

THIS MONTH'S BIG QUESTION

O

THE OPRAH  
MAGAZINE

# ARE YOU READY FOR SOME GOOD NEWS?

IT STARTS  
ON PG. 86



OPRAH TALKS TO

STEPHEN  
COLBERT

SALMA  
HAYEK

JORDAN  
PEELE



## THE SUMMER OF YOU!

26 TIPS FOR A SUPER  
SOLO VACATION

## WEIGHT TILL YOU READ THIS!

New research  
on fat, food,  
and mood

PG. 68

## PREPARE TO BE LOVED

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**ON THE COVER:** Oprah photographed by Ruven Afanador. **FASHION EDITOR:** Jenny Capitain. **HAIR:** Nicole Mangrum. **MAKEUP:** Derrick Rutledge. **SET DESIGN:** Charlotte Malmlöf. **ON OPRAH:** Blazer, Brunello Cucinelli. Shirt, Majestic Filatures. Jeans, NYDJ. Earrings, Larkspur & Hawk. Ring, Rush Jewelry Design. Bracelet, Roberto Coin. *For details see Shop Guide.*

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CLOCKWISE FROM TOP LEFT: ADRIAN & GIDI, JEFFREY WESTBROOK/STUDIO D, PETER ROSA/STUDIO D, GREGOR HALENDA, LAUREN DICICCO, MIKE GARTEN, RICHARD WAJCHRAZAK/STUDIO D, OPPOSITE PAGE: BRIAN DOBEN.

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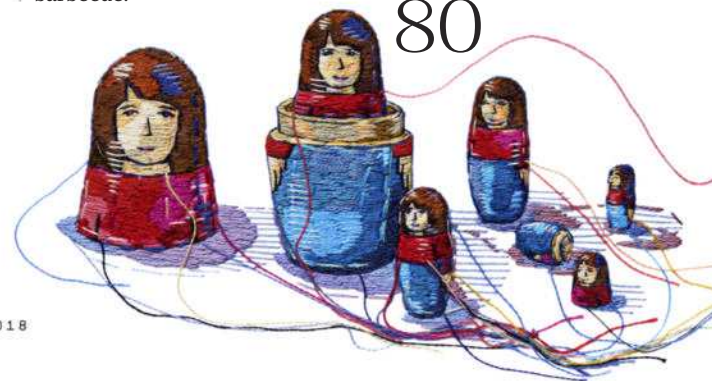
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Everyone does everything I tell them to do.

There's something in the house I can have for dessert.

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Dolly Parton doesn't retire. Her honky-tonk energy could be the next renewable resource.

The Obamas stay together forever.

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Hair pomade is never, ever outlawed.

You take a moment to ground yourself. Plant your feet, say three things you're thankful for, and proceed with your day.

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You believe in something greater than yourself.

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My dad can answer the phone and give me a pep talk.

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**@hellohiimhilary**

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I have my four boys: my husband, two sons, and puppy.

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I continue to be grateful for all the good in my life.

The malls stay open.

Netflix is loading.

Whispering Angel rosé is available year-round.

Someone can pay off my student loans.

# Contributors

## Attitude Shift

Six of the creative minds behind this issue take a look on the bright side.



### Gillian MacLeod, *O* deputy art director

"ARE YOU READY FOR SOME GOOD NEWS?," PAGE 86

Someone who's a light against the darkness is...Oprah. She inspires hope—her epic Golden Globes speech further proved that.

And I get to work for her! I tune out bad news by...practicing aikido, a Japanese martial art. I have to completely concentrate on my lesson or opponent—which doesn't leave room for troubling thoughts. Instead of focusing on the negative, we should put our energy into...finding a way to be compassionate and kind.



### Ayesha Curry, Cookbook author

FAST OR FANCY, PAGE 117

Someone who's a light against the darkness is... my husband, Steph Curry. He has a humble demeanor and a genuine sense of humility that can't be faked. I hope when we look back at these times, we remember...that through all the adversity, trials, and tribulations, you remained you.



### Lauren DiCioccio, Artist

"TO HAVE OR HAVE NOT," PAGE 81

Someone who's a light against the darkness is... my dog, Kasha. Whenever I feel stuck, I can take her for a stroll around the block and enjoy the simple pleasures. Instead of focusing on the negative, we should put our energy into...cooking dinner with family and friends. One of the best ways to feel productive is to invest in the relationships that make life meaningful.



### Adrian & Gidi, Illustrators

"ARE YOU READY FOR SOME GOOD NEWS?," PAGE 86

We tune out bad news by...listening to audiobooks. A whole day of Stephen Fry reading Harry Potter drowns out anything. We hope when we look back at these times, we remember... that we took enough moments to break free from our daily routines and enjoy life.

### Breena Kerr, Writer

"HURTS SO BAD," PAGE 74

I hope when we look back at these times, we remember...that before things get better, they often get worse. It's like cleaning a room filled with junk. You can shut the door—or walk in and start sorting through the mess. I tune out bad news by...silencing my phone and being present with my partner out in Maui.

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# L'ORÉAL PARIS

# Behind the Scenes

## LET'S DANCE

**THIS MONTH'S COVER SHOOT** was a typical marathon session for team O, and by day's end, everyone (including our cover subject) was ready to call it a wrap. But when Oprah stepped out in a Brunello Cucinelli jacket and great-fitting jeans, she seemed as relaxed as her outfit. With a little prance in her step, she called, "I need some music. Come on, people!" Someone cranked up Luis Fonsi's "Despacito," and the room came alive. Gayle, who'd exchanged her stilettos for off-duty clogs, said, "We should all get in there and dance." The entire crew let loose, quickly forgetting they'd ever been too pooped to party.

—PAMELA EDWARDS CHRISTIANI



**INTO THE GROOVE**  
No one could resist the urge to move their feet!  
From left: fashion editor Jenny Capitan, creative director Adam Glassman, Oprah, editor at large Gayle King, assistant to the editor at large Joseph Zambrano, hairstylist Nicole Mangrum, and makeup artist Derrick Rutledge.

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Blazer, \$70;  
zara.com



Sunglasses, \$95;  
warbyparker.com



Jeans,  
\$124;  
nydj.com



Oprah's fave jeans made this month's cover.



Button-down shirt,  
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net-a-porter.com

### BLUE NOTES

Navy, sky blue, and gray look fresh with a touch of black and white.



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# The Question

THIS MONTH WE WONDERED..



## Who helps you look on the bright side?



Bob Marley. His music has the magical ability to create resilience, stir souls, and change minds.

**KAREN SENTEIO**  
Newington, Connecticut

THE PEOPLE IN MY TUESDAY MORNING BIBLE STUDY GROUP, WHICH IS THOUGHTFUL, SOMETIMES IRREVERENT, AND ALWAYS FUN.

**LOIS VIDAVER**  
Tonawanda, New York



My rescue pup, Sedona. No matter what happens during my day, her enthusiastic smooches are immediate gratitude booster shots.

**LISA COLLETTI**  
Scottsdale, Arizona

I'm turning 70 this year, and being proud of my life accomplishments has allowed me to pat myself on the back and say, "Thank you, Jackie. Job well done. You're looking good, girl."

**JACKIE BATISTE ARMSTRONG**  
Inglewood, California

My students. Since I was diagnosed with cancer last summer, the classroom is the one place where I feel the future not only matters, but is going to be better than the present.

**DAWN-ELIN FRASER**  
New York City



MY 8-YEAR-OLD DAUGHTER. SHE'S FULL OF LIFE AND REMINDS ME TO NEVER TAKE MYSELF TOO SERIOUSLY.

**JOANI JUNKALA**  
Melbourne, Florida



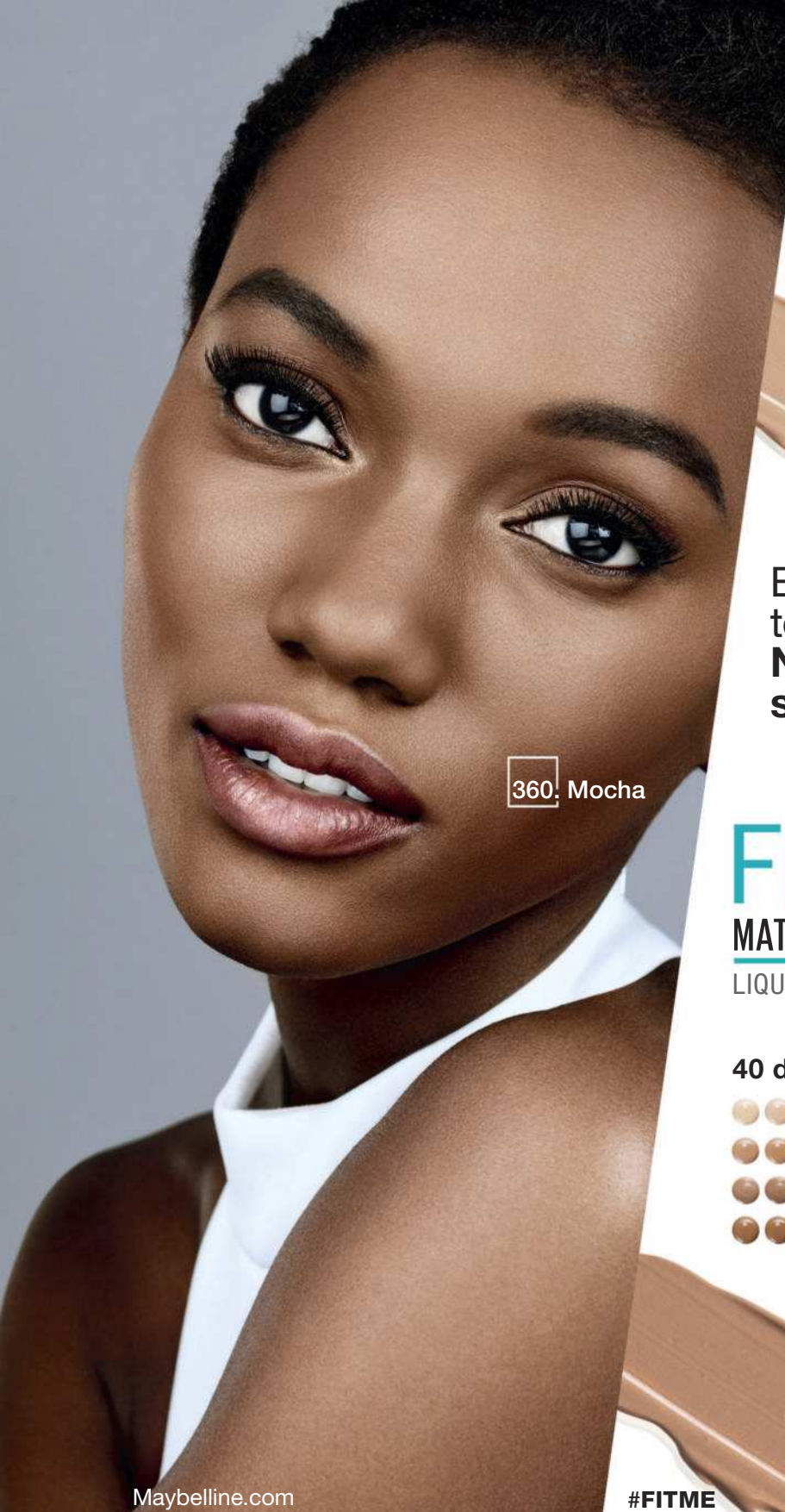
### Our Next Question

Who's the most open-minded person you know?

Tell us at [oprah.com/question](http://oprah.com/question) or email us at [thequestion@hearst.com](mailto:thequestion@hearst.com), and your response could be featured in our August issue.

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# Let's Talk!



## TO TELL THE TRUTH

In April, you loved two comedians, White House-worthy eyewear, and reasons to speak up.

addressed the Golden Globes speech heard 'round the world—and why she has no designs on making 1600 Pennsylvania Avenue her home.

*"I loved your speech for what it was: inspiration!"*  
—Karen Lacey

*"Maybe the universe is probing you to keep teaching. You have the ability to close the gap in many divisive issues."*  
—Micah Xnder

*"Fine, then run for vice president."*  
—Pamela Northstar

### USING HIS WORDS

The "O" of O spoke with late-night prankster Jimmy Kimmel about taking a stand on healthcare reform and gun control.

*"Your platform is unique, and for you to use it for humanity is admirable. Thank you, Jimmy!"*  
—Jacque Ohmert

*"Love him for provoking change."*  
—Jodi Butler

*"Such a fantastic interview!"*  
—Amber Myers Mamian



**INSTA HITS!**  
Oprah's clean and crisp cover look had Instagram users double tapping.

"MY HOPE IS THAT YOU HAVE YOUR OWN LINE OF GLASSES IN THE FUTURE."  
—@eligongale

"SHINING FROM THE INSIDE OUT AND NOT THE OTHER WAY AROUND."  
—@artist\_727

"VERY PRESIDENTIAL. 😊"  
—@my\_life\_as\_char



### BEST ADVICE

*"Some days it's just going to rain.' My grandfather told me that when I was 17. He meant I shouldn't worry about things beyond my control.... He was a laconic Oklahoma guy, so this wasn't a heart-to-heart. But it really stuck with me."*

*Saturday Night Live* vet Bill Hader's advice from his grandfather inspired @oprahmagazine's followers to share wisdom from their own grandpas:

"YOU HAVE TWO EARS AND ONE MOUTH FOR A REASON. LISTEN MORE THAN YOU TALK."  
—@sharimycck

"WHAT'S FOR YOU WON'T GO PAST YOU."  
—@gabscolston

"SAVE YOUR MONEY, NIKKI."  
—@valfirmation

### LETTER OF THE MONTH

In April, you asked "What would you stand up for?" I may be in a wheelchair, but I've worked for PETA for 22 years because I'll always be a champion for animal rights.

**HEATHER MOORE**  
Sarasota, Florida

### CONNECT WITH US!

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# Here We Go!



Let's take a step back for a moment. Are things really as dire as they seem? That's the big question we sought to answer this month.

RUVEN AFANADOR, BLAZER; BRUNELLO CUCINELLI, SHIRT; MAJESTIC FILATURES, JEANS; NYDJ, EARRINGS; LARKSPUR & HAWK, RING; RUSH JEWELRY DESIGN, SHOES; ALEXANDER WANG, FOR DETAILS SEE SHOP GUIDE.

**I**F YOU'VE BEEN (to put it mildly) a little alarmed by recent headlines, you're certainly not alone. The oceans are rising! Gun violence is rampant! The Russians are hacking into our everything! It's enough to make you want to build a bunker and call it a day.

But let's take a step back for a moment. Are things really as dire as they seem? That's the big question we sought to answer this month—and once you read the encouraging news we have to share, about everything from climate change to the safety of our streets, I hope you'll agree there's reason aplenty to keep hope alive (page 86).

Meanwhile, as we head into vacation season, we recommend that you book a trip with a very special someone: yourself. Our advice for making the most of a solo journey will help you on your way (page 100). And what will you pack, you ask? Leave that to us, too: This month's summer style handbook has all the swimsuits, sunglasses, and sandals you'll need to look cool, and stay cool, no matter where your travels take you (page 47).

Whether you're off to an exotic locale or just the grocery store, I encourage you to give yourself a break from the doomsdayers and naysayers—not to mention those screaming headlines—and step into the world in search of good news. I promise it's out there.

A handwritten signature in black ink that reads "Oprah".

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# *Live Your Best Life*

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*“No horizon is so far that you  
cannot get above it or beyond it.”*

—BERYL MARKHAM

**SPARE TIME**  
Between Memorial Day and Labor Day, strikes and tykes go together like a 7-10 split. The **Kids Bowl Free** program lets children roll up to two daily games all summer. Locate a participating alley (from more than 1,450 nationwide) near you at [kidsbowlfree.com](http://kidsbowlfree.com), and register your little Lebowski today.



**BURNING MAN**  
If your dad likes it hot, the new **Dave's Gourmet** sauces—in roasted jalapeño, ginger citrus, and garlic red pepper—make zesty Father's Day treats. The flavors are whipped together, resulting in a creamy (rather than drizzly) condiment perfect for chip dippers and burger flippers alike. ([davesgourmet.com](http://davesgourmet.com))

# The Gratitude Meter

BY Zoe Donaldson



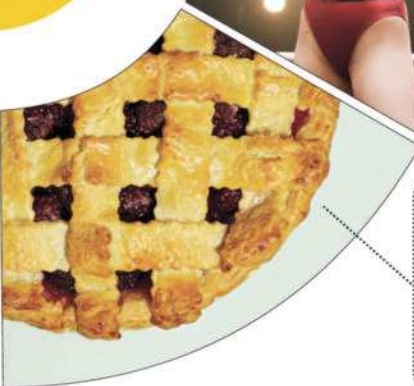
**RAINBOW CONNECTION**  
Despite not being officially recognized by the White House last year, **LGBTQ Pride** is still celebrated each June. So march in a parade, binge *RuPaul's Drag Race* for 30 days straight (no pun intended), and say it loud and proud: Love is love.



**LEARNING THE ROPES**  
Picture *Orange Is the New Black* with shiny spandex instead of jumpsuits, and you've got **GLOW**, the Netflix comedy inspired by the real-life *Gorgeous Ladies of Wrestling* TV show from the 1980s. In our rumble opinion, *GLOW*'s season 2 return (June 29) shouldn't be missed.



**OLD SPICES**  
*The Vintage Baker* is a cheery cookbook featuring modernized versions of early- to mid-20th-century recipes, like shortbread (now with lemon zest and pepper) and banana fritters (now with a hint of chai). Butter up!



O LIBS

## KOFI SIRIBOE

The sultry heartthrob of OWN's *Queen Sugar*, which returns for season 3 with a two-night premiere May 29 and 30, communes with nature and craves fufu.

**IF I WEREN'T AN ACTOR, I WOULD'VE ENDED UP...**a photojournalist. Telling people's stories is a passion of mine. If I wasn't able to do it through acting or filmmaking, I'd probably be taking pictures and writing.

**MY GO-TO SHOWER SONG IS...** anything by the gospel group the Clark Sisters. If I had to pick one: "You Brought the Sunshine."

**MOST PEOPLE DON'T KNOW THAT...**I love trees. They give us oxygen and ask for nothing in return. They're grand and simple and still. Let's put it this way: I have more tree friends than people friends. I can't even pick a favorite because that would feel like discrimination!

**MY BIGGEST PET PEEVE IS...** all forms of oppression.

**MY DESERT ISLAND MEAL WOULD BE...**my mother's fufu and groundnut soup. Fufu is a dough made from cassava mixed with green plantain flour and is a staple in any Ghanaian home. Everyone makes groundnut soup differently, but it usually calls for peanut butter, potatoes or yams, carrots, tomatoes, garlic, paprika, pepper, and chicken or beef. It's not an easy dish to prepare—it's often reserved for special occasions and holidays—so a lot of time and love goes into making it just right. —AS TOLD TO Z.D.

BOWLING: GETTY IMAGES; HOT SAUCE: DAVE'S GOURMET; GLOW: ERICA PARRISE/NETFLIX; PIE: ALICE GAO; PRIDE: GETTY IMAGES; SIRIBOE: SKIP BOLEN/OWN.



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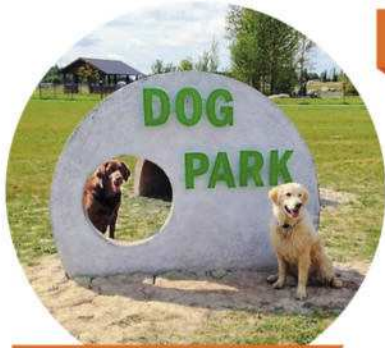
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CREATURE COMFORTS

## Higher Ground

Think old dog parks can't learn new tricks? Today's **pet-friendly outdoor spaces** are full of snazzy amenities. Here, three standouts.

### LEADERS OF THE PACK

In 2006, six residents of Whitefish, Montana, decided their town needed a spacious area for dogs to roam leash-free. Three years later, a park opened. And each year the nearly six-acre Hugh Rogers WAG Park embarks on a new pet project, from a dog beach to a fire hydrant-inspired washing station to an obstacle course.



### SHAGGY CHIC

Picture a fancy-pants country club complete with swimming pond, sunbathing deck—and giant sand pile: Welcome to Shaggy Pines Dog Park,

a private estate in Ada, Michigan. Pet owners needn't even be present for their pups to romp. The staff-driven Shaggy Shuttle, a school bus with restraints designed for canines, picks up members' dogs at home and delivers them to the park. All aboard!

### BONE STAR

It's a beer garden! It's a dog park! It's Yard Bar, a fenced-in outdoor pub in Austin. Humans enjoy hush puppies and sip craft brews while peckish pooches dig into Kobe-beef-and-veggie sliders and cool off in kiddie pools. All the while, "bark rangers" clean the grounds and keep the peace. Cheers to that!

—JENNIFER CHEN



SECOND ACT



From left: MacDonald tops off a glass of Skeleton Root's red blend in 2016; a handful of crushed Catawba grapes.

# Grape Expectations

Kate MacDonald swapped aviation for fermentation.

**WHEN AMERICANS SAY** "wine country," they're usually talking about Northern California's Napa and Sonoma Valleys—but some 250 years ago, the buzzworthy vintages came from the sun-dappled vineyards of... the Ohio River Valley. "From the 1830s to the early 1860s, it was the biggest wine-producing area in the United States," says vintner and Cincinnati native Kate MacDonald. That legacy, cut short by rot and the Civil War, is what MacDonald, 36, is on a mission to resurrect with her winery, Skeleton Root. "People in Cincinnati are proud of our beer heritage," she says. "But most don't know that our history with wine runs even deeper."

MacDonald grew up a gearhead, snubbing dolls and tinkering with cars and tractors instead. "My family's house backed up to a cattle farm, so I was always interested in agriculture, too," says MacDonald. Her mechanical mind led to an engineering career, and she eventually landed near New York's Finger Lakes region with a job at

General Electric. As a break from the daily grind—making sure parts for Boeing aircraft arrived on time and on budget—she made weekend sojourns to wineries. The more MacDonald sipped, the more she saw potential swirling in her glass. "The wine bug bit," she says. "And I'm very analytical, so when something interests me, I delve deep and figure out why." She vowed to bring her new passion home—which required only a few steps, like, oh, dabbling in DIY winemaking, wooing local grape growers, and finding a warehouse big enough for a forklift.

MacDonald mainly focuses on lesser-known (and occasionally harder-to-find) grapes indigenous to the U.S., like the Norton and Catawba, rather than European varieties like Merlot. "It's a crazy quest," she says. A quest that's worth pulling 24-hour days when harvests need crushing and vintages need bottling? "The mad dash is daunting but great," says MacDonald. "Fifteen years ago, I didn't know this career was possible—and now I geek out on wine all day." —Z.D.

# SEE THE CAT SHE WAS BORN TO BE

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ONE TO WATCH

# Nothing but the Ruth

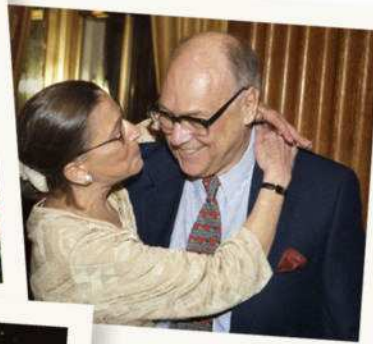
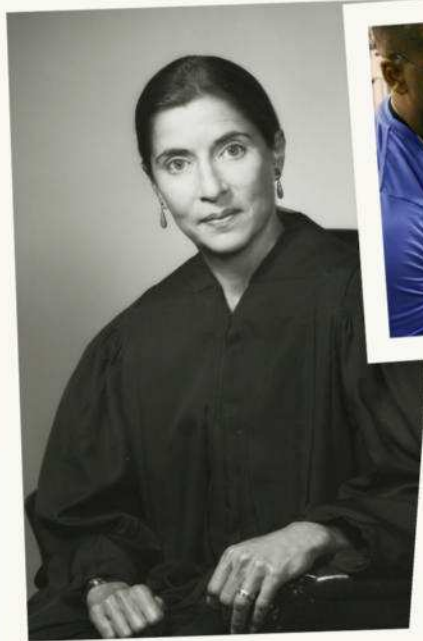
A new documentary rules in favor of RBG.

NOW HEAR THIS!



## MATTERS OF OPINIONS

Seeking further justice? Tune in to *More Perfect*. The podcast, produced by the team behind WNYC Studios' *Radiolab*, examines the Supreme Court's sweeping impact on American history. Without a lick of legalese, the program brings to life some of the nation's most monumental cases and dissects constitutional curiosities (get ready to care about the commerce clause) with all the fist-pumping excitement of a courtroom thriller. Say it with us now: Oyez, oyez.



Clockwise from left: Ginsburg's official portrait taken for her appointment to the U.S. Court of Appeals in 1980; breaking a sweat with her trainer, Bryant Johnson; a warm embrace with Marty in 2003; vacationing with her children, Jane and James, in 1979.

**Y**OU'RE LIKELY familiar with Supreme Court Justice Ruth Bader Ginsburg, the feminist octogenarian of the judicial branch, who in recent years has emerged as an inspiringly woke, albeit Polly Pocket-size, icon to an ardent fan base. But what do you really know about her? *RBG*, a spirited documentary (out now) directed by Betsy West and Julie Cohen, fills in the gaps. Weaving together archival footage and interviews with intimates such as Ginsburg's son and daughter and friends like Gloria Steinem and Bill Clinton, the film tells the unimaginable tale of a shy Brooklynite who rose to the nation's highest court. You'll laugh, you'll cry—you may just decide to go to law school.

The film illuminates Ginsburg's steadfast and lifelong commitment to equality. As a cofounder of the Women's Rights Project of the American Civil Liberties Union in the 1970s, she wanted to establish legal protections against gender discrimination. Her hurdle: the nine men on the Supreme Court, who didn't think sexism was a thing. So she attacked laws that hurt both women *and* men. The strategy paid off, with Ginsburg winning five of the six discrimination cases she argued before the Supreme Court.

Come for the history lesson, stay for the glimpses into the justice's private affairs: her grinding life as a Harvard law student (she was one of only nine women in a class of 500-plus) and mother of a toddler;

her enviable 56-year partnership with her late husband, Marty (prepare to marvel at their foxy younger selves); her night owl habits (Ginsburg still works until 3 or 4 a.m.); her jaunty jabots, including styles for delivering blistering dissents (a beaded velvet bib necklace) and majority opinions (a pink and yellow crocheted collar); her reaction to Kate McKinnon's *Saturday Night Live* impression of her (it's a playful Gins-burn); and, even at age 85, her workout in a *SUPER DIVA* sweatshirt.

What can't the justice do? Cook. At all. "Ruth is no longer permitted in the kitchen," Marty told a group at a law conference in 2003. "This [is] by demand of our children, who have taste." Hey, every superhero has her weakness. —MELISSA GOLDBERG

COURTESY OF COLLECTION OF THE SUPREME COURT OF THE UNITED STATES (3); GINSBURG WORKING OUT; COURTESY OF STORYVILLE FILMS/CNN FILMS; HEADPHONES: GETTY IMAGES.

MY  
BEST  
LIFE

# Sarah Paulson

▶ The daring Emmy and Golden Globe winner, who costars in the new, all-female *Ocean's 8* (out June 8), cozies up to Rihanna and frosty drinks.

## BEST ESCAPE

If I head into a drugstore, you will not hear from me for 24 hours. I'll go in for Band-Aids and come out with salves, lotions, hair masks, nail stickers, magazines, and paper towels.

## BEST COLLECTION

My striped shirts. The set rivals any sailor's. One day I opened my closet and thought, *There aren't enough days in the year to wear all these striped garments.* But I need cropped ones for high-waisted pants, long ones for low-rise jeans, and body-hugging ones in case I wear overalls. If it's got a stripe on it, I probably own it.

## BEST TV BINGE

I watched the second season of *The Crown* in two days. This is a spoiler, but I knew it was the last season for all the actors on the show, so it was imbued with so much sentiment because I didn't want to say goodbye. I wept like a baby knowing my time with Claire Foy as Queen Elizabeth II had come to an end.

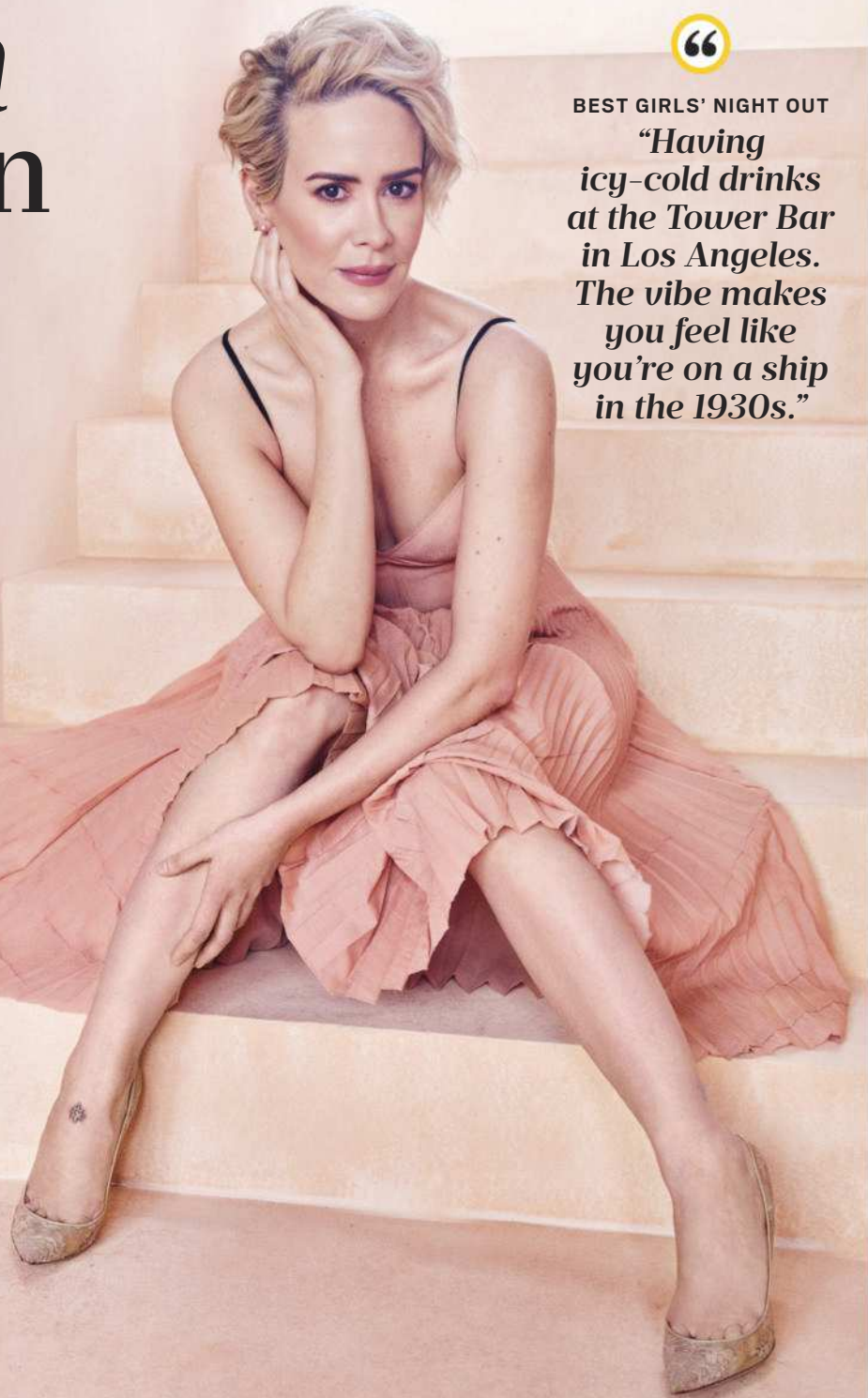
## BEST ON-SET EXPERIENCE

Singing Rihanna songs in my head every time I saw her while we were filming *Ocean's 8*—and desperately trying to hold my tongue. I just wanted to ask her: "*Work, work, work...what happens after the work?*" But Sandra Bullock would give me a side-eye that said "*Don't do it, Paulson.*"

—AS TOLD TO JOSEPH ZAMBRANO

“

BEST GIRLS' NIGHT OUT  
*“Having icy-cold drinks at the Tower Bar in Los Angeles. The vibe makes you feel like you're on a ship in the 1930s.”*



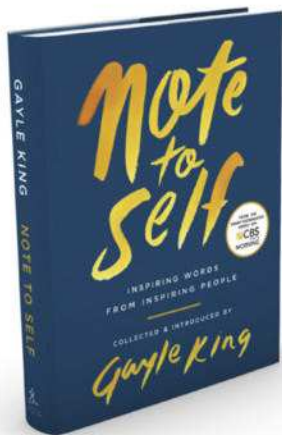
# THE WORLD ACCORDING TO Gayle



## TUNE IN

Emmy and Golden Globe winner Julianna Margulies can play a courageous, strong-willed woman (hello, *The Good Wife*)—but can she pull off diabolical? Yes! In *Dietland* (June 4 on AMC), Julianna is Kitty Montgomery, an icy magazine editor who verbally abuses her plus-size ghostwriter, Plum Kettle (played by Joy Nash). Throw in references to the #MeToo movement and a few mysterious murders, and *Dietland* becomes a must-see.

## READ



"Note to Self" is one of *CBS This Morning*'s most popular segments, where public figures (like comedian Chelsea Handler) and private folks (like my favorite, a gay NFL player) write letters to their younger selves. Now you can carry their hard-earned wisdom around with you. *Note to Self: Inspiring Words from Inspiring People* is a collection of those powerful letters (and I wrote the foreword) that will have you thinking deep thoughts and reaching for tissues.

Follow Gayle on Instagram and Twitter @GayleKing.



## WITNESS

Two years ago, HBO cameras shadowed key members of President Obama's foreign policy staff—including then deputy national security adviser Ben Rhodes and former secretary of state John Kerry—during the team's last lap. The resulting film is *The Final Year* (May 21), a fly-on-the-wall look at how hard staffers worked to set the course for the next administration. It's no spoiler to say the 2016 election didn't go the way they thought it would. But in one scene, Kerry puts it best: "You never fail when you try greatly to go out and make things happen." Hear, hear!



## WATCH



Is the end of a marriage ever funny? Only when it sets the plot of a Melissa McCarthy comedy in motion. *Life of the Party* (May 11) stars the uproarious actress as Deanna, a housewife who goes back to college after her husband takes off with another woman. Plot twist: Her daughter is a senior at the same school. Get ready for mother-daughter walks of shame, sorority dance-offs, and other raunchy fun. Because as they say in the movie, sometimes you've got to party through it.

## EAT

Curious about the dish to your right? Maybe it's mac and cheese? A quiche? It's actually the best cornbread I've ever tasted. My favorite son Will and I enjoyed it at Norah, a Los Angeles restaurant specializing in American cuisine. We went because it shares a name with my *CBS This Morning* cohost. And just like Norah the person, the place did not disappoint! Its cornbread was sweet, moist, and crunchy all at once. Add a dollop of rosemary-honey butter, and thank me later. (norahrestaurant.com)



GAYLE WITH OBAMA: PETE SOUZA. THE FINAL YEAR: COURTESY OF HBO. LIFE OF THE PARTY: HOPPER STONE/WARNER BROS. CORNBREAD: COREY NICKOLS. DIETLAND: PATRICK HARBON/AMC.



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CONNECTIONS

## SECOND SIGHT

▶ When her father lost his will to live, Anne Fadiman helped him see things in a new light.

**M**Y FATHER, Clifton Fadiman, was a critic and essayist who spent his life indulging what he called his “mania for decoding black squiggles on white paper”: in other words, reading. But by the time he reached 88, he’d lost most of his vision to acute retinal necrosis. He decided that was it and asked me if I’d help him commit suicide. I begged him to try his damndest to adapt to the new reality for six months, at which point we could talk again. I didn’t say I would help him then, but I didn’t say I wouldn’t, which meant I knew I’d spend those six months in a state of high anxiety.

As part of our pact, he agreed to attend a program for blind and partially sighted adults an hour from Captiva, Florida, where he and my mother lived. It was run by the Visually Impaired Persons Center of Southwest Florida, or “VIP”—a term that, like so many euphemisms, tries to turn dross into gold. My father went there from 10 to 3 every Tuesday and Thursday for six weeks. The subject of the class was “independent living skills.” He hadn’t had an abundance of those even when he could see. What was the point of learning how to cook, wash his clothes, and change his sheets in his ninth decade when in six months he’d probably be dead anyway?

On the afternoon of his first session, I sat in my New York loft, waiting for the phone to ring. I expected the worst.

“That may have been the most interesting day of my life,” he said.

I assumed he was being ironic.

“Except for the *first* day of my life,” he continued, “it was the most novel!”

He told me he had learned how to identify bills in a wallet (fold each denomination differently); how to distinguish coins (use your fingertip to gauge the size and your fingernail to feel the smooth or ridged periphery); and how to open a milk carton (locate the two vertical edges with seams and press up the spout on the opposite side). “The challenges were of the most mundane character,” he said, sounding surprised that he had found them so fascinating. He’d always been bad with his hands (on an aptitude test, he’d once scored in the 6th percentile in left-handed finger dexterity) and had outsourced all manual labor (with the exception of uncorking bottles of expensive wine) to wives, secretaries, and servants. Learning how to fold and pour and squeeze really was novel.

He had expected a roomful of uncongenial boors, and what had he found? An ego-boosting conclave of nice old ladies, many of them former New Yorkers who remembered him from *Information Please*, a radio quiz show he’d hosted in the 1940s. The fact that he couldn’t see them, or they him, was immaterial; 50 years earlier, they hadn’t seen him on the radio either. The leader had announced, “We have a celebrity with us today—Clifton Fadiman!” And everyone had clapped. At VIP, my father *was* a VIP.



The author and her father in New York City before his 80th birthday party, 1984.

The climax of the program was a visit to a simulated McDonald’s that had been set up at a counter on one side of the classroom. The customers got in line, ordered, paid with carefully folded bills, and received their meal (an empty bag and an empty milk carton) and their change (invariably wrong, so they’d have to pay attention to the size and texture of the coins). In my father’s case, given his taste for *tournedos Rossini* and his distaste for ketchup, it was just as well that the burgers were imaginary. VIP had doubtless chosen McDonald’s because it was a restaurant with which every student in the room would be intimately familiar. Every student, that is, but one. My father had managed to spend decades complaining about American popular culture without actually experiencing any. Finally, his opportunity had arrived! It is true that it came in an unexpected guise—a fast-food restaurant with no fast food, patronized exclusively by customers who couldn’t see it—but what man can predict the form in which his enlightenment will present itself?

My father completed the VIP program and never mentioned suicide again.

ANNE FADIMAN’s memoir, from which this piece is adapted, is *The Wine Lover’s Daughter* (FSG).



He had expected a roomful of uncongenial boors, and what had he found? An ego-boosting conclave of nice old ladies.

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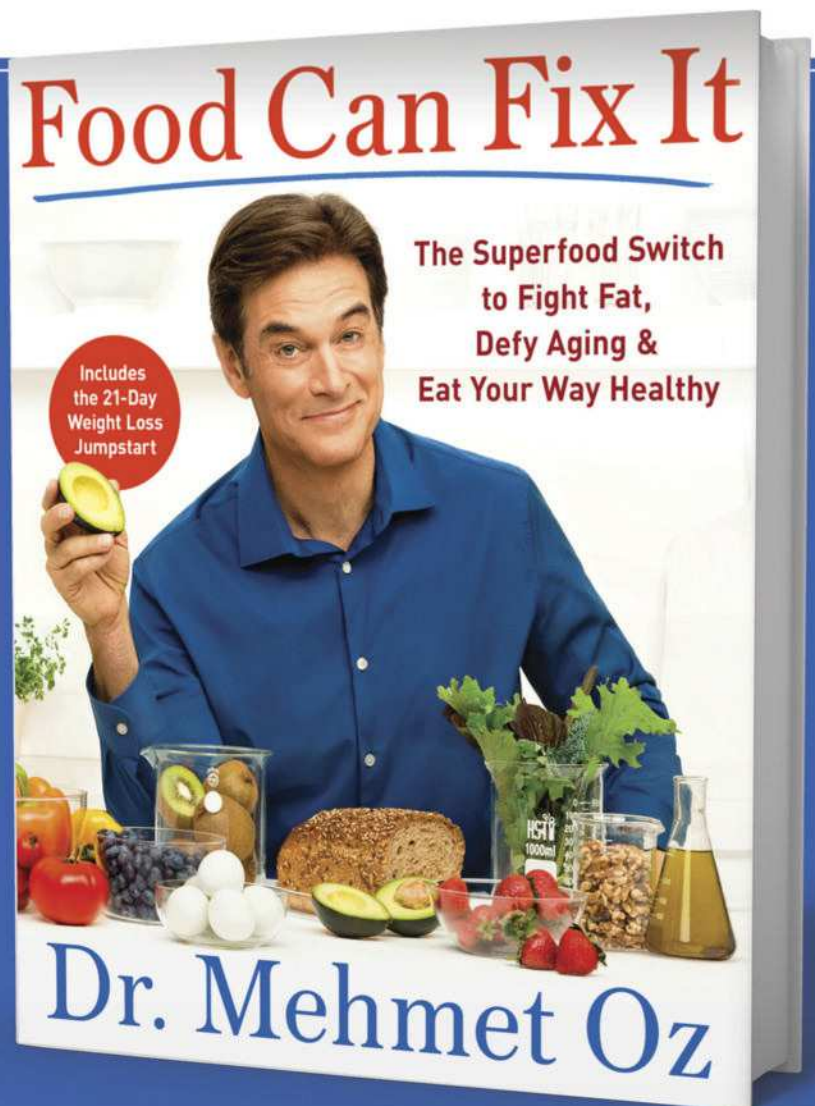
—Dr. Sanjay Gupta

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—Dan Buettner, author of  
*The Blue Zones Solution*

“Hits all notes of a nutritious and delicious lifestyle. I know from personal experience,  
**FOOD CAN FIX IT!**”

—Rocco DiSpirito, award-winning chef and  
author of *Rocco's Healthy + Delicious*



## PART 2

# That's My GIRL

» Aminah Akram is looking forward to finding a relationship where she gets as much as she gives. But to set the stage for that future, says O life coach **Martha Beck**, she has to revisit her past.

**MORE THAN TEN** years have gone by since Aminah Akram was in a serious relationship. She's eager to fall in love again, but the 48-year-old airline ticket agent, who lives in Lilburn, Georgia, is growing weary of the dating game. Actually, she's just plain weary, as she juggles work demands with the needs of a 10-year-old daughter, a son in college, and a mom and a sister who often have to be driven around. In her first session with O's own Martha Beck, Aminah admitted she's been depressed—which was no surprise to our resident life coach. "Your depression is trying to get you in touch with your healthy anger so you can set boundaries," said Martha, who gently added that to attract the partner she deserves, Aminah must first learn to value herself. Can she break the caretaking habit? Let's listen in on their second session.

**Martha Beck:** Aminah, I'm glad you made it! I know it's not easy with your schedule. So let's just jump right in: What's on your mind?

**Aminah Akram:** Lately I've been frustrated at work. I've had some run-ins with coworkers who were disrespectful—snapping at me or trying to tell me what to do. I wish I could let go of it, but I can't.

**MB:** When stuff like that nags at us, there's a reason. Sometimes it just means we need to get away from certain people, but often it's a sign that something needs to shift inside ourselves.

**AA:** They act like bullies. I can't tolerate it.

**MB:** Right now you're at a point in your life when you're preparing to break free and assert yourself. The funny thing is, as soon as we decide to up our game in terms of our self-esteem, people are put in our path to challenge us. It's just how God, or the intelligence of the universe, or whatever you want to call it, works.

**AA:** I don't feel like I have low self-esteem, though.

**MB:** When I say "self-esteem," it's not about disliking yourself. I mean that you have an expectation that people



ILLUSTRATIONS BY John Ritter

“  
If you want  
to find the  
right partner,  
you have to not  
only know  
your own worth,  
but also  
believe that  
someone  
out there will  
see it.”

won't value you for what you're worth, and you'll always be the giver in your relationships.

**AA:** It's true. I've fallen into that pattern with many people in my life. Friends, men.

**MB:** I suspect that these episodes with your coworkers are bothering you because deep down, a part of you subconsciously believes that it's okay for them to treat you that way. Otherwise, you'd just dismiss them as crazy. But I also think little hairline fractures are appearing in that belief system of yours. You're here with me because at long last, you're ready for a relationship where someone gives back to you for a change.

**AA:** Absolutely, yes.

**MB:** If you're repeatedly having interactions with people who are inappropriate or selfish, something deeper is going on. What's so amazing about the mind is that whatever we expect on a subconscious level is what we create. So if you want to find the right partner, you have to not only know your own worth but also believe that someone out there will see it.

**AA:** Well, I haven't found that person yet.

**MB:** There's a flatness in your voice—the kind that comes from trying really hard and never succeeding.

**AA:** I think this probably goes back to my family, too.

**MB:** Say more.

**AA:** My mother and father weren't around when I was



growing up. I guess I'm always trying to find the loving situation I never had.

**MB:** Who raised you?

**AA:** My sisters and I lived with my grandmother. Let's just say it was complicated. I didn't live with my mother until I was 14, when she married and settled down. She's here for me now, and she helps take care of my daughter.

**MB:** I respect that, and I don't want to blame your mom or dad. It's not about that. But the fact is, they weren't there during a crucial period of your life. The loss or absence of a parent can leave a child feeling absolutely abandoned—and if a kid's emotional needs are never met, she tends to assume it's because she doesn't deserve it.

**AA:** I felt very alone during my childhood. I still do, even though I'm surrounded by people.

**MB:** Oh, honey. When you didn't get adequate affection and attachment as a kid, you came up with a brilliant solution: You thought, *Hmm, there's*

*no love available? Then I'll be the source for everyone.* You learned to love without expecting anything in return, which is a very lonely place to be. I think we've uncovered something extremely important.

**AA:** Even my 10-year-old daughter notices my pattern. Recently, it was my day off, and I really didn't want to be running errands for everybody else. She said from the back seat, "Mommy, why don't you just say no?" It shocked me.

**MB:** Out of the mouths of babes! She said that because you raised her with love, so she's secure enough to say no. She understands that you don't have to be endlessly depleted to be worthy of love. When you think about your loneliness now, whether you're longing for a partner or not feeling well nourished by the people in your life, how old do you feel? Does a number come up?

**AA:** Actually, I feel about 10.

**MB:** That's probably an age when you experienced significant suffering, but no one noticed your pain.

**AA:** I do remember being very depressed.

**MB:** Until that 10-year-old is seen and treasured, you will walk with a limp emotionally. It's like having a broken leg that's never set by a doctor; when it heals by itself, you're hobbled. Until you reset your broken heart, your relationships will follow the pattern of what you learned to accept as a child.

**AA:** My grandmother did take care of us. She just wasn't a "give me a hug" kind of person. I think that's why hugs mean so much to me today.

**MB:** The softness and sweetness you'd give your own kids wasn't there for you. But as an adult, you can offer your child self the understanding she didn't get. There's an exercise you might try later—it's adapted from the book *Homecoming*, by John Bradshaw, which I'd recommend. Take a pencil in your

preferred hand—are you right-handed?

**AA:** Yes.

**MB:** So with your right hand, you'd write to that little girl, "Hello, sweetheart. How are you today?" Then with your left hand, write down whatever comes to mind. Let her "talk" while you listen. I think you might find it very helpful. However, reparenting your younger self isn't something you can do alone. You need nurturing and attention from people around you as well. What helped me immensely was group therapy, which you mentioned in our last session. I spent three years in a group of women who made me feel very cared for.

**AA:** Yes, I was in a group for a short period last summer and enjoyed it. I need to find another one.

**MB:** It's less expensive than one-on-one therapy, and for you, I think it would be more powerful. That setting forces you to accept positive feedback, companionship—all the things you need to expect for yourself. I'd love to see you in a community like that because I'd like you to practice being loved in a fair way.

**AA:** What would that mean?

**MB:** The kid inside you believes no one will pay heed to her feelings, but in the group, she can be heard and witnessed and validated. She has a family of sorts. She deserves that. Imagine if your own kids were going through what you did.


**AA:** I vowed I'd always be there for them.

**MB:** And by God, you have been. Now it's time to reparent yourself. When that wound heals, Aminah, I promise you're going to find the relationship you've been looking for.

**AA:** You think so?

**MB:** Abso-frickin-lutely. But to find the man, you have to take care of the little girl first.

**MARTHA BECK** is the author of, most recently, *Diana, Herself: An Allegory of Awakening*.

  
**Reparenting  
your younger  
self isn't  
something you  
can do alone.  
You need  
nurturing and  
attention from  
people around  
you as well.**

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# The List

A few things we think are just great for summer!



## Beach Tennis, Anyone?

If you're looking for a way to keep your family off their devices this summer vacation... These nifty fiberglass paddles will delight the kids while unleashing your inner Serena Williams. (**Tom Caruso Grid and Florida beach tennis paddles, originally \$95 each, now 20 percent off with code OPRAH; beachtennisstore.com**)



Tune in to ABC's *The View* to see *O* creative director Adam Glassman reveal special savings from The *O* List on "View Your Deal."

PHOTOGRAPHS BY  
Gregor Halenda

PROP STYLING: MEGUMI EMOTO; SOFT GOODS STYLING: GABRIEL RIVERA/R.J. BENNETT REPRESENTS.



### You Can Sea Clearly Now

These delightfully decorated lead- and latex-free masks and snorkels are fantastic for any kids out there trying to find Nemo. (Masks, originally \$32 each, and snorkels, originally \$16.50 each, now 10 percent off with code OPRAH; bling2o.com)

### Frozen

Any way you scoop it, this soft-serve ice cream, sorbet, sherbet, and yogurt maker—with three built-in dispensers that blend your extras right in—is heaven on a hot day. (Mix It In soft-serve ice cream maker, \$100; cuisinart.com)



### It's a Jungle Out There

The mesh domes on these wicker tray and melamine dish sets keep the great outdoors off your picnic in the prettiest way. (Picnic tents with scalloped plate inserts, originally from \$70 each, now 20 percent off with code OPRAH; amandalindroth.com)



### Tote That Bar

This vegan leather, super-insulated, soft cooler bag holds up to 24 cans or 16 cans plus two bottles, along with ice that stays icy all day. We'll drink to that! (Virginia tote cooler, \$130; corkcicle.com)



### Runs Hot and Cold

Here's why you need this insulating smartphone case: It prevents your phone from overheating, it keeps it from freezing, it restores an already hot or cold phone to normal temperature in less than a minute, and it's designed to be used with headphones and Bluetooth. Case closed! (800 Series, originally \$35 each, now 20 percent off with code OPRAH; climatecase.com)

### Reese's Pieces

Nobody does a spoon like Reese Witherspoon! Now her company Draper James has collaborated with Crate & Barrel to create this charming and nicely priced striped flatware. (Draper James x Crate & Barrel blue-and-white-striped flatware, \$16 for five-piece setting; crateandbarrel.com)





### Putting the Class in Classic

In 1960, Jackie Kennedy came across a pair of whipstitched leather sandals while vacationing on the Isle of Capri. She brought them to a cobbler in Palm Beach who made copies, and a shoe legend was born. **(Jack Rogers Georgia striped jelly sandals, originally \$50 per pair, now 15 percent off with code OPRAH; jackrogersusa.com)**

### Fancy Feast

You can dish it out, but you can't break it—thanks to ultraresilient, picnic-perfect melamine plates that look like pricey pottery. **(Marioluca Giusti St-Tropez dinnerware, \$23 to \$29 each; devinecorp.net for stores)**



### Hey, Sailor

What rose to superstardom in the 1970s and has aged better than you ever could have imagined? Well, yes, Jane Fonda, but also these iconic Seagoing duffels that are lightweight, durable, and tear- and scuff-resistant. **(\$60 each; landsend.com)**

### Bug Off

Not a fan of citronella? The good news is that insects aren't either. Even better: These eucalyptus and grapefruit soy candles mask the strong scent while keeping the bad guys away. **(Skeem Design three-wick citronella candles, originally \$46 each, now 20 percent off with code OPRAH; skeemshop.com)**



### Cooler Heads Prevail

Why slave over a hot grill when this app-connected digital thermometer monitors your food, notifies you when it's time to take it off the flame, and all but dabs any leftover ketchup from your satisfied lips? **(iGrill 2, \$100; weber.com)**



### Made in the Shade

Pick the UPF 50+ cotton fabrics you like, decide on a monogram design, provide your head measurement, and quicker than you can say "burn notice," you'll have some very cute tailor-made sun protection. **(Bespoke sun hats, originally \$175 each, now 20 percent off with code OPRAH; barbaracobb.com)**



COOLER: RICHARD MAJCHRZAK/STUDIO D. STYLING: ANITA SALERNO/R. J. BENNETT REPRESENTS.

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FAB FIND

## Soft Touch

Ugg, the brand that first made waves as the favorite footwear of surfers, is taking a new look to the beach. The LaaLaa sandal not only features plush **removable sheepskin**, but also makes a serious statement—those patent leather straps, those sorbet hues! (Not to worry if you're color-shy: They also come in black.)

Buy multiple shades and you can swap the heel bands for a custom look.

LaaLaa sandals, \$60 per pair; [ugg.com](http://ugg.com)

PROP STYLING: ALMA MELENDEZ/HALLEY RESOURCES

PHOTOGRAPH BY Jeff Harris

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Love That!

# O'S SUMMER STYLE HANDBOOK



### READY TO MAKE A SPLASH?

O creative director Adam Glassman shares this summer's swimwear hits, the best fits, and all the add-ons to boost your beach look.



HAIR: VASSILIUS KOKKINIDIS FOR SHUJEMURA ART OF HAIR; MAKEUP: CHICHI SATO USING FRESH MANICURE; JINI LIM USING CHANEL LE VERNIS; PROP STYLING: ERIN LARKY GRAY; GLASSMAN: SERGIO KURSHA IEC

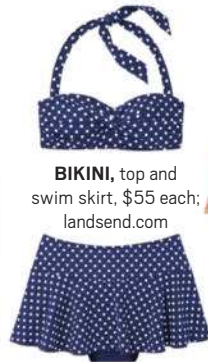
**ONE-PIECE**, \$70; gap.com **SUNGLASSES**, Michael Kors, \$139; sunglasshut.com **SANDALS**, \$40; havaianas.com **FLOATS**, \$60 each; sunnylife.com

PHOTOGRAPH BY *Peter Rosa*

# From Catwalk to Boardwalk

Get retro flirty or sleek and sporty in these runway-inspired suits.

## RETRO



**BIKINI**, top and swim skirt, \$55 each; [landsend.com](http://landsend.com)



**CARDIGAN**, \$195, and **BIKINI**, \$395; [lisamari fernandez.com](http://lisamari fernandez.com)



**BIKINI**, Lonely, top and bottom, \$99 each; [lonelylabel.com](http://lonelylabel.com)



**ONE-PIECE**, Michael Michael Kors, \$122; [michaelkors.com](http://michaelkors.com)



**ONE-PIECE**, \$352; [marysia.com](http://marysia.com)



**SWIM DRESS**, Jessica Simpson, \$142; [alwaysforme.com](http://alwaysforme.com) (available in sizes 0X to 3X)

## COMPLETE THE LOOK



**SUNGLASSES**, \$150; [raen.com](http://raen.com)



**BUCKET BAG**, Neely & Chloe, \$238; [neelyandchloe.com](http://neelyandchloe.com)



**LIPSTICK**, Guerlain KissKiss LoveLove in Red, \$37; [sephora.com](http://sephora.com)

**SLIDE**, Ancient Greek Sandals, \$250; [bergdorfgoodman.com](http://bergdorfgoodman.com)



## SPORTY



**BIKINI**, Next, top, \$64, and bottom, \$48; [swimspot.com](http://swimspot.com)



**RASH GUARD**, Sperry, \$68, and **BOTTOM**, \$38; [amazon.com/fashion](http://amazon.com/fashion)



**BIKINI**, top, \$46, and bottom, \$30; [simplybe.com](http://simplybe.com) (available in sizes 8 to 24)



**ONE-PIECE**, Summersalt, \$95; [gosummersalt.com](http://gosummersalt.com)



**ONE-PIECE**, The Shoshanna Collection, \$198; [shoshanna.com](http://shoshanna.com)



**SWIM DRESS**, \$122; [bodyglove.com](http://bodyglove.com)

## COMPLETE THE LOOK



**TOTE**, \$98; [dewdropdesigns.com](http://dewdropdesigns.com)



**WATCH**, Movado, \$450; 917-934-4963



**BRACELETS**, \$240 for set of three; [roxanneassoulin.com](http://roxanneassoulin.com)

**SLIDES**, \$40 per pair; [drschollsshoes.com](http://drschollsshoes.com)







SAN PEDRO, PERU



HAT, \$145;  
beachhare.com

**HIPPIE LUXE**

The vibe is both relaxed and glamorous—a mix of beach basics (straw bags, tortoise shades) and bold accents (velvet sandals, tiered tassel earrings).



EARRINGS, \$125;  
kendrascott.com

ONE-PIECE,  
Kenneth Cole,  
\$121,  
houseofswim.com

SUNGLASSES,  
\$99;  
seeeyewear.com



TOTE, \$68;  
verabradley.com



SANDAL, Vince  
Camuto, \$89;  
nordstrom.com



JACKET, Nic +  
Zoe, \$198;  
nicandzoe.com



PANTS, \$310;  
rholdersort.com



**RUN FOR COVER**

Elevate your beach look with a marvelous cover-up. No more one-style-fits-all: Now you'll find pretty picks for every body.

**KIMONO**



BIKINI, Fella, top,  
\$128, and bottom,  
\$70; fellaswim.com

KIMONO, \$149;  
chicos.com

**SHIRTDRESS**



ONE-PIECE,  
Eres, \$530;  
net-a-porter.com

SHIRTDRESS,  
\$182; mikoh.com

**DRAWSTRING PANTS**



ONE-PIECE,  
\$258;  
toryburch.com

PANTS, \$248;  
toryburch.com

**Strap Happy**

We love Aurora San Swim, a collection of bikinis and one-pieces with fun interchangeable straps.



Mix and match with a chiffon or charmed option.



ONE-PIECE, \$180, and additional STRAPS, \$30 to \$40 per pair; aurorasan.com

**TREND ALERT**

**WELCOME TO PARADISE**

There's nothing more tropical than a palm-leaf print. Check out a few from this year's crop.



ONE-PIECE,  
\$108;  
athleta.com

RING, \$58;  
alexandani.com

TOTE, Logan +  
Lenora, \$110;  
loganandlenora.com

MOUSSE, AG Hair  
Cloud Air Light  
Volumizing Mousse,  
\$26; ulta.com

PERU: TIRC83/GETTY IMAGES. WATER BACKGROUND: JAY'S PHOTO/GETTY IMAGES. OPPOSITE PAGE: RICHARD MAJCHRZAK/STUDIO D. SOFT GOODS STYLING: ANITA SALERNO/R.J. BENNETT REPRESENTS. RETRO RUNWAY: VICTOR VIRGILE/GETTY IMAGES. SPORTY RUNWAY: ANTONIO DE MORAES BARROS FILHO/GETTY IMAGES.



**SEA CHANGE**

Swim retailer Everything But Water is making two big moves this summer: First, it's supporting the 5 Gyres Institute, a California nonprofit dedicated to ending plastic pollution in oceans, by donating 25 percent of sales from an exclusive swimwear capsule collection (four styles) from Vitamin A.



Suits are made from recycled fishing nets and plastic bottles.

**ONE-PIECE**, Vitamin A for Everything But Water, \$162; everythingbutwater.com

The retailer is also putting its 30-plus years of experience to work with its very first swim line. In addition to the superior fit, all the fabric has four-way stretch and is rated UPF 50+ for sun protection.



**ONE-PIECE**, EBW Swimwear, \$158, and **BIKINI**, EBW Swimwear, top, \$108, and bottom, \$68; everythingbutwater.com

This bikini is available in cup sizes up to DD.

NEW LAUNCH



**TREND ALERT SHELL GAME**

A muted color palette gives the novelty print an elevated elegance.

**ONE-PIECE**, \$275; rosacha.com

**CLUTCH**, Kayu, \$205; kayudesign.com

**TUNIC**, \$149; talbots.com

**EARRINGS**, Rebecca de Ravenel, \$325; modaoperandi.com



NEW LAUNCH

**Pulitzer Prize**

After more than 50 years of producing resort wear, Lilly Pulitzer is starting a new tradition: a namesake swim collection in her iconic prints.

**ONE-PIECE**, \$138; lillypulitzer.com



MOOD BOARD

**East Coast Cool**  
The preppy look, updated: traditional cuts with fresh accents.

**NANTUCKET, MASSACHUSETTS**

**18KT-WHITE GOLD AND DIAMOND NECKLACE**, \$700; us.robertocoin.com

**HAT**, Genie by Eugenia Kim, \$68; eugeniakim.com

**DRESS**, \$109; talbots.com

**SUNGLASSES**, \$40; izipizi.com

**ESPADRILLES**, Anne Klein, \$80; lordandtaylor.com

**BIKINI**, Splendid, top, \$78, and bottom, \$54; swimspot.com

**SHORTS**, \$68; vineyardvines.com

**CLEANSER**, Sailor by Captain Blankenship Sea Splash Face Cleanser, \$15; target.com

NANTUCKET: NINE OK/GETTY IMAGES. SAND BACKGROUND: STUART DEE/GETTY IMAGES.

## HOT TROPIC

Derek Lam has taken the plunge with his Derek Lam 10 Crosby swimwear line. You'll find plenty of gorgeous multicolored florals, all inspired by Lam's spring '18 ready-to-wear collection.



**ONE-PIECE**, Derek Lam 10 Crosby, \$273; dereklam.com

NEW LAUNCH



**ONE-PIECE**, \$50; aerie.com

**ONE-PIECE**, Xhilaration, \$30; target.com

**BIKINI**, \$63; swimsuitsforall.com (available in sizes 4 to 34)

TREND ALERT

## BOUDOIR TO BEACH

They may look like they belong in the intimates drawer, but these sizzlers are as functional as they are fashionable.

## Great Buys Under \$50

Three of the top swim trends of the season, for less.



### GINGHAM

**ONE-PIECE**, \$35; oldnavy.com (available in sizes 0 to 20)



### SMOCKING DETAILS

**BIKINI**, bandeau top, \$35, and bottom, \$30; aerie.com (available in sizes 0 to 18)



### CROCHET

**ONE-PIECE**, Mossimo, \$40; target.com (available in sizes 0 to 18)

TREND ALERT

## IN LIVING COLOR

Not into prints? Color-blocked suits (and shades) are chock-full of style.



**SUNGLASSES**, Havaianas, \$68; select Solstice Sunglasses stores



**SUNGLASSES**, Marc Jacobs, \$160; select Solstice Sunglasses stores



**SUNGLASSES**, \$560; thierryasry.com



**SUNGLASSES**, \$310; prada.com



**ONE-PIECE**, Flagpole, \$395; flagpolenyc.com



**BIKINI**, top, \$150, and bottom, \$145; marahoffman.com

ECO-SWIM



**ONE-PIECE**, Karla Colletto, \$219; everythingbutwater.com



**ONE-PIECE**, \$145; meilange.com

## Magic Slippers

Inspired by traditional babouches, embellished slides add global chic to any summer look, from cutoffs to caftans.

**SLIDES** (from left), \$89; ninewest.com. Llani, \$135; llanishoes.com. Le Monde Beryl x Mola Sasa, \$327; matchesfashion.com. Carrie Forbes, \$310; carrieforbesinc.com



TREND ALERT

## DISCO INFERNO

Boogie to the beach in suits that take you back to the hot-stuff style of the '70s.



**MACRAME ONE-PIECE**, Suboo, \$290; suboousa.com

**LAMÉ ONE-PIECE**, Gottex, \$178; everythingbutwater.com

**PLUNGING WRAP ONE-PIECE**, Solid & Striped, \$168; solidandstriped.com

## Fancy Feet

Pom-poms, paillettes, fuzzy straps: Sassy sandals will make you smile all summer long.



**SLIDE**, \$195; francesvalentine.com



**SLIDE**, Ancient Greek Sandals, \$250; bergdorfgoodman.com

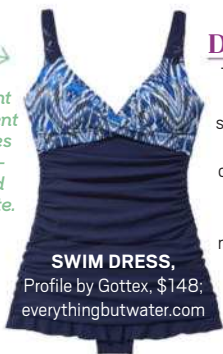


**SANDAL**, \$168; billbliss.com

## PRINTS, PLEASE

If your aim is to camouflage or minimize a trouble spot or two, darker colors and small prints can be a winning combination.

This print placement balances a pear-shaped silhouette.



**SWIM DRESS**, Profile by Gottex, \$148; everythingbutwater.com

## WELL DRESSED

This is not your grandmother's swim dress! Yes, there's tummy control, but soft cups and cute crochet straps make it modern.

The navy trim slims and prevents cup spillage.



## TOP NOTES

Lingerie brand Panache brings its expertise to swimwear.

**TANKINI**, Panache, top, \$84, and bottom, \$38; herroom.com (available in sizes 30 to 38, D to H)

Adjustable straps are always a plus.



## IT'S A CINCH

Trademark fabric comfortably slims. Strategically placed ruching takes the flattery even further.

**ONE-PIECE**, Miraclesuit, \$178; bare necessities.com

MOOD BOARD



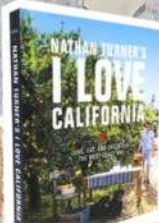
BIG SUR, CALIFORNIA

**HAT**, \$55; hatattack.com



**SHIRT**, \$228; molly-pepper.com

**BIKINI**, Solid & Striped, top and bottom, \$88 each; solidandstriped.com



**BOOK**, Nathan Turner's *I Love California: Live, Eat, and Entertain the West Coast Way*, \$40; amazon.com



**ONE-PIECE**, The Shoshanna Collection, \$215; shoshanna.com



**RING**, Pandora Jewelry, \$65; pandora.net



**WEDGE**, Vionic, \$120; vionicshoes.com



DESIGNER COLLAB

**DRESS**, Veronica Beard x Kate Schelter, \$795; veronicabeard.com

**BARREL JUG**, \$145; farmhousepottery.com

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\*Results based on a 12-week independent clinical study in which 62 women used the *TimeWise® Miracle Set 3D™* twice a day

# O, Beautiful!

AN ANCIENT SKIN SECRET ♦ ARTFUL PRODUCTS ♦ NAIL TRENDS

## GETTING MISTY

Was Cleopatra the world's first beauty trendsetter? The resurgence of facial mists infused with rose water, which the Egyptian queen reportedly used to keep her complexion supple, certainly gives credence to the idea. These sprays are like an oasis for desert-dry skin: Spritz one on whenever you need a boost of plumping hydration. And forget ingredients labels that read like hieroglyphics—today's varieties are refreshingly pared down, deriving their power from an array of natural extracts. How regal.

PHOTOGRAPH BY *Peter Rosa*

HAIR: VASSILIS KOKKINIDIS FOR SHU UEMURA THE ART OF HAIR; MAKEUP: HECTOR SIMANCAS USING DIOR ADDICT LIP GLOW; POMADE IN OOI; MANICURE: ANA MARIA USING CHANEL; PROP STYLING: WENDY SCHELAH

**Spa in a Bottle**  
Little luxuries that deliver big skincare benefits.



**Aerin Rose Water Refreshing & Setting Mist,**  
\$45; [aerin.com](http://aerin.com)



**Garnier SkinActive Soothing Rose Water Facial Mist,**  
\$9; drugstores



**Jurlique Rosewater Balancing Mist Intense Deluxe Edition 7,**  
\$65; [jurlique.com](http://jurlique.com)

O, Beautiful!



**BRIGHT IDEA**

Why choose one color when five can look this fab? Try **OPI Nail Lacquer** in **You've Got Nata on Me** (\$10.50; [ulta.com](http://ulta.com)), **Essie Gel Couture Avant-Garde** in **Avant-Garment** and **Dye-Mentions** (\$11.50 each; [essie.com](http://essie.com)), and **Jinsoon Nail Polish** in **Poppy Blue** and **Auspicious** (\$18 each; [jinsoon.com](http://jinsoon.com)).



**TOP-HANDLE BAG**, handpainted by artist Ben Smith for Zac Zac Posen, \$995; [zacposen.com](http://zacposen.com). Ten percent of proceeds go to the Elizabeth Taylor AIDS Foundation.



# MATCH GAME

Picking shoes that go with your purse is so old-school. Coordinating your *hands* and your handbag? Brilliant! This summer's **nail trends** star in a few eye-catching combos that carry the day...

BY *Erin Stovall*

PHOTOGRAPHS BY *Jeffrey Westbrook*

MANICURES: ANA MARIA FOR DERMELECT. FILM BORDERS: JAMES ACHARD/GETTY IMAGES.





#### FINE LINES

A minimalist accent nail is the perfect companion for this striped woven clutch. Start with a nude base like **Sally Hansen Insta-Dri** in **Champagne Supernova** (\$5; drugstores). Make a diagonal stripe with **Dior Vernis** in **Splash** (\$28; dior.com), then outline it with **China Glaze Stripe Rite** in **Midnight Blue** (\$4; sallybeauty.com). For crisp lines, keep your elbow close to your body, which helps you hold steady.

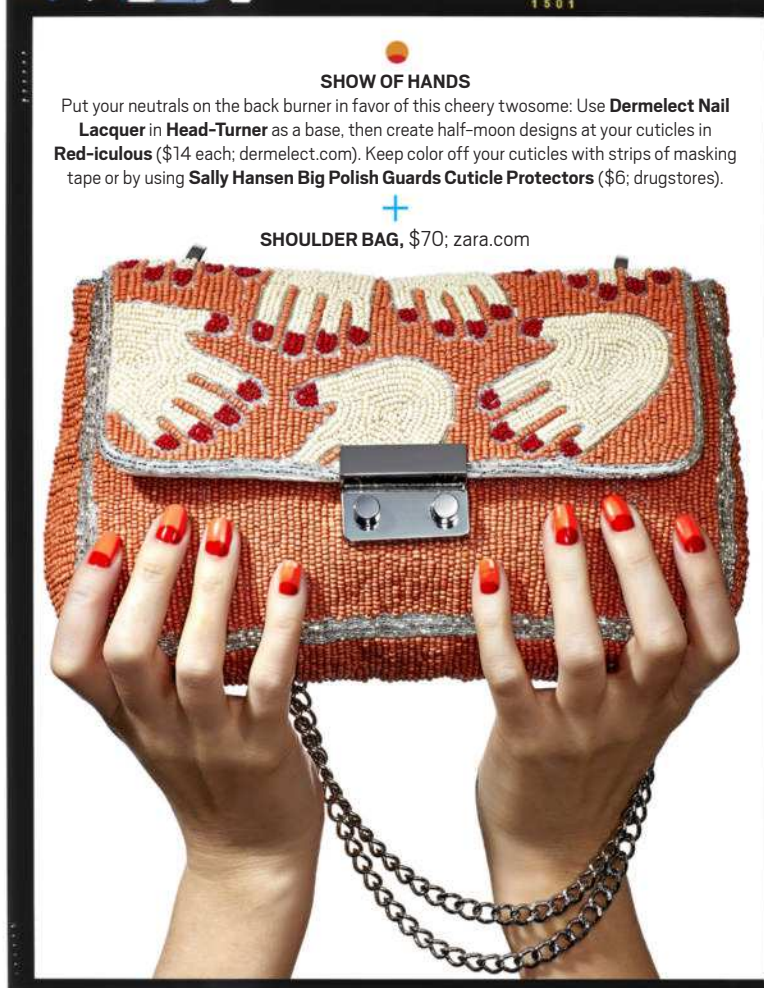
CLUTCH, Diane von Furstenberg, \$378; dvf.com



#### SHINE OF THE TIMES

Get trippy with a shade-shifting holographic duo. Two coats of **Sally Hansen Color Therapy** in **Reflection Pool** (\$9; drugstores) sets off this sleek bucket bag. Tip: A glossy topcoat gives metallics staying power. Try **Seche Vive Instant Gel Effect Top Coat** (\$12; ulta.com).

BUCKET BAG, Charles & Keith, \$68; charleskeith.com



#### SHOW OF HANDS

Put your neutrals on the back burner in favor of this cheery twosome: Use **Dermelect Nail Lacquer** in **Head-Turner** as a base, then create half-moon designs at your cuticles in **Red-iculous** (\$14 each; dermelect.com). Keep color off your cuticles with strips of masking tape or by using **Sally Hansen Big Polish Guards Cuticle Protectors** (\$6; drugstores).

SHOULDER BAG, \$70; zara.com



#### HOT TIPS

An unexpectedly colorful French manicure plays well with a whimsical acrylic clutch. Start with a neutral base like **Zoya Nail Lacquer** in **Chantal** (\$10; zoya.com), then cover everything but the top eighth inch of your nail and paint a vivid fuchsia like **Chanel Le Vernis** in **Exquisite Pink** (\$28; chanel.com) onto the tips.

MINAUDIÈRE, \$1,295; edie-parker.com

THE TRANSITION: PART 5

# CURLY CUES

▶ After a frustrating year and a half, **Jihan Thompson** is finally rocking a fully natural look.

**SINCE I DITCHED** my chemical straightener and started growing out my natural hair almost 18 months ago, I've had a love-hate relationship with the process—minus the love. There were so many days when I questioned why I ever started this journey, days when I cringed at the way my hair looked, days when I was close to saying to hell with it all.

Thank God I didn't. Because now, finally, I feel mostly wonder and appreciation. With the last of my relaxed hair snipped off, I'm no longer dealing with two textures. When I emerge from the shampoo station at the salon, I'm stunned by the ringlets that spring up. My stylist holds up a mirror so I can get a glimpse of the bounty in back. Look at these curls! We're both shocked. I'm 100 percent natural, and I love it.

I feel a twinge of sadness that I've been hiding this hair—my real hair—



for nearly two decades. After a recent blow-out, I noticed that it's thicker and bouncier than I've ever seen it—and just as straight as if it were chemically processed. It's healthier and stronger, too.

To be fair, when I got my first relaxer, as a tween, it was the look of the moment. At the time, natural styles weren't popular or celebrated, and I wanted silky, straight hair like all my friends. I took my style cues from the world around me, and that world was, sadly, sending a clear message: the straighter, the better. My mother, who had sported an Afro throughout her 20s, didn't push me toward relaxers, but I'm sure she was relieved to relinquish the daily battle with my thick, coarse strands, which almost always ended with me in tears.

Relaxers were the gateway to more versatile, simple styling; little did I know that I could have gotten the same looks without all the chemicals. That's not to say there weren't other upsides to the relaxer. When my hair was chemically straightened, it stayed straighter longer—meaning less upkeep. These days, a single unfortunate run-in with humidity will cause my hair to turn into a pouf ball. But while that can be maddening, I'm still in awe of the tiny curls that emerge as a result of the moisture.

As I've grown used to all this new hair, I've toggled between blow-outs and twist-outs (a style that requires putting my hair into tiny twists while wet, then, once dry, untwisting to reveal a curlier look). When my stylist does a twist-out, I take note of every step, every product, in the hope of being able to re-create it on my own. My first attempt was a disaster.

The curls weren't defined (apparently, my twists weren't tight enough), so the final look was more Afro-y than curly. But I wasn't discouraged. At least I'd tried, which is a victory in its own right.

The thing that's intimidated me the most throughout this process is the realization that I simply must learn how to do my own hair. I'd sooner book an appointment with a stylist than try (and fail) to do it myself. But that's no longer an option. My twist-outs last only a few days now, which means I have to figure out my own in-between looks—which products work, which styles I like. While I've finally reached the end of the chemical-relaxer road, a new journey is only just beginning. No more quick fixes, no more escaping my natural texture.

My kinks and curls feel foreign as my hands work through them, but this is what I signed up for: embracing the hair on my head just as it is. It's going to take a lot of practice, and even more patience, but I'm finally on my way.

**SPRING AWAKENING**  
After relying on her stylist to manage her now fully natural hair, Jihan gives the twist-out a try in her own bathroom (below left). She begins by twirling her wet hair into tight curlies. Once dry, she untwists them to reveal a crop of beautiful curls.

**JIHAN THOMPSON** is a writer, editor, and cofounder of *Swivel Beauty*, an app that helps women of color find stylists and salons.



ALLIE HOLLOWAY, HAIR AND MAKEUP: RAINA LOVE, BEFORE: DEIRDRE READ.

# STYLE WITH STRENGTH

Pantene Gold Series was developed by a team of African American scientists, stylists, and dermatologists to strengthen and moisturize our hair and empower our personal styling. The collection has been designed for relaxed, natural, and transitioning hair to help us achieve great natural hair looks—like the Bantu knot! Follow these five easy steps from Pantene Celebrity Stylist *Chuck Amos* to perfect this style at home.



PHOTO CREDIT: GETTY IMAGES



## GET THE LOOK: THE BANTU KNOT



**STEP 1**  
Start by washing and conditioning your hair with **Pantene Gold Series Sulfate-Free Shampoo** and **Moisture Boost Conditioner**.



**STEP 2**  
After washing, air-dry your hair or use a diffuser. Then, section your hair into small, one-inch sections (like you do for box braids). Use clips to secure each section in place.



**STEP 3**  
Apply a dime-size amount of **Pantene Gold Series Hydrating Butter Crème** to each section and work through the ends of your hair. Twist each section using your fingers, making sure not to twist too tight around the root.

**STEP 4**  
Grab your first twist about one inch away from your head and then gently wind the rest of your hair back down toward your scalp. Coil it very tightly when you get to the bottom of the twist. The Bantu knots will hold in place, but you can also add bobby pins for an even more secure hold.

**STEP 5**  
Repeat step 4 to all the sections and you'll be all set to rock a flawless look!

Find the Pantene Gold Series products to perfect your look by visiting [Pantene.com](http://Pantene.com)



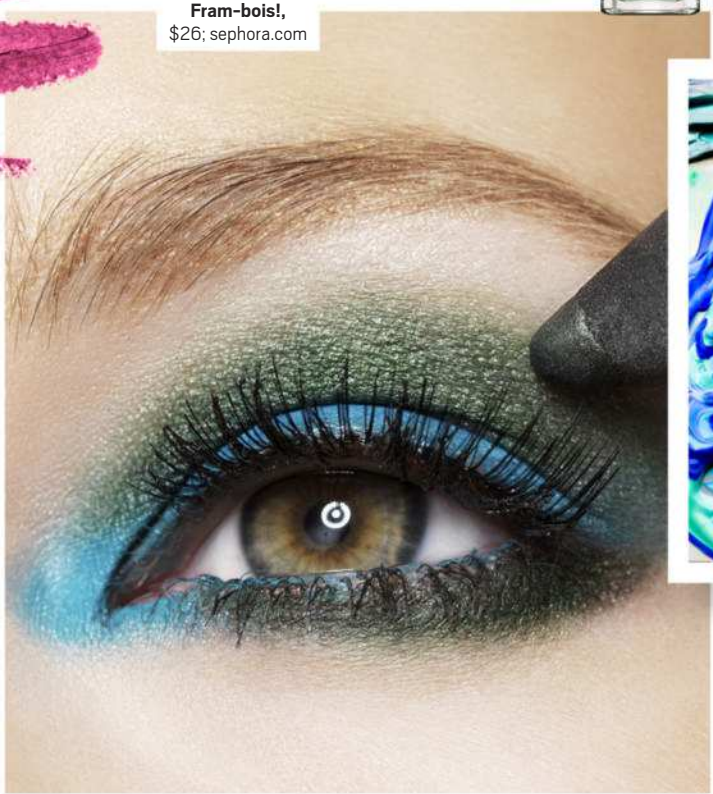
**PANTENE**  
**GOLD SERIES**

O, Beautiful!

Marc Jacobs Beauty Le Marc Liquid Lip Crayon in Fram-bois!, \$26; sephora.com



Sally Hansen Insta-Dri + Crayola Spring Fling Collection nail polish in Sea Green, Cotton Candy, and Canary, \$5 each; drugstores



James Goldcrown for Sephora Collection Bleeding Hearts: The Minimalist makeup bag, \$20; sephora.com



The Collection by Phuong Dang Artist Extrait de Parfum, \$350; barneys.com



Burberry Doodle Palette, \$68; nordstrom.com

"Coloring outside the lines is fine when you're a kid, but for a crisp cat eye, you need to be precise. This product gives you the control necessary to create a true work of art."

—BRIAN UNDERWOOD, O beauty director



Rimmel London Wonder Wing Eyeliner Stamp, \$7; drugstores

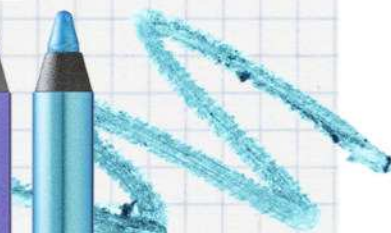
### MOOD BOARD

## Artistic

WHETHER YOU'RE A MATISSE with a makeup brush or take a more minimalist approach to beauty, you're sure to find something inspiring in this lineup. With your face as the canvas, add strategic pops of color with an arresting fuchsia lip crayon, neon-bright eyeliners, or a touch of vibrant blush. Crayola-inspired nail polishes give new meaning to "finger paint," and hand cream packaged in a silver tube could have been snatched straight from the master's studio. Finish with a spritz of temporary haircolor (it mists on like spray paint), then stash your goodies in a case adorned with whimsical graffiti.



Ulta Beauty Gel Eye Liner Pencils in Copper, Golden Egg, Storm, and Aqua, \$8 each; ulta.com



The Body Shop Hand Cream in Strawberry, \$8; thebodyshop-usa.com



L'Oréal Paris Colorista 1-Day Spray, \$10; drugstores

Eye splashes: GETTY IMAGES; Paint: VERONIK K. GAUDET/STOCKIMODALAMY

DON'T LET UNCONTROLLED MODERATE-TO-SEVERE ECZEMA HOLD YOU BACK

# DUPIXENT can help heal your skin from within

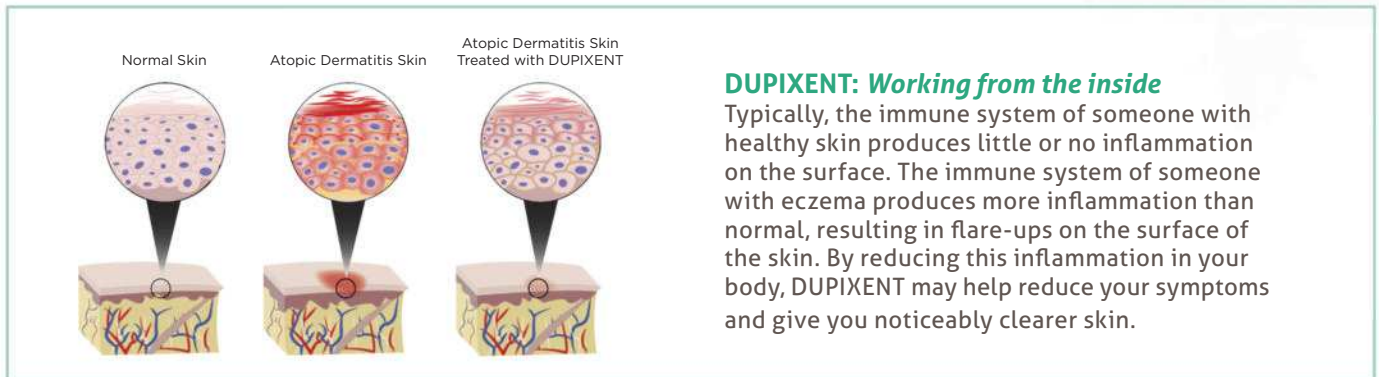
The flare-ups you see and feel on your skin can be caused by inflammation happening beneath the surface. So help heal your skin from within with DUPIXENT.

## SEE AND FEEL THE CHANGE

An injection you may administer yourself, DUPIXENT is the first treatment of its kind that helps you continuously treat your eczema over time, even between flares when your skin may look clear. DUPIXENT is for adults and is not a steroid.

### In Clinical Trials at Week 16:

- More than 1 in 3 patients saw clear or almost clear skin
- Almost half of patients saw significant skin improvement
- Patients experienced a significant reduction in itch
- Most common side effects were injection site reactions, eye and eyelid inflammation, including redness, swelling and itching and cold sores in your mouth or on your lips.



## INDICATION

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

## IMPORTANT SAFETY INFORMATION

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

**Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:**

- have eye problems
- have a parasitic (helminth) infection
- have asthma
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements. If you have asthma and are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.



# DUPIXENT<sup>®</sup>

(dupilumab)



**So stay ahead of your eczema symptoms with DUPIXENT.**

**Talk to your eczema specialist about DUPIXENT.**

**Visit [DUPIXENT.com](http://DUPIXENT.com) or call 1-844-DUPIXENT (1-844-387-4936) for more information.**

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

- **Allergic reactions.** Stop using DUPIXENT and go to the nearest hospital emergency room if you get any of the following symptoms: fever, general ill feeling, swollen lymph nodes, hives, itching, joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

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

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

Use DUPIXENT exactly as prescribed. If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider.

**Please see accompanying Brief Summary on next page.**

**Summary of Information about DUPIXENT® (dupilumab)  
(DU-pix'-ent)  
Injection, for Subcutaneous Use**

**Rx Only**

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**What is DUPIXENT?**

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

---

**Who should not use DUPIXENT?**

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

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**What should I tell my healthcare provider before using DUPIXENT?**

**Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:**

- have eye problems
- have a parasitic (helminth) infection
- have asthma
- are scheduled to receive any vaccinations. You should not receive a “live vaccine” if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements. If you have asthma and are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.

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**How should I use DUPIXENT?**

- **See the detailed “Instructions for Use” that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider.
- If you miss a dose of DUPIXENT, give the injection within 7 days from the missed dose, then continue with the original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.

- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other topical medicines to use with DUPIXENT. Use other prescribed topical medicines exactly as your healthcare provider tells you to.

---

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

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

- **Allergic reactions.** Stop using DUPIXENT and go to the nearest hospital emergency room if you get any of the following symptoms: fever, general ill feeling, swollen lymph nodes, hives, itching, joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

**The most common side effects of DUPIXENT include:** injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, or cold sores in your mouth or on your lips. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA 1-800-FDA-1088.

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

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

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

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

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**What are the ingredients in DUPIXENT?**

**Active ingredient:** dupilumab

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

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# Feeling Good

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## THINKING *Ahead*

What can we do now to have sharp mental faculties later?

BY Jessica Migala

ILLUSTRATIONS BY *Mark Allen Miller*

**M**OST OF WHAT WE read about Alzheimer's disease is worrying at best, terrifying at worst. Recently, however, a bright spot has emerged: the very real possibility of prevention. You may already know that eating a balanced, Mediterranean-style diet (rich in vegetables, fruits, fish, whole grains, beans, and healthy fats like olive oil) may lower your risk of dementia. Cardio workouts also show strong promise, experts say; a new meta-analysis found that they may delay the onset of Alzheimer's or improve cognition once the decline has begun. But scientists are finding even more ways you can fortify your brain against the ravages of this—for now—incurable disease.

### GET GREAT SLEEP

Many studies have found a link between scant sleep and cognitive decline. One explanation: A good night's slumber seems to have a protective effect against the beta-amyloid clumps, or brain "plaques," that are one of the defining characteristics of Alzheimer's. These harmful proteins build up while the brain is hard at work; however, sleep appears to help counteract their production and clear them away, explains Andrew Budson, MD, a professor of neurology at Boston University School of Medicine and coauthor of *Seven Steps to Managing Your Memory*.

**THE TAKEAWAY:** Aim for seven to eight hours of sleep per night, says Budson. You'll not only encourage your brain to take out its trash, but you'll also give it the rest it needs to store memories and be ready to learn more the next day.

### SUBTRACT THE ADDED SUGAR

Evolving data suggest that a diet high in refined carbohydrates and added sugar is a drag on your cognitive powers. These foods drive up insulin levels, and chronically high insulin levels are associated with Alzheimer's—in fact, the disease is sometimes referred to as "type 3 diabetes." "We're trying to better understand the connection," says Budson, "but there's no doubt the correlation is there: Spikes in blood sugar are not healthy for the brain." A recent study that looked at the

long-term data of more than 5,000 people found that the higher their blood glucose levels, the more likely they were to suffer cognitive decline; in a 2013 study in *Neurology*, researchers hypothesized that chronically high levels may damage the hippocampus, which plays a key role in memory processing.

**THE TAKEAWAY:** If you're really serious about trying to prevent Alzheimer's, especially if you have a family history of the disease, give up added sugar and processed treats altogether. "Instead of brownies or cookies at the end of a meal," says Budson, a strong proponent of the Mediterranean diet for brain health, "try fruits or nuts." Strawberries, apricots, dates, cashews, hazelnuts, almonds: They're all nutrient-rich, and tasty, too.

### DRINK TO YOUR HEALTH... THEN STOP

You may have heard that alcohol is bad for your brain—and good for it. Here's the deal: Red wine contains a compound called resveratrol, which may sound familiar to you because of all the fevered attention it began receiving in the 1990s for supposedly helping people live healthier longer. The hype has cooled a bit, but some scientists continue to speculate that resveratrol may help your *brain* stay healthy longer, possibly protecting it against cognitive decline by suppressing inflammation.

On the other hand, too much alcohol may do the opposite, sparking

inflammation within the brain's frontal lobes, the area that organizes the storage and retrieval of memories. Drinking may also interfere with cellular repair in this region, Budson says. What's more, too many pours can cause damage to the liver, pancreas, and heart—all of which can impact brain health and predispose you to strokes. A 2018 study found that alcohol use disorders were a major risk factor for all dementias, particularly early-onset.

**THE TAKEAWAY:** Enjoy a drink at dinner—especially in the company of friends and family, since being socially engaged is another way to help your brain age well.



## OM WORK

**HERE'S SOMETHING TO PONDER:** It turns out that devoted meditators have different brains from the rest of us. They tend to be larger in volume, have stronger connections between regions associated with attention and learning, and possibly age more slowly. In one 2016 study, the brains of 50-year-old long-term meditators appeared to be seven and a half years younger than those of their same-age nonmeditating peers. It's not clear whether meditation causes the differences or if people with certain brain structures are more likely to meditate, says study coauthor Nicolas Cherbuin, PhD, director of the neuroimaging and brain lab at Australian National University, but it's a fact that meditation can help keep brain-eroding stress at bay. Meditation-phobes can try to stay on track with this popular hack: Come up with a one-word mantra, like *peace*, and repeat it to yourself throughout your meditation practice. This will keep you in the zone, where you can feel your mind expand.

PROMOTION

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# THE GUT-BUG DIET

▶ How cultivating the right bacteria may help keep your weight in check. BY Karen Asp

**YOU EXERCISE**, you control your portions, you limit sweets—but what have you done for your gut bacteria lately? If you think that sounds odd, think again. “We’re finding that the composition of your gut microbiome is a crucial factor in gaining and losing weight,” says Gerard E. Mullin, MD, an associate professor of medicine at the Johns Hopkins Hospital in Baltimore and author of *The Gut Balance Revolution*.

Most of your gut microbiome, or your intestinal flora, is dominated by two classes of bacteria—firmicutes and bacteroidetes—and research has shown that obese people typically have a significantly higher ratio of the former to the latter. This makes sense, considering how the two types of bacteria function: Firmicutes are excellent at converting food to energy and promoting the storage of fat in the body, says William DePaolo, PhD, an associate professor of medicine and director of the Center for Microbiome Sciences & Therapeutics at the University of Washington Medical Center in Seattle. What’s more, he adds, firmicutes also help produce serotonin, the feel-good hormone. It’s thought, then, that the more you eat, the more your fat-storage-promoting firmicutes flourish, which may then rev up your serotonin production, which boosts your mood—and, in a vicious cycle, strengthens your craving to eat even more.

Bacteroidetes, meanwhile, have a totally different effect: They specialize in breaking down bulky plant starches and fibers into energy that the body can immediately use, so that it’s not stored as fat, DePaolo says. But you—and your microbiome—are what you eat. “When you change your diet over the long term, you can change your gut bacteria,” he says. Here’s how to help your gut help you achieve, or maintain, a healthy weight.

**BECOME A HARD-CORE HERBIVORE.** Bacteroidetes feed on fiber and resistant starches—a.k.a. vegetables. Studies have found that eating a vegetarian or plant-rich



“You can’t go wrong with eating more vegetables and fiber. They’re good for your gut bacteria—and the rest of you.”

—WILLIAM DEPAOLO, PHD

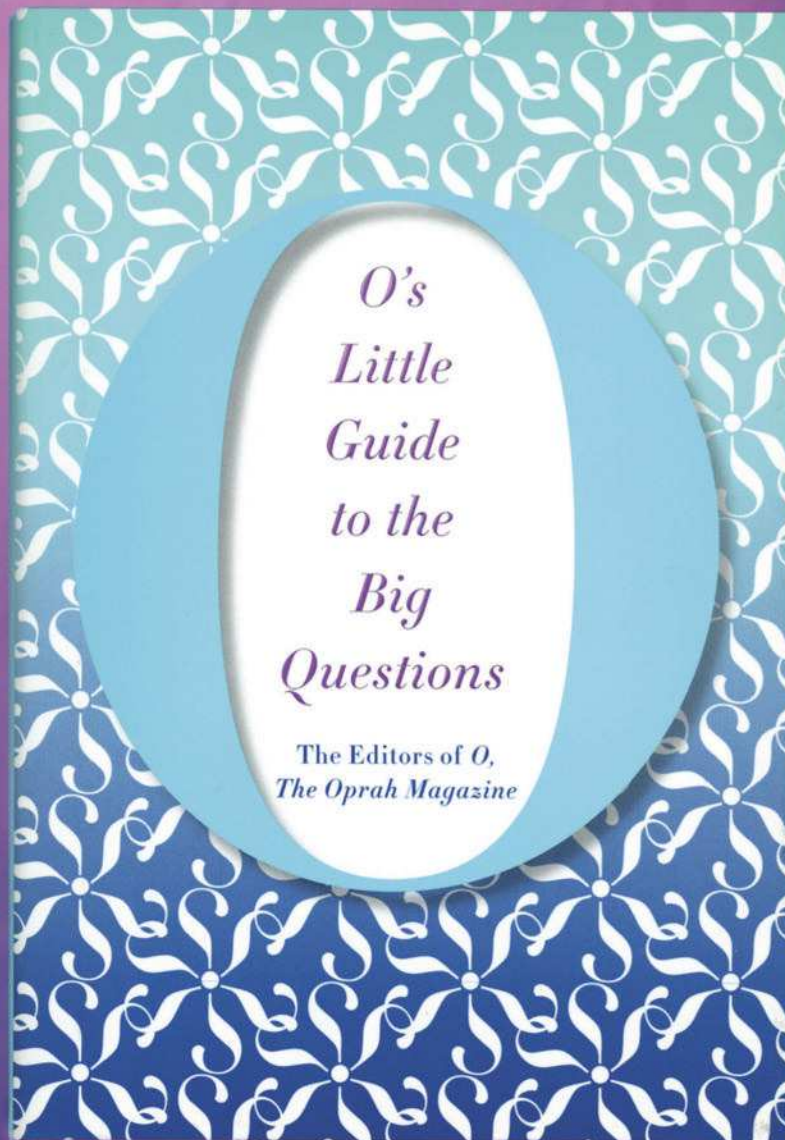
Mediterranean diet increases bacteroidetes and reduces firmicutes, while a typical meat-heavy Western diet does the opposite. So sample widely from the salad bar: One review of more than 50 studies found that eating an additional 14 grams of fiber per day was associated with a loss of about four pounds in just under four months.

**CHECK OUT PROBIOTICS.** They’re not magic pills that will make you shed pounds overnight, but Mullin says that some types of probiotics, including *Lactobacillus gasseri*, *L. plantarum*, and *L. paracasei*, may indirectly encourage weight loss by helping block fat absorption. These supplements, which you can find in capsule form, are considered safe for healthy people (any side effects, such as gas or bloating, are usually mild).

**AVOID UNNECESSARY ANTIBIOTICS.** These bug killers wipe out all your bacteria, not just the ones making you sick. And prescription drugs aren’t all you need to watch out for; it’s also a good idea to scrub your diet of stealth meds by eating organic, antibiotic-free meat, poultry, fish, eggs, and dairy. If your doctor does prescribe antibiotics to treat a urinary tract infection or strep throat, Mullin recommends eating kefir or fermented foods, like tempeh, sauerkraut, and kimchi, which will help repopulate your gut. Welcome back, beneficial bugs!

“Ask the right questions, and the answers  
will always reveal themselves.”

—Oprah Winfrey



A thoughtful and provocative collection of  
personal essays that highlights the wisdom to be gained  
from engaging with life's deepest mysteries.

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ON SALE NOW IN HARDCOVER, EBOOK, AND AUDIOBOOK





The Creative Coalition's  
**#KeepTellingPeople**  
 campaign has one goal:  
 Eradicate sexual harassment.

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 **THE CREATIVE COALITION**



# TWELVE STEPS FORWARD, ONE LUNGE BACK

▶ How yoga can invigorate a recovery program. *BY Jessica Dore*

**IN AN INDUSTRIAL LOFT** in West Philadelphia, two dozen people are gathered for a yoga class: a brunette singer in her early 30s, a retired welder with silver hair and tattoos, a grandmother in an oversize T-shirt and leggings. But instead of chanting mantras in Sanskrit, they're practicing a different kind of call-and-response: "Hi, I'm Amanda, and I'm an addict and alcoholic," says the instructor, a 31-year-old woman with two long braids. "Hi, Amanda," the room responds as one.

Anyone who's ever breathed and bent their way through a yoga class knows the practice can reduce stress. And anyone who's ever been a substance abuser knows stress can be a major factor in using and abusing. It's good news, then, that a growing number of yoga classes are geared to recovering addicts; often a blend of 12-step meeting and easy-flow stretching session, they put one more tool in the addict's recovery kit.



## LET IT GO, LET IT FLOW

If you've never done yoga but are interested in this kind of intentional stretching, you might try Yoga of 12-Step Recovery. Founded in 2003, the program has since trained more than 4,000 leaders, and currently, more than 450 classes are held around the world. Find one near you at [y12sr.com](http://y12sr.com).

Amanda DeLeo's class at Studio 34, called Yoga for Recovery, always starts with a sharing circle. This afternoon a toned young woman with her hair in Afro puffs reads from a book of meditations for recovering addicts, and everyone is asked to say a few words, about either the reading or how they're feeling today. The welder cracks jokes about faith; the grandma says she's "just grateful to be in the company of people in recovery." Then DeLeo, who has special training in adapting yoga for those recovering from addiction or trauma, leads the group through 30 minutes of modified postures: a standing cat-cow, in which they flex and arch their backs; a low lunge; some gentle twists. On her hands and knees with her opposite arm and leg extended, she says, "This helps develop your interoception, which is just a fancy word for listening to your body. And that can help with impulse control—something everyone in this room could probably use more of." The class exhales in laughter.

"Yoga is a way of coping with stress at a fundamental level that changes both your stress response and your perception of it," says Sat Bir Singh Khalsa, PhD, an assistant professor of medicine at Harvard Medical School who studies the psychophysiological mechanisms underlying yoga and meditation. "Yoga also leads to increased awareness of what feels good and what doesn't. The more you tune in to this, the more likely you are to gravitate toward healthy behaviors and away from unhealthy ones."

There's no scientific evidence that yoga on its own can help an addict stay off drugs or alcohol, but studies suggest that it can complement cognitive-behavioral therapy and mindfulness-based relapse prevention (MBRP) programs. Both yoga and MBRP emphasize healthy coping skills, acceptance of difficult emotions, and tolerance for discomfort—all of which can replace the need to self-medicate with drugs and alcohol. In a 2017 pilot study out of UCLA, when adults who were addicted to cocaine or methamphetamines participated in an eight-week MBRP program that included some yoga practice, they experienced less substance use and showed improvements in the severity of depression, anxiety, and other psychiatric symptoms.

However, even though recovery yoga is becoming more popular, not everyone lives within a quick drive of a class or has time to attend regularly.

DeLeo's Sunday afternoon session is donation based and has doubled in size over the past year. DeLeo herself credits yoga—along with AA and psychotherapy—with helping her get and stay sober. "Learning to notice the way my breath shifts in times of stress has helped me feel more in control and become less likely to let my feelings determine my behavior," she says. She ends today's class with the Serenity Prayer. As everyone is rolling up their mat, a 33-year-old recovering alcoholic, his Philadelphia Eagles T-shirt stretched over his broad chest, turns toward her. "That felt so good," he says. "I was almost in tears."

FROM ACADEMY AWARD NOMINEE

**AVA DuVERNAY**

AND EXECUTIVE PRODUCER

**OPRAH WINFREY**

# QUEEN

A promotional poster for the TV show 'Queen'. The background is a field of tall, green grass. Four main cast members are featured: a woman in a pink and white striped dress leaning over a man in a grey blazer; a man in a grey jacket and yellow sweater in the bottom left; and a woman in a blue and white striped top in the bottom center. The title 'QUEEN' is written in large, white, sans-serif capital letters across the middle of the image.





# SUGAR

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**OWN**

# Hurts So BAD

▶ Feeling less “ohhh” than “ow!” in the bedroom? Here’s what may be causing your pain. *BY BREENA KERR*



**ABOUT 30 PERCENT** of American women had a nasty surprise the last time they tried to get it on: It hurt. Yet many are embarrassed to share this with their doctor, says Georgine Lamvu, MD, a professor of obstetrics and gynecology at the University of Central Florida and chair of the International Pelvic Pain Society. Even when they do, the doctor

might not know how to find the source of their problem. “Women often get very poor care when it comes to the evaluation and treatment of sexual pain disorders,” says Andrew T. Goldstein, MD, director of the Centers for Vulvovaginal Disorders in New York City and Washington, D.C. “In my 20,000 hours of ob-gyn residency training, I received

45 minutes on sexual dysfunction.” But things are looking up: 59 percent of gynecologists are now female, compared with just 13 percent in 1990, according to the American College of Obstetricians and Gynecologists, and many patients may be more comfortable confiding in a woman. We asked the experts for advice on sexual healing.

SYMPTOMS	LIKELY OFFENDER	WHAT TO DO
<p>Maddening itchiness, irritation, or burning (maybe some discharge, too)</p>	<p>Most women will experience <b>VAGINITIS</b>, or vaginal inflammation, at some point. In fact, it’s not unusual to have two bouts per year—most commonly, it’s bacterial vaginosis (BV) or a yeast infection. BV may involve a fishy-smelling, milky discharge; yeast infection discharge tends to be odorless and white to yellowish. Vaginitis can result from washing with certain bath gels or soaps, douching, using spermicides or antibiotics, or having sex with new partners.</p>	<p>Don’t ignore this. Persistent vaginitis may lead to pelvic floor problems, including chronically tightened muscles. BV can also make you more susceptible to sexually transmitted infections. Talk to an ob-gyn, who will likely write you a prescription for a cream or a pill. And once and for all, ditch the douche.</p>
<p>A red, swollen, raw-feeling, irritated vulva; itchiness; burning pain on contact</p>	<p>This could be an <b>ALLERGIC REACTION</b> (or contact dermatitis). Sensitive skin on the vulva can become irritated by soaps, lotions, vaginal washes, spermicides, towelettes, deodorant tampons and pads, and even some yeast infection creams, Goldstein says, as well as residue from laundry detergent or fabric softener that lingers on underwear. (Latex, a popular scapegoat, affects only about 1 to 4 percent of the general population.)</p>	<p>See if pain subsides after abstaining from the possible culprit. (Are you using a new body wash? What about shaving cream?) And remember that lukewarm water does a fine job of keeping your genital area clean—without getting in the way of your love life.</p>
<p>An acute pelvic pain, like a stabbing sensation, while attempting or having sex</p>	<p><b>GENITO-PELVIC PAIN/PENETRATION DISORDER (GPPPD)</b> occurs when muscles at the opening of the vaginal canal contract involuntarily, often prohibiting penetration. In some cases, the agony may lead to a fear of being touched anywhere near the pelvis. Causes of the disorder are unclear, but it may be due to pain from endometriosis, recurrent urinary tract infections, an injury to the pelvic area, or psychological factors like a history of sexual abuse.</p>	<p>Whatever the cause of your GPPPD, a pelvic pain specialist should be able to help (see one directly or ask an ob-gyn for a referral). She may suggest pelvic floor physical therapy, which involves therapeutic massage and exercises to help ease the pain or possibly resolve the condition altogether—and is often covered by insurance.</p>
<p>A burning or chafing feeling during intercourse (even when you’re aroused)</p>	<p><b>VAGINAL ATROPHY</b> This downer of a name refers to an equally disheartening condition: the thinning, drying, and inflammation of the tissues of the vulva and vagina, and the resulting discomfort during intercourse. This is most often because of a decrease in estrogen levels that happens during perimenopause, postmenopause, or surgical menopause (when ovaries are removed).</p>	<p>Lube, lube, lube. Silicone lubrications tend to be more slippery and last longer than water-based products, says Lauren Streicher, MD, a clinical associate professor of obstetrics and gynecology at Northwestern University’s Feinberg School of Medicine. Doctors can prescribe hormonal—namely, estrogen—treatments (creams, pills, and more) as well as nonhormonal options to help alleviate the dryness and misery, so you can rediscover the joy of sex.</p>

# WHAT IT TAKES TO MAKE ANY ROOM BEAUTIFUL



From the country's most popular interior design magazine, a collection of inspiring images and pro tricks for uncovering the potential of every living space

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REFRESH!

MIND • BODY • SOUL

## Raise Your Glass

**A NEW TREND WORTH TOASTING:** better-for-you cocktails. Mixologists from coast to coast are increasingly swapping syrupy mixers for natural flavor boosters like fruits, veggies, and herbs. La Sirena in New York City, for one, serves a subtly sweet snap pea–infused margarita made with orange-blossom water, while Fig Tree Cafe in San Diego offers a mimosa blended with antioxidant-rich acai juice. Fresh ingredients give your drink a more complex, livelier taste—while giving *you* less chance of a sugar hangover. Ready for a healthier happy hour? Try the gloriously refreshing Berry Jamboree from Beth Ritter Nydick and Tara Roscioli, authors of *Clean Cocktails*: In a cocktail shaker, muddle 4 mint sprigs and ½ ounce fresh lemon or lime juice. Add 2 ounces gin, ½ tsp. unsweetened raspberry jam, and ice and shake for 10 seconds, until jam is fully incorporated. Pour through a fine-mesh strainer into an ice-filled rocks or highball glass. Top off with seltzer (optional), and garnish with 1 mint sprig, 1 lemon slice, and 3 raspberries. —CATHRYNE KELLER

REFRESH!

MIND · BODY · SOUL

# Bring the Heat

These sporty summer picks will power your play.



### SERVES YOU RIGHT

With built-in shorts, a cell phone pocket, and a hold-you-in high waistband, this stretchy tennis skirt is functional on the court—and supercute off. (Topsy skirt, \$98; ckbradley.com)

### WATER VIEWS

The soft frame of these sleek goggles fits most face shapes; the mirrored finish helps block brightness and glare on your outdoor swims. (Hydrosity mirrored goggles, \$16; speedousa.com)

### MIST OPPORTUNITY

This citrusy spray calms a flushed face and moisturizes, keeping your active glow going all season long. (Energizing Citrus Mist, \$34; koraorganics.com)

### GENIUS IN A BOTTLE

The pump embedded in this smart BPA-free bottle creates a vacuum seal that keeps smoothies and shakes fresh, letting you fuel or refuel as slowly as you please. (\$30; sans-bottle.com)

### FLOAT YOUR BOAT

Inspired by origami, this light and foldable kayak has a roomy cockpit and takes less than five minutes to assemble, so you'll never be up the creek without a vessel. (Beach LT, \$1,299; orukayak.com)

### EASY DOES IT

High in magnesium, potassium, and sodium bicarbonate, this bath soak aims to soothe aching muscles and joints by decreasing inflammation. Say aah. (Sport Formula hot spring spray, \$15; medicinesprings.com)

### GOOD AS GOLD

This sunny bra minimizes jiggle during lower-impact activities like cycling, and stands up to sweat so you stay drier. (UA Vanish Mid sports bra, \$40; underarmour.com)

### ON THE FLY

With a supportive grooved foam sole and a flexible collar for easy lace up and pull off, this sneaker won't slow you down. (Fresh Foam Lazr Sport, \$90; newbalance.com)



## Fight the Funk

Moisture-wicking fabrics are great for staying drier while you sweat, but because synthetic fibers tend to trap odor-causing bacteria, your sports bras and tees can get really funky really fast. A small 2014 study in the journal *Applied and Environmental Microbiology* found that after a spin class, polyester and mixed-textile shirts housed significantly more stinky bugs than their cotton counterparts. One solution: clothes designed to stay fresher, like Athleta's Unstinkable collection (\$39 to \$98; [athleta.com](http://athleta.com)) or Lululemon's Silverescent line (\$58 to \$98; [lululemon.com](http://lululemon.com)), both of which feature silver-infused threads that help reduce odor-causing bacteria. Or, to make any fitness fabrics smell better: detergents formulated for athletic wear, like Molly's Suds All Sport Laundry Wash (\$13; [mollyssuds.com](http://mollyssuds.com)), a nontoxic option that fights odors while preserving SPF and water repellency. We tested it on running bras and tanks, with refreshing results. Need a hack between washes? Sprinkle baby powder (try the mildly scented Cocokind Baby Organic Calming Powder, \$11.50; [cocokind.com](http://cocokind.com)) on sweaty spots after you work out—it'll absorb some of the moisture, and you can pass the smell test until laundry day comes around. —C.K.

# STRONG WILLED

Personal trainer **Massy Arias** knows that a fit body starts with the right attitude. No matter your workout goals, keep your head in the game with her top motivational tips.

**1. Go deep.** Instead of just worrying about shrinking belly fat or building up your biceps, focus on what really matters to you. Arias looks to her 16-month-old daughter for fitness inspiration. "I want a clear mind, to feel energized, and to be there for her," she says. Finding your emotional impetus is a more effective incentive than focusing on appearance for sticking with your routine long-term.

### 2. Open your mind.

Barring serious health issues, you're never too stiff, too slow, or too old to try a workout, says Arias. "Go into your activity of choice without preconceived notions of what it's supposed to be like, give yourself a chance, and you'll be surprised at how your body can adapt," she says. "It's never too late—even if you're starting from zero."

**3. Think small.** "There's nothing wrong with big goals, but you're more likely to succeed if you break them down into increments that work for your lifestyle, age, and ability level," says Arias. For example, if you can jog a mile in 15 minutes, first aim to shave 30 seconds off your pace rather than focusing on a 10-minute finish. Small victories along your journey will give you a sense of accomplishment that'll fuel your fire.

**4. Mix it up.** Arias says she'll attempt any and every type of workout, from boot camp to AcroYoga. Why? Experimenting staves off boredom. And trying a new class or activity can also help with accountability: "You have an opportunity to make friends who may expect you to show up," she says. "And when someone else is relying on you for motivation, it's a lot easier to stay motivated yourself." —ANGELA

GIANNOPOULOS



**THAT'S THE PERCENTAGE OF WOMEN** who have PMS symptoms, according to Martie Haselton, PhD, a psychology professor at UCLA and author of *Hormonal*. And they go beyond cravings and bloating: Many women also exhibit antisocial behavior like bailing on friends or withdrawing from their partner. "Progesterone plummets at the end of your cycle," explains Haselton. This can cause problems for two reasons: First, low levels of the hormone have been linked to depressive symptoms. Second, because it signals a lack of pregnancy, the dip could unconsciously turn you off. "It may be nature's way of telling us our mate is incompatible," Haselton says. The good news? You might still loathe the way your partner loads the dishwasher, but simply knowing that your feelings are normal and more likely spurred by hormones than your heart may take the edge off. —C.K.

# Reading Room

MUSING MOTHERS ♦ SINISTER STRANGERS ♦ STUDIOUS SCRIBES

## LONDON FOG

▶ A Booker Prize-winning author returns with a stunning novel of espionage and adventure.

**I**F WRITERS ARE cartographers of the heart, Michael Ondaatje's oeuvre could fill an atlas. In *The English Patient*, he mapped intimate dramas within larger historical conflicts, as he did in his subsequent novel, *Anil's Ghost*. That's also true of *Warlight* (Knopf), Ondaatje's suspense-rich, beautifully crafted seventh novel. Set in Europe just after World War II, the book traces one ruptured family's odyssey through a maze of betrayal and intrigue that is a microcosm of the events unfolding throughout the region.

When Nathaniel and Rachel's parents abruptly abandon England for Singapore, they leave the young teenagers behind in the care of a colleague, Walter, a shady character the children dub "the Moth": "a humble man, large but moth-like in his shy movements." The Moth and his band of eccentrics and petty criminals, such as the Darter, an ex-boxer turned greyhound smuggler, draw the siblings into a life of risqué dinner parties, midnight canal-barge excursions, and first sex.

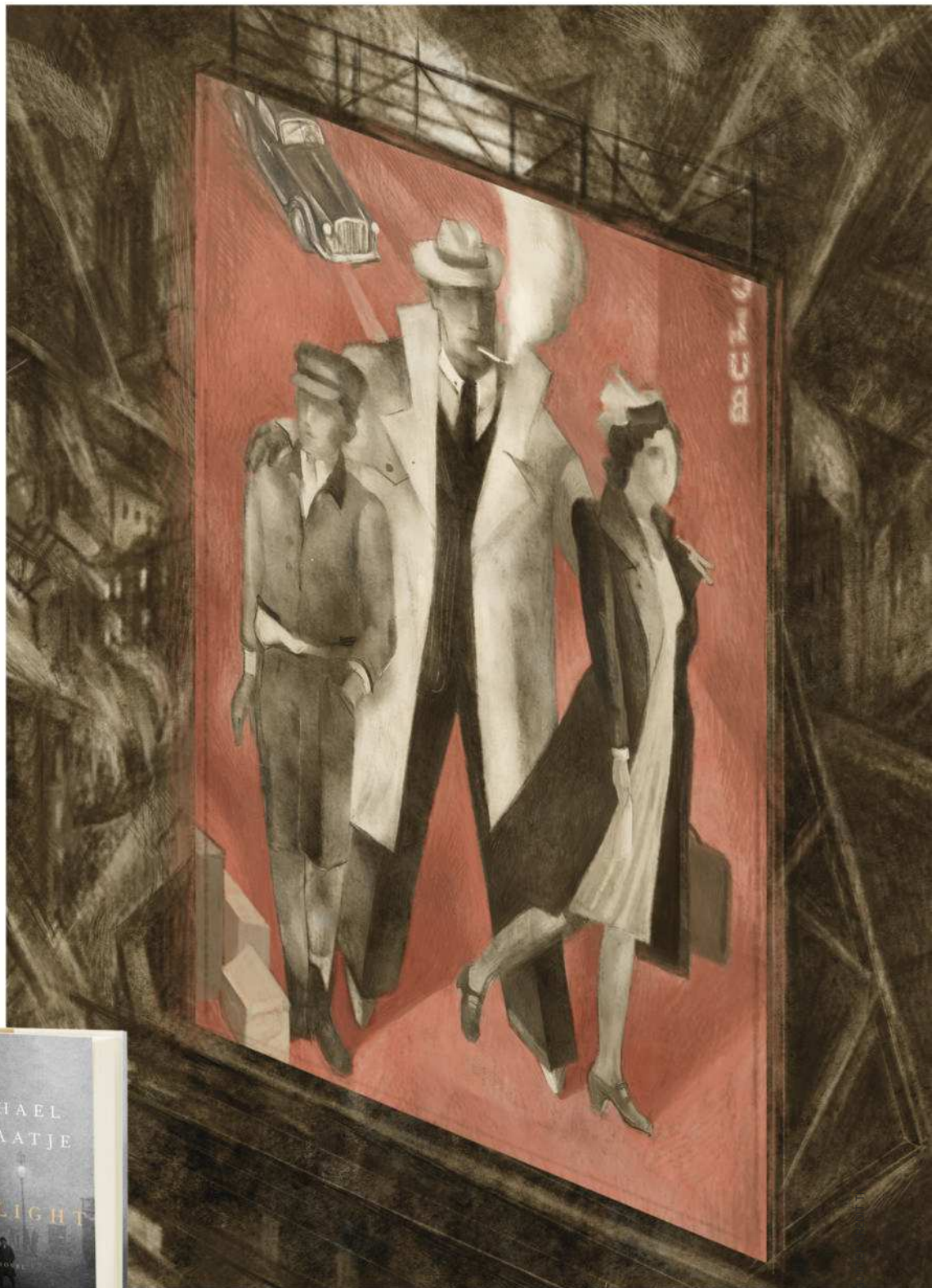
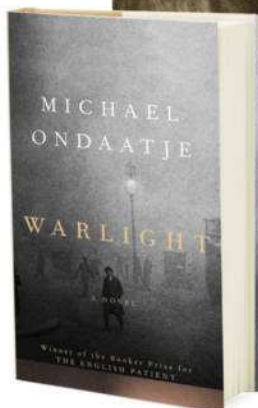


ILLUSTRATION BY Igor Karash



Just as the brother and sister begin to settle into their freewheeling new reality, any semblance of security they've come to feel is shattered when the Moth is murdered in front of them, and their mother, Rose, reappears as if by magic. It turns out she's been hovering around them all along, a spy in hiding. The novel's second act reconstructs Rose's story, as Nathaniel, now an adult working as an archivist, attempts to piece together what led her to live in the shadows.

Ondaatje evokes a kaleidoscope of ideas and moods with exquisite lyricism, flowing back and forth in time, taking unresolved youthful yearnings and, with the help of his scarred protagonists, putting them at last to rest. *Warlight* is an intricate ballet of longing and deception, and a singular ode to the mother-child bond.

—HAMILTON CAIN



ILLUSTRATION BY  
Lauren  
DiCioccio

## To Have or Have Not

▶ A provocative work probes the new norms of femininity.

WE LIVE IN FAST and loose times, when everything from the relevance of gender to the possibility of truth itself is open to question and literary genres exist only to be subverted or fractured. Enter Sheila Heti, whose last novel, *How Should a Person Be?*, became a sensation in part because it moved deftly between so-called reality and its parsing, with transcribed conversations and emails and chunks of fiction dropped here and there. Similarly, *Motherhood* (Henry Holt), billed as a novel, reads like the most compelling (and free-associative) of memoirs—or, more precisely, like an exemplar of “autofiction” (fictionalized autobiography), a form whose practitioners include Karl Ove Knausgaard and Ben Lerner.

*Motherhood* is a meditation on the imperatives and costs of becoming—or not becoming—a mother by a writer who, during the three years it takes her to complete this book, hears her biological clock begin to tick. The nameless 36-year-old narrator lives in Toronto with her partner, Miles, a criminal defense lawyer who's fathered a child with someone else and is not particularly interested in having another, although he's not opposed,

either. His indecision leaves the narrator feeling all the more at sea: “The question of a child is a bug in the brain...that crawls across everything.”

Heti punctuates her account with a variation on the I Ching technique of flipping three coins, in which she asks and answers questions (“Is this book a good idea? /

yes / Is the time to start it now? / yes”). Along the way, we discover a lot about her: She grew up with a distant, depressed mother whose pain she believes she has inherited; at 21, she had an abortion about which she feels “vague guilt.”

Heti's persona is, in short, a complicated and very modern creature whose musings on creativity (“We think mainly of our work, to solve the problem of our mothers' tears”) and

the pressure to procreate (“A woman must have children because she must be occupied,” she observes sardonically) will speak to mothers and nonmothers both.

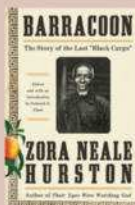
There's a quote attributed alternately to Ralph Waldo Emerson and Jessamyn West: “Fiction reveals truths that reality obscures.” It is in this truth-seeking sense—and this sense only—that Heti's latest can properly be called a novel, and a wondrous one at that. —DAPHNE MERKIN



## LOST AND FOUND

NEARLY 60 YEARS after the death of Zora Neale Hurston, and 80 since the publication of her seminal novel, *Their Eyes Were Watching God*, comes *Barracoön* (Amistad), her newly unveiled nonfiction account of a passenger on the last recorded slave ship to sail to America, in 1860.

Cudjo Lewis came to Hurston's attention in 1927. By then he was 86, and Hurston, who had studied anthropology at Barnard and become its first black graduate, was committed to collecting and preserving artifacts of African American culture. In 1927 and '28, she spent three



months interviewing Lewis, who'd been transported from Africa in the cargo hold of the *Clotilda*. When Hurston met him in Alabama, Lewis was the last living man known to have survived both capture in Africa and slavery in the U.S.—he was freed at the end of the Civil War. As a piece of scholarship, *Barracoön*, which features a foreword by Alice Walker, is remarkable not just for what it reveals about the Middle Passage and what followed, but also for the light it sheds on the evolution of the Hurston canon. And it entices readers to discover or revisit her entire trailblazing body of work. —GLORY EDIM



HURSTON, CARL VAN VECHTEN, COURTESY OF THE VAN VECHTEN TRUST.

# Ode to Joy

▶ A 1978 novel by a fiction master finally gets its due.



**WITHIN A SINGLE** sentence, Joy Williams can swerve from absurd humor to sublime profundity to wicked satire and back, all with miraculous economy and control. Her 2013 genre-bending, very funny *Ninety-Nine Stories of God*, for example, is equal parts joke book and holy book, a collection of

microfictions that shows Williams's unique gift for soulful discomfiture. Now her second novel, **The Changeling**, has been reissued by Tin House on the occasion of its 40th anniversary. It is a startlingly alive book, even more resonant today. Pearl, a sad, sensitive young mother, is stuck in both a bad marriage and a fairy-tale entrapment on a beautiful island. She drinks wine by the pool and observes the antics of a band of wild, adopted children. Williams elucidates, in mesmerizing detail, what bothers Pearl: the magnetism and antagonism between children and adults, between men and women, between animals and humans, between the spiritual and the material. Mothering is made elemental, but also carnal and estranged: from nightmarish breastfeeding to the fear that her child may, in fact, be a changeling. Self-effacing and often very drunk, Pearl refuses, in her passive way, to go along with what's expected of her. "Renting space here in this life," she slips between worlds, spinning captivating stories, whispering dizzy secrets, making dry asides

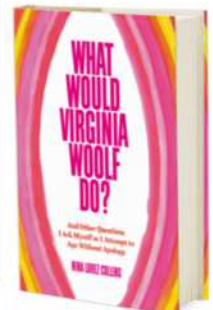


ILLUSTRATION BY Christopher Buzelli

("Children were friendly but they were decadent. And they kept changing the topics of conversation.") Finally, the novel turns mystical, reminding us that Williams writes witching fiction that, in the words of Karen Russell's deeply moving introduction, plucks "at the ragged stitch across the never-healed wound of childhood." —DANA SPIOTTA

## BEATS THE ALTERNATIVE

Is trading your Jimmy Choos for clogs about resignation or confidence? If wearing thongs once seemed sexy, can we finally admit they're a pain in the ass? In *What Would Virginia Woolf Do?*, by Nina Lorez Collins, the ignominies of aging—and its silver linings—are explored with humor and wisdom. Whether grappling with "resting bitch face" or "divorce envy," this humane how-to is as restorative as girls' night out. —LEIGH HABER



## NO EXIT

▶ The author of *The Flamethrowers* probes the plight of women behind bars.



**IT'S 2003**, and 29-year-old Romy Leslie Hall is serving two consecutive life sentences plus six years in a California correctional facility for killing her stalker. After a hardscrabble coming-of-age in 1980s San Francisco, Romy now faces a new level of suffering in a place where inmates are hog-tied and tased and, if pregnant, might be forced to give birth on the cement floor of a cell. **The Mars Room** (Scribner), the potent third novel from two-time National Book Award finalist Rachel Kushner, is an incendiary examination of flawed justice and the stacked deck of a system that entraps women who were born into poverty.

Kushner spent years visiting California prisons, even posing as a criminology student,

to gain a deeper understanding. Her real-life preoccupation has produced a fictional story with multiple narrative threads, voices, and outlooks. We're introduced to Romy's young son, Jackson, from whom she's

estranged, and to the Mars Room, the strip club where she worked to make ends meet. We also encounter Gordon, the naïve GED teacher at the prison; Doc, a crooked cop serving time; and Kurt Kennedy, the disabled veteran who was Romy's pursuer. For all the characters—and none are heroes—the question is the same: How can a person with only bad options make good decisions?

*The Mars Room* is more than a novel; it's an investigation, an exercise in empathy, an eyes-wide-open work of art. —KELLY LUCE



# 10 TITLES TO PICK UP NOW



## ONE MAN'S TRASH

Imagine Allen Ginsberg's "Howl" littered with Morgan Parker's pop cultural panache, and you'll get *Junk* (Tin House), Tommy Pico's brazen third book, a long-form breakup poem at once hilarious and harrowing. The pages brim with mischievous couplets ("You can lead a man to Beyoncé, but you can't make him think"; "I'm not judgmental I just don't like anything you do"). Here, "junk" means everything from "broken radios n hopeful cassettes" and "the sticky soda of my boy meat" to "letting go of you." Pico, who is American Indian, blends personal and political fulmination: "'Freedom' is such historical propaganda Indigenous / and black lives remind American exceptionalism that slavery, / theft, and genocide are its founding institutions." This he follows with a directive to his lover: "Buy me a donut / and take me to a museum." —MICHELLE HART

### Animals Eat Each Other

by Elle Nash

A 19-year-old RadioShack employee with a penchant for painkillers has a life-changing affair with a pair of tattooed Satanists, in this edgy, erotic fiction debut.



### Kudos

by Rachel Cusk

In the darkly stirring conclusion to the acclaimed Outline trilogy—three novels that use an oral historian's techniques to explore why we humans so often feel unseen—protagonist Faye travels to a Europe poisoned by nationalism, immersing herself in the stories of others. Through them, Cusk renders a writer's psyche with rare perspicacity.

### Last Stories

by William Trevor

A middle-aged piano teacher whose married lover returned to his wife after 16 years looks the other way when her prodigy steals from her—preferring his dishonesty to the void his absence would create. In ten elegiac tales probing the human condition, a short-story virtuoso, who passed away in 2016, bequeaths a poignant coda.



### The Seasons of My Mother

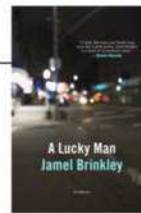
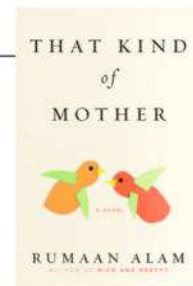
by Marcia Gay Harden

The Tony- and Academy Award-winning actress writes an ode to her mother, Beverly, an Alzheimer's patient who, despite her "evaporating" past and future, can still observe that the daffodil is "the happiest flower in the garden."

### That Kind of Mother

by Rumaan Alam

When her black nanny, Priscilla, dies during childbirth, Rebecca, a white poet, opts to adopt Priscilla's son, in the complex and absorbing second novel by the author of *Rich and Pretty*.



### A Lucky Man

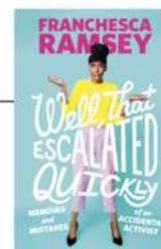
by Jamel Brinkley

With equal parts precision and poetry, these nine audacious stories step into the minefields awaiting boys of color as they approach manhood in Brooklyn and the Bronx—testing the limits of relationships, social norms, and their own definitions of masculinity.

### How to Change Your Mind

by Michael Pollan

The best-selling author of such pioneering inquiries as *The Omnivore's Dilemma* and *The Botany of Desire* here navigates the landscape of the brain on psychedelics. A work of participatory journalism that even invites readers inside Pollan's own LSD trips.



### Well, That Escalated Quickly

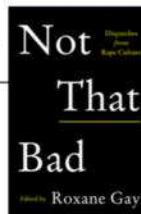
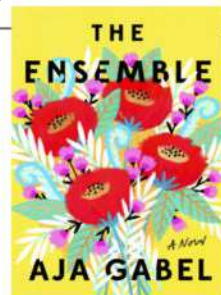
by Franchesca Ramsey

Ramsey, the "accidental activist" whose YouTube video "Shit White Girls Say...to Black Girls" went viral, offers wry advice and dishy anecdotes in this sage and salty memoir in essays.

### The Ensemble

by Aja Gabel

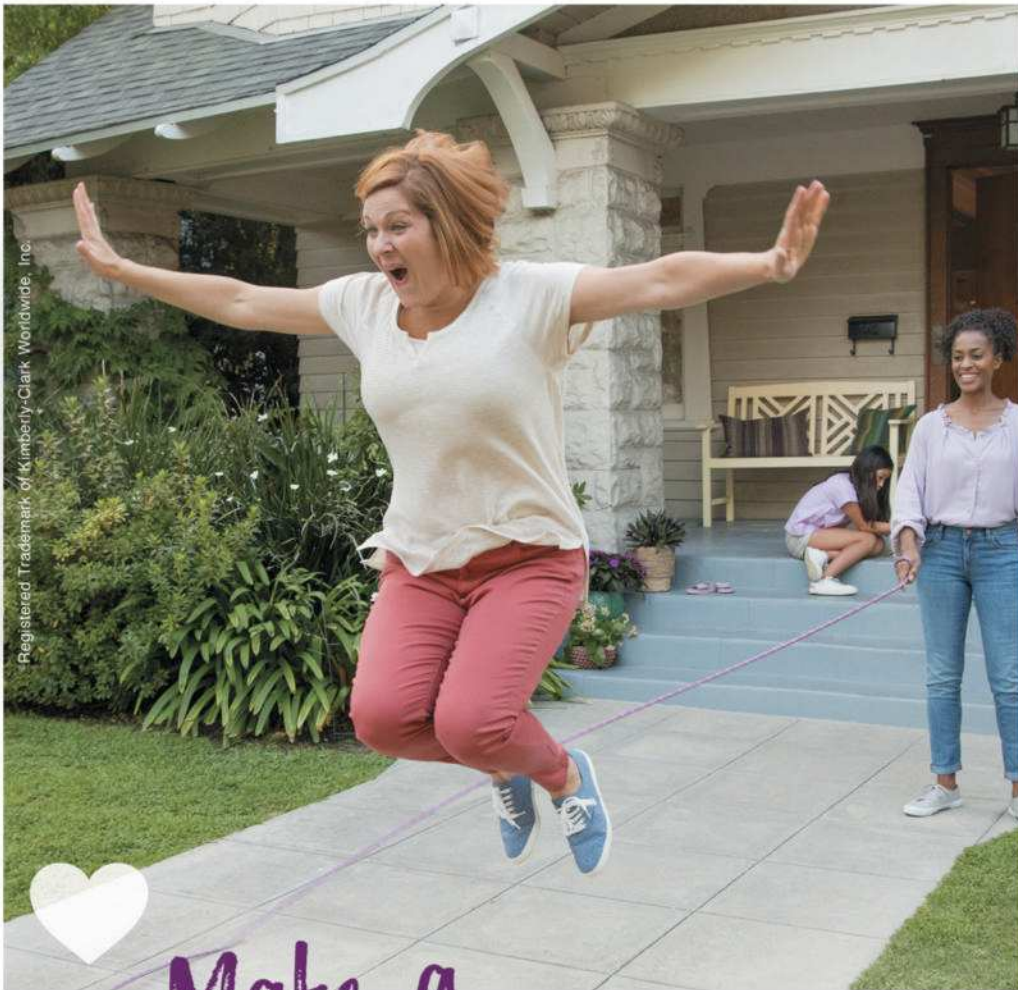
Gabel's first novel chronicles the ambition and angst preoccupying members of a struggling string quartet, used to soloing it in life and onstage, who must learn the transcendent power of harmony.



### Not That Bad: Dispatches from Rape Culture

edited by Roxane Gay

The lauded social critic and provocateur curates a diverse and unvarnished collection of personal essays reckoning with the experiences and systemic dysfunction that produced #MeToo. —H.C., L.H., M.H.



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# June 2018

Take heart, dear reader: We're about to lift your spirits with a nice, long look on **the bright side** (page 86).... If you're up for a **solo summer sojourn**, we'll help you plan an invigorating, enlightening one-woman good time (page 100).... Ever notice that most UV protection wasn't exactly designed for everyone under the sun? We sure did, so we're addressing **sunscreen's diversity problem** (page 108)....

PHOTOGRAPH BY  
*Jonathon Kambouris*

THIS MONTH'S  
BIG QUESTION

ARE YOU  
READY  
FOR SOME

GOOD  
NEWS

Illustrations by  
ADRIAN & GIDI



**IF YOU'RE FEELING LIKE THE WORLD** is tilting on its axis, like the center cannot hold, like this country is hell-bound in the proverbial handbasket, you're not alone. But is it possible that reports of our impending doom have been greatly exaggerated? Why, yes, it is! In the interest of helping you sleep better tonight, we're about to debunk a few of your most urgent worries and offer an invaluable little something you may have been missing lately: **hope.**



# “WE CAN’T POSSIBLY REMEDY CLIMATE CHANGE.”

Yes, we need to get serious about caring for Mother Earth—and quick. But let’s not overlook some very exciting developments in our planet’s prognosis:

## **ON THE HOLE**

The ozone layer is repairing itself. After scientists identified the atmosphere-obliterating effects of aerosols containing chlorofluorocarbons (CFCs) and helped institute the Montreal Protocol banning them—back in 1987, when we were all using tons of hairspray—we quit the cans and made a big impact: 1.7 million square miles big, in fact. That’s how much the hole over the Antarctic shrank between 2000 and 2015.

## **IT’S WHAT’S FOR DINNER**

While faux meat was once considered fringe, plant-based food substitutes are gaining ground—they’re now a \$3.1 billion industry (projected to swell to \$5.2 billion globally by 2020). For people who care about climate change, these proteins can’t go mainstream soon enough: Animal agriculture may account for up to 51 percent of global warming-causing greenhouse gas emissions, and it takes nearly 2,000 gallons of precious water to raise a single pound of beef.

## **GET YOUR MOTOR CHARGIN’**

Every major car company has now committed to adding an electric model to its fleet, and Volvo and Jaguar Range Rover have vowed to stop designing fossil-fuel-only cars by 2020. Meanwhile, Tesla is delivering an affordable electric vehicle (since its sleek Model S, starting at \$74,500, isn’t exactly a realistic alternative to the

family minivan). And 2018 research by the Boston Consulting Group projects that by 2030, a full 48 percent of new car sales will be electric or hybrid models.

## **UP AND ATOM**

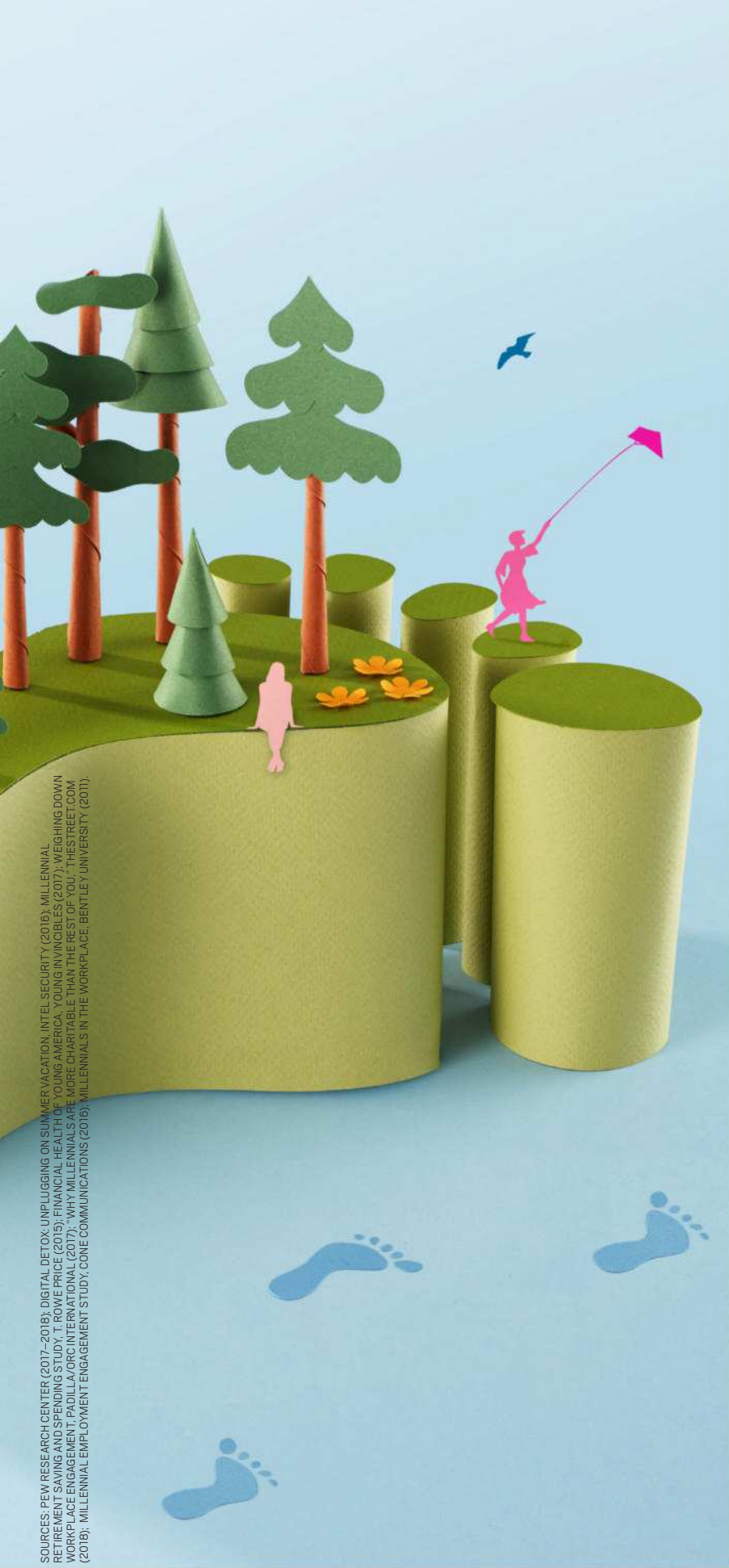
A Vancouver lab believes it’s solved the nuclear fusion puzzle. Translation: Researchers have found a way to generate energy with only helium as a by-product—instead of, say, carbon dioxide or radioactive nuclear waste. (All that’s required is a spaceshiplike apparatus the size of a double-decker bus, the inside of which gets ten times as hot as the center of the sun. No big deal.) The company pursuing the research, General Fusion, is backed by Amazon founder Jeff Bezos—and while the endeavor is still in the exploratory stage, some scientists believe it could power the grid within a decade.

## **BRANCHING OUT**

Trees are evolving to offset carbon emissions. A September 2017 study revealed that these leafy geniuses are adapting to the world’s higher concentration of carbon dioxide by using water more efficiently, which allows them to increase in size—which means they can remove more CO<sub>2</sub> from the air. Thanks, trees!







SOURCES: PEW RESEARCH CENTER (2017–2018); DIGITAL DETOX: UNPLUGGING ON SUMMER VACATION, INTEL SECURITY (2016); MILLENNIAL RETIREMENT SAVING AND SPENDING STUDY, T. ROWE PRICE (2015); FINANCIAL HEALTH OF YOUNG AMERICA, YOUNG INVINCIBLES (2017); WEIGHING DOWN WORKPLACE ENGAGEMENT, PADILLA/ORC INTERNATIONAL (2017); "WHY MILLENNIALS ARE MORE CHARITABLE THAN THE REST OF YOU," THE STREET.COM (2018); MILLENNIAL EMPLOYMENT ENGAGEMENT STUDY, CONE COMMUNICATIONS (2016); MILLENNIALS IN THE WORKPLACE, BENTLEY UNIVERSITY (2011).



## "Young people don't care about anything but Instagram likes."

We know a few youths who beg to differ. We're in awe of the movement-sparking, dialogue-advancing students of Marjory Stoneman Douglas High School in Parkland, Florida, who recently changed the conversation around what young people really care about. But the generation before theirs, the much-maligned millennials, has a lot going for them, too. Here are some facts about that group, usually defined as those born between 1980 and 1996.

### MILLENNIALS...

Are more likely than past generations to hold a bachelor's degree—40 percent of the youngest millennials do—putting them on track to be the most educated cohort in history.

**ARE THE SEGMENT OF THE POPULATION MOST LIKELY TO VISIT A PUBLIC LIBRARY.**

Are better able to disconnect from tech than Gen X—49 percent say they're willing to unplug on vacation. (Only 37 percent of those between ages 40 and 50 say the same.)

Are saving for retirement—even though they earn, on average, \$10,000 less per year (equivalent to \$19,000 when adjusted for inflation) than baby boomers did at their age and carry more student loan debt (63 percent have balances over \$10,000).

**Donate to charity more readily than any other generation.**

**CARE ABOUT CORPORATE ALTRUISM: 75 PERCENT SAY THEY WOULD TAKE A PAY CUT TO WORK FOR A RESPONSIBLE COMPANY.**

Want to help make the world a better place: 84 percent say that's more important than achieving professional success.



## "America's cities are crime-ridden cesspools."

Actually, experts—and the facts—say they've never been safer.

*"There is a disparity between how we think about crime in this country and how things really are. Our assessments are based on sources that all too often traffic in distorted information. Local news has been shown to be biased on the subject of violent crime; there's little relationship between the rate of coverage of these kinds of acts and the rate at which they in fact occur. In addition, politicians have a stake in telling a doom-and-gloom story; fearmongering as electoral strategy. But the truth is, we've seen a transformation in city life in the past 25 years. In the '90s, communities organized, took back public playgrounds and parks, cleaned up alleyways, kicked drug dealers off their blocks, and provided safe spaces for kids and services for addicts. This mass mobilization has been ignored in discussions about crime. Yet the numbers show a real shift: The National Crime Victimization Survey, which asks people whether they've been a victim of violent crime in the last six months, tells us violence fell more than 75 percent between 1993 and 2015."*

—PATRICK SHARKEY,  
NYU sociology professor and author of  
*Uneasy Peace: The Great Crime  
Decline, the Renewal of City Life, and  
the Next War on Violence*



## "SCIENCE IS UNDER ATTACK."

Yes, certain public figures may prefer to ignore inconvenient truths—despite overwhelming empirical evidence that, say, climate change is not a hoax. But lest you fear that scientific inquiry as a whole is imperiled, let these recent breakthroughs and discoveries hearten you.

### WELL-HEALED

RenovaCare's SkinGun, which scientists began testing on patients last year, can deposit stem cells onto burned skin to help it regrow faster than a skin graft. Within 90 minutes of a patient's arrival at the ER, her stem cells can be isolated and sprayed onto her damaged flesh, allowing new skin to generate within four days—without excess pain, risk of infection, or extended hospital stays.

### THE NOSE KNOWS

About 30 years ago, Joy Milne of Perth, Scotland, noticed a musky odor emanating from her husband, Les. When he was diagnosed with the degenerative neurological disease Parkinson's, which is often accompanied by tremors and speech problems, they attended a support group. There, Milne detected the same scent on members and realized she'd been smelling the disease on Les. She later mentioned it to a Parkinson's researcher, who conducted an experiment using T-shirts belonging to two groups: those with Parkinson's and those without. Milne could differentiate between the two (even identifying, in the control group, a person who was later diagnosed). Doctors are using Milne's ability to train animals to sniff out Parkinson's in its first stages, since early detection may allow for more effective treatment.

### CHAMBER OF SECRETS

The Great Pyramid of Giza, built more than 4,500 years ago as a tomb for the pharaoh Khufu, stands around 450 feet high. Beneath its facade lies a surprise: a hidden room, found last year with subatomic particles. Remember those electrons you learned about in high school chem? Muons are their beefed-up cousins, 207 times heavier and able to travel through

layers of stone. This makes them like little X-ray machines helping researchers gaze into Giza's pointiest pinnacle. The chamber may reveal how the staggering structures were built—a mystery that's persisted for millennia.

### OLD DRUG, NEW TRICK

A 102-year-old medicine appears to reduce symptoms of autism. In a 2017 study at UC San Diego, suramin, developed in 1916 to treat African sleeping sickness, resulted in appreciable improvements in five boys on the spectrum, including increased language ability. Some remain dubious, but the study's authors believe the finding could pave the way toward establishing a treatment.

### A LAND DOWN UNDER

It turns out the country of New Zealand used to be a whole lot bigger: Recent findings reveal it's just one portion of a continent now sunken beneath the Pacific. Last year samples taken from the lost landmass known as Zealandia showed the presence of shallow-water specimens and pollen, suggesting the continent was once above sea level. (The theory is that Zealandia sank when it broke from Australia and Antarctica around 80 million years ago.) These findings have implications for the study of tectonic movement and the origins of species that may have migrated across continents.

### SHINE BRIGHT

Amateur astronomers recently observed a new type of aurora—perhaps you've heard of the neon green borealis variety, a.k.a. the northern lights?—in the skies over northern Canada. They named this glorious swath of light Steve. Steve is bright purple and shoots vertically into the heavens. He's awfully pretty.







# “OLD WHITE GUYS WILL ALWAYS BE IN CHARGE.”

Not if the new crop of women and people of color running for office—in record numbers!—have anything to say about it.

## YES, SHE CAN

Emerge America, which offers training to female Democratic candidates, has seen an 87 percent increase in applicants since Election Day 2016. Fifty-two percent of Emerge America’s alumnae have run for or been appointed to office, and in 2016, 70 percent of those who ran won. Thirty-nine percent of its alumnae are women of

color. Founder Andrea Dew Steele explains why this matters: “You’ll never see policies that benefit all Americans until you change the policymakers. If you want immigration strategies that are good for immigrants, you need immigrants in office. If you want sound childcare policies, elect women with kids. And women in office are more effective. Research

shows that in the Senate, we sponsor and cosponsor more legislation and work across the aisle more. According to one analysis, from 2013 to 2014, 75 percent of the major legislation passed in the Senate was passed by women—and there were only 20 in the Senate then. Women used to say, ‘I can’t run, I have kids.’ Now they say, ‘I have kids—I have to run.’”

## COLOR US THRILLED

The 115th Congress, elected in 2016, set a new bar for diversity. Nonwhite lawmakers now make up 19 percent of Congress—and among new members of Congress, the number is 34 percent, suggesting this trend will only continue.



**Shaneka Henson,**  
ALDERWOMAN, ANNAPOLIS, MARYLAND

“I lived in this district, in subsidized housing, at 19, as a student and mother with no full-time job. My neighbors hoped to become nurses, plumbers. I managed to graduate from college, then law school, and leave—but when I’d visit, everyone was still there, their goals still unmet because of the lack of resources they faced. I started attending city council meetings to find those resources for them. There were none. So I complained for a solid year. ‘We don’t have this; we don’t have that. Where are the job training programs?’ I decided I could keep complaining or change things. I challenged the incumbent and won. My first week in office, I wrote seven amendments. Now I’m learning to pace myself.”

## TWO EMERGE AMERICA ALUMNAE EXPLAIN WHY THE BALLOT BECKONED.



**Deborah Kilgore,**  
EDMONDS SCHOOL BOARD DIRECTOR,  
DISTRICT 4, WASHINGTON

“I was at a community meeting, talking about how our district’s budget cuts disproportionately affected lower-income kids. Someone said, ‘A school board seat is opening up. Why don’t you run?’ Uh, I thought, *I’m comfortable gripping—that’s my happy place. What do I know about holding office?* But I’d been president of the parent-teacher organization. My kids are in the district. I have a PhD in education! I had to learn to say, and mean, ‘I deserve to do this.’ I tell women, ‘You’ve been doing all the work: canvassing, running phone banks, attending parent-teacher organization meetings. And you still don’t see yourself as a leader?’”



## “SCREEN TIME IS MAKING US DUMB.”

A 2014 UNESCO study noted that of the seven billion people on earth, six billion have access to a mobile phone. In far less abundant supply are books—but the ubiquity of cell phones now offers people in developing nations the chance to read digitally. Of more than 4,000 respondents surveyed in Ethiopia, Ghana, India, Kenya, Nigeria, Pakistan, and Zimbabwe, 62 percent said they are reading more, thanks to their phone.

“Russia has infiltrated the U.S.—and is going to take us down.”

The power grid. Voter databases. DNC email accounts. Our Facebook feeds. What haven't Putin's goons attacked? Yet former ambassador William Courtney, adjunct senior fellow at the RAND Corporation, and Angela Stent, director of Georgetown's Center for Eurasian, Russian, and East European Studies, aren't fretting. Here's why:

**WE'RE NO LONGER IN THE DARK.** “Who would have thought in 2014 that Russia would interfere with our election in 2016?” asks Stent. “Now we have a good idea of what happened and how—so we can prepare, make our systems safer, begin to anticipate what comes next. People in the intelligence world are already thinking one or two steps ahead.”

## THERE IS NO CENTRAL POWER GRID.

"Our utility companies are run individually, on the regional level," says Courtney. "To disrupt the entire country at once would require a huge coordination of effort, which is unlikely to happen given that each utility company maintains its own security—and all of them are making their systems more resilient."

## THE U.S. AND RUSSIA HAVE BEEN DOWN THIS ROAD BEFORE.

"We had a similar situation in the early '80s," says Courtney. "In 1979, the Soviet Union invaded Afghanistan. In 1983, they shot down a South Korean airliner. They engaged in misinformation attacks here. We didn't escape a crisis period until Gorbachev came to power in 1985, when Reagan began negotiating arms control treaties. It took a decade after Afghanistan for the Berlin Wall to fall. So if one were looking for hope, it shouldn't be in the short term. We hunkered down and improved things then and can do so again."

## WE'RE JUST AS BAD—BUT THERE'S A WAY TO BE BETTER.

"Russian interference doesn't keep me up at night because I'm not surprised by it," says Stent. "We've done similar things to them—piped shortwave radio broadcasts into the Soviet Union to tell their people a different version of the news—and of course in other countries we supported anti-communist forces. We're just not used to anyone doing things to us on this scale. What does keep me up at night is knowing that our country is so divided. That makes us vulnerable. We need stronger defenses, yes. But they'll work a lot better if we aren't so polarized."



## AND HERE'S SOME HOPEFUL NEWS ABOUT THAT OTHER WORRISOME COUNTRY, NORTH KOREA!

HEAR "NORTH KOREA," and you might picture a deranged leader or a preposterously pompous military parade. But how often do you consider the country's 25 million residents? North Koreans can't question their government without risking imprisonment or move around the country without permission. They face food shortages and abysmal healthcare, and have little access to news of the world. And every year, many North Koreans risk their lives to escape to China. But the Chinese government often forcibly repatriates these refugees, despite knowing they may be persecuted or tortured. Enter the Long Beach, California-based nonprofit Liberty in North Korea (LiNK), a modern-day Underground Railroad, which has organized a vetted network of individuals and escape routes to help refugees make the 3,000-mile journey—by boat, by bus, or on foot—from the Chinese border to safety in Southeast Asia. So far, 775 people have been helped into new homes in South Korea or the U.S. "For many of them, it's like getting in a time machine and going forward 50 years," says Hannah Song, LiNK's president. "Most have never owned a cell phone or a computer. Resettlement can be taxing in so many ways," from dealing with family separation to learning to use an ATM. Which is why LiNK continues to work with refugees once they're situated, offering everything from over-the-phone document translations to emergency financial assistance. "Our goal is to help North Koreans adapt and become self-sufficient," Song says. The news may continue to focus on the whims of a despot, but these people—willing to risk their lives for freedom—deserve to be more than a footnote to the story. —LAURA KINIRY



## "Every day it's nothing but more bad news."

Actually, we were quite delighted by these recent real-life stories:

### NEWFOUNDLAND SNOWMOBILERS RESCUE MOOSE BURIED IN NECK-DEEP SNOW

*"We knew the moose was stuck really good," says Canadian hero*

## Berlin Students Turn Swastika Graffiti into Clever Street Art

*Transformed images include square-torsoed owl, unsolved Rubik's cube, guy doing "Walk Like an Egyptian" dance*

## Students Make One-Legged Duck a Prosthesis with 3-D Printer

*Bird, who'd lost foot to turtle bite, waddles excitedly*

## COW ESCAPES SLAUGHTERHOUSE BY SMASHING GATE AND SWIMMING TO NEARBY ISLAND

*Owner, a Mr. Lukasz, grants bovine clemency, resignedly begins bringing food to island*

## BEST FRIENDS FOR 60 YEARS LEARN THEY'RE BROTHERS

*"I don't know how long it's going to take for me to get over this feeling," says tearful, elated younger sibling*

## Alabama Girl Gives Bereaved Teacher Her Ice Cream Money

*"I know it was real expensive when my daddy died," girl says, "and I don't really want ice cream today anyways"*

## JUDGE EXCUSES MAN, 54, FROM JURY DUTY AFTER MAN REVEALS HE'S IN LOVE FOR FIRST TIME

*Would have missed weekend trip with special lady; "Go with my blessing," judge says*

## GYM CHAIN BANS CABLE NEWS NETWORKS

*Says constant attention to squawking pundits not conducive to "healthy way of life"*

# HOW DO YOU STAY OPTIMISTIC?

**OPRAH ASKS STEPHEN COLBERT, JORDAN PEELE, AND SALMA HAYEK WHAT KEEPS THEM LOOKING UP.**

Not long ago, I got to spend time with three extraordinary thinkers: Stephen Colbert, one of our wisest (and most wisecracking) political minds; Salma Hayek, brilliant actress and activist; and Jordan Peele, the director who, with last year's *Get Out*, gave us the film we didn't know we needed. I wanted to hear what gives each of them hope. Their surprising answers helped me remember something essential: What is good will prevail.



## Take the *Really* Long View

**STEPHEN COLBERT**

**OPRAH:** A lot of people are calling this the Age of Fear. How do you counteract that? Does your Catholic faith sustain you?

**STEPHEN:** Well, my mother used to say that during hardships in your life, try to look at that moment in the light of eternity—to see it the way God might. Instead of focusing on the past or the future, we can try to see the present moment—good or bad—with humility, acceptance, and love.

**OPRAH:** I know your favorite Bible verse is from Matthew, the “don’t worry” one.

**STEPHEN:** “So I say to you, do not worry, for who among you by worrying could change a hair on his head, or add a cubit to the span of his life?” And as my father used to say, “Sufficient unto the day is the evil thereof. Tomorrow will worry about itself.” On the day that verse first spoke to me, I was a young man walking down the street in Chicago. It was a very, very cold day, and there were Gideons giving out Bibles. They were handing out the New

Testament, Proverbs, and Psalms. It was so cold that I had to crack mine over my knee because it had kind of frozen. And it opened to that passage, and it changed my life. Because at that point I had lost my faith. I was wracked with anxiety. And it was the first time I had read the Bible—or read anything—and understood the phrase “It spoke to me.” Because I wasn’t reading. It just spoke off the page. The words of Christ are that for me. They speak off the page. It’s like he’s talking directly to us now.

**OPRAH:** Wow.

**STEPHEN:** Talking to us directly with a harrowing challenge, which is to love your neighbor as yourself. Love your enemies.

**OPRAH:** That’s the one. So, in the privacy of your own heart, are you more afraid for this country right now? Or more hopeful?

**STEPHEN:** I’m always hopeful for this country. This was a great country in the heart of the Depression, it was a great country when we were torn apart by the Civil War—





## When You're Scared as Hell, Laugh

JORDAN PEELE

**OPRAH:** And civil rights.

**STEPHEN:** And civil rights. It's a great country because it's based on an idea—another harrowing challenge—that we imperfectly embody, which is that all men are created equal, with equal access to justice and prosperity. As long as that idea does not disappear—even though there will be good presidents and bad presidents, good Congresses and bad Congresses—America will always be the last, best hope of mankind.

**OPRAH:** I love that.

**STEPHEN:** Every bit of darkness is only for now. The light always wins.

**OPRAH:** Why did you decide to tell a horror story with *Get Out*?

**JORDAN:** I've always loved the way horror movies give us a chance to address our fears, which aren't going to go away just because we don't deal with them. The safest way to experience the things we're afraid of is to go to a theater and sit with a group of people and go on the ride together. We make personal progress by not turning our backs on our own fear.

**OPRAH:** But you believe in the power of comedy, too.

**JORDAN:** Yes, comedy is my first love.

**OPRAH:** So what role does humor play in staying hopeful during difficult times?

**JORDAN:** Laughter is a truly mysterious human need and impulse. I believe it's both a psychological defense mechanism and a catalyst for progress. It allows release and reflection. It's a way of collectively dealing with the absurdity of life and death. If we didn't have it, we'd all be too trapped in existential crisis to function as individuals or a society.

**OPRAH:** Do you see a hopeful future ahead?

**JORDAN:** I do. At this country's core, there's an acknowledgment that America is and always will be a work in progress. I find moments of hope in that fact.

## Trust in Our Power to Change

SALMA HAYEK

**OPRAH:** So much good has happened since you and so many other women spoke up about your experiences of sexual harassment. Do you think that movement put us on a path to a brighter future?

**SALMA:** Yes. What gives me hope is girls and women. The ripple effect of women coming out and talking and being heard—it's given the younger generation the courage to use their voice.

**OPRAH:** What about the men? What can men do?

**SALMA:** I'm excited for men.

**OPRAH:** Because?

**SALMA:** Because I think it's the beginning of their curiosity to maybe figure out who we are. And it gives me hope because if you respect women, it's the beginning of respecting life itself. And once you start respecting life itself, you're less violent. Your decisions are not so egotistical. You touch your humanity. Now it is a possibility for men and women to look at life in a completely new way. And to try to look for different solutions to problems instead of repeating the bad solutions.

**OPRAH:** We can't change what's already happened, but we can change how we respond to it.

**SALMA:** Yes. We are now conscious of a problem that we'd been looking away from. And to me that's what's important. Let's move on; let's go. What is the next thing? Let's make the next thing beautiful. How do we make it beautiful and better—this life, this chance, this change?





WHERE  
ARE  
YOU  
GOING?





**NANA AMOAKO-ANIN**, yoga teacher

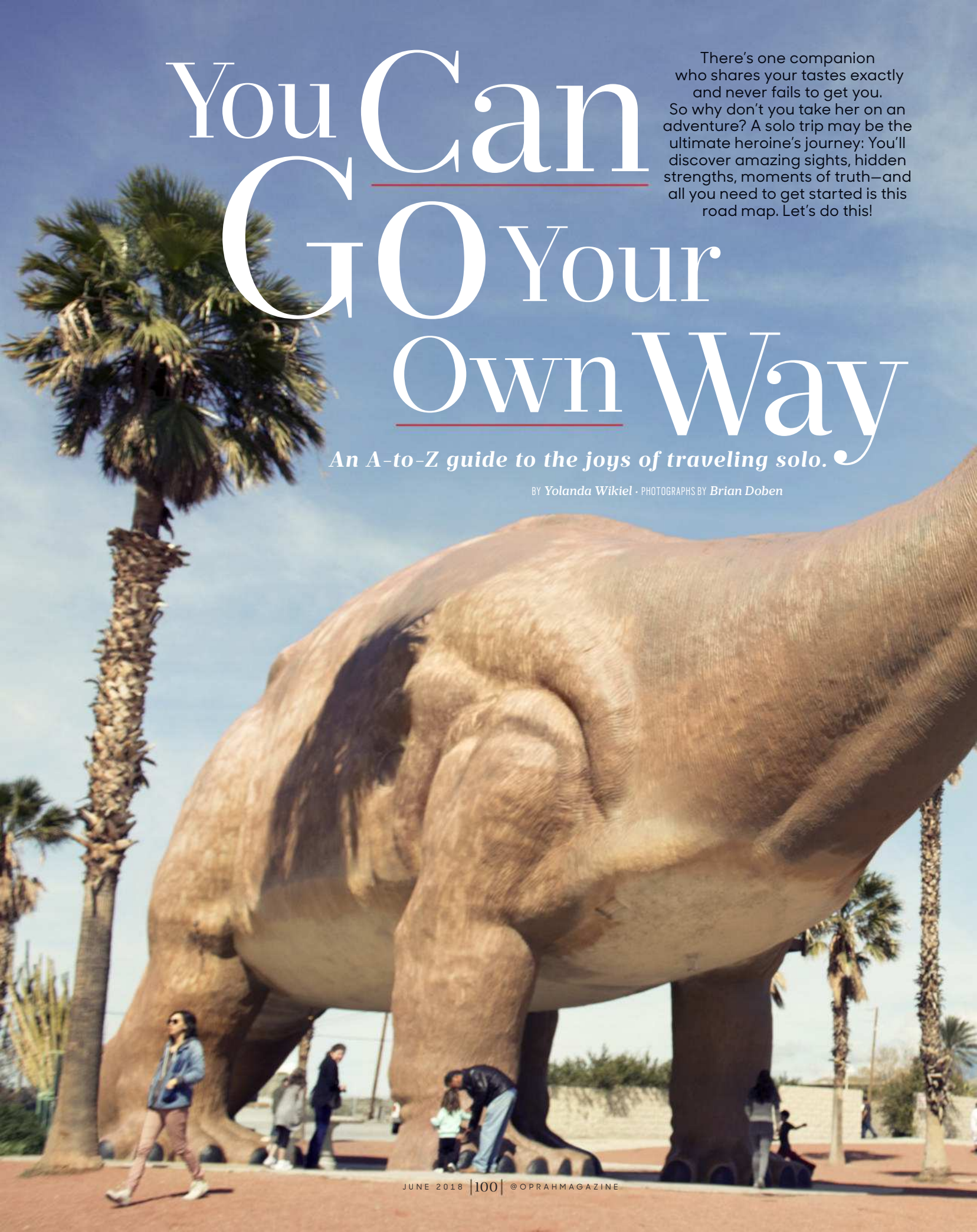
## Finding Balance

MY PARENTS WORKED for the World Bank and the UN; we lived for four years in Zambia and spent summers in Ghana. When I was in middle school, we headed back to the States, where I went to college and law school. After working as a prosecutor, I got a job on Wall Street, putting in 100-hour weeks, going in on Sundays—I had two Blackberries. Soon I developed the stress-related issues that many “successful” young professionals have: insomnia, anxiety, nightmares. Yoga was the only thing that kept me sane.

My husband and I wanted a radical change, so in 2013, we relocated with our daughter to Ghana, where I opened my own yoga studio, Bliss Yoga Accra. A couple of years in, a friend asked me to teach a class to kids from the Touch a Life (TAL) foundation, which helps children who’ve been trafficked. Ghana’s Volta Lake is surrounded by fishing towns, where thousands of kids, some just 5 years old, are sold by

their parents or guardians for as little as \$10. Traffickers like small hands because they’re better for untangling nets. One boy said he’d been taken so young, he didn’t know he’d been trafficked. He slept under a table, ate the same scraps as the dogs, and thought his abductors were his family.

At that initial yoga class, the kids were so joyful and free, smiling and laughing. Watching them, I felt totally emotionally overwhelmed, and I couldn’t help but get more involved—I’m now TAL’s Ghana executive director. Since 2006, TAL has rescued more than 100 Ghanaian children, and I’ve worked with many of them. The kids have been abandoned by their families—handed over to the universe, in a way. But we don’t spend the days mourning; there’s so much positive energy here. They’ve gone somewhere terrible and been brought back to a place that’s pure and good.



# You Can GO Your Own Way

*An A-to-Z guide to the joys of traveling solo.*

BY Yolanda Wikel · PHOTOGRAPHS BY Brian Doben

There's one companion who shares your tastes exactly and never fails to get you. So why don't you take her on an adventure? A solo trip may be the ultimate heroine's journey: You'll discover amazing sights, hidden strengths, moments of truth—and all you need to get started is this road map. Let's do this!





## AGENDA

**AS IN, YOURS** is the only one that counts! You can do whatever you want whenever you want. No one will snipe about the price of front-row theater tickets or judge you for sleeping till noon. Does monument-hopping bore you senseless? Skip it—spend the afternoon indulging your crazy fascination with foreign drugstores instead.

## B

## BAGGAGE

**BEFORE YOU PACK** your buckwheat pillow, essential oils collection, and three bathrobes of varying thicknesses, keep this in mind: “You’ll be the one hauling your own suitcase, hoisting it into overhead compartments, and dragging it up and down stairs,” warns Janice Waugh, publisher of the website *Solo Traveler*. Lighten up! You want to come home with fond memories, not a hiatal hernia.

## C

### CHANCE

**SO WHAT IF** you can’t afford a bucket-list safari? Make it a *real* adventure with search engines Skyscanner.com or Fareness.com: Leave the destination open and you’ll see the cheapest airfares from your location. “I’ve explored unique places I’d never have considered,” says Gloria Atanmo, creator of *The Blog Abroad*, “all because the ticket cost \$50.”

## D

### DINING ALONE

**SITTING BY YOURSELF** in a restaurant doesn’t have to feel like starring in your own one-woman show, *Friendless Loser*. It’s actually a great way to meet people, says Atanmo: Chat with your neighbors at the bar, or ask your waiter what to see and do. If you feel awkward occupying a candlelit table at *Chez Snooty*, try lunch instead, says Waugh; she also recommends places with communal tables or *VoulezVousDiner.com*, which offers dinner in the homes of locals around the world.

## E

### ECONOMY

**TO TAKE THE** sting out of lodging costs, finance expert Andrea Woroch recommends *RoomerTravel.com*, where you’ll find accommodations booked by people who have prepaid but now want to cancel (think *StubHub* for hotel rooms). Can you be ready to go within the next week? Check out the deeply discounted rooms on the app *HotelTonight* (in some cities, you can book up to 100 days in advance). And you may want to reconsider any hostility toward hostels, some of which have private rooms: “I’m 60 and still use them,” says Waugh. “I’ve had fantastic conversations with the millennials I’ve met. We give each other fresh perspectives.”



## FLEA MARKETS

**WANDERING THROUGH** those ephemera-stuffed booths gives you the opportunity to play archaeologist, sociologist, reporter, and connoisseur. Try on a bunch of Instagrammable feathered hats. Imagine the lives of people in sepia photos. Eavesdrop on the couple fighting about area rugs. Ask a vendor to tell you the story behind that creepy-eyed bisque-head doll. Get a bargain on a beautiful or bizarre *objet* to bring home, so you can remember this day forever.

## G

### GROUP TRAVEL

**DOES THE IDEA** of total solitude instill *DEFCON 1* panic? Consider a group tour: The companies *G Adventures* and *Intrepid Travel* organize excursions all over the world in small groups (usually ten or less), with a mix of planned activities and free time for roaming. This year *Intrepid* launched six solo-only tours, including jaunts in India, Morocco, and Peru. Instead of tacking on the “single supplement fee,” a penalty many tours and resorts charge when only one person is occupying a room, *G Adventures* and *Intrepid* will match you with a fellow traveler of the same gender (you can also opt for your own room at an additional cost).

## H

### HOUSE-SITTING

**SOMEWHERE IN** Oaxaca, there’s a *casa bonita* that’s yours for the taking—all you have to do is water the ficus. “I’ve house-sat in a dozen countries,” says *Nora Dunn*, whose experiences inspired her blog, *The Professional Hobo*. “The places ranged from simple to posh. I once spent three months in the Caribbean on boats! Many sites that offer these gigs charge a membership fee, but a few nights’ free accommodation justifies the cost.” For house-sitting and home swaps, search *GuestToGuest* (free) or *HomeExchange* (\$150 per year); pet-sitters can check out *TrustedHousesitters* (\$119 per year).



## ICE CREAM

**GELATO IN** Florence, mochi confections in Tokyo, *Ben & Jerry’s* at the factory in Waterbury, Vermont—everywhere you go, there’s a cold, delicious local treat just waiting for you to taste it.



# J

## JOURNAL

**WITHOUT THE** distraction of chitchat, you're free to be absorbed in your surroundings. Jot the details in a notebook—it'll come in handy one day when you write your memoir.

# K

## KINSHIP

**"TRAVELERS ARE** a friendly bunch," says Oneika Raymond, Travel Channel host and author of the blog Oneika the Traveler. "On my first solo trip to Mexico, I met two sisters and we explored the city together. Traveling alone doesn't mean *being* alone." Atanmo adds, "In 60 countries, almost everyone I've met has welcomed me. I always learn a few words in the local language, like *good morning*. And a smile is universally understood."



## LEARNING

**ONE WAY TO** guarantee you'll come back a changed woman: Gain new knowledge or skills. The nonprofit organization Road Scholar offers 5,500 learning vacations in more than 150 countries and every state, whether you want to take photos in Cuba or throw pots in the Blue Ridge Mountains. If you're curious about your family's history, Go Ahead tours has teamed up with Ancestry.com to offer genealogy trips in Italy, Germany, and Ireland, with more destinations to come. Or do your own independent study—antebellum architecture in Savannah or modern art in Minneapolis.

# M

## MEET-UPS

**SHOULD YOU GET** lonely, the free app Tourlina can connect you with a network of 40,000 female travelers, all individually vetted. Raymond also recommends Meetup.com for group activities tailored to your interests—hiking, wine tasting—and Nomadness Travel Tribe, an online community of 19,000 globetrotters of color, most of them women. "I met up with someone from Nomadness in Brussels," says Raymond, "and we had a lovely day just wandering the streets."

# N

## NATIVE TOUR GUIDES

**YOU CAN WORK** your way through every "best of" list on the internet, but there's still no better way to get to know a place than having a beer with a local. Through Global Greeter Network, you can find volunteer guides eager to show you around their hometowns, from Houston to Hanoi.



## OUTDOORS

**IF PART OF YOU** longs to run with the wolves but another part has nightmares about running from the wolves, a group wilderness tour offers safety in numbers. Last year REI Adventures launched 19 women-only trips organized by activity level, from placid paddling through Baja to scaling the icy face of Mount Shasta.



LOCATION: PINK'S HOT DOGS, HOLLYWOOD





**P** **PHOTO OPS**  
**FOR SELFIES** as incredible as your exploits, Kristin Francis, founder of the blog *Souvenir Finder*, suggests the Camkix Bluetooth Camera Shutter Remote Control (\$9, works with a number of phones) and a small, lightweight tripod like the Joby GripTight One GP stand (\$35, has flexible legs that can wrap around trees or street signs so you can stage your own shoot).

**Q**

**QUIRK**

**EVEN IF YOU** have the budget for only a day trip, you can still find exotic sights: Go to Atlas Obscura ([atlasobscura.com](http://atlasobscura.com)) and type in your city to discover hidden gems. A search of Atlanta turned up a Noguchi-designed playground, Trader Vic's tiki bar, the "secret gardens" at the Cator Woolford Gardens outside the city, and the shop *Junkman's Daughter*, where you can admire intricate murals, browse through vintage items, and adopt a kitten.

**R**

**REST**

**DO YOU SLEEP** more soundly alone? Set the thermostat to suit yourself, take up both sides of the bed, hog all the pillows, rejoice!

**S**

**SELF-RELIANCE**

**WHEN IT'S UP** to you to read the map, decipher the train schedule, and remember the Portuguese word for ladies' room, you learn how capable you are. "That sense of strength and confidence stays with you," says Waugh. If you do run into trouble finding your hotel or getting a taxi, don't be shy about asking for help, she adds. "It's safer to choose someone rather than looking vulnerable and letting them choose you."

**T**

**TECH TRICK**

**CHILL OUT** your nervous loved ones by giving them easy access to your itinerary with Google Docs. "You can make changes as you go," Raymond says, "so everyone stays updated."

**U**

**UNPREDICTABILITY**

**IN TRAVEL**, as in life, things don't always go according to plan—and those will be the most memorable moments. "The best stories aren't about standing in line at the Louvre," says Jen O'Neal, president of *Tripping.com*, a search site for vacation rentals. "One night in Costa Rica the power went out, but I found a bar where it seemed the entire town was packed inside, dancing by candlelight. It was the highlight of the trip."



**VOLUNTEER**

**HELP A HANDSOME** Hungarian hone his English. Pick raspberries in Australia. Welcome hostel guests in Ireland. If you're willing to lend a hand, you can find a free or cheap place to lay your head: Check out *Workaway* (\$36 for yearly membership) or *World Wide Opportunities on Organic Farms* (membership fee varies by country).

**W**

**WALKING**

**BOTH TAKING** walks and taking trips can supposedly help boost creative thinking—so whether you want to plot the Great American Novel or work through a thorny personal problem, here's your chance: Just put on a pair of comfortable shoes and let your feet and your thoughts roam free. As Rebecca Solnit wrote in *Wanderlust*, "Exploring the world is one of the best ways of exploring the mind, and walking travels both terrains."

**X**

**XENODOCHEÍO**

**THAT'S GREEK** for *hotel*—but cozying up with a room service menu and a TV remote means bliss in any language.

**Y**

**YOLO**

**"AS I LOOK** back on my life, the days I treasure most are the ones I spent at home eating crackers and reading gossip blogs," said no one ever.

**ZEN**

**TAKING IN NEW** sights and sounds sharpens our senses; we feel more alive in the present moment. Bringing that awareness back to our daily lives can make any ordinary day feel like an adventure. And when we're comfortable with ourselves, we feel more at home wherever we go. "Travel doesn't necessarily change you—it just reveals who you already are," says Atanmo. "For me, it's meant coming to terms with my introversion and lack of patience! But accepting your truths is liberating. That kind of growth is the greatest journey of all."







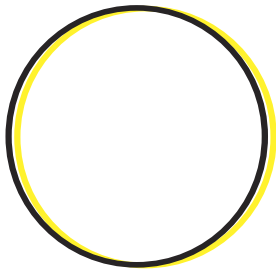
SAVE  
OUR  
SKIN

# (S.O.S.)

Despite widespread warnings of the dangers of UV exposure, sunscreen is struggling with a major diversity problem. Only 15 percent of black women wear it regularly—even though they're approximately two and a half times more likely to be diagnosed with advanced skin cancer. Fortunately, some passionate dermatologists, advocates, and product makers are working to change that, and give women of color the protection they deserve. Watch as the sun rises on a new day of skincare activism.

BY  
DEBORAH DOUGLAS

PHOTOGRAPHS BY  
PETER ROSA



**ON THE SATURDAY** before Labor Day 2015, 44-year-old Tanya Haman was feeling lethargic, with a headache she couldn't seem to shake. When the divorced single mom checked in to an urgent care clinic near her tiny hometown of Townsend, Delaware, doctors gave her a routine exam, then told her she had a viral infection that simply needed to run its course. She was advised to go home, rest, and drink plenty of fluids.

On Tuesday, Haman got into her Honda and tried to force herself to go to work, but she couldn't even make it out of the driveway. The gearshift wouldn't go into reverse. Assuming there was a problem with the car, she called to her mother, who was inside the house, for help. "Mom came out, and the car was fine," says Haman's older sister, Tereska James, now 48. "My sister was not. She couldn't shift the gears because she'd lost all feeling in her right side."

Haman's mom rushed her to the ER, where doctors ran a number of tests that ultimately revealed the devastating news: Haman was in the final stage of melanoma, the deadliest form of skin cancer. The disease had spread to her brain, meaning the doting mother of an 8-year-old boy who loved *Scandal* and Red Lobster wouldn't have long to live—three to six months, possibly less. After hearing the diagnosis, James couldn't stop thinking, *But black people don't get skin cancer.*

In fact, black and brown people can and *do* get all types of skin cancer—not only melanoma but also the more common squamous and basal cell carcinomas—and though they're less susceptible than white people, they're significantly more likely to die from it. About two months after her diagnosis, Haman fell unconscious during a family cruise to the Caribbean to celebrate her son's birthday; eight days later, she died.

Haman is part of an alarming trend: The five-year survival rate for African Americans with melanoma is 74 percent, compared



**MELANOMA IS  
THE SECOND-MOST  
COMMON FORM  
OF CANCER IN FEMALES  
AGES 15 TO 29,  
AND IS INCREASING  
FASTER THAN  
IN MEN THE SAME AGE.**

65

Percentage of African American women who said they've never used sunscreen, according to a study in the *American Journal of Preventive Medicine*.

9,500

Number of people in the U.S. diagnosed with skin cancer every day.

—American Academy of Dermatology

with 93 percent for whites. Scientists can't definitively say why this gap exists, but some studies offer a clue: Like Haman, many people of color may not be aware they're in danger until it's too late. According to a 2016 database review of nearly 97,000 melanoma patients published in the *Journal of the American Academy of Dermatology*, nearly half of black and a third of Hispanic patients are diagnosed in late stages, while just 24 percent of white patients are. "When caught later, melanoma is far more difficult to successfully treat," says study coauthor Jeremy Bordeaux, MD, an associate professor of dermatology at Case Western Reserve School of Medicine and director of the melanoma program at University Hospitals Cleveland Medical Center.

One possible explanation for these late-stage diagnoses is that black people are disproportionately more likely to get melanomas in inconspicuous places like the palms, the soles of the feet, and under the nails, a form of the disease called acral lentiginous melanoma that may be related to genetic mutations unique to people of color. Spots or lesions could be easily overlooked, and because these areas aren't typically exposed to the sun, healthcare providers who detect an irregularity might not initially think of skin cancer. "Right now it's unclear whether melanoma is more deadly in people of color because there's a biological difference, or if African Americans are getting different or less timely treatment than other patients," Bordeaux says. "More research needs to be conducted so patients and doctors can be better educated on the risks and signs."

Another contributing factor is that women of color may assume dark skin is a form of natural SPF, so they're less likely to have regular screenings or wear sun protection. Only 15 percent of blacks and 36 percent of Hispanics frequently use sunscreen on their face, according to a study in the *Journal of the American Academy of Dermatology*. It's true that melanin, a pigment found in higher concentrations in dark skin, does offer some protection—but not nearly enough, says Miami dermatologist Heather Woolery-Lloyd, MD, director of ethnic skincare at the University of Miami's Department of Dermatology and Cutaneous Surgery, who sees a diversity of women in her practice. "Studies suggest

# 20

Percentage increase of melanoma cases among Hispanics in the past two decades.

that black skin may have a built-in SPF of up to around 10. The American Academy of Dermatology recommends everyone wear a sunscreen with an SPF of at least 30 daily. Skin color alone won't cut it."

It doesn't exactly help that most sunscreen ads and mainstream messages about skin cancer protection feature Caucasians, according to Neelam Vashi, MD, director of the Boston University Center for Ethnic Skin, who conducts research on what motivates people of color to use SPF. "Representation matters," she says. "If consumers don't see themselves reflected, it's harder to get them to change their behavior." In her most recent study, conducted primarily with Hispanic subjects, Vashi found that printouts about skin cancer that included photos of patients who looked like them were much more effective at prompting sunscreen use than spoken warnings. But, she stresses, experts need to figure out why, after saying they'll use sunscreen, many people of color still don't.

Yet another big reason why black and Hispanic women may not be using SPF regularly? Plenty of darker-skinned consumers have traditionally found sunscreen shopping to be an exercise in frustration. Mineral versions containing zinc oxide or titanium dioxide, which many dermatologists consider the gold standard in sun protection, can go on thick and white, leaving behind an ashy cast—and no one wants that.

"These products clearly weren't created with black women in mind," says Nigerian-born Chinelo Chidozie, who cofounded Bolden, a skincare line developed specifically for people of color, with her sister-in-law, Ndidi Obidoa. They launched their brand in 2012 after a trip to Florida, where the only sunscreen they could find left them with a look Obidoa describes as Casper the Friendly Ghost. "The best sun protection is the kind you use regularly, but if you don't like a product, you're not going to put it on your skin," Chidozie says. Sunscreens that rely on chemical filters like avobenzone and oxybenzone fare better, but their sometimes-greasy feel can be a huge turnoff for women of all skin tones. "We try to make it easy to fall in love with our product. It contains chemical filters, but it's also moisturizing without leaving your face shiny or sticky."

The cosmetics industry's recent advances with innovative textures—tinted creams, clear SPF sticks, nongreasy whipped and gel formulas—could be game changers ushering in a new generation of sunscreens (see "Screen Stars," right, for some of our picks). Inspired by consumer feedback, the sunscreen brand Supergoop! recently introduced a completely transparent solid SPF. "We ended up changing manufacturing plants three times so we could create a clear, oil-based solid to address customers' issues and make the product more convenient and easy to reapply," says founder Holly Thaggard.

Mainstream brands are also offering novel formulas that are friendlier to dark skin. Drugstore mainstays like Neutrogena and Olay have come out with fast-absorbing SPF moisturizers in newer lightweight textures. Shiseido, a department store brand, has reformulated its liquid sun care to have an invisible dry-down and launched a new clear UV protection stick.

## SCREEN STARS

Skincare companies big and small are starting to get the message: **Brown women need better sunscreens.** These are a few of our new favorites, tested by O staffers.



**1 |** Totally transparent, **Shiseido Clear Stick UV Protector WetForce SPF 50+** (\$28; shiseido.com) "goes on smoothly without being so thin that I feel unprotected," says our tester. It's perfect for touch-ups on the nose, forehead, and cheekbones.



**2 |** Thanks to its foamy texture, **Bare Republic Mineral Whipped Mousse SPF 30** (\$17; ulta.com), a formula with titanium dioxide and zinc oxide, is undetectable. "I didn't notice a trace of white residue," raves our tester. Sheer genius!



**3 |** **Supergoop! Glow Stick Sunscreen SPF 50** (\$25; sephora.com) is another see-through solid (notice a theme?). This one is formulated with Amazonian oils to nourish skin, but leaves no greasiness in its wake. Says our tester, "It gave me a little glow, which I loved, and didn't feel heavy under my makeup."

Turn for more innovative sunscreens.

**THE AMERICAN CANCER SOCIETY ESTIMATES THAT 91,270 NEW CASES OF MELANOMA WILL BE DIAGNOSED IN THE U.S. IN 2018.**

HAIR: EUGENE SMITH FOR AT SERGE NORMANT AT JOHN FRIEDA, MAKEUP: HECTOR SIMANCAS FOR DIOR BEAUTY, MANICURE: ANA MARIA USING DERELICT, BODY ARTIST: JENAI CHIN FOR JENAI CHIN.COM



Swimsuit, Fortnight Swim.  
Opposite page: Bracelets (from  
top), The Brave Collection and  
Vrai & Oro. Page 108: Swimsuit,  
Onia. For details see Shop Guide.



◀ **LAST SUMMER** the skincare brand La Roche-Posay introduced a revolutionary way to track sun exposure: a wearable sensor called My UV Patch (left) that connects to a phone app. Now the technology has improved with UV Sense (right). Small enough to be worn on a fingernail, the battery-free sensor is activated by UV rays and tells you when to be extra mindful.



**4** | Infused with antioxidants to help skin appear more youthful, **Bolden Brightening Moisturizer SPF 30** (\$28; boldenusa.com) also offers broad-spectrum protection. Our tester's verdict: "I'm obsessed with how lightweight it is. It's almost like a serum."

It's a start, says Woolery-Lloyd. After talking with hundreds of women while developing Specific Beauty, a skincare line for multiethnic women, she realized that women of color are grateful when they feel they're being paid attention to in a genuine way. "This population has huge unmet needs," she says, "and can't be a side thought anymore. It's too important; we're talking about people's lives here."

Fortunately, Woolery-Lloyd and other dermatologists we spoke with are beginning to observe an attitude shift within their diverse patient populations, possibly because of increasing product options. "The question I always start off asking a first-time patient is, 'Do you wear sunscreen?'" says dermatologist Elizabeth Hale, MD, senior vice president of the Skin Cancer Foundation. "In the past, about 90 percent of my darker-skinned patients would say no." Today she estimates that more than half of her new patients use a daily moisturizer that has SPF, with younger women the most likely to do so.



**5** | **Specific Beauty Active Radiance Day Moisture SPF 30** (\$40; specificbeauty.com) was created by a black dermatologist. "It has a great feel and didn't leave me chalky. I'd use it on my son, too," says our tester.

James, too, is doing her part to make sure the trend continues. Losing her sister, and the questions left behind, inspired her to start the Brown Skin Too Foundation, which promotes melanoma awareness among people of color. The Delaware-based organization partners with a local skin clinic and hosts wellness events at churches and beaches, offering mole checks and advising on proper sunscreen use. With plans to take these programs to Maryland, New Jersey, Pennsylvania, and eventually nationwide over the next few years, James feels obligated to show that skin cancer doesn't discriminate. "My goal is to fill this education and awareness gap so that no mother, sister, daughter, family member, or friend has to experience this kind of loss," she says. "There needs to be more awareness within the medical community, in particular among primary care physicians, so they treat skin of color with as much time and attention as they do other higher-risk skin. Melanoma is preventable and, when caught early, treatable. No one should die from this."



**6** | Texture is everything with **Neutrogena Hydro Boost Water Gel Lotion Sunscreen SPF 30** (\$12; drugstores), a thin gel that absorbs almost instantly. "I love the cooling sensation when it touches your skin," our tester says. "It disappears the minute you put it on."



## GET SKIN-SMART

All women can reduce their risk of skin cancer—the most diagnosed cancer in the U.S.—by practicing some commonsense strategies.

- Apply one ounce of an SPF 30 or higher sunscreen (enough to fill a shot glass, or a golf ball-size amount) to all exposed areas of the skin 15 to 30 minutes before going outside.
- Reapply sunscreen every two hours or immediately after swimming or heavily sweating (post-run, for instance).
- Do a skin self-exam every month, paying attention to moles with any of the ABCDE characteristics: Asymmetry, irregular Border, varied Color, Diameter longer than six millimeters, or spots that appear to be Evolving.
- See a dermatologist once a year for a full-body examination. Uninsured? Visit [aad.org](http://aad.org) for a list of free SPOTme skin cancer screenings in your state.
- Women of color should watch out for sores that won't heal; patches of rough and dry skin; dark lines underneath or around a fingernail or a toenail; and spots on the hands, soles of the feet, lower legs, groin, buttocks, scalp, inside of the mouth, and lips.
- Wear sun-protective clothing and a wide-brimmed hat if you'll be outdoors for more than two hours; avoid the sun as much as possible between 10 a.m. and 2 p.m.

# O MAG *INSIDER*

PRODUCTS • PROMOTIONS • EVENTS

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# Let's Eat!

BRIGHT MEAL IDEAS ♦ DIY DIPS ♦ SUMMER SKEWERS

## SINGULAR *Sensation*

A delicious celebration of one standout ingredient. This month: **asparagus**, that statuesque beauty of the produce aisle.

FOOD STYLING: MAGGIE RUGGIERO

PHOTOGRAPHS BY  
*Mike Garten*



### Why We Love It

Even veggiephobes have been known to pile mild and tender asparagus on their plates. But if you enjoy the long and lean spears solely as a side for steak or fish, you're missing out. With minimal prep, you can instantly brighten nearly any dish with chunks of the celebrated vegetable's green goodness.

White asparagus has a lighter flavor than green, while purple is a little sweeter, making it a delicious snack raw.



The trick for fresh stalks: Store them upright in the fridge in a container with about 1" of water at the bottom, then cover loosely with a plastic bag.



To prevent stringiness with thicker stalks, use a vegetable peeler to remove the outer layer of skin.

Make your marinara heartier (and healthier) by adding chopped, sautéed spears to the sauce.

### Pumpnickel Panzanella

MAKES 6 SERVINGS  
ACTIVE TIME: 25 MINUTES  
TOTAL TIME: 35 MINUTES

- 1 pound asparagus, trimmed and chopped
- 1 bunch scallions, cut into 1" lengths
- 2 Tbsp. plus 2 tsp. extra-virgin olive oil, divided
- $\frac{3}{4}$  tsp. salt, divided
- 6 cups pumpnickel cubes
- 2 Tbsp. lemon juice
- 1 Tbsp. white wine vinegar
- 1 Tbsp. spicy brown mustard
- 1 Tbsp. prepared horseradish
- $\frac{1}{4}$  cup chopped dill
- 4 cups arugula
- $\frac{1}{2}$  bunch watermelon or regular radishes, trimmed and thinly sliced

1. Arrange 2 oven racks in upper and lower thirds of oven. Preheat oven to 450°.
2. On a large rimmed baking sheet, toss asparagus, scallions, 2 tsp. oil, and  $\frac{1}{4}$  tsp. salt; spread in single layer. Bake on lower rack until vegetables are browned and tender, about 15 minutes. On another large rimmed baking sheet, arrange bread in single layer. Bake on upper rack until crisp and dry, stirring once, 10 to 12 minutes.
3. Meanwhile, in a large bowl, whisk remaining 2 Tbsp. oil, lemon juice, vinegar, mustard, horseradish, and  $\frac{1}{2}$  tsp. salt; stir in dill. Add bread and toss, then add roasted vegetables, arugula, and radishes; toss until well combined.



### Brown Butter Tortellini with Toasted Garlic and Asparagus

MAKES 4 SERVINGS  
TOTAL TIME: 20 MINUTES

- 1 pound cheese tortellini
- 1 lemon
- 3 Tbsp. unsalted butter
- 8 ounces asparagus, chopped
- 2 garlic cloves, minced
- $\frac{1}{4}$  tsp. kosher salt
- $\frac{1}{4}$  tsp. ground black pepper
- 2 Tbsp. chopped tarragon
- Grated Parmesan, for serving (optional)

1. In a pot of boiling water, cook tortellini according to package directions, then drain. Meanwhile, using a vegetable peeler, remove 3 (1") strips zest from lemon. Thinly slice zest.
2. In a large skillet over medium heat, melt butter. Add asparagus and garlic; season with salt and pepper; and cook, tossing occasionally, until starting to soften, 2 to 3 minutes. Increase heat to medium-high; add lemon zest; and cook, tossing, until butter turns golden brown, about 2 minutes.
3. Toss asparagus mixture with tortellini and tarragon. Serve with Parmesan, if desired.



### TRY THIS

Give your panzanella extra chew by using focaccia in place of pumpnickel.



Extra thick and flavorful, from-scratch pita chips are worth every added step.

# Fast or Fancy

These DIY hummus tips from Ayesha Curry, author of *The Seasoned Life*, all but guarantee snack-isfaction.

Chili oil adds a pop of color and a burst of heat to this heavenly hummus.

The subtle sweetness of fresh carrots and radishes balances a spicy dip.

## The Fancy

Freshly pureed hummus has bolder flavor and an ultravelvety texture—especially when served slightly warm from the food processor—and Curry's herbed pita chips elevate the snack to peak crunchy-creaminess.



**RED PEPPER HUMMUS**  
MAKES 6 TO 8 SERVINGS  
TOTAL TIME: 15 MINUTES

In a food processor, combine 1 (13.5-ounce) can **chickpeas**, drained; 2 Tbsp. chickpea liquid; ¼ cup **tahini**; ¼ cup **roasted red peppers**, drained (from 1 jar); 2 Tbsp. **lemon juice**; 2 tsp. **chili oil**; 3 **garlic** cloves, chopped; 1 tsp. kosher **salt**; and a big pinch of **ground black pepper**. Blend until smooth, scraping down sides of processor as needed. Taste and add more salt and lemon juice if desired. With processor running, drizzle in ¼ cup extra-virgin **olive oil**. Transfer to a serving bowl and garnish with a drizzle of chili oil, a squeeze of lemon juice, ¼ cup roasted **pepitas**, and a pinch of flaky **sea salt**. Serve with homemade **pita chips** (recipe at [oprah.com/pitachips](http://oprah.com/pitachips)) and **veggies**.



## The Fast

Buy plain hummus (we love Hope Food's organic and zesty Original Recipe, \$5; [hopefoods.com](http://hopefoods.com) for stores), chop and mix in the roasted red peppers, top with chili oil and roasted pepitas, and serve with a bag of pita chips (like super-crispy Stacy's Simply Naked, \$3.50; [stacysnacks.com](http://stacysnacks.com)). You'll have next-level presentation and taste—with a lot more time on your hands.

### FOOD FOR THOUGHT

"I love this hummus as a smear on a breakfast sandwich in place of cheese," Ayesha Curry says. "It adds richness and a little spice, and it's so, so good."

Let's Eat!



## AWESOME SAUCE

» These skewers from Jennifer Segal, author of *Once Upon a Chef, the Cookbook*, will please appetites big and small.

I GUESS YOU could say Buffalo is in my blood. Both of my parents are from the city, and my family used to spend every August on Lake Erie. We went boating, visited relatives, and gorged on the region's finest fare—especially Buffalo wings. This recipe has all the same flavors as the real deal, but takes a fraction of the work, so it's ideal for a summer barbecue. And the sauce is mild enough to be family-friendly. In fact, my kids adore this dish. The bite-size chicken is perfect for little mouths, and older children can even help you thread the meat. Bonus points if you can get them to help with the cleanup.

.com

For Segal's Grilled Beef Satay and Black Bean and Corn Salad recipes, visit [oprah.com/onceuponachef](http://oprah.com/onceuponachef).

# Shop Guide

## Buffalo Chicken Kebabs

MAKES 4 TO 6 SKEWERS  
TOTAL TIME: 45 MINUTES, PLUS 6 TO 10 HOURS FOR MARINATING

- 1/4 cup vegetable oil
- 1/4 cup plus 1 1/2 Tbsp. cayenne pepper sauce (like Frank's Red Hot), divided, plus more for serving
- 4 garlic cloves, minced
- 1 1/2 tsp. kosher salt
- 1 tsp. chili powder
- 1 tsp. sugar
- 3/4 tsp. onion powder
- 1/2 tsp. crushed red pepper flakes, divided
- 3 pounds boneless, skinless chicken thighs, trimmed and cut into 2" chunks
- 6 Tbsp. unsalted butter, melted

1. In a large bowl, whisk together oil, 1/4 cup cayenne pepper sauce, garlic, salt, chili powder, sugar, onion powder, and 1/4 tsp. crushed red pepper flakes. Add chicken thighs and stir until evenly coated. Cover bowl with plastic wrap and marinate in refrigerator for 6 to 10 hours—but no longer, or the meat may get mealy.

2. Preheat grill to medium-high and oil grates. Line a large rimmed baking sheet with aluminum foil. Thread chicken onto skewers (you'll need 4 to 6, depending on their size) and place on sheet. Grill chicken, covered, turning occasionally, until golden brown and cooked through, about 15 minutes.

3. Transfer skewers to a platter. Meanwhile, in a small bowl, combine butter, remaining 1 1/2 Tbsp. cayenne pepper sauce, and remaining 1/4 tsp. crushed red pepper flakes (if you want a little more heat) and whisk until emulsified. Add more hot sauce to taste, and spoon over kebabs or serve on the side.



### BEST BUDDS

Nothing screams summer like a flirty-floral purse with a matching manicure (see "Match Game," page 56, for more cute combos). Even the butterfingers can get the look with **Sally Hansen I Heart Nail Art Pens** (\$6 each; drugstores), which have fine tips that make it easy to create your own masterpiece.



**SHOULDER BAG**, Louis Vuitton, \$4,200; select Louis Vuitton stores.

(All prices are approximate.)

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**YOU CAN GO YOUR OWN WAY PAGE 101** Dress, Diane von Furstenberg, \$568; revolve.com. Bangle, \$48; katespade.com. Bracelet, \$75; roxanneassoulin.com. **PAGE 103** Dress, \$219; eberjey.com. Bangles, \$78 each; katespade.com. Shoes, \$100; samedelman.com. **PAGE 105** Dress, \$470; maje.com. Bag, \$350; staud.clothing. Shoes, \$278; toryburch.com. **PAGE 107** Robe, Lauren Ralph Lauren, \$79; bloomingdales.com. Camisole, \$51; onlyhearts.com. Sleep mask, Slip, \$45; slipsilkpillowcase.com.

**SAVE OUR SKIN PAGE 108** Swimsuit, \$175; onia.com. **PAGE 112** Swimsuit, Fortnight Swim, \$219; fortnightlingerie.com. **PAGE 113** Bracelet (top), \$45; thebravecollection.com. Bracelet, Vrai & Oro, \$245; vraioro.com.

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# What I Know for Sure

**N**O MATTER HOW often I fly, I still look forward to the moment when the airplane pierces a shield of clouds and is met with radiance on the other side. The drearier and more menacing the weather on the ground, the greater the exaltation when you rise above the clouds and see again that the sun was always there. Just hidden.

That truth is a running theme for me as life does what it's meant to do: ebbs and flows, treats you well and then blindsides you with a nasty curve ball.

I'm really proud to say that even in my worst moments, I've always had the good sense to know that however bad things were, they wouldn't remain so. Everything passes if you learn to hold things lightly.

Bad breakups, bad decisions that left me disappointed in myself or the way I handled a situation: Every little mistake has been a chance to grow. I long ago learned that "I never want to feel like this again" means don't do what caused the feeling the first time.

These days, sitting atop my perch as a 64-year-old, I can see clearly that the collective consciousness of we-the-people is the cause of much of our national angst. How much energy have we given to thinking about "how bad things are"? How much more are we going to give?

I for one am weary of the refrain. Because what we focus on expands. The more we complain, the worse things get. It's a universal law.

Our insatiable desire for "reality" entertainment, gossip, the dish on anyone—our human tendency to look for the worst in others to make ourselves feel better by comparison—has created a culture where it's hard to see that life is a mirror.

What's showing up for you is always a reflection of how you see yourself.

But what if you took a minute to step away from the noise of the world, the constant bombardment, and go to the still, small interior space where you abide as observer of it all?

In the stillness is where peace abounds.

I want peace, so I actively work at having it. I don't leave the TV or any media on without choosing to. I refuse to be fed a nonstop barrage of negativity. Or to continue to engage in conversations about how bad things are.

I come from a people who endured the worst of times: slavery, Jim Crow, the total absence of civil rights. Times when things really were as bad as they seemed. So I relish the power of choice! The freedom to choose who I want to be and how I want to live each moment.

As long as we have the freedom to choose, I know for sure that things are never as bad as they seem.

Freedom offers you the opportunity to stir things up, to bring your light and break up the darkness. To make your mark. Contribute. Give. Knock down the negative. And build a world worthy of your highest good. Let's do it.



I'm really proud to say that even in my worst moments, I've always had the good sense to know that however bad things were, they wouldn't remain so.



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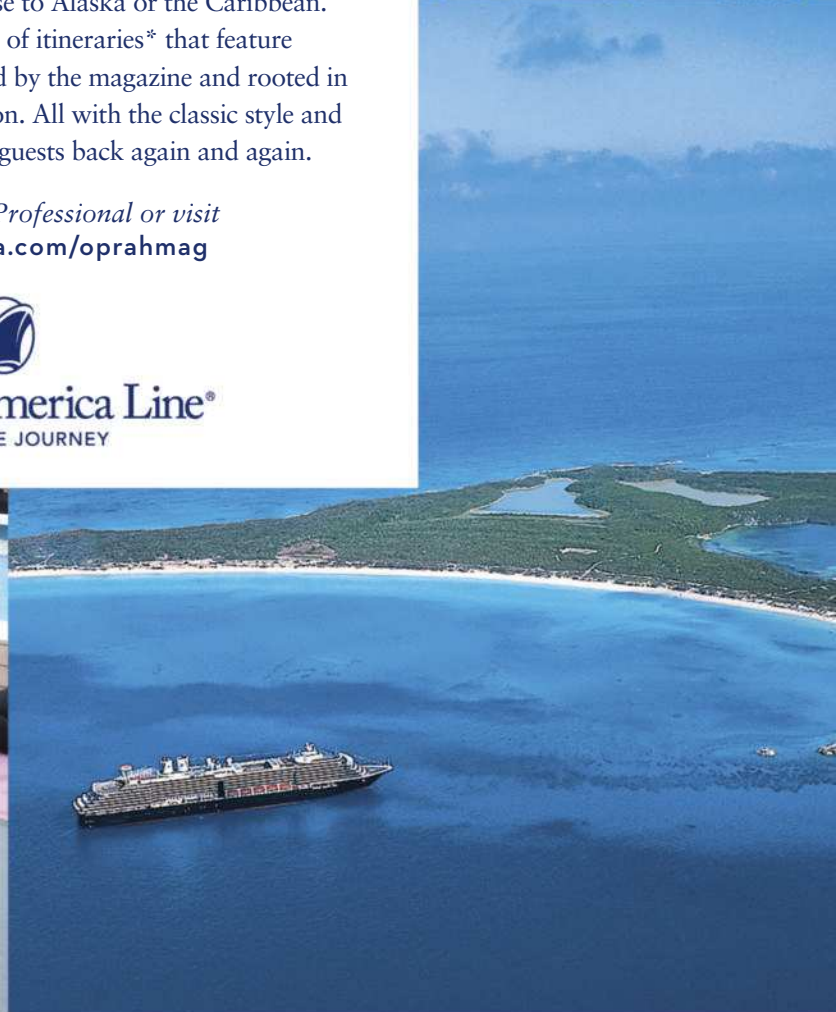
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