the advantages of technology. “It’s helped people who felt uncomfortable coming into a yoga studio because they thought they didn’t belong or weren’t good enough,” she says. “Video calls have taught us that it’s OK to turn up, keep our camera off, and explore things we’re curious about.” ■



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THE HELPFUL MIND

## Finding Higher Ground

In the face of post-traumatic stress,  
a novice gardener discovers that nurturing living  
things helps her spirits bloom again.

BY DEBORAH COPAKEN

**THE THING ABOUT** post-traumatic stress disorder is you never know when it will strike. The day I took my first post-vaccine stroll without a mask last April, I started feeling that familiar neck prickle. I was passing an outdoor garden-supply store at the time, so I hid behind a potted tree, took some deep breaths among the lilacs, and—on an impulse I can only describe as involuntary—purchased 12 seedlings: cherry tomatoes, mint, lettuces, rosemary, parsley, strawberries, sage, and bell peppers.

Had I ever grown a garden before? No, I had not. But my subconscious had spoken, and if I've learned anything over decades of managing PTSD, it's to tune in to that voice. Plus, watering and talking to my indoor plants during lockdown had become the one chore I looked forward to. In fact, I'd become so adept at keeping my plants alive during Covid that not only had I not killed them, they, unlike the rest of us, were flourishing.

Back at home, I made small talk with my seedlings—"How's the photosynthesis going? Got any fun 'hot plant summer' plans?"—and felt my heart return to normal. My chest untightened. I could breathe without feeling as if I would die from lack of oxygen.

PIXEL STORIES/STOCKSY



## Trauma is a too-vivid reminder that all blossoms, including us, will one day wither. Gardening is choosing to live.

### PTSD—THE “SECOND TSUNAMI”

of the pandemic, according to researchers who study such things—will now be shared by many of us, even as we reemerge into a world of relative safety. Those who have previous experience with trauma might have a slight leg up on those who don't, but that doesn't mean the journey into the post-pandemic light will be any less fraught. Each of us has lived through two years of trauma, whether low-grade (worrying about catching the virus, being socially isolated) or acute (mourning the deaths of loved ones, caring for the sick, managing our own illness).

As a photojournalist, I've survived wars. As a woman, I've been through divorce, layoffs, debt, rape, assault, health crises, and sexual harassment. All those experiences have created a hair-trigger response in my body: Before I sought talk therapy, even the sound of a helicopter, a parking ticket on my windshield, or footsteps behind me could release a flood of the stress hormone cortisol into my bloodstream. A few years before the pandemic began, my therapist taught me a coping strategy. Whenever I'd describe a traumatic event to him, triggering an attack of PTSD, he'd immediately notice the shift in my posture and breathing and say, “OK, let's stop for a moment to check in with your body.” I'd place my feet on the ground, sit up straight, and take deep, mindful breaths, steadying my body and mentally surveying it, part by part, starting from the feet and moving up to the head.

**THIS TECHNIQUE**, called grounding, counterbalances the cortisol, helping me release the emotions that remain stuck in my body like splinters as a result of all those negative experiences. Grounding can be achieved in multiple ways. One of them, I realized last spring, is tending a garden.

After doing some basic YouTube research on raised beds and liners, after finally planting my new seedlings in the sunny spot on my roof in Brooklyn, New York, I realized, “Duh, there's no access to water up there.” So I bought a giant watering can, filled it in the bathtub, and made my peace with lugging it up and down the stairs several times each morning. A few weeks later, I added three pots of roses. I still had extra space, roses are beautiful, and as the fox reminds the little prince in Antoine de Saint-Exupéry's classic story, “*c'est le temps que tu as perdu pour ta rose qui fait ta rose si importante.*”

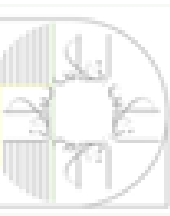
This sentence is sometimes translated as “It's the time you have spent on your rose that makes your rose so important,” but that's more of a transactional (dare I say, American) interpretation of the verb *perdre*: instead of “to spend,” a more accurate translation would be “to lose” or “to waste”—but without a negative spin. It's the

Proustian ideal of lost time, in other words, wasted only on the act of living, breathing, and being, however productively or not.

In fact, a daily mindful, grounding practice need not yield any flowers at all. The value is in the work itself: a journal kept, a canvas painted, bread baked, music composed, breaths breathed, sandcastles sculpted. Trauma is a too-vivid reminder that all blossoms, including us, will one day wither. Gardening, in whatever medium, is choosing to live.

**MY DAILY PRACTICE** brought me, quite literally, down to earth. I dead-headed and pruned the rose bushes; harvested herbs, fruit, and lettuce; pinched off aphids, dead leaves, and dill blossoms; and made sure I took a little time every morning to just sit and sip my coffee amid the growth. Over the months that followed, leaf by leaf, I came back to myself. The man I loved, who weathered the isolation of lockdown with me, suggested building a large pergola, so that on the hottest days, I could still sit in the garden.

But the thing about gardens is that even the most carefully tended ones don't last forever. One morning, after watering my plants, I came downstairs and stumbled upon a new trauma. Never mind the details. Suffice it to say I wound up screaming, “Who builds a pergola for someone they're cheating on?” My partner and I had





lived together for four years. I don't remember much after that, just the thwack of the stainless-steel Hydro Flask I was carrying (which I managed not to hurl at his head) smashing into the ground with such cortisol-fueled force it sprung a leak. I fled my garden and our shared home and holed up with some girlfriends near the ocean for a while, to give my partner time to pack up his stuff and myself time to process my grief in water, which is another form of grounding. "Please, just water the plants while I'm gone," I told him.

But the next time I saw my garden, the roses were dead, the peppers askew, and a squirrel had shuffled off this mortal coil under what was left of my basil.

The roses weren't salvageable. I yanked them up from the roots, cutting my hands on their thorns. A friend helped me with the squirrel: I gingerly edged my spade under him, and we screamed when he flipped straight up into the air like a pancake. And then, after disposing of the flattened, furry corpse, I filled the watering can, lugged the heavy load back up the stairs, and sprinkled it over my wilted plants, grounding myself in both my body and the task at hand.

Stem by stem, day by day, I promised myself, I would prune dead leaves, save those I could, and bring my garden back to life.

DEBORAH COPAKEN IS THE AUTHOR OF SEVERAL BOOKS, INCLUDING *LADYPARTS: A MEMOIR*, WHICH CAME OUT LAST SEPTEMBER.



## COUNTDOWN TO GROUNDING

A therapist-approved anytime, anywhere anxiety-busting technique.

When we think about something stressful, we activate a vicious cycle: The amygdala—the part of the brain that handles emotional responses, especially fear—goes into overdrive. "It says, 'Emergency!' and initiates changes such as increased muscle tension, rapid heart-beat, and faster breathing," says Sarah Allen, PhD, a clinical psychologist in Northbrook, Illinois. "The amygdala interprets these changes as evidence that something is actually wrong, which further activates it. Grounding techniques help us break out of that cycle."

We can ground ourselves by cooking, knitting, reorganizing our sock drawer—or by trying the 5-4-3-2-1 technique, which uses all five senses to bring us back to the present. Here are Allen's instructions.

**SIT COMFORTABLY**, close your eyes, and take a couple of deep breaths, in through your nose and out through your mouth. Now open your eyes and look around you.

### NAME OUT LOUD:

**5 THINGS YOU CAN SEE** You can look inside the room and out the window.

**4 THINGS YOU CAN FEEL** For instance, the silkiness of your skin, the texture of the material on your chair, or the smooth table in front of you.

**3 THINGS YOU CAN HEAR** Anything—like traffic or birds.

**2 THINGS YOU CAN SMELL** Hopefully nothing awful!

**1 THING YOU CAN TASTE** If you can, keep a piece of chocolate handy—take a small bite and let it swirl around your mouth for a couple of seconds, really savoring the flavor.

**TAKE A DEEP BREATH TO END.**



# HOMECOOKING

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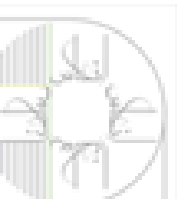
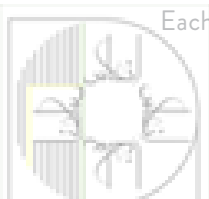
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## FIRST PERSON

**A (REDISCOVERED) JOY OF COOKING**

As a 12-year-old, *Christina Baker Kline* cooked family dinner most nights—and relished the responsibility. Decades later, she was lucky enough to cook for her sisters again.





W

**HEN I WAS 12**, my mother went back to work teaching at a community college affiliated with the university where my dad taught history. The oldest of four girls, I'd been helping in the kitchen since I could remember:

peeling carrots, sifting flour, separating eggs. I knew how to make an omelet, whoopie pies from scratch, and tacos from a kit. But now, my mom announced to the family, I would be responsible for planning and preparing dinner four nights a week.

I wasn't the only kid Mom put to work. Though Clara and Catherine were, at 3 and 5, too young to help, 10-year-old Cynthia was assigned the daunting task of the family laundry. For years she kept the giant box of dry detergent with its plastic scoop on the floor, where she could reach it, and stood on tiptoes on a wooden box to load the washer.

My parents' attitude toward child-rearing was unusual even for the freewheeling 1970s. Native Southerners, they'd taken a years-long detour to England for grad school before moving to a small town in Maine at the height of the back-to-the-land movement. Their parenting philosophy was an inconsistent hybrid of Southern propriety, British strictness, and hippie neglect. They gave us a lot of freedom, but also expected us to participate in running the household.

The food we ate was also a mashup of different cultures: grits and black-eyed peas, Yorkshire pudding and mint jelly, wheat germ and homemade yogurt. Using soil from our compost heap (the only one around, eyed with horror by the neighbors), Mom created an eccentric garden beside the garage that included 12-foot sunflowers with faces the size of dinner plates. The garden yielded truckloads of zucchini one year, huge mutant carrots the next. Trips to the grocery store were few and far between.

Though feeding the family by myself was terrifying at first, I grew to love the challenge of creating meals out of a motley collection of ingredients. Mom encouraged me to experiment, and I did, bringing barely edible concoctions to the table with pride. In school, I daydreamed about what I'd make for dinner using whatever was in the fridge: a turnip, a few limp celery stalks, some onions and ground beef, bouillon cubes. In addition to my own quirky creations,

In school, I daydreamed  
about what I'd make  
for dinner using whatever  
was in the fridge.

I relied on recipes from the newspaper, our trusty *Joy of Cooking* and *Moosewood Cookbook*, and a dog-eared stack of recipes handed down from my grandmother. Through trial and error, I learned that nutmeg is a lousy substitute for cinnamon, and that if you don't mix cornstarch with a liquid it'll separate into clumps. The time I mashed potatoes with a hand mixer and ended up with a gluey mess is part of our family lore. But despite the occasional disaster, my sisters were tolerant and even enthusiastic about my attempts. (To be fair, they had little alternative.)

All the years I spent experimenting out of necessity made me a fairly decent home cook. In college, and then in grad school, I continued to hone my skills: during an idyllic summer on Martha's Vineyard, as a live-in cook for a prominent writer and his wife; at a wellness retreat on the coast of Maine; with a high-octane caterer in Virginia whose menus consisted mainly of lobster tails, caviar, and foie gras. My boyfriend, David, and I hosted long, leisurely dinner parties on the rooftop of the converted warehouse where we lived in Charlottesville; after we married and moved to New York City, we balanced plates of coq au vin on our knees with half a dozen friends in our tiny apartment.

And then we had three boys in five years and moved to the suburbs. David commuted to the city by train; he was often gone for 12 hours a day. And my love of cooking waned. My young kids refused to eat anything that swam unless it was a fish stick, and insisted that ketchup was a vegetable. When the boys began playing sports, the sole purpose of dinner was to shovel enough fuel into them to keep them going through homework. They consumed a gallon of milk and a box of cereal a day. Endless practices and games required eat-on-the-fly food like quesadillas and chicken nuggets, or hearty fare like lasagna and stuffed shells. Those years were so busy, I didn't have the energy to entertain. Cooking anything more adventurous than burgers on the grill felt like punishment.

As soon as our youngest went off to college, David and I sold our house and moved back to the city, and it felt like a second honeymoon. We spent hours wandering far-flung neighborhoods, stopping for the perfect bowl of ramen, or biking to Midtown for Korean barbecue.



## SIMPLE EXTRAS

ALL YOU NEED TO MAKE  
EVERYTHING SIMPLE.



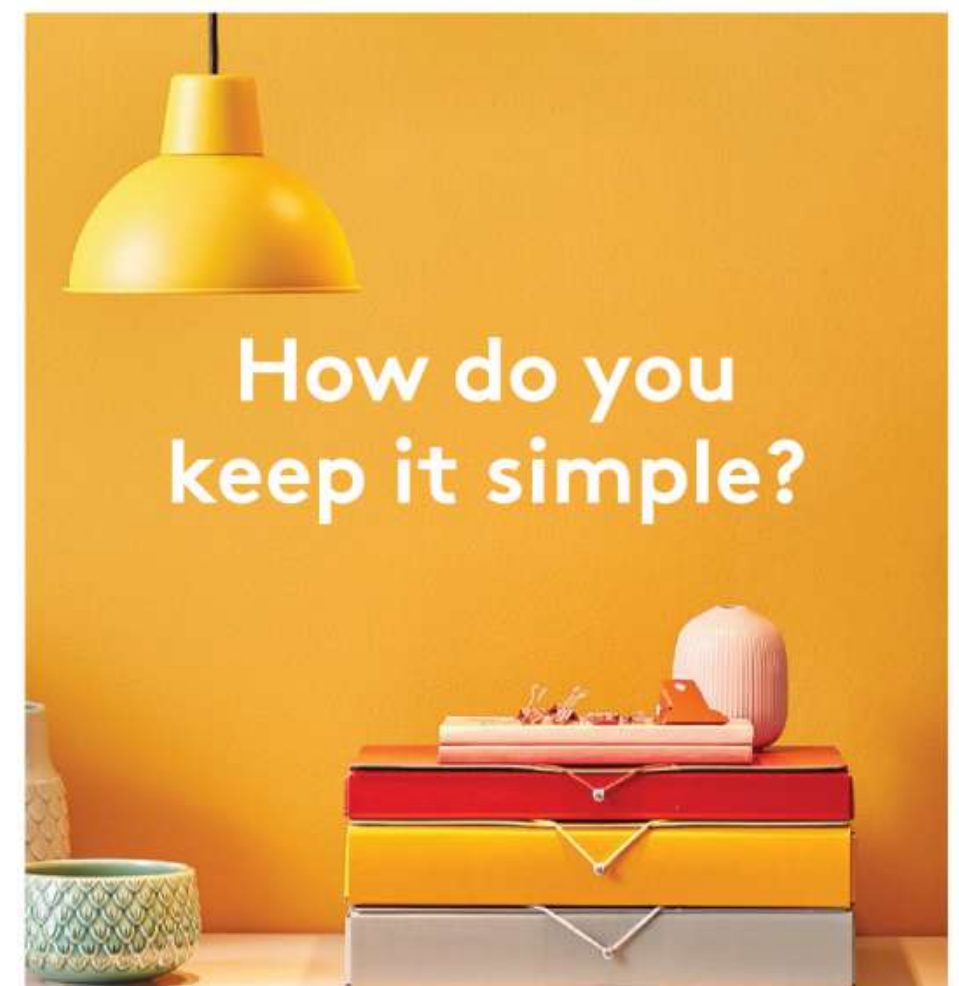
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But then the pandemic struck, and everything ground to a halt. We decamped to Maine, where my sisters and I each have a house not far from where we grew up. (Sadly, our mother died eight years ago, and our dad died in October.) Immediately we formed an extended-family Covid bubble. With a bounty of time and no options for dining out, I was thrown back into my familiar role from childhood. Making do with limited ingredients from the local grocer, I rediscovered a long-lost sense of play and a feeling of adventure. I'd forgotten the thrill of experimenting in the kitchen, getting by with what's on hand, reading recipes as if they're short stories, each one following a specific and thrilling arc. I'd forgotten that once, long ago, I loved to cook.

As the months passed, I became bolder, ordering hard-to-find ingredients online and making complicated rubs, sauces, and marinades. Deprived of my favorite New York takeout, I bought things like Chinkiang vinegar, gochujang chili paste, and white miso and attempted to recreate my favorite dishes, from mapo tofu (Chinese) to khao soi (Thai) to tantanmen ramen (Japanese). It's no coincidence, I think, that I was once again making dinner for my sisters. As they had in our childhood, they encouraged innovation, shrugged off my failures, and cheered my successes. They may not have done my laundry, but they brought wine and herbs from their gardens, and they never left until every last dish had been put away.

As adults, we also love cooking together. The idea of making sushi had always intimidated me, but over the course of half a dozen sessions, my sisters and I taught ourselves to perfect the rice-to-filling ratio, to layer lobster and scallops with avocado and cucumber, to julienne and pickle vegetables. We learned to roll the maki tightly and slice the rolls with a warm knife. These sessions—along with daily hikes—undoubtedly brought us closer. For me, hanging out with my sisters on afternoons in my Maine kitchen was a lovely way to extend and expand the joy I took in feeding them when I was 12.

Eventually we all got vaccinated and ventured back into the wider world. But that 18-month period changed me. Even as David and I resume the pleasures of our old life in New York, we are eating out less and cooking more. And bonus: My 20-something boys now live in the city too, with broader palates and interests. Cooking for them is actually enjoyable now, and sometimes, these days, they even cook for me. ■



## ABOUT THE AUTHOR

Christina Baker Kline is the author of eight novels, including *Orphan Train* and *The Exiles*. She has long since perfected her mashed potatoes.







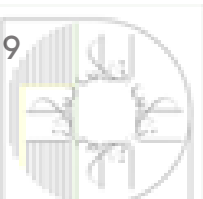
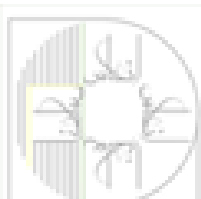


# Cleaning All-Stars

GIVE THESE 8 PRODUCTS A PLACE OF  
HONOR IN YOUR HOUSEKEEPING  
ARSENAL, BECAUSE THEY TRULY PUT  
THE “MULTI” IN “MULTITASKERS.”



BY LESLIE CORONA  
PHOTOGRAPHS BY MITCHELL FEINBERG





# 1

## BAR KEEPERS FRIEND

The ingredient that helps this product shine is oxalic acid, which occurs naturally in veggies like rhubarb and spinach. Bar Keepers Friend was originally marketed (back in 1882) to bartenders so they could polish brass fixtures in their pubs. It now comes in both powder and soft liquid formulas, and we use it to...

**REMOVE RINGS IN THE TOILET.** Let it sit for a few minutes to allow the acidity to work its magic, then scrub it off with your toilet brush. The liquid version is easier to apply (just aim and squeeze), but you can also sprinkle the powder around the bowl.

**ERASE SILVER MARKS ON PLATES.** These scratches are just metal deposits from your silverware, not cracks. Sprinkle some powder on them, rub in a circular motion, and rinse.

**NIX SCUM FROM SHOWER DOORS.** Wet the door, then gently scrub with the powder or liquid. Rinse and dry with a cloth. (Test a small, inconspicuous patch first.)



**TIP** WITH THE POWDER VERSION OF BAR KEEPERS FRIEND, YOU CAN CUSTOMIZE THE CONSISTENCY AND STRENGTH OF THE FORMULA BY ADDING MORE OR LESS WATER.

# 3

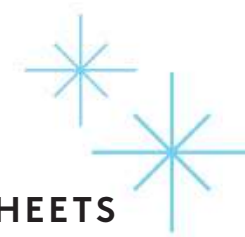
## LIQUID DISH SOAP

The classic, really sudsy formulas (sodium laureth sulfate should be at the top of the ingredient list) cut grease in the sink, and also dazzle when you use them to...

**PRETREAT STAINS ON CLOTHING.** Keep it handy on pizza night because it's especially helpful with grease stains. A drop or two is enough. Gently rub it in with your fingers, then throw the garment into the wash.

**REMOVE OIL STAINS FROM DRIVEWAYS.** A squirt of the soap, cool water, and a broom should do the trick. You may need a little more elbow grease if the stain has been there for months.

**CLEAN MAKEUP BRUSHES.** Rinse the bristles, holding the brush upside down so water doesn't collect near the handle, which can weaken the glue. Add a drop of soap to your palm and swirl the brush in it. Rinse again and gently squeeze the bristles—if the water isn't clear, repeat the process. Lay flat to dry, letting the brush head hang over the edge of the table or sink so the shape remains intact.



**TIP** USED DRYER SHEETS ARE ALMOST LIKE MICROFIBER CLOTHS. WHEN YOU TAKE YOUR LAUNDRY OUT OF THE DRYER, GRAB THE SHEET AND WIPE OFF THE LINT TRAP.

# 2

## DRYER SHEETS

They're also hard workers outside the laundry room. We use them to...

**GET DEODORANT STAINS OFF CLOTHING.** Take one that's already been through the dryer, since a fresh one may just replace the deodorant with its own residue. Rub in quick, short strokes.

**DEODORIZE SMALL SPACES.** Place them in drawers, under the seats in your car, and in your gym bag or sneakers.

**DEGREASE OVEN RACKS.** Put two or three sheets in your bathtub, place your racks on top, then fill the tub with water and let sit overnight. The grime will slide right off.



**TIP** THERE'S A CRAZE ON SOCIAL MEDIA THAT INVOLVES ADDING DISH SOAP TO THE WASHING MACHINE TO WHITEN LAUNDRY. PLEASE, ON BEHALF OF YOUR MACHINE, DON'T DO THIS! IT CAN RUIN THE SENSORS.







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# 4

## WHITE VINEGAR

The acetic acid in vinegar gently eliminates grease and grime. We like vinegar for cleaning mirrors and windows, but also use it to...

**DESTROY WEEDS.** Pour vinegar into a one-gallon pump sprayer, which gives you more precision. Soak only the weeds—none of the surrounding foliage. Your regular kitchen vinegar will work here, but if you can find “cleaning vinegar,” which is much stronger, you may have greater success. (Handle this kind with extra caution, and wear gloves.)

**CLEAN THE COFFEE MAKER.** Brew equal parts distilled white vinegar and water. Turn off the coffee maker when half the solution has passed and let it sit for about an hour, then turn it on again to finish the cycle. Run several cycles with clean water until the smell of vinegar is gone.

**POLISH FAUCETS AND SHOWERHEADS.** Pour vinegar into a plastic or zip-top bag. Immerse the fixture in the bag and secure it with a rubber band. Let it sit for a few hours or overnight, then wipe clean with a microfiber cloth.

**CLEAN REUSABLE STRAWS** and other things that go into your mouth. Because vinegar is edible, it’s safe to use—and doesn’t leave a soapy aftertaste.



**TIP** ADD VINEGAR AND SOAP TO A SOAP-DISPENSING DISH BRUSH TO KICK THE CLEANING POWER UP A NOTCH. IT’S GREAT FOR SCRUBBING BATHROOM TILES.

# 5

## STEEL WOOL

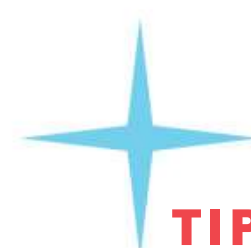
Steel wool makes quick work of cleaning pots and pans, but it can also be handy for out-of-the-box chores. Use it to...

**SHARPEN SCISSORS.** Just chop away at the bristles with scissors for a minute or so.

**CLEAN THE METAL ENDS OF GARDEN HOSES AND SPIGOTS.** Your hose should attach seamlessly to the spigot once scrubbed.

**SEAL GAPS UNDER THE SINK TO KEEP PESTS OUT.** Mice will not enjoy chomping through the wool, so it’s a great deterrent.

**SMOOTH OUT PLASTIC CUTTING BOARDS.** If you notice fraying plastic, simply sand it away.



**TIP** STEEL WOOL WILL RESIST RUSTING IF YOU STASH IT IN THE FREEZER IN A ZIP-TOP BAG.



# 6

## HYDROGEN PEROXIDE

It can help bleach your teeth, and also aid you around the house. Use it to...

**WHITEN GROUT.** Dip a toothbrush into the solution and get scrubbing, or create a paste with one part hydrogen peroxide and two parts baking soda. Coat your grout lines with the paste, let it sit for a few minutes, then rinse.

**REMOVE SWEAT, URINE, AND BLOOD STAINS FROM MATTRESSES.** Fill a spray bottle and spritz the stain, then let dry. Repeat until the stain is gone.

**CLEAN PET PEE OFF CARPETS.** Mist the stain until the yellow is pulled out. (Test a small patch of carpet first.)



**TIP** CHECK THE EXPIRATION DATE ON THE BOTTLE: HYDROGEN PEROXIDE ISN’T AS EFFECTIVE IF IT’S PAST DUE.



# 7

## BAKING SODA

You know you need it for baking, and it's a champion at deodorizing a fridge. Also use it to...

**POLISH SILVERWARE.** Mix three parts baking soda and one part water to make a paste, then gently coat your silver using a microfiber cloth; carefully rub. For fine details, lightly scrub with a soft toothbrush. Rinse and dry with a clean microfiber cloth.

**SCRAPE BURNED REMAINS OFF ENAMELED POTS.** Boil just enough water to cover the scorched bits and add four tablespoons of baking soda. Let it cool and scrub with a brush, adding more baking soda if necessary.

**DEODORIZE WOODEN CUTTING BOARDS.** Rub the powder into the grain with the cut side of a lemon half to extract onion and garlic funk.

**TIP** PICK UP A BULK-SIZE PLASTIC BAG (\$6 FOR 5 LB.; PETCO.COM) FOR CLEANING. THE ZIP TOP HELPS PREVENT WATER AND ODOR ABSORPTION.



### OUR EXPERTS

**ALYSSA ARMSTRONG**, FOUNDER OF ALYSSA'S CLEANING COMPANY IN OAKLAND COUNTY, MICHIGAN, AND CREATOR OF @ALYSSAS CLEANINGCOMPANY ON TIKTOK

**BRANDON PLESHEK**, OWNER OF PIONEER PROFESSIONAL CARPET CARE IN APPLETON, WISCONSIN, AND CREATOR OF @CLEANTHATUP ON TIKTOK

**TIP** BECAUSE OF THE ERASER'S LIGHTLY ABRASIVE QUALITY, DON'T GET TOO AGGRESSIVE RUBBING TROUBLE SPOTS, AND ALWAYS TEST A SMALL SPOT BEFORE GOING FULL DANIEL-SAN.



# 8

## MR. CLEAN MAGIC ERASER

Beyond buffing away soap scum in the tub and crayon scribbles on walls, use these little bricks of melamine foam to...

**SCRUB GREASY FILM OFF POTS** and those brown, cooked-on stains off glass baking dishes. The eraser is also sold in thin sheets, which makes it easy to get into cookware crevices.

**REFRESH WHITE SNEAKERS.** Your kid's kicks will look brand spankin' new. The eraser helps melt away scuffs and dirt on the trim.

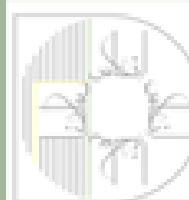
**DEGUNK FLAT IRONS**, curling irons, and even your regular iron.

**REMOVE HARD-WATER STAINS** (or just stubborn scum) from glass shower doors and vinyl shower curtains.

**WIPE GRIME OFF KIDDIE POOLS.** Dirt will be a cinch to extract.



**TIP** EVEN THOUGH THEY CAN BE REUSED A FEW TIMES, MAGIC ERASERS AREN'T THAT CUTE AFTER THEY'VE BEEN USED. IF YOU ALWAYS WANT TO WORK WITH A FRESH PIECE, SLICE THE BRICK INTO SMALLER PORTIONS.











### Skillet Hash Browns with Smoked Salmon

Frozen shredded potatoes are your shortcut to this savory showstopper. Add the toppings before serving, or let your guests customize their slices.







# Brunch Is the Best

Permission to serve fruit, croissants,  
and smoked salmon—granted.  
Plus, bask in the knowledge that all  
the dishes will be done by 3 p.m.

by Jenna Helwig    photographs by Victor Protasio

food styling by Chelsea Zimmer

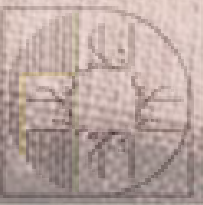
prop styling by Audrey Davis





### Ham-and-Egg Croissant Sandwiches

Yes, you can make  
fried eggs for a crowd.  
All it takes is a hot  
baking sheet and a few  
minutes in the oven.







## Skillet Hash Browns with Smoked Salmon

ACTIVE TIME **30 MINUTES**

TOTAL TIME **50 MINUTES**

SERVES **6 TO 8**

- 2 1-lb. pkg. frozen shredded hash browns
- 6 Tbsp. canola oil, divided
- $\frac{1}{2}$  tsp. kosher salt, divided
- 2 Tbsp. olive oil
- 1 8-oz. pkg. sliced smoked salmon
- Sour cream, capers, sliced red onion, chopped dill, black pepper, flaky sea salt, and lemon wedges, for serving

**LINE** a medium bowl with a kitchen towel and place hash browns in bowl. Defrost in microwave at 50 percent power for 10 to 12 minutes. (Alternatively, thaw hash browns in bowl in refrigerator for 12 hours.) Gather ends of towel together and wring out as much liquid as possible from hash browns.

**HEAT**  $\frac{1}{4}$  cup canola oil in a 10-inch cast-iron or nonstick skillet over medium. Add hash browns; using a spatula, flatten into an even layer the size and shape of skillet. Sprinkle with  $\frac{1}{4}$  teaspoon salt. Cook until hash browns hold their shape and stick together, about 5 minutes. Pour olive oil around edges of skillet and cook until bottom side is golden brown, 5 to 10 minutes. Slide hash browns onto a plate. Cover with a second plate and invert.

**ADD** remaining 2 tablespoons canola oil to skillet. Slide hash browns back into skillet with browned side facing up. Sprinkle with remaining  $\frac{1}{4}$  teaspoon salt. Cook over medium until bottom is golden brown, 7 to 8 minutes. Slide onto a cutting board or platter. Let cool for 10 minutes. Top with smoked salmon and desired toppings. Slice into wedges and serve.

At your store's deli counter, ask if they carry French bistro-style ham.

## Ham-and-Egg Croissant Sandwiches

ACTIVE TIME **10 MINUTES**

TOTAL TIME **15 MINUTES**

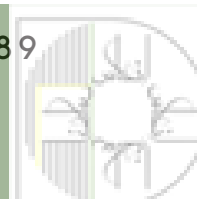
SERVES **8**

- $\frac{1}{2}$  cup mayonnaise
- 1 Tbsp. Dijon mustard
- 2 tsp. fresh lemon juice (from 1 lemon)
- $\frac{3}{4}$  tsp. kosher salt, divided
- 2 Tbsp. finely chopped fresh chives
- Freshly ground black pepper
- 8 large croissants, split horizontally
- 4 cups loosely packed baby arugula
- 8 thin deli ham slices (about 8 oz.)
- Cooking spray
- 8 large eggs

**PLACE** a large rimmed baking sheet in oven. Preheat oven to 500°F. Whisk mayonnaise, mustard, lemon juice, and  $\frac{1}{4}$  teaspoon salt in a medium bowl; stir in chives. Season with pepper.

**SPREAD** mayonnaise mixture evenly on cut sides of croissants. Layer arugula on bottom halves of croissants; top with ham.

**CAREFULLY** remove hot baking sheet from oven; coat with cooking spray. Crack eggs directly onto baking sheet, spaced 1 inch apart. Bake until egg whites are set and yolks are just set but not cooked through, about 3 minutes. Sprinkle evenly with remaining  $\frac{1}{2}$  teaspoon salt. Top with more pepper. Place eggs on ham slices and replace croissant tops.







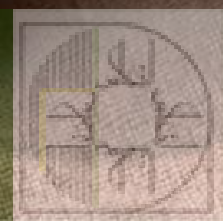
### Smashed Pea and Ricotta Toasts

Mint and peas go together like macaroni and cheese. Mix in lemon and ricotta, another natural pair, and you have a yummy dish that's much more than the sum of its parts.



## Ginger-Peach Streusel Muffins

Buttermilk makes these muffins tender and just tangy enough to balance out the spicy sweetness.





## Berry Baked Oatmeal

Juicy fruit, crunchy almonds, and a kiss of vanilla take regular old oats to a whole new level of deliciousness. Use any berries you have on hand, even frozen.





## Smashed Pea and Ricotta Toasts

ACTIVE TIME **20 MINUTES**

TOTAL TIME **20 MINUTES**

SERVES **8**

- 2 cups fresh or frozen English peas
- $\frac{1}{4}$  cup olive oil, divided,  
plus more for toasts and serving
- $\frac{3}{4}$  tsp. kosher salt, divided,  
plus more for toasts
- 2 Tbsp. finely sliced fresh mint
- 4  $\frac{1}{2}$ -in.-thick slices rustic or  
sourdough bread
- $\frac{2}{3}$  cup whole-milk ricotta cheese (6 oz.)
- 1 tsp. lemon zest plus 1 tsp. fresh juice  
(from 1 lemon)
- 2 Tbsp. toasted pine nuts
- Flaky sea salt, for serving

**PLACE** peas in a small saucepan and cover with water. Bring to a boil over medium-high. Reduce heat to medium; simmer until peas are tender and bright green, 1 to 2 minutes. Drain and rinse with cold water. Rinse and dry pan. Return peas to pan.

**ADD** 2 tablespoons oil and  $\frac{1}{2}$  teaspoon kosher salt to peas. Mash about two-thirds of peas with a spoon or fork; stir in mint.

**PREHEAT** broiler with oven rack about 3 inches from heat. Place bread on a large rimmed baking sheet. Brush both sides with oil and sprinkle with kosher salt. Broil, flipping once, until golden brown, about 2 minutes per side.

**STIR** together ricotta, lemon juice, and remaining 2 tablespoons oil and  $\frac{1}{4}$  teaspoon kosher salt in a medium bowl. Spread on toasts and top with pea mixture. Drizzle with oil and top with lemon zest and pine nuts. Top with flaky sea salt. Cut each toast in half and serve.

## Ginger-Peach Streusel Muffins

ACTIVE TIME **15 MINUTES**

TOTAL TIME **50 MINUTES**

MAKES **18 MUFFINS**

- Cooking spray
- 12 Tbsp. ( $1\frac{1}{2}$  sticks) unsalted  
butter, divided
- $2\frac{1}{2}$  cups all-purpose flour, divided
- $\frac{3}{4}$  cup packed light brown sugar, divided
- 1 tsp. ground cinnamon, divided
- $\frac{3}{4}$  tsp. ground ginger, divided
- $\frac{1}{2}$  tsp. plus  $\frac{1}{8}$  tsp. kosher salt, divided
- 2 large eggs, at room temperature
- $\frac{3}{4}$  cup whole buttermilk,  
at room temperature
- $\frac{1}{4}$  cup granulated sugar
- $1\frac{1}{2}$  tsp. baking powder
- $\frac{1}{2}$  tsp. baking soda
- 1 cup chopped fresh or  
thawed frozen peaches
- 2 Tbsp. finely chopped  
crystallized ginger

**PREHEAT** oven to 375°F. Line 18 muffin wells with paper liners and coat with cooking spray. (Or omit the liners and just coat with cooking spray.)

**MAKE** the streusel: Melt 4 tablespoons butter in microwave or a small saucepan over medium. Stir together  $\frac{1}{2}$  cup flour,  $\frac{1}{4}$  cup brown sugar,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{2}$  teaspoon ground ginger, and  $\frac{1}{8}$  teaspoon salt in a medium bowl. Add melted butter and stir until combined.

**MELT** remaining 8 tablespoons butter in microwave or a small saucepan over medium. Whisk eggs, buttermilk, and melted butter in a large bowl. Add granulated sugar, baking powder, baking soda, and remaining 2 cups flour,  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{4}$  teaspoon ground ginger, and  $\frac{1}{2}$  teaspoon salt; stir until just combined. Stir in peaches and crystallized ginger.

Crystallized ginger  
adds zing, but if  
you don't have any,  
it's fine to skip.

**DIVIDE** batter among prepared muffin wells. Top evenly with streusel mixture, breaking up any large chunks. Bake, rotating muffin trays halfway through baking time, until a wooden pick inserted in center comes out clean or with just moist crumbs, about 22 minutes. Let muffins cool in trays for 10 minutes; remove from wells and let cool on wire racks.

## Berry Baked Oatmeal

ACTIVE TIME **15 MINUTES**

TOTAL TIME **1 HOUR, 5 MINUTES**

SERVES **8**

- 3 large eggs
- $3\frac{1}{2}$  cups whole milk
- $\frac{1}{4}$  cup pure maple syrup,  
plus more for serving
- 2 tsp. pure vanilla extract
- $\frac{1}{2}$  tsp. ground nutmeg
- $\frac{1}{4}$  cup ( $\frac{1}{2}$  stick) unsalted butter,  
melted and cooled, divided,  
plus more for greasing
- 4 cups old-fashioned rolled oats
- 2 tsp. baking powder
- 1 tsp. kosher salt
- 2 cups mixed fresh berries,  
sliced if strawberries
- $\frac{1}{2}$  cup sliced almonds, lightly toasted

**PREHEAT** oven to 400°F. Grease a 13-by-9-inch baking dish with butter. Whisk eggs, milk, syrup, vanilla, nutmeg, and 2 tablespoons melted butter in a large bowl. Add oats, baking powder, and salt; stir to combine. Transfer to baking dish; spread in a mostly even layer using a spatula. Top with berries and almonds.

**BAKE** until lightly golden and firm in center, 40 to 45 minutes. Let rest for 10 minutes. Drizzle or brush with remaining 2 tablespoons melted butter. Serve with more syrup.



## Tropical Fruit Salad

Choose your favorite fruits for this sunny salad, and if coconut isn't your jam, leave out the flakes and swap in vanilla Greek yogurt for the base.







## Tropical Fruit Salad

ACTIVE TIME **15 MINUTES**

TOTAL TIME **30 MINUTES**

SERVES **8**

- 2 cups 1-in. papaya cubes  
(from 1 papaya)
- 2 cups 1-in. pineapple cubes  
(from 1 pineapple)
- 2 cups 1-in. mango cubes  
(from 1 to 2 mangoes)
- 2 kiwis, peeled and cut into half-moons
- 2 Tbsp. granulated sugar
- 1 Tbsp. fresh lime juice (from 1 lime)
- Pinch of kosher salt
- 2 cups plain coconut milk yogurt,  
such as Cocomane
- $\frac{1}{4}$  cup lightly toasted unsweetened  
flaked coconut

**PLACE** papaya, pineapple, mango, and kiwis in a large bowl. Add sugar, lime juice, and salt; gently toss to combine. Let stand for 15 minutes at room temperature, or cover and refrigerate for up to 1 hour.

**SPREAD** yogurt in a thick layer on a platter. Mound fruit mixture on top of yogurt using a slotted spoon. Top with flaked coconut.





### Checks, Please!

The overall vibe is polished (bordering on Grace Kelly glam), but the stretchy waist means you can move and breathe easily all day.

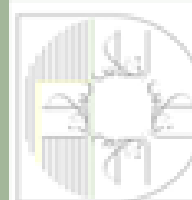
## Make Yourself Comfortable

THEY LOOK DRESSY BUT FEEL RELAXED. THESE STYLES HAVE IT ALL (EXCEPT FOR ZIPPERS, BUTTON FLIES, AND TIGHT WAISTBANDS).

BY **Flavia Nunez**

PHOTOGRAPHY BY **Jonathon Kambouris**

STYLING BY **Peter Tran**





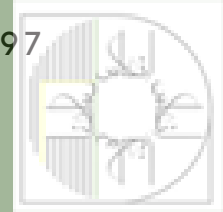


**TO BUY: (This page)**  
Ilolle Jokeri Dress, \$395;  
marimekko.com. Shore  
Visor, \$102; hatattack.com.  
Koa Square Push-Lock  
Shoulder Bag, \$83;  
charleskeith.com. Lace-Up  
Wedges, \$50; aerie.com.

**(Opposite page)**  
Muscle Tee, \$119; dl1961  
.com. Maxi Skirt, \$40;  
oldnavy.com. Billie Silk  
Bandana, \$19.50;  
kayudesign.com. The New  
Yorker Sunglasses, \$40;  
priverevaux.com. Lace Up  
Sneakers, \$70; loft.com.

### Mod Squad

The A-line silhouette  
and graphic pattern  
hark back to the  
groovy-girl shift dress  
of the 1960s.

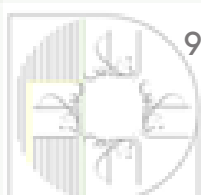




**TO BUY:** Carly Jumpsuit, \$295; marahoffman.com. Rise Hoop Earrings, \$56; tseatjewelry.com. Akia Bag, \$70; petaandjain.com. Kylah Block Heel Sandal, \$90; aldoshoes.com.

### Jump for Joy

Take the freedom and comfort of your favorite pj's...but make it so you can actually wear them to a dressy event.

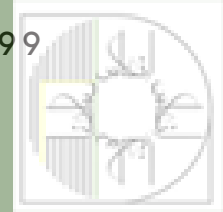
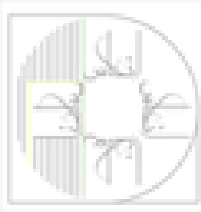




### Power Pants

Lantern-leg pants have a length and rise like sweatpants but are a million times more refined (just add tassel slides).

**TO BUY:** Polo Sweater, \$89; nydj.com. Flex Ponte Lantern Pant, \$198; eileenfisher.com. House of Want Vegan Leather Phone Crossbody Bag, \$48; nordstrom.com. Suede Tassel Bow Slingback Flats, \$138; anntaylor.com.



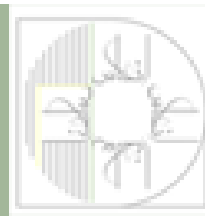




### Shoulder Season

Asymmetrical and almost sculptural, this splurge-worthy cotton jumpsuit feels like a work of art.

**TO BUY:** Love Binetti Noemi Jumpsuit, \$375; [diegobinetti.com](http://diegobinetti.com). Reyna Wicker & Pearl Drop Hoop Earrings, \$34; [canvasstyle.com](http://canvasstyle.com). Charlotte Tote, \$150; [btblosangeles.com](http://btblosangeles.com). Yale Sandals, \$69; [zodiacshoes.com](http://zodiacshoes.com).





### Jean Expression

Yes, these pants have a supremely stretchy elastic waistband. And no, no one needs to know thanks to a cute, hip-skimming sweater.

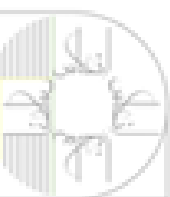
**TO BUY:** 3D Knit Cotton Sweater, \$40; [uniqlo.com](http://uniqlo.com). Jen7 The Traveler Jean, \$109; [nordstrom.com](http://nordstrom.com). Bindio Handbag, \$89; [steve-madden.com](http://steve-madden.com). Marc Fisher LTD Mireya Sandals, \$110; [marcfisherfootwear.com](http://marcfisherfootwear.com).



### Back in Black

This LBD works 24/7—on the shoulder for work, off the shoulder for nights out, and as a beach cover-up come the weekend.

**TO BUY:** Poplin Off The Shoulder Dress, \$195; cuyana.com. Lygia Necklace, \$125; mmlafleur.com. The After Party Sunglasses, \$35; priverevaux.com. Gigi Mini Bag, \$129; baldwinera.com. Serla Mules, \$140; dolcevita.com.

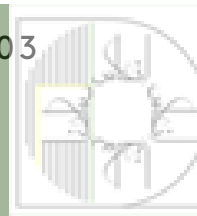




**TO BUY:** The SeaCell  
Sweater, \$99.50;  
frankandoak.com.  
Striped Knit Skirt,  
\$268; katespade.com.  
Luana Necklace, \$165;  
byalona.com. Navy  
Bolero Bag, \$290;  
sorayahennessy.com.  
Miarah Magnolia Flower  
Flat Sandals, \$225;  
tedbaker.com.

### String of Purls

An all-knit outfit (right down  
to the handbag) is  
as cozy as curling up under  
a plush cotton blanket.





# WALK THE WALK

Walking can lift your spirits,  
clear your head, and help you find  
your way. Follow this step-by-step  
guide to more soulful strolls.

By **Annabel Streets**

Illustrations by  
**Naomi Wilkinson**







### **GREW UP CARLESS IN WALES.**

My father never owned one; he never even learned to drive. My mother finally took lessons in her 40s, proudly failing her driving test seven times. We lived in obscure, remote places where public transport was at best unpredictable and at worst nonexistent. If we needed anything, we walked, often for miles. Perhaps this explains why my first car—a cramped Fiat—brought me so much pleasure.

My driving life coincided with a desk job. Both eventually coincided with curious changes to my body (rounder, softer, achier, stiffer, stooped) and my mind (anxious, unsettled, discontented). Around the same time, I came across a fact that flabbergasted me: The average American takes between 3,000 and 5,000 steps per day, well below the gold standard of 10,000. In that instant, I saw how dramatically my life had changed. I was hopping into my car at every opportunity, slouched over a desk all day, slumped on the sofa all evening. Suddenly I had a deep yearning for the life I'd lost, with its simple walking joys, its endless adventures on foot, its wild blustering air. I decided to “upmove” my life, to reoxygenate it.

I made a rule for myself not to use my car unless it was absolutely necessary. Instead, I would walk. During the months that followed, I noticed that many of the journeys I'd taken by car were ridiculously close to home. Why had I driven 10 minutes to the grocery store for a handful of items when it was only a 20-minute walk? To a dentist's office that was a mere 15-minute saunter? More ludicrous still, why on earth had I driven to a gym so I could walk on a treadmill or sit on an exercise bike?

I noticed something else too: At the first sign of rain, wind, darkness, heat, hunger, boredom, or lack of a companion, my little car became irresistibly alluring. And so I got a dog and proper clothing—no longer would the cold, wet, or dark excuse me from walking. I grew to love my night walks, my rain-sodden strolls, my mud-bound marches. Walking had never seemed more beguiling or more thrilling. The following were my keys to keeping up the practice, for anyone to adopt.





### TIP 1: Walk When You Wake Up

If you take just one daily walk, do it first thing in the morning. Walking within an hour of waking can increase metabolic benefits and help the brain boot up. Our circadian clocks are most sensitive to light about one hour after waking, meaning a bright blast of light helps activate our brains and set our circadian rhythms for the day. Some science suggests that a brisk walk before breakfast—while our bodies are still in fasting mode—burns more fat, improves how our bodies respond to insulin, and cuts our risks of type 2 diabetes and heart disease. The process is simple: Get up, drink a glass of water, and get going. There's just one exception to this rule: long, demanding hikes. You should always fuel up with a good breakfast beforehand.

### TIP 2: Walk to Get Lost

Straying from your usual route, guided only by a paper map or your internal sense of direction, will quite literally expand your mind. When we're lost, we're exposed to new landscapes and landmarks, forcing our brains to sit up and take note of our surroundings. Confronted with something new and different, our brains can begin to build new neural pathways, improving our memory and capacity for learning. Studies even link wider areas of travel with greater spatial cognition—meaning our sense of direction improves when we exercise it. Walking to get lost is an excellent way of unraveling a new city (but always carry a map and a cellphone, just in case).

### TIP 3: Walk in the Cold

Welcome the colder months as an exhilarating time to move outdoors. Studies show that cold becomes less intimidating and discomforting the more we expose ourselves to it—a process called habituation. Research also suggests that we think more clearly in cold weather than in hot weather. The key to loving chilly treks? Layers, and lots of them. Your hands, feet, and head can be the first to feel cool, as blood floods to vital organs to keep them functioning properly, so fleece-lined gloves, thick socks, and a hat are essential (a flask of a hot beverage can help too). If you're worried about slipping on ice, ensure your footwear has the best possible grip by checking a site like ratemytreads.com, or consider a pair of grippy slip-on Yaktrax (\$20; rei.com) for icy days. For better traction, try walking slowly and sideways on steps and downhill.

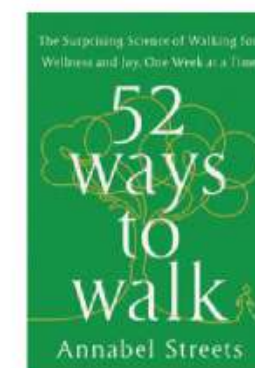
Straying from your usual route,  
guided only by a map or  
your sense of direction, will quite  
literally expand your mind.

### TIP 4: Walk in Silence

Exposure to noise has been linked to sleep disturbance, heart disease, diabetes, hearing loss, and stress. When we have nothing to listen to and no sounds to disturb us, our bodies can rest and our brains can get to work building new neurons, a process known as neurogenesis. Of course, even in the quietest of places, we can hear our breath or our footsteps. But noiseless places do exist—landscapes without leaf blowers, traffic, car alarms, and airplanes. Seek them out. Unplug from your phone, resist the urge to chat with your walking companion or tune in to a podcast, and observe how silence changes not only the sound of things but the look of your surroundings.

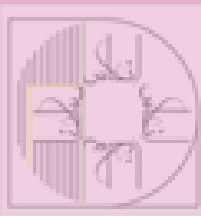
### TIP 5: Walk After Eating

Thanks to my grandmother, I grew up convinced that digestion works best if we sit and rest after eating. Exercise, she warned me, meant cramps, indigestion, and more. So for decades, I barely moved after meals. The more I ate, the more inert I became. Some 40 years later, I've managed to shake off the full-bellied-slug approach. Research shows that gentle exercise after a meal has benefits, including lowering blood glucose levels. The good news (for those averse to long walks) is that a 10-minute stroll is all it can take to lower the glucose spikes that may be triggered by overeating. A study in the journal *Gut* found that exercise can help food travel more efficiently through the digestive system. Think of moving after eating like drizzling oil into a rusty lock, easing food—and its nutrients—through our bodies. There's no need to stride or march: This is a promenade, not a power walk. Pay attention to your posture—with a full stomach, you don't want to be slumping.



From *52 Ways to Walk: The Surprising Science of Walking for Wellness and Joy, One Week at a Time* by Annabel Streets, published by Putnam, an imprint of the Penguin Publishing Group, a division of Penguin Random House LLC. Copyright © 2022 by Annabel Streets.







## CHANGE OF PACE

After decades spent pounding the pavement, Rory Evans fell in love with slowing down.

**HOW MANY DAYS** can you go without running and still think of yourself as a runner? That was the word problem I was stuck on for much of the pandemic. I started running when I was 12. I kept at it for almost four decades, even though in recent years, I'd had to take long chunks of months off to heal various injuries.

Back in March 2020, I was presented with a new landscape. For the first time in my working life, I didn't commute. My office was my side of a queen-size bed, and showering had become an entirely theoretical expectation. Surely, I assumed, I could go for a 45-minute run at lunchtime. Or I'd head out at 5:30 and be home by 6:30 for dinner. I finally had what felt like all the flexibility in the world...yet not a nanogram of motivation. In 2019, I ran four times a week. For most of 2020, I ran twice a month. By the first half of 2021, it was down to about once a month. Every morning, I'd wake up and think, "*This is the day.*" And every night, brushing my teeth, I'd think, "Welp, I blew that."

Running just felt so *hard*, requiring a staggering amount of energy even before setting a foot out the door: putting on knee braces, plantar fasciitis supports, leggings, sneakers, chrysalizing myself in a jog bra. Sweet Jesus, that jog bra—truly a mile too far!



But then in September, I walked my daughter to her first day of seventh grade. It was sunny and beautiful out, and only 7:45 a.m. when she and I parted, so instead of going home, I walked around the neighborhood for a bit. The next day, I did the same. And the next. I wore cutoffs, the lightweight bralette and tank top I'd rolled out of bed in, and my Birks. My watch started asking me if I wanted to record an outdoor walk, and I realized that the universe—God love her—had tricked me into exercising.

Those random pings on my wrist were my watch telling me I'd reached one mile, two, three, and it also spat out my splits. As the days went by, I started going farther and faster, seeing if I could chisel my mile down to the 14-minute zone, then 13, then 12. I actually focused on getting better at walking—something I certainly had not done with running since high school cross-country in 1986.

It struck me that my running mile was only about three minutes faster than my walking mile. I could procrastinate and procrastinate and then ever so occasionally slowly run five miles in a miserable 45 minutes, or I could briskly walk the same distance for a refresh-alaxing hour. What's more, this was sustainable—I could walk six days a week and not get hurt (that sound you hear is the earth shattering, because I know it's no longer my brittle iliotibial band!).

Of course, as I went farther and faster, my cutoffs and Birks didn't cut it. Now when I get out of bed each morning, I put on the knee braces and p-fash supports, the leggings. I even wriggle into a stupid jog bra, but that feels like a small price to pay for the reward of actually stepping out the door.



## LOCK STEP

For mom of four Maya Kukes, walking is a family affair.

**THE PLEAS FOR A DOG** continued until I finally caved. “We’ll help walk it!” promised all four of my children—I’m sure you know how that went. Three years later, when the pandemic shut down the world and our lives almost overnight, walking the dog suddenly became the highlight and anchor of our days.

By the second afternoon of remote work and school, we had a routine: At 5 p.m. sharp, I’d abruptly shut the laptop in my home office and corral our wiggly golden retriever, Janie, onto her leash. Then I’d call out to anyone within earshot (which was always everybody, since they were always home), “I’m going on a walk! Who’s coming?”

Sometimes it would be my 13-year-old daughter, who preferred to roller-skate alongside the dog and me. I might get a precious teen nugget about school or friends, but often she’d just hand me an earbud and we’d wordlessly listen to Billie Eilish, or Girl in Red, or whatever was playing on her phone. Another day it might be one of my 9-year-old twins, who delighted in using time with me, his captive audience, to detail his latest obsession: World War II aircraft. (Months later it would be dinosaurs, followed by space exploration.)

That was two years ago, and with their schedules again filled with soccer, marching band, and actual, in-person friends, I get less company. But the habit stuck and the

word is out: Taking a walk with me means my undivided attention—no distracting work emails, no dishwasher beckoning to be filled.

It’s a win for me too. Fresh air and open space seem to leave less room for conflict or sibling rivalry. That’s why even now, when I’m tying my sneakers and searching for the leash, I still call out, “I’m going on a walk!” And if I’m lucky, somebody comes.

## TOP-NOTCH TRAINERS

The beauty of walking is that reliable sneakers are pretty much the only equipment you need.

Podiatrist Nelya Lobkova, DPM, shares her selects for shoes worth the splurge.

### NEW BALANCE 990V5

These breathable suede kicks offer premium arch support and an ultra-plush insole that prevents painful impact on the heel.

**TO BUY:** \$185; [newbalance.com](https://newbalance.com).

### HOKA BONDI SR

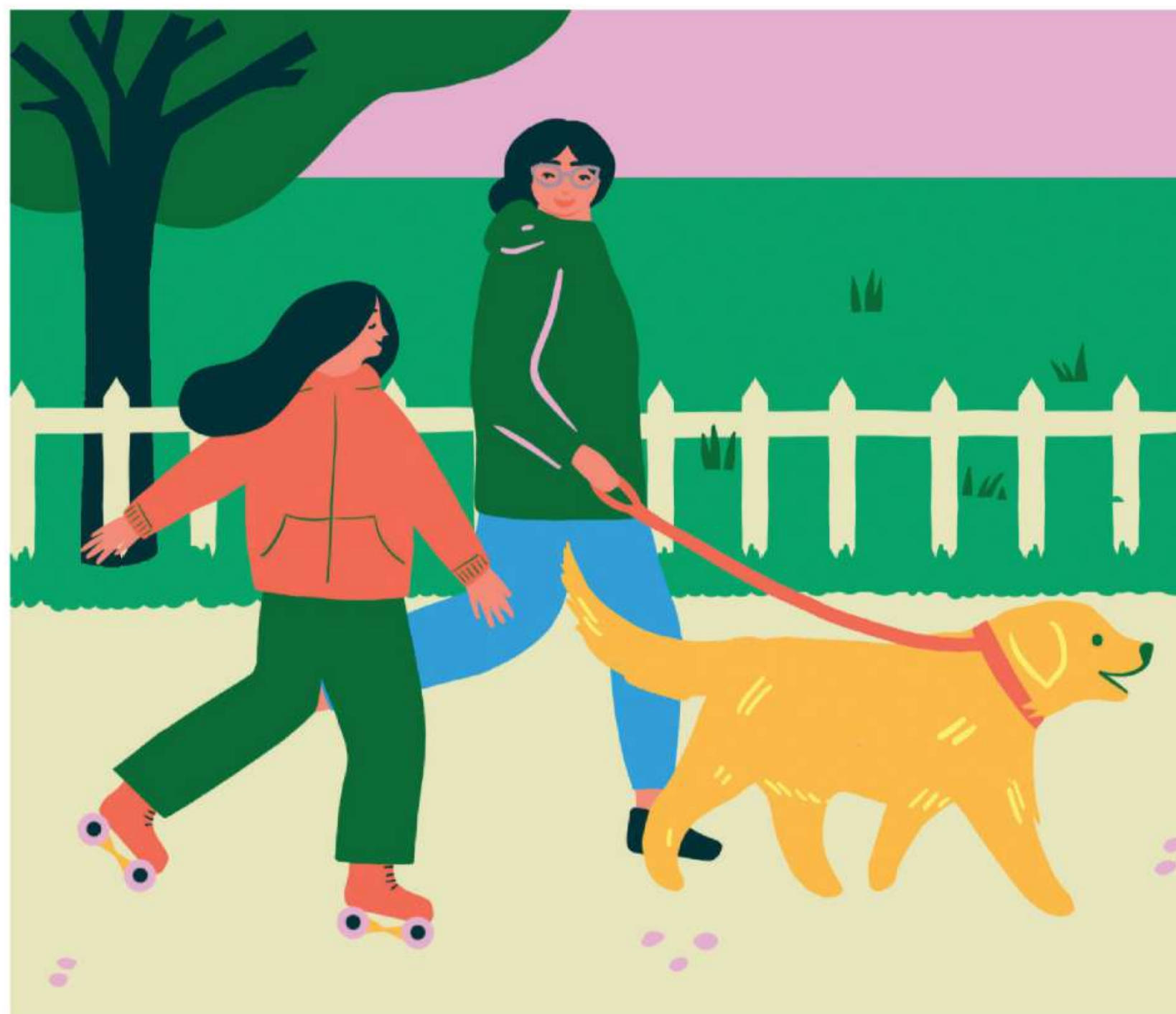
Designed for long-distance walking and everyday wear, these slip-resistant sneakers feature a cushioned interior that can stand up to concrete city streets.

**TO BUY:** \$170; [hoka.com](https://hoka.com).

### ON CLOUDVENTURE

Perfect for trails and steep climbs, these wide, ventilated shoes have unparalleled grip.

**TO BUY:** \$150; [on-running.com](https://on-running.com).







A meal the whole family wants to eat.  
**Impossible.**



Zero sugar\*, zero artificial sweeteners.  
**Impossibly delicious.**



VEGGIE GRILLED CHEESE / SHEPHERD'S PIE / LOADED SWEET POTATOES

# FOOD

IN SEASON

## Your Main Mango

In spring, we toast to Champagne (or Ataulfo) mangoes, with sweet flesh and golden skin that's way easier to peel than its red-and-green counterpart.

**SHOP** for aromatic, unblemished fruit that gives a bit when gently squeezed.

**STORE** at room temperature until the mangoes soften. Once ripe, they'll keep in the fridge—either whole or peeled and cut—for up to five days.

**SERVE** tossed with lime juice, tomatoes, and avocado for a fish or taco topping. Puree into a smoothie with coconut milk or yogurt. Add slices to a creamy curry for a splash of sweetness, or dip chunks in chili powder and lime zest for a savory-sweet snack.

—Lizzy Briskin



FOOD STYLING BY ALI RAMEE; PROP STYLING BY KAY E. CLARKE

Photograph by Caitlin Benschel

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APRIL 2022 REAL SIMPLE 111



## EASY DINNER 1

# Broccoli-Cheddar Grilled Cheese

ACTIVE TIME **30 MINUTES**  
TOTAL TIME **30 MINUTES** SERVES **4**

✓ Quick Cooking ✓ One Pot  
✓ Vegetarian ✓ Family Friendly

- 2 Tbsp. olive oil
- 4 cups chopped broccoli florets (from 1 large head broccoli)
- 1 tsp. lemon zest (from 1 lemon)
- $\frac{1}{2}$  tsp. kosher salt
- $\frac{1}{2}$  tsp. freshly ground black pepper
- $\frac{1}{2}$  tsp. garlic powder
- 8  $\frac{1}{2}$ -in.-thick slices rustic bread
- $\frac{1}{4}$  cup mayonnaise
- 4 oz. sharp Cheddar cheese, shredded (about 1 cup)
- 4 oz. fontina cheese, shredded (about 1 cup)

**HEAT** oil in a large high-sided skillet over medium-high. Add broccoli; cook, stirring occasionally, until charred in spots and crisp-tender, about 8 minutes. Remove skillet from heat and transfer broccoli to a small bowl. Stir lemon zest, salt, pepper, and garlic powder into bowl with broccoli. Wipe skillet clean.

**SPREAD** 1 side of each bread slice with mayonnaise. Place 4 slices mayonnaise side down and top with Cheddar. Top Cheddar with broccoli mixture; top broccoli mixture with fontina. Top fontina with remaining 4 bread slices, mayonnaise side up.

**RETURN** skillet to medium heat. Place 2 sandwiches in skillet; cook, flipping once, until cheese is melted and bread is golden brown, 3 to 4 minutes per side. Repeat with remaining sandwiches.

**PER SERVING:** 634 Calories, 36g Fat (14g Saturated), 67mg Cholesterol, 2g Fiber, 22g Protein, 42g Carbs, 1,201mg Sodium, 2g Sugar

Recipes by Liz Mervosh

Photographs by Caitlin Bensei

FOOD STYLING BY ALI RAMEE; PROP STYLING BY KAY E. CLARKE



2 Tbsp. olive oil  
8 lamb loin chops (1¼- to 1½-in. thick), fat cap removed  
2¼ tsp. kosher salt, divided  
1 lb. fresh asparagus, trimmed and cut into 2-in. pieces  
½ cup chopped fresh cilantro  
1 Tbsp. red wine vinegar  
2 tsp. lemon zest plus 1 Tbsp. fresh juice (from 2 lemons)  
½ tsp. grated garlic (from 1 large clove)  
4 1-in.-thick slices French bread  
¾ cup plain whole-milk strained yogurt, such as Greek  
2 radishes, thinly sliced

**HEAT** oil in a 12-inch high-sided pan over high. Sprinkle both sides of lamb chops with 2 teaspoons salt. Add chops to pan; cook, flipping once, until browned and a thermometer inserted in thickest part registers 135°F, about 6 minutes per side for medium-rare. Transfer chops to a plate.

**DISCARD** all but 1 tablespoon drippings from pan. Add asparagus; cook over medium-high, stirring occasionally, until crisp-tender, about 3 minutes. Remove from heat. Stir in cilantro, vinegar, lemon zest and juice, garlic, and remaining ¼ teaspoon salt. Transfer mixture to a bowl.

**RETURN** pan to medium-high (do not wipe clean). Add sliced bread; cook, flipping once, until lightly toasted, about 1 minute per side.

**SPREAD** 3 tablespoons yogurt on each of 4 plates. Spoon asparagus mixture over yogurt and top with radishes. Place lamb chops alongside. Serve with toasted bread.

**PER SERVING:** 419 Calories, 18g Fat (5g Saturated), 100mg Cholesterol, 2g Fiber, 39g Protein, 23g Carbs, 1,408mg Sodium, 4g Sugar



EASY DINNER 2

## Lamb Chops with Charred Asparagus

ACTIVE TIME 30 MINUTES TOTAL TIME 30 MINUTES SERVES 4

✓ Quick Cooking ✓ One Pot





EASY DINNER 3

## Seared Scallops with Polenta

ACTIVE TIME **30 MINUTES**  
TOTAL TIME **30 MINUTES** SERVES **4**

✓ Quick Cooking ✓ Gluten-Free

- 1/4 cup plus 2 Tbsp. olive oil, divided
- 1/2 cup finely chopped yellow onion (from 1 onion)
- 4 cloves garlic, chopped
- 2 sprigs oregano, plus finely chopped oregano for serving
- 1 15-oz. can no-salt-added crushed tomatoes
- 2 Tbsp. drained nonpareil capers
- 1 cup uncooked instant polenta
- 1/4 cup unsalted butter
- 2 3/4 tsp. kosher salt, divided
- 16 sea scallops, patted dry

**HEAT** 1/4 cup oil in a large non-stick skillet over medium. Add onion and garlic; cook, stirring often, until onion softens slightly, about 3 minutes. Add oregano sprigs; cook, stirring constantly, for 1 minute.

**STIR** in tomatoes and capers. Bring to a vigorous simmer over medium. Reduce heat to low; simmer, stirring occasionally, until sauce thickens, 8 to 10 minutes. Remove oregano sprigs, transfer sauce to a small bowl, and cover to keep warm. Wipe skillet clean.

**MEANWHILE**, bring 4 cups water to a boil in a medium saucepan. Whisk in polenta. Reduce heat to low; simmer, whisking, until thickened and creamy, about 3 minutes. Whisk in butter and 2 teaspoons salt. Remove from heat and cover to keep warm.

**SPRINKLE** tops of scallops with remaining 3/4 teaspoon salt. Add 1 tablespoon oil to cleaned skillet and heat over medium-high. Add half of scallops; cook, undisturbed, until edges are browned, 3 to 4 minutes. Flip scallops and cook for 30 seconds. Transfer to a plate. Repeat with remaining 1 tablespoon oil and scallops.

**STIR** 1 to 2 tablespoons water into polenta to loosen, if necessary. Serve polenta topped with tomato sauce, scallops, and chopped oregano.

**PER SERVING:** 503 Calories, 33g Fat (10g Saturated), 45mg Cholesterol, 4g Fiber, 13g Protein, 38g Carbs, 1,660mg Sodium, 4g Sugar



## EASY DINNER 4

## Spring Minestrone

ACTIVE TIME **25 MINUTES**  
TOTAL TIME **30 MINUTES** SERVES **4**

✓ Quick Cooking   ✓ Make Ahead  
✓ One Pot   ✓ Vegetarian

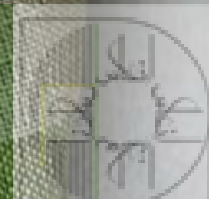
- 6 Tbsp. olive oil, divided
- 2 large leeks, white and light green parts only, sliced into thin rounds (2½ cups)
- 3 stalks celery, sliced (about 1½ cups)
- ½ tsp. crushed red pepper (optional)
- 1¾ tsp. kosher salt, divided
- 6 cups lower-sodium vegetable or chicken broth
- 1 cup ditalini pasta
- 4 oz. fresh green beans, trimmed and cut into 2-in. pieces (1 cup)
- 4 cups chopped green Swiss chard
- 1 cup coarsely chopped fresh basil, plus small leaves for serving
- 1 Tbsp. fresh lemon juice (from 1 lemon)
- 2 Tbsp. grated Parmesan cheese (optional)

**HEAT** 2 tablespoons oil in a large saucepan over medium. Add leeks, celery, crushed red pepper (if using), and ½ teaspoon salt; cook, stirring occasionally, until leeks soften, about 4 minutes. Add broth and bring to a boil.

**ADD** pasta to pan. Return to a boil. Cook over medium-high, stirring occasionally, until pasta is tender, about 12 minutes. Stir in beans during final 3 minutes of cook time. Remove from heat.

**STIR** in chard, basil, lemon juice, and remaining 1¼ teaspoons salt. Ladle into bowls and drizzle with remaining 4 tablespoons oil. Top with Parmesan (if using) and small basil leaves.

**PER SERVING:** 389 Calories, 22g Fat (3g Saturated), 0mg Cholesterol, 6g Fiber, 7g Protein, 41g Carbs, 1,101mg Sodium, 6g Sugar





## EASY DINNER 5

# Cauliflower Shepherd's Pie

ACTIVE TIME **30 MINUTES**  
TOTAL TIME **30 MINUTES** SERVES **4**

✓ Quick Cooking   ✓ Freezable  
✓ Make Ahead

- 1 20-oz. pkg. frozen riced cauliflower
- 1 5.2-oz. pkg. garlic-and-herb cheese, such as Boursin
- 1½ tsp. kosher salt, divided
- 1 Tbsp. olive oil
- 1 lb. ground turkey
- 2 cups frozen peas and carrots (from a 15-oz. pkg.)
- 1½ cups frozen pearl onions (from a 14-oz. pkg.)
- 3 Tbsp. all-purpose flour
- 1½ cups lower-sodium chicken broth
- 2 Tbsp. chopped fresh tarragon, plus more for serving
- ½ tsp. freshly ground black pepper

**COOK** cauliflower rice according to package directions. Drain, pressing with a spoon to remove liquid. Transfer to a food processor; add cheese and ½ teaspoon salt. Process until smooth.

**MEANWHILE**, heat oil in a 12-inch broiler-safe skillet over medium-high. Add turkey; cook, breaking it up with a spoon, until browned, 5 to 7 minutes.

**PREHEAT** broiler with rack 6 inches from heat. Add peas and carrots, onions, and remaining 1 teaspoon salt to skillet; cook over medium, stirring, until onions soften, about 3 minutes.

**SPRINKLE** mixture with flour; cook, stirring constantly, for 1 minute. Slowly stir in broth. Bring to a simmer over medium-high. Simmer, stirring often, until thickened, about 2 minutes. Stir in tarragon and pepper.

**SPREAD** cauliflower mixture over turkey. Place skillet in oven. Broil until bubbly around edges, 5 to 8 minutes. Top with tarragon.

**PER SERVING:** 478 Calories, 28g Fat (13g Saturated), 116mg Cholesterol, 6g Fiber, 32g Protein, 25g Carbs, 1,140mg Sodium, 8g Sugar





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BETTER FOR YOU

# Chickpea-Stuffed Sweet Potatoes

Load up your tater with big flavors for a colorful meal.

BY JASMINE SMITH







ACTIVE TIME **15 MINUTES**  
TOTAL TIME **1 HOUR**  
SERVES **4**

- 4 10-oz. sweet potatoes
- 2 15-oz. cans chickpeas, drained and rinsed
- 1 tsp. ground cinnamon
- 1½ Tbsp. olive oil, divided
- 1¼ tsp. ground cumin, divided
- 1 tsp. plus 1 pinch kosher salt, divided
- ¼ cup finely chopped flat-leaf parsley
- 2 Tbsp. thinly sliced chives
- ¼ cup plain whole-milk Greek yogurt

**PREHEAT** oven to 425°F with racks in upper third and center of oven. Prick potatoes all over with a fork and place on a baking sheet. Bake on center rack until very tender, 45 to 60 minutes.

**AFTER** 30 minutes of bake time, toss together chickpeas, cinnamon, ½ tablespoon oil, 1 teaspoon cumin, and 1 teaspoon salt on a large rimmed baking sheet. Bake on top rack until chickpeas are fragrant and warmed through, about 12 minutes.

**ADD** parsley, chives, and remaining 1 tablespoon oil to chickpeas on baking sheet. Toss to combine.

**STIR** together yogurt, remaining ¼ teaspoon cumin, a pinch of salt, and 2 teaspoons water in a small bowl.

**CUT** a slit lengthwise down the center of each potato, leaving ends intact. Pull potatoes open and fluff with a fork. Top with chickpea mixture and a dollop of spiced yogurt; serve.



#### POTENT POWDER

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## When It Rains, We Snore

**Falling asleep on a rainy night can feel so easy,** and not just because you're snug and dry. Some science suggests that the sound of rain is soporific. Many apps are devoted to the pitter-patter, and whether it's of the summer, forest, city, car roof, or downpour variety, rainfall is one of the most popular tones used to drift off.

**Rain sounds are classified as pink noise.**

Unlike white noise—which is a mix of high and low frequencies—pink noise has a more consistent deeper, low-frequency tone, which may be gentler and more soothing to the human ear. And while white noise (a whirring fan, TV static) masks ambient intrusions like honking traffic, pink noise can encourage better shut-eye—a sound sleep indeed.

—Martha Upton

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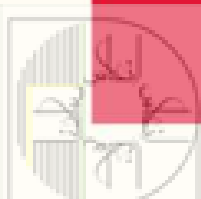
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