

February 17, 2025

God Bless America

Woman's World

Make it
a great
week!

PRAYER
KEEPS YOU
YOUNG

How it reduces
health risks
by 43%!



Burn Belly Fat 50% Faster!

Research shows drinking
this twice daily speed-
shrinks your middle

"My waist is 8 inches smaller!"
—Christa Fiorese, 54

Keys to a Joyful Heart

Elsbeth star **CARRIE PRESTON** talks
about keeping romance alive, a love for
pink and her uplifting 'superpower'

SAY YES TO NAPS!

Why scientists say it'll take
years off your brain, pg 21

Kitchen Cures To:

- Sharpen memory
- Ease meno-bothers
- Balance blood sugar



SWEET VALENTINE

4 decadent desserts, pg 30

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GROCERIES



Introducing the lightest folding power chair in the world

The Journey Air Elite features the latest carbon fiber technology for the ultimate in portability and performance

Mobility issues affect over 1 in 5 Americans. These individuals, and their loved ones, know how decreased mobility can result in loss of independence, pain and falling hazards. They are often stuck at home, missing out on a variety of activities, in a vicious cycle that diminishes their quality of life. In the past, mobility devices like scooters and power chairs were too heavy and bulky to transport easily. Now, carbon fiber material invented for the aerospace program has been used to create the ultimate mobility device. It's called the Journey Air Elite ... and there's nothing else like it on earth.

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*Do not attempt

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Fill your week



JOKE OF THE WEEK

I'm looking for a moisturizer to hide the fact that I've been exhausted since 2008.



SATURDAY, FEBRUARY 22 PLAY MORE CARDS DAY

Have fun!

Gather your friends today for a game of gin rummy, bridge or poker! Not only will you have fun, the activity can sharpen your hearing, say researchers in the *European Journal of Ageing*. In their study, adults who played cards once a week for about 3 hours were better at hearing people talk—even when there was background noise—compared to those who didn’t play. Turns out the strategic planning strengthens brainpower, which boosts perceptual abilities that help you detect speech more easily.



TUESDAY, FEBRUARY 18 DRINK WINE DAY

Raise your glass!

Toast to a terrific Tuesday with a refreshing sangria cocktail. This delicious concoction, which can be customized with your favorite fruits, works best with a light red wine like Pinot Noir, Gamay or St. Laurent. Here, an easy recipe from our test-kitchen pros.

To make Winter Sangria: In a pitcher, combine 1 bottle of light red wine, 2 cups of fruit (like apple slices, orange slices, blueberries), ½ cup of brandy and 3 Tbs. of sugar. Chill. To serve, stir in ½ cup each of orange juice and lemon-lime soda. Serve over ice. Makes 6 drinks

MONDAY, FEBRUARY 17 RANDOM ACTS OF KINDNESS DAY

Make their day!



Spread a little joy today! “Kindness doesn’t require grand gestures or a big budget,” says Sean Devlin, founder of NiceNews.com. “When someone experiences or witnesses a kind act, they are more likely to pass one on themselves, spreading positivity and creating a chain reaction,” he adds. To celebrate, Devlin suggests leaving a glowing review for a local business; surprising delivery drivers with a snack, drink or thank-you note on your doorstep; complimenting someone’s style; or leaving a sticky note with a feel-good message in a high-traffic spot—like, say, a public restroom.

Aid displaced animals!

Support the efforts of the Pasadena Humane animal shelter. The nonprofit organization has been tirelessly working to treat and provide shelter for animals that were injured or displaced by the Los Angeles fires last month. Visit the shelter’s website at PasadenaHumane.org and click on “Give” to donate.

with smiles!

WEDNESDAY, FEBRUARY 19
NATIONAL CHOCOLATE MINT DAY

Bite into bliss

Celebrate this delicious holiday by baking up a batch of mint-layered fudge brownies.

To make: Bake your favorite brownie recipe in a 9"x13" pan; let cool. Using electric mixer, beat 1½ cups of butter, 1½ cups of powdered sugar and 1 tsp. of peppermint extract, 2 minutes. Tint green with liquid food coloring. Spread over brownies; chill. In glass bowl, microwave 1½ cups of semisweet chocolate chips and ¾ cup of butter until melted. Whisk to combine. Let stand until cool but still liquid; spread over frosting. Chill 1 hour; cut into squares and enjoy.



SATURDAY, FEBRUARY 22 SINGLE TASKING DAY

One step at a time!

This holiday is all about minimizing distractions to boost your productivity. But doing so will also improve your mental health, say investigators at the University of Houston. In their study, they monitored participants' facial expressions as they completed a writing task. One group was asked to reply to emails before the task while others were periodically interrupted with

new messages, which they had to answer during the assignment. The result: Those engaged in multitasking looked sadder and more fearful than the single-taskers. Why? According to the study authors, multitasking creates a heavy mental load and regular interruptions bring dread. The bottom line? Batching tasks will make you happier and help you get more done.



**Start your week
with a
Laugh!**

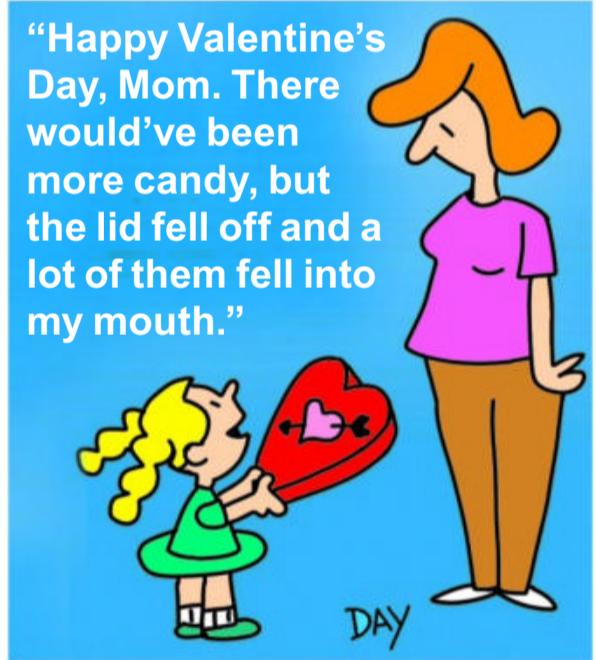


**"See what we would've
missed if we flew south
for the winter?"**

Q How do billboards talk to each other?

A Sign language!

**"Happy Valentine's
Day, Mom. There
would've been
more candy, but
the lid fell off and a
lot of them fell into
my mouth."**



Kids are fUNNy!

One afternoon, I picked up my 8-year-old grandson, Max, from school so he could spend the afternoon at my house. "What did you learn at school today?" I asked. He responded, "Apparently not enough because I have to go back tomorrow."

—P.C., Brookfield, WI



Pop culture



Lucy Liu returns to action as the clever Anata

IN THEATERS *Follow the action with Old Guy*

Excitement and laughs abound as you follow aging hit man Danny Dolinski (played by screen legend Christoph Waltz) after he's tasked with training the next generation of assassins. Despite suffering from arthritis and worrying that he's losing his edge, Danny accepts a new assignment—along with his young trainee, Wihlborg (Cooper Hoffman), and club manager Anata (Lucy Liu). But the former contract-killer soon discovers his employer has an ulterior motive. Don't miss the exciting premiere on February 21.

NETFLIX

Feel the drama with Zero Day

Suspense, secrets and an all-star cast...this limited series has it all. After a deadly cyber attack devastates the nation, former President George Mullen (played by Robert De Niro in his first television role) is called out of retirement to lead the investigation. As Mullen delves deeper into the crisis, he uncovers a web of conspiracies and faces challenges that test his resolve and integrity. The supporting cast includes Angela Bassett as the current president, plus Connie Britton, Matthew Modine and more. Tune in to this gripping six-episode thriller on February 20.



Angela Bassett plays President Evelyn Mitchell



HBO

Take a journey with The White Lotus

Dive into the third installment of the hit satirical drama as *The White Lotus* moves to the exotic beaches of Thailand. A new crew of quirky characters brings the season to life, as the resort staff and wealthy patrons tackle the problems, secrets and conflicts that always seem to bubble up. Natasha Rothwell reprises her role as Belinda Lindsey, the spa manager from season one, and is joined by Michelle Monaghan, Carrie Coon and Walton Goggins. See it on February 16.

calendar



THE CW

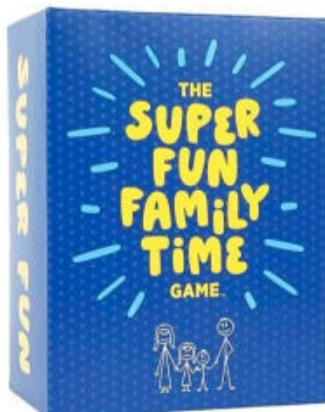
Laugh out loud with Good Cop/Bad Cop

Get wrapped up in antics, humor and sibling dynamics as Leighton Meester and Luke Cook play a brother-sister detective duo in this witty new procedural. Not only do the residents of their Pacific Northwest town give them a run for their money as they try to do their day-to-day jobs but so does their police chief—and father—played by Clancy Brown. Mixing family with business is always interesting, and this crew of crime-solvers is sure to entertain. Don't miss the premiere on February 19.

GAME

Find joy with The Super Fun Family Time Game

The best way to spend a cold day? Grab your loved ones and play The Super Fun Family Time Game! When the judge hits the spinner, it'll land on either "funniest," "best" or "worst" as the category. For example, if you're playing for "funniest," a card might ask for the most comical impersonation of Mom. The judge will pick whoever executes it the best. Designed for three players or more, this game encourages impressions, stories and hilarious off-the-cuff answers that'll bring on the laughs. Get it from DSS Games, Amazon and Target.

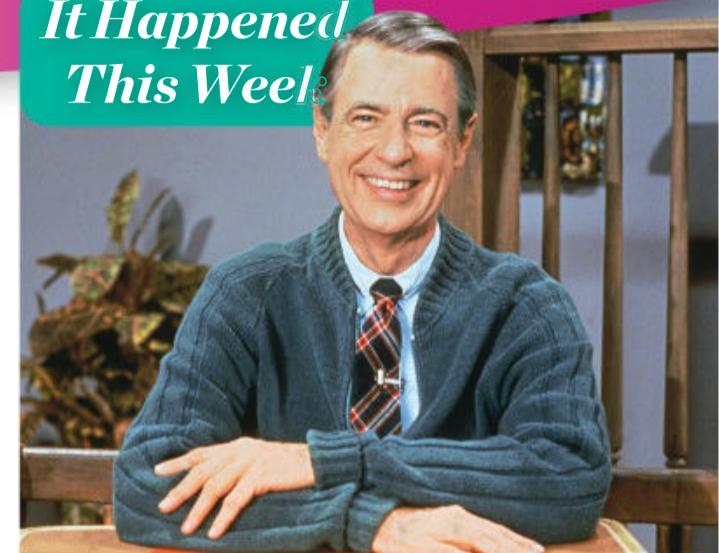


PRIME

Bask in the thrill with Reacher

In the anticipated new season of *Reacher*, Jack Reacher (played by Alan Ritchson) returns tougher than ever for a third installment of the hit show. This time around, Reacher confronts a vast criminal enterprise as he attempts to rescue an undercover DEA informant who is now in the hands of an enemy from his past. The first three episodes of the season will premiere on February 20, with the remaining episodes streaming on Thursdays each week.

It Happened This Week



Mister Rogers' Neighborhood premiered on February 19, 1968.

5 FUN FACTS

- 1 Fred Rogers wore sneakers because they were quieter on the set than dress shoes.



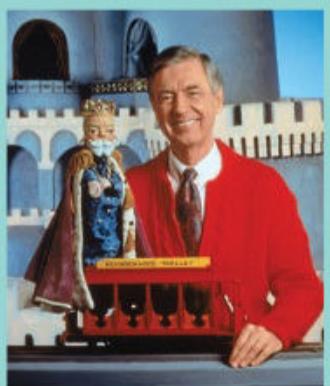
- 2 Mr. Rogers responded to every piece of fan mail brought by mailman Mr. McFeely.



- 3 After a young blind girl wrote to Mr. Rogers, scared he wasn't feeding his fish as she couldn't see him do so, he began narrating when he did.

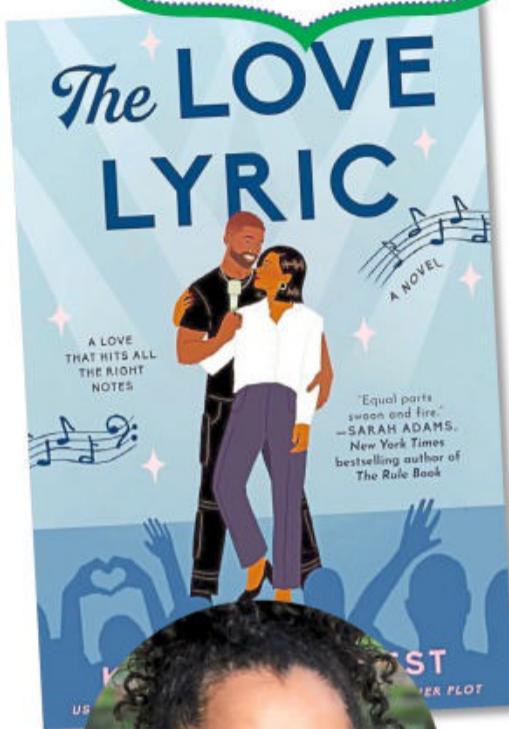


- 4 Several of the characters on the show were named after Fred Rogers' loved ones.



- 5 Most of the famous cardigans and sweaters worn on the show were actually knitted by Mr. Rogers' mother.

Woman's World Book Club



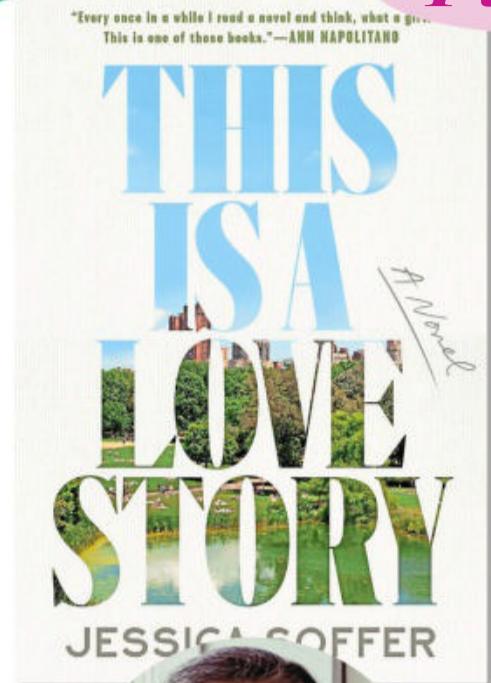
ROMANCE

The Love Lyric *by Kristina Forest*

Bestselling author Kristina Forest is known for sweet stories filled with lovable characters—and her latest will have readers swooning. Iris Greene, a widowed single mother and beauty company director, never expects to see famous singer Angel Harrison at her sister’s wedding. When Iris and Angel begin working together for a campaign, they try to navigate professional boundaries amid a searing, simmering chemistry.

This week's best new books

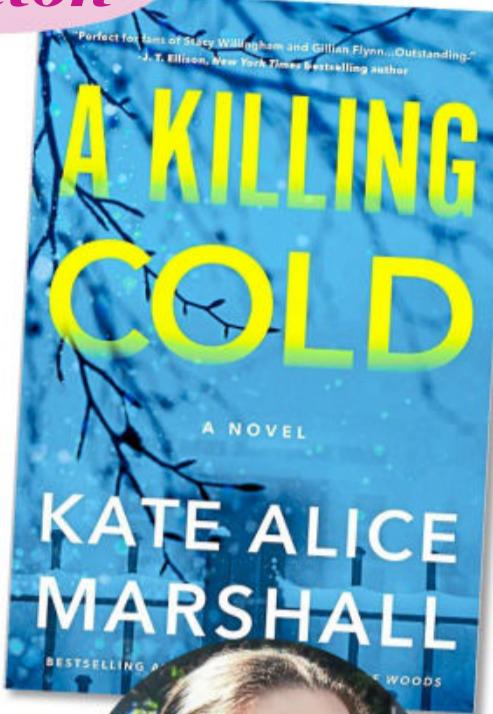
Fiction



WOMEN'S FICTION

This Is a Love Story *by Jessica Soffer*

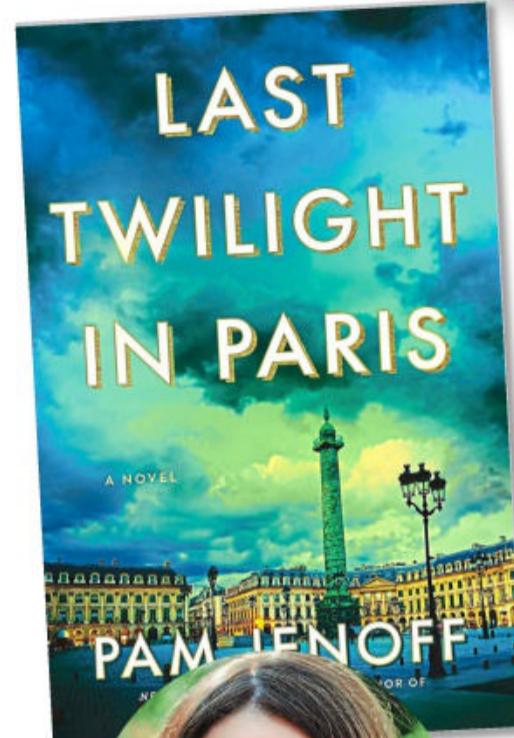
Powerful, heartfelt and heart-wrenching...this story of true love has it all. The tale follows Abe and Jane from young lovers to parents and beyond—and their favorite place: New York City’s Central Park. For half a century, the landmark has witnessed Abe and Jane at every phase of life. Now, Jane is dying and Abe is recounting their lives. Told in various points of view, the radiant tale captures the depths of life, family and love.



THRILLER

A Killing Cold *by Kate Alice Marshall*

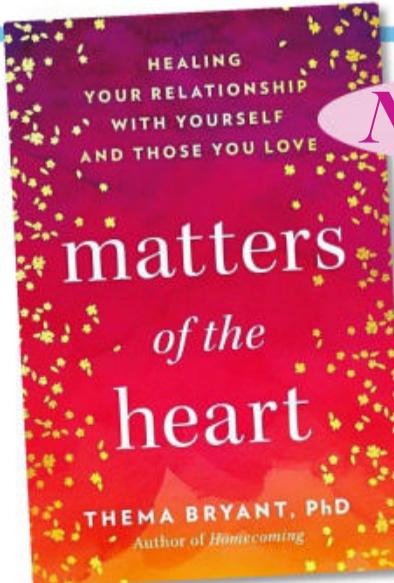
This suspenseful page-turner begins when Theodora “Theo” Scott falls in love with the charming and powerful Connor Dalton. Months later, Theo goes to Idlewood, Connor’s family’s isolated winter retreat. While there, she receives threatening messages—and finds a photo of herself as a child taken at Idlewood. As Theo remembers pieces of her childhood, she learns the Daltons will do nearly anything to protect dark secrets.



HISTORICAL MYSTERY

Last Twilight in Paris *by Pam Jenoff*

Readers are transported to 1953 London and 1943 Paris in this captivating tale. Louise is still adjusting to her postwar role as a housewife when she discovers a necklace in a secondhand shop. She’s sure she’s seen the necklace before—and it’s linked to a time in Nazi-occupied Europe when her friend Franny died mysteriously. Following clues to Paris, Louise and her former boss, Ian, uncover old truths. A sweeping, dual-timeline story!



Nonfiction



Matters of the Heart: Healing Your Relationship with Yourself and Those You Love *by Thema Bryant, Ph.D.*

With more than 20 years of professional experience, psychologist and minister Thema Bryant, Ph.D., understands the significance of cultivating healthy

“To be compassionate toward yourself means you have created space for the fullness of your complex identity and your complicated life.”

relationships with others *and* yourself. In her new book, she combines science and personal experiences to offer evidence-based tips and exercises (such as taking time to reflect and practicing self-forgiveness) to empower readers to heal and form connections that inspire joy.

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Kind florist spreads laughter & love to nursing home residents



When he was a teenager, Evan Sykes would visit his great-grandmother in her nursing home, and his heart broke for residents with no family to visit them. A few years later, he found a way to lift spirits on Valentine's Day

They just need some joy brought to their lives, a young Evan Sykes thought as he left a local nursing home after visiting his great-grandmother, Pearl Berger. *So many of them have no visitors, and they look so sad and lonely.* Evan's heart was touched, and he never forgot the residents' faces.

A few years later in 2021, he took over his family's florist business, Reed Family Floral, and he and his team were preparing for Valentine's Day—the busiest day of the year for flower shops. Evan suddenly remembered the nursing home residents who tugged at his heartstrings all those years earlier.

How can we use the beauty of flowers to help them feel loved too? thought Evan, now 25. He and his family, who still help run the Virgie, Kentucky, floral shop brainstormed and decided to start delivering single roses.

"We'll call it 'Adopt a Resident,' so others in the community can get involved too!" the family decided. "We can deliver hundreds of single red roses in plastic vases with a bow to residents of nursing homes and assisted-living centers."

In that moment, their special program was born. For Valentine's Day, individuals and businesses can sponsor flowers at the Reed Family Floral website for \$16.99



The flowers bring hope and smiles to residents, and to Evan too



Evan delivered 390 roses last year



Everyone loves receiving the flowers

each, and people with limited means can pay just \$5.

Delivering love

In the program's first year, with Covid-19 precautions still in effect, Evan had to drop off the vases at the nursing homes rather than hand the flowers out to residents personally. But it still made such an impact that a nurse later called Evan to thank him. "The residents just loved it!" she said. That call confirmed what Evan had hoped: that he could touch the lives of hurting people and bring them joy for Valentine's Day.

The next few years, with life relatively back to normal, Evan was able to pass out the flowers himself at the nursing homes, which helped add a wonderful touch to the gift. Each meaningful interaction makes Evan's heart smile. "Aww, a rose for Rose," a lady named Rose told Evan when he handed her the vase.

Last year, Reed Family Floral delivered 390 roses, and a woman from a local sewing group posted about Adopt a Resident on social media. Before they knew it, many group members created crocheted hearts that they were able to attach to the vases to add an extra touch of care.

Now, Adopt a Resident serves four facilities—both nursing homes and

assisted-living centers. Evan works with family members, employees and a few volunteers to deliver all the flowers on the day before Valentine's Day, which works with the shop's jam-packed schedule.

Every year, Evan looks forward to seeing a woman named Billie, who dresses up to receive her flowers.

"Thank you so much and we appreciate you," Billie tells Evan as his heart soars with joy for the opportunity to spread love.

"It's amazing knowing you're bringing joy to someone when they need it most!"

Grateful recipients

Chelsi Hamilton, executive director of Cedar Creek Assisted Living in Pikeville, says she loves watching the faces of the residents light up when they get their Valentine's Day flowers. "Any time that we have organizations that come in to give back to the

residents, it lets them know that they have people who think about them," Chelsi says. "It gives them that sense that someone cares. It means so much to them. That lets them know that they're not alone."

Mary Alice Wallace, who moved into Cedar Creek three years ago, got her first flower from Adopt a Resident just weeks after arriving. Her husband, John—who has since passed away—loved receiving a Valentine's Day flower too. "It's a wonderful surprise," says Mary, 81. "Everyone loves flowers, and these are just so beautiful!"

Evan gets just as much out of Adopt a Resident as the rose recipients do. "It makes my entire year," he says. "There are people who have lost spouses and children, and it erases all that pain for just a moment. It's amazing knowing that you're bringing joy to someone when they need it the most."

—Kellie B. Gormly



How to bring joy to others on Valentine's Day

1 Give a bouquet

Like Evan, make your own bouquet by asking a florist if they have any imperfect flowers that they'd sell at a discount, or stop by a grocery store—like Trader Joe's—that gives them away for free. Tie a bow around the stems and gift to someone struggling—whether a friend, neighbor or someone in a nursing home.

2 Mail love

Visit LoveForOurElders.org and click "Write a Letter" for all of the guidelines on how to write letters to lonely elderly folks in nursing homes. They especially welcome letters around holidays—like Valentine's Day. Pick an elder to write to, mail it to the address listed and it will be delivered in time for the special day.

3 Pass out kind words

Studies show that reading positive affirmations convinces your brain to believe them. Share this power with others by writing kind words like *I am enough* or *Good things are coming* on sticky notes and place them on public bathroom mirrors or on store shelves to give a stranger a surprise boost.

We'd love to print your inspiring story! Email the story with your name, phone number and a current photo to: WWFeatures@WomansWorldMag.com. Or mail it to: Scoop, Woman's World, 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting Woman's World permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to a high volume, we are unable to return submissions received.

WW BEAUTIFUL
YOU



Whether you're celebrating Valentine's or Galentine's Day, roses are having a moment. Show yourself some love with beauty products inspired by this classic flower. Find your perfect pick!

BY LAUREN STACHIW

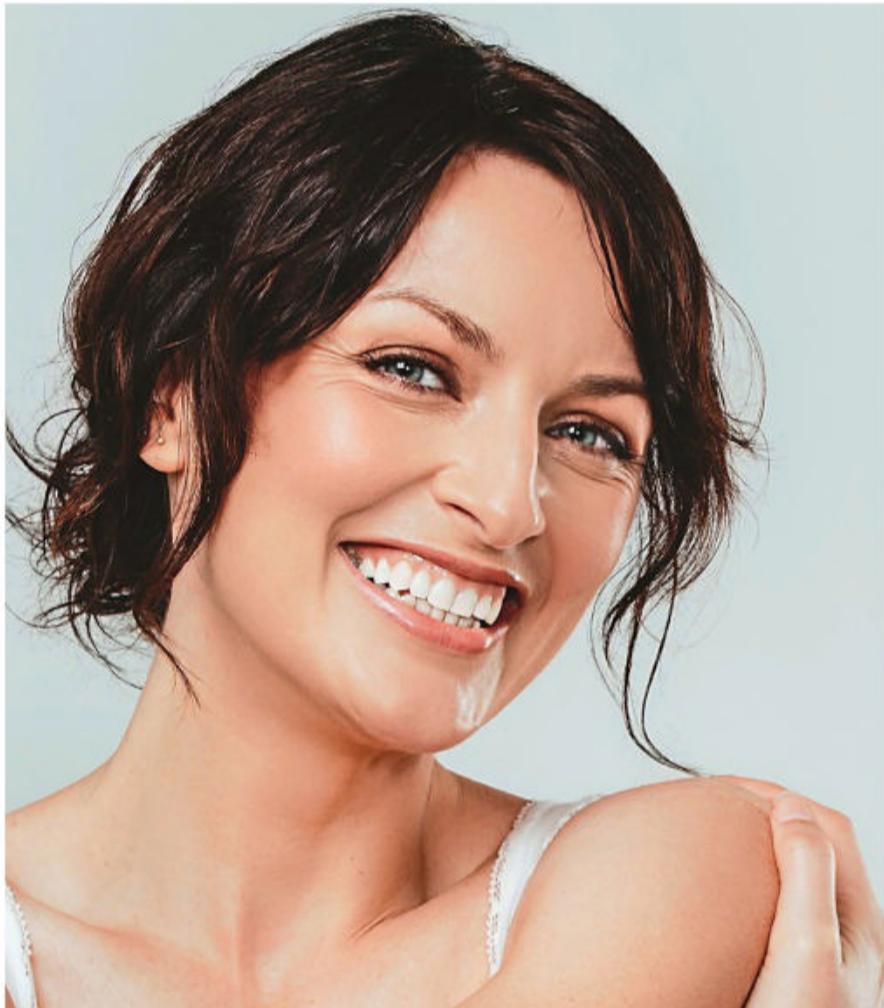
Everything's coming up roses:
Floral beauty pick-me-ups



A rose perfume puts a pep in your step

Feeling down? A spritz of rose-scented perfume can work wonders. The sweet, floral scent boosts those feel-good endorphins and lifts your mood, pronto!

■ TRY: fine'ry Born to Empress Eau de Parfum (Target.com)



Rose gold shadow brightens eyes

Makeup artists swear by rose gold shadows for a reason. The pinky-gold shimmer brightens eyes for a fresh, lively look—even on tired days. Look for a liquid formula that won't settle into fine lines. It's a win-win!

■ TRY: e.l.f. Cosmetics Liquid Metallic Eyeshadow in Big Dipper (elfCosmetics.com)



Rosewater mist reduces redness

If it looks like you're blushing even when you're not, rosewater to the rescue! The floral water is loaded with anti-inflammatory properties that quell irritation quickly. Rosewater is also a humectant that hydrates skin, and its natural antioxidants strengthen skin's barrier to reduce future flare-ups.

■ TRY: Heritage Store Rosewater Refreshing Facial Mist (Ulta.com)



Rose hair masks mend brittle hair

Give your dry strands the TLC they deserve with a rose oil hair mask. Rich in fatty acids, it moisturizes and repairs, leaving tresses soft, smooth and shiny.

■ TRY: Luseta Rose Oil Hair Mask (Amazon.com)



2 STEPS TO ROSY CHEEKS

Step 1: First, find the rosy shade for you. For fair skin, try a mauve rose, like ColourPop Blush Stix in Cool It (Target.com), as it brightens and complements skin's cool tones. For medium or olive skin, go for a red rose, like Milani Cheek Kiss in Merlot Moment (CVS.com), to add some glow and offset green undertones. For dark skin, a deep rose, like NYX Sweet Cheeks in Bombshell (Ulta.com), pops against skin.

Step 2: Add a small amount of color to the tops of the apples of your cheeks, then use a blush brush to blend the color in an upward and outward motion toward the temples. Placing the color higher on the cheeks creates the illusion of higher cheekbones. Add an additional light layer if needed to make cheeks more of a focal point.

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Protect against heart disease

Valentine's Day is the perfect time to give your heart a little TLC. A report in the *Journal of the American Heart Association* found preventing heart disease can increase your lifespan by up to 17 years. And those years will be more enjoyable: In a Spanish study, people with a healthy heart were less likely to suffer from mobility problems, memory deficits and vision impairments during their golden years. To outsmart heart disease the easy way, just...

Bite into a slice of margherita pizza

Sounds too good to be true, but researchers reporting in *The Journal of Nutrition* found that enjoying two slices of pizza a week can substantially lower your risk of developing heart disease over the next seven years. Experts explain that the tomato sauce in pizza is jam-packed with lycopene, a compound that lowers "bad" LDL cholesterol and tames heart-damaging inflammation. Tip: Lycopene is released from

tomatoes when heated, so other cooked tomato products like soup are also stellar sources.

Sip some bubbly

Toasting your valentine with a glass of champagne is more than romantic—it can also curb your heart disease risk. So say scientists reporting in the *British Journal of Nutrition*, who found that drinking champagne improved blood vessels' ability to expand and relax for up to 8 hours afterward. That's key since

improved blood flow eases strain on the heart. Credit goes to polyphenol compounds in champagne. Note: Overdoing alcohol can increase heart disease risk, so study authors advise sticking to one or two glasses per day.

Leave your slippers upstairs

It's no secret that exercise cuts heart disease risk, but winter weather can make working out a challenge. The easy alternative: Head upstairs to change

into your slippers or put away laundry. A study in the journal *Atherosclerosis* found that people who climbed more than 50 steps daily (just over five flights) notably reduced their heart disease risk. The repetitive bursts of activity provided by taking stairs regularly strengthen the heart muscle while keeping high cholesterol, blood pressure and blood sugar in check.

Cook up a new recipe

Or try your hand at another hobby like knitting, propagating houseplants or creating your own Valentine's Day cards. In a Japanese investigation, people who reported having at least one hobby were significantly less likely to suffer from heart disease than their counterparts who didn't have any hobbies. Experts explain that the enjoyable leisure time provided by hobbies lowers the stress that can trigger heart-harming upticks in blood pressure and inflammation.

—Melissa Gotthardt

Artichoke and Mushroom Pizza

- 1 (1 lb.) pkg. frozen pizza dough, thawed, at room temp.
- 1 Tbs. olive oil
- 1 cup pizza sauce
- 1 (8 oz.) pkg. fresh mozzarella, sliced
- ½ cup jarred artichoke hearts
- ½ cup sliced mushrooms

1 Heat oven to 450°F. Grease 14" round pizza pan. Roll out dough to 14" round. Transfer to pan; brush with oil. Bake until starting to brown, 8 min. Press down dough if it puffs up.

2 Spread crust with sauce leaving ½" border around edge. Arrange cheese, artichokes and mushrooms on top. Bake until cheese softens and crust is baked through, about 15 min. If desired, garnish with basil. *Serves 8*

The tomato sauce in this heart-smart dish lowers cholesterol and inflammation



Note: Check with your healthcare provider before supplementing

Outsmart bothersome nighttime leg cramps

"Leg cramps usually happen in the calf or foot and feel like a painful knot or squeezing that lasts a few seconds to a few minutes," says Raj Dasgupta, M.D. During a cramp, you're unable to relax your muscles, adds Brynna Connor, M.D. Here's how to block them and sleep soundly

✓ Drink up

"To prevent leg cramps, make sure you're adequately hydrated," Dr. Connor advises. "In addition to drinking enough water, try to get more electrolytes. A great way to do this is by consuming sports drinks that contain electrolytes and carbohydrates, but you can also get more electrolytes from your diet." Some foods high

in electrolytes: spinach, sweet potatoes, bananas, orange juice, coconut water, cheese, yogurt, nuts and seeds.

✓ Stand for 5

If you work in an office or tend to sit for most of the day, try setting a reminder to stand up and walk around every hour to improve your circulation. "Avoid sitting in one spot for

too long" Dr. Dasgupta recommends. Even just a few minutes here and there can make a big difference in preventing leg pain at night.

✓ Stretch your legs

"Stretch your legs regularly, especially before bed," to help prevent leg cramps, Dr. Dasgupta says. And if you're actively experiencing a cramp,



gentle massage and stretching are your best bets. "Make sure not to stretch beyond your range of motion or to stretch too fast, as you can potentially injure the muscles," Dr. Connor adds. "You can also try massaging the affected muscles and using a heating pad to loosen them." Search "stretches for leg cramps" on YouTube for a visual guide. —Eileen Tyrrell

Simple ways to prevent UTIs

Frequency, urgency and burning pain are classic signs of a urinary tract infection (UTI). And a report in *American Family Physician* reveals UTIs are the most common female bacterial infections. Once you've had one, you want to know how to prevent a UTI from recurring. These tricks reduce the risk of a flare-up

✓ Try d-mannose

"Over-the-counter supplementation with d-mannose has been scientifically proven to help decrease recurrent UTIs," says ob-gyn Barbara Hanna, D.O. How does it work? D-mannose is a natural fruit sugar that prevents bacteria from sticking to bladder walls. That's why a study published in the *World Journal of Urology* found that taking 2 grams of d-mannose powder dissolved in water daily for six months

reduced women's risk of recurrent UTIs by 76%. One to try: Nutricost D-Mannose Powder (Amazon.com).

✓ Urinate after sex

Sexual activity can push bacteria into the urethra, increasing the risk of UTIs. That's why it's important to empty your bladder after intimacy, say experts reporting in the *Journal of Clinical Epidemiology*. They found that women who did so reduced their UTI risk by as much as 90%.

✓ Wipe this way

We know you know this, but it still bears repeating. A British study shows wiping from front to back after urinating or having a bowel movement reduces UTI

incidence by keeping bacteria from entering the urinary tract.

✓ Consider using vaginal estrogen

A study in *Climacteric* reveals a menopausal drop in estrogen can thin tissues and disrupt the balance of good and bad bacteria in the urinary tract, increasing UTI risk. The good news, according to Dr. Hanna: "Women in menopause can prevent recurrent UTIs by using estrogen therapy that is applied directly to the vagina." A study in the *American Journal of Obstetrics and Gynecology* suggests vaginal estrogen can reduce postmenopausal women's risk of repeated UTI episodes by 50%. —Melissa Gotthardt



Healthy with pantry staples

Who says improved wellness has to come with a hefty price tag? Some of the most potent natural healers are already in your pantry. These everyday ingredients pack study-backed perks for your body and mind. —BY ANN GREEN

Canned tuna blocks dry eye

Crisp up a perfect tuna melt in the air fryer, and you'll be on your way to lowering your risk of dry eye. A study in *The American Journal of Clinical Nutrition* found that women who eat five servings of tuna weekly (about three to four cans) are 68% less likely to develop dry eye syndrome. Credit goes to tuna's abundance of omega-3 fatty acids, which soothe inflammation and improve the quality of vision-protective tears.

Olive oil keeps thinking sharp

A Harvard study found that adding at least $\frac{1}{2}$ tsp. of olive oil to your cooking daily delivers antioxidants to the brain that significantly lower your risk of memory troubles. Not only that, Brown University research found that women watching their weight who consumed 3 Tbs. of olive oil daily lost a third more weight

over the course of eight weeks than women on low-fat diets who consumed the same number of calories.

Chamomile tea reduces hot flashes

Sipping chamomile tea daily may help ease bothersome menopausal symptoms. Israeli research published in the journal *Clinical and Experimental Obstetrics & Gynecology* found



TIP!

Take $\frac{1}{4}$ tsp. of yellow mustard the next time a muscle cramp strikes. Its acetic acid stops cramping in just 85 seconds, suggests a Methodist University study.

that menopausal women who took a supplement that included chamomile experienced significant reductions in hot flashes, night sweats, restless sleep and fatigue, with improvements noticeable within one month. Experts explain that chamomile flowers are rich in the flavonoid apigenin, a compound that mimics estrogen and helps stabilize hormone levels.

Peanut butter curbs blood-sugar spikes

Open the jar of unsweetened peanut butter sitting on your shelf and enjoy a generous tablespoon before eating a carb-heavy meal. Sounds simple, but doing so tamps down post-meal blood-sugar spikes, suggests a study published in the *Journal of the American Dietetic*



Calm a cough

Stir 1 tsp. of honey and a few drops of Tabasco into a mug of hot water and sip for quick cough relief. Research in *OTO Open* found that the capsaicin in chili peppers helps reset oversensitive cough reflex nerves, preventing them from misfiring. And honey may soothe coughing better than traditional cough medicine, suggests a Canadian study.

Association. The researchers reveal that the healthy fat and fiber found in peanuts slows digestion, preventing a rapid release of carbohydrates into your system. This may improve your body's ability to pull glucose out of your bloodstream by more than 50%.

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Secrets of the



Prayer keeps you young!

Nearly 100% of Blue Zone centenarians place a high priority on their faith—some attend church; others pray or give thanks. And Italian scientists say nurturing your spiritual side could add up to 14 years to your life and cut your risk of memory loss, heart disease and other ills by 43%. The sense of calm that faith provides activates nerves that keep blood pressure low and organs working at their peak.

The world's longest-lived people are found in five key regions called Blue Zones. And you're 10 times more likely to stay healthy, happy and independent long past your 100th birthday if you adopt their smart habits. —BY BRENDA KEARNS

Reverse stress by saying yes to rest days

Instead of trying to spread out your “me time” evenly over the whole week, focus on one special day and carve out as much time as possible to relax and pamper yourself. That’s what folks in the Blue Zone of Loma Linda, California, do, and a study in *Biomedicines* suggests weekly R&R could add up to 10 years to your life. A day filled with contentment produces a long-lasting drop in your body’s production of the tissue-aging stress hormone cortisol.

OR SET A SMALL GOAL Start each day by choosing a small, upbeat task to accomplish (like sending a cheery message to a friend), and you’ll cut your risk of premature aging in half, Harvard research suggests. Experts found that waking up with a sense of purpose quashes cortisol release.



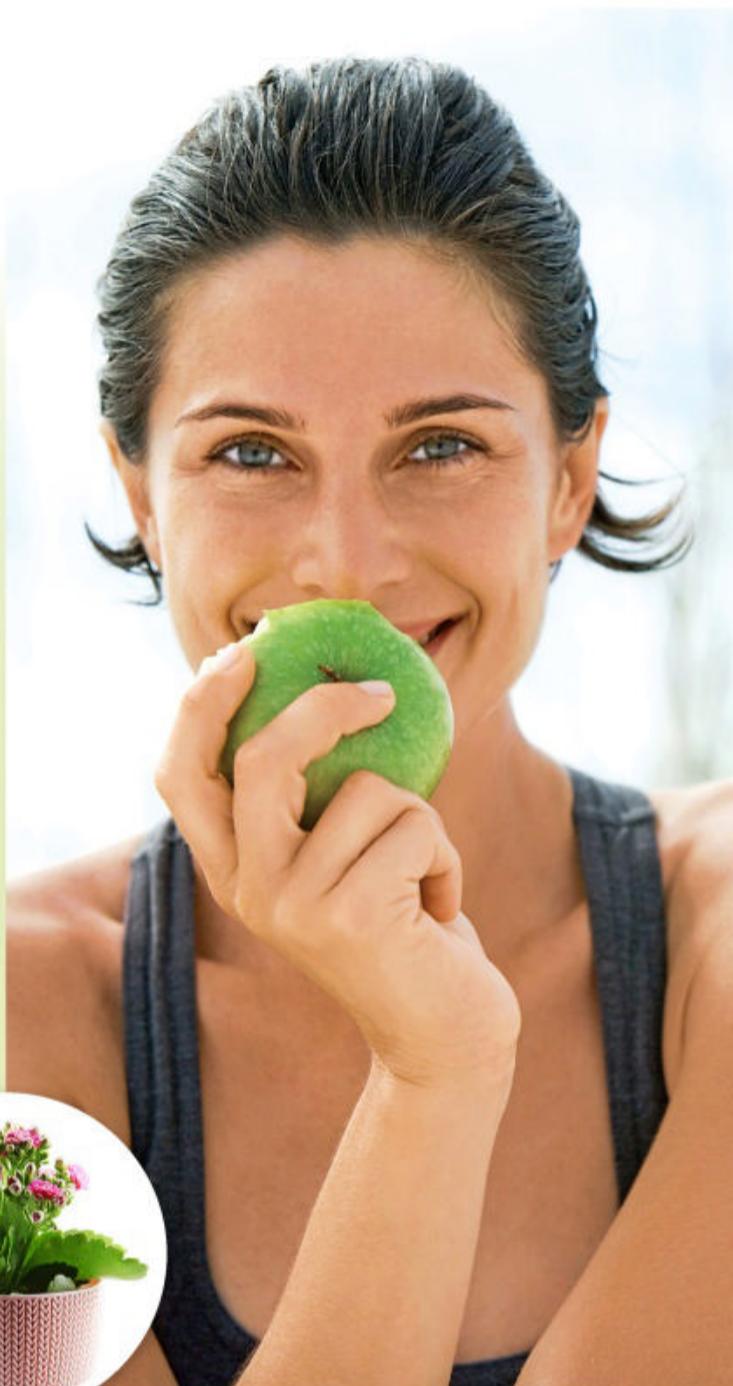
'super-agers'

Boost immunity by snacking on fruit

A strong immune system makes healthy aging easier since it helps you bounce back quickly from infections and destroys cancerous cells before they can grow and spread. To keep your immune system in fighting form, try what folks in the Blue Zone of Nicoya, Costa Rica, do: Nosh on sweet, juicy fruit every day. A Tufts University study found that anti-aging compounds in fruit (flavonoids) help keep immune cells energetic long past the age when they normally become a bit sluggish. And experts say enjoying two servings daily could add happy, illness-free years to your life.

OR PAMPER YOUR HOUSEPLANTS

Caring for plants stimulates the release of proteins that keep immune cells young and energetic, Finnish investigators report. Give your houseplants a little TLC every day, and you'll increase your immune system's ability to quickly trounce viruses and other invaders.



Keep muscles strong by stretching your legs

Centenarians living in the Blue Zone of Ikaria, Greece, don't have treadmills or gym memberships. French experts say they stay in shape by putting around their homes, yards and neighborhoods (they spend less than 2 hours daily sitting down!). Stand and stretch more often each day, and studies show you'll enjoy the same anti-aging benefits as Ikarian women do: strong muscles and the healthy bones of someone up to 12 years younger.

OR NIBBLE ON NUTS They're packed with minerals, healthy fats and protein essential for building and repairing muscles and bones. Enjoy a handful of nuts daily, and Australian scientists say you'll cut your risk of muscle loss and bone thinning by up to 40%.



Nix memory slips by sipping wine

Drinking 4 oz. to 6 oz. of wine daily (red or white) could be your ticket to a long, healthy life free of memory lapses. Even the most elderly people living in Sardinia, Italy, enjoy a glass of wine daily, and Italian scientists say that's why they stay sharp into their 90s and beyond. It's also the reason rates of dementia and Alzheimer's disease are so low in this Blue Zone. Thanks goes to wine's brain-nourishing polyphenols.

OR NAP Sneaking in a few Zzzs whenever you feel weary is a proven way to keep your memory sharp and your dementia risk low. So say SUNY Upstate scientists, who found that sleep is when your body's ability to repair and replace aging brain cells peaks.



Protect your heart with a moai

In Okinawa, Japan, a moai is a group of friends who get together regularly to chat and support each other. Purdue University researchers found that the happiness surge that comes from spending time with treasured friends switches on anti-aging genes in the body, keeping arteries healthy, plaque-free and flexible. This dramatically reduces your risk of heart disease.



OR PEEK AT A PICTURE Scottish researchers say admiring joyful photos daily reduces your risk of heart troubles by as much as 44% by activating several genes that keep you young.

A medical miracle sparked a chain of healing

Amber Herring could never repay the generous organ donor who saved her little girl's life. Inspired, Amber decided to pass along the blessing by becoming a donor herself!

She's very sick," the social worker said as she cradled the 4-month-old baby girl with a distended belly and yellow eyes. "May I hold her?" asked Amber Herring, a Tiffin, Iowa, foster mom.

Amber's newest foster child, Daylea, was born with biliary atresia, and her liver was failing.

"Corrective surgery didn't help...her only hope is a new liver, but she's too sick for the surgery," the doctors said. Amber was horrified when they added, "It will be a miracle if she makes it to her first birthday." Amber prayed for that miracle, and to her amazement, Daylea's condition stabilized and began to improve.

But over the next three years, the child continued to struggle, constantly going in and out of the hospital. "Please, God, help her overcome this," Amber prayed, pacing the ER waiting room yet again.

At 3½ years old, Daylea was finally strong enough to go on the donor waiting list. And when her birth parents' rights were terminated, Amber formally adopted her.

Amber registered Daylea with a second, out-of-state transplant center in Milwaukee. *I've doubled her chances*, she hoped.

A year later, the Milwaukee hospital called late one night, "We have a matching donor liver—how soon can you be here?"

"I just know what it's like when somebody comes through for you. We share a special connection."

Amber, her dad and Daylea drove through the night, and by early evening, the 4½-year-old was being wheeled toward the operating room.

"The transplant went well, but we need to keep her sedated for a few days," the surgeon reported, 12 hours later.

Amber kept a constant vigil at Daylea's ICU bedside, and on the third day, she spotted her arm move, her eyes slid open...and all the yellow was gone! And then she smiled.

For the first time in her short life, Daylea felt happy, energetic and well while recovering at the local Ronald McDonald House. Back home in Iowa, she soon started dance lessons, excelled in school and truly began her happy, full life.

A full-circle miracle

As Daylea's 13th birthday approached, Amber's gratitude never wavered. She fostered another dozen kids and adopted two more. She also had a child of her own, but she never forgot the precious gift she and Daylea had received. *How can I ever repay such a blessing?* Amber wondered.

She soon discovered the perfect way to pay it forward. "Daylea's anti-rejection medicines strain her kidneys, so one day she'll also need a kidney transplant," the doctor explained. Amber and Daylea had different blood types—Amber couldn't give her one of her kidneys. But that didn't mean



Daylea (top left), now 14 and thriving, with mom Amber (center) and their family



At just 4 years old, Daylea had a lifesaving liver transplant. Ten years later, Amber paid the kindness forward

she couldn't be somebody else's living donor. Amber filled out the forms to become a living kidney donor and was approved.

"Do you have someone in mind?" the coordinator asked. *How could I pick just one person?* Amber thought. "You guys decide," she told the transplant coordinator, confident that the recipient, even though he or she would remain anonymous, would be the person who was in the most dire need.

Amber was surprised by how smoothly her donation went. She was in and out of the hospital after just a single night's stay with her heart filled with gratitude, knowing the blessing was coming full circle.

"I'm so proud you want to help someone who is just like me," beamed Daylea, who couldn't stop hugging her mom.

Today, Amber works as a pediatric social worker and recently celebrated the one-year anniversary of her kidney donation. She's hoping one day the recipient will reach out and share their story. "I know what it's like when somebody comes through for you," she says. "I have my little girl, and the recipient and I share a special connection, it was a miracle for us both." —Bill Holton

We'd love to print your inspiring story! Email the story with your name, phone number and a current photo to: WWFeatures@WomansWorldMag.com. Or mail it to: Scoop, Woman's World, 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting Woman's World permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to a high volume, we are unable to return submissions received.

3 Secrets Doctors Wish You Knew About Managing Bladder Leaks

By Judith Miller

Managing bladder leaks doesn't have to feel overwhelming. We spoke with doctors to uncover 3 secrets they wish everyone knew about staying dry, comfortable, and confident:

1: Focus on the right absorbency.

Not all incontinence products are created equal. Many are designed for light leaks, which may not be enough for your needs. Look for products that can hold up to 6 cups of liquid to avoid unwanted surprises.

2: Choose breathable, skin-friendly materials.

Wearing the wrong product can lead to irritation, rashes, or discomfort. Doctors recommend products that are free from fragrances and lotions, which can irritate skin. Look for materials that are latex-free and soft on sensitive skin.

3: The right fit is essential for protection.

Up to 50% of leaks are caused by incorrect fit. Products with a snug, secure fit not only stay in place better but also provide superior protection. Products like **Because incontinence underwear** are recommended by experts for their high absorbency and discreet, comfortable fit.

Doctors agree:

The right product can make all the difference. Many brands now offer **free starter packs** so you can find your ideal products without risk.

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Burn belly fat



When a doctor referred Christa Scott Fiorese, 54, to a wellness center for help with menopausal symptoms, the Atlanta empty nester was hoping to cool hot flashes and quiet anxiety. And she did just that. At the same time, she learned simple strategies that fight over-50 muscle loss and target a stubborn 'meno-belly.' Christa's whole body firmed up as her waist shrunk 8 inches. "Was I surprised by the weight loss? Yes! But more than that, I'm surprised by how strong I feel. I have never felt this strong." Read on for all the age-defying details...

—BY ALLISON NEMETZ

For most of her life as a working mom of two, "I thought of myself as midsize," says Christa. Sure, her weight crept up over the years. But if she really focused on eating less and moving more, she could get back into smaller jeans. At least that was the case until perimenopause hit.

As Christa dealt with the first wave of hormonal changes in her late 40s, she started to get significantly heavier, especially packing on pounds around her middle. "And nothing I did seemed to work anymore." Over time, other menopausal symptoms like mood issues and night sweats left her feeling wiped out. "I saw a video from a holiday party and didn't recognize myself. I worried about my long-term health." She scheduled a checkup and was soon learning strategies to feel like her old self again—including a surprisingly convenient

and waist-shrinking hack backed by recent French research.

The magic of protein

Relieved to find insurance covered the wellness center she was sent to, Christa met with one of their nutritionists. The first advice she got: "I needed to gradually increase to at least 100 grams of protein per day," she says.

Turns out, protein contains building blocks we use to make and maintain everything from enzymes and hormones to skin and brain tissue. "As humans get older, we develop something called anabolic resistance, which means it takes more protein to heal ourselves and maintain bones and muscle," explains Ted Naiman, M.D., author of *The P:E Diet*. Getting more protein is just plain good for us—plus, there's evidence it triggers changes that speed weight loss.

Tasty protein

To get belly-flattening results like Christa, use the free MyFitnessPal app to keep calories at a healthy level while getting about 100 grams of protein a day. To ensure you reach your protein goal, incorporate protein drinks or bars. Christa says she also aimed to get more fiber, another factor proven to help women over age 50 slim down faster. Looking for a great protein booster to try? We've got delicious ideas here.

While adding protein and strength training were the main strategies

Christa used to transform her body after menopause, she did get calories down too. "It wasn't something I stressed about, because as I ate more protein, I was naturally a lot less hungry," she says. "I was also adding fiber from things like produce and beans, which I knew was good for my overall health and helped a lot with hunger too. So it was easy to track everything on MyFitnessPal and stay in a calorie deficit." Without ever pushing hard, she shed 49 pounds, five sizes and **8 inches from her waist** in about a year. For more inspiration from Christa, follow @ChristaUGC1 on Instagram, TikTok or YouTube.

50% faster

Christa had already been using the free MyFitnessPal app to track what she ate. She was able to pull it up and see that she was getting less than 50 grams of protein a day. "I started looking for ways to add 5 or 10 grams of extra protein at most meals," she recalls. Just with baby steps, "I felt a difference right away."

Why protein drinks slim

As Christa's progress continued, she found she often wasn't hungry enough to eat the yogurt, chicken and salmon needed to reach her 100-gram goal. So she tried protein drinks and bars. "I'd put unflavored collagen protein in my coffee, have a protein shake after exercising or grab a protein bar as a midafternoon snack," she says.

Christa's new favorites included Fairlife shakes (with 26 to 42 grams of protein per serving), Rx Bars (about 10 grams per serving) and a "protein

Yes!
Christa now swears by a 1,000-mg daily dose of ashwagandha, a natural supplement proven to cool hot flashes, ease anxiety and rev the thyroid.

water" called Protein2o (with 15 grams a serving). They tasted great and allowed her to begin consistently hitting 100 grams a day. "It took three months to get to that point," she says. But once she did—bam!—10.25 pounds came off that month, equal to a full pants size.

How exactly can protein and protein drinks help with a midlife belly? It's all about getting enough protein to prevent and reverse age-related muscle loss.

Cinching your middle

Studies show that when postmenopausal women eat more protein, we carry significantly more muscle. Fun fact: In addition to giving us strength, muscle tissue is constantly burning blood sugar to maintain itself, says *Forever Strong* author Gabrielle Lyon, D.O. Because of this, when we have more muscle, "blood sugar improves, cravings dissolve, energy shoots up, mood gets better and metabolism goes up," she says.

Christa Fioretti lost 5 pants sizes with simple drink & exercise hacks that make postmenopausal middles shrink

We also experience a nice drop in hormones linked to really stubborn ab flab. The effect is so dramatic, a 2021 study at the Sorbonne in Paris found that among dieters given two daily protein drinks, even peri- and postmenopausal women began to burn belly fat 50% faster than with a healthy diet alone.

An easy exercise boost

Christa, who has always been active, didn't increase the time she spent working out. "I just replaced some of what I was doing with three strength training sessions a week," she shares. So in addition to 35-minute daily walks, she uses a mix of 10-minute muscle-building routines she accesses on Apple Fitness+. (She even modified them so they didn't bother her bad knee or shoulder.)

Christa credits the combination of extra protein and strength training with much of her transformation. And scientists agree, since all the benefits you get from boosting muscle growth with protein are dramatically enhanced when you

add toning moves. A study on postmenopausal women found just two weekly strength sessions and a couple of weekly walks significantly boosted belly burn, with some women in a diet-plus-strength training group nearly doubling loss of abdominal fat compared to women who dieted without exercise.

Christa is thrilled to have dropped 49 pounds and traded size-14 jeans for size 4s, but she wants to make it clear that was never her goal. "I focused on little changes that could help with my health going into the next phase of my life. As they became habits, a lot of good things happened," she says. "I controlled my menopausal symptoms, I got so much stronger, I have more confidence than ever." She encourages every woman to take those first small steps. "It's never too late to become a healthier version of yourself!" WW



Corey Reese. Hair: Qwanellia Ja'Bree/JaBree & Co. Makeup: Jael the Great

shakes, drinks and treats to try

TOP-RATED FLAVOR

Christa loves chocolate Core Power shakes (Fairlife.com), with 26 grams of protein and 170 calories.



Folks agree they taste just like chocolate milk. Another option: Core Power Elite, which is pricier but has 42 grams of protein per bottle.

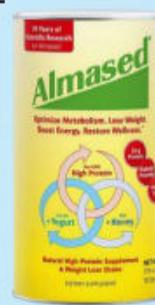
SUPER SATISFYING

For a fast protein fix, stash Barebells bars (Barebells.com) in your bag or glove box. They come in fun flavors like birthday cake, cookies & caramel and salty peanut. Each bar boasts 20 grams of protein for just 200 calories.



RESEARCH-BACKED

One serving of Almased protein shake mix (Almased.com) is packed with 24 grams of protein, plus special peptides and other metabolism-speeding ingredients. The mix is backed by 30+ university studies proving how effective it is.



Fun protein whip!

This viral treat is delish and boasts over 30 grams of protein per cup

1 cup Greek yogurt
1/2 scoop any protein powder, any flavor

Optional add-ins: berries, healthy sweetener, cocoa powder, peanut butter powder

Just mix everything together until creamy and airy using a blender, food processor or hand mixer. Garnish and enjoy. Serves 1

Individual results vary. Experts encourage us to focus on steady, sustainable progress. Always get your doctor's okay to try a new dietary strategy or supplement.

"Help! Is it too late to find love?"

No way! Here, women 50+ who've won the online dating game share the empowering and practical steps that'll help you find Mr. Right at any age

BY KRISTINA MASTROCOLA

Start with you

Ask yourself 3 questions

Before focusing on who we want to date, look within to discover what you most value, says dating coach Sandy Weiner. "After a divorce or breakup, it's easy to lose sight of ourselves, so ask yourself, 'Who am I now? What did I give up to keep the peace? Which facets of myself do I long to reclaim?' Reflecting on who you were in your last relationship will help you see who you want to be moving forward."

Go at your own pace

"After my divorce, I found it hard to look at photos on dating sites—so I knew I wasn't ready yet," says dating consultant Karen Haddigan, adding that it's okay to be gun-shy. "Get to know yourself better by expanding

your social circle *without* the intention of dating. I went out with hiking groups, for example. Acquaint yourself with the new you because she is different after what you've been through."

Pinpoint what you want

Get out a piece of paper and divide it into two columns, advises expert Francine Russo. "Think about your last relationship, and write the qualities that made you unhappy, like, 'He wasn't emotionally there for me.'" This tally of negative traits helps you more clearly see what it is you *do* want. "In the second column, jot down the attributes you're looking for, like 'giving.'

I know a woman who wasn't in a great relationship until she was 70, when she finally found an equal, loving partner. It really is never too late."



Stand out

Be your unique self

Not sure what to write in your online dating profile? Make a list of activities you enjoy and keep adding to it, suggests Haddigan. "Before you know it, your profile will write itself," she says. "I know someone who wrote, 'I love the feel of the air when I get off the plane in Hawaii.' A short phrase like this packs so much information: They love traveling, warm weather and adventure. Someone else wrote, 'I love doing the dishes while dancing to Motown.' There's no one else like you, so don't be afraid to show who that is."

Cast a wider net

"When we date later in life, we tend to be much more honest and have deeper conversations," says Weiner, who encourages

opening up to new possibilities.

"Consider widening your preferences," she says. "If you're only dating within a five-mile radius, say, or a three-year age range, broadening your horizons just a bit can make a huge difference."

Make the first move

"Men appreciated when I took initiative," recalls Haddigan. What to say in that first message? "Keep it simple, like, 'Hi, I checked out your profile and you sound interesting. Tell me more about X.' And remember, shared interests aren't as important as a shared values. If he loves pickleball and you don't, that's not a deal-breaker," she says with a laugh. "Simply being curious and asking meaningful questions will help you determine if a first date has the potential to become something more."

Our expert panel



Sandy Weiner, author of *Love at Last: True Stories of Falling in Love Later in Life*, and founder of Last First Date, is a TEDx speaker and relationship coach.



Karen Haddigan is a dating consultant and author of *Secrets of Dating After Fifty*, a humorous look at the wild world of online dating for older singles.



Francine Russo, author of *Love After 50: How to Find It, Enjoy It, and Keep It*, is a veteran journalist who writes about psychology and relationships.

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“Always keep an



Carrie Preston is beloved by millions for her quirky charm, energy and intelligence in her role as Elsbeth Tascioni, the observant helper of the NYPD with a penchant for pink in the breakout CBS series *Elsbeth*. Here, Carrie shares how living in the moment, keeping romance alive and staying grounded are her keys to a joy-filled life

By Bonnie Siegler

Gratitude is the pillar of actress Carrie Preston's joy. "I am so thankful for this exciting time in my life," says the star, who first brought Elsbeth to life in *The Good Wife* and later in *The Good Fight*. "I never take it for granted—ever! It's a delight to portray a character with such zest for life." Still, Carrie admits her 16-hour workday can be demanding. To combat stress,

the 57-year-old relies on a routine of setting her intentions every morning and night, and spending quality time with husband and fellow actor, Michael Emerson, and their rescue pup, Chumley. "I'm always a work in progress, trying to improve myself; I try to stay fully open to whatever the universe brings." Here, Carrie's secrets to meeting each day with a thankful, hope-filled heart.

See the new season of *Elsbeth*!

Now in its second season on CBS, the inspiring police procedural, anchored by Carrie Preston's portrayal of an eccentric attorney who helps solve mysteries, has become a fan-favorite. "I admire Elsbeth's genius and capacity for noticing things other people wouldn't," Carrie says. "Elsbeth is positive and fun, and I'd love to be both in my personal and professional life." Watch new episodes every Thursday or stream them the next day on Paramount+.



open heart!"

Find light in challenges

"My nighttime ritual always includes giving thanks for the people in my life, so obviously I think of my husband, Michael, my immediate family members and then I go through whatever wonderful things happened that day at work," Carrie shares. "I also give thanks for my health and for whatever I might have learned that day. I've found that even if something challenging happens, it's a blessing because you grow from challenges just as much as you grow from love. So I try to also acknowledge those and vow to do a little bit better the next time I face a challenge."



Her pup, Chumley, is always up for a walk

Set stress-free time

"I have become a regular practitioner of meditation, especially when stressed," says Carrie. "It helps keep me centered." Another grounding tool for Carrie is being out in nature. "I work really hard to get sunshine, time in nature and exercise into my days. And my dog, Chumley, loves to walk: He is only 7 pounds, but he lives large in our hearts and brings me such happiness."



Spark joy

"I've always loved the color pink," Carrie shares. "Pink can lift your spirits. For my character Elsbeth, pink

is a pop of life in an often dark and dismal world. The bright color also makes people assume she's less serious, less of a threat, and that allows her to slip in and get the job done: That's a superpower!"



Carrie is grateful for loved ones like her mother, Pam (center), and sister Leslie (right)

Love little things

Carrie has been happily married for 26 years to actor Michael Emerson (who's starred in *Persons of Interest*, *Evil* and *Lost*), and she says that small moments of relaxing together are what keep the romance alive. "We love watching TV on the sofa with Chumley," she says. "I first saw Michael in *A Christmas Carol* at the Alabama Shakespeare Festival right before we met at rehearsals for *Hamlet*. I was instantly smitten—and I still am!"



Carrie and her husband, Michael, also love to cook and garden together

Carrie's easy wellness secrets

Keep a sleep routine

"I strive for 8 hours of sleep each night, but I don't always get that," Carrie admits. "On Sunday nights, it's the hardest because generally I have to wake up at 3:30 AM for a work call. I'll often just put on a meditation, so even if I don't get those 7 to 8 hours of sleep, at least I am resting in a mindful way. It's almost as good for your body." Another secret to good sleep: "I soak in a warm tub with Epsom salts before bedtime. It feels amazing too!"



Feed your body and soul

"To start my day, I make sure I'm well hydrated and have my daily smoothie that has kale, avocado, chia seeds and flaxseeds," Carrie recounts. "On weekend nights, Michael and I do something called a mixed grill with a big protein like a sea bass and then tons of fresh vegetables—some from our own garden! It's delicious and healthy."





Sweet Valentine desserts

Show your love with one (or all) of our festive from-the-heart confections



Cherub's Choice Mini Mousse Cups

Impress your special someone with our airy delights that are a breeze to whip up, thanks to mousse mix

1 (3.1 oz.) pkg. dark chocolate truffle mousse mix, such as Dr. Oetker
 2 cups milk
 ½ tsp. almond extract
 ¼ cup semisweet chocolate chips, melted
 1 (2.7 oz.) pkg. French vanilla mousse mix, such as Dr. Oetker
 2 Tbs. seedless strawberry jam
 ½ tsp. strawberry extract
 2 drops red liquid food coloring
 Whipped topping, sliced strawberries and chocolate hearts (optional)

- Cut parchment paper into 6 (10"x3") strips. Using tape, secure paper strips to 6 (½ cup) ramekins to create 1"-high collars. In bowl, whisk together chocolate mousse mix, 1 cup milk and almond extract, until thickened, about 5 min. Stir in melted chocolate; reserve.
- In bowl, whisk together French vanilla mousse mix, remaining milk, strawberry jam, strawberry extract and food coloring until thickened, about 5 min. Divide half of chocolate mousse mixture evenly among 3 ramekins. Spoon half of strawberry

mousse mixture over chocolate mousse; reserve. Divide remaining strawberry mousse mixture evenly among remaining 3 ramekins; top with remaining chocolate mousse mixture.

- Freeze until set, about 2 hrs. Remove collars. If desired, garnish with whipped topping, berries and chocolate hearts.

Servings: 6. Active time: 45 min.

Total time: 2 hrs., 45 min.

Calories: 216 Protein: 5g Fat: 8g (6g sat.)

Chol.: 9mg Carbs.: 32g Sodium: 123mg

Fiber: 1g Sugar: 26g

Chocolate Raspberry Layer Cake

Fruity jam adds extra yum to this showstopper covered in simple from-scratch buttercream

1 (15.25 oz.) pkg. dark chocolate fudge cake mix
3 eggs
 $\frac{1}{3}$ cup oil
1 tsp. raspberry extract
 $\frac{1}{4}$ cup unsweetened cocoa powder
1½ cups butter, at room temp.
1 (12 oz.) pkg. semisweet chocolate chips, melted, cooled
2 cups confectioners' sugar
1 tsp. vanilla extract
2 Tbs. seedless raspberry jam, stirred
 $\frac{1}{3}$ cup hot fudge topping
1 tsp. chocolate sprinkles
 $\frac{1}{2}$ cup raspberries

- Heat oven to 350°F. Grease 2 (8") round cake pans. On low speed, beat cake mix, 1 cup water, eggs and oil until blended, about 30 sec.; on medium, beat until smooth, about 2 min. Stir in raspberry extract; divide between pans. Bake until pick inserted into centers comes out clean, 22–25 min. Cool in pans 15 min. Transfer from pans to rack; let cool completely.
- In bowl, whisk together cocoa and $\frac{1}{4}$ cup hot water until smooth; reserve. On medium, beat butter until fluffy, 2 min. On low, beat in chocolate, then confectioners' sugar, cocoa mixture and vanilla until smooth; on medium, beat until fluffy, 2

min. Transfer $\frac{3}{4}$ cup frosting to pastry bag fitted with star tip.

- Trim cake tops to level. Place 1 cake layer on platter. Spread with jam, then 1 cup remaining frosting. Top with remaining cake layer. Spread cake top and side with remaining frosting. Chill 30 min. In bowl, whisk 1½ Tbs. water and topping. Spread over cake. Pipe on rosettes. Add sprinkles and berries.

Servings: 16. Active time: 1 hr.

Total time: 3 hrs.

Calories: 503 Protein: 4g Fat: 31g (17g sat.)

Chol.: 81mg Carbs.: 57g Sodium: 407mg

Fiber: 3g Sugar: 42g





Chocolate Strawberry Cupcakes in Jars

Layer on the love with these too-cute treats topped with white chocolate frosting

1 (15.25 oz.) pkg. white cake mix
4 egg whites
 $\frac{1}{2}$ cup oil
4 tsp. strawberry extract
Pink concentrated food coloring
3 cups butter, at room temperature
6 cups confectioners' sugar, from 2 (16 oz.) pkgs.
 $\frac{1}{2}$ cup white chocolate chips, melted
16 (8 oz.) regular canning jars with lids
 $\frac{1}{4}$ cup white crème de cacao (optional)
2 cups hot fudge sundae topping, from 2 (11.75 oz.) jars, warmed
Wilton Micro Heart sprinkles (optional)

- Heat oven to 350°F. Line 24 muffin cups with cupcake liners. Prepare cake mix according to package directions with 1 $\frac{1}{4}$ cups water, egg whites and oil; stir in extract and $\frac{1}{8}$ tsp. food coloring. Divide among liners. Bake until pick inserted in centers comes out clean, 19–23 min. Cool 10 min. Transfer from pans to racks; cool.
- On medium speed, beat butter until fluffy, 2 min. On low, gradually beat in sugar, then white chocolate. On medium, beat until fluffy, 2 min. Transfer half of frosting to separate bowl; tint light pink with dot of food coloring. In batches, transfer to large food storage bag; snip hole in one corner. In batches, transfer remaining frosting to another large food storage bag; snip corner. Place bags, side by side, into large pastry bag fitted with star tip.
- Remove cakes from liners; cut in half horizontally. In each jar, place 1 cake half; if using, brush with crème de cacao. Spread each with 2 tsp. topping; pipe on frosting. Repeat layering twice, ending with frosting. If desired, add sprinkles.

Servings: 16. Active time: 1 hr.
Total time: 2 hrs., 30 min.
Calories: 512 Protein: 4g Fat: 13g (7g sat.)
Chol.: 5mg Carbs.: 98g Sodium: 334mg
Fiber: 2g Sugar: 83g

I ❤️ Cupcakes

Our bake-and-freeze trick makes it easy to create these surprise-inside bites

2½ cups all-purpose flour
2 tsp. baking powder
½ tsp. salt
2 cups sugar
1 cup butter, at room temp.
3 eggs
1 Tbs. vanilla extract
1 cup milk
Red no-taste concentrated food coloring
½ cup unsweetened cocoa powder
⅔ cup boiling water
½ tsp. raspberry extract
2½ cups thawed frozen whipped topping

- Heat oven to 350°F. Grease 8" square baking pan. Line bottom with parchment; grease. Mix flour, baking powder and salt. On medium speed, beat sugar and butter until fluffy, 2–3 min. On low, beat in eggs one at a time, then vanilla. Alternately beat in flour mixture and milk. Transfer 1½ cups batter to separate bowl; stir in ½ tsp. food coloring. Reserve plain batter. Spread red batter in pan; bake until pick inserted into center comes out clean, 20–25 min. Let cool 10 min. Remove from pan; freeze 20 min.
- Line 20 muffin cups with cupcake liners. Mix cocoa and boiling water; stir into reserved batter. Using 1½" heart-shaped

cutter, cut out 20 hearts from red cake. Spoon 1 Tbs. chocolate batter into bottom of each liner. Lightly press 1 heart vertically into center of each liner. Spoon remaining batter into liners, covering hearts. Bake until toothpick inserted near center comes out clean, 20–25 min. Cool 10 min. Remove; cool on rack. Stir raspberry extract into topping; tint pink with coloring. Transfer to pastry bag fitted with ¾" plain tip. Pipe over cupcakes.

Servings: 20. Active time: 45 min.

Total time: 3 hrs., 15 min.

Calories: 239 Protein: 3g Fat: 11g (7g sat.)

Chol.: 47mg Carbs.: 32g Sodium: 178mg

Fiber: 1g Sugar: 20g



Simply delicious Valentine's dinner for two



Radicchio-Sprouts Salad

This fresh toss makes a healthy portion for two—for smaller servings, cover and chill the leftovers for up to a day

- 1 small head radicchio, halved, sliced (5 oz.; about 2 cups)
- 1½ cups thinly sliced Brussels sprouts (4 oz.; about 1¼ cups whole)
- 1 small red apple, such as Gala or Fuji, cut into matchsticks
- ½ cup diced sharp white cheddar (2 oz.)
- 2 Tbs. extra-virgin olive oil
- 2 Tbs. grainy Dijon mustard
- 1 Tbs. red wine vinegar
- 1 Tbs. finely chopped shallot
- ¼ tsp. salt

- ¼ tsp. pepper
- 2 Tbs. chopped almonds or walnuts

- In medium bowl, combine radicchio, Brussels sprouts, apple and cheddar cheese.
- In small bowl, whisk together olive oil, mustard, vinegar and shallot. Season with salt and pepper.
- Drizzle dressing over salad; toss gently until evenly coated and combined; sprinkle with nuts. Let stand 30 min., then transfer to serving bowls.

Servings: 2–3. **Active time:** 20 min. **Total time:** 50 min.
Calories: 430 **Protein:** 8g **Fat:** 24g (7g sat.) **Chol.:** 20mg **Carbs.:** 42g
Sodium: 610mg **Fiber:** 8g **Sugar:** 19g



Chicken With Orange Sauce

Tender chicken breast is even better with a generous helping of OJ and a splash of dry white wine

- 2 boneless, skinless chicken breast halves
- ¾ tsp. garlic salt
- ¼ tsp. pepper
- 1 Tbs. olive oil
- ¼ cup dry white wine
- 1 small sprig rosemary
- 2 cups orange juice
- 1 Tbs. butter
- 2 tsp. Dijon mustard
- 1 orange, peel and pith removed, cut into segments

- Add wine and rosemary; cook until reduced by half, 3 min. Add juice; cover. Cook until chicken is no longer pink in center, about 3 min. Transfer chicken to plate; cover. Remove rosemary. Increase heat to high; cook until liquid is reduced by half, about 7 min. If desired, strain sauce and return to skillet. Off heat, stir in butter and Dijon. Slice chicken; serve with sauce. Garnish with orange segments.

Servings: 2. **Active time:** 40 min. **Total time:** 40 min.
Calories: 440 **Protein:** 41g **Fat:** 11g (4g sat.) **Chol.:** 140mg **Carbs.:** 37g
Sodium: 890mg **Fiber:** 3g **Sugar:** 26g

Dinner made easy!

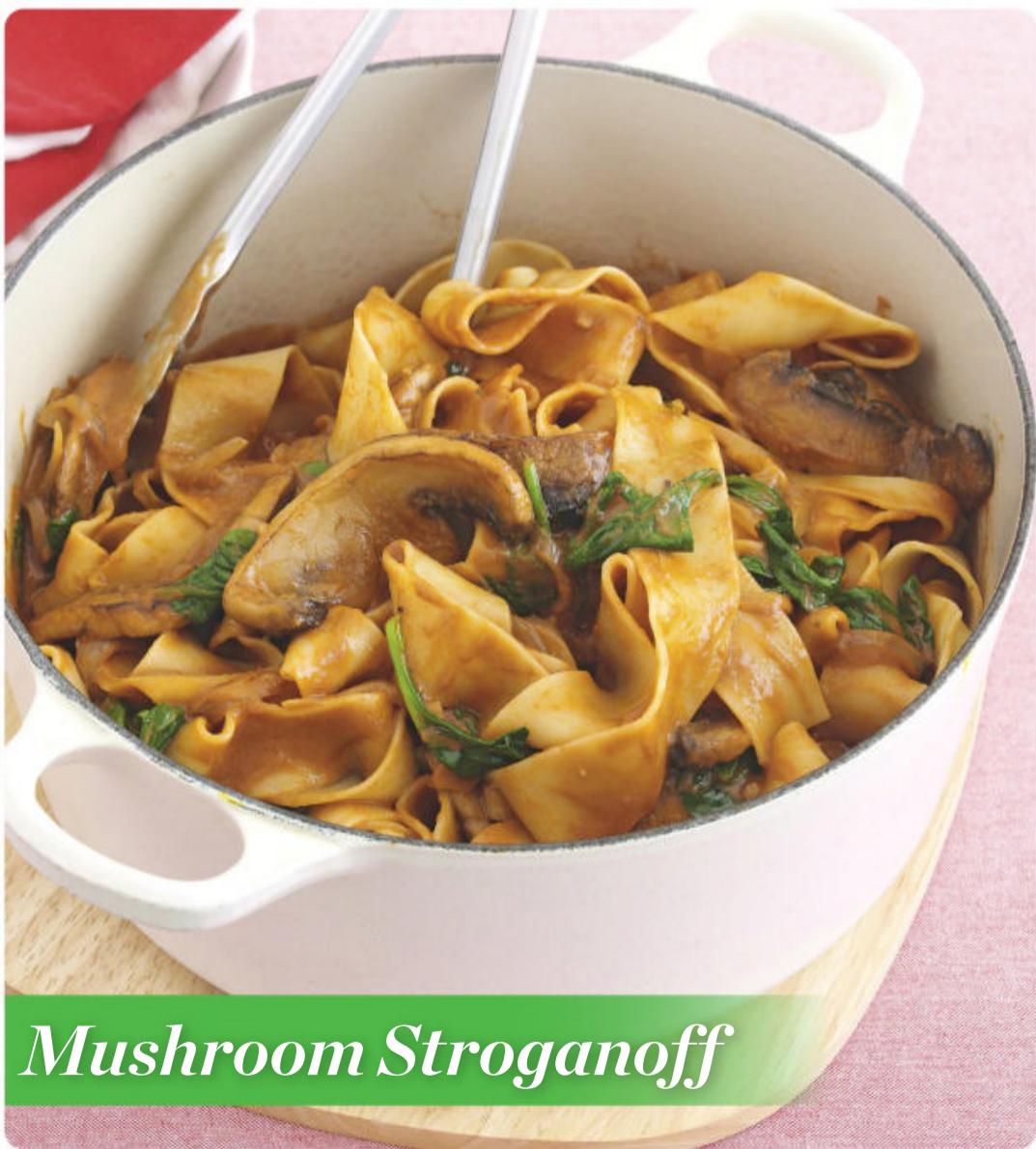
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*Garlic Butter
Dinner Rolls*



*Green Bean–
Bacon Sauté*



Mushroom Stroganoff



*Chocolate
Rainbow Bars*

So fast, so delicious!

Green Bean–Bacon Sauté

A splash of dry vermouth adds a kick to this smoky side, but you can sub in wine or chicken stock if you prefer

- 1½ lbs. green beans**
- 2 thick slices bacon, cut crosswise into sticks**
- 1 shallot, finely chopped**
- ¼ cup dry vermouth, white wine or chicken stock**
- ¼ tsp. salt**
- Crushed red pepper flakes (optional)**
- In large pot of salted boiling water, cook beans until just tender, 3–4 min. Drain. Rinse under cold water until cool. Drain well.

Servings: 6. **Active time:** 15 min. **Total time:** 25 min.
Calories: 80 **Protein:** 4g **Fat:** 3g (1g sat.) **Chol.:** 5mg **Carbs.:** 9g
Sodium: 220mg **Fiber:** 3g **Sugar:** 5g

- In large nonstick skillet, cook bacon over medium-high heat, stirring occasionally until crisp, about 5 min. Transfer to paper towels. Remove all but 1 Tbs. drippings from skillet.
- Over medium, add shallot and cook, stirring, until softened, 3–4 min. Add vermouth; cook stirring 1 min. Add beans, bacon and salt. Cook, stirring, until heated through, 1 min. If desired sprinkle with pepper flakes.

Garlic Butter Dinner Rolls

Thanks to premade dough and just 2 other ingredients, these light and airy bites are a breeze to bake up

- 1 lb. frozen bread dough, thawed**
- 4 Tbs. butter, melted**
- ½ tsp. garlic powder**

- Heat oven to 350°F. Coat rimmed baking sheet with cooking spray.
- On lightly floured work surface, roll out bread dough to 12"x 6" rectangle. Brush with half of butter. Evenly sprinkle with garlic powder. Carefully
- Brush tops with remaining butter. Bake until puffed and tops are golden brown, about 25 min. Let cool slightly. Transfer to serving bowl or napkin-lined basket. Serve warm or at room temp.

Servings: 8. **Active time:** 15 min. **Total time:** 1 hr.
Calories: 190 **Protein:** 3g **Fat:** 7g (4g sat.) **Chol.:** 15mg **Carbs.:** 27g
Sodium: 270mg **Fiber:** 1g **Sugar:** 1g

Chocolate Rainbow Bars

No one will guess these decadent delights spread with rich fudgy frosting start with crushed-up cereal biscuits

- 16 Tbs. butter, softened**
- 7 shredded wheat cereal biscuits, crushed**
- ¾ cup packed brown sugar**
- ½ cup desiccated coconut**
- ¼ cup + ⅓ cup cocoa powder, sifted**
- 1 egg, lightly beaten**
- 2¼ cups confectioners' sugar**
- ¼ cup boiling water**
- ¼ cup confetti sprinkles**

- Heat oven to 350°F. Grease 11"x7" baking pan; line with

parchment. In microwave-safe bowl, microwave 14 Tbs. butter until melted. In bowl mix, cereal, brown sugar, coconut and ¼ cup cocoa. Stir in melted butter and egg; press into pan. Bake until firm to touch, 15–20 min.; let cool.

- In bowl, sift together confectioners' sugar and remaining cocoa; add remaining butter and boiling water; stir until smooth. Spread over crust; top with sprinkles. Chill until firm, 2 hrs. Cut into bars.

Servings: 18. **Active time:** 25 min. **Total time:** 2 hrs., 25 min.
Calories: 270 **Protein:** 2g **Fat:** 12g (8g sat.) **Chol.:** 35mg **Carbs.:** 38g
Sodium: 5mg **Fiber:** 3g **Sugar:** 28g

Mushroom Stroganoff

Meaty portobellos make this take on a classic extra hearty

- 12 oz. pappardelle pasta**
- 1 Tbs. olive oil**
- 1 onion, halved, thinly sliced**
- 4 portobello mushrooms, gills scraped, sliced**
- 2 tsp. paprika**
- 1 (15 oz.) can tomato sauce**
- 1 cup chicken stock**
- ½ cup sour cream**
- 1 (5 oz.) pkg. baby spinach**
- ¼ tsp. salt**

- In large pot of salted boiling water, cook pasta according

Servings: 6. **Active time:** 20 min. **Total time:** 30 min.
Calories: 270 **Protein:** 11g **Fat:** 8g (3g sat.) **Chol.:** 60mg **Carbs.:** 39g
Sodium: 560mg **Fiber:** 5g **Sugar:** 4g

roll dough into log. Cut into 8 equal pieces. Roll each piece into ball. Place 2"-3" apart on baking sheet; cover with kitchen towel. Let stand in warm dry place, 20 min.

● Brush tops with remaining butter. Bake until puffed and tops are golden brown, about 25 min. Let cool slightly. Transfer to serving bowl or napkin-lined basket. Serve warm or at room temp.

to package directions for al dente; drain. Return to pot.

● In large nonstick skillet, heat oil over medium-high. Add onion; cook, stirring occasionally until starting to soften, 3–4 min. Add mushrooms and paprika; cook, stirring occasionally, until softened, about 5 min. Add sauce, stock and sour cream; bring to a boil. Reduce heat to low; cook until reduced slightly, about 5 min. Wilt in spinach; season with salt. Add sauce to pot with pasta; stir until evenly coated.

for women First

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Conquer clutter the Scandinavian way!

Swedish ‘death cleaning’—a decluttering method originally used to make it easier on loved ones once you pass—is now being used at any stage of life. Here, a few easy strategies

BY LINDSAY BOSSLETT

Tackle big messes by starting small

One of the first things you learn when it comes to Swedish death cleaning is to start small, reveals organizer Barbara Brock (BarbaraBrock.com). “Rather than try to clear out your whole home office in one go, begin by just tackling one level of your bookshelf or one desk drawer,” she says. “This builds momentum, enabling you to eventually tackle bigger messes.”



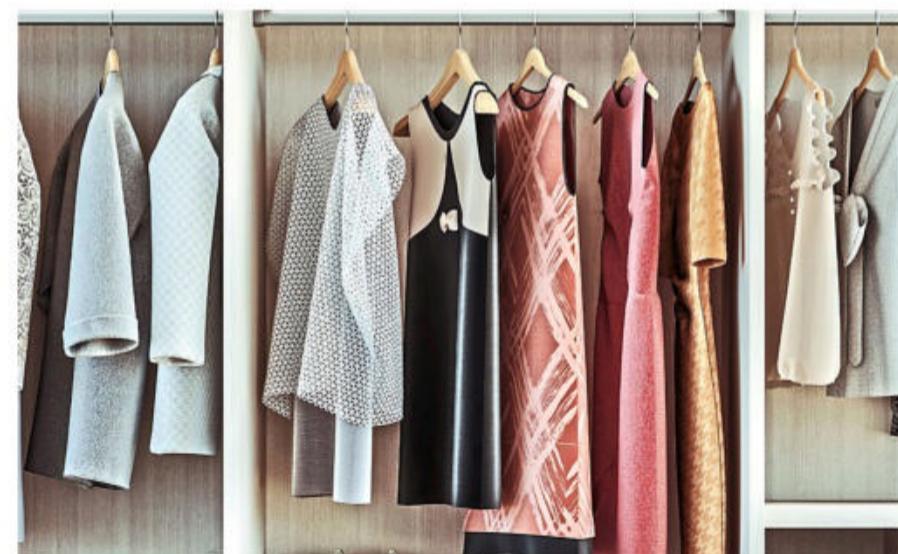
Let go of sentimental clutter by ‘combusting’ it

Emotionally charged items, from gifts to old baby clothes, present some of the biggest roadblocks to eliminating clutter. “Consider using the ‘spontaneous combustion’ rule to overcome this challenge,” says decluttering coach Emily McDermott (SimpleByEmmy.com). “Look at the object you’re struggling to let go of and think, *If this item were to blow up right now, would I feel nothing, relief or pain?* If you feel nothing or even relief, you know it’s safe to let the item go!”



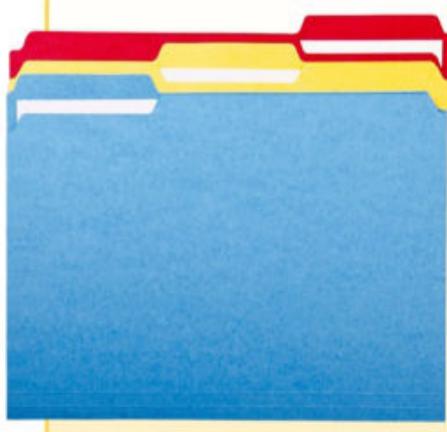
Give valuables new life with a ‘pre-estate’ sale

Frugality is another cornerstone of Nordic culture, which is where a pre-estate sale comes in, says organization expert Tina Priestly (ReadySet-Refresh.com). Gather every high-value item you own that you no longer want, then host a sale just like people do after loved ones pass. This lets you release items you no longer need and make some of your money back at the same time.



Corral papers with color

The Scandinavian aesthetic is known for earth tones, but Nordic people strategically employ bright colors to help sort important papers. Simply dedicate a different colored folder to financial papers, medical papers, insurance and so on, says organizer Sara Bereika (SaraJaneOrganizing.com). This will make it easy to stay on top of important papers at a glance.



Tame an overstuffed closet with just one touch

If your closets are at risk of an avalanche, try a trick many Swedish organizers use: the one-touch rule. “Touch just one item at a time,” says organizer Meaghan Kessman (MeaghanKessman.com). The instant you make contact, decide whether to keep, donate or toss it. “It’s all about your instinct, which stops overthinking.”



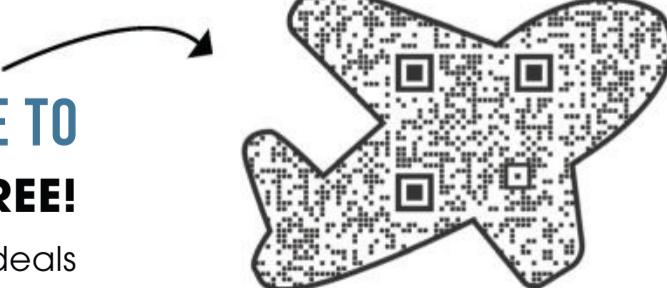
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“Everywhere I go, I hear about AI assistants—virtual helpers that talk to you like a real person. How do I start using one? And can it help me save money?”

It's no wonder you've been hearing a lot about artificial intelligence (AI), considering technology experts herald it as the biggest innovation since computers! And for good reason: Virtual assistants, which have lifelike conversations with you, are akin to having a super-smart friend on call 24/7, ready to lend a hand. They boast all sorts of helpful functions, such as conjuring ideas for your next vacation, organizing your schedule and recommending a book based on your tastes. Even better, they can help you find ways to save hundreds of dollars every year! Here's everything you need to know about getting the most time and money out of your new AI assistant.

Log on for free

Some AI assistants charge a monthly fee of about \$20, but you don't need to spend a dime. Most offer free versions packed with features, like drafting emails and comparing products. The one you choose depends on the type of task you're doing, as each assistant has its strengths. Just pinpoint *your* to-do to get started:

• Brainstorming?

When you need ideas—from what to cook with ingredients you have on hand to finding the perfect birthday gift—ChatGPT (ChatGPT.com) is known for its creative suggestions. Create a free account to unlock more personalized replies.

• Short on time?

Write emails quickly, learn a new function on your phone or get a summary of a long online document with Microsoft's Copilot

(Copilot.Microsoft.com), which excels at speeding up to-do's.

• Need in-depth information?

For everything from easy-to-clean paint brands for your redecorating project to the best herbs to grow this winter, turn to Gemini (Gemini.Google.com). Powered by Google's search engine, it provides detailed answers in a flash. All you need is a free Google account, which you can set up at Accounts.Google.com/signin.

Talk to it like it's a friend

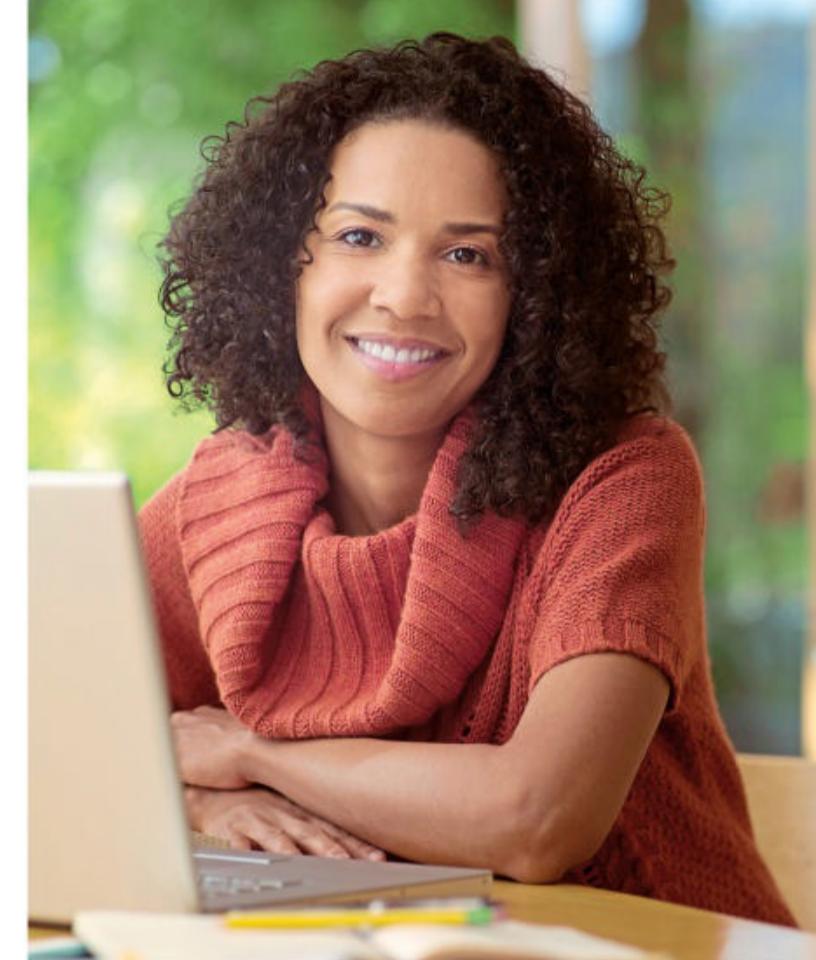
There's one big difference between using an AI assistant versus a search engine like Google: AI works best when you're conversational. “With a traditional web search, you typically type keywords—like ‘cheap flights Dayton, Ohio, to New Orleans’—and get a list of links,” says AI expert Melissa Peneycad, author of *Essentials of AI for Beginners*. “But with AI assistants, ask questions in everyday language, just like if you were talking to friend. So you might type, ‘Can you find me affordable flights from New York to Los Angeles?’”

Save money easily

Thanks to their many functions, AI assistants are whizzes at helping you boost your bottom line. AI pro Marisa Giorgi, Director of Curriculum at Senior Planet from AARP, shares three easy strategies:

• To shrink grocery bills

Just ask, “What are healthy dinners I can make for a



family of four for under \$10?” “Be as specific as possible,” says Giorgi. “Name the stores near you and include foods you like.” Or ask AI to get creative: “I have eggs, milk and bread. Share recipes I can make with these items.”

• To lower heating costs

Learn ways to make your home more energy efficient by asking, “What are five steps I can take to cut my heating bill?” Or “Compare the price of smart thermostats.”

• To create a smart budget

Describe what kind of budget you want and its goal, Giorgi suggests. For example, you might ask, “Help me set up a budget that allows me to put aside \$500 by July for my summer vacation.”

Verify answers in a flash

AI assistants are helpful, but they do make mistakes. “The data AI is trained on isn’t always up-to-date,” explains Giorgi. It’s a good idea to confirm answers, like airfare prices. “Ask the assistant for its sources and click the links it gives you to verify.” In the end, go at your own pace, adds Peneycad. “If you need help with what to type, simply ask the AI assistant. It’ll actually guide you, so you can get the most out of it.”

—BY GABRIELLE LICHTERMAN

Have a money question? Email us at money@womansworld.com

Snag sweet deals for Valentine's Day!

The most romantic day of the year isn't just for sweethearts: Bargain hunters will also fall in love with huge discounts soaring as high as 60% off! Expect markdowns on holiday-themed gifts like candles, jewelry and luxury chocolates during the week leading up to February 14. Stores use this holiday to slash prices on lots of other products too, such as treadmills, bedding and furniture. Then, on February 15, enjoy even more sales with up to 50% off candy, fresh-cut flowers, heart-shaped baking pans and picture frames. Check CouponCabin.com and TheKrazyCouponLady.com for deals.



Save on groceries by freezing more

The average household loses a whopping \$1,866 a year to discarded food, often because it spoils before we can eat it. Luckily, there's an easy way to keep groceries around longer: Pop them in the freezer. Sounds like old advice, but many folks aren't following it because they don't realize the wide array of foods that can be frozen or how long they can remain in the freezer. Take buttermilk, for example, which can stay frozen for three months, and hard cheese, which will keep for six months. That's important since a study from the U.K. shows that freezing perishables reduces waste by 47%, saving folks \$877 every year! Discover which surprising foods you can freeze by downloading the USDA's free FoodKeeper app or logging on to FoodSafety.gov/keep-food-safe/foodkeeper-app.

Make an old car feel like new with simple tweaks

With the cost of new vehicles rising to over \$35,000, Americans are holding on to their cars longer—than 12.5 years on average. But driving an older car doesn't mean you have to miss out on today's tech. Consider upgrading your ride with easy-to-install devices from Amazon.com or Walmart.com. Want a backup camera? Rear camera sets start at \$35. Wish you knew when your tires needed air? Pick up a tire monitoring system for \$30. Need hands-free smartphone access? Plug a Bluetooth adapter into your auxiliary power outlet/cigarette lighter for as little as \$14.

57%

NUMBER OF PEOPLE WHO PLAN TO BUY CANDY FOR VALENTINE'S DAY WALLETHUB

SCAM BEWARE

Avoid phony account alerts

GOT AN EMAIL SAYING A BUSINESS SUSPENDED YOUR SERVICE? Don't click links to pay or log in because the alert might be fake. Scammers often copy official company logos to make emails look genuine. Stay safe by typing the company's website address directly into your browser or calling the number on your invoice.

SAVINGS SECRET

Turn Off Store Notifications

Downloading a store's mobile app is a great way to score valuable rewards, but it can also tempt us to spend more than we planned. A recent Texas A&M University study found that app users shop 33% more often, buy 34% more products and part with 37% more cash both in the app and in-store. Why? Apps send frequent notifications about sales and new arrivals, which spark our desire to shop even when we don't need anything new. Save more money simply by turning off those pesky alerts, which you can easily do in the app itself or by clicking on your smartphone's settings.

Bask in the beauty of Carmel-by-the-Sea

Vibrant sunsets, quaint art galleries, charming shops and a scenic coastline are what you'll discover in this delightful California destination!

BY SHAY TROTTER



Celebrate Valentine's Day in Carmel-by-the-Sea! This relaxing beach village (also known as simply Carmel) may only be one square mile, but it has plenty to offer, thanks to its wineries, fairy-tale cottages, beautiful views and museums.

Begin your day admiring the village's 11 vibrant Comstock cottages on a walking tour. During this self-guided experience, the VoiceMap app will provide audio information as you stroll by each house.

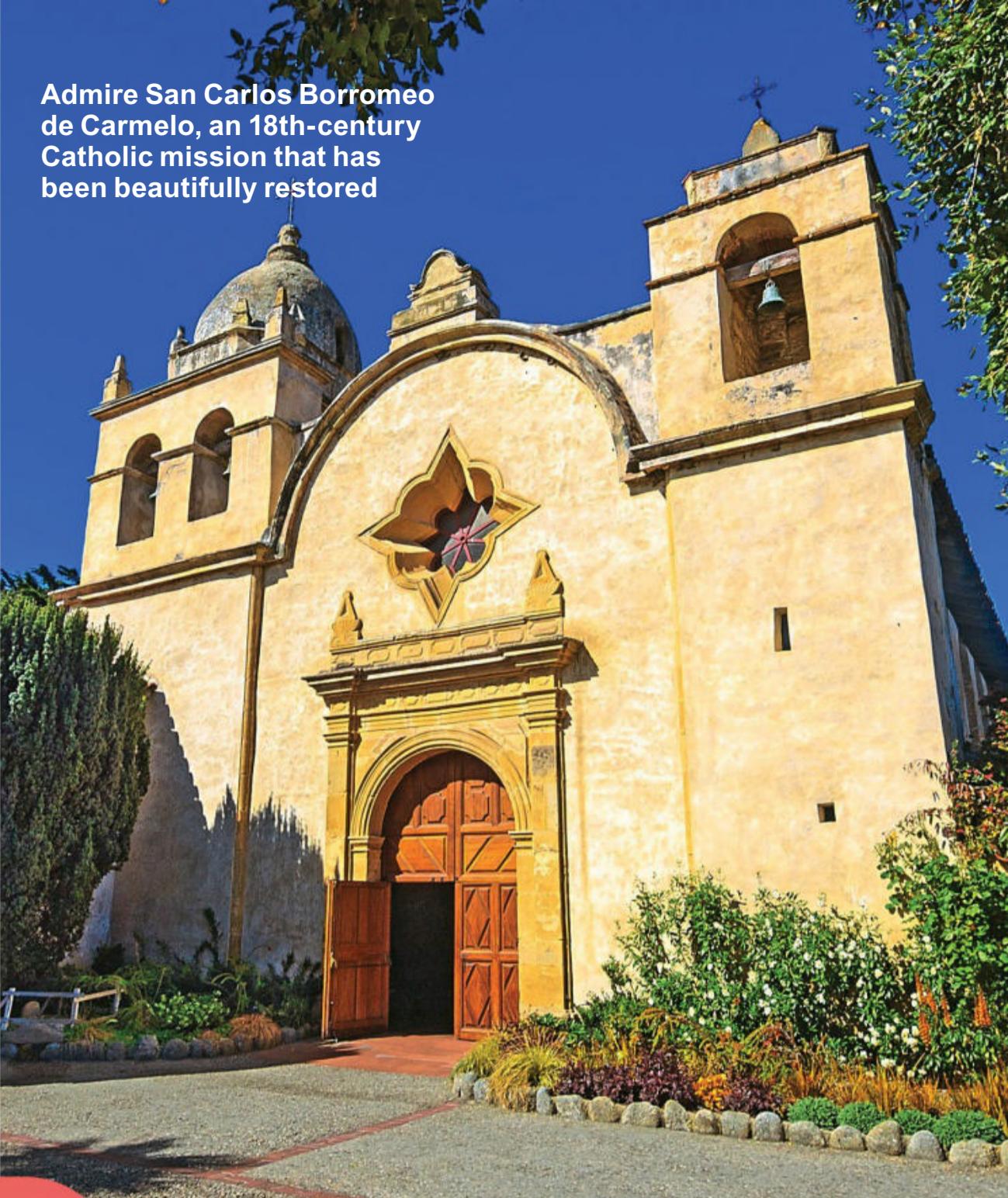
When you're ready to grab a bite to eat, head to Flaherty's Seafood Grill & Oyster Bar. In this laid-back spot, you can choose from tasty seafood options like Pacific fried oysters, coconut shrimp and chips or a tuna melt with lobster bisque.

As evening approaches, enjoy a romantic experience at the Folktale Winery and Vineyards. Listen to live music and admire stunning views of their 15 acres as you enjoy delicious wines and seasonal dishes.

-Sea!



Admire San Carlos Borromeo de Carmelo, an 18th-century Catholic mission that has been beautifully restored



TAKE A MINI VACATION—AT HOME!

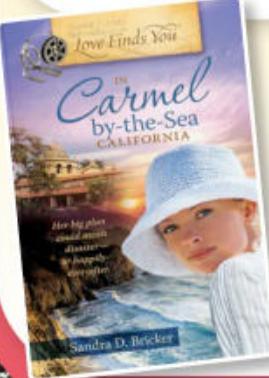
Experience Valentine's Day in Carmel with a cocktail inspired by Bistro Giovanni and a novel set right in town!

Chocolate Martini

- ❑ Red and white rimming sugar
- ❑ 1 oz. vanilla vodka
- ❑ 3 oz. chocolate liqueur
- ❑ 1 oz. crème de cacao
- ❑ 3 oz. half-and-half
- Moisten the rims of 2 glasses with water and dip in sugar. In an ice-filled cocktail shaker, combine remaining ingredients. Shake until combined and frothy; strain into prepared glasses.



Visit the many upscale shops at Carmel Square



Love Finds You in Carmel-by-the-Sea, California

by Sandra D. Bricker

In this heartfelt romance, Annie Ray creates a Hollywood-inspired life plan to not only snag a better job but also meet the man of her dreams.



Embark on a thrilling whale-watching boat tour

Relax with Brain Games

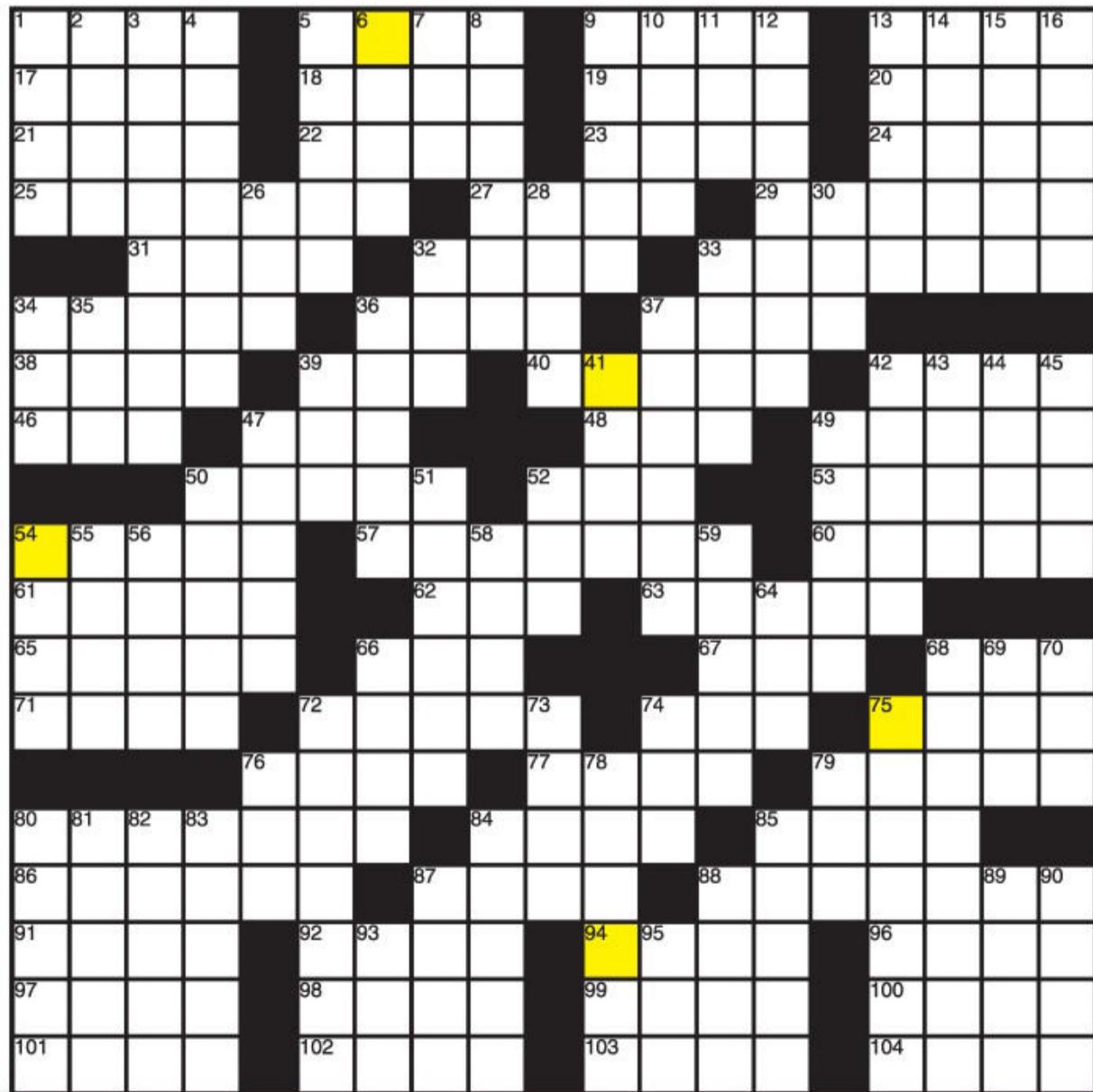
CROSSWORD

Shot through the heart

Use the letters highlighted in the finished puzzle to spell a messenger of love

ACROSS

- 1 They cover all the bases
- 5 Pampers rival
- 9 Go quickly
- 13 Weakens
- 17 Chimney residue
- 18 *The Little Mermaid* prince
- 19 Singer Coolidge
- 20 Cut short
- 21 Truth or ___ (slumber party game)
- 22 On a ship
- 23 Some nest eggs
- 24 Kelly of daytime TV
- 25 Bug feeler
- 27 Path
- 29 Followed the trail of
- 31 Wrinkle remover
- 32 Pack of cards



- 33 Short-haired cat
- 34 Pumps and clogs
- 36 Wild place?
- 37 ___ Lake City, Utah
- 38 Rear
- 39 London's Big ___
- 40 Highly seasoned
- 42 Babe in the woods
- 46 TV spots
- 47 Moo goo ___ pan
- 48 Lodge member
- 49 Pond buildup
- 50 Sleep spoiler
- 52 Speed (up)
- 53 Glances
- 54 Word after square or line
- 57 Went on a date for four
- 60 Leafs (through)
- 61 Kind of squash
- 62 Prefix with angle
- 63 "Bingo!"
- 65 Identical socks
- 66 ___ voyage!"
- 67 Using
- 68 Winner's take
- 71 Pizzeria output
- 72 Reed section?
- 74 Weigh down
- 75 Baby's bed
- 76 Disappointed shout
- 77 "Think nothing ___" (2 wds.)
- 79 Handyman's supply
- 80 Not willing to share
- 84 Swarm member
- 85 Temperate
- 86 State bird of Maryland
- 87 Outbuilding
- 88 Place in solitude
- 91 Golden rule word

- 92 Capable of (2 wds.)
- 94 Waiting
- 96 Tannish
- 97 Headed for overtime
- 98 Lows
- 99 Without ice
- 100 Tackle
- 101 Vanity plate in a two-car household
- 102 Library Card Sign-up Mo.
- 103 Valuable stones
- 104 Thus

DOWN

- 1 Stamp of approval?
- 2 Reaction to bad news
- 3 Servings
- 4 Guided
- 5 Singer Rimes
- 6 Major or minor animal
- 7 Engage in a rivalry
- 8 Zodiac symbol
- 9 Shirley Temple, for one
- 10 Suffix with million
- 11 Amtrak stop: Abbr.
- 12 Without thinking
- 13 Vamoose
- 14 *The Brady Bunch* housekeeper
- 15 Vocal cords, informally
- 16 Garden tool
- 26 Negative RSVPs
- 28 Takes steps
- 30 Squealer

- 32 TV room
- 33 Burlap bag
- 34 Refrain syllable
- 35 Stayed out of sight
- 36 Kooky
- 37 Second place medal
- 39 Call to a shepherd
- 41 Zest
- 42 Ice-cream shop purchase
- 43 In a dither
- 44 Stir
- 45 Monster's loch
- 47 Mountain valleys
- 49 Letter before beta and gamma
- 50 Lots of lots
- 51 Drives (along)
- 52 Slugger's stat.
- 54 Wettish
- 55 Beneficial berry
- 56 Do, for example
- 58 Vases
- 59 Chunk of fairway
- 64 Band booking
- 66 Soaking site
- 68 Film VIP
- 69 Salad topper
- 70 USA alternative
- 72 The Louvre and others
- 73 Sharpen
- 74 Took the bait
- 75 Place of higher learning
- 76 Zilch
- 78 Like some memories
- 79 Twitch
- 80 Pole position?
- 81 Sesame Street regular
- 82 Soda bottle size
- 83 Whole ___ (grocery chain)
- 84 That's the spirit!
- 85 Track events
- 87 "Quit it!"
- 88 Poetry contest
- 89 Use a trawl
- 90 International money
- 93 Dupin's creator
- 95 Ruby or Sandra



33 across

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

		8						
2	4		9			7		
		6				3	7	2
						1	4	
9	6						7	1
			1	8			6	
6	1	9	3			2		
			5		2	1	3	
							9	

For answers to Crossword and Sudoku, turn to pg 51

SOLVE-IT-YOURSELF Mystery



Several days before Valentine's Day, Vilma Potter was distraught. Rachel Smith, the manager of the assisted living facility where Vilma lived, was concerned. Vilma was a strong woman, upbeat and cheerful. For her to be upset about anything was highly unusual, and Rachel would do anything to help.

"Tell me what happened, Vilma," Rachel prompted.

"One of my chocolates is missing," Vilma gasped. While at first it sounded like a minor matter, Rachel knew there must be more to her distress.

"Can you tell me what's so important about this piece of candy?" Rachel asked kindly.

"You know, my daughter is career military. She's mostly stationed overseas, so she can't visit very often. But she always has the local candy shop send my favorite assortment every Valentine's Day. The box contains two of each

variety of chocolates." Vilma paused to sniffle her nose.

"This year they arrived early, but I couldn't wait to open them up. I love them all, but one is my special favorite. I allow myself to eat one of them first thing. Then I save the other one for when I've finished the box, and it's the last one. That way, I spread out my special treat over a longer time."

"Okay," Rachel nodded. "So what's the problem?"

Vilma took a deep breath. "When I went to eat the second of my two favorites, it was gone! Somebody must have stolen it. I'm not upset so much about losing my favorite. My



The chocolate candy thief

daughter will send me another box for Mother's Day. But I can't believe anyone here would do such a thing."

Now Rachel understood why Vilma was so upset. All of the residents knew everybody else and were friends. That made the betrayal even worse.

"Let me see what I can find out, Vilma. Who has been in your apartment lately?"

"Well, there was Silas, the handyman. He came in to change a light bulb."

"Who else?"

"Martha, the housekeeper, came in to bring fresh towels."

"Anybody else?"

"Of course, Clyde comes by every day. This time he brought his son to meet me." Vilma blushed a little.

Rachel smiled to herself. The whole building knew that Clyde was sweet on Vilma.

"Let me see what I can find out. I'm sure I can get to the bottom of this," Rachel assured Vilma.

Rachel found Silas in his basement workshop. "Silas, did you happen to take a chocolate from a box in Vilma's apartment?" Silas

scratched his head in thought before replying.

"No, ma'am. I was carrying that step stool, plus a spare light bulb. Even if I wanted to, I didn't have a free hand."

Next, Rachel met Martha while she loaded the linen cart.

"Martha, did you sample Vilma's chocolates?"

"Oh, no. I'm a diabetic. I try to stay away from sweets."

Rachel then went to visit Clyde. He was adamant.

"I certainly did not eat Vilma's favorite chocolate."

Puzzled, Rachel returned to her office. A few days later, a gift arrived for Vilma. When Rachel delivered it and Vilma opened the package, she found it was a box of chocolates. But not her usual assortment. This box contained *only* her special favorites. Vilma was thrilled. Now she could have one of her favorites every day! Rachel wondered who'd sent them.

Was it someone who felt guilty about taking Vilma's last piece? —Lida Bushloper

Q: Who took Vilma's chocolate?

A: Turn to pg 51

Order Up!

Can you guess which happened first, second and third?



- A. Shania Twain scores a hit with "You're Still the One"
- B. Nicole Kidman stars in *Cold Mountain*
- C. *Dr. Quinn, Medicine Woman*, starring Jane Seymour debuts on CBS

Person, Place or Thing?

Can you guess what I am?

- | | |
|---|--|
| <input type="checkbox"/> You might find me in a fountain | <input type="checkbox"/> I'm high in antioxidants |
| <input type="checkbox"/> People are real sweet on me | <input type="checkbox"/> I'm sold in a heart-shaped box |
| <input type="checkbox"/> Mesoamerica knew me first | <input type="checkbox"/> I'm not wealthy, but I am rich |
| <input type="checkbox"/> My chips aren't made of potatoes | <input type="checkbox"/> I can be hot—or not |
| <input type="checkbox"/> The Swiss make me really well | <input type="checkbox"/> I can come before or after milk |



7 Days of Inspiration

Take one a day and feel great all week!

Day 1

There are so many ways to be happy

Day 2

Right here, right now, you can make a difference

Day 3

A smile is still the best medicine. No prescription required!

Day 4

People know how special you are. Do you?

Day 5

You have successes to build upon

Day 6

There's always a reason to give thanks

Day 7

Say yes to the best in life!

My Guardian Angel

Readers share their stories of divine intervention

My pups, my angels

Woman's World reader Mary Beth Heighton was mourning the loss of her four-legged friends when she received an unforgettable sign. She writes:

Last March, I was taken to the hospital, and when I awoke in the emergency room, I was greeted by a doctor saying to me, "You came in determined to die today!"

I remember telling her that I didn't have time for that because I had two senior dogs at home who needed me. Luckily, I have great neighbors who looked after my two pups, Loki and Winnie, while I was in the hospital for five days.

But after being home for just three days, I had to euthanize Winnie. She was a 14-year-old shepherd mix and, sadly, nothing could cure her disease.

Then in November, I lost Loki, my 14-year-old Lab mix. He jumped into the car one morning to accompany me on some errands and screamed.

I rushed him to our veterinarian. She took an X-ray, which showed his leg was broken above the knee and there was a tumor growing on it. The only option for this type of break was amputation, and given Loki's age, he wouldn't survive the surgery. So I had

to make the decision to let him go.

I was mad at God for taking them from me. But then I realized that He could have taken me in March, but didn't. He let me live, so my voice was the last thing they heard telling them that I love them. I always adopt from shelters, so I also told them: "Send me my next angel when you find one."

I support the Charlotte County SPCA in St. Stephen, New Brunswick, Canada, and a story popped up on Facebook recently about three dogs that were surrendered. My Loki was a Lab mix from St. Stephen, and so was one of the dogs. Winnie had fear issues when I adopted her, and so did one of the dogs. The best part, one of them was named Angel.

I could feel Winnie and Loki picking her out for me. My friend Davine drove me down to meet her. Two days later, Angel came home with me. Not all angels have wings—some have four paws and a tail. I'm so thankful that all of mine are still looking after me!



"I know they sent her to me!"



ANGEL EXPERT SUNNY DAWN JOHNSTON SAYS...

What a beautiful reminder that love knows no bounds. Mary Beth's story highlights the powerful connection we share with our pets and how they continue to watch over us. Sometimes, the signs we receive from our beloved animals are as clear as a wagging tail or a soulful gaze from a new companion. Angel's arrival is a testament to the divine orchestration of love and healing, a gift sent straight from Loki and Winnie. Keep your heart open because our furry friends never stop looking after us, even when they're no longer physically by our side.

GET
\$50

Do you have an angel story you'd like to share? Send it to us and you could win a \$50 gift card! Please send your story, along with a clear photo of yourself and your name, address and phone number to: Angels, *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632, or email us at Angels@WomansWorldMag.com. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Submissions may be edited for style.

Sunny Dawn Johnston (SunnyDawnJohnston.com and Facebook.com/SunnyDawnJohnstonFanPage) is an internationally known angel expert. She is the author of 20 books as well as her latest bestselling card deck, *The Multi-Dimensional Oracle*.



Circle of Kindness

Readers share little reminders of how much goodness there is in the world



"I WAS SO GRATEFUL TO HELP!"

While browsing the pet food aisle at the grocery store, I noticed a petite senior citizen standing on her tiptoes, trying to grab something on a shelf above her head. After several failed attempts, I approached her and asked if she needed help. With a bright smile, the woman welcomed my offer. She was trying to see if the lone cans of cat food tucked toward the back of the tall shelf were the flavor her finicky feline preferred. I nodded my head in empathy, explaining my husband and I buy pet food for my mother-in-law's persnickety rescue kitties and pup. I then pulled out the two cans and checked the labels. They were indeed Florentine chicken. "Thank you so much," the woman said. "My little fur baby will be so happy." I was so grateful to be there at the right time to help!

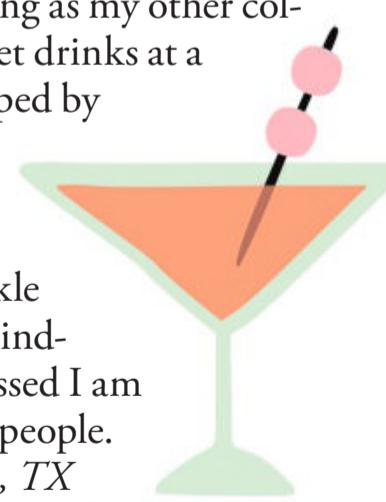
—Colleen Lent, Deerfield, NH

"I'M BLESSED BY MY CO-WORKERS!"

I was having a hard time at work after recently getting a lot of new tasks added to my plate. I knew I could handle it all, but it was taking me longer than expected to really get into the swing of things with my new duties. I was feeling stressed and worried about all my tasks. One evening as my other colleagues were heading out to get drinks at a nearby happy hour, they stopped by my desk and offered to help.

Instead of going to unwind after a stressful day, they stayed late and helped me tackle the rest of my to-do's! Their kindness made me realize how blessed I am to work with such wonderful people.

—Susanne Thompson, Laredo, TX



GET
\$25

Do you have an act of kindness of your own to share? Send it to us and you could win a \$25 gift card!

Please email it, along with your name, address and a clear photo of yourself to: CircleOfKindness@WomansWorldMag.com. Or mail it to: Circle of Kindness, Woman's World, 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting Woman's World permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Submissions may be edited for style.

Instant ahh...

Take a moment to leave your worries behind and lose yourself in loveliness

"Love...must always create sunshine, filling the heart so full of radiance that it overflows upon the outward world."

—Nathaniel Hawthorne

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ARIES Mar. 21–Apr. 19

From the 18th on, you'll be eager to build more mindful solo time into your routine. Slowing your usual speedy pace can do wonders for your heart and spirit. On the 20th, your confidence and curiosity simultaneously soar.

Your lucky days: February 20, 21, 22

Your lucky numbers: 3, 9, 12

**LEO** July 23–Aug. 22

Wearing your heart on your sleeve comes even more naturally than usual from the 18th on. Being vulnerable is key to feeling closer to a loved one. On the 21st, the stage is set for a magical, romantic time with someone special.

Your lucky days: February 20, 21, 22

Your lucky numbers: 1, 8, 14

**SAGITTARIUS** Nov. 22–Dec. 21

From the 18th on, you can more readily find time in your schedule for relaxing and bonding with family. On the 20th, you have everything you need to tackle an ambitious project with your significant other or a dear friend.

Your lucky days: February 16, 17, 20

Your lucky numbers: 4, 7, 16

**TAURUS** Apr. 20–May 20

You have the green light to get the ball rolling on an ambitious team endeavor from the 18th on. On the 19th, sharing your emotions with a dear friend or loved one could lay the groundwork for an ambitious shared goal.

Your lucky days: February 18, 19, 22

Your lucky numbers: 3, 7, 11

**VIRGO** Aug. 23–Sept. 22

You'll feel self-assured that you can move the ball forward on a lofty goal alongside a significant other from the 18th on. On the 19th, you can satiate your curiosity by collaborating with friends on a fulfilling learning opportunity.

Your lucky days: February 18, 19, 22

Your lucky numbers: 7, 11, 16

**CAPRICORN** Dec. 22–Jan. 19

From the 18th on, brainstorms with friends will be even livelier than usual, and your social calendar is bound to be packed with fun, feel-good plans. On the 22nd, you could be feeling more emotional than usual.

Your lucky days: February 18, 19, 22

Your lucky numbers: 3, 6, 10

**GEMINI** May 21–June 20

From the 18th on, you have what it takes to step into the spotlight and make your mark professionally. On the 20th, a surge of confident energy may compel you to bite off more than you can realistically chew on a big-picture project.

Your lucky days: February 16, 17, 20

Your lucky numbers: 1, 10, 16

**LIBRA** Sept. 23–Oct. 22

On the 17th, you'll feel more aligned with your artistic impulses. Pouring your most heartfelt emotions into a creative project bolsters your emotional well-being. From the 18th on, your productivity soars. It's time for progress!

Your lucky days: February 16, 17, 20

Your lucky numbers: 5, 7, 14

**SCORPIO** Oct. 23–Nov. 21

You can enjoy more spontaneous, playful and fun-loving downtime with your nearest and dearest from the 18th on. On the 19th, tune in to your heart's desire to shake up your mundane routine and step out of your comfort zone.

Your lucky days: February 18, 19, 20

Your lucky numbers: 9, 14, 18

**AQUARIUS** Jan. 20–Feb. 18

Your confidence around money-making efforts takes flight from the 18th on, so you'll do well to think about how to take strategies to the next level. On the 20th, you'll be empowered to share a brilliant pitch with friends.

Your lucky days: February 16, 17, 20

Your lucky numbers: 2, 5, 11

**CANCER** June 21–July 22

From the 18th on, consider prioritizing an eye-opening learning experience, as it could lead to personal growth. On the 19th, you could be feeling artistic and eager to share your ideas with someone special. Go for it!

Your lucky days: February 18, 19, 20

Your lucky numbers: 5, 9, 18

**PISCES** Feb. 19–Mar. 20

From the 18th on, feeling more centered in your sense of self allows you to pursue passion projects. On the 20th, a swell of optimism makes it easier than usual to address an ongoing emotional challenge with loved ones.

Your lucky days: February 18, 19, 20

Your lucky numbers: 1, 4, 10



Molly Ringwald
February 18, 1968

Happy Birthday! Year-ahead forecast for those born this week

Aquarius, in March, romantic Venus joins forces with messenger Mercury and then the confident sun in your communication zone, making this a wonderful season for sharing exactly what you want and need from your nearest and dearest. Then, in

early April, sweet Venus in your money zone will harmonize with go-getter Mars in your daily routine sector, which could ignite a new moneymaking path.

Pisces, in March, curious Mercury, the vitality-bringing sun and artistic Venus take turns

pairing up with dreamy Neptune in your sign, igniting your creativity. In late March, spiritual Neptune, your ruling planet, will move into your income sector, empowering you to dream even bigger in your moneymaking game plans.

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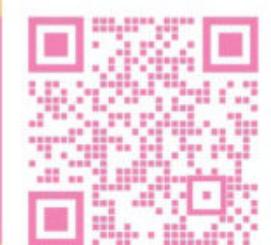
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A Moment for

You

**Give
yourself
more credit!**

**Every day, in
a big or small
way, you do
something
important,
something
special,
something
difficult,
something
meaningful—or
all of the above!
It's time you
noticed what
other people
already see in
you: someone
who makes good
things happen!**

WW 5-MINUTE ROMANCE

Warm hearts on a cold night

Cherie didn't expect that a crisp winter skate at the lake would have her falling into the arms of a Valentine's Day sweetheart

Cherie laced up her skates and took a deep breath. She hadn't been on the ice since she was in high school, but her friend Amy had been bugging her to come to community skate night at the lake in town for ages. And to be honest, it was a good way to spend a winter evening.

She wobbled across the ice and grabbed Amy's arm to steady herself. "C'mon girl; you got this," Amy said, pointing to a group hitting pucks in the middle of the ice. "And if it's any incentive, I already noticed a very cute guy playing hockey. Keep your eyes out for the blue flannel."

Typical Amy. She had made it her mission for Cherie to have a date for their upcoming ski trip. "A cute man? How can I resist?" Cherie played along. But she really needed to know how to glide through another "single" Valentine's Day. It

seemed like all of her friends were either married or in long-term relationships. *When will it be my turn?* she thought.

Cherie let out a long sigh but was quickly distracted once she realized that getting back on skates didn't come as naturally as she had hoped. She even had to grab onto a few passersby to avoid a fall. And to her chagrin, one of those people was "Mr. Cute Guy." Cherie had quickly turned away after the brief—and embarrassing—encounter.

"Okay, I think it's time for a break," Cherie said as they approached a food truck with freshly steamed hot chocolate and baked treats.

A second later, she felt her friend tugging on her arm, whispering, "Quick, he's at the window! Go order hot chocolates for both of us."

**"He had blue
eyes and a
winning smile...
He was even
cuter up close."**

Cherie rolled her eyes as she wobbled on skates toward the truck and took her place in line behind the mysterious man. She managed to steady herself as he turned around. His plaid flannel shirt matched his blue eyes. And the winning smile he was wearing...

He's even cuter up close. Downright handsome.

"Um, I'll take two hot cocoas, please," Cherie stammered, her stomach fluttering beneath her winter coat. She looked at "Mr. Cute Guy" and smiled shyly. "One is for my friend. She sweet-talked me into a day of skating, though I've done my fair share of falling."

"Ah, I noticed," he said. A lighthearted smile lit up his face, showing off his dimples.

"I'm Jake, and I'm happy I could break your fall. I'm heading over to warm up by

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You deserve
Good things!

Happiness is as easy as 1-2-3!

The first step?
Letting go of the
idea that you have
to work for it or wait
for it. You don't!
The second step?
Letting yourself
dream—a wish
list is like
a happiness
magnet! The third
step? Letting
happiness happen!
Each day brings
so many joys
to cherish!



Everyday Heroes

Proof that a little love can make a big difference

"Everyone should feel love on Valentine's Day"

After Michaela Margida suffered from a brain tumor as a child, she and her family wanted to find a way to bring smiles to sick kids. Soon enough, their love for Valentine's Day sparked an idea to help others!

How can we help kids who are suffering like I was?" Michaela Margida asked her brother, Gregory. When she was just 5-years-old, Michaela was diagnosed with a brain tumor. Thankfully, surgeons removed it and she recovered.

But when she was a senior in college, she and Gregory made a pact with their parents that they would someday do something for children with cancer and their families.

Years later, the family sat down to brainstorm ideas.

Both Michaela and her mother, Andrea, had always loved Valentine's Day, which

gave them an idea: "Since Valentine's Day is all about love, why not send these families love on February 14th?"

That was the start of The Valentine Project, a nonprofit Michaela and Gregory co-founded in 2010 that provides gift packages across the country to children with cancer and illnesses every Valentine's Day. But it isn't just the patients who get the gifts: It's the siblings too, who often feel neglected when they have a sick brother or sister.

The Valentine Project provides kids with boxes filled with gifts—like a book, toys, treats, an Amazon gift card, a handmade pillowcase and a card. It's funded by generous donors who give directly to the charity or purchase gifts from The Valentine Project's Amazon wish list. Each year, volunteers put together about 500 packages of Valentine's love.

One mother of a recipient, Sara Taggart, was so grateful for The Valentine Project's package that brought so much joy to her

daughter Annie—who has a condition that causes her bones to break easily—and her three siblings. "You can



◀ Kids
love the
treats
and gifts



Gregory and Michaela are grateful for the chance to give back

feel the love coming out of every item in the package," says Sara, who returned the following year with an armload of gifts to donate and is now a board member of The Valentine Project. "It's a ray of sunshine!"

Sara now uses her Jewett, Ohio, home as the "Valentine House," where gifts come to her, and she takes them to her church basement for volunteers to assemble them for shipping.

Andrea, now president of The Valentine Project, says the impact on children is magical. "It's all about love in the purest sense of the word," she smiles.

As for Michaela, who now has a Ph.D. in ecology and lives in the Netherlands, she delights in giving kids love some three decades after her ordeal. "Valentine's Day often heightens feelings of loneliness," says the now-36-year-old. "Nobody should have to feel so lonely on a day that's all about love, so we share it with entire families!"

—Kellie B. Gormly

Has a person or animal come to your rescue? Email the story with your name, phone number and a photo to: WWFeatures@WomansWorldMag.com. Or mail to: Everyday Hero, *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to high volume, we are unable to return submissions received.

Takes 10 Years Off Your Face in as Little as 10 Minutes

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

There's no denying that people — mostly women — are on a mission to discover the best way to eliminate fine lines and wrinkles permanently. The \$14 billion dollars spent on aesthetic procedures in 2021 alone is a clear indication of that fact.

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

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

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

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

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

This powerful cream, known as **Restore**, keeps selling out faster than it's produced — and people are raving about the effect it's having on their skin.

"Within a few minutes of applying the cream, it visibly plumps out the under-eye area and my cheeks as well as those annoying lines that deepen as we age between the nose and lips. It

also felt like it was tightening and smoothing my skin at the same time. I definitely feel I look younger whenever I use it," said Amy B., of Montville, New Jersey.

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

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

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

Powerful Delivery System Ensures Nutrients Penetrate Deep into Your Skin

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

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

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



Revolutionary Formula Reduces the Appearance of Wrinkles in Minutes

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

A Formula Designed to Take Years off Your Face in Minutes

Once it's penetrated the deeper layer of skin, **Restore** releases a unique blend of botanicals, vitamins and essential oils that reduces the appearance of fine lines and wrinkles, gives skin a more even tone, and moisturizes the interior layers of your dermal cells, firming and plumping your skin.

Restore's first skin-enhancing agent is Madonna lily leaf stem cell extract. It helps produce an even-toned complexion. In a clinical study reported in the Journal of Cosmetic Dermatology, participants treated with this extract for 28 days showed improvements in skin luminance and tone around the eyes.

Restore is also loaded with vitamin C, which British researchers have found reduces both wrinkles and dryness. "In **Restore** we use magnesium ascorbyl phosphate, a more stable form of vitamin C that doesn't break down in liquid as does ordinary C," explains Dr.

Sears. "That means the antioxidant molecules stay intact within your skin cells where they can prevent damage from dangerous free radicals."

This powerful formula also features guarana seed extract, coenzyme Q10, and avocado oil. Japanese researchers have also found that coenzyme Q10 supports production of the thin membrane that separates layers of your skin, and French studies have shown that avocado oil improves skin cell metabolism and enhances skin thickness.

Where To Get Restore

To secure the hot, new **Restore** formula, buyers should contact the Sears Health Hotline at **1-800-685-1329** TODAY. "It's not available in retail stores yet," says Dr. Sears. "The Hotline allows us to ship directly to the customer." Dr. Sears feels so strongly about **Restore**, all orders are backed by a 100% money-back guarantee. "Just send me back the bottle and any unused product within 90 days from purchase date, and I'll send you all your money back."

Call NOW at **1-800-685-1329** to secure your supply of **Restore**. Use Promo Code **RSSW225** when you call. Lines are frequently busy, but all calls will be answered!

Love & Laughter



Fluffy snow, fluffy dog!

Moki, submitted by Elizabeth Sullivan, VA



"I've just been kissed!"

Fred, 6 months, submitted by mother Kylie Lang, IA



Valentine's sisters

Lilly, 5, and Genevieve, 7, submitted by sister Carissa Mosness, NY



Covered in lots of love

Harper Evelyn, 5 months, submitted by great-grandmother Janet Stratton, WY

SEND US PHOTOS OF YOUR CUTEST 'BABIES' AND YOU MAY SEE THEM IN AN UPCOMING ISSUE OF WOMAN'S WORLD!

Please include the name and age of the child or pet, as well as your name, address, phone number and relationship to the child or breed of the pet. Send to: Love & Laughter, *Woman's World*, 270 Sylvan Avenue, Englewood Cliffs, NJ 07632 or email to LoveAndLaughter@WomansWorldMag.com.

By submitting your photo, you are granting *Woman's World* permission to use it in the print magazine. Due to high volume, we are unable to return submissions received.



Queen of our hearts

Etta, 3, submitted by great-aunt Lisa Ditrapano, MA

Was my face red!

Last Valentine's Day, I wanted to surprise my husband with a romantic dinner at home. I cooked a delicious pasta dish, sprung for an expensive wine and even got the classic checkered tablecloth you see in films. It was perfect. I was setting the mood, when one of the lit candlesticks took a tumble and the corner of the cloth caught fire. I was frantically waving the smoke away when my husband walked in. We broke out in laughter. Boy, was my face red! —I.L., Rye, CO



"Happy Valentine's Day, Mom.
The mushy part was my teacher's idea."

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COLLECTOR'S EDITION

soap OPERA digest

THE ULTIMATE GENERAL HOSPITAL GUIDE

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GENIE FRANCIS & ANTHONY GEARY
LAURA WRIGHT
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KIMBERLY McCULLOUGH & FINOLA HUGHES

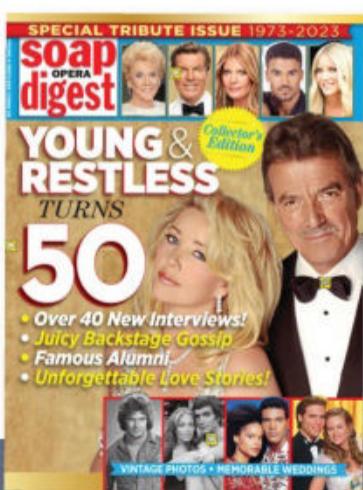
THE ULTIMATE GENERAL HOSPITAL GUIDE

- Latest Interviews!
- Backstage Gossip!
- 300+ Photos!
- Most Memorable Storylines!

REBECCA HERBST & JONATHAN JACKSON
JANE ELLIOT
JACK WAGNER & KRISTINA WAGNER
LESLIE CHARLESON & STUART DAMON

250104

The cover features a group of actors from General Hospital, including Maurice Benard, Genie Francis, Anthony Geary, Laura Wright, Steve Burton, Kimberly McCullough, and Finola Hughes. The title 'soap OPERA digest' is at the top left, and 'COLLECTOR'S EDITION' is at the top right. The subtitle 'THE ULTIMATE GENERAL HOSPITAL GUIDE' is in large yellow letters. A list of features includes 'Latest Interviews!', 'Backstage Gossip!', '300+ Photos!', and 'Most Memorable Storylines!'. Smaller photos at the bottom show pairs of actors: Rebecca Herbst & Jonathan Jackson, Jane Elliot, Jack Wagner & Kristina Wagner, and Leslie Charleson & Stuart Damon. The issue number '250104' is on the left side."/>



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