

June 11, 2018

People

George & Amal
THEIR
TWIN
TURN 1!



**EXCLUSIVE
DETAILS!**



**THE
DUCHESS
of SUSSEX**

Meghan's New Life!

**WE LOST
100 LBS.**
5 Women Share
Their Secrets!



TRUE CRIME

**Growing Up
in a Cult**

WATCH OUR NEW SERIES
**PEOPLE MAGAZINE
INVESTIGATES: CULTS**
June 4, 9 p.m. ET on
Investigation Discovery

Bonding with her in-laws, learning the ropes and making baby plans: How she's changing the royals—and the world

**CHEVY. THE ONLY BRAND TO EARN
J.D. POWER **DEPENDABILITY** AWARDS FOR CARS,
TRUCKS AND SUVs. NOW, **THREE YEARS IN A ROW.****



2018 EQUINOX



2018 SILVERADO



Current awards based on 2013, 2014 and 2015 model year vehicles.

Over 35,000 owners were asked by J.D. Power to rate the dependability of their vehicles after three years of ownership. The result? Confirmation that when it comes to Chevrolet cars, trucks and SUVs, peace of mind comes standard.

2018 "MOST DEPENDABLE COMPACT SUV, MIDSIZE SUV, MIDSIZE CAR AND LARGE LIGHT DUTY PICKUP"

2017 "MOST DEPENDABLE SMALL CAR, LARGE SUV, LARGE HEAVY DUTY PICKUP AND MIDSIZE SPORTY CAR"

2016 "MOST DEPENDABLE MIDSIZE CAR, COMPACT SUV, LARGE HEAVY DUTY PICKUP AND MIDSIZE SPORTY CAR"

The Chevrolet Equinox, Chevrolet Traverse, Chevrolet Silverado and Chevrolet Malibu received the lowest number of problems per 100 vehicles in their respective segments in the J.D. Power 2018 U.S. Vehicle Dependability Study, based on 36,896 total responses, measuring problems experienced during the past 12 months by original owners, surveyed October–December 2017. Your experiences may vary. Visit jdpower.com/cars.



2018 TRAVERSE



2018 MALIBU



FIND **NEW** ROADS™

CHEVROLET



ch@tter

For June 11, 2018

'When I was 14, my face looked like a potato and a chipmunk had a baby and it was me.'

—ANNE HATHAWAY, poking fun at her teenage years, on *The Late Show*

'I think there's certain boyfriends where...you're trying to heal certain stuff from your childhood, and he was very much a lesson in that way.'

—GWYNETH PALTROW, reflecting on her three-year relationship with Ben Affleck, on *The Howard Stern Show*

'You just have to listen to each other, love each other, take care of each other, communicate well.... Hopefully they can go off and make some babies.'

—JOHN LEGEND, sharing marital advice for Prince Harry and Meghan Markle, to *Billboard*

'Blaming women for a man's inability to keep his s--- together is a very major problem.'

—ARIANA GRANDE, clapping back at a tweet blaming her for ex Mac Miller's relapse, on Twitter

'We said if Beyoncé will play the mayor, we'll bring the show back.'

—NICK OFFERMAN, on what it would take to do a *Parks and Recreation* revival, on *The Ellen DeGeneres Show*

Watch our new live-streaming show **ch@tter** at 8 p.m. ET/5 p.m. PT Monday to Friday on the PeopleTV app and at live.twitter.com/chatter

(HATHAWAY) HAN KHONG; (GRANDE) PABANI; AND SQUARE PHOTOGRAPHY/GETTY IMAGES; (LEGEND) STEVE GRANITZ/WIREIMAGE.COM; (OFFERMAN) GEORGE F. JOYCE/GETTY IMAGES; (PALTROW) STEFANIE KERNAN/GETTY IMAGES



Wyatt Cenac

The comedian and former *Daily Show* writer, 42, hosts the HBO docuseries *Problem Areas*

Q & A

Problem Areas investigates policing but infuses humor along the way. How did you balance that?

You want to make something that's entertaining but that also has something of value to say. It's challenging. Law-enforcement agencies can be skittish about press, but we were pleasantly surprised so many were willing to sit down and speak to us.

Coming from *The Daily Show*, what's it like to now have your very own series?

It's different. I'm now the one making all the final decisions. I have a newfound empathy for bosses I used to work for. I thought of sending Jon [Stewart] a note.

You got renewed for season 2. Feeling famous?

It's all very exciting. But no, I have about enough recognizability to maybe get seated at a restaurant a little faster than the average person—maybe get a drink. I'm not at free dumplings yet, and I'm all right with that. —JANINE RUBENSTEIN

**“THE BEST
TALENT SHOW
ON AIR.”**

-THESOURCE.COM

THE FOUR

BATTLE FOR STARDOM

THU 6/7 FOX



On the Cover

- 38 MEGHAN MARKLE
- 15 GEORGE & AMAL CLOONEY
- 44 GROWING UP IN A CULT
- 58 WE LOST 100 LBS.

This Week

15 SCOOP

Britney Spears's child-support battle and more

44 A CULT'S DARK SECRETS

Child brides Amy Eddy and Pebbles Rodriguez share their story of survival

48 THANDIE NEWTON

The *Star Wars* actress on her history-making role and surviving fame

51 A DAUGHTER'S CRUSADE

After losing her father to a self-inflicted gunshot wound, Julia Spoor works to change gun laws

53 KYLE RICHARDS

The *Real Housewives of Beverly Hills* star opens up about her unconventional childhood in Hollywood

56 HEROES AMONG US

Rory Staunton, 12, died of sepsis. Now his family is fighting to save others



People's new commemorative edition *The Royal Wedding of Meghan & Harry* is available now.

father's day
GIFT GUIDE

77
Celeb dads reveal the presents they'd love to receive.

- ALSO IN THIS ISSUE**
- 2 CHATTER
 - 6 STAR TRACKS
 - 15 SCOOP
 - 25 PASSAGES
 - 29 PEOPLE PICKS
 - 86 TRAVEL
 - 88 SECOND LOOK
 - 90 PUZZLER
 - 92 ONE LAST THING



38

Meghan Markle kicks off her first week as the Duchess of Sussex with confidence and style.



58

Women who lost more than 100 lbs., celeb make-unders and more.

2018
BODIES
ISSUE
TRANSFORMATIONS

ON THE COVER Photograph by Shutterstock. Inset: Steve Parsons/Getty Images. Right insets, from top: Todd Williamson/Getty Images; Ari Michelson(2); Emily Berl



JAMES FRANCO Introducing The NEW FRAGRANCE for MEN



COACH

NEW YORK

AVAILABLE AT MACY'S, ULTA AND COACH BOUTIQUES



StarTracks

LADY GAGA'S GLAM WEEKEND

New York City, May 24-27

What meat dress? Lady Gaga has toned down her avant-garde street style in recent years, but she still loves to rock an over-the-top look. Over the holiday weekend, the Grammy winner, 32, stepped out in N.Y.C., posing for the paparazzi in nine separate dramatic ensembles in four days.

Gaga channeled Marilyn Monroe in this white Valentino dress, her second look from May 24.



Gaga kicked off her style parade in a gray-and-yellow tartan skirt suit by Calvin Luo on May 24 outside a Greenwich Village recording studio.



For a surprise set at the Gramercy Park Hotel on May 24 she slipped into a red Christian Siriano number.



On May 25 Gaga let her hair down and donned an LBD.



Later on May 25 she sported an updo and switched into a patterned drop-waist dress.



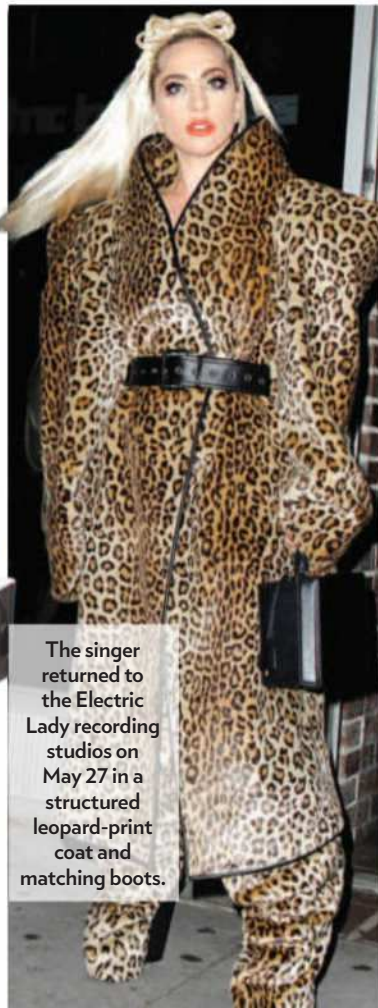
Gaga paired a pussybow blouse with a black mini and sparkly boots for a May 26 outing to the recording studio.



She also rocked a bouffant-style ponytail and halter-style houndstooth getup on May 26.



On May 27 Gaga complemented her tailored Fendi two-piece suit with a plaited bun.



The singer returned to the Electric Lady recording studios on May 27 in a structured leopard-print coat and matching boots.



BACK IN THE SADDLE

Cirencester, England, May 25

Just one week after attending his brother Prince Harry and Meghan Markle's wedding, **Prince William** competed at Jerudong Park Polo Day at the Cirencester Park Polo Club.



GIRL POWER

Los Angeles, May 22

After she was crowned the season 14 winner of *The Voice*, **Brynn Cartelli** showed off her hardware alongside her coach, **Kelly Clarkson**. "Kelly behind the scenes is the same way you see her on-camera," says Cartelli, 15, who is the show's youngest winner. "She is hilarious."



HAMMING IT UP

Los Angeles, May 21

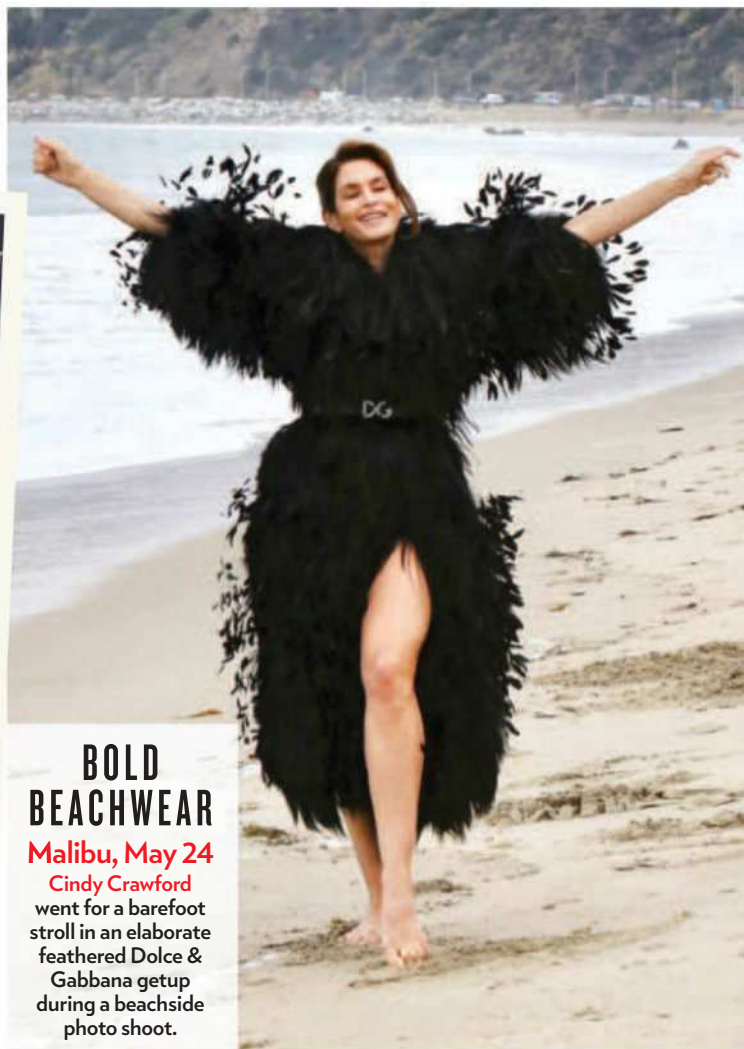
Jaden Smith and girlfriend **Odessa Adlon** got silly for photographers as they arrived at the 28th Annual Environmental Media Association Awards.



MOTHERLY LOVE

Los Angeles, May 23

Behati Prinsloo (middle) stepped out to support husband **Adam Levine's** mother, **Patsy Noah** (left), and **Sharon Feldstein** (Jonah Hill and Beanie Feldstein's mom) at the West Coast launch of YourMomCares. Noah and Feldstein cofounded the charity, which brings attention to issues affecting America's underserved and impoverished children.



BOLD BEACHWEAR

Malibu, May 24

Cindy Crawford went for a barefoot stroll in an elaborate feathered **Dolce & Gabbana** getup during a beachside photo shoot.



HAVING A BALL

Monaco, May 26

It might be off-season, but Patriots quarterback **Tom Brady** showed off his arm for **Geri Halliwell** at a TAG Heuer event during the Formula 1 Grand Prix de Monaco.



Sheaffer proposed to Pieterse in December 2015.



Pieterse (photographed by Elizabeth Messina) wore a dramatic ruffled gown by Christian Siriano.



PRETTY LITTLE LIARS' SASHA PIETERSE WEDS

Glaslough, Ireland, May 27

The actress, 22, married Hudson Sheaffer, 28, at the Castle Leslie Estate in the Irish countryside. "We had the most magical day," the couple said. "Our wedding was beyond our wildest dreams."



A STAR-STUDED HAMPTONS WEDDING

People editor-in-chief **Jess Cagle** married writer-producer **Matt Whitney** on May 26 in an intimate ceremony in Bridgehampton, N.Y., where they were surrounded by family and friends, including Joe Manganiello and Sofia Vergara.

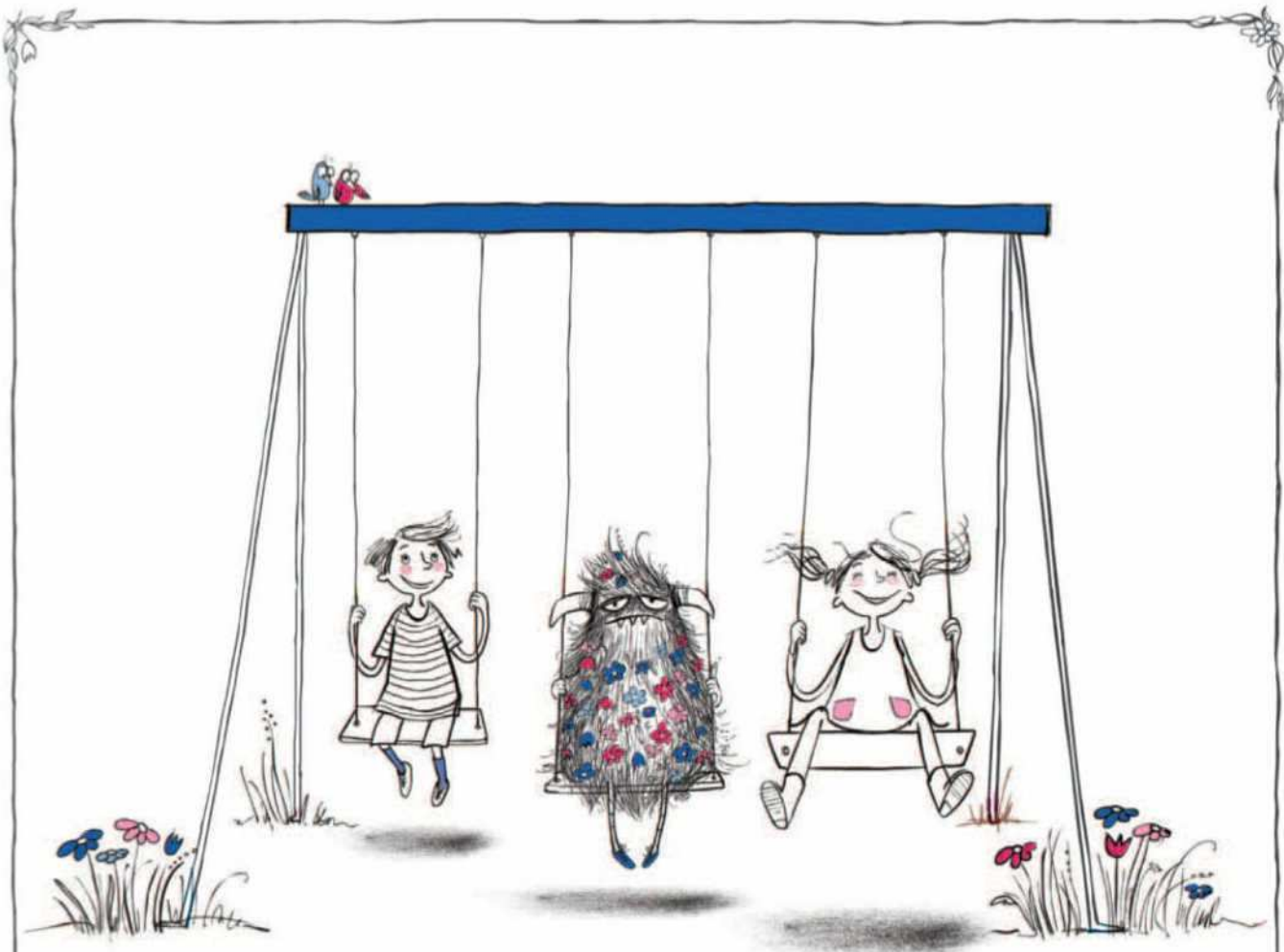


Matthew Broderick, Elizabeth Chambers Hammer, Sarah Jessica Parker, Andy Cohen and Armie Hammer celebrated with the happy couple.



George Stephanopoulos and wife **Ali Wentworth** hosted the wedding with daughters **Harper** (pictured) and **Elliott**. Below: **Katie Couric** and husband **John Molner**.





PLAYTIME TURNING YOUR KIDDO INTO AN ALLERGY MONSTER?

Children's BENADRYL® Allergy works when you need it most.

THE BRAND MOMS
TURN TO FIRST*



Children's
Benadryl

ALLERGY
Diphenhydramine HCl/antihistamine
12.5 mg / 5 mL oral solution

4-6 Hours/Dose

RELIEF OF:

- Runny Nose
- Sneezing
- Itchy, Watery Eyes
- Itchy Throat or Nose

Alcohol Free

Cherry!
Flavored Liquid



Miley Cyrus in Stella McCartney.



Emily Ratajowski in custom Marc Jacobs.

Nicole Kidman in Michael Kors Collection.

styletracks BACKLESS GOWNS

The hottest red carpet trend: serving up serious style from every angle in dramatic back-baring designs

"We loved the drama and contrast of the deep, plunging back and austere front," says Elizabeth Stewart, who styled Cate Blanchett.



Cate Blanchett in Giorgio Armani Privé.

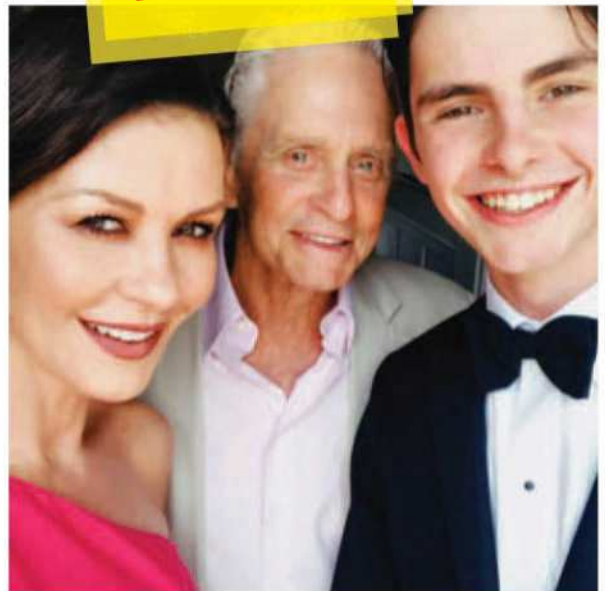


Bella Hadid in Elie Saab Haute Couture.



Madison De La Garza (a *Desperate Housewives* alum and Demi Lovato's 16-year-old sister) shared photos from her prom on May 27 on Instagram.

FAMOUS KIDS GO TO PROM!



Catherine Zeta-Jones and Michael Douglas snapped a selfie with their son Dylan, 17, before he headed to the dance. "So proud of you," the actress captioned the post.

Copyright ©2018, Spindrift® is a registered trademark of Spindrift Beverage Co., Inc. All Rights Reserved.

you know
who perfected
lemon?



lemon trees.

just sparkling water & real squeezed fruit

yup, that's it.

THE AMERICAN THEATRE WING'S
72ND ANNUAL
TONY
AWARDS

THE NIGHT BROADWAY SHINES THE BRIGHTEST!



HOSTED BY
SARA BAREILLES AND JOSH GROBAN

LIVE! SUNDAY JUNE 10 8/7c

CBS

PRESENTED BY THE BROADWAY LEAGUE AND THE AMERICAN THEATRE WING

*DELAYED PT

©2018 CBS Broadcasting Inc. ©American Theatre Wing, Inc.™

JUNE 11, 2018

Scoop

ALL THE
NEWS &
BUZZ FROM
HOLLYWOOD

A Perfect Team

The Clooneys “are always very affectionate and happy together,” says a source.

KEVIN MAZUR/GETTY IMAGES



George & Amal Clooney

Their Lives as Parents

AT FIRST GLANCE IT

might appear little has changed for George and Amal Clooney in the year since their twins Ella and Alexander were born at St. Mary's Hospital in London last June 6. They're still Hollywood's most glamorous and seemingly relaxed couple, crisscrossing the globe for work and play. (Yes, George, 57, did in fact hop behind the bar to sling drinks for guests at the royal wedding reception.) But in truth, almost everything has changed—and, save for the inevitable diaper-changing fatigue, they've never been happier. “George and Amal are very hands-on parents,” says a source close to the Clooneys, who are raising the kids between their country estate outside London, Los Angeles and their Lake Como villa in Italy, which will serve as home base for the summer. “George is a

Scoop

great dad—so fun and silly,” says an insider. “He always plays with the babies and seems to love it. He entertains them for hours. Amal is amazing [with them] as well. They make an incredible team.” Like many new moms, Amal, 40, juggled breastfeeding and sleep-challenged nights (while also keeping up her work as an international human-rights lawyer) and delights in the twins’ milestones. “We’ve had some ‘Mamas’ and ‘Dadas’,” she told *Vogue* in April. “George was very careful to ensure that ‘Mama’ was the first word.”

While the twins have been largely out of the public eye, those who have met them swear they’re a perfect combination of their famous parents. “They’re too beautiful, simply adorable,” says the source close to the family. “One looks just like her mother, and the other is the image of his father.... It looks like they took the best parts of both Amal and George and mixed them together.” (Ella “looks more like Amal, thank God,” George joked to *Entertainment Tonight*.)

With help from a nanny and from Amal’s mother, Baria Alamuddin, the Clooneys have kept up their professional and philanthropic



Royal Date Night

The Clooneys stepped out for Prince Harry and Meghan Markle’s wedding on May 19.

‘GEORGE IS THE FUN, GOOFY PARENT. HE ENTERTAINS THE TWINS FOR HOURS’

—A SOURCE ON THE FAMILY

passions, including marching in Washington, D.C., for gun violence prevention and donating \$500,000 to the cause, in Ella and Alexander’s

names. While George is currently shooting his new Hulu series *Catch-22* on location in Sardinia and Rome and will be in L.A. to receive the prestigious AFI Life Achievement Award on June 7, his role as a family man has taken center stage. “Being a dad has given George a glow, and he and Amal schedule their lives around the babies,” says an L.A.-based source. “George truly seems the happiest he has ever been. They both seem to absolutely love being parents.”

—ELIZABETH LEONARD, with reporting from Pernilla Cedenheim and Peter Mikelbank



Amal And Meghan’s Bond



After they were introduced by a mutual friend, Amal Clooney and Meghan Markle formed a fast friendship, especially once Markle moved to the U.K. “Meghan and Amal have known each other for a while [and share] many interests,” an insider told *People*. “Amal has been helping Meghan settle into London life. It was a very natural friendship from day one.”



Lavigne and Sarofim were first spotted on a dinner date in March at L.A. hot spot Madeo.

Avril Lavigne Is Dating a Billionaire Heir

After two difficult divorces Avril Lavigne is giving romance another shot. The “Complicated” singer, 33, is dating Phillip Sarofim, 32, the son of Egyptian-American billionaire investor Fayez Sarofim. In late April the new couple—who reportedly met through friends and have been dating for a few months—were spotted holding hands while grocery shopping in L.A. Lavigne was wed to two rock stars: She split with Nickelback’s Chad Kroeger in 2015 and Sum 41’s Deryck Whibley in 2010. Phillip’s love life is a little complicated too: He is separated from wife Lori Krohn; his father, who is worth an estimated \$1.47 billion, is married to Lori’s mother, Susan. Since being diagnosed with Lyme disease in 2014, Lavigne “has purposely lived a quiet life,” says a source. But with her first album in five years due out sometime this year, she’s ready to step back into the spotlight. Said Lavigne in April: “I have my life back, which is amazing.” —MELODY CHIU

Scoop



JUST MARRIED!

Anna Eberstein & Hugh Grant

The *Love, Actually* star, 57, wed his longtime Swedish girlfriend, 39, on May 25 at the Chelsea Register Office in London. The couple's engagement was revealed when a photo of their wedding banns—the official notice of their union—appeared in the British press. The newlyweds are parents to a son, John Mungo, 5, a 2-year-old daughter and a newborn child (their names have been kept private). Two days after the wedding, the couple were all smiles at Formula One Grand Prix at Circuit de Monaco.



WEDDING COUNTDOWN

Arie Luyendyk Jr. & Lauren Burnham

After getting engaged on ABC's *After the Final Rose* special in March, the *Bachelor* couple announced they plan to tie the knot at Maui's scenic Haiku Mill on Jan. 12. "It's a private wedding, so not on TV," said the former pro race-car driver, 36. Added his fiancée, 26, who went dress shopping at Kleinfeld Bridal in N.Y.C. two days later: "We're just ready for that next step."



HEART MONITOR

A CHECKUP ON THE LATEST CELEBRITY ROMANCES



SET A WEDDING DATE

Rose Leslie & Kit Harington

Wedding is coming! According to the Huntly registration office in Aberdeenshire, Scotland, where Leslie's family has a castle, the actress and her *Game of Thrones* costar, both 31—who announced their engagement in September—will say "I do" on June 23.



DIVORCING

Alicia Silverstone & Christopher Jarecki

After nearly 20 years together, the *Clueless* star, 41, officially filed for divorce from her musician husband, 47, on May 25. Silverstone announced a split from Jarecki—with whom she shares 7-year-old son Bear Blu—in February. "They still deeply love and respect each other and remain very close friends," a rep for the actress said at the time.



In court documents Federline claims his income is less than 1 percent of his ex's.

Britney's Child Support Battle

Kevin Federline currently receives \$20,000 a month in child support from ex-wife Britney Spears for their two sons Sean Preston, 12, and Jayden James, 11, but the former dancer believes he should be receiving three times that. "Otherwise, you have a situation where 'When I go with Mom, I get to pick out what pony I want to ride that day. When I go with Dad, my high point is mowing the lawn

with him,'" his lawyer Mark Vincent Kaplan contends. Federline, 40—who has four other children—claims in court documents that he is unable to afford vacations, toys and an "abundance of clothing" for their sons. With a hearing set for August, Spears, 36, is focusing on her boys amid the drama. Says a source close to the singer: "She is happy and loves being a mom."

'WE'RE STILL HOPING TO RESOLVE THIS WITHOUT JUDICIAL INTERVENTION'
—FEDERLINE'S ATTORNEY

—MELODY CHIU with Jeff Nelson

Scoop



How Fatherhood Changed Jimmy Fallon

Do your daughters Winnie, 4, and Frances, 3, get along?

They're totally pals. They play *Paw Patrol* together. There's some arguments, but it's baby arguments. Winnie's still the oldest, and now she's kind of helping Franny.

You wrote the children's books *Everything Is Mama* and *Your Baby's First Word Will Be Dada*. So what was your youngest's first word?

It was "Dada," but because of my wife [Nancy Juvonen]. She said, "Look, he needs this. He's going to write another book if you don't say 'Dada.'"

What do you love about being a dad?

It's building my patience. I'm the guy who shows you pictures of their kid on their phone, and I go, "Isn't this the cutest thing?"

I never thought I'd be that guy.

How will you spend Father's Day?

I just want to hang out with my wife and the babies. I get enough attention.

—DANA ROSE FALCONE



Fallon, 43, and his family. His books are on sale now as a boxed set.



"When I met Bruin for the first time, I just fell in love," says Redmond (with Brinkley, left, Brooklyn and Bryan).

Brandi Redmond A Real Housewife's Adoption Journey

Brandi Redmond's fertility struggles were well-documented on season 2 of *The Real Housewives of Dallas*. But when the third season premieres this summer on Bravo, she and husband Bryan will share a surprise: They recently adopted a son, Bruin Charles, who was born in December. "It's changed our lives forever," Redmond, 39, says of the new addition to her family, who joins daughters Brooklyn, 9, and Brinkley, 6. "I just feel so blessed." Her "miracle baby" and his strawberry-blond locks fit right in with her brood of redheads. "My family is complete," she says. —DAVE QUINN



Galactic Gangster
As *Solo*'s snarling Dryden Vos.

Paul Bettany Life as a Dad—and Star Wars Villain



Family Man
Bettany, 47, is dad to Stellan, 14, and Agnes, 7, with wife Jennifer Connelly and stepdad to her son Kai, 20.

You play crime boss Dryden Vos in *Solo: A Star Wars Story*. How did your kids react to you joining the saga?

All of them freaked out. My 14-year-old son Stellan came with me to a bunch of the shooting. I thought he would get bored, but he was on-set the whole time. He was running lines with me.

Were you a *Star Wars* fan growing up?

Star Wars is what made me want to become an actor. [*Solo* director] Ron Howard and I are old mates. I got a call from him and asked if he ever wondered why I wasn't in *Star Wars*. He said, "Funny you should say that. I'll see what I can do."

You're also in *Avengers: Infinity War*.

What's it like on-set when that whole cast comes together?

The atmosphere is great. We all know each other well at this point and have been through real-life things in the 10 years we've been making these movies.

How do you toggle between playing a superhero and a *Star Wars* bad guy?

There was one time that I went from playing Vision in *Avengers*, got on a plane and landed in London and the next day was Dryden. That was great because the characters were polar opposites. It's been superfun.

What's a perfect day off for you?

Skiing with my wife and kids.

—JODI GUGLIELMI



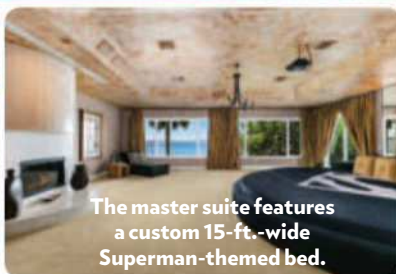
The 95-ft. pool comes with a hot tub and swim-up bar.

on sale for
\$28
MILLION

The athlete's mansion houses a full-size basketball court.



O'Neal purchased the estate in 1993 for a modest \$4 million.

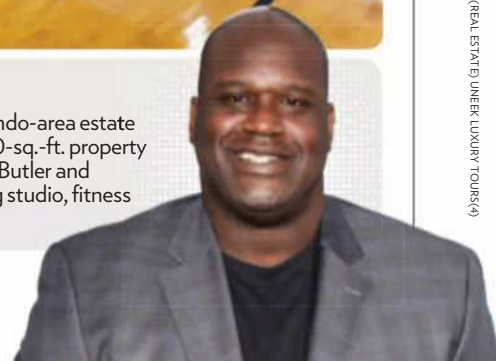


The master suite features a custom 15-ft.-wide Superman-themed bed.



SHAQ'S SUPERSIZE FLORIDA MANSION

Basketball star-turned-commentator Shaquille O'Neal, 46, has listed his Orlando-area estate for \$28 million. The 71' Shaq doesn't do anything small: The sprawling 31,000-sq.-ft. property (featured on TopTenRealEstateDeals.com) overlooks Windemere, Fla.'s Lake Butler and features 12 bedrooms, 15 bathrooms and a 17-car garage, as well as a recording studio, fitness facility and outdoor swimming complex nicknamed "Shaq-apulco."



TOP INSET: JONATHAN OLLEY/LUCASFILM LTD.; (ONEAL) DIMITRIOS KAMBOURIS/GETTY IMAGES; (REAL ESTATE) UNER-LUXURY TOURS (4)

NEW

Finally... 7 Hour Sleep Support^{†*}



Introducing **REMfresh**

#1 Sleep Doctor Recommended[†]

The first and only continuous release and absorption melatonin*

- Patented REMfresh[®], with 7 hour continuous release and absorption IPP™ technology, helps you fall asleep faster and stay asleep longer.*
- REMfresh[®] uses UltraMel[®], a 99% ultrapure melatonin.
- Drug-free REMfresh[®] uses the body's key sleep ingredient so you wake up refreshed without a drug hangover.*

Now at
Walmart 

[†]Among primary care physicians with a certification in sleep disorders who recommended a brand of modified release melatonin. QuintilesIMS ProVoice July-Sept. 2017 survey.

^{*}REM Absorption Kinetics Trial (REMAKT), a pharmacokinetic trial of 5 mg REMfresh[®], not asleep study. Peer-reviewed and presented at SLEEP 2017 medical conference.

***THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**



Isaiah Mustafa and Lisa Mitchell

WEDDINGS

Shadowhunters star **Isaiah Mustafa**, 44, married publicist **Lisa Mitchell**, 36, in Austin, Texas, on May 26. ● **Matthew Lewis**, 28, best known for playing Neville Longbottom in the *Harry Potter* films, married **Angela Jones** in Italy. The couple met in 2016 at a celebration at the Wizarding World of Harry Potter in Orlando, where she worked.

BABIES

Bachelorette alum **Ali Fedotowsky-Manno**, 33, and her husband, radio host **Kevin Manno**, 34, welcomed their second child, a son named **Riley**, on May 24. They also have a daughter, **Molly**, 1.

● *American Housewife* star **Katy Mixon**, 37, and fiancé **Breaux Greer** welcomed their second child, a girl named **Elektra Saint**, on May 16. They also have a son, **Kingston Saint**, 1. ● **Pierre Casiraghi**, 30, the son of **Princess Caroline of Monaco**, and his wife, **Beatrice Borromeo**, 32, welcomed a son, **Francesco Carlo Albert**, on May 21. He joins big brother **Stefano**, 1.

● Actress **Francesca Eastwood**, 24, daughter of actor and director **Clint Eastwood** and actress **Frances Fisher**, is expecting her first child with actor and trainer **Alexander Wraith**, 33. ● Celebrity chef **Donatella Arpaia**, 46,

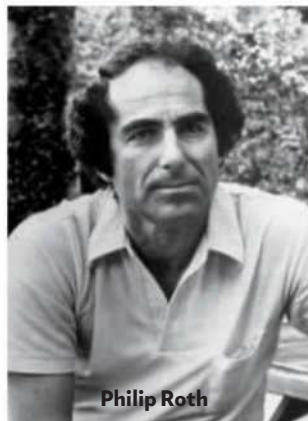
is expecting twins with husband **Allan Stewart** in November. The couple are also parents to a son, **Alessandro**, 6.

CANCELED

On May 23 ABC network announced that the cooking show *The Chew* will conclude its seven-season run in September.

DEATHS

Philip Roth, the Pulitzer Prize-winning novelist known for books like *American Pastoral*, *The Human Stain* and *Goodbye,*



Philip Roth



HAPPY BIRTHDAY!

Natalie Portman, 37

June 9, 1981

Mark Wahlberg, 47

June 5, 1971

Julianna Margulies, 52

June 8, 1966

Columbus, died on May 22. He was 85. ● Hollywood publicist **Paul Bloch**, 78, famous for representing Bruce Willis, Tom Cruise and Sylvester Stallone, died in Los Angeles on May 25. ● **Reggie Lucas**, a guitarist and producer of Madonna's self-titled debut album, died of heart failure on May 19 at age 65. ● Astronaut **Alan Bean**, 86, the fourth person to walk on the Moon as part of the Apollo 12 mission in 1969, died on May 26 in Houston.

By Jessica Fecteau



Why I Care

PERSONAL STORIES ABOUT GIVING BACK



Opening Act kids take a bow following a school performance.

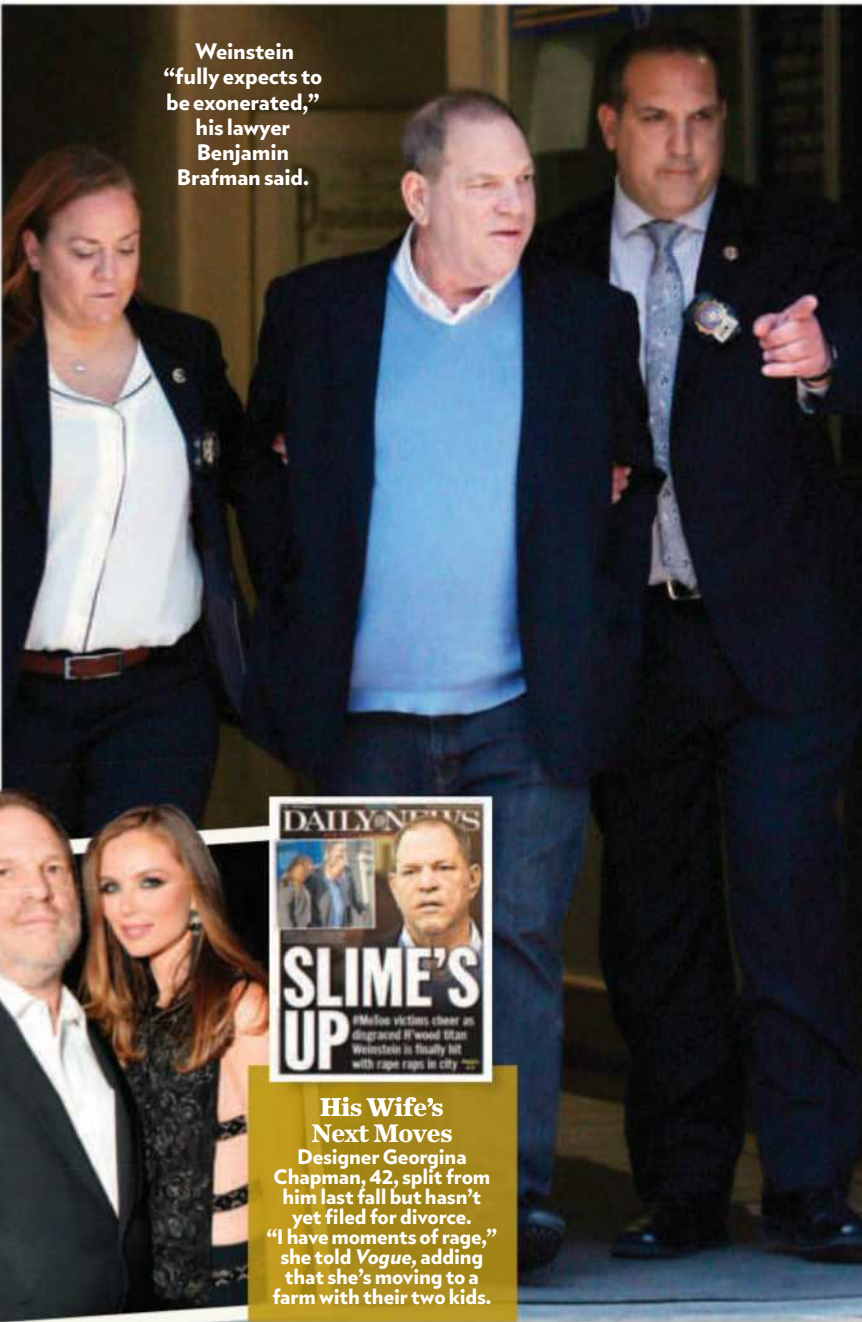
Michelle Williams

The actress, 37, helps high school students find confidence through acting

I started doing plays when I was really young and realized that theater is a safe and creative way to explore deep feelings. My daughter [Matilda, 12] is also now doing plays. When I heard about Opening Act through my friend Kristen Bell, I knew I wanted to get involved. It's a free after-school theater program in New York City and Brooklyn, serving public schools that have lower than average graduation rates. The program gives high school students opportunities to develop leadership and community skills and gain confidence. Not only does it tap into the thing I do for a living, but it's in my own neighborhood. I've volunteered in classrooms and spent time with kids in the program. I've watched them perform, and it has moved me to tears. I was there to inspire them, but it wound up working the other way around. —MIA McNIECE

For more information, go to openingact.org

CLOCKWISE FROM TOP: RIGHT: EMMA MCINTYRE/GETTY IMAGES; DAVID KATZENSTEIN; BETTMANN ARCHIVE/GETTY IMAGES; LEFT: BRITTA RINDOFF; PETROFF/GETTY IMAGES; ABRAMHAM BASCON PHOTOGRAPHY



Weinstein “fully expects to be exonerated,” his lawyer Benjamin Brafman said.



His Wife's Next Moves
 Designer Georgina Chapman, 42, split from him last fall but hasn't yet filed for divorce. “I have moments of rage,” she told *Vogue*, adding that she's moving to a farm with their two kids.

Harvey Weinstein Arrested for Sex Crimes

The disgraced movie mogul is charged with rape and sexual assault in two N.Y.C. cases

Harvey Weinstein has been accused of sexual harassment and assault by dozens of women—and now he faces his first criminal charges. On May 25 the former movie studio chief, 66, surrendered to authorities at a Manhattan police precinct. He was charged with first-degree and third-degree rape in one case involving an as yet unnamed woman and with committing a first-degree criminal sex act in another case, an alleged 2004 assault on aspiring actress Lucia Evans, then 20. Prosecutor Joan Illuzzi said that the investigation has “shown that this defendant used his money, power and position to lure young women into situations where he was able to violate them sexually.” Weinstein’s lawyer Benjamin Brafman told reporters that Weinstein, who has denied any nonconsensual sex, would plead not guilty if indicted by a grand jury. “My client did not invent the casting couch,” Brafman said. Weinstein was released on \$1 million bail and will have to wear a monitoring bracelet until trial. If convicted, he could face up to 25 years in prison. Many of his alleged victims praised the arrest. “We were young women who were assaulted by Weinstein and later terrorized by his vast network of complicity,” Rose McGowan, 44, said in a statement. “I stand with my fellow survivors.” —STEVE HELLING

CLOCKWISE FROM TOP: LEFT: BROADIMAGE/SHUTTERSTOCK; DOMINIQUE CHARBAU/REINAGE STEVE GRANITZ/WIREIMAGE; TRAE PATTON/NCJ/GETTY IMAGES; JOE SCHILDHORN/BPA/SHUTTERSTOCK; COURTESY NEW YORK DAILY NEWS

Accusers Applaud His Arrest

Several stars who said Weinstein abused them spoke out on social media



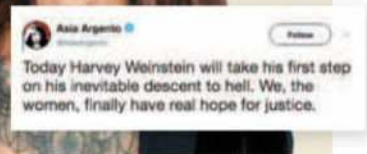
Rose McGowan



Annabella Sciorra



Asia Argento



HOST CHIC PARTIES

(WITHOUT THE GUESSWORK)

FOR EACH PARTY, FIND:

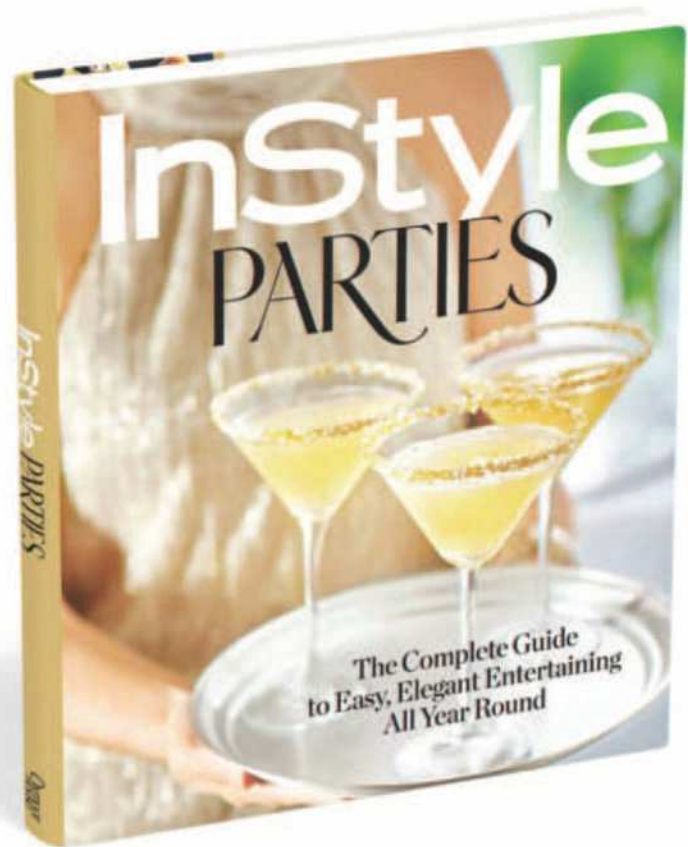
Recipes and menus

Signature cocktails

Invitation inspiration

Tabletop décor

Party-planning timeline



AVAILABLE WHEREVER BOOKS ARE SOLD.



SCRATCH & NO SNIFF

NEW! **TIDY CATS®**
FREE & CLEAN™
UNSCENTED

Litter with activated charcoal
for powerful odor control.



Learn more at tidycats.com



Your Pet, Our Passion.®

People Picks

WHAT TO SEE, HEAR, READ
& DOWNLOAD
THIS WEEK!

Edited by Tom Gliatto



Margulies, from *Good Wife* to vain beauty.

TV | Dietland

An entire culture skating on thin ice

COMEDY “I always forget what beautiful eyes you have.” This cliché of a compliment is how fashion-magazine editor Kitty Montgomery (Julianna Margulies, with Jessica Rabbit hair) informs a talented writer that she’s otherwise not worth looking at. Plum Kettle (Joy Nash), who’s been plus-size most of her life, ignores this scarcely camouflaged insult—one of many she endures daily. (An unstated reason for her working from home is to spare the office her entire body, eyes included.) Besides, she’s planning on undergoing weight-correcting surgery. But then Plum begins to comprehend how thoroughly, and damagingly, she’s bought into what this daring series refers to as “the dissatisfaction industrial complex,” the world of cosmetics and beauty. Enlightenment

‘We are too smart for the lives we thought we deserved’

is brought about by a group of radical feminists who, in a violent push to the #metoo envelope, are murdering women-abusing men. “We are too smart for the lives we thought we deserved,” one of the group’s disciples tells Plum. *Dietland’s* premiere nearly collapses from satiric overload—it’s like *Death Becomes Her* without the undead—but things start to cohere in the follow-up, especially when we learn the grotesque history of something called the Baptist Diet. This is by no means a pretty topic. (AMC, June 4, 9 p.m.)

Breakout Performance!

Joy Nash

A newcomer who refuses to tolerate fat-shaming



Nash is essential to *Dietland*—her air of supreme, stupidity-puncturing irony undercuts the endless weight comments thrown at her by, well, virtually everyone. (Nash has confronted this challenge in her own life with a series of YouTube videos called *Fat Rant*.) Her performance is vulnerable too, of course, but without a drop of self-pity.





MOVIE | A Kid Like Jake

DRAMA Four-year-old Jake loves skirts and princesses. Is he transgender? That's not a problem for his liberal Brooklyn parents (Claire Danes and Jim Parsons)—until a stressful private-school search exacerbates their own issues. These are privileged-people problems but relatable—and Danes is great at slow-burn frustration. *(In limited release June 1, not rated)*

TV | Marvel's Cloak & Dagger
FANTASY This enjoyable new superhero series is in no rush to throw its teenage protagonists (Olivia Holt and Aubrey Joseph) up against supervillains. First the kids have to understand and accept their (possibly) complementary powers involving light and dark. It doesn't feel that far off from breaking in a pair of jeans. More fun, though. *(Freeform, June 7, 8 p.m.)*



Joseph (with Noëlle Renée Bercy) tests out new powers.



PODCAST | Cover-Up

What lies beneath the Kennedy scandal known as Chappaquiddick? **CRIME** *People's* weekly podcast—our first—is a compelling reinvestigation into Chappaquiddick, the tragic, never-resolved scandal that took the life of 28-year-old Mary Jo Kopechne and ultimately may have cost Ted Kennedy the Presidency. *People* East Coast editor Elizabeth McNeil speaks with more than 50 key players—family members, law-enforcement officials, witnesses—in search of fresh evidence about the night of July 18, 1969, and its aftermath. *(Launches May 31, airs through July 19 on Apple Podcasts, Spotify, Google Play and wherever podcasts are available)*

Q&A

Josh Groban & Sara Bareilles

Broadway vets Groban, 37, and Bareilles, 38, cohost the 2018 Tony Awards (CBS, June 10, 8 p.m.)

Anything giving you butterflies?

Bareilles: The magnitude of how it'll feel when we're getting going! It's a big job!

Groban: We have incredible shoes to fill, coming after Neil Patrick Harris and James Corden.

Bareilles: James has been really lovely—he and Josh connected.

Were you pals before this?

Bareilles: We've been friends for years.

Groban: And we have a very good energy that's just kind of all our own.

So it's safe to say you two will sing?

Bareilles: It would be weird if we didn't!

—DAVE QUINN



Bareilles is one of the nominees for Best Original Score for *SpongeBob SquarePants: The Musical*.

CLOCKWISE FROM TOP: LEFT: JON PACE; ALFONSO BRESCIANI/FREEFORM; CLIFF LIPSON/CBS; FRANK C. CURTIN/AP/REX; SHUTTERSTOCK



NOW SERVING: FRESH DELI FLAVOR

MADE WITH DELICIOUS GRADE A HONEY



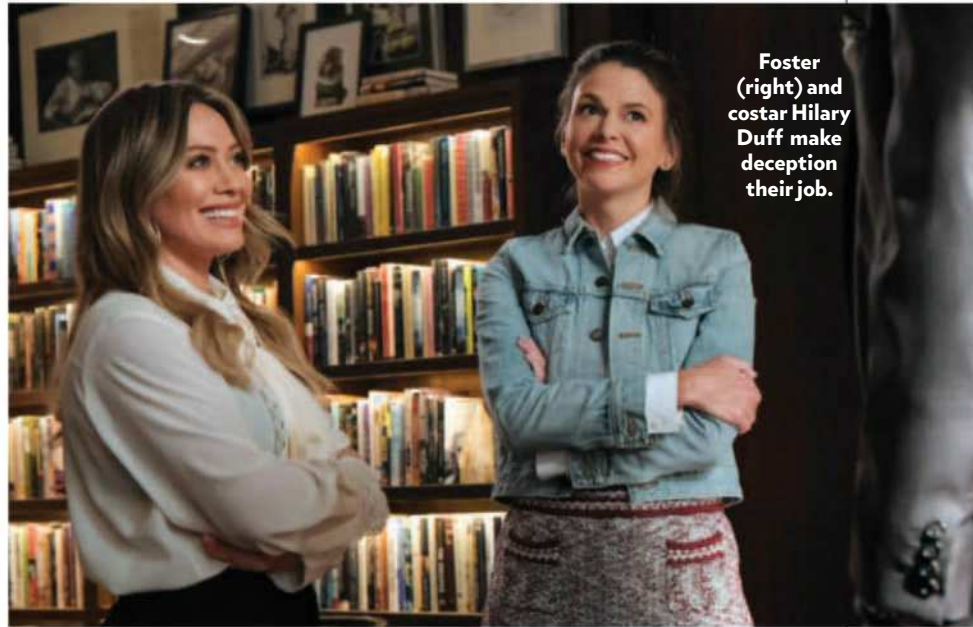


MUSIC | Father John Misty, God's Favorite Customer

ROCK After tackling weighty subjects like God and climate change on last year's *Pure Comedy*, folky rocker Josh Tillman returns to lacerating romantic dispatches on his refreshingly brief fourth LP. Somber, reserved tracks like "The Palace" and "The Songwriter" are among the finest he's written. (June 1)

TV | Younger

Back for season 5, Sutton Foster's series still defies age **COMEDY** The addictive sitcom picks up right where things left off last year. Fortysomething Liza (Sutton Foster) is still pretending to be a late-twentysomething to keep her job in Manhattan publishing while juggling complicated friendships, romances and who does and does not know her secret. The series continues to deliver a clever mix of comedy and empowerment. The first episode, for example, includes references to sexual harassment and the #MeToo movement (along with fur bikinis and *Game of Thrones*). There might also be a long-overdue reveal on the horizon. (TVLand, June 5, 10 p.m.)



Foster (right) and costar Hillary Duff make deception their job.

TV | Pose

Those daring, dazzling, long-ago nights when voguing was in vogue **DRAMA** Featuring an enormous cast of transgender, gay and lesbian performers, this fascinating, often flamboyant series from Ryan Murphy is a kind of reverse runway back into 1980s New York City. While there was a killing to be made on Wall Street, the downtown "ball" culture (as documented in the classic 1990 documentary *Paris Is Burning*) was a glorious expression of life for racial minorities further outlawed by sexual orientation. These were fashion face-offs, competitive pageants of dancing and voguing that evoked fantasies of couturier and celebrity. (RuPaul is its apotheosis: You can describe him as a national treasure and mean it.) This is a challenging story to tell well—it could easily turn into a procession of cultural signposts—but the acting is uniformly strong and often understated. The dresses, needless to say, are over the top. (FX, June 3, 9 p.m.)



"Everyone needs their humanity represented," Moore says of playing streetwalker Angel.

one to watch



Indya Moore

The *Pose* star expresses herself

The 23-year-old Bronx native identified instantly with her character, Angel: "As a non-gender-conforming person, my first affirming experiences were in New York ballrooms," says the transgender model and actress, who has also performed with Katy Perry and Migos. She hopes the series will teach viewers "what love and family could and should be." —DANA ROSE FALCONE

DON'T JUST TREAT DIARRHEA.

Also treat gas, and the associated cramps, pressure
and bloating with IMODIUM® Multi-Symptom Relief.



NETFLIX | **Evil Genius**

CRIME This latest Netflix docuseries is about a robbery so oddly conceived you can't imagine how it would have succeeded. Yet its alleged masterminds, including a mentally unstable woman, Marjorie Diehl-Armstrong, didn't stint on the diabolical details, including a handmade collar bomb. (And they were hoarders, plotting amid rubbish and dead cats.) A grubby, riveting tale. *(Now streaming)*



BINGE
on this!



Go to peopletv.com, or download the People TV app on your favorite mobile or connected TV device.

STREAMING | **Search History**

REALITY Roaming the streets of L.A., comedian Michelle Collins finds volunteers willing to hand over their cell phones and let her enthusiastically rummage through their dating profiles, online searches, texts—the works. It's funny, awkward and revealing. (Just like *your* phone!) *Premieres June 5*

MOVIE | **Adrift**

Shailene Woodley charts a dangerous course

DRAMA Shailene Woodley (*Big Little Lies*) and Sam Claflin (*The Hunger Games*) play a newly engaged couple who decide to live out their romantic dream of sailing across the ocean—until they find themselves in one of the most catastrophic hurricanes in recorded history. Left badly injured and drifting far out in the ocean, they have to rely on each other as they fight for survival. Woodley convincingly carries the weight of this harrowing and inspiring true-life story.

(June 1, PG-13)



Woodley as a woman unmoored.

the
real-life
story ...

A dream trip became a 41-day nightmare

SPOILER ALERT!

“What saved my life was knowing celestial navigation, that I could navigate by the sun and get myself somewhere,” Tami Oldham Ashcraft tells *People* about the terrifying 1983 incident that inspired *Adrift*. Although the adaptation takes some significant detours from the actual story, recounted in the 1998 memoir *Red Sky in Mourning*, Ashcraft survived 41 days adrift on the Pacific, subsisting on peanut butter and willpower. “It’s amazing what you can do when you have to survive,” says Ashcraft. Still an avid sailor, she’ll never forget that trip.

“But now I choose when to think about it.” —KARA WARNER



Tami Oldham Ashcraft and Richard Sharp

CLOCKWISE FROM TOP RIGHT: ERIC CHARBONNEAU/STX FILMS (2); NETFLIX



HONEY: THE BEST THING TO HAPPEN TO YOUR CUP SINCE COFFEE.

NEW Natural Bliss made with
real honey and 30% less sugar.*




natural
bliss®

STIR THINGS UP™

*Per serving than regular Natural Bliss.

David Sedaris
Calypso
ESSAYS

Sedaris is our finest miniaturist—and not because he’s 5’5” (“‘Pocket gays,’ we’re sometimes called”). Whether the subject is his Fitbit obsession, a benign tumor or his sister’s suicide, he delivers compassion, hilarity and a sense—even in the most outlandish story—that you’re learning a larger truth.

Jo Piazza
Charlotte Walsh Likes to Win
NOVEL

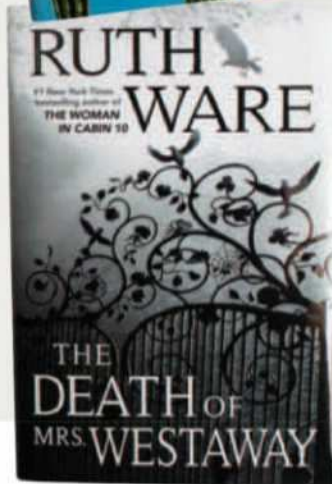
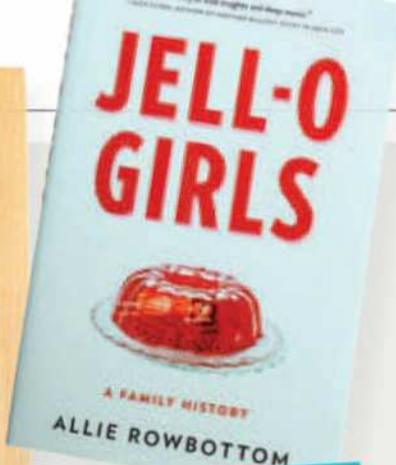
A Silicon Valley exec returns to her Pennsylvania hometown to run for the Senate—placing added pressure on her troubled marriage—in this timely novel that offers a sobering but hopeful take on modern politics, feminism and love.

Anne Tyler
Clock Dance
NOVEL

This quirky coming-of-old-age tale shows dutiful Willa at four key moments over the span of 50 years, always playing it safe. As she stumbles into a random babysitting situation in Baltimore, she begins to bloom. Like all of Tyler’s best works, it’s a tender, incisive novel that lingers.

Ruth Ware
The Death of Mrs. Westaway
THRILLER

Tarot-card reader Harriet Westaway knows it’s a mix-up when she’s told she’s getting a sizable inheritance—but how tempting! Deciding to go along with the error entangles her with a family chock-full of secrets and spells danger. A delightfully chilly mystery.



Allie Rowbottom
Jell-O Girls
MEMOIR

The author’s family’s Jell-O empire brought wealth and privilege but also seemed to curse the lives of her grandmother, her mother and herself. With this fascinating cultural history of an iconic dessert and its creators, Rowbottom has found the courage to break the mold.

Helen Hoang
The Kiss Quotient
NOVEL

An economist with Asperger’s hires an escort to teach her how to enjoy kissing (and more). Their lessons turn into a sweetly sexy long-term arrangement that’s...complicated. Huang’s witty debut proves that feelings are greater than numbers, no matter how you add things up.

Debbie Macomber
Cottage by the Sea
NOVEL

In a fog of depression since losing her family in a freak accident, Annie heads to the seaside house of her childhood summers. There, residents of the small Pacific Northwest town—most notably a solicitous local painter—help her heal. A novel that warms like the summer sun.


Allison Pearson
How Hard Can It Be?
NOVEL

Kate Reddy, the heroine of Pearson’s bestselling *I Don’t Know How She Does It*, is older but only marginally wiser in this lively follow-up. With her kids nearly grown and her husband no longer working, can she get a job, care for her aging parents and stay sane? Surprise: It’s harder than it looks.

The Best Summer Books

Anne Tyler’s 22nd novel, bittersweet humor from David Sedaris and more

Edited by Kim Hubbard

V  **ARIETY**
IS TH  **SPICE**
OF LIF 
ALSO, CH  **DDAR**



**GRAB SOME
SUNSHINE™**





DUCHESS
MEGHAN

Inside Her New Life

FROM ROYAL BRIDE
TO REGAL DUCHESS,
THE REAL WORK FOR
MEGHAN MARKLE STARTS
NOW—AND SHE IS
READY FOR IT

BY ERIN HILL

REPORTED BY SIMON PERRY
& MONIQUE JESSEN



Meghan and Harry on their May 19 wedding day.

M

Meghan Markle's transformation into the Duchess of Sussex appeared to be complete—from head to toe—on May 22, a mere three days after she and Prince Harry tied the knot in a historic ceremony at St. George's Chapel. With her custom Philip Treacy hat (a go-to milliner for her new sister-in-law Princess Kate), polished side chignon (bye-bye, messy bun) and her usual bare legs covered with sheer pantyhose, the former *Suits* star's laid-back California style seemed a thing of the past. Effortlessly navigating her way through her first engagement as a royal—a Buckingham Palace garden party in honor of Prince Charles's upcoming 70th birthday—she shared easy laughter with her new father-in-law and even clasped hands with mother-in-law Camilla, Duchess of Cornwall. "They were being really warm and friendly," says a guest at the party. "The relationship is obviously very comfortable and supportive."

The Newlywed
Meghan (on May 22) "is a lovely addition to the family," says a royal-family friend. "She's very warm."

It's a remarkably affectionate bond for the famously reserved royals—and just the latest in a series of fast-tracked milestones for Meghan, 36, who had already breezed through a series of public engagements even before her May 19 wedding to Prince Harry. Now she has a new title, a new coat of arms and everything that goes along with it—including the Queen's former aide Samantha Cohen to guide her through the ins and outs of a life very few people in history have ever experienced. "Samantha has been helping her with protocol—how to address people and deftly manage her new situation in the royal world," says an insider. Meghan, who officially quit acting upon the announcement of her engage-

FROM LEFT: TIM ROOKE/SHUTTERSTOCK; GEORGE PINNELL/WIREIMAGE

ment to Harry in November, “needs to carve out a role that she is happy with, or she will go crazy,” says the insider. The constraints of royal duty—which calls for an abundance of caution and layers of vetting and deliberation—can feel oppressive to even seasoned members of the family. With Cohen, a veteran royal aide who is well-liked by both William and Harry, helping to guide, “she will make sure Meghan is as happy as she can be without ruffling feathers,” says the source. “She will represent her voice both internally and externally and fight her battles.”

By all accounts Meghan has already been embraced by “the Firm,” as the royal family is sometimes known—most clearly when Prince Charles escorted her to the altar on her wedding day. “It was rather beautiful that she was welcomed into her new family by her new father-in-law,” says Colleen Harris, Charles’s former press secretary. “That was quite symbolic.”

‘Meghan draws a lot of strength from her mother’

—MAKEUP ARTIST AND FRIEND DANIEL MARTIN

Of course, Meghan’s key support continues to be her mom, Doria Ragland, a yoga instructor and social worker, who returned home to L.A. a few days after gracefully stepping into the spot-



In with the In-Laws

“Camilla [with Meghan and Charles on May 22] has given Meghan a few tips along the way about joining the Firm,” says royals author Robert Lacey. “She has managed with style and aplomb.”



Like Mother, Like Daughter

“She’s very poised—so much like Meghan,” Martin says of Ragland (arriving at the Cliveden House Hotel after meeting the Queen at Windsor Castle on May 18).

light at her daughter’s wedding. “She has a softness, but I detected a steely core to her,” says a royal-family friend. “She has come through a hell of a lot. She was lovely to talk to and bursting with pride.”

And it’s clear where Meghan gets her independent streak. Ragland told a neighbor “that Meghan wanted to move her [to London],” says a local friend, however, “Doria didn’t want to hear about it. She likes her neighborhood and plans to stay for now at least.” Meghan’s longtime friend and makeup artist Daniel Martin says, “Meghan draws a lot of strength from her mother. Doria is classy, chic and confident but not unapproachable. I definitely feel Meghan gets a lot of that from her mother.”

Today that steady confidence is as essential to Meghan’s new life as it was in the early days of her romance with Harry. Martin, who did her wedding makeup, was one of the few people in whom Meghan confided as the relationship grew serious. “She came to New York [in March 2017] for a U.N. meeting that got snowed in, and we went to have dinner,” says Martin. “And that’s when she told me. Just the way that she was telling me I could see, ‘Oh my goodness,

he's the one.' She had to keep everything so quiet for so long. She really needed to make sure that this was for them. It helped their relationship because it was just the two of them in this time, no one else."



Now the couple's strong partnership will extend to their royal work. Meghan will likely focus on issues concerning "young women and teenage girls. She is familiarizing herself with the landscape in this country," says Lorraine Heggessy, chief executive officer of the Royal Foundation, which oversees the charitable efforts of William, Kate, Harry and now Meghan. "She's meeting groups and wants to do that privately so she can get to know people." In February, at her first joint appearance alongside Harry, William and Kate, Meghan said she hoped to "hit the ground running" in support of women's rights. "With so many campaigns like #MeToo and Time's Up, there's no better time to continue to shine a light on women feeling empowered and people supporting them," she said during the panel discussion. Adds a royal insider: "She's not going to want to be a quiet prin-



Her Coat of Arms

An official coat of arms is typically given to the father of the bride just ahead of a royal wedding, but in a break in tradition, it was given directly to Meghan herself. (Her dad, Thomas Markle, unexpectedly bowed out of attending the nuptials.) Meghan worked with the College of Arms herself on the design, which features nods to her home state of California (the golden poppy state flower, rays of sunshine, blue for the Pacific Ocean) and her new home with Harry at Kensington Palace (wintersweet, which grows outside their cottage). The three quills represent communication and the power of words, symbolic of Meghan's activism and her passion for writing. (She once worked as a calligrapher and also authored her own lifestyle blog, *the Tig*.)

Duchess Style

Chignon vs. Messy bun

Meghan ditched her signature hairstyle on May 22 for a more refined look that is reminiscent of the impeccably styled chignon Princess Kate has worn.


Clutch vs. Crossbody

It's customary for royals to carry clutch bags, which they will often hold with two hands to help keep proper posture while walking and chatting.

Pantyhose vs. Bare Legs

Pantyhose have been a staple of Kate's wardrobe, and the Queen never goes out with bare legs. In a departure from her engagement look (right), Meghan wore hose on May 22.





Let's celebrate the organizations
that make the world a better place

2018 People COMPANIES THAT CARE™

Whether it's helping veterans climb the corporate ladder,
teaching children to read, looking out for the environment
or rewarding employees with extra perks,
these companies do well by doing good.

**Think your workplace
is doing awesome things?**

Nominate your company at
GreatPlaceToWork.com/CompaniesThatCare



PEOPLE and PEOPLE Companies That Care are trademarks of Meredith Corporation Used Under License.





Her Jeans Equal Jobs!

Meghan wore Hiut Denim on Jan. 18 in Cardiff—and helped spark new jobs at the factory.

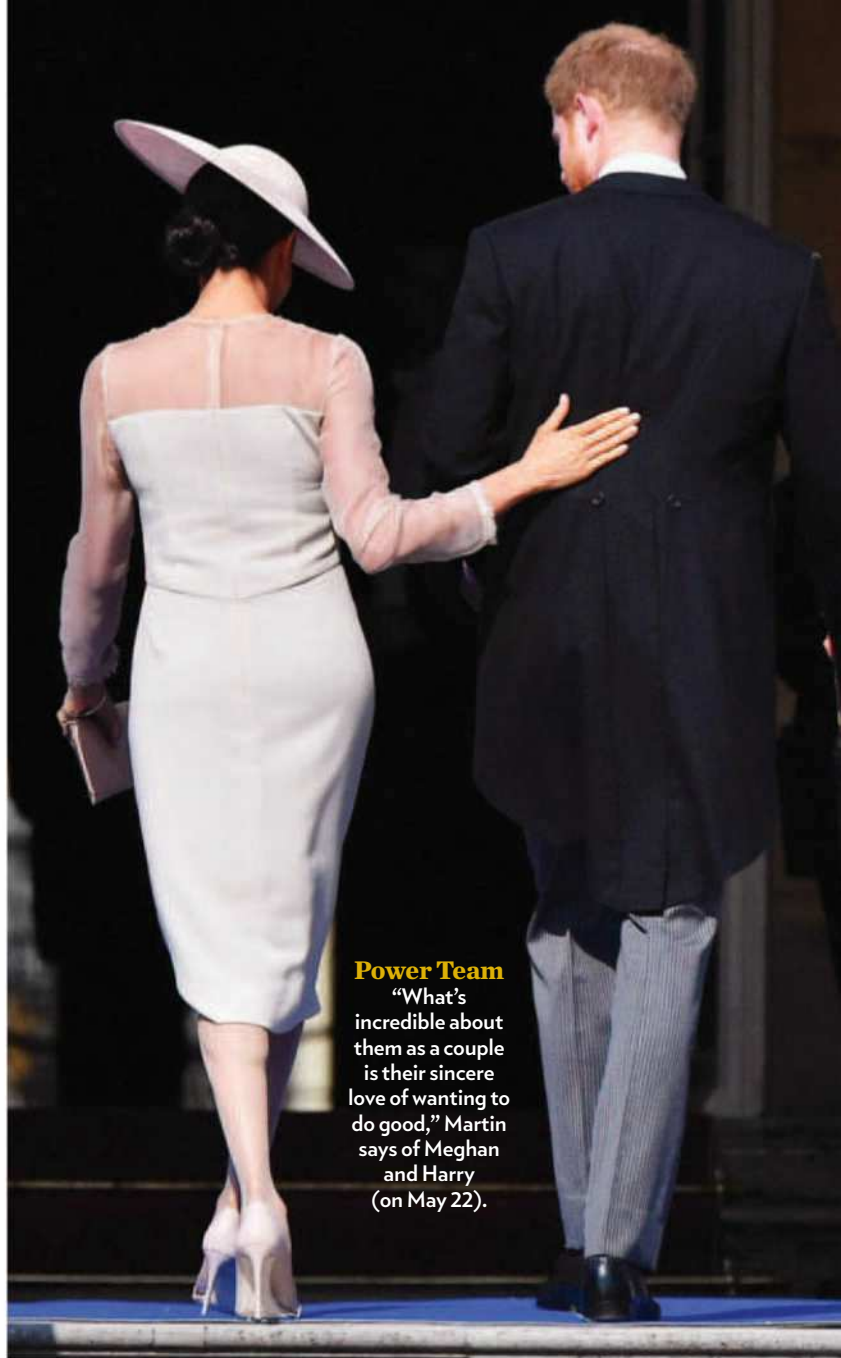
The Meghan Effect

Even before she was a duchess, Meghan was a royal trendsetter. Stepping out in \$246 skinny jeans by Hiut Denim Co. in Wales, Meghan launched global interest in the tiny Welsh label. “It’s had a halo effect everywhere,” says cofounder David Hieatt. Thanks to the explosive demand, Hieatt has employed five new staff members and is looking to move to a bigger factory. “We must be one of the few jeans companies that have no jeans. The shelves are barren,” he says. And after Meghan wore earrings by Paris-based jeweler Vanessa Tugendhaft on May 22, “we were completely sold out in 10 minutes,” says Tugendhaft. “It was crazy!”

cess and simply open hospitals or cut ribbons.”

On a personal note, the next big milestone on the horizon is children. The couple have made no secret of wanting to be parents, with Harry himself saying in the couple’s engagement interview, “Hopefully we’ll start a family in the near future”—and Meghan noting their eventual need for baby gear during a public outing with Harry in March. “I imagine they will probably think about a family really quickly,” a wedding guest says. And they’ll have plenty of opportunities to see firsthand what it takes to raise a family within the palace: William and Kate and their three children, 4-year-old Prince George, 3-year-old Princess Charlotte and 5-week-old Prince Louis, are their neighbors in the Kensington Palace compound. During the family portrait shoot on their wedding day, the bride and groom gravitated toward the littlest members of their bridal party. “They wanted to see their family and see the kids and be together,” says Martin. “So when it was time to take a photo, it was really easy and harmonious and joyful, and Harry was playing with the kids.”

Still, with at least one overseas trip on the horizon for the couple—to Australia in October for the Invictus Games—insiders predict a royal



Power Team

“What’s incredible about them as a couple is their sincere love of wanting to do good,” Martin says of Meghan and Harry (on May 22).

‘She’s not going to want to be a quiet princess and simply open hospitals or cut ribbons.’
—ROYAL INSIDER

baby won’t be likely to arrive before summer 2019. In the meantime Meghan is set to make her first appearance alongside Harry and the rest of the royal family on the Buckingham Palace balcony during the annual Trooping the Colour celebrations on June 9. But she’s already proven she can hold her own with her in-laws, having confidently broken tradition and given a speech in front of the family at her wedding reception. “She’s a very warm person. Her speech showed how capable she is,” says a guest. Adds Martin: “There is a lot of work ahead of her, and it takes a really strong person to fill those shoes. This is now a huge platform for Meghan to really get into the activism that she wants to do. She’s really stoked about taking on the role and trying to make change happen.” ●



PRAISE & PERVERSION

Susan and Tony Alamo (left, center) at their California church in 1971; Amy Eddy and Pebbles Rodriguez (right) at the Arkansas compound ca. 2000.



A CULT'S DARK SECRETS

WE WERE CHILD BRIDES

Amy Eddy was 14 and Pebbles Rodriguez was 12 when they were forced to marry cult leader Tony Alamo. Inside their horrific childhoods—and how they reclaimed their lives

By **ELAINE ARADILLAS**



LOCATION: HERMOSA INN PARADISE VALLEY; HAIR & MAKEUP: ALLISON PUNN/ZENOBIA; STYLIST: MELANIE HERON SUTTON/ZENOBIA; FRONT LEFT: JACK GAROPALO/PANOS/VATCHER/GETTY IMAGES; COURTESY: PEBBLES RODRIGUEZ; JACK GAROPALO/PANOS/VATCHER/GETTY IMAGES

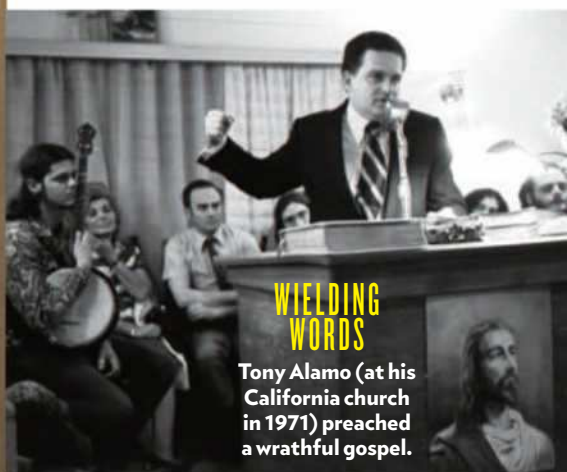


UNBREAKABLE BOND

"We have a strong connection," says Pebbles Rodriguez (right) of her best friend, Amy Eddy.

In the dream Pebbles Rodriguez was walking slowly down a narrow aisle, wearing a long, white wedding dress. A shadowy figure waited for her, and as she got closer, she realized who it was: Tony Alamo, the 62-year-old leader of the Tony Alamo Christian Ministries, the apocalyptic ministry her family had recently joined. Jolted awake, the 12-year-old began to scream and rushed to find her best friend, 14-year-old Amy Eddy, who was sleeping nearby. "You have to tell him," Amy told her, "that was God talking." But when Pebbles saw Alamo days later, she didn't have to say a word. "It was like he could see into my soul," she recalls. "Somehow... he knew. Just like that. That's how I became a wife."

For the next decade Pebbles's dream would become a nightmare as she and Amy both lived as child brides of Alamo, where they were regularly starved, beaten and raped. They were finally freed from their torture in 2008, when Alamo was arrested and charged with 10 counts of interstate transportation of minors for illicit sexual purposes. Convicted a year later, he died in federal prison in 2017 at age 82. Now Pebbles, 32, and Amy, 34, are sharing their harrowing story, which is featured in the premiere episode of the television series *People Magazine Investigates: Cults* on Investigation Discovery June 4. Both young women still suffer from post-traumatic



WIELDING WORDS

Tony Alamo (at his California church in 1971) preached a wrathful gospel.



People
MAGAZINE

INVESTIGATES

For more on this case, watch *People Magazine Investigates: Cults*, premiering Monday, June 4 at 9 p.m. ET on ID.



PREYING ON GIRLS

Pebbles and Amy (left) were forced to turn over all control of their lives to Alamo (below, with Pebbles). Right: Amy at 14.



IN THE BEGINNING

Tony and Susan Alamo married in 1966 and built their ministry together. After Susan died in 1982, Tony began marrying child brides.

stress disorder, where everyday, normal activities can sometimes trigger panic attacks and feelings of fear and loneliness. "Every day is a milestone," says Amy. "Some days are easier than others." Agrees Pebbles: "I don't think it will ever be easy. There are things that are out of my control, like recurring nightmares. There is nothing I can do to make it go away, but I try my hardest."



Pebbles was living "a rough life" in New York City with her single mom and two sisters in 1995 when a neighbor told her

mother about a place where she could start a new Christian life. The neighbor showed them a promotional booklet, she recalls, filled with photos of people frolicking in swimming pools, singing in choirs and running through fields at the church's compound in Fouke, Ark. "My mother was sold on the dream," Pebbles says. "We joined the church and we were on our way to Arkansas."

Alamo and his wife, Susan, had begun to amass their following in the late 1960s on the streets of Hollywood, preaching salvation and offering believers what they purported to be a

peaceful commune existence. Randall Harris, a retired FBI agent who investigated the case against Alamo, believes some people were drawn to the cult because of Alamo's charisma and promises of a better life, then were bullied into remaining. "He threatened these people with eternal damnation if they were to leave. The world revolved around Tony Alamo," he says. "It takes quite a character to convince a mother to turn over her [underage] daughter to him to become his wife."

For Amy, the Tony Alamo cult was the only life she knew. Her parents had



Benjamin Risha today and (above) with parents Gail and Edward Risha in 1975.



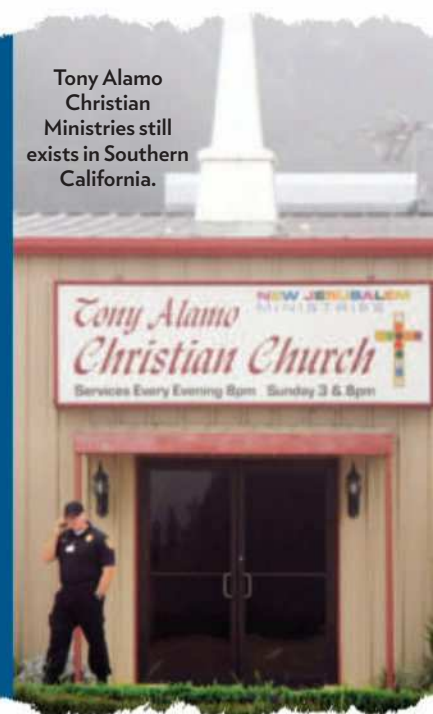
THE CULT'S 'PEACE BABY'

Benjamin Risha remembers praying as hard as he could for three days straight. Susan Alamo lay dead in a coffin in front of him after a battle with breast cancer, and her husband, Tony, had told him to pray for her resurrection. When it didn't happen, "he told me, 'You didn't pray hard enough,'" recalls Risha.

It was the beginning of doubt for Risha, who had been born in 1975 as the cult's "Peace Baby." Alamo had orchestrated the birth, prophesying that a child born of an Arab father and a Jewish mother would bring world peace. But when Risha's parents fled the cult leaving their son behind, the Alamos raised the boy as their own. "People referred to me as, sort of, royalty," recalls Risha, now 43 and a writer who has penned a book about his experience, *The Cult Leader Has No Clothes*.

After Susan's death, Risha began searching through cult records and learned that the biological parents he had long been told were dead were actually alive. Digging further, he contacted his father, who sent him a plane ticket out of Arkansas. Chased by Alamo's henchmen, he fled to the airport and escaped, reuniting with his parents. "I'm not broken," says Risha. "Tony didn't win."

Tony Alamo Christian Ministries still exists in Southern California.



(Risha) Photograph by BRYAN DERBALLA

joined before she was born, and at age 14 she too became Alamo's bride after he raped her and forced her to recite vows with him. "He told me, 'This is between me, you and God,'" Amy remembers. "I was terrified."

Alamo convinced his followers there was nothing wrong with polygamy or marrying young girls because the Bible allowed it, and his behavior began to grow more deviant as the years went on. Any infraction, from running late to breakfast or listening to unapproved music, could result in being forced to fast or beaten with a two-by-four. "He got off on you screaming and crying," Amy says. Because they weren't allowed to commiserate without the fear of being punished, Pebbles and Amy would communicate through a secret code—using their eye movements to spell letters of the alphabet. Amy says, "It was our way of supporting each other."

In 2010, with Alamo in prison, Pebbles fled and was reunited with her mother and sisters, all of whom had left the cult years earlier. Amy had left the



CULT LEADER

Tony Alamo served four years in federal prison in the 1990s for tax evasion. At the time of his 2017 death, he was serving a 175-year sentence for traveling across state lines to have sex with children.

cult several years before with the help of her father. Amy's mother remains an active member of the group and is estranged from her daughter. "She won't talk to me," Amy says. "She thinks I'm going to hell."

Pebbles and Amy share the unique bond of survivors—supporting each other through battles with night terrors and severe bouts of depression. Though miles separate them—Pebbles, a stay-at-home

mom who is in the process of getting a divorce, lives in the Phoenix area with her two young sons, and Amy is studying to get into college in Oklahoma City, where she is also raising two young sons with her boyfriend—the two are forever linked. "She's a fighter and I'm a fighter," says Pebbles.

The best friends speak to each other every day and continue to feel each other's pain. As Pebbles recounts her story of becoming Alamo's wife, Amy admits she's the one who told Alamo about the dream. Pebbles stops and places her hand on Amy's arm. "Amy, I don't blame you for anything," she says. "I know," Amy responds, "but I still wish I'd never done that to you."

Last year on the day Alamo died in prison, "I went to the bathroom, got in the tub and cried for all of us girls," says Amy. "I was relieved." Says Pebbles: "We're free now." ●

**'I HAVE A RIGHT TO
BE ANGRY AT THE
WORLD, BUT NO,
WE'RE FREE!
SO LET'S MAKE
THE MOST OF IT'**

—PEBBLES RODRIGUEZ





THANDIE
NEWTON

A Star Reborn

THE FIRST BLACK WOMAN IN A MAJOR STAR WARS ROLE, SHE ALSO KICKS BUTT ON HBO'S WESTWORLD. BUT SURVIVING IN HOLLYWOOD HASN'T BEEN EASY *By* **KARA WARNER**

After three decades as a successful working actress, Thandie Newton, 45, says she's finally reached a major milestone in her career: Her three children suddenly care about what she does for a living. Why? Two words: *Star Wars*. "I can't think of anything I could do that would get my kids' attention quite like this," Newton says of her family's reaction to hearing she had landed a role in *Solo: A Star Wars Story*. She's the first black woman to play a major character in the four-decade saga. "It's about more than the toys," she says. "It's momentous."

Newton, who first broke out in the U.S. in 1994 starring with Tom Cruise in *Interview with the Vampire*, isn't unfamiliar with being a Hollywood trailblazer. Born in London and raised by her Zimbabwean mother, Nyasha, a nurse, and her British father, Nick, an artist, Newton landed her first movie role when she was just 16, opposite Nicole Kidman in the 1991 Australian coming-of-age film *Flirting*. "I've grown up in this industry," she says. "It's not easy. But I've been very lucky in my career. Partly because just my presence in the work is breaking ground [as a biracial actress]." Still, there was a time she almost gave it up for academics. In between auditioning for early roles, Newton went to Cambridge University and graduated with a degree in social anthropology. "I came into [Hollywood] from a different world," she says. "I wasn't trained as an actor." But while Newton made notable appearances in 2000's *Mission: Impossible 2* and 2006's Best Picture winner *Crash*, she's now reaching new levels of fame, playing both the hard-bitten thief Val in *Solo* and the scene-stealing android Maeve on HBO's futuristic drama *Westworld*. "It's actually a really wonderful thing to be older, to still be part of this community and to reflect on how far things have come," she says of how the entertainment industry is changing.



Women Not to Mess With

"It's so exciting to be telling stories about the misfits and the rebels," Newton says of her empowered roles on *Westworld* (left, with costar Rodrigo Santoro) and in *Solo* (below, with Woody Harrelson and Alden Ehrenreich).



'At some point you've got to take the reins.... I don't feel like a victim anymore'

"In terms of diversity, in terms of how women have managed to be twice as good and stride forward and not let limits stop them." Newton, who has said she was once groped by a former costar and sexually abused by a director who made a graphic audition tape of her, is outspoken about issues facing women and sits on the board of the activist organization V-Day. She says her own experiences helped shape her *Westworld* character, a robot coming to terms with the violence she has suffered at the hands of humans. "It parallels an awakening that I felt I came to after a lot of difficulty and pain in life," she says. "At some point you've got to take the reins. I did that a lot in the last decade. I don't feel like a victim at all anymore."

She gets strong support from her family: her husband of 20 years, British writer-director Ol Parker (*Mamma Mia! Here We Go Again*) and their daughters Ripley, 17, and Nico, 13, and son Booker, 4. Nico is the first to follow in her mom's acting footsteps, starring in Disney's upcoming live-action *Dumbo*—under Newton's watchful eye. "[I'm] like a lioness, checking that everything is looked after," Newton told Britain's *This Morning*. On the *Solo* set, she often thought about her own childhood. "I was a kid that loved these films, and yet there was nobody like me looking out from the screen," she says. "I can't tell you what that feels like. What would the little girl Thandie have wanted to see? A black woman in her natural glory. And I got to do that."



Proud Mom
Newton with her husband, Ol Parker, and their daughters Ripley (right) and Nico.

With reporting by **Nigel Smith**

REALSIMPLE

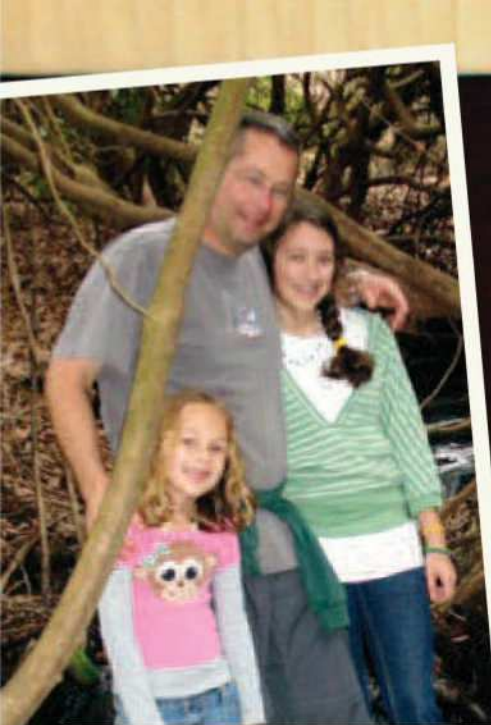


PICK UP
YOUR COPY
TODAY



Life Made Easier

GET IT DONE WITH REAL SIMPLE.
SUBSCRIBE TODAY AT
[REALSIMPLE.COM/SUBSCRIBE.](https://realsimple.com/subscribe)



DRIVING FORCE
“Julia knows she can change the world,” says her mom, Jennifer. At left: Julia (far left) with her dad and sister Emily in 2008.



MY FATHER'S SUICIDE MADE ME AN ACTIVIST

Julia Spoor's dad was battling depression when he shot himself. Now she is trying to help others avoid a similar loss

By **JEFF TRUESDELL**

Whenever she had a bad day or wanted to laugh, Julia Spoor knew she could count on her father. “He was a goofy guy who just had this radiance about him,” she says. But when Julia was 7, her dad, Scott, seemed to change. Battling depression, he twice attempted to overdose on pills. And on Sept. 25, 2009, the 43-year-old electrical engineer killed himself with his handgun, just 10 days before Julia’s 8th birthday. “It’s a really awful feeling,” says Julia, who didn’t learn the details of his act until years later. Though he

WHAT IS WEAR ORANGE?
Taking its name from the color that hunters wear for safety, Wear Orange (wearorange.org) to Prevent Gun Violence, scheduled for June 1, was launched by Everytown (everytown.org) as a day to honor victims of gun violence and demand change in gun-safety legislation.

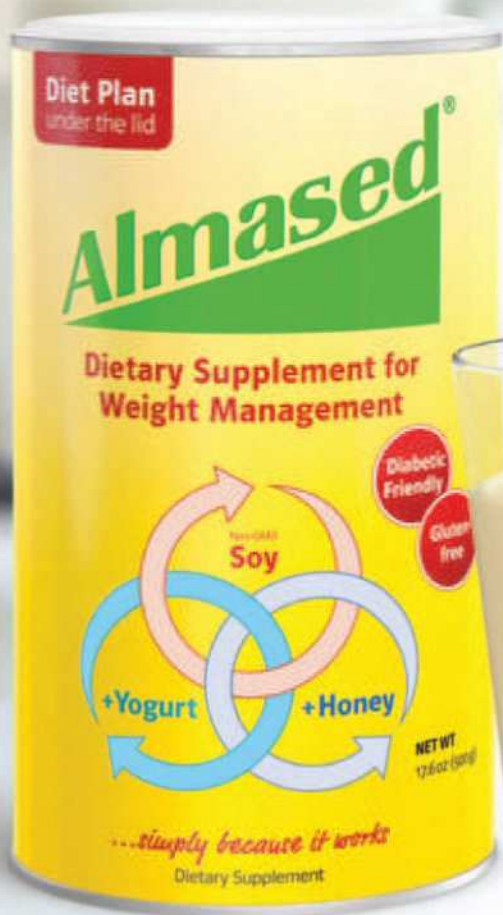
had no mental problems when he bought the gun, after those issues arose, says Julia, “that would have been the point for someone to say, ‘This guy should not possess a firearm.’”

Now 16, Julia is hoping to help enact laws that would do just that. Working with the nonprofit Everytown for Gun Safety, she has become a vocal proponent of “red flag laws,” already in place in six states, which help families remove guns from someone in crisis. She is also promoting the Wear Orange initiative, encouraging Americans to wear orange on June 1 in an effort to raise awareness about gun violence. “I’ve had a loved one taken away prematurely and felt it could be prevented,” says Julia. “I don’t want any other kid to feel that.”

The high school sophomore says the repeated occurrences of school shootings have only made the need for change more urgent. After 17 students and staff died on Feb. 14 in the shooting at Marjory Stoneman Douglas High School in Parkland, Fla., Julia helped launch Students Demand Action, a national student-based group advocating for tougher gun legislation. Having grown up surviving loss and then watching kids in classrooms “being targeted,” she says it’s her generation’s fight to wage. “I believe my dad would be proud.” ●

ALEX BROOKLYN/THE DAILY BEAST; INSET: COURTESY SPOOR FAMILY

The Almased Weight Loss Phenomenon™ Discover It Now!



Germany's
#1 for Quick
and Easy Diet
Success



Stephanie S.,
Hammond, LA

Before

"I lost almost 70 pounds with Almased! Almased has given me the tools to live a happy life and for that I am truly grateful."

- **Scientifically proven** unique formula
- **Quick** and **easy weight loss**
- **Healthy nutrition** with macro- and micronutrients
- High-quality **natural ingredients**
- **NO** artificial fillers, flavors, added sugars, preservatives or stimulants

Quality you can feel, results you can see!

Start your Almased Journey today at www.figureplan.com (enter source code **PM24B**). Find us in **CVS Pharmacy, Walgreens, GNC** and many other **supplement and health food stores**. You can also find us **online**. Call toll-free for more information: **1-877-256-2733**.



Real Housewives of Beverly Hills

On the show, "I'm just myself, and I'm not embarrassed about it," says Richards (with Camille Grammer and Lisa Vanderpump in 2018).



REAL HOUSEWIFE
KYLE
RICHARDS



My Hollywood Story

SHE WENT FROM '70s CHILD ACTRESS TO REALITY QUEEN. HOW FAMILY PUT KYLE ON THE PATH TO FAME
By AILI NAHAS

Long before she became a *Real Housewife*, Kyle Richards was paying her dues in Hollywood, working as a child actor in more than 30 films and TV shows, including *Little House on the Prairie* and *Halloween*. Growing up in front of the camera was "all I ever knew," says Richards, 49. "I have no memory of my life before television." Now the mother of four—who has been married to real estate agent Mauricio Umansky, 47, for 22 years—is behind the camera, co-executive-producing a drama series, *American Woman*, inspired by her "unconventional" childhood with her mother, Kathleen Richards, who died of breast cancer in 2002 at the age of 63.

"My mother was a single mom in the '70s, raising kids on her own," says Richards. "It was a crazy, fun, reckless time, and she was very opinionated and outspoken. I wanted to make a show about women coming into their own and finding their voice." Kyle's sister Kim Richards, 53, who was herself a child star, has been supportive, but oldest sister



A Sisterly Bond

“Nothing can erase our history,” says Richards (right, at age 4 with Kathy and Kim in 1973). “Siblings go through tough times. But we love each other, and that’s all that matters.”



Hollywood Mom

“My mom was very honest and open with us,” says Richards of her mother (in 1976), whom everyone called Big Kathy. “She wasn’t the typical mom with the snacks and the station wagon. I started driving myself to work at 13 years old. She instilled in us a lot of confidence and trust.”



American Woman

Alicia Silverstone (center, with costars Makenna James, left, and Lia Ryan McHugh) plays a newly single mother of two inspired by Kyle’s mom in the new series premiering June 7 on Paramount Network.

Kathy Hilton, 59, voiced concern about the project. “I would never tell anyone else’s stories,” says Richards, who insists the show isn’t autobiographical. Still, it’s strained her relationship with Kathy, whose daughters are Paris and Nicky Hilton. Says Richards: “I hope when she sees the show, she’ll understand. I love my sisters, and I would never do anything to disrespect them or embarrass them. I feel bad about that.”

Richards is used to living through such family drama in public, but it isn’t always easy. Last December her L.A. home was burgled while she was out of town, with more than \$1 million in clothing, jewelry and bags stolen. “The sentimental things from my mom were the most personal,” she says. “I can’t replace them.” The experience has made her new series all the more important—it’s a tribute to her mother that’s as precious as any heirloom. “My mom always made me feel like I was the greatest thing in the world,” she says. “Everything I have now is because of her. And I am so incredibly grateful.” ●

Slasher Star

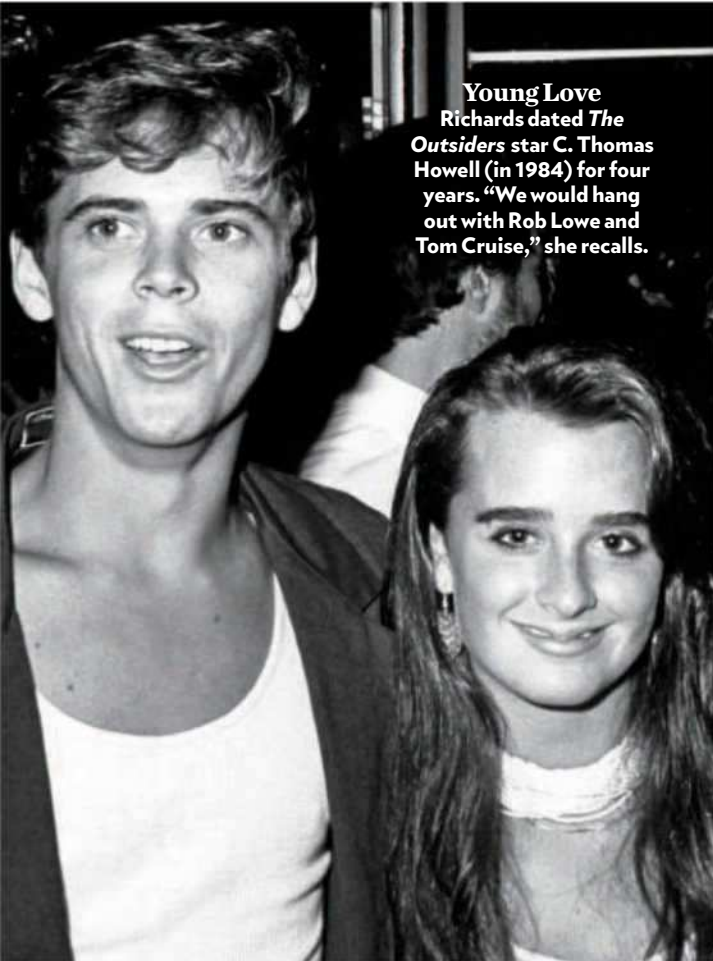
“I’ve done a lot of horror movies,” says Richards (with Jamie Lee Curtis in 1978’s *Halloween*). “But this is the one people always want to talk about.”





←
Working with a Legend

“She had a scary voice and drank champagne out of a silver goblet,” says Richards of Bette Davis, her costar in 1980’s *The Watcher in the Woods*.



Young Love
Richards dated *The Outsiders* star C. Thomas Howell (in 1984) for four years. “We would hang out with Rob Lowe and Tom Cruise,” she recalls.



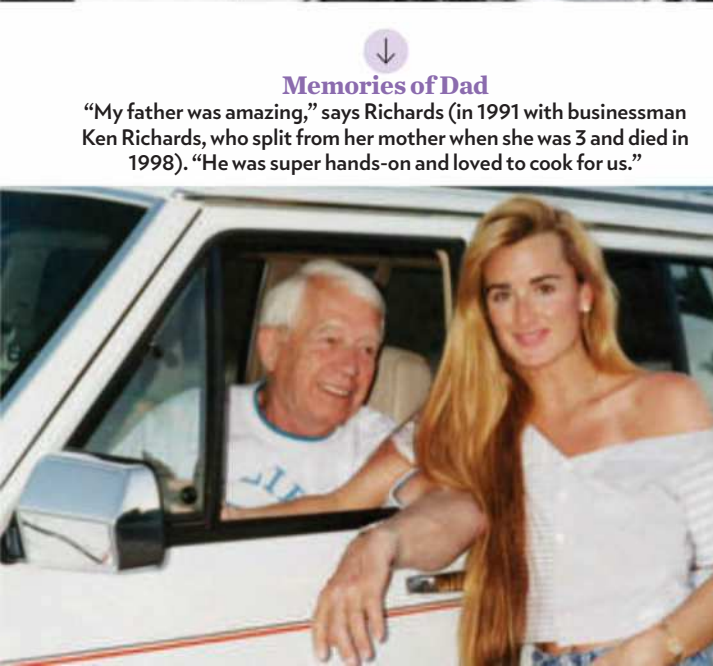
↑
True Romance

“Mauricio and I are complete opposites, but we share the same life goals,” says Richards of her husband (in 1994). “I couldn’t live without him.”



→
Missing Mom

“I get signs from my mom all the time,” says Richards (with Big Kathy at her 1996 wedding to Umansky). “She was always our biggest cheerleader.”



↓
Memories of Dad

“My father was amazing,” says Richards (in 1991 with businessman Ken Richards, who split from her mother when she was 3 and died in 1998). “He was super hands-on and loved to cook for us.”

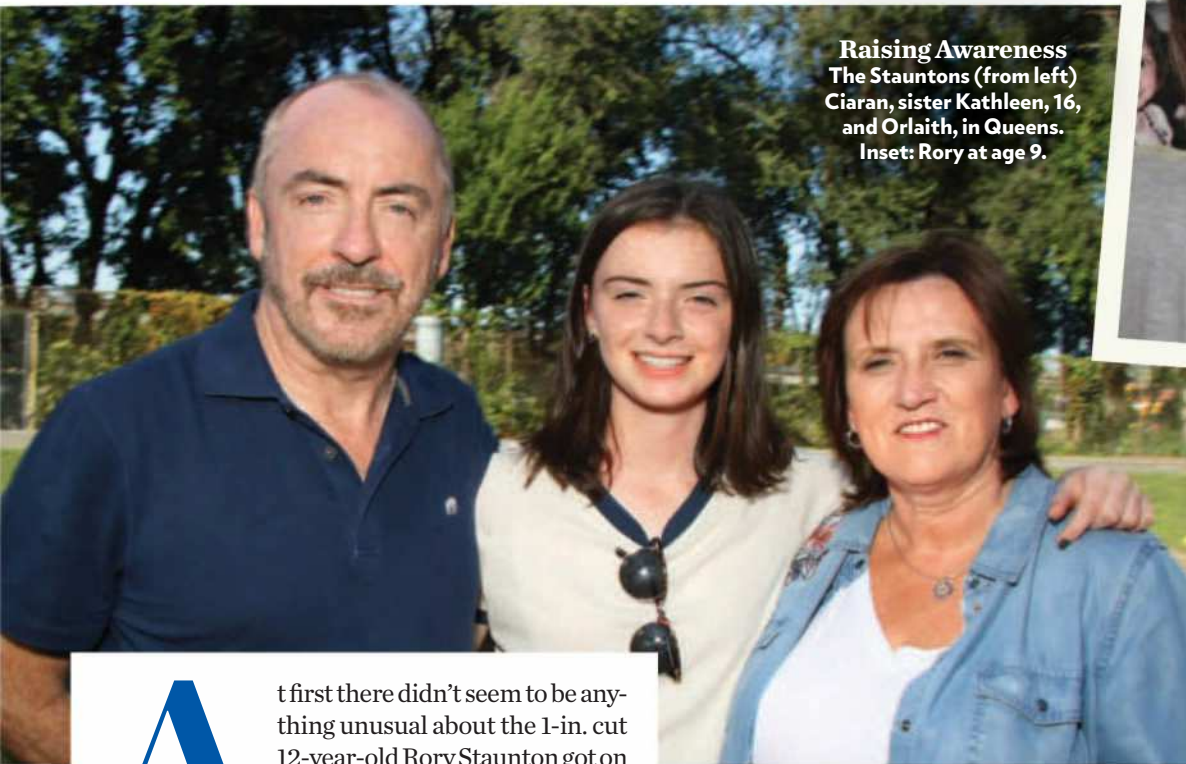


↑
Family Values

“Motherhood always came naturally to me,” says Richards (left), who was just 19 when she had Farrah, now 29, with ex-husband Guraish Aldjufrie before going on to welcome three more daughters with Umansky (center). From left: Emerson College graduate Alexia, 21, Portia, 10, Farrah and Sophia, 18.

After Tragedy, A Family's Crusade

RORY STAUNTON DIED AFTER DEVELOPING SEPSIS FROM AN INFECTED CUT. NOW HIS FAMILY IS TRYING TO SAVE OTHERS *By* DAVE QUINN



Raising Awareness
The Stauntons (from left) Ciaran, sister Kathleen, 16, and Orlaith, in Queens. Inset: Rory at age 9.



At first there didn't seem to be anything unusual about the 1-in. cut 12-year-old Rory Staunton got on his arm during gym class that Wednesday in March 2012. But the next day Rory was in the pediatrician's office with a 104-degree fever, vomiting and leg pain. Two days later he was in the ICU, and by Sunday of that week the New York City seventh grader was dead. "It's just astounding," says his mother, Orlaith Staunton, 58. "When Rory died, I thought, 'This has to be something really rare.' I didn't think there was anything that could kill him within four days that I wouldn't know about."

But doctors ultimately determined that Rory had died from sepsis, a frighteningly common condition caused when the body has an extreme reaction to infection—in this case likely because his cut wasn't properly cleaned. Difficult to diagnose but easily treated with antibiotics, sepsis is the leading cause of

hospital deaths in the U.S., killing at least 250,000 Americans a year. (See sidebar.) In 2012 Orlaith and her husband, Ciaran, 55, both restaurant owners, launched the Rory Staunton Foundation (rorystauntonfoundationforsepsis.org) to help raise awareness of sepsis and how to prevent it. Since then they've helped bring about statewide mandates establishing hospital protocols for dealing with sepsis, formed a network of sepsis survivors and written a children's book on how to care for cuts and scrapes.

For his family the memories of Rory—who was captain of the debate team and known for his loyalty to friends—are still painful. But, says Ciaran, "there's a reward in knowing that we're helping people, which is what Rory would have wanted to do." ●

'We had never heard of sepsis before Rory died. We were angry.'
—CIARAN STAUNTON

People health

The Facts About Sepsis

Sepsis develops when the body's immune system responds to an infection by attacking its own tissues. Diagnosed early, sepsis can be cured with antibiotics. If you get a cut or scrape, make sure to clean the area immediately and be alert for symptoms of sepsis: shortness of breath, high heart rate, fever, body aches or disorientation. For more information, go to sepsis.org.



The Stauntons' book

CLOCKWISE FROM LEFT: COURTESY RORY STAUNTON FOUNDATION FOR SEPSIS PREVENTION; PETER ZAMBURGO'S

Marriott
REWARDS.

spg Starwood
Preferred
Guest

Fairfield
BY MARRIOTT

Caring for others
like we'd like
to be cared for.

It has always been our guiding principle.
We live by the #GoldenRule

COURTYARD

FOUR
POINTS

SPRINGHILL
SUITES

Fairfield

How We Lost

1000

Pounds!

THESE 5 WOMEN REVAMPED
THEIR HABITS TO LAST A LIFETIME—
AND LOST A COMBINED 600 POUNDS

By **JULIE MAZZIOTTA**
Photographs by **ARI MICHELSON**



➡
**Rachel
Saintfort**
LOST
121
LBS.



➡
**Lauren
Council**
LOST
106
LBS.





↕
**Brianna
Bernard**
LOST
107
LBS.

Merial Levy
LOST
161
LBS.
↕

**Nissa
Graun**
LOST
105
LBS.
↕



“Being here with four incredible women who had some of the same challenges makes you feel like you’re not alone in this world,” says Lauren Council, 26 (at the Mandarin Oriental Hotel in Miami on May 2).

BEFORE
291
LBS.

NOW: 170 lbs.
HEIGHT: 5'6"
HOMETOWN:
Lakeland, Fla.
OCCUPATION:
Case manager

RACHEL SAINTFORT, 32

'No one is perfect—I just keep going'

► Food was my bestie as a kid. We didn't have a lot of money, so if I was bored, I would eat. In high school I hit 200 lbs., but I was blessed to be a confident person. In college I kept gaining weight. One day I noticed my left leg was swollen, and six months later my right leg swelled up too. The doctors said it was lymphedema—water retention. I couldn't fit into regular shoes. But I didn't hit my heaviest until after the birth of my daughter in 2007. When she was 10, her classmate called me fat. I realized that she suffered because of my weight. I quit fast food and soda and started doing 3-mile walks in my town. At first I was out of breath, but I stuck with it. I was never able to lose weight in the past because I would quit if I messed up. This time I decided: If I have a soda—oh well. There were some months I lost 16 lbs. and others I didn't lose anything, but I just kept going, with motivation from my Instagram page, @ms100Lbs. Last December I hit 100 lbs. down—it was an amazing feeling. I'm so proud to show my daughter that if you set a goal, you can achieve it.

LOST
121
LBS.!

What She Eats

"I love getting Subway sandwiches, and you don't feel overly stuffed."

HYDRATION

1 gallon of water

BREAKFAST

Egg-white omelet with feta cheese, 1 chicken sausage and spinach

SNACK

Vanilla Greek yogurt with granola

LUNCH

Sweet onion chicken teriyaki sandwich on wheat bread from Subway; apple slices

SNACK

15 honey-roasted almonds

DINNER

Chicken breast with broccoli

SNACK

11-oz. Atkins mocha protein shake

**LAUREN
COUNCIL, 26**

‘Sharing on social media made it so rewarding’

► I never had a good relationship with food. When my family or friends weren’t around, I would binge-eat chips and cookies. My weight spiraled out of control. When I was 17, my mom died of breast cancer, and I gained 15 lbs. in a month. I graduated from high school weighing 237 lbs. I had accepted that I

was going to live life overweight. But in April 2017 I spent a night in horrible stomach pain and went to urgent care. I was eventually diagnosed with irritable bowel syndrome, and that was the wake-up call I needed to finally change my lifestyle. I gave up dairy and gluten and focused on eating lean pro-

teins like chicken with fruits and vegetables. After the first two months I lost 30 lbs. and decided to join a gym. I also set a goal to lose 70 lbs. by the time I turn 27 this July, because that’s when I need to start getting mammograms as someone with a higher risk of developing breast cancer. I kept track of my progress on my Instagram account, @laurenelizhealthylivin. I hit that goal early, so I set a new one—to lose a total of 100 lbs., which I achieved in February. This has been the best thing that ever happened to me, and I know my mom would be so proud.

LOST
106
LBS.!



What She Eats

“I meal-prep once a week, and I’m not as strict on the weekends.”

HYDRATION

64 oz. of water

BREAKFAST

2 hard-boiled eggs smashed with 1 Tbsp. light mayo; 4 oz. roasted sweet potatoes; chocolate protein shake; ½ cup Lactaid cottage cheese; banana

SNACK

2-4 Tbsp. hummus with veggie straws

LUNCH

6 oz. deli turkey slices with 1 medium avocado and 1 Tbsp. light mayo; 1 protein shake

SNACK

½ cup granola clusters

DINNER

5 oz. grilled chicken breast; sautéed veggies

SNACK

Protein shake

BEFORE
270
LBS.

NOW: 164 lbs.

HEIGHT: 5’9”

HOMETOWN:

Ripon, Calif.

OCCUPATION:

Therapeutic recreation specialist



What She Eats

"I typically eat eight small meals a day."

HYDRATION

1 gallon of water

MEAL #1

½ cup Quaker Old Fashioned oatmeal with 1 scoop Isopure Dutch Chocolate protein powder and 2 Tbsp. Honeyville Organic powdered peanut butter; 1 cup black coffee

MEAL #2

¼ cup raw almonds; 1 cup blackberries

MEAL #3

6 scrambled egg whites; 1 cup spinach; ½ avocado; 2 tsp. hot sauce

MEAL #4

4 oz. grilled filet mignon; 1 cup roasted asparagus

MEAL #5

4 oz. grilled cod; 1 cup steamed green beans

MEAL #6

4 oz. oven-roasted chicken breast; 1 cup steamed broccoli

MEAL #7

4 oz. broiled salmon; 1 cup roasted Brussels sprouts

MEAL #8

6 hard-boiled egg whites; 1 cup sugar snap peas

LOST
107
LBS.!

BRIANNA BERNARD, 32

'For me it's not about the number—it's about feeling strong'

► I was an active kid growing up, running track and figure skating. But in my 20s I started to get lazier, and I gained about 20 lbs. Then when I got pregnant in 2012, I added another 70. You're only supposed to eat a couple hundred extra calories a day, but I was eating 1,000 more. For lunch I'd order a chicken hoagie with chips and a soda and finish it with a pint of ice cream and a brownie. I thought the weight would just come off after the baby was born, but a year later I was still the same. One day I picked up a copy of *People's* "How We Lost 100 Lbs." One of the women was from my area, and I decided to join her gym, Bodies by Burgoon. Right away I started training two to three days per week and overhauled my diet. I started eating lean proteins, healthy fats and vegetables eight times a day. In the first three or four weeks I lost about 15 lbs., which was really motivating. I consistently dropped 2 lbs. a week and a little over a year after I started had lost 100 lbs. I feel like a completely different person. I even changed careers and now work at Bodies by Burgoon. If I can lose 100 lbs., I can do anything.

BEFORE

245
LBS.

NOW: 138 lbs.

HEIGHT: 5'8"

HOMETOWN:

Minneapolis

OCCUPATION:




Personal
trainer
and nutrition
coach





California Walnuts

FOR THE BEST SIMPLE SNACKS EVER

For wholesome snacks your family will love, blend in the flavor, texture and heart-healthy* goodness of great tasting California walnuts. For these recipes and more, visit Walnuts.org   



So Simple. So Good.™



Per one ounce serving.

*Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines. Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.



Fiery Hot Cheddar Walnuts



Walnut Energy Bars



Toasted Walnut Hummus

MERIAL LEVY, 50

'I'm not letting food control me anymore'

► Happy, sad or stressed, I would use food to comfort myself when I was growing up. I was 200 lbs. as a freshman in college, and by the time I was pregnant with my second child in 2000, I hit 300 lbs. The people at the drive-through knew my voice when I drove up. The hardest time was after my dad's death—that's when I hit 343 lbs. But I still didn't make a change until I had gotten so heavy that I needed my students to push me around in a wheelchair. I joined Weight Watchers and focused on losing weight slowly. It took me six years, but I lost 161 lbs., an entire person. I also started going to the gym. People think I'm crazy, but I go five days a week at 4 a.m. before school. It's part of my life now. Losing my dad should have broken me, and it didn't. It made me stronger.



BEFORE
343
LBS.

NOW: 182 lbs.
HEIGHT: 5'4"
HOMETOWN:
Los Angeles
OCCUPATION:
Third-grade
teacher

LOST
161
LBS.!

What She Eats

"I don't deprive myself of anything, but now I can just taste it and feel satisfied."

HYDRATION

114 oz. of water

BREAKFAST

Spinach wrap with 2 turkey breakfast sausages, 2 scrambled eggs, mushrooms, onions, bell peppers and fat-free mozzarella; coffee with ½ cup unsweetened vanilla almond milk and Splenda

SNACK

String cheese; pretzels

LUNCH

4 oz. ground turkey breast with salsa, onions and bell peppers; nonfat plain Greek yogurt; tangerine

SNACK

Sweet mini bell peppers

DINNER

Spinach wrap with 4 oz. chicken breast, ½ cup pinto beans, ¼ cup corn, bell peppers, onions and ½ cup mozzarella cheese

DESSERT

5 Tbsp. fat-free whipped topping with ¼ cup vanilla almond granola



BEFORE
245
LBS.
NOW: 140 lbs.
HEIGHT: 5'7"
HOMETOWN:
Mesa, Ariz.
OCCUPATION:
Stay-at-home mom

NISSA GRAUN, 38

'It feels good to maintain the same size'

► I was a small kid until my parents got divorced when I was 8. I loved to eat chips, candy and pizza, and the pounds just kept adding up. I was always trying to lose weight; I went on my first diet at age 12. I tried everything—low-fat, low-carb, low-calorie; I was also overexercising. I'd keep restricting my diet and feel deprived and then go back to eating junk food. In 2014 I became pregnant with my first son and was diagnosed with gestational diabetes. If I didn't get my diet under control, it could turn into diabetes. I kept searching for an eating plan that would work for me. I tried a high-fat diet and started doing intermittent fasting, where I eat only between noon and 6 p.m. After two pregnancies I lost a total of 105 lbs.



LOST
105
LBS.!

What She Eats

"Intermittent fasting helped bring my blood-sugar levels into a better range."

HYDRATION

100-120 oz. of water

LUNCH AT 12:30 P.M.

4 oz. seasoned baked chicken breasts in homemade buffalo butter sauce; fried coconut cauliflower rice; 2 squares Theo's 85% dark chocolate

SNACK AT 3:15 P.M.

3 homemade mint-chocolate cups; handful of walnuts

DINNER AT 5:30 P.M.

Bacon cheeseburger without a bun; salad with ranch dressing

DESSERT

Small cup of whipped cream with melted dark chocolate



Watch the full episode of *People Features: How We Lost 100 Pounds!*, streaming now on peopletv.com, or download the PeopleTV app on your favorite device.

CELEB

Dramatic Changes

THESE STARS DO WHATEVER IT TAKES TO EMBODY THEIR CHARACTERS



DREW BARRYMORE
LOST 20 LBS.
FOR *SANTA*
CLARITA DIET

Yoga and a vegetable-heavy diet helped Barrymore, 43, portray actress Sheila Hammond. But after filming she went back to “pigging out,” she said.



MICHAEL B. JORDAN
ADDED 20 LBS.
OF MUSCLE FOR
BLACK PANTHER

The actor, 31, drank a gallon of water, ate six meals and worked out up to three times each day. “It’s tough to socialize when you’ve got to get in shape like that.”



JENNIFER GARNER
GOT BUFF FOR
PEPPERMINT

Garner, 46, said she was “turning a mom back into an action lady.” Her workout included an hour of Body by Simone’s dance cardio and 90 minutes of stunt-team work.



CHRISTIAN BALE
GAINED WEIGHT
FOR A FILM ABOUT
DICK CHENEY

The actor, 44, who routinely loses or gains weight for film roles, joked, “I’ve just eaten a lot of pies so far” to play the former Vice President.



CHARLIZE THERON
GAINED 50 LBS.
FOR *TULLY*

“I ate a lot of everything, but my drug of choice is potato chips,” Theron, 42, said. “I had a bag in the bathroom.” She said it took her 18 months to lose the weight.



JENNIFER LAWRENCE
DIETED FOR
RED SPARROW

Lawrence, 27, shot dance scenes first so she could eat normally again. It “was the first time that I was really hungry and disciplined.”

DEBORAH L.

LOST

63 lbs & 36" in 26 weeks

and is keeping it off[†]

Yes I did!

I LOST WEIGHT WITH *SlimFast*



Before



MY REASON

To go ziplining on a family vacation and go on bike rides with my daughter.

ABOUT ME

Busy mom to two teenage daughters, new 5K enthusiast.

MY STORY

slimfast.com/deborah

The SlimFast Plan is as easy as 1-2-3

- ✓ **Clinically Proven!** Lose weight and keep it off[®]
- ✓ **Delicious!** Best tasting shakes and smoothies
- ✓ **Nutritious!** Up to 20g protein and as little as 1g sugar
- ✓ **Satisfying!** Control hunger up to 4 hours
- ✓ **Fast!** See results in just one week



get a coupon

text **PICKADATE** to
44222*

[†]Deborah used the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids). She has been remunerated for weight loss and brand ambassador participation. Results not typical. Average weight loss is 1-2 lbs per week. Read label prior to use. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet. *Message and data rates may apply. For the SlimFast privacy policy go to slimfast.com/privacy-policy. © 2018 SlimFast[®].

BODY

Make-unders

BREASTS REDUCED; FILLERS DISCONTINUED; IMPLANTS REMOVED. THESE STARS LET GO OF THEIR OLD IMAGES AND PUT THEIR HEALTH FIRST

By **SHEILA COSGROVE BAYLIS** and **JESSICA FECTEAU**

Amber Rose, 34 Had her breasts reduced from size 36H to 36DDD

► Amber Rose always had body confidence. “I have to thank my mom for that,” she says. “No matter what . . . even when I had a Mohawk, my mom was always like, ‘Baby, you’re beautiful!’” So when Rose developed size 36H breasts as a teenager, she says, “I didn’t start noticing until they started hurting me.” The pain reached its peak in 2016 when she was on *Dancing with the Stars*. “I couldn’t move fast,” she says. “It was like a backpack full of books on my chest.” In January the model and actress had a breast reduction. “I was scared that I wouldn’t feel sexy anymore, but it got to the point where I had to wear two to three sports bras while exercising,” she says. Beverly Hills plastic surgeon Dr. Garth Fisher performed the 3½-hour surgery. “Amber had really large breasts that looked gorgeous, and the pressure was to make them smaller and beautiful,” he explains. Now at a 36DDD cup size, Rose says “it’s like a dream come true” to wear things like spaghetti-strapped tank tops. “We get anxiety trying to live up to society’s standards of beauty,” she says, “but I don’t live for anybody else but myself. I do what makes me happy.”

‘IT WAS THE BEST DECISION,’ SAYS ROSE

“I felt like my boobs made me look heavier, because they were so big,” Rose says.



HAIR: MARCO ZAVALA;
MAKEUP: BRIAN
MENEZES/
CHERNOFF DRESS;
NAKED WARDROBE;
RINGS: GISMUNDI 1754;
INSERT: RAYMOND HALL/
GEM IMAGES



Gilbert says her stint on *Dancing with the Stars* in 2012 “was the peak of Botox, fillers, spray tan, hair extensions, big boobs. That was all the stuff I’m the opposite of at this point.”

Melissa Gilbert, 54 Had her breast implants removed and stopped using Botox and fillers

► Melissa Gilbert has gone natural. She had her breast implants removed in 2015 after 23 years, and the following year she stopped getting Botox and fillers like Restylane. “I was stuck in this mind-set that aging is bad and something to be fought,” says Gilbert. But when she fell in love with actor Timothy Busfield in 2012, her perspective shifted. “I’m really blessed to have someone who encourages aging naturally to the point where I’ve stopped coloring my hair now!” Gilbert had worried for years about her implants leaking and finally decided to remove them. Then she quit Botox and fillers to “age gracefully and let my body and my face become whatever they are going to become.” But she wasn’t able to quit cold turkey. “A couple of years ago I decided that I would try to sneak in a tiny bit of Botox to see if my husband noticed. He was away on location, and I went to go visit him, and the first thing he said was, ‘What did you do?’ I can’t read your expressions.” Since then Gilbert, who just starred in the Off-Broadway play *My Brilliant Divorce*, has “set a moratorium” on all cosmetic procedures. “The emphasis should be on health as opposed to appearance,” she says. Now “I’m stronger, physically and emotionally.”



‘I FEEL HEALTHIER THAN I EVER HAVE’

**YOUR PERIOD,
YOUR MOVE.**



**UP TO 100%
LEAK-FREE
WORKOUTS**



TAMPAX

BODY MAKE-UNDERS



“Your body cannot handle foreign objects in it,” K. Michelle says.



K. Michelle, 34
Had illegal injections removed from her butt and hips

► As a rising R&B star, K. Michelle hoped accentuating her curves would help her career. After having her breasts augmented and fat transferred from her stomach to her rear, she heard about a man in Atlanta who would inject her hips and butt with silicone. “He wasn’t a doctor; it was black-market,” says the singer. “When I found out my favorite rapper did it, I decided, ‘I’m getting it done.’” She was happy until last year, when she started having migraines, fatigue and pain in her back and legs. The silicone had spread and was damaging her tissue. One doctor tried to remove it with liposuction, but it spread further. “I went on tour and a week later was rushed to the emergency room.” She underwent two blood transfusions and three additional surgeries to remove lumps of dead tissue. “I was very disfigured,” says K. Michelle, who will undergo reconstructive surgery and now says, “Why do that to yourself so you can look good for a few years?”

‘I WANTED TO LOOK LIKE A COKE BOTTLE’

© Procter & Gamble, 2017

**YOU DO YOU.
PERIOD OR NOT.**

Hit the road or take a break? With Tampax Pearl's ultimate protection and smooth removal, what you do is up to you.



power
OVER PERIODS™

TAMPAX

2018
BODIES
ISSUE
TRANSFORMATIONS



TYRA BANKS, 44

"I'm all about moderation, but you have to indulge," says the *Perfect 10 Boring* coauthor, who lost 30 lbs. in nine months with the help of a nutritionist.

LOST
30
LBS.

LOST
37
LBS.



KEVIN SMITH, 47

After a massive heart attack the *Clerks* director followed a vegetable-based diet before joining Weight Watchers as an ambassador. "I feel great," he said.



LOST
20
LBS.

MEGHAN TRAINOR, 24

"I stopped drinking alcohol—it hurts your vocal cords. I drink a lot of water, and I started eating healthier and working out more," said the singer, who is engaged to actor Daryl Sabara. "One day we'll have kids, and I want to be the healthiest I can be."

Celeb SLIMDOWN

HEALTHY HABITS AND HARD WORK HELPED THESE 5 STARS LOSE WEIGHT



LOST
33
LBS.

DJ KHALED, 42

The Weight Watchers social media ambassador follows the Freestyle program. "I am able to live my life—and still focus on being healthier," he says.



LOST
25
LBS.

BRITTANY CARTWRIGHT, 29

Cooking healthy meals at home and working out three days per week in a boot-camp class helped the *Vanderpump Rules* star get lean. "I have so much more energy," she says.



CLOCKWISE FROM TOP LEFT: MICHAEL LOCCISANO/GETTY IMAGES; ROBIN ECKENROTH/GETTY IMAGES; ROY ROCHLIN/GETTY IMAGES; STAR MAXXIG IMAGES; FRAZER HARRISON/GETTY IMAGES (2); RICH FURJ/GETTY IMAGES; ROBIN HARCHANT/GETTY IMAGES; CHARLES SYKES/BRANON/CORBIS OUTLINE; KEV SHULTERS/OK; OMAR VEGA/INVISION/AP/REX/SHUTTERSTOCK

WHAT PAIN?



RELIEF THAT'S FAST. STRENGTH THAT LASTS.

Use as directed.

© Pfizer 2018

WATCH THE EXCLUSIVE **PeopleTV** SPECIAL

RAISING A ROYAL



To Stream Now Go To [PeopleTV.com](https://www.PeopleTV.com) Or Download The App On Your Favorite Device

xumo  chromecast **Roku**  amazon fireTV 

PEOPLETV is a registered trademark of Time Inc.



father's day

GIFT GUIDE

DIVING INTO HAMPTON WATER ROSÉ WINE

“My son Jesse and I helped develop the perfect blend to sip on this summer. It goes down so smooth, you’re going to want to buy the magnum!”
\$19.99; warehousewineandspirits.com



JAMES PERSE BLACK T-SHIRT
“This is the signature black shirt I wear all the time. It’s classic and timeless.”
\$165; jamesperse.com



JON BON JOVI

The rock star, 56, and dad to daughter Stephanie, 25, and sons Jesse, 23, Jacob, 16, and Romeo, 14, offers up cool and casual gear.



PERSOL SUNGLASSES
“My No. 1 rule: Never leave the house without your shades.”
\$260; persol.com

JBK SOUL KITCHEN DONATION

“At my pay-if-you-can restaurant, everyone can experience high-quality dining. Twenty dollars can go a long way toward helping others.”
jbksoulkitchen.org



HEX ICON WALLET PHONE CASE
“I firmly believe that less is more, and this case helps lighten your load when you’re on the go.”
\$49.95; hexbrand.com

ASICS GEL-NIMBUS RUNNING SHOES

“Health is wealth, and these shoes have the comfort and arch support to sustain a long run.”
\$160; asics.com





DAVID OYELOWO



As father of Asher, 16, Caleb, 13, Penuel, 10, and Zoe, 6, the Golden Globe-nominated actor, 42, chooses gifts for an ideal sanctuary.

→ WILLIAMS-SONOMA BBQ GRILLING SET

"I love to pretend to know how to grill and host friends and family on a nice summer day."

\$79.96;

williams-sonoma.com



← MARK & GRAHAM LEATHER INITIAL COASTERS

"A great addition to any man cave."

\$59 for 6;

markandgraham.com



↓ SUNDAY RILEY CERAMIC SLIP CLAY CLEANSER

"Even dads get break-outs—cleansed skin is the way to stop them."

\$45; sephora.com



BOSE QUIETCOMFORT HEADPHONES

"I've got four kids. These headphones give me a mini vacation from the noise."

\$349.95; bose.com



↑ LONDON ALARM CLOCK

"To keep the temptation of your phone away while you sleep!"

\$30; westelm.com





STAND UP FOR US ALL

Clinical trials bring us closer to the day when all cancer patients can become survivors.

Clinical trials are an essential path to progress and the brightest torch researchers have to light their way to better treatments. That's because clinical trials allow researchers to test cutting-edge and potentially life-saving treatments while giving participants access to the best options available.

If you're interested in exploring new treatment options that may also light the path to better treatments for other patients, a clinical trial may be the right option for you.

Speak with your doctor and visit StandUpToCancer.org/ClinicalTrials to learn more.



Sonequa Martin-Green, SU2C Ambassador

Photo Credit: Matt Sayles
Stand Up To Cancer is a division of the Entertainment Industry Foundation, a 501(c)(3) charitable organization.

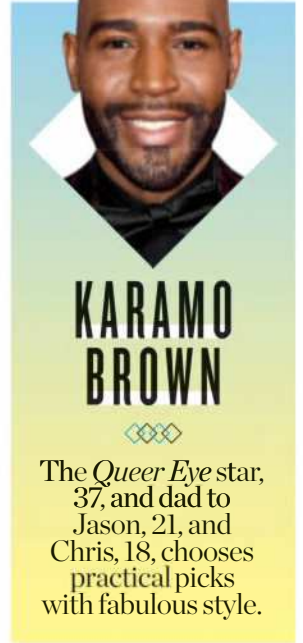




AMAZON ECHO
 “He can use it at home or at the office—it will update him on news and play music.”
 \$100; amazon.com



←
UNCAGED ERGONOMICS STANDING DESK
 “It’s practical, and also helps your dad get active while at work.”
 \$150; staples.com



KARAMO BROWN

The *Queer Eye* star, 37, and dad to Jason, 21, and Chris, 18, chooses practical picks with fabulous style.



BOMBER JACKET
 “Bombers are the new blazers! They can take your dad from a day at the office to a night out.”
 \$35; hm.com

TESTICULAR CANCER SCREENING
 “This gift is something that not only lets your father know you love him but could save his life.” Contact your doctor for more information.



↑
HERSCHEL SUPPLY CO. CHAPTER TRAVEL KIT
 “He can use this when he travels or goes to the gym. He can also fill it with essentials and leave it in his car so he’s always prepared.”
 \$30; herschel.com



BIRCHBOXMAN SUBSCRIPTION
 “Often men forget to buy their grooming supplies. This way they can get sent right to him!”
 From \$30 for three months; birchbox.com/men



↑
HAVERN ENGRAVED WOOD WATCH
 “It’s sleek, practical and every time your father takes it off, he can see a sweet message.”
 From \$55; etsy.com/shop/havren




Erin imagined a world with unlimited pizzabilities. Can you?

Just one pill a day offers
all-day, all-night protection*
from frequent heartburn.



Imagine
24HRs
without
heartburn

*As directed. May take 1 to 4 days for full effect. © 2018 Pfizer Inc.



MATTHEW McCONAUGHEY

The actor and Just Keep Livin Foundation founder, 48—who's the father of Levi, 10, Vida, 8, and Livingston, 6—picks gifts for the dad in need of some chill time.

↓
CHILE MONOLOCO HOT SAUCE
 "My favorite heat."
 \$4.42 each; chilemonoloco.com



↑
HUMANS OF NEW YORK COFFEE-TABLE BOOK

"Familiar characters and insights on every page."
 \$18.61; amazon.com



RHONE SWIFT SHORT
 "Comfort and secure hidden pockets all over the place."
 \$88; rhone.com

WILD TURKEY LONGBRANCH BOURBON
 "My favorite bourbon on the planet."
 \$39.99; wildturkeybourbon.com



JUST KEEP LIVIN ALRIGHT...T-SHIRT
 "The proceeds go to help kids, and the phrase is ubiquitous."
 \$28; justkeeplivin.com

ALLBIRDS MEN'S WOOL RUNNERS
 "These made my back feel better in weeks."
 \$95; allbirds.com



↑
MILA MOURSI BROAD SPECTRUM SUNSCREEN
 "The perfect daily moisturizer and sunscreen."
 \$148; milamoursi.com



PURINA
Bella
Pampered Meals Inspired by
Small Dogs



Specially formulated for the
small dog you know so well.

You know her every little look. We know her little body's needs. Like small, nutrient-dense bites to help support your small dog's higher metabolism. And more of the pampering flavors she loves.

Learn more at
Belladogfood.com/BellaDog

Purina trademarks are owned by Soci t  des Produits Nestl  S.A.



Your Pet, Our Passion.



BEAR GRYLLS



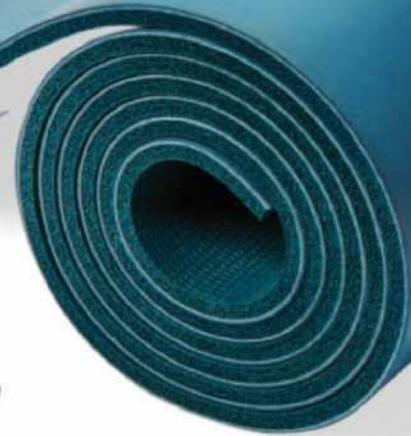
The survivalist, 44, father of sons Jesse, 14, Marmaduke, 12, and Huckleberry, 9—and star of *Running Wild with Bear Grylls* (now in its fourth season on NBC)—picks the most useful gifts for outdoorsy dads.



BEAR GRYLLS VIDEO EYEWEAR GLASSES

“They’re protective eyewear and can capture those incredible moments when having a camera in your hand is physically impossible.”
\$200; beargrylls.com (available in June)

LIGHTWEIGHT YOGA MAT
“Regular yoga helps keep my back working after my free-fall accident while in the military, when I broke it in three places.”
\$58; lululemon.com



TOUCHTENNIS RACKETS AND BALLS

“A Touchtennis racket and foam balls, because they’re portable, and we can play as a team anywhere!”
\$61; touchtennis.com



ORANGUTAN SLACKLINE

This entry-level slackline kit contains everything a beginner might need to start practicing the art of balance.
\$48.99; amazon.com

BEAR GRYLLS 3-IN-1 SOLAR WATER BOTTLE

“This is a smart, multi-purpose tool. It has a solar panel on top, so I’ll drink up and stick it in the sun to charge. It can be a great light source at night, and the USB port provides extra juice for my phone.”
\$19.99; amazon.com



QUICK-DRY BOXER BRIEFS
“Quick-dry underpants for the jungle—no explanation needed!”
This polyester-and-spandex blend also prevents chafing while hiking.
\$22.50; rei.com



CHARLIE MACKESY PRINT

“Buy a signed poster of my friend’s beautiful oil paintings of the prodigal son. This image touches people all over the world and reaffirms my faith in everything good.”
\$34; charliemackesy.com



Your eye's protective layer is thinner than a human hair, and it's what stands between your eyes and the world.

Dry eye can happen when this layer breaks down. Soothe[®] XP can help.

Your eyes have an outer protective lipid layer that keeps in moisture. Soothe XP contains Restoryl[®] mineral oils that help restore this layer, seal in moisture, and protect against further irritation. Ordinary drops* can't do that.

BAUSCH + LOMB
See better. Live better.



*Non-lipid containing eye drops

©/TM are trademarks of Bausch & Lomb Incorporated or its affiliates. © 2018 Bausch & Lomb Incorporated. PN08713 SXP0025.USA.18



Available in the eye care aisle.



SAVE \$3 off any

BAUSCH + LOMB
Soothe[®]
Lubricant Eye Drops

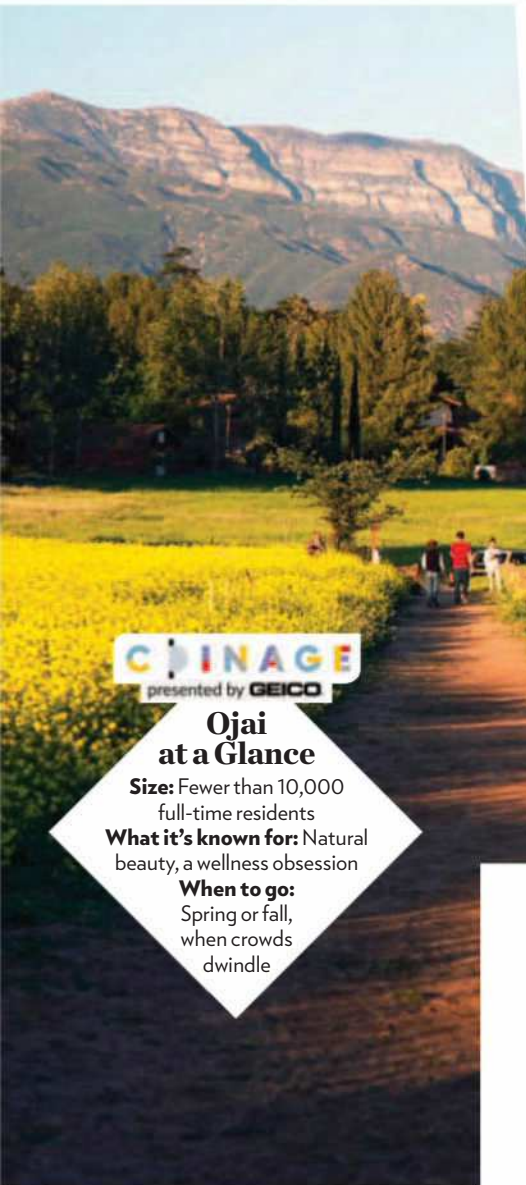
SootheEyeDrops.com

MANUFACTURER'S COUPON | EXPIRES 01/31/2019

CONSUMER: Only one coupon redeemable per purchase on product specified at retail locations only. Any other use constitutes fraud. Void if copied, transferred, expired, prohibited by law or used to purchase products for resale. Limit 2 identical coupons per household per day. You pay any sales tax. **RETAILER:** We will reimburse you at face value plus 8¢ handling per coupon if used in compliance with the Bausch + Lomb Coupon Redemption Policy (CRP#1) incorporated herein by reference. Any other use constitutes fraud. Void if copied, transferred, expired, taxed, restricted, prohibited by law or used to purchase products for resale. Limit one coupon per purchase of specified product; limit 2 identical coupons per household per day. Cash value 1/20th of 1¢. Not redeemable for more than purchase price. Good only in USA. Mail to: Bausch + Lomb, Inmar Dept. 10119, 1 Fawcett Dr., Del Rio, TX 78840. ©/TM are trademarks of Bausch & Lomb Incorporated or its affiliates. © 2018 Bausch & Lomb Incorporated. PN08713 SXP0025.USA.18



0310119-021933



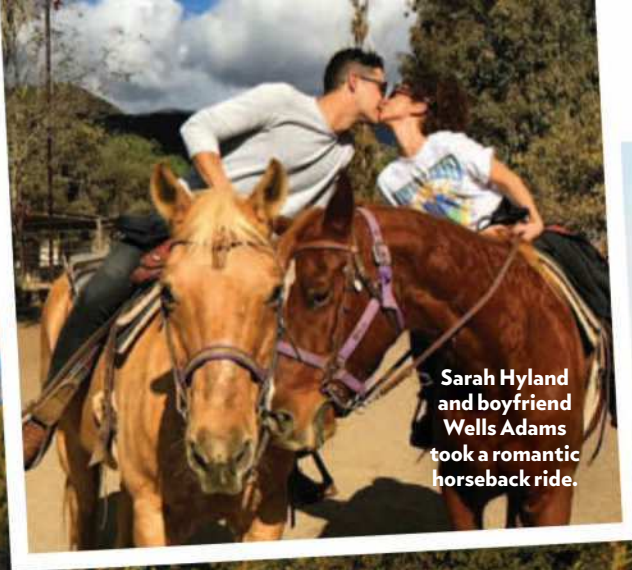
COINAGE
presented by **GEICO**

**Ojai
at a Glance**

Size: Fewer than 10,000 full-time residents

What it's known for: Natural beauty, a wellness obsession

When to go: Spring or fall, when crowds dwindle



Sarah Hyland and boyfriend Wells Adams took a romantic horseback ride.

At the edge of Los Padres National Forest, Ojai offers stunning hikes.

OJAI, CALIFORNIA

The Stars' Country Retreat

THE SCENIC DESTINATION OFFERS SOMETHING FOR EVERYONE

IT'S JUST A TWO-HOUR drive from Los Angeles, but the vibe in Ojai (pronounced "oh, hi") couldn't be farther from Hollywood glitz. Surrounded by the Topatopa Mountains, it has become a go-to getaway for celebrities like Channing Tatum and Natalie Portman seeking a respite for body and mind. "It's a really sleepy town Monday through Thursday," says Brad Steward, co-owner of the quirky Airstream hotel Caravan Outpost (Bradley Cooper is a fan). But on weekends city visitors come in droves for hiking and horseback riding or to tour local wineries. Anne Hathaway and Jason Segel took a more permanent approach: Each has a second home in the laid-back locale. The focus on wellness is a major draw for residents and visitors alike. *Star Trek* actor Zachary Quinto recently embarked on a meditation retreat at the A-list favorite Ojai Valley Inn. In town, spirituality seekers can buy sage bundles to bring home. —GRACE GAVILANES



Ojai's famous Pixie tangerines are sweet, seedless and grown on small farms.

HOW THE STARS TRAVEL

EXPLORE LUXURY OPTIONS AND CELEB-FAVORITE BUDGET SPOTS

WHERE THEY STAY



SPLURGE

A night at the Ojai Valley Inn (Chloë Grace Moretz has stayed there) goes for **\$349**



SAVE

One of Caravan Outpost's 11 Airstream trailers costs around **\$179 per night**

WHERE THEY CHILL OUT

A personal beekeeping and honey-tasting session at Ojai Valley Inn charges **\$150 per person**

A tour on horseback with Ojai Valley Trail Riding Co. is **\$75 per hour**

WHERE THEY EAT



SPLURGE

At Azu, a hybrid restaurant-brewery, the signature paella costs **\$29**



SAVE

A kombucha tasting flight at Revel is **\$7**

CLOCKWISE FROM TOP RIGHT: GARY CARBERG/ENLIGHTENED IMAGES/ALAMY; COURTESY CARAVAN OUTPOST; COURTESY AZU RESTAURANT AND BAR; COURTESY REVEL; KORBUCHA; JAYME BURROWS/ALAMY; VISIONS OF AMERICA, LLC/ALAMY

THAT TV



WON'T PAY FOR ITSELF.

Switch to GEICO and save money for the things you love.

Maybe it's that glorious, curved-screen 4k beauty. Or the 12-26k Hz headphones you wear. High-tech is what you love – and it doesn't come cheap. So switch to GEICO, because you could save 15% or more on car insurance. And that would help make the things you love that much easier to get.

GEICO[®]
Auto • Home • Rent • Cycle • Boat

geico.com | 1-800-947-AUTO (2886) | local office

Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. Homeowners and renters coverages are written through non-affiliated insurance companies and are secured through the GEICO Insurance Agency, Inc. Boat and PWC coverages are underwritten by GEICO Marine Insurance Company. Motorcycle and ATV coverages are underwritten by GEICO Indemnity Company. Motorcycle insurance is not available in all states. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. © 2017 GEICO

Cedric 'The Entertainer' Kyles

THE ACTOR-COMEDIAN, 54, TAKES ON HIS FIRST DRAMATIC ROLE IN THE MOVIE *FIRST REFORMED*

Last time I danced

Two weeks ago I took my wife [Lorna] out to this club. The kids were doing dances that we couldn't do, like flips and cartwheels. I was like, "Are they using wires?!" At first I was amazing them, but then my knee started hurting.

Last time I cried

Probably watching the movie *Akeelah and the Bee*. When the neighborhood came together for her and the little gangster dude helped her read, that got me. But they were, like, gangster-tough tears.

Last DIY project

I tried to hang this framed picture of my wife in my bathroom, but it was too heavy for my nail. I heard something go boom and glass breaking, and I thought, "Oh, somebody's in the house!" It was supposed to be an homage to her, and I ended up going straight to the jewelry store.

Last time I was starstruck

About two years ago I saw Meryl Streep at a hotel, and she was like, "Hi, Cedric!" It was dope. I sat and talked to her for a while.

Last thing I took from a set

My character in *Top Five* had a gold chain that I took without necessarily getting permission. I just said, "Did you see it? It has to be in my dressing room. I'm sure I took it off." But once you act like you're concerned, everybody knows you took it.

Reported by **Julie Jordan**

Photograph by JENNY GAGE + TOM BETTERTON



PEOPLE (ISSN 0093-7673) is published weekly with an extra issue in February by Time Inc., a wholly owned subsidiary of Meredith Corporation, Principal Office: 225 Liberty St., New York, NY 10281-1008. Periodicals postage paid at New York, NY and additional mailing offices. Postmaster: Send all UAA to CFS. (See DMM 5071.5.2); Non-Postal and Military Facilities: send address corrections to People Magazine PO BOX 62120 Tampa, FL 33662-2120. Canada Post Publications Mail Agreement No. 40110178 GST #88881621RT0001. Reproduction in whole or in part without written permission is prohibited. People Weekly, Star Tracks, Picks & Pans and Chatter are registered trademarks of Time Inc. **Subscribers:** If the Postal Service alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within two years. Your bank may provide updates to the card information we have on file. You may opt-out of this service at any time. **CUSTOMER SERVICE AND SUBSCRIPTIONS—For 24/7 service, please use our website: people.com/customerservice. You can also call 1-800-541-9000 or write to PEOPLE at P.O. Box 62120, Tampa, FL 33662-2120. PRINTED IN U.S.A.** **Mailing List:** We make a portion of our mailing list available to reputable firms. If you would prefer that we not include your name, please call or write us. ◆◆◆◆◆



spotlight sidekick.

vapor-distilled for purity,
electrolytes for taste.





SAUVAGE

THE NEW EAU DE PARFUM

Dior



DIOR.COM
MACY'S