

# Woman's World

November 3, 2025

THE  
JOYFUL  
SIDE  
OF LIFE

★GOD BLESS AMERICA★

## RESET YOUR MIDLIFE METABOLISM!

The rev-and-rest strategy to  
break through a diet plateau  
and reach the weight you want

Kim lost 40 lbs in 4 months!



3 Grocery Store  
Secrets to  
**WARD  
OFF  
DIABETES**

**YOUNGER,  
SHARPER  
BRAIN**

**GARCELLE BEAUVAIS**

## Fabulous & Fearless *at 58*

Chasing new passions, living  
without apology and embracing  
her grandma era! **Plus, her  
favorite Halloween memory!**

Wow! The  
Allergy  
Remedy to  
**Reduce  
COVID  
Risk by  
69%**

## Spooky Fun!

- ✓ Ghoulishly Good Eats
- ✓ Dollar-Store Decor
- ✓ Free Tasty Treats
- ✓ Spine-Tingling Books
- ✓ Candy for Our Troops



## 6-Week Guide to **LOSE EVEN MORE ON OZEMPIC**

How to avoid side effects and  
ensure long-term success



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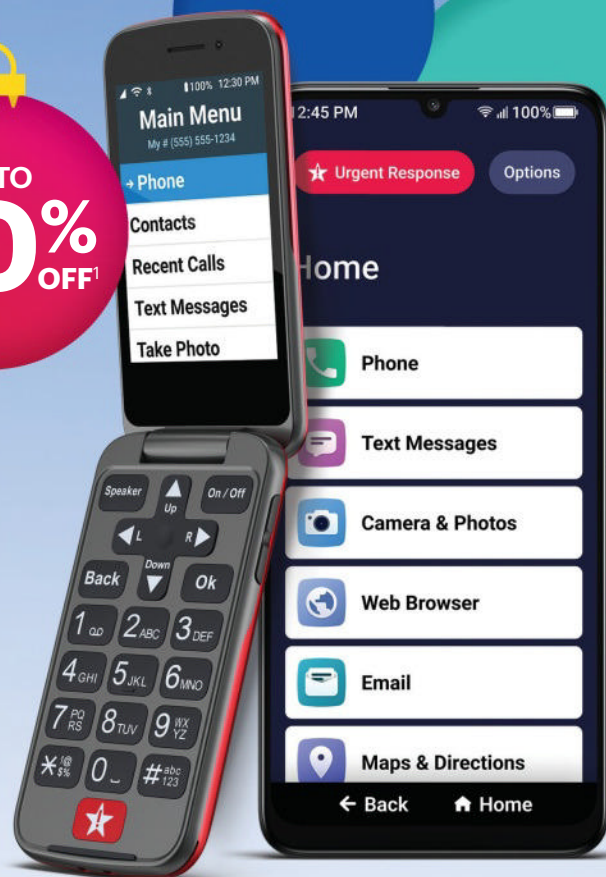
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**Learn More**



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EDITOR'S DESK

## Greatest gift giver I know

Around Halloween, as pumpkins glow and magic fills the air, I can't help but start looking forward to Christmas—my favorite holiday—with its soft twinkling lights and heartfelt gift giving. When I think about Christmas morning, I always think of my sister-in-law, Kris. Her gifts are never the biggest or flashiest—but they are always the most wanted and memorable. One year she made vintage-looking rock shirts for our toddler twins. They wore them 'til they were 8. Another time she had custom wall decals made for the kids' bedrooms—a sea turtle for Sophia and a scooter rider for Grayson. Each present feels like a little window into how carefully she listens and how much she cares.

What I treasure most is watching her delight, which lasts all season. There's always a flurry of phone calls to her brother or me as she chooses colors or reality-checks a unique idea.

She wants her gifts to be cherished.

Then she wraps them with such imagination and craftiness that a “Kris present” is the most coveted under the tree. For Kris, the joy of giving is in the whole process—the dreaming, the planning, the wrapping, the sharing. And that joy is contagious. This holiday season, that's what I want to carry with me: a reminder that the best gifts are the ones chosen with love.

What's the most memorable gift you've ever given? In our **finish the sentence** prompt this week (to the right) we ask “I loved giving the gift of \_\_\_\_ to \_\_\_\_.” Send us your answer—it could appear in a Christmas issue!



Top: My son Grayson with his aunt Kris. Left: Kris' beautiful gift wrapping

xo  
Liz

LIZ VACCARIELLO,  
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YOUR VIEWS

## What's your preferred sleeping position?

In an online story about how the way you snooze can impact your health (WomansWorld.com/SleepingPosition), we asked this question—here's what you said:

ON MY STOMACH **44%**

ON MY BACK **8%**

ON MY SIDE **42%**

IT DEPENDS **6%**

HELP A HERO



## Send snacks & treats!

If you have extra nutrition bars, trail mix or powdered drink packets on hand, consider sending them to Forgotten Soldiers. This nonprofit will include the items in the thousands of care packages it sends to deployed soldiers. Mail items to 3550 23rd Ave. S., Suite 7, Lake Worth, FL 33461.



## OUR FESTIVE COMMUNITY

### For a long-lasting jack-o'-lantern

Most of us start carving a pumpkin by cutting a hole around the stem, but here's a stay-fresh trick from Michael Natiello, creative director of the Great Jack O'Lantern Blaze in Croton-on-Hudson, New York: cut your hole in the bottom instead! "Pumpkins carved from the top tend to cave in, but a base hole keeps everything standing tall," Natiello explains. For more easy carving tips and tricks, visit [WomansWorld.com/PumpkinCarving](http://WomansWorld.com/PumpkinCarving).



## EASY LAUGHS

### Silly stuff that makes us SMILE



**"Can you take me trick or treating next year, Mom? Dad ate most of my candy!"**

## FINISH THIS SENTENCE

### "My favorite Halloween memory is..."

**"For my 16th birthday, I decorated the house and we did a scavenger hunt, bobbed for apples and danced to eerie music like 'The Monster Mash.'"**

—Patricia Janke  
Wauwatosa, WI

**"Last year my daughter's friend canceled, and she had no one to trick or treat with. I dressed up and ran around all night with her. I was able to turn her whole evening around."**

—Lynn Larussi  
Holliston, MA

**"When everybody came to a party dressed as the host in his signature big red tracksuit and black beard."**

—Connie Taylor  
Montara, CA

**"When we attended the Halloween Ball at the Hawthorne Hotel in Salem, Massachusetts—the people and costumes were amazing!"**

—Mary Weatherston  
Caledonia, Canada

**"When our street flooded, my dad took my sister and me trick or treating in a canoe!"**

—Carol McVay  
Simonton, TX



## SHARE YOUR WORLD WITH US!

**Finish this sentence: "I loved giving the gift of \_\_\_\_\_ to \_\_\_\_\_."**

Email your answer, along with your full name, city and state to [Quotes@WomansWorld.com](mailto:Quotes@WomansWorld.com)

**Q** Where do ghosts like to travel on vacation?  
**A** The Dead Sea



**"You can tell Halloween is almost here. I saw the first Christmas commercials on TV."**

### Kids are funNy!

**W**hile I was recently babysitting my newborn niece, my 4-year-old daughter, Emma, saw me changing her diaper. Amazed, she said, "Wow, Mommy! I didn't know you knew how to change a diaper!" —C.R., Austin, TX



NBC

## LAUGH OUT LOUD with *Happy's Place*

The debut season of this breakout comedy had fans laughing as Reba McEntire stepped into the role of a woman who unexpectedly inherits her late father's bar and discovers a half sister she never knew she had. The show returns for season two on November 7 with more twists, turns and hilarious moments. McEntire reunites on screen with fan favorite Melissa Peterman, while her real-life fiancé, Rex Linn, brings his own charm to the cast—making this season one you won't want to miss.



McEntire and costar Rex Linn are now engaged!



Adapted from the books by Mona Kasten

PRIME VIDEO

## FOLLOW THE DRAMA with *Maxton Hall*

In season one, ambitious student Ruby was determined to reach Oxford—until a shocking secret drew her into a complicated romance with her wealthy, arrogant classmate James. Now, in season two, premiering November 7, the stakes are higher than ever. A dramatic turn in James' powerful family throws everything into chaos, forcing Ruby to confront reality and her own dreams. With James determined to win her back, hearts will be tested, secrets will unravel and sparks will fly. Can Ruby navigate love, loyalty and ambition without losing herself along the way?

FOOD NETWORK

## FEEL THE MAGIC with *Harry Potter: Wizards of Baking*

Eight teams of competitors are about to bring the magic of the wizarding world to life—one edible creation at a time. In this enchanting series, fans of *Harry Potter* will watch as participants are sorted into Hogwarts houses and tasked with crafting culinary masterpieces that are as creative and delicious as they are visually stunning. Hosted by James and Oliver Phelps—beloved on screen as Fred and George Weasley—contestants must impress celebrity chefs Jozef Youssef and Carla Hall with their spellbinding dishes. Premiering November 2, get ready to see which magical team will rise to the top.



The competition features guest stars from the *Harry Potter* films





The film is based on true events

## IN THEATERS

### FEEL INSPIRED & UPLIFTED with *Christy*

Sydney Sweeney undergoes an incredible physical transformation to portray former professional boxer Christy Martin in this gripping biographical sports drama. In the ring, the West Virginia native rose to fame through sheer determination and the support of her manager and eventual husband, Jim Martin, becoming one of the most successful boxers of her time. But outside the spotlight, Christy faced a harrowing struggle, enduring years of abuse that tested her strength and resilience. Hitting theaters November 7, the movie promises a powerful performance from Sweeney and a compelling story of courage and perseverance.

## NETFLIX

### HAVE FUN with *Leanne Morgan: Unspeakable Things*

Comedian Leanne Morgan had audiences laughing with her Netflix sitcom *Leanne*, and now she's back—this time on stage with a brand-new stand-up special guaranteed to leave you in stitches. From her quirky family adventures to navigating a whole new level of fame, Morgan delivers humor that's equal parts hilarious and heartwarming. Don't miss this relatable, super funny special, streaming November 4.



Leanne's sitcom is getting a second season



Joey Lawrence and Amanda Fuller star

## UPTV

### SPARK ROMANCE with *The Great Christmas Snow-In*

After his engagement falls apart, Justin (Joey Lawrence) retreats to the cabin that was supposed to be his honeymoon getaway—only to run into his ex, her new boyfriend and her cousin. Trapped by a snowstorm, old feelings, awkward encounters and surprise sparks collide. Don't miss the premiere November 2.

## It Happened THIS WEEK

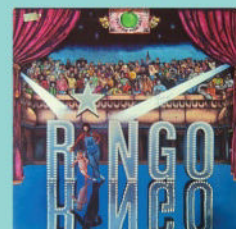


The sitcom *The Nanny* premiered on CBS in 1993, starring Fran Drescher. The show became a massive success, lasting for 6 seasons.



*The Ten Commandments* premiered in 1956 in New York City. The film soon became a television staple, airing annually around Easter and Passover.

The first variety program hosted by an African-American, *The Nat King Cole Show* debuted on NBC in 1956. It ran for 29 episodes.



Ringo Starr's third album, *Ringo*, was released in 1973. It featured hit songs like "You're Sixteen" and "Photograph."

The Parker Brothers began marketing the *Monopoly* board game in the United States in 1935, and it soon became a worldwide phenomenon.







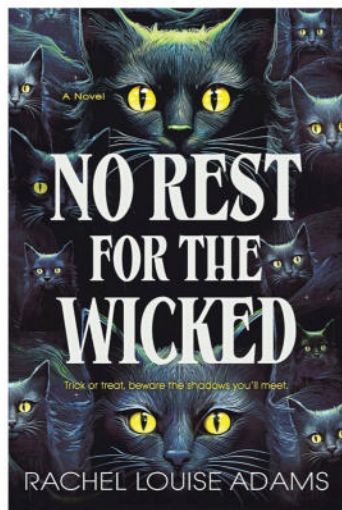
# THIS WEEK'S *Spooky reads*

by MELISSA D'AGNESE



## GOTHIC HISTORICAL FICTION

Known for her chilling, expertly crafted tales, like 2020's bestseller *Mexican Gothic*, author **Silvia Moreno-Garcia's** latest book, *The Bewitching*, is another supernatural ride. Growing up, Minerva's Nana Alba spoke often of witches. As Minerva assembles her thesis on Beatrice Tremblay, an obscure horror author, she finds that her famous book, *The Vanishing*, was based on eerie, true events. A haunting story about three women set across generations.



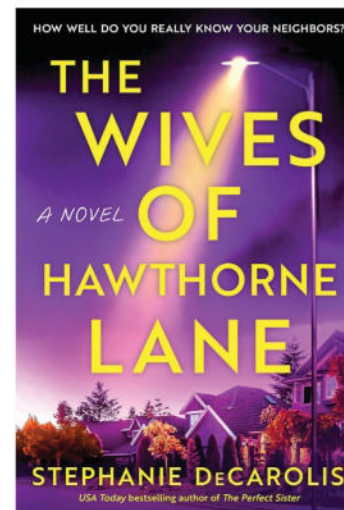
## CINEMATIC SUSPENSE

Looking to get into the Halloween spirit? **Rachel Louise Adams' *No Rest for the Wicked*** offers a twisty, edge-of-your-seat mystery. Forensic pathologist Dolores Hawthorne left Little Horton, Wisconsin, nearly 20 years ago. Famous for its Halloween events, the town also has a scary history of deaths linked to the holiday. So when she gets a call that her father is missing, she must face her past and unravel a web of lies—before it's too late.



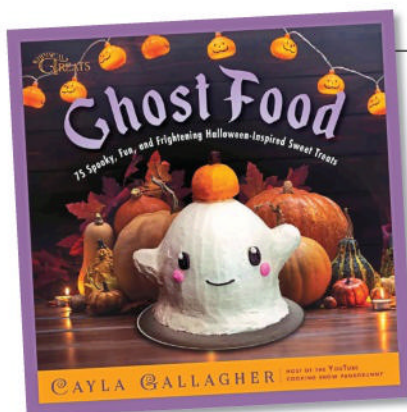
## PARANORMAL ROM-COM

Fans of beloved TV series like *Charmed* and *Gilmore Girls* will adore **Tricia O'Malley's** new novel, *Love's A Witch*. In this magically cozy romance, Sloane MacGregor is busy getting ready for her 25th birthday: the day she'll come into her magic. But when her grandmother asks for help breaking a curse, she returns to the Scottish town of Briarhaven. Enter Knox Douglas, the grumpy mayor, who might be her biggest complication of all.



## SMALL-TOWN THRILLER

**Stephanie DeCarolis**, author of *The Guilty Husband* and *Deadly Little Lies*, is back with *The Wives of Hawthorne Lane*. Told from multiple points of view, this domestic suspense saga is set in an idyllic town during its annual Fall Festival. But this year, a shocking murder rattles residents—especially Georgina, Audrey, Libby and Hannah, who all have dark secrets of their own. As the investigation zeroes in, who is to blame?



## WHIMSICAL COOKBOOK



Whether you're throwing a spooktacular bash with loved ones, hosting a scary movie marathon or just in the mood to whip up festive, fun treats, author and YouTuber **Cayla Gallagher's** latest holiday cookbook, *Ghost Food*, is guaranteed to please! Packed with 75 frightfully fun recipes, like a S'mores Marshmallow Ghost Tart, Pumpkin Spice Hot Chocolate and Monster Fudge, there's something for Halloween lovers of *all* ages!

## FAST FACT

According to a recent survey conducted by Talker Research, 61% of horror and true crime readers believe they would be able to solve a real-world mystery plot!



## FEEL-GREAT 'MAP'

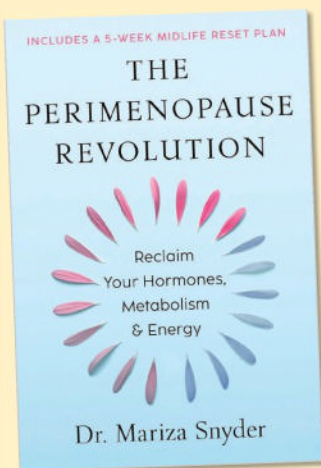


**Dr. Mariza Snyder**, bestselling author and host of the *Energized* podcast, is shining a light on two transformative yet too-often misunderstood stages of life: perimenopause and menopause. In her newest book, *The Perimenopause Revolution*, Dr. Snyder offers a simple 5-week plan to balance



your hormones and slash symptoms such as hot flashes, weight gain and mood swings. She also provides readers with a handy guide to identify root causes of common issues like anxiety and low libido and offers tips on building an uplifting social support network. If you're facing either perimenopause or menopause, this book acts like a map to help you reclaim your health and energy so you can live your best life—every day.

**"The Perimenopause Revolution is not just about symptoms. It's about rewriting the story of midlife on your own terms."**

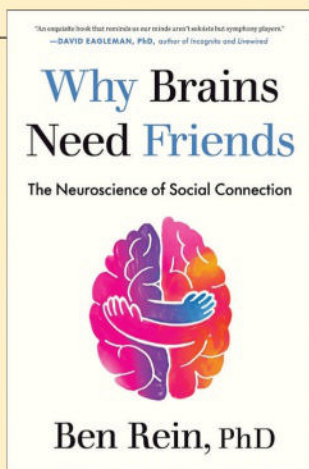


## ENLIGHTENING GUIDE

Emails, texts, social media...in today's world we're very "plugged in." So why are feelings of loneliness more prevalent than ever?



Neuroscientist **Ben Rein, Ph.D.**, is answering this in his new book, *Why Brains Need Friends*. In fact, Rein is proving how human connection isn't just emotional—it's biological. Packed with science-backed evidence, his smart guide reveals how our brains thrive with social interaction. He also doles out practical tools to boost brain health through deeper relationships and simple everyday connections—from small talk with store clerks and baristas to meaningful conversation with friends—proving that the key to wellbeing might begin with reaching out.



**"Studies show that people tend to leave conversations in a better mood—and with less stress."**

**BOOK TALK!**

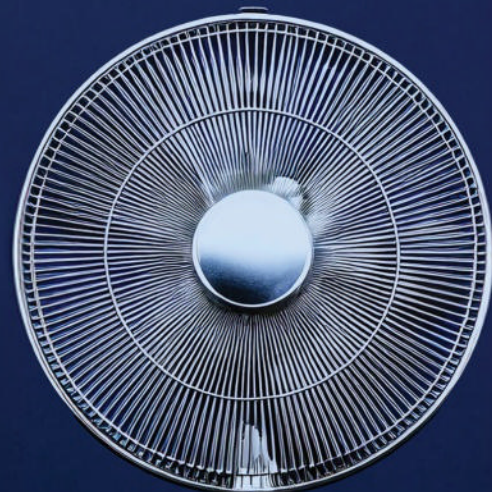
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*Secret*®

# PUT YOUR FAN TO BED

## GOODNIGHT, NIGHT SWEATS



FOR PITS

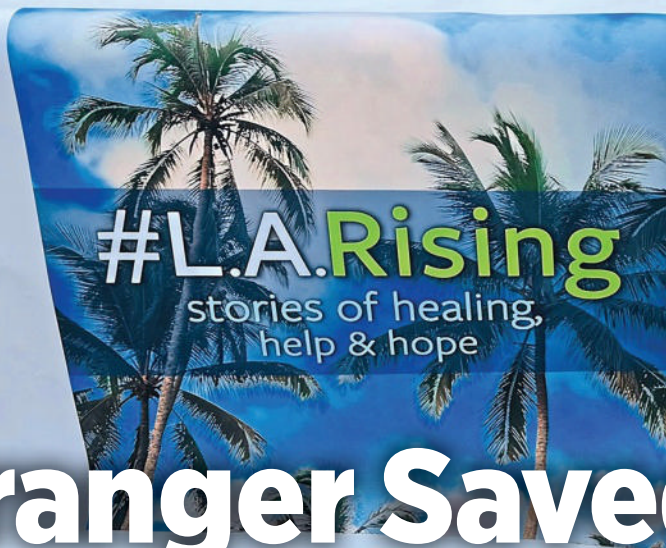


FOR BITS

\* AI Generated



"Everyone has a story that can encourage others to help someone else," says Kim Marshall, who started the #L.A. Rising podcast



A New Podcast By

**S'well**  
THE AGENCY

# A Stranger Saved Her Life NOW SHE SPREADS HOPE

Rescued during the Palisades wildfire by a heroic good Samaritan, Kim Marshall now inspires others by creating a podcast that shares heartfelt stories of true heroism and kindness

**M**y car is trapped on the highway," said Kim Marshall after she frantically ran into a nearby gas station along the Pacific Coast Highway on January 7, 2025. Remembering her friend who had passed away in a fire just a few years prior, Kim trembled with fear. The Pacific Palisades resident usually took extra precautions and tried to be the first to evacuate the canyon anytime a fire was nearby. But on this day, the wind was too strong, and the fire moved too quickly. She was stuck.

"I don't know what I'm going to do," she explained to the other folks huddled inside. "I have no way to get out of here."

## Life-saving kindness

Overhearing the desperation in her voice, Mel Sobolewski came to her rescue. "Do you want me to drive you to Santa Monica out of the danger zone?" she offered.

Mel, who works in partnerships and development with the Butte Fire Safe Council and trained with FEMA in wildfire evacuation and rescue, had spent the day warning people to evacuate and helping them to safety. She just happened to walk into the gas station where Kim was seeking shelter to find a phone charger.

Something about the way Kim looked with her suitcase and two pups spoke to

Mel's heart, and she wanted to help. "I want to go get my car," Kim desperately told Mel. But Mel motioned for Kim to walk with her over to the window and pointed in the direction of where Kim had abandoned her car.

"See all that black smoke? That's a school burning just a one-minute walk from where we're standing now," Mel explained. "If we're getting you out, we've got to go *now*."

Mel carried Kim's smaller dog and rolled her suitcase, while Kim followed behind with her larger dog, her heart pounding.

After walking over a mile to where Mel had parked out of harm's way, she drove Kim to safety at her church in Santa



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TECH

# Important files and receipts get lost in email

■ **SOLUTION:** Create a dedicated email address just for “keepers”—things like receipts, medical forms, travel confirmations and warranties. Forward those emails from your main inbox to the special account (make the address something memorable like MyReceipts2025@\_\_\_), so everything important lives in one easy-to-search place. Even better: Share the address with family members so they can send must-save paperwork there too. This way, you’ll never have to dig through hundreds of messages to find that one critical document again.





## PLANTS

# Shedding indoor plant looks messy

### ■ SOLUTION: Figure out the cause first.

Plants naturally drop older, lower leaves as new growth emerges, and in fall or winter, the problem can intensify. But too little light, overwatering, underwatering and drafts from windows and vents can also play a role. Moving potted plants to a brighter spot away from temperature swings and keeping soil moist—not soggy—can ensure they look lush all winter.

Also smart: Scatter a layer of decorative pebbles over the soil. Falling leaves will land neatly on top of the pebbles instead of sinking into damp dirt so you can whisk them away in seconds. Bonus: The pebble layer helps the potted plant look pretty and keeps moisture in the soil longer to help the plant thrive!



## PETS

# Dog scratches on car seats

■ SOLUTION: Place a yoga mat on top of the seat before your dog hops in the car. The mat's grippy texture keeps your pup's paws steady so he won't slide around. It also protects your car from fur and scratches. Just roll it back up when you're done!

## BEAUTY

# Dull-looking teeth

■ SOLUTION: Apply a light pink lip gloss to lips, then use your finger to dab silver eye shadow on top. This easy trick eliminates the need to wear pricey whitening strips that can leave teeth feeling super sensitive. How it works: Blue-based pigments in pink and silver neutralize yellowing, and the metallic shimmer bounces light onto teeth for the illusion of a bright, sparkling smile!



## FOOD

# Stale bread

■ SOLUTION: Place the loaf in a paper bag with a few celery stalks and seal it overnight. Water-rich celery will release moisture inside the bag, which the bread reabsorbs. By morning, the bread will be soft! Need quicker results? Wrap the loaf in a damp (not wet) towel and warm it in the oven for a few minutes—the gentle steam restores the bread's softness and flavor without waste.

## 3 spooky-cute KITCHEN GADGETS

### GOTHIC GARLIC CRUSHER

A *fang*-tastic kitchen helper? The OTOTO Gracula Garlic Crusher and Peeler (Amazon.com). Just pop peeled cloves inside the vampire-shaped tool, twist his head and in seconds you've got minced garlic—no smelly fingers, aching hands or counter mess. Plus, it's cute enough to keep out all year long.



### BEWITCHING SILICONE SPOON REST

Stir up a little hocus-pocus in the kitchen with the OTOTO Agatha Spoon Holder (Amazon.com). The BPA-free tool perches right on your pot, keeping spoons upright and counters drip-free.



### GHOULISH GOURD SCRAPER

This Pumpkin Scraper Glove (Amazon.com) makes scooping out jack-o'-lantern guts a cinch—just slip it on and scrape. Even better? It comes with a second, smaller set of gloves and carving tools so you can enlist the help of any little ones in your life.





# Secrets to a fast metabolism

Studies show that when fat clogs your liver, it can slow your metabolism, triggering tiredness and weight gain. But research suggests that combating fatty buildup does more than just boost fat-burning and energy: In a British study, people with leaner livers were significantly less likely to develop dementia than those with fatty liver disease. Here's how to clear health-hampering liver fat



## ✓ Eat more leafy green vegetables

We all love starchy carbs like bread, pasta and potatoes, but swapping just one serving a day for kale, endive, broccoli rabe or mustard greens can substantially lower liver fat. So say researchers in the journal *Nutrients*, who found that people who made the switch improved their scores on the Fatty Liver Index (a marker of fat in the liver) within 3 months. Compounds such as polyphenols and isothiocyanates

in the veggies tame inflammation that encourages fat deposition in the liver.

## ✓ Sip spiced-up apple cider

Ginger adds a kick to tea, baked treats, soups and smoothies. And a study published in the journal *Hepatitis Monthly* found that people who included 2 grams of ginger (about 1 tsp.) in their daily diets experienced significant reductions in liver fat within 12 weeks. The study authors say compounds in the

spice combat inflammation while making liver cells more sensitive to the blood sugar-balancing hormone insulin. That's key, since insulin resistance impairs the liver's ability to eliminate fat efficiently.

## ✓ Head out for an autumn tour

Love walking around your neighborhood or taking a hike to view the fall foliage? You're in luck: The exercise you get mobilizes fat from the liver. In fact, research in the journal

*Medicine & Science in Sports & Exercise* suggests that adding 2,000 steps to your daily walking quota reduces the risk of fatty liver by 24%. And if you get the urge to sprint to snag a particularly pretty wind-blown leaf, feel free. In an Australian study, participants reduced their liver fat levels by engaging in just 12 minutes of high-intensity exercise (like running) weekly for 12 weeks.

## ✓ Consider taking milk thistle

Compounds found in milk thistle switch on genes that enhance fat metabolism in the liver. Plus, they fight a process known as oxidative stress, which is a major driver of fatty liver disease. That's why scientists reporting in the journal *Metabolism Open* determined that liver fat dropped markedly in people who supplemented with 560 mg of milk thistle extract daily for 8 weeks. Try: Windmill Milk Thistle (Amazon.com).

—Melissa Gotthardt

## Nutty Apple & Blue Cheese Endive Bites

- 2 heads white Belgian endive
- 1 small head red Belgian endive
- ½ Gala apple, cored
- ¼ cup vinaigrette salad dressing
- 1 Tbs. honey
- ¼ cup chopped walnuts, toasted
- ¼ cup crumbled blue cheese

- 1 Remove 9 large leaves from white endive and arrange on a platter. Save remaining white endive for another use. Remove 9 small leaves from red endive and place in a medium bowl. Dice apple and add to bowl.
- 2 Whisk together dressing and honey. Add to bowl; toss to coat. Nestle red endive in white endive leaves. Toss nuts and cheese with apple in bowl. Spoon apple mixture onto endive. *Serves 9*



**Endive is packed with inflammation-taming compounds that reduce liver fat**

Note: Check with your healthcare provider before supplementing



# Easy ways to spot ultra-processed foods

Research suggests that cutting back on ultra-processed foods (UPFs) can nearly double weight loss, improve heart health and reduce diabetes risk. Just ask yourself these 3 questions to help spot them

## ✓ Is it too soft?

If a food requires barely any chewing, it's likely a UPF. This soft texture, seen in whipped cheeses and chicken nuggets, comes from added emulsifiers or starches. Normally, chewing sends signals to the brain that you're eating, triggering satiety cues, says William Li, M.D., But when chewing is reduced, the signals weaken, making it far easier to overeat.

## ✓ Is it too uniform?

"Small imperfections and variations are characteristic of food in its natural state," says Dr. Li. But boxed, ultra-processed foods are pressed into uniform shapes. This "sameness" also shows up in other UPFs, from rice cakes to bologna. The fix: Opt for their minimally processed cousins, like popcorn or sliced turkey breast instead of chicken nuggets.



## ✓ Is it too perfect?

A donut with a glassy glaze or bright-blue berry yogurt is a sign it's a product of chemistry. Bulking agents, gums, dyes and artificial flavors keep UPFs shelf-stable and

flawless. "But some UPFs can be engineered to look irregular and resemble a natural food," says Dr. Li, author of *Eat to Beat Disease*. When in doubt, scan the label for ingredients you can't pronounce. —Ann Green

# Soothe common digestive bothers

The holiday season is just around the corner, and with that comes family time, cozy weather and yummy food. But unfortunately, indulging in too many holiday sweets and treats can sometimes leave us feeling less than our best. Luckily, these simple tricks help eliminate GI bothers quickly so you can get back to the festive fun



## ✓ Nauseous? Pop some gum

When holiday fare leaves you feeling queasy, that pack of gum in your purse may be the solution. Australian researchers found that chewing gum eased nausea as well as prescription medication, with 75% of gum chewers saying their symptoms went away within just 10 minutes. Chewing gum stimulates saliva production, which neutralizes nauseating stomach acid and kick-starts digestion.

## Try an OTC fix

To head off GI troubles before they start, take digestive enzymes (like Beano) just before or after eating. They help your digestive system break down food more efficiently.

## ✓ Constipated? Take a stroll

To get things moving again, enjoy the crisp weather and take a quick walk around the block. A review in the *Scandinavian Journal of Gastroenterology* that included nearly 700 people found that moderate physical activity like walking works well to gently stimulate the bowels and ease constipation.

## ✓ Heartburn? Slip into sweats

Scottish scientists say tight pants and belts squeeze your stomach, pushing acid into your esophagus. But changing into looser clothing provides immediate relief. At a party? Loosening your belt or rolling down your waistband a bit is a discreet fix.

## ✓ Bloating? Eat a banana

The fruit brims with two enzymes that help break down bloat-causing carbs into easier-to-digest pieces, say Brazilian scientists. If you make eating bananas a regular habit, you'll also boost beneficial gut bacteria that support a healthy GI tract, found a study in the journal *Anaerobe*. —Marcy Lovitch





## Reduce COVID risk by 69%

Worried about cases rising? Ask your doctor about azelastine, an allergy remedy. In a *JAMA* study, people who used the nasal spray 3 times daily for 56 days were 69% less likely to test positive for COVID-19 than those given a placebo. Jacob Teitelbaum, M.D., prescribes it for people at high risk of COVID complications but also recommends immune-enhancing moves like sleeping, drinking water and taking a quality multivitamin daily.

## Pickleball boosts wellbeing

Hitting the pickleball court does more than improve your physical fitness—it can enhance your mental health as well. Researchers reporting in the journal *Frontiers in Psychology* found that pickleball players had higher levels of happiness and life satisfaction than people who didn't participate in the sport. Credit goes to the social aspect of the court game, which fosters feelings of belonging and connection with others.



## Fake sugars hasten brain aging



Steering clear of artificial sweeteners could keep your brain younger and sharper, findings in the journal *Neurology* suggest. Folks under age 60 who rarely consumed 6 sugar substitutes (aspartame, saccharin, xylitol, erythritol, sorbitol and acesulfame-K) scored significantly better on tests of memory and thinking skills conducted over an 8-year period than those who consumed 191 mg daily—an amount you can easily get from drinking a can of diet soda each day. Though experts have yet to identify the reason, the sweeteners may accelerate brain aging by triggering damaging processes such as inflammation.

**Q** I'm postmenopausal and ready to try estrogen replacement. **What's better, patches or pills?**

**A: In my opinion, transdermal patches are the clear winner.** The estradiol they deliver acts much the same way in the body as the estradiol ovaries make. But pills are processed in the liver, where they're largely converted to estrone. Estrone binds differently to estrogen receptors than estradiol. And studies show estrone increases blood clotting risks and can trigger inflammation.

**Transdermal patches are available in a variety of dosages.** And if your goal is to ease hot flashes and night sweats, those that contain .0375 mg of estradiol are usually effective. But if you're seeking extra benefits (like enhanced heart health, bone strength and immunity) larger doses are needed. I typically recommend 0.1 mg patches to my patients looking to improve overall health.

**Still, everyone responds differently,** so it's crucial to have your estradiol levels tested a month after beginning treatment. Aim for a level of over 50 pg/mL, up to approximately 120 pg/mL.

**If patches don't deliver the results you need,** your doctor may adjust your dosage and recommend re-testing. He or she can also advise you on other transdermal options such as gels and compounded creams.

**Felice Gersh, M.D.,** is a board-certified integrative gynecologist and founder of the Integrative Medical Group of Irvine (California), combining conventional, integrative and holistic medicine. She is also the author of *Menopause: 50 Things You Need to Know*.





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# MAXIMIZE YOUR



## Your 6-week guide to Ozempic

If your doctor has prescribed a GLP-1 medication like Ozempic or Wegovy for weight loss, you may be wondering how soon you'll see results. In a study published in *JAMA Network Open*, participants who took 2.4 mg of semaglutide (the highest dosage of Wegovy, which is FDA-approved for weight management) lost 5 to 6% of their body weight in 12 weeks. For a 200-pound woman, that's between 10 and 12 pounds. Want to up your odds of results ASAP? There are a few steps you can take early on, and they work whether you're also managing diabetes or not. Here, we walk you through what to expect during your first 6 weeks on semaglutide. Plus, check out our pro tips to help you reach your goals.



### Weeks 1-2 Getting your body used to the medication

**When you first start taking semaglutide**, you'll need time to adapt. These steps can help ease side effects so it's easier to stick with the medication in the long run:

#### Tweak your diet

"During the first week or two, it's common to have side effects like nausea, stomach upset and fatigue," says Hayley Miller, M.D., a board-certified obesity medicine specialist and medical director of Nurx Weight Management. Here's what she suggests to feel better:

- Eat smaller meals
- Stop eating before you begin to feel full
- Avoid fatty, greasy or fried foods to lessen nausea
- Increase fiber and fluids to ease constipation
- Stay hydrated and prioritize sleep to prevent headaches and fatigue

#### Slow your eating pace

When taking a GLP-1 drug like Ozempic, "the first thing you should notice is a slight reduction in food noise and cravings," notes Will Haas, M.D., founder and CEO of VYVE Wellness. "Don't be surprised if you find yourself simply not interested in food."

Many people notice this dip in appetite within the first few days of taking semaglutide. But even if your appetite hasn't decreased dramatically yet, GLP-1s slow the movement of food through your digestive system. Eating slowly can help you avoid feeling bloated or overstuffed, Dr. Haas adds.



# GLP-1 JOURNEY

For the 15 million Americans on these meds, here's how to speed results —by **KARA WAHLGREN**

## Weeks 3-4 Boost weight loss with diet, protein and exercise

As your body begins to adjust to semaglutide, adopting healthier habits can help supercharge slimming. Here's what works best:



### Aim for balance

"Since overall [food] intake is lower, it's important to make every bite count!" Dr. Miller says. "Focusing on nutrient-dense foods like lean proteins, vegetables, whole grains and healthy fats will help maintain nutrition" while supporting your weight-loss journey.

### Pay attention to protein

It can be tough to hit your protein goals while eating less. "Prioritize high-quality protein at every meal, aiming for 90 to 120 grams of protein per day," Dr. Haas advises. Protein shakes can boost your intake even when you're not feeling hungry, he adds.

### Add strength training

Regular exercise can enhance the effects of GLP-1

medications by increasing your calorie deficit, which leads to faster weight loss. "A mix of cardio and strength training is ideal to support weight loss," Dr. Miller says. For best results, she advises: "Aim for at least 150 minutes of moderate physical activity per week, plus 2 days of strength training. This supports both fat loss and muscle preservation."

This is important while taking semaglutide, because lean muscle mass is often lost along with fat. In fact, a review in *Expert Opinion on Pharmacotherapy* suggests that muscle loss may account for up to 40% of total weight loss in some people. That's why following a healthy diet and exercise plan is vital for warding off the loss of calorie-torching lean muscle mass.



## Weeks 5-6 Set yourself up for long-term success

With the first month of Ozempic under your belt, you may feel like you're hitting your stride with fewer cravings, more energy and noticeable weight loss. To keep the momentum going, follow this expert-backed advice:

### Increase fiber and fluids

The recommended dosing schedule for Wegovy starts at 0.25 mg per week and increases every 4 weeks, up to a maximum dosage of 2.4 mg (Ozempic follows a similar schedule). That means you may be increasing your dosage this week—and revisiting certain side effects. "Constipation may worsen following any dose increase," Dr. Haas says. Make sure

you're eating enough fiber and staying hydrated.

### Create a wellness routine

"The first 6 weeks are a great time to establish healthy routines like meal planning, staying active and getting enough sleep to build long-term [weight-loss] success," Dr. Miller says. Establishing a daily routine can help you commit to healthier habits and stay consistent.

## NOT LOSING WEIGHT YET?

"If there's been no progress, it's worth checking in with your healthcare provider to review dosing, lifestyle habits and other possible contributing factors," Dr. Miller says. GLP-1 drugs "are just one tool" in the weight-loss arsenal, she adds. "Long-term success still depends on the daily lifestyle choices that support your health and help you maintain progress."



# “I healed my back pain—with a bra!”

Bree McKeen, 44, knew traditional bras were uncomfortable, but when she realized they were causing chronic pain, she invented a wire-free line that now gives thousands of women relief

**W**hy am I in so much pain? Bree McKeen asked herself daily after long hours at her finance job. For years she suffered persistent shoulder aches and back stiffness, tension headaches and a tight neck. Her posture slumped as her body instinctively tried to shield itself from constant discomfort.

In 2011, Bree visited a physiologist seeking answers. She learned about the “neuromuscular feedback loop,” a reflex that shifts posture to guard against pain signals. *I wear a 34G bra, and it’s always been torture—this could be the source,* she realized.

Intrigued, Bree researched solutions and discovered a key principle: a bra that feels comfortable and supportive

while standing upright can prevent the body’s compensatory adjustments. But after a lifetime of searching for a bra that didn’t dig, pinch and bind, she feared such a thing didn’t exist.

*If my bra contributes to my chronic pain, how many other women are affected?* she wondered. Bree launched an informal social media survey and found that 68% of respondents experienced bra-related discomfort and back pain. Their shared struggles confirmed one thing: it was time to make a change.

## An “uplifting” remedy

In 2012, Bree took a leap of faith, leaving her finance job to design a wire-free bra that offered genuine support. From her garage, she tested

prototypes, experimenting with fabrics and fits until she created one that was so weightless and comfortable it made her feel like she was standing 2 inches taller. Her back tension and headaches quickly became a thing of the past.

By 2013, she had filed a patent and in 2015 secured funding. After years of development, her first ergonomically engineered bra line launched in 2019. It marked the first structural innovation in underwire design since 1931, featuring contoured 3D knit construction that distributes weight evenly and encourages better posture.

“This is what women have been waiting decades for,” Bree sighed with relief, proud of what she had created.

“I’m thrilled to have found a comfortable solution,” says Bree



She named her company Evelyn & Bobbie (EvelynBobbie.com), honoring her grandmother Evelyn and her seamstress aunt Bobbie, who taught her to sew.

In 2020, the Evelyn & Bobbie bras debuted at Nordstrom. Each includes the patented EB Core®—a 3D sling that lifts and separates from below—comes in sizes small to 3X and starts at \$58. Today, women rave about the fit and support. “I’m thrilled to have created a solution for my pain,” says Bree, “and help other women do the same!”

—Monica Romano

Courtesy of Bree McKeen; Courtesy of Evelyn & Bobbie; Copper Compression (2); Feangli

## Amazing Amazon gadgets that EASE ACHES



### Sore Legs?

Compression sleeves apply gentle pressure to improve circulation, reduce swelling and relieve pain. **Try:** Skylety Leg Sleeve, \$10.



### Arthritic hands?

Fitted gloves improve circulation and limit fluid buildup, helping reduce stiffness. **Try:** Copper Compression Gloves, \$25.



### Back stiffness?

Infrared wraps use red light therapy to soothe irritated nerves, often reducing pain by up to 50%. **Try:** Feangli Red Light Wrap Belt, \$50.

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# BREAK YOUR WEIGHT-LOSS PLATEAU

Taking mini maintenance breaks helps reset your weight set point for major results. **Kim lost 134 lbs!**

You know that euphoric success you can see at the start of a new diet...before it fades and forces you to give up? No wonder 76% of low-carb dieters quit after 3 months. But metabolic health coach Kim Howerton found a way to harness the early magic over and over again to finally crack her weight-loss code in her 40s. Here, how to use diet cycles to blast plateaus and see unprecedented results! *by* **LISA MAXBAUER**

**M**any of us feel like we were born with a bad metabolism. But Kim Howerton had proof when the technician running her metabolic testing told her she had one of the lowest metabolic rates they'd ever seen.

Over the years, pounds and problems piled up for Kim: bad

knee pain, migraines, prediabetes, high liver enzymes, low thyroid, PCOS, depression. "I became aware that my weight could kill me."

Desperate to save her life, Kim knew she needed to find a new way to eat that would be sustainable—not like old strict plans. She heard an expert talk

## 40 lbs in 4 months!

Before low-carb cycling, Kim says, "I only knew weight-loss failure." But she turned setbacks into a lower weight set point than she ever thought possible. Changing the amount of fat and protein she ate every few months helped her shed 100+ pounds. "It's nice to feel in control of my weight for the first time at midlife. My relationship with gravity is so different." Now about to turn 50, Kim doesn't worry about menopausal weight gain. Cycling is the tool that always jump-starts her success. "Life is just getting started!"



**✓**  
"It Worked For Me"





about eating low-carb so she gave it a try. “Weight started to come off really well,” says Kim, who dropped 40 pounds in the first 4 months. But an even bigger breakthrough was just around the corner...

First, Kim hit a plateau. Weight wouldn’t budge. “I felt completely betrayed. I was told keto would fix me. I didn’t know what was going on.”

### Try ‘rev’ and ‘rest’ cycles

With research, Kim learned her initial weight loss had changed her metabolic health. What worked for her at 289 pounds no longer worked for her slimmer self. Since her body had learned to react to food differently, she needed to do the same. She tinkered with her macro-nutrient (carbs, protein, fat) portions to see what would get the scale moving again. She stuck with low carbs but realized, “I had to bring the fat down and the protein up.”

Kim learned that body-builders often change their eating cycles based on their goals: whether they are trying to add weight (bulk), lose weight (cut) or maintain weight. So she began cycling between two eating patterns every 3 months or so. “I realized my body does better in sprints than a marathon.”

Experts call this approach keto cycling or periodization. Kim actively tried to lose weight for 3 months, then tried to maintain for 3 months, before repeating the cycle. (This isn’t about dieting

and falling off the wagon, she says. It was intentional.)

The switch-ups made things fun, fresh and effective. She even enjoyed high-protein chocolate cake. She says, “You should be excited about weight loss and not angry about it.”

During a weight-loss cycle, Kim cut her fat intake in meals by eating egg whites, “lighter” salad dressings and leaner cuts of meat. During maintenance cycles, she added back more fat and trimmed meat portions.

It was a subtle, mindful shift that kept her metabolism revving and resting but always moving forward—

never going in reverse.

As she easily lost weight in steady batches, she found, “This approach changed my life by giving me back control.” She did what many think is impossible:

She reset her set point, the amount your body naturally wants to weigh without effort.

### Life-changing results

By diet cycling, Kim says, “I pushed the boundaries of what I thought possible for me.” In all, she lost 134 pounds and 22 belly inches. Her depression lifted, she needed lower doses of thyroid meds and her PCOS resolved itself. Plus, she is no longer prediabetic—her A1C dropped to a sterling 4.9.

Now Kim coaches other women to personalize their diets with cycles, saying, “Your metabolic health *is* your health.” She also co-wrote the book *Common Sense Labs* with

low-carb expert Ken D. Berry, M.D., to help people advocate for their health. “It’s empowering. I always felt like the victim of my weight. Now I get to decide what I weigh. I’m the captain of my ship!”

### What experts say

Several doctors, including Mike Moreno, M.D., and Ian K. Smith, M.D., recommend this “confuse it to lose it” approach. By giving the body different fuels at different times, you make your metabolism more flexible. That’s the opposite of a condition called metabolic syndrome, which traps us in a vicious weight-gain cycle. Instead, research shows diet cyclers have healthier blood sugar and cholesterol levels and less belly fat.

You can have success switching cycles every few months, weeks or even days. “Just like you have to change your exercise routine, you have to change your eating routine. This is where metabolic ‘confusion’ can really help,” explains Anna Cabeca, D.O., author of *MenuPause*. She says switching up eating approaches the way Kim did has helped “tens of thousands of women lose weight safely and easily.”

Research on long diet cycles is limited, but in one Italian study, obese patients in a controlled hospital setting who repeated three cycles—alternating between an intense keto diet for 10 days, followed by a period of rest for at least 10 days—lost 32 pounds.

Give it a go for yourself. Dr. Cabeca says cycles “help you break free of a plateau and accelerate results.” **WW**

## Keep your metabolism on its toes

To cycle off weight like Kim, keep carbs low, around 50 grams. Start with a weight-loss or “rev” month. (Eat 1 g. protein per pound of ideal body weight and 65 g. fat daily.) Then switch to a “rest” month (0.8 g. protein and 100 g. fat.) Alternate back and forth until you hit your goal.



**Denver egg bake**

**REV:** Use 1 egg, 2 egg whites, bacon, peppers, onion and a little cheddar cheese.

**REST:** Use 3 eggs (with yolks) and more cheese.



**Giant Cobb salad**

**REV:** Mix greens, meat and avocado with light dressing.

**REST:** Add more avocado and Greek yogurt dressing.



**Steak and veggies**

**REV:** Choose a lean-cut flank with cauliflower rice, asparagus. **REST:** Have a fattier cut of beef cooked in butter.



# “Help me boost my memory”

Here, top experts share simple, surprising—and even fun!—strategies to help keep your brain healthy and your memory sharp as a tack

by **KRISTINA MASTROCOLA**

## Rev mental power

### Load up on brainy berries

“The brain is the organ that incurs the most oxidative stress which damages neural tissue, so it’s essential to eat foods high in antioxidants,” says neuroscientist Kristen Willeumier, Ph.D. “These neuroprotective foods include blueberries, acai berries, raspberries, parsley, cocoa, walnuts and green tea.” She explains that they all promote the production of new brain cells. “If you’re looking for inspiration to add berries to your diet, Harvard research showed adults aged 70 and older who ate more blueberries and strawberries slowed cognitive decline by as much as 2.5 years.”

### Try smart supplements

Most Americans are low on four key nutrients that support brain function and memory, according to neurologist Dale Bredeesen, M.D.: zinc, magnesium, choline and potassium.

He recommends 20 mg of zinc daily, 500 mg of magnesium and at least 550 mg of choline. As for potassium, he says we can get enough by eating more fruits and veggies. And of course, no roundup of brainy supplements would be complete without omega-3: “Choline and omega-3 are an especially dynamic duo, working together to support synaptic formation in the brain.”

### Fill your ‘war chest’

The best way to maintain your brain function is to build your cognitive reserve, encourages Willeumier. “This is the brain’s ability to compensate for any decline over the years.” She sees an example of this strategy in her own family: “My 88-year-old father-in-law had to care for his mother-in-law with Alzheimer’s, and he vowed to protect his brain. He has been actively engaged in new learning, and his daily routine includes challenging games like Wordle and Connections.”



## Fun brain hacks

### Watch a mini ‘movie’

“Attach what you want to remember to vivid imagery, ideally involving movement,” advises memory champion John Graham. “If you need to recall that you parked your car in the spot marked C4, you could picture you car exploding from dynamite.” Vivid, indeed! Adds Willeumier, “If you’re a golfer and meet someone named Taylor and need to recall her name, you could associate her with a golf club made by the TaylorMade Golf Company.”

### Design your ‘mind palace’

Tying new info to familiar surroundings helps lock in memories. Known as a “mind palace,” this strategy let Graham memorize the periodic table. “For the first element, hydrogen, I pictured a fire hydrant blasting water on my front door. Then I mentally walked through the door and imagined an oxygen

tank in the closet and lithium batteries strewn on the sofa.” It’s easy to make this technique work for you: To recall a shopping list, picture milk splashing on the TV or bread crumbs on the couch. “Simple, goofy images are easier to recall.”

## Your Coaches

### The Ph.D.

**Kristen Willeumier, Ph.D.**, author of *Biohack Your Brain: How to Boost Cognitive Health, Performance & Power*, is a neuroscientist with expertise in neurobiology.

### The M.D.

**Dale Bredeesen, M.D.**, author of *The Ageless Brain*, is an internationally recognized neurologist and expert on neurodegenerative diseases, particularly Alzheimer’s disease.

### The memory champion

**John Graham** is a three-time USA Memory Champion and a Grandmaster of Memory. He was featured on the FOX TV show *Superhuman* for his trained memory abilities.



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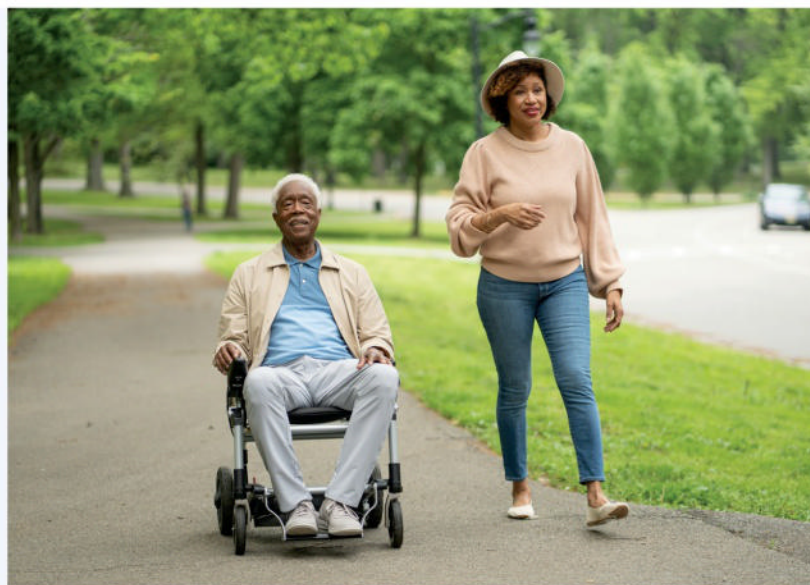
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A full-length portrait of Garcelle Beauvais. She is wearing a bright yellow, one-shoulder, wrap-style dress with a large, ruffled flower detail on the shoulder. She has long, dark hair and is looking slightly to the side with a gentle smile. Her hands are on her hips.

# Garcelle Beauvais is **FEARLESS** & Thriving

by BONNIE SIEGLER

**G**arcelle Beauvais has worn many hats in her 40-plus-year career—from model to actress to reality star and mom of three sons, Oliver, 34, and twins Jax and Jaid, 18. And now, at 58, her newest roles prove she can do it **all**: movie producer and grandmother.

The Haitian-born star made her acting debut on *Miami Vice* in 1984, then went on to shine in beloved sitcoms like *The Fresh Prince of Bel-Air* and *The Jamie Foxx Show*. She's also known for the fan-favorite reality show *The Real Housewives of Beverly Hills*. But behind the scenes, Garcelle faced one of the toughest moments of her life when her son Oliver battled addiction.

“As a parent, sometimes you have to do things even if they break your heart,” she tells *Woman's World*. “Letting my son hit rock bottom was the hardest thing I ever did. All you want to do is protect and love your child, and stepping away from that in order to let him heal himself was my only choice. For a while, I thought he might not forgive me. But to his credit, he understood how bad things were and that it forced my hand. Oliver knows I love him and we've been able to work through it because he has a very open and loving heart.” Today, Oliver is thriving as a proud father of two, and Garcelle is loving her grandma era.

Here, she reflects on how hard times make us fearless, her exciting next chapter and how she finds bliss every day.





**"It's a privilege to get older—I'm so thankful," says Garcelle**

## Celebrate your age

"I think 58 is the new 38!" Garcelle says. "People used to think you get to a certain age and the party is over. Everyone in the industry would say, 'When you're in your 40s, you'll never work—especially as a Black woman.' Not true! It's *such* a misconception that it's too late or you're not lovable anymore or you should keep your hair short. None of that! Now, it's so nice to see all these amazing women striving and doing so well. Age is just a number, and I'm embracing it."

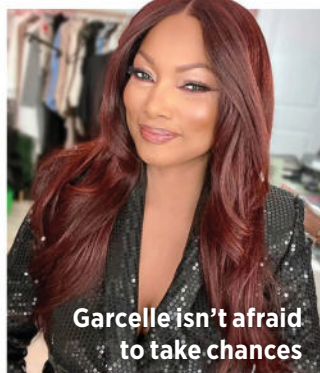
## Lean into self-care

"Sometimes I will hit a wall, and that's when I turn everything off: no TV, no phone. Growing up, 'self-care' wasn't talked about in my family because we were struggling, just trying to make ends meet. But it's so helpful to unplug, relax and put *you* first. I even got an old-fashioned alarm clock to wake me up so I don't scroll first thing."

## Take charge of your life

"If you told me I would be producing and filmmaking now, I would have thought you were crazy," Garcelle laughs. "When I started in this business, you had a lane and stayed in it. I was a model, then an actor and

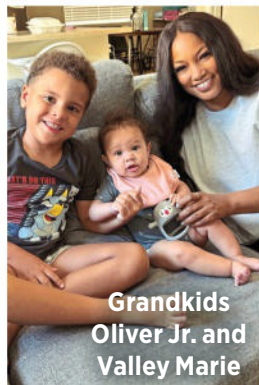
now I'm producing too. It's funny, I really like where I am in my 50s: I'm thriving and I'm happy. I'm no longer afraid to take chances—but I'm also not afraid to walk away from things either. In a lot of ways, age gives you a newfound bravery. It's because you've lived through so much else, so you ask yourself, *why not?* When you're in your 50s, you put up with less and you set better boundaries. I was finally able to do this, and I took charge of my life."



**Garcelle isn't afraid to take chances**

## Cherish happy moments

"The best compliment I ever received was that my kids are polite and have manners. That's everything. Oliver is a great dad—I'm so proud of him. I'm 'Grandma' now, and I just love being called that. Seeing him as a father makes me think, *You know what? I must have done a good job—because where is he getting that from?*"



**Grandkids Oliver Jr. and Valley Marie**

It's really been so rewarding. Oliver Jr. has an iPad, so we FaceTime all day. My happy times are also with my twins, hearing about what they're into lately and what they talk about with their friends."

## Don't miss Garcelle's new movie!

Garcelle is both the star and executive producer of *Taken at a Truck Stop: A Black Girl Missing Movie* premiering October 25 on Lifetime. She stars as Kai, a tough, tenacious trucker who is thrown into the manhunt for her kidnapped niece. "I have a new respect for this community of women truckers—they work so hard all the time and miss so much family time," she says. "My favorite part of filming the movie was being a badass who kicks some butt!"



# Life's Simple Joys with Garcelle

**Q: What was your favorite Halloween costume as a kid?**

**GARCELLE:** "I was obsessed with *Wonder Woman*. I would put a towel around my head and spin in my house thinking I was changing into Wonder Woman. I also dressed up as a ballerina a lot because I danced."



**Speaking of dancing...what song do you dance to no matter what?**

"'I'm Every Woman' by Chaka Khan. That's my favorite. I love her so much, too. Every time I hear it, I'm happy—it makes me smile."

**Something new you've learned or realized recently?**

"I've learned to let things go. Also, you can't control everything. Like, I remember when I first got a divorce and thought I had to control things in my ex's house with the boys, but I came to realize I can only control things in *my* house."

**Go-to perfume as a teenager?**

"Shalimar. It's really old school."

**When you were growing up, did you have any style icons?**

"I used to watch *One Day at a Time* all the time. Whatever Valerie Bertinelli wore, I wanted to copy. She was really cute—and still is!"

**Where is your happy place?**

"Sitting on the beach at sunset."

**What's one word that best describes you in your 50s?**

"Thriving."



# Ghoulishly good PARTY EATS

Our collection of festive appetizers and small bites is guaranteed to scare up some Halloween fun



## Batty Cheeseballs

*Friends and family will be spellbound by these cutest-ever creatures of the night*

- 1 (8 oz.) pkg. cream cheese
- 1 (5.3 oz.) pkg. Boursin garlic and herb cheese
- ¼ cup chopped fresh dill
- ½ tsp. garlic powder
- 1 cup finely chopped pistachios
- 32 blue corn or black bean tortilla chips
- 3 Tbs. sour cream
- 8 pitted black olives, each cut into 4 slices

● Line baking sheet with waxed paper. In bowl with electric mixer on low speed, beat cream cheese, Boursin, dill and garlic powder. With damp hands, shape into 16 balls. Place on baking sheet; freeze until almost firm. Spread pistachios in shallow dish. Roll balls in nuts; place on serving platter.

● Place sour cream in sandwich bag; snip off small corner. Pipe into olive slices; press onto balls for eyes. Chill until set.

● Break one small point off each tortilla chip. Arrange in cheese balls to resemble ears. Place chips in opposite sides of balls to resemble wings (press corner with missing tip into ball).

**Servings: 16. Active time: 20 min.**

**Total time: 1 hr.**

**Calories: 170 Protein: 4g Fat: 15g (6g sat.)  
Chol.: 25mg Carbs.: 7g Sodium: 135mg  
Fiber: 1g Sugar: 2g**



## Mini Mummies

*This clever take on pigs in a blanket comes together in just a few simple steps*

- 12 bun-size hot dogs, from 2 (12 oz.) pkgs.
- 1 (8 oz.) tube refrigerated crescent dough sheet
- 3 Tbs. honey mustard + additional
- $\frac{1}{2}$  tsp. dried Italian seasoning
- 1 egg, beaten
- 4 Tbs. sour cream
- Black concentrated food coloring
- Ketchup

● Heat oven to 350°F. Cut each hot-dog in half crosswise. Unroll dough into 12"x8" rectangle with 12" side facing you. Brush dough with 3 Tbs. honey mustard; sprinkle with Italian seasoning. Starting from 12" side, cut dough into 48 ( $\frac{1}{4}$ " wide) strips. Carefully wrap 2 strips around each hot dog piece 7–8 times, leaving  $\frac{1}{4}$ " opening toward one end for eyes.

● Place hot dogs on 2 ungreased baking sheets. Brush with beaten egg. Bake until golden brown, about 15 min. For eyes, tint 2 Tbs. sour cream black with food coloring; transfer to plastic sandwich bag. Transfer remaining 2 Tbs. sour cream to separate plastic sandwich bag; snip tiny hole in one bottom corner of each bag. Pipe eyes onto mummies. Serve with ketchup and/or additional honey mustard, for dipping.

**Servings: 24. Active time: 1 hr., 30 min.**

**Total time: 1 hr., 50 min.**

**Calories: 130 Protein: 4g Fat: 9g (4g sat.)**

**Chol.: 25mg Carbs.: 7g Sodium: 350mg**

**Fiber: 0g Sugar: 2g**







## Spooky Tortilla Dippers

*It's a cinch to transform store-bought wraps into crispy chips to pair with your favorite Halloween dips*

- 3 burrito-size whole wheat flour tortillas
- 1½ tsp. paprika
- 1½ tsp. garlic powder
- 2 avocados, halved, pitted and peeled
- 2 cups prepared salsa
- 1 Tbs. lime juice
- Salt and pepper, to taste

● Heat oven to 350°F. Coat 3 rimmed baking sheets and tortillas lightly with

cooking spray. In bowl, combine paprika and 1 tsp. garlic powder; sprinkle over tortillas. Using 3"–4" bat-shaped cookie cutter, cut out shapes. Transfer to baking sheets. Bake until crisp, 7–8 min. Cool.

● Place avocados in food processor. Add ½ cup salsa, juice and remaining garlic powder; pulse to desired texture. Season with salt and pepper to taste. Serve tortilla dippers with remaining salsa and guacamole.

**Easy variation:** Make 'em Greek Dippers: Omit paprika and replace with ½ tsp. each ground oregano, crushed fennel seed and onion powder. Serve with store-bought tzatziki dip.

**Servings: 6. Active time: 25 min.**

**Total time: 35 min.**

**Calories: 340 Protein: 9g Fat: 17g (5g sat.)  
Chol.: 0mg Carbs.: 44g Sodium: 1,010mg  
Fiber: 6g Sugar: 4g**



## Wickedly Tasty Witch's Fingers

*To give this spellbinding snack fall flavor, we added a hint of pumpkin pie spice*

- 1 lb. lean ground beef
- ½ tsp. pumpkin pie spice
- ½ tsp. salt
- ¼ tsp. pepper
- 1 small onion, minced
- 2 Tbs. tomato paste
- 1 sheet (half of 17.3-oz. pkg.) frozen puff pastry dough, thawed
- 1 egg, lightly beaten
- 12 natural almonds
- Black sesame seeds (optional)
- Marinara sauce, for dipping (optional)

● Heat oven to 375°F. Line baking sheet with parchment paper. Heat nonstick skillet over medium-high heat, cook beef with pie spice, salt and pepper, stirring occasionally, until browned, 5-8 min. Stir in tomato paste; cook 2 min.; cool slightly.

● On lightly floured surface, roll dough into 12"x10" rectangle; cut in half lengthwise to make 2 (12"x5") rectangles. Cut each piece into 6 (5"x2") strips. Dividing evenly, place meat mixture along center of each strip. Fold long edges up over filling; pinch together to seal. Pinch short ends together to seal,

forming logs. Transfer seam sides-down to baking sheet. Brush with egg.

● For fingernails, press 1 almond into one end of each log. Lightly cut 3 small slits across top of each log. If desired, sprinkle with black sesame seeds. Bake until pastry is golden, 12-15 min.

**Servings: 12. Active time: 30 min.**

**Total time: 45 min.**

**Calories: 160 Protein: 9g Fat: 10g (4g sat.)**

**Chol.: 40mg Carbs.: 9g Sodium: 200mg**

**Fiber: 1g Sugar: 1g**





# BAKE UP BLISS

Weave a web of delight when you serve this impressive finale at your next Halloween get-together



**Easy as  
1,2,3!**

## Chocolate Spiderweb Cake

*Topped with decadent fudgy frosting!*

- 2 cups all-purpose flour**
- 1½ cups unsweetened cocoa powder**
- 1½ tsp. baking powder**
- 1 tsp. baking soda**
- 1 tsp. salt**
- 1½ cups granulated sugar**
- 2½ cups butter, at room temp.**
- 3 eggs**
- 2 tsp. vanilla extract**
- 1¼ cups half-and-half**
- ¾ cup hot brewed coffee**
- 1½ cups dark chocolate chips, melted**
- 3 cups confectioners' sugar**
- 3 Tbs. light corn syrup**
- 2 cups marshmallows, melted**

**1** Heat oven to 350°F. Grease 3 (8") round pans. Mix flour, ¾ cup cocoa, baking powder, soda and salt. On high speed, beat granulated sugar and 1 cup butter until fluffy, 3 min. On medium-low, beat in eggs and vanilla. Mix half-and-half with coffee. Beat flour mixture and half-and-half mixture into butter mixture, starting and ending with flour. Divide among pans. Bake until pick inserted in centers comes out clean, 25–27 min. Let cool 15 min. Transfer from pans to racks. Let cool.

**2** On low, beat melted chocolate and remaining butter until blended. Beat in

confectioners' sugar. Beat in remaining cocoa powder, corn syrup and 1 Tbs. warm water. Place 1 layer on platter; spread with ¾ cup frosting. Repeat once. Top with final layer. Spread with remaining frosting. Chill 1 hr.

**3** Coat hands with cooking spray. Working with small amount of marshmallow at a time, pull and stretch thin strands over cake.

**SERVINGS: 16**

**ACTIVE time: 45 min.**

**TOTAL time: 3 hrs.**



**COLLECT  
A MEAL**

# **DINNER** *made easy!*



*Bourbon-Spiced Apple Cider*



*Sweet Potato Fries*



*Sirloin Sandwiches*



*Apple-Pumpkin Cupcakes*



Getty; Lines + Angles; Are Media; Food & Photo



## Sweet Potato Fries

*These oven-baked sticks have all the flavor but just a fraction of the fat of the deep-fried version*

- 4 large sweet potatoes (about 2 lbs.), peeled, cut into ½"-thick fries**
  - 3 Tbs. olive oil**
  - 1 tsp. garlic powder**
  - ½ tsp. ground cumin**
  - ½ tsp. paprika**
  - ½ tsp. salt**
  - ¼ tsp. pepper**
  - 1 Tbs. white balsamic vinegar**
- bowl, toss potatoes with oil, garlic powder, cumin, paprika, salt and pepper.
- Transfer potatoes to baking sheet; spread out in single layer. Bake, turning occasionally, until tender and golden brown, about 25 min. Transfer to napkin-lined serving bowl; drizzle with balsamic vinegar.

● Heat oven to 400°F. Coat large rimmed baking sheet with cooking spray. In large

**Tip:** For extra-crispy fries, place baking sheet in oven while preheating. Continue with recipe.

**Servings: 6. Active time: 15 min. Total time: 40 min.**

**Calories: 110 Protein: 1g Fat: 7g (1g sat.) Chol.: 0mg Carbs.: 12g Sodium: 217mg Fiber: 2g Sugar: 9g**

## Bourbon-Spiced Apple Cider

*Apple bourbon and mulling spices transform this seasonal warmer into an adults-only treat*

- 4 cups apple cider**
- 2 Tbs. mulling spices**
- 1 sprig fresh rosemary**
- 1 apple, cored, thinly sliced**
- ½ cup apple bourbon**
- 4 cinnamon sticks**
- 1 can ginger ale, chilled**

min. Using slotted spoon, remove spices and rosemary. Chill 2 hrs. or until cold.

● Divide apple slices among 4 glasses. Dividing evenly, pour bourbon and mulled cider over apples; add ginger ale. Garnish with cinnamon sticks.

● In medium pot, combine apple cider, mulling spices and rosemary; over medium-low heat, bring to simmer. Cook until flavors blend, about 10

**Easy variation:** Give it a Jamaican twist: Swap in spiced rum for bourbon.

**Servings: 4. Active time: 20 min. Total time: 2 hrs., 20 min.**

**Calories: 250 Protein: 0g Fat: 0g (0g sat.) Chol.: 0mg Carbs.: 46g Sodium: 30g Fiber: 2g Sugar: 39g**

## Apple-Pumpkin Cupcakes

*No one will ever guess these start with a box mix!*

- 1 apple, peeled, cored, chopped**
  - 1 (15.25 oz.) pkg. spice cake mix**
  - 1 (15 oz.) can pumpkin**
  - 2 eggs**
  - ⅓ cup oil**
  - 2 cups butter, softened**
  - 8 oz. creamcheese, softened**
  - 4 cups confectioners' sugar**
  - 2 tsp. vanilla extract**
- cake mix with pumpkin, eggs and oil, 30 sec.; on medium, beat 2 min. Stir in apple. Divide batter among liners. Bake until set in centers, 18–20 min. Let cool 10 min. Transfer from pans to racks; let cool.
- On medium, beat butter and cream cheese until smooth. On low, beat in sugar and vanilla. On medium-high, beat until fluffy, 2 min. Transfer to pastry bag fitted with star tip. Pipe over cakes. Garnish as desired.

● Heat oven to 350°F. Line 24 muffin cups with liners. Toss apple with 2 Tbs. cake mix. On low speed, beat remaining

**Servings: 24. Active time: 1 hr. Total time: 2 hrs., 30 min.**

**Calories: 358 Protein: 2g Fat: 23g (1g sat.) Chol.: 66mg Carbs.: 38g Sodium: 293mg Fiber: 1g Sugar: 29g**

## Sirloin Sandwiches

*Sliced beets add an earthy sweetness; skip 'em if you're not a fan*

- 1 Tbs. olive oil**
- 2 onions, thinly sliced**
- 1 lb. boneless sirloin steak**
- 1 Tbs. Montreal steak seasoning**
- ⅓ cup light mayonnaise**
- 8 slices multigrain bread**
- 1 cup drained sliced beets, from 15-oz. can**
- 2 tomatoes, sliced**
- 2 cups baby arugula**

water; reduce heat to medium-low. Cover; cook until tender, 12–15 min.

● Prepare grill for medium-high direct-heat cooking. Pat steak dry; rub with seasoning. Grill, flipping once, 4–5 min. per side for medium-rare. Let rest 5 min. before slicing. Spread mayo on one side of bread; top half with beets, tomatoes, steak, onions and arugula. Top with remaining bread, mayo side down.

● In nonstick skillet, heat oil over medium-high. Add onions; cook, stirring, until golden, 10–12 min. Add ½ cup

**Servings: 4. Active time: 35 min. Total time: 35 min. + grill prep time**

**Calories: 470 Protein: 33g Fat: 22g (6g sat.) Chol.: 80mg Carbs.: 34g Sodium: 1,020mg Fiber: 2g Sugar: 9g**





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# Dollar-store Halloween magic!

It's not too late to conjure up a spooky craft or two! Swing by your nearest shop to pick up supplies for these low-cost DIY decorations

—by **KATIE ALBERTS**

## GIVE GOURDS A MAKEOVER *with gauze*

No time to carve or paint a complicated jack-o'-lantern? A roll of gauze can make over a whole family of gourds in no time. Simply wrap strips of gauze (or cheesecloth) around each pumpkin, leaving some space in between and securing them in the back with strong glue or packing tape. Use a marker to add eyes or a mouth peeking through.



## DRESS UP MINI PUMPKINS *with pins*

The best way to decorate gourds in a hurry? Push dollar-store tacks, pins or other sticky items into the pumpkin in a pattern, suggests pro crafter Kathy Owen, of the DIY site PetticoatJunktion.com. In fact, she recently used a variety of upholstery tacks left over from a project. Spaced evenly, they make an eye-catching embellishment to any pumpkin display!



## MAKE BLOODY CANDLES *with DIY drips*

Turn a plain white candle into a blood-curdling accent with red wax. Here's how: Place a white pillar candle on wax paper. Light 3 red tealights (save any extras for Christmas!) and wait until more than half the wax has melted. Blow out the first tealight and carefully drip red wax over the white candle; repeat with the remaining tealights, relighting as necessary. Like your décor super scary? Hammer a few nails into the candle for a final frightful flourish.



## CREATE SCARY BATS *with a few strategic folds*

One of 2025's top Halloween decorations? Faux bats swirling above mantles! Usually made of metal or wood, they can cost up to \$50 for three bats. But you can make as many as you like from black paper or cardstock. Start by drawing a bat shape lengthwise. Cut out and make two vertical folds where the wings meet the torso; gently lift the wings so they protrude. Affix to the wall with removable adhesive. For speedier snipping, download a template at [PrettyTogether.com/easy-diy-paper-bats](https://www.prettytogether.com/easy-diy-paper-bats).



## GREET PASSERSBY *with a pair of googly eyes*

For quickie curb appeal, decorate your front door with oversized eyeballs! You can buy a set of ready-made plastic googly eyes—about 6 inches in diameter—for \$3 at dollar or craft stores. Or make your own peepers with appetizer-size white paper plates and “pupils” cut from black paper.



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# Expert tips to help you land a new job

Getting frustrated because you've applied to countless positions with no response? Your resume may not be making it past the applicant tracking system (ATS) and artificial intelligence (AI) tools that screen candidates. Here, how to outsmart digital gatekeepers and get your resume seen!

## Make it the perfect match

Tailor your resume for each job to include the specific skills listed in a company's ad, urges Sydney Myers, resume application expert at Jobscan.co. If, for example, a posting calls for a "minimum of 5 years of customer service," which you have—but didn't list on your original resume—go back and add it. Recruiters use ATS to search resumes for key criteria like skills and years of experience. At the same time, AI ranks applicants based on how closely they align with the posting. "If your resume doesn't include the right keywords, it may not show up in the recruiter's search results."

While it takes a little extra effort to tweak your resume for each submission, it pays off: People who customize their resumes are more than twice as likely to land interviews as those who submit a generic cookie-cutter version.

## Choose a 'boring' design

When creating your resume, stick with a plain, simple format. While decorative fonts and pictures may seem like they add

sparkle, they can confuse applicant tracking software. "At Jobscan, we've tested several popular ATS and found that not all of them understand documents

ATTACH A COVER LETTER WITH YOUR RESUME! A RECENT SURVEY FINDS 87% OF RECRUITERS CONSIDER IT ESSENTIAL

with non-standard formatting features like graphics and charts," says Myers. If the system can't read what's on your resume, it may never reach the recruiter. A clean layout—think 12-point Helvetica with no images—gives your resume the best shot at getting seen.

## Use a free ATS checker

You don't have to guess if your resume will make it past ATS and AI filters—you can test it for free! "Just upload your resume to Jobscan.co, then paste in the description of a job you're applying for," says Myers. "The system's proprietary algorithm determines how well your resume matches the requirements." After a quick analysis, you'll get a score that tells you if it's ready to submit. If there's room for improvement, you can make simple adjustments before applying.



## Try the old-school method

One surefire way to bypass AI filters? Mail a copy of your resume. "This is an especially smart strategy with smaller companies," Myers says. That's because job hunting is all about increasing your chances of getting noticed, and you'll be one of the few who applies the old-fashioned way. "If you know the hiring manager's name and can address it directly, that's another way to stand out," she adds. "You can usually find this info on the company's website or LinkedIn page."

After sending your resume by snail mail, apply online too. While the hard copy boosts your odds of catching a recruiter's eye, the digital version ensures it can be tracked and moved up the hiring process. —by **GABRIELLE LICHTERMAN**

HAVE A MONEY QUESTION? EMAIL US AT [MONEY@WOMANSWORLD.COM](mailto:MONEY@WOMANSWORLD.COM)



## Scare up tasty Halloween deals

**Kids aren't the only ones who get treats on October 31!**

Restaurants, bakeries and cafes offer discounted—and even free!—sweets for all ages. Last year, for example, customers who wore a costume scored a free Classic Cookie at Insomnia Cookies and a doughnut of their choice at Krispy Kreme. Baskin-Robbins gave all patrons 31% off ice cream scoops and 50% off a second sundae. And Shake Shack offered a buy-one-get-one-free shake of any size and flavor. Check [EatDrinkDeals.com](http://EatDrinkDeals.com) and [TheFreebieGuy.com](http://TheFreebieGuy.com) for this year's delicious bargains.



## Snag free pro consultations

If you need expert shopping assistance, these pros offer free personalized help!

- **Beautify your home**

Design pros at Pottery Barn ([PotteryBarn.com/design-services/](http://PotteryBarn.com/design-services/)) can recommend décor, while specialists at The Container Store ([ContainerStore.com/custom-spaces](http://ContainerStore.com/custom-spaces)) show you how to maximize closet space.

- **Pick the perfect paint**

Whether you want a new hue for your living room or are reviving an old desk, you can get custom advice online from consultants at Sherwin-Williams ([Sherwin-Williams.com/en-us/virtual-color-consultation](http://Sherwin-Williams.com/en-us/virtual-color-consultation)) and Valspar ([Valspar.com/en/tips-resources/color-consultation](http://Valspar.com/en/tips-resources/color-consultation)).

- **Get the right fit**

Personal stylists at Macy's and Lane Bryant will help you find flattering outfits. Just visit [Macys.com/s/personal-stylist/](http://Macys.com/s/personal-stylist/) or [LaneBryant.com/content/free-personal-styling-for-a-one-on-one-session](http://LaneBryant.com/content/free-personal-styling-for-a-one-on-one-session).



# 40%

OF AMERICANS SHOP FOR HALLOWEEN CANDY AT DISCOUNT RETAILERS LIKE ALDI, COSTCO AND DOLLAR STORES

NATIONAL RETAIL FEDERATION

## Buy a used car for less: little-known secret

Buying a used *rental* car can save you a bundle. It's easier than ever to do, thanks to a partnership between Amazon and Hertz. Visit [Amazon.com/autos](http://Amazon.com/autos) to browse thousands of vehicles—including Ford, Nissan and Toyota—that have passed a rigorous inspection. Then check out online and schedule pickup at a Hertz Car Sales location. Hertz has priced many cars below Kelley Blue Book value, so you could drive off with a steal.

**SMART BUY**

### Keep water pipes 'cozy'

**HAVE AN OUTDOOR SPIGOT?** As temperatures dip, consider covering it with an insulated faucet sock like Frost King. For under \$5 at hardware stores or Amazon, it'll lower the risk of freezing pipes—helping you avoid spending thousands on repair bills.

**SAVINGS HACK**

## DODGE THE 'NOSTALGIA TRAP'

**We're more likely to buy products that feature characters, foods, toys or brands from our childhood.**

A new study shows that something like a Charlie Brown-adorned tumbler or Froot Loops-scented candle sparks warm memories that make us suddenly want the item. Even restaurants tap into our love of nostalgia: McDonald's "adult Happy Meals" sell out whenever the chain brings them back. To keep emotions from steering *your* spending, just ask yourself if you're buying the item because of fuzzy feelings or if you truly need it.



# THE VINTAGE HALLOWEEN COSTUMES

*That Defined Our Childhoods*



There's nothing quite like the magic of Halloween as a kid—pulling on a costume fresh from the package or lovingly homemade, racing out the door with a pillowcase, aka the trusty candy tote, and feeling the spooky excitement in the crisp night air. Back then, it wasn't about perfectly put-together outfits or elaborate décor—it was about the thrill of treat hauls, neighborhood adventures and becoming your favorite hero. Here, we take a trip down memory lane with the costume trends from our childhood that lit up Halloween.

—by **ABBEY BENDER**



## 50s Cowboys and homemade costumes

"In the '50s, it was all about cowboy heroes like Roy Rogers," says retro Halloween and Christmas expert Bob Richter, author of *A Very Vintage Holiday*. While there were some store-bought costumes—courtesy of the company Ben Cooper, that was ubiquitous from its 1937 founding through the late '80s—most were still homemade. "The '50s had a lot of 'throw on a sheet and cut two holes in it and you're a ghost,'" he says, adding that clowns, cats and even chimney sweeps (shown above) were popular options.

Getty (4); Alamy; Courtesy of Bob Richter



## 60s Cartoons and pop stars

“As you move into the ’60s, you see more costumes inspired by pop culture. There were definitely a lot of Beatles costumes,” Richter notes, adding that more families would pick up Ben Cooper costumes of astronauts, Mickey Mouse and other beloved characters for their kids from the local five-and-dime. “These costumes are so nostalgic that many fans of vintage style collect them today and even use them to decorate their homes for Halloween,” he says. “I believe there’s also a huge sentimental component to these costumes—especially if they take you back to Beatlemania or early Disney fandom.”



## 70s Sweaty masks and sci-fi

The ’70s ushered in another pop culture phenomenon in the form of *Star Wars*, and the franchise’s influence on Halloween costumes continues to this day. “I was a child of the ’70s, and that decade was the most dense with manufactured costumes,” Richter says. Ben Cooper sold countless Darth Vader and C-3PO costumes throughout the decade, while comic books and Saturday morning cartoons like *Scooby-Doo* also dominated the costume world. But their popularity didn’t mean they were fun to wear. “The masks were made of plastic and rubber,” he recalls with a laugh. (Remember the smell?) “You’d sweat in them, and they were impossible to see out of.”



## 80s Two super-stores hit the scene

The ’80s marked a Halloween turning point. Ben Cooper filed for bankruptcy in 1988 and closed for good in 1992, while Spirit Halloween, now a retail giant with more than 1,000 seasonal shops, opened in 1983, and Party City opened in 1986. The advent of these specialty stores led to elaborate, lifelike masks and costumes. Richter observes, “With each decade, more parents purchased costumes for their kids as opposed to making them. That was probably the biggest evolution.”

## 90s Princesses are in, masks are out

Disney’s renaissance period in the ’90s had a huge impact on costuming, leading to more princesses on Halloween than ever before and making costumes more about wearing an actual outfit than a mask. “The quality of so many things has deteriorated over the years, but I think with Halloween costumes, the quality has improved,” Richter says. “The older costumes were surprisingly high-quality in terms of durability, but certainly not in terms of comfort.”





# Celebrate Halloween in **ANOKA!**

Hiking trails, quaint shops and  
countless fall events await you in  
this Minnesota village

by SHAY TROTTER

**W**elcome to the “Halloween Capital of the World!” Founded in 1854, Anoka became famous for hosting the nation’s first community Halloween parade in 1920, sparking a beloved tradition that’s still going strong. Every October, the city offers frightfully fun festivities like spirited costume contests and pumpkin-carving competitions that draw visitors from across the country.

Step into the whimsical world of the Mad Hatter Restaurant and Tea House, housed in a charming historic home. Sip one of their signature lattes—like The Alice, which has a blend of “tea cake” tea, cinnamon apple, whipped cream and sprinkles—and pair it with a freshly baked oversized cinnamon roll.

As night falls, enjoy a little haunted history on the Ghosts of Anoka Walking Tour, hosted by the Anoka County Historical Society, where you’ll hear chilling true tales from locals.

See the dazzling Rum River,  
which runs 151 miles through  
several Minnesota communities







## TAKE A MINI VACATION *at home!*

Experience the excitement of Halloween in Anoka with a spooky cocktail and a video of last year's show-stopper parade

### Batty Bramble

- ▣ 2 Tbs. sugar
- ▣ 2 Tbs. mixed berries (thawed, if frozen)
- ▣ 2 Tbs. water
- ▣ ¼ cup gin
- ▣ 2 Tbs. blackberry liqueur



- ▣ Club soda
- ▣ Blackberries

● Muddle sugar, berries and water. Strain into ice-filled cocktail shaker. Add gin and liqueur. Cover; shake. Divide between 2 glasses. Top with soda and blackberries and garnish with party-store bats.



### Grande Day Parade

See all the costumes and floats by searching "Anoka Halloween: Grande Day Parade 2024," posted by QCTV on YouTube.com

Admire the fall displays at the Minnesota Landscape Arboretum in nearby Chaska



Even the Anoka pups partake in the celebrations

Getty (3); Adobe (2); Alamy



# RELAX WITH Brain Games

## CROSSWORD

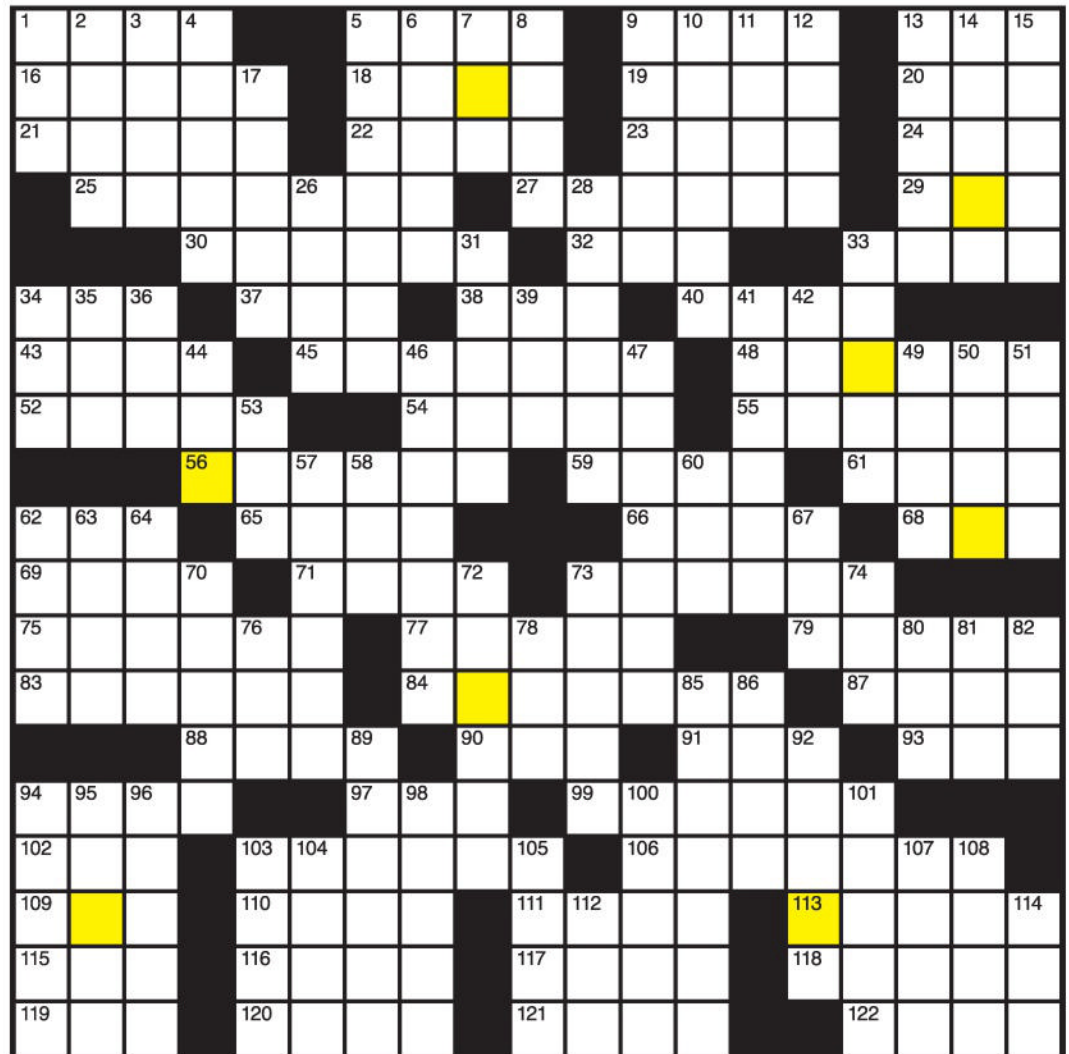
### Eye of newt

Use the letters highlighted in the finished puzzle to spell a pot for a witch's brew

#### ACROSS

- 1 Dangerous biters
- 5 Kilt wearer
- 9 Lad's love
- 13 America's uncle
- 16 Lobster delicacies
- 18 Conceal
- 19 Whale type
- 20 Cable channel
- 21 Fortuneteller's card
- 22 *A Death in the Family* author
- 23 Pitfall
- 24 Elementary particle
- 25 Hargitay of *Law & Order: SVU*
- 27 Part of GM
- 29 Cashew, e.g.
- 30 Robert of *Meet the Fockers*
- 32 Haul
- 33 One of Alcott's *Little Women*
- 34 Tavern
- 37 "Dear" one
- 38 Scrooge's cry
- 40 Missile housing
- 43 After-lunch sandwich
- 45 Decorated walls
- 48 Sneaker material
- 52 Calcutta's home
- 54 Stretchy fabric

- 55 Large lizard
- 56 Bush and Linney
- 59 Harmony
- 61 Belt out a tune
- 62 Lotion letters
- 65 Soon, to a bard
- 66 Prefix with vision or gram
- 68 Discouraging words
- 69 New Mexico resort
- 71 Leak slowly
- 73 Full of pep
- 75 Female graduate
- 77 Actor Channing
- 79 Villain
- 83 Conviction
- 84 View
- 87 Egg on
- 88 Bad look
- 90 Sporty wheel
- 91 "\_\_\_ the fields we go"
- 93 FBI operative: Abbr.
- 94 Golden \_\_\_ Bridge
- 97 John's *Pulp Fiction* co-star
- 99 Does salon work
- 102 "Rocks"
- 103 Not in school
- 106 Comes about
- 109 \_\_\_ *Doubtfire*
- 110 "Major" animal



- 120 "\_\_\_ the night before ..."
- 121 Water whirl
- 122 TV's *Nick at \_\_\_*

#### DOWN

- 1 Appear on stage
- 2 Hit hard
- 3 Prefix with graph
- 4 Zorro's weapon
- 5 "Hips Don't Lie" singer
- 6 Stogie
- 7 Poem of praise
- 8 Swarm
- 9 Kind of ticket
- 10 Cupid's quiver contents
- 11 Leave a mark on
- 12 Exhausts
- 13 "Rise and \_\_\_!"
- 14 Circa
- 15 Rental period
- 17 Pigpens
- 26 Scissors sound
- 28 "Do unto \_\_\_"
- 31 Is a good dog
- 33 Paycheck extra
- 34 Luau dish
- 35 Ornamental vase
- 36 Sleep site
- 39 \_\_\_ de Triomphe
- 41 Cold stick
- 42 Fall behind
- 44 Black gold
- 46 Mars and Venus
- 47 Dawn to dusk
- 49 Conceited
- 50 Part of A.D.
- 51 Droops
- 53 Battery size
- 57 Risky

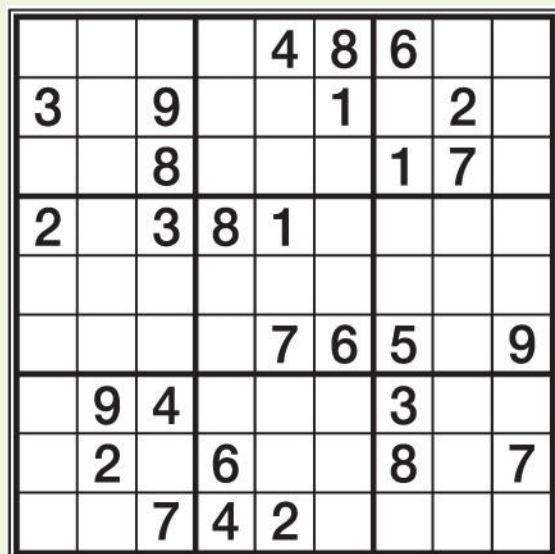
- 58 Caviar
- 60 Ariz. neighbor
- 62 Shot in the dark
- 63 Opposite of tanned
- 64 Unfair
- 67 Little toymaker
- 70 Photographer's request
- 72 Classic arcade game
- 73 Breathing organs
- 74 Pound sound
- 76 Born, in bios
- 78 Oolong, for one
- 80 Baseball stat
- 81 Holiday drink
- 82 Banned pesticide
- 85 Princes William and Harry, for example
- 86 Cry of pain
- 89 Moscow's land
- 92 Make good on
- 94 Greedy command
- 95 Old-time sitcom *Green \_\_\_*
- 96 Exams
- 98 Breakfast, lunch and dinner
- 100 After second
- 101 Alternative to a convertible
- 103 Em, to Dorothy
- 104 Make coffee or tea
- 105 IV part
- 107 Classic soft drink
- 108 Difficult position
- 112 Turner of TV channels
- 114 Boot part





## SUDOKU

Fill the empty squares with the numbers 1 through 9 so that each row, column and 3x3 square contains all the numbers from 1 through 9



## WORD SEARCH

### From Page to Screen

ATONEMENT  
BABE  
DUNE  
EAT PRAY LOVE  
EMMA  
FIGHT CLUB  
FORREST GUMP  
GONE GIRL  
GOODFELLAS  
HARRY POTTER  
JAWS

LITTLE WOMEN  
LOLITA  
MASH  
MOBY-DICK  
MY LEFT FOOT  
OUTLANDER  
PERSEPOLIS  
POLDARK  
PSYCHO  
REAR WINDOW  
ROOM

ROSEMARY'S BABY  
STUART LITTLE  
THE COLOR PURPLE  
THE EXORCIST  
THE HUNGER GAMES  
THE IRISHMAN  
THE SHINING  
TO KILL A  
MOCKINGBIRD  
TWILIGHT  
VERTIGO



## SOLVE-IT-YOURSELF MYSTERY

# Postcard Pirate

The Galivanting Goblin card is gone!" Jasper Quinn stormed into Ruby Alden's office at the Blue Haven Retirement Home. "I demand you find my postcard immediately!"

"Calm down, Jasper," the petite Resident Engagement Coordinator said. "I just saw it before I came into my office." Ruby went back into the hall to check the display case housing the Halloween antiques.

"That postcard is worth a pretty penny. My wife loves that card with its picture of the pumpkin-headed man kissing the young lady's hand. She's the one who gave it that unusual nickname." Rage colored Jasper's face and neck several shades of red.

"It's my fault, Jasper. I'm sorry. I was adding the histories of the antiques, and the phone rang in my office. I dashed to answer it and forgot to lock the door." Ruby was relieved when she realized that nothing else was missing.

"I expect full compensation from Blue Haven if that postcard is not found." Jasper walked to the elevator and glared at Ruby.

"Is something missing?" Daphne Holloway came out of the dining room.

"Yes! Did you see anyone around here?"

"I noticed both Hollis Grub and Edna Bloom studying the antiques after they left the dining room," the waitress said.

"Thank you, Daphne." Ten minutes later, Ruby was inside Hollis Grub's suite.

She quickly realized how the octogenarian had earned the nickname "Sticky Fingers Grub." Several items from the Retirement Home cluttered his small kitchen counter.

"Hollis," Ruby said. "One of the Halloween antiques has gone missing. You were spotted nearby."

"How dare you suspect me! I am not a thief!"

Ruby scanned the counter one more time. "Okay, Hollis. If you happen to see or hear anything, let me know."

An indignant Hollis silently opened his door to let her out.

Later, in Edna Bloom's suite, Ruby made the same statement she had with Hollis Grub.

"Of course I was spotted at the antiques display," Edna looked around her living room. "As you can see, I love antiques and was quite interested in reading about old Halloween stuff. You did a wonderful job, Ruby. I really learned a lot."

"Thank you, Edna."

"I really miss the days of handwritten communication. There was such a beauty in sending postcards and letters. Texting nowadays is so impersonal. I'm sorry someone's old postcard was stolen."

Ruby thought she should go back to Hollis's suite and have a better look around. But suddenly, she realized that she was already with the thief.

—Brenda Robson

**Q: Why did Ruby suspect Edna?**

**A: Turn to pg 51**





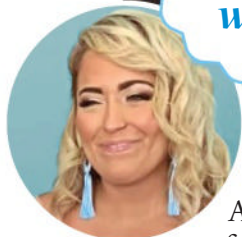


## MY GUARDIAN ANGEL

## Ladybug from heaven

My mom will forever be the rock of our family. She was more than just a mother. She was more than a grandmother. She was everyone's best friend. She never said a bad word about anybody, had so much love in her heart and always forgave anyone who crossed her—no matter what they did. She was one in a million.

Her passing absolutely devastated everyone who knew her. She was a big piece of our family's puzzle that could never be replaced. Before she passed away, she had a conversation with my oldest daughter,



*"My mom kept her word!"*

Alicia, who is afraid of every type of bug in the world—except for ladybugs. My mother told her that every time she sees a ladybug, it would be her coming to say hello or to protect her.

Years passed, and Alicia was now getting married. We were all gathered in one room on her wedding day and everyone was

getting our hair and makeup done. We were all so joyful and excited. It was a glorious day, and all I could think about was how my mom would be so proud of her granddaughter.

When we looked up at the ceiling, we saw a ladybug, and it didn't move. It stayed right there, looking down on us for the entire day. We had the room

from 9 AM until 4 PM to get ready, and the ladybug never moved from its spot.

When it was time to leave for my husband to walk her down the aisle, the ladybug disappeared. My mother kept her word. She came on Alicia's wedding day to say hello, protect her and give us all peace!

—Lucy Marie Gendron, Salem, NH



## UNEXPECTED GRACE

## Blessed by the bark

After my morning coffee, I got a call from my realtor saying she was coming to show our house. Hating the short notice, I grumbled and went outside to rake the leaves. Suddenly, the boxer from down the street came running up to me, barking frantically. "What is it, Bentley?" I asked, following him to Mr. Edwards' house. I found the elderly man hunched over on his steps. "I forgot to take my medication and got too dizzy to walk," he explained. I guided him inside, where he took his pills, then praised Bentley for fetching help.

Smiling, I resumed raking—a chore I was now thankful for.

—Julianne Ackerman, Dublin, OH





## CIRCLE OF KINDNESS

# The call of true friends

One day, an emergency broadcast alert came on our cell phones and social media. There was a natural gas leak in my area, and an evacuation order was issued. Luckily, I was at work and no one was home. Still, several friends called and texted as soon as the alert came out to check on me.

They wanted to make sure I was all right and to offer me a place to stay. These are friends I may not see often due to our busy lives, but their concern and willingness to



help were deeply appreciated. By the time I left work, the evacuation order had been lifted, so I was able to go home safely. It was still comforting to know that if the order had not been lifted,

I would have had a place to go. I felt so thankful for my good friends, who are treasures to me.

—Debby Chipman, Dartmouth, Nova Scotia, Canada

*“Good friends are treasures!”*

## COUNTRY WISDOM

# Handing out smiles

When handing out candy with my Aunt Betsy one Halloween, she had hand-written stickers on every treat. On the Milky Way bar it said, *You are the brightest star in the Milky Way* and on the Sweetarts, *You're a sweetheart!* When I asked why, she replied “My mom always said the sweetest treat you can offer is a reason to smile!” —Gloria Silverman, Louisville, KY



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# ★ Your Horoscope by MARESSA BROWN

Sunday, November 2 to  
Saturday, November 8



**ARIES** Mar. 21–Apr. 19

**Life:** Prepare for a surge of adventurous energy that will push you out of your comfort zone. **Love:** Embrace vulnerability to nurture your relationship and feel more connected. **Wellness:** Pair up and dive into a revitalizing mind-body practice.

**Your lucky days:** November 3, 4, 7

**Your lucky numbers:** 8, 9, 18



**TAURUS** Apr. 20–May 20

**Life:** Dream up a way to strike out on your own for a passion project.

**Love:** Share deep-rooted needs and desires to feel seen and understood. **Wellness:** A measured approach to new wellness routines keeps you firing on all cylinders.

**Your lucky days:** November 2, 5, 6

**Your lucky numbers:** 1, 2, 6



**GEMINI** May 21–June 20

**Life:** Slow down and tune into your intuition to feel more emotionally centered. **Love:** Pinpoint an ambitious goal you want to achieve together, and you'll be on your way. **Wellness:** Take a social approach to your fitness routine to feel revitalized.

**Your lucky days:** November 2, 5, 8

**Your lucky numbers:** 7, 12, 16



**CANCER** June 21–July 22

**Life:** Dive into a group project to feel more connected. **Love:** Enjoy a surge of playful energy that boosts joy and magic in your relationship. **Wellness:** You'll be fired up for pushing forward on everyday routines that support health and wellbeing.

**Your lucky days:** November 5, 6, 8

**Your lucky numbers:** 5, 6, 11

Happy  
Birthday!

Year-ahead  
forecast for  
those born  
this week



Sally Field  
November 6, 1946



**LEO** July 23–Aug. 22

**Life:** You'll cross the finish line on a key project and earn well-deserved praise. **Love:** If you've been craving more romance and spontaneity, anticipate a season of sparks flying. **Wellness:** Downtime with your nearest and dearest boosts vitality.

**Your lucky days:** November 2, 6, 7

**Your lucky numbers:** 4, 10, 14



**VIRGO** Aug. 23–Sept. 22

**Life:** Put your nose to the grindstone on a shared

undertaking to ensure success. **Love:** Mentally stimulating conversations boost chemistry.

**Wellness:** Lean on others for support for health-related aspirations.

**Your lucky days:** November 4, 5, 6

**Your lucky numbers:** 3, 4, 6



**LIBRA** Sept. 23–Oct. 22

**Life:** Tap into your artistic impulses to make an impression on higher-ups. **Love:** Embrace vulnerability to feel even more seen and understood. **Wellness:** Gather information about a mind-body practice and you could make new friends along the way.

**Your lucky days:** November 6, 7, 8

**Your lucky numbers:** 9, 10, 18



**SCORPIO** Oct. 23–Nov. 21

**Life:** Adopt a confident, go-getter mentality for financial goals.

**Love:** Prioritize pleasurable experiences in relationships, as they can benefit your spirit.

**Wellness:** Take advantage of opportunities to hone new skills and boost your energy.

**Your lucky days:** November 2, 3, 8

**Your lucky numbers:** 6, 9, 15



**SAGITTARIUS** Nov. 22–Dec. 21

**Life:** Consider letting go of commitments not in line with big-picture needs. **Love:** Take a quieter, more meditative approach to connecting for greater bliss. **Wellness:** Pour go-getter energy into a health routine for big results.

**Your lucky days:** November 2, 3, 6

**Your lucky numbers:** 1, 3, 18



**CAPRICORN** Dec. 22–Jan. 19

**Life:** Talk through your long-term wishes with friends or colleagues

and they'll lend a hand. **Love:** Hit pause on hard deadlines and follow your heart.

**Wellness:** Bring more passion to a mind-body practice that benefits spirit, heart and health.

**Your lucky days:** November 4, 5, 6

**Your lucky numbers:** 5, 11, 14



**AQUARIUS** Jan. 20–Feb. 18

**Life:** Step into the spotlight and you'll impress colleagues. **Love:** Do your best to see where the moment takes you and you'll make sweet memories. **Wellness:** Enjoy group fitness classes or getting active with friends to boost your platonic bonds.

**Your lucky days:** November 6, 7, 8

**Your lucky numbers:** 9, 10, 11



**PISCES** Feb. 19–Mar. 20

**Life:** You can channel more of your inner drive into making your mark professionally. **Love:** Embrace any chance to break out of your routine and nurture your bond. **Wellness:** Prioritize slowing down this week and focusing on restorative practices.

**Your lucky days:** November 2, 5, 8

**Your lucky numbers:** 1, 3, 10



Scorpio, you can look forward to taking bold, imaginative action that supports your self-care, fuels your creative expression and strengthens your relationships. That's thanks to several planets and the

confident sun in your sign forming harmonizing angles to mystical Neptune in your romance zone this month.

In mid-November, you may experience healing breakthroughs within a relationship when game-changer Uranus forms a

friendly angle to spiritual Neptune. In mid-January, learning something new with a friend or partner could spark your artistic impulses when Venus and the vitality-bringing sun in your communication zone sync with Neptune.



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## ROMANCE

### A MOMENT FOR YOU

*You are so  
much more  
beautiful  
than you  
realize!*

You are more vibrant than all the shades of the autumn leaves! Your smile shines. Your open heart is truly radiant. And then there are the multitude of experiences, strengths, talents and dreams that make you sparkle. All of it shows and makes you glow!

Madison arrived for her volunteer shift at the community library dressed as a witch. Decorated with pumpkins, cornstalks and spiderwebs, the library bustled with children in costume.

Her friend, Beth, the librarian, adjusted her Mother Goose hat. "Max Marshall is here for Halloween story time." She pushed a cart of books toward Madison. "For your first task, can you shelve these, please?"

"I don't suppose they go—" "—in the back, in the kids' section." Beth smiled.

Madison first rolled her eyes, then rolled the cart. Beth often mentioned Max, who played basketball with her husband, Jerry. Single. Good-natured.

Madison admitted she wanted a look, but that was it. She stopped when she glimpsed Captain Hook, complete with a gold hoop earring and dark curly wig brushing across his broad shoulders. Even in this getup, she couldn't help but notice his rugged good looks. He read from *Peter Pan* in a booming voice, captivating the kids. They sat mesmerized. She, too, fell under his spell, and leaned on the rows of books as she listened to his fun storytelling voice. Then he pointed at her. "Look," he said, "the pretty witch isn't joining in!"



# The pirate, the witch and the list

When Madison volunteers at the library, she doesn't expect to fall under the spell of a sweet Captain Hook!

The children all turned their gazes on Madison. He laughed. "Dreams do come true, if only we wish hard enough."

"Yes, of course," Madison stammered, then joined the crowd, chanting along.

When Max continued reading, she quickly sneaked away.

"So?" Beth raised her eyebrows when Madison returned.

"He's a very good reader," Madison said lightly. She didn't mention his liquid brown eyes or the dimple when he grinned—or how he'd flustered her.

Beth laughed. "That's it?" Madison shrugged. "Well, you know I have my list."

"Right. I forgot about the 'Who Needs Men?' list." Beth made air quotes as she said it.

Madison grabbed a stack of DVDs. "He seems like a lot of fun, but I'm not interested." *Even if he is super hot*, she thought to herself. "My list keeps me busy enough! One, hiking with my dog; two, cooking in my sweatpants..." Madison trailed off, walking away. Beth shook her head.

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Ww



After her divorce, Madison dated for a while, but she hadn't had good luck. So, she made a list of things she liked to do *without* men: run a 5K for charity, volunteer at the library... She kept busy, and dating was on hold.

As she sat down, she heard giggling near the front desk. Captain Hook, surrounded by giddy kids, talked with Beth. Madison noticed how at ease he seemed. He caught Madison's eye, lifted his hook and then came her way.

"I wasn't sure who the pretty witch was," he said, "but then Beth told me she roped her friend Madison into library help, too." He took off the wig, revealing short dark hair. "I'm Max."

"You were so great with the kids."

"Thanks. I teach fourth grade, and I have six nieces and nephews." He pulled off the hoop earring, grimaced and rubbed his ear. "But mostly, I don't mind making a fool of myself," he said. "Kids appreciate that." He chuckled and removed the captain's coat and uncovered muscled arms.

Silently she recited her list: Saturday spa day, baking in PJs, Zumba class...

"Oh, Beth said you could help me find some books on local trails?"

"Oh, sure," Madison said, happy to have something to do besides stare. She felt herself blushing.

They browsed together and she pointed out a park she liked to visit. Max told her funny stories about his class, and she relaxed, letting her guard down. He listened attentively when she talked and he loved dogs too. When she tried to remember all her solo plans, she just kept thinking of...him.

They walked back to the front together, where Beth stood smiling.

Madison checked out his books. "Thanks for your help. Maybe you can come with Beth to our basketball game this weekend. We can all go out for a bite after?" Max grinned. "I promise to leave the wig at home."

Madison laughed. "That would be fun! I'd love to." She handed Max his books and their hands touched gently.

"I'm really looking forward to it. See you then!" Max winked at her before turning and heading out.

"What about your 'list' of things to do over the weekend?" Beth quipped.

"I'll start a new one." Madison smiled, thinking to herself, *long walks in the park, kissing in the rain...*

—by Mary Ann Joyce

*"Even in his  
getup, she  
couldn't help  
but notice his  
rugged good  
looks"*

## BRAIN GAMES ANSWER KEY Games on pages 44 to 45

### This week's Crossword solution

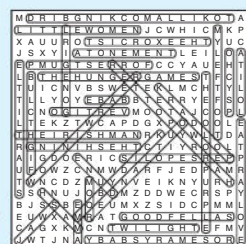


Crossword Jumble: Cauldron

### Mystery solution

Ruby never mentioned what had been stolen. But Edna knew it was a postcard—knowledge only Ruby, Jasper and the thief would have. When confronted, Edna confessed and returned the postcard to Ruby.

### This week's Wordsearch answers



### This week's Sudoku solution



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## EVERYDAY HEROES

# They make sure our heroes have a sweet Halloween!

When teacher Heidi Hawley's son joined the Air Force, her students found a new mission—turning leftover Halloween candy into care packages for troops overseas!



"I love teaching kids that they can make a difference!" says Heidi with her son, Dominic

## YOU DESERVE GOOD THINGS!

*Welcome more joy into your day!*

Make a choice to count blessings over stresses, to celebrate strengths instead of magnifying "flaws," to set aside self-doubt and set your sights on the future. Then sit back and watch something truly wonderful happen: happiness!

**O**n November 1st, as the last of the Halloween decorations came down at Myers Elementary in Grand Blanc, Michigan, brightly wrapped donation boxes began appearing in first- and second-grade classrooms.

"Here's mine!" a little girl announced, pouring her bag of leftover candy into the box.

"Will Dominic get some of this?" a first grader asked his teacher, Heidi Hawley.

"He sure will," Heidi smiled. After all, her son Dominic was the inspiration for her new project: Treats for Troops.

In 2021, when Dominic enlisted in the Air Force and was sent to Qatar, Heidi felt an urge to support him and his fellow service members. She reached out to local organizations, including Desert Angels, a group that sends care packages filled with small comforts to troops stationed far from home.

At school, she told her

students about Dominic's service and taught them about patriotism and honoring our military. Then she had an idea.

"Halloween is coming up, and you'll get lots of candy. Would any of you like to donate your extra to our troops?"

"You bet!" the kids cheered.

By Veterans Day, the first and second graders had collected, sorted and packed 400 bags of candy. Each bag included a handwritten note of thanks.

*There was so much candy, I couldn't believe it, Dominic wrote back after receiving the students' gift in early December. I put on a Santa hat and handed it out all across the base!*

The next Halloween, the entire school rallied behind Treats for Troops. "My grandpa is in the military," one student announced as he poured his donation into the box. "I'm donating all my candy. It makes me happy to give it to someone who needs it more."

Teachers and parents joined in with leftovers from their trick-or-treat bowls.

*Thank you for our freedom,* one student wrote in a letter to send with more Treats for Troops gift bags.

*How hot is it where you are?* inquired another, and the troops began writing back.

*It's little things like candy we miss the most,* replied a soldier in Kuwait. *It tastes like home!*

Heidi passed the pages around in class, and every time they heard from a different country, she unrolled a map to show the students how far their gifts had traveled.

Last November, the school collected enough to fill 1,000 Treats for Troops gift bags, and this fall, they're hoping to break their own record.

"I love helping our troops," says Heidi. "But even more, I love teaching my kids that tiny hands can really make a big difference!" —*Bill Holton*

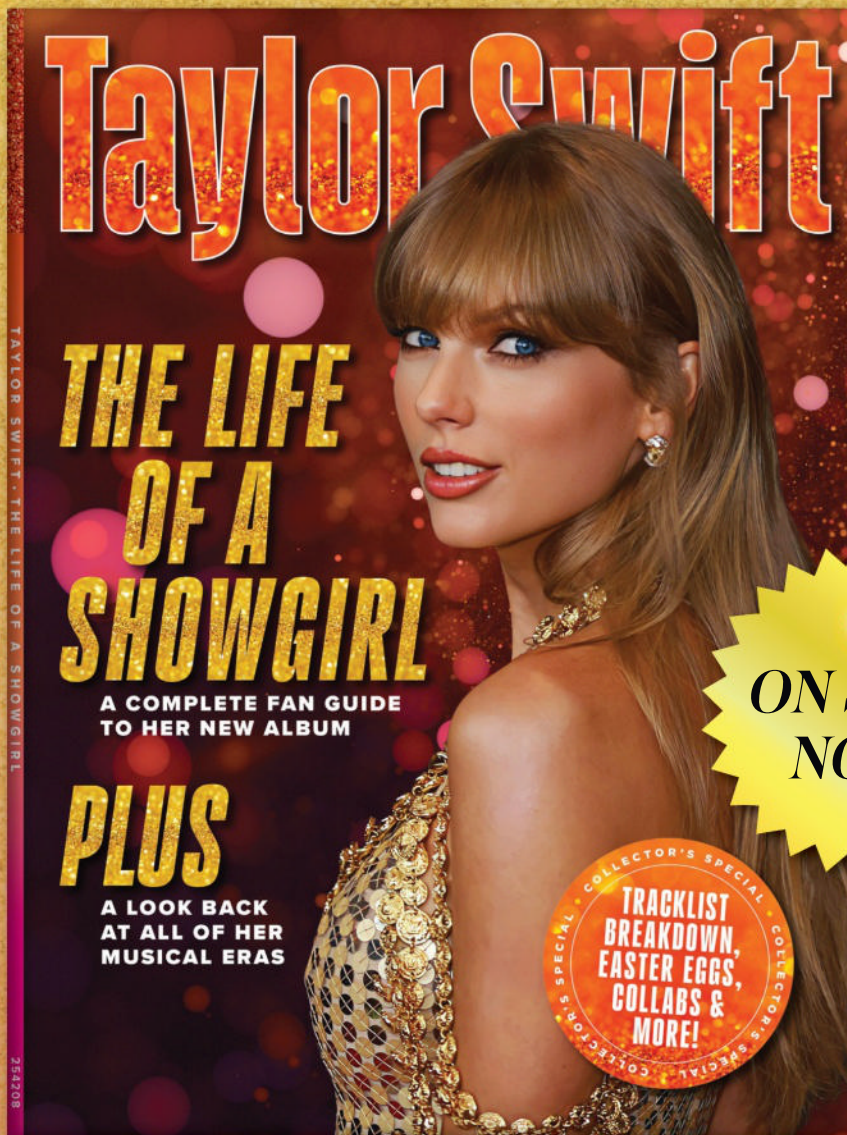
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## Was my face red!

Last Halloween, I planned to wear a fake nose with my witch costume, but the elastic that held it around my head broke. It still fit over my nose well, so I wore it anyway while I passed out candy to trick-or-treaters. At one point, I suddenly sneezed and the nose came flying off and hit a teenage girl in the face! She was okay, but boy, was my face red! —*K.B., Rockford, IL*



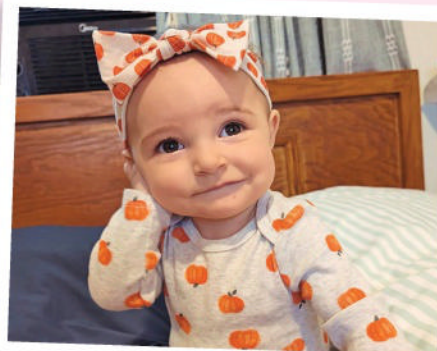
**The new Doogie Howser!**  
Raffaella, 1½, submitted by  
Donna Bruno, East Rutherford, NJ



**Pumpkin perfection**  
Zaylee, Zaylen and Zayden Cale,  
submitted by aunt Vanessa Black,  
Knoxville, TN



**"I'll do a trick...for a treat!"**  
Summer, submitted by  
Carissa Mosness, New York, NY



**Feeling gourd-geous**  
Addi, 8 months, submitted by  
grandmother Jackie Neale,  
Greeley, CO

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**Lovely in leaves**  
Sophia, 4, submitted by  
Christine Kiselich, White Springs, FL

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