

SUNNY SIDE UP

woman's day

FARM
TO
TABLE
MEALS

TASTY
IDEAS
FOR
FRESH
PRODUCE



WATCH OUR
NEW SHOW!



HOW TO
KNOW
YOU'RE

DRINKING
ENOUGH

H₂O

sun
piñata
cookies
p.82





TASTES LIKE TRADITION
IN THE MAKING.

MADE WITH MILK FROM GRASS-FED COWS THAT
GRAZE ON THE LUSH PASTURES OF IRELAND.



August/September 2024

Contents

use your melon

Got leftover fruit? Cube it and toss it into salad, blitz it and freeze for granitas, or blend it into the Watermelon Agua Fresca on page 85.



on the cover

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drinking enough H₂O **71**

Photograph by Mike Garten
Food styling by Karen Tack
Prop styling by Lis Engelhart
Concept inspired by Hungry Happenings

**Watermelon
sculptures**

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KAT TEUTSCH: CRAFT AND PROP STYLING; MATTHEW GLEASON: GREEN BACKGROUND; MIKE GARTEN:

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BOW BONANZA
Tillys Bow Pillow,
\$30, tillys.com

smile file

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let's eat

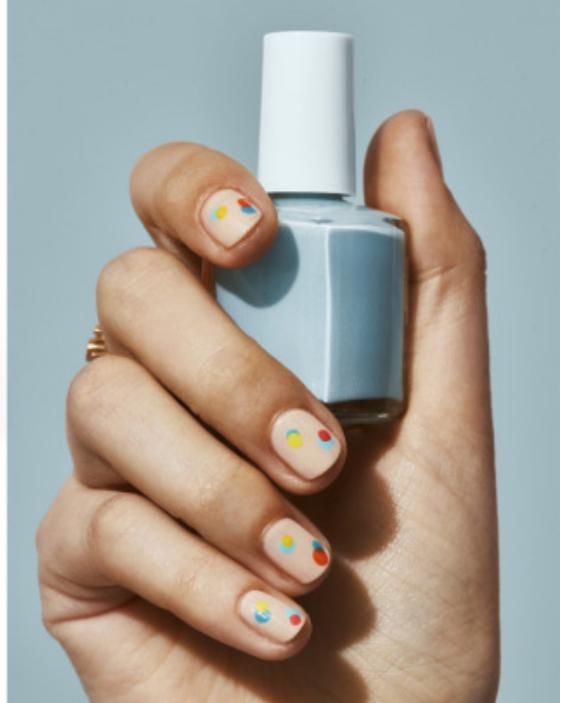
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Pretty smart!

Skip the pricey manicure, because DIY-ing a salon-worthy design is simpler than you think. Apply a neutral polish to your nails and then, once they're dry, use a nail-art pen to place small dots in clusters.

Turn to page 32 for more bite-size wisdom.

how to reach us
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online
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800-234-2960

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New York, NY 10019
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bkolb@wrightsreprints.com



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Our portable box of Bible verse cards will help you find words of hope and strength when you need them most.

\$16, womansday.com/prayercards



Make your voice heard

There's no better time to be sure you're eligible to vote than September 17, **National Voter Registration Day**. Head to vote.org to register or check your status.

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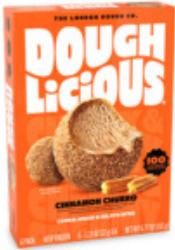
My Yay! List

Gluten-free treats that make me say *yay!*



Mmm, cookies!

My kids don't believe these Brown Butter Short Bread cookies are actually GF. mightylicious.com



Churr-oh!

Creamy cinnamon gelato is wrapped in toasty cinnamon cookie dough. doughlicious.co.uk



Turn to page 10 for more of my GF picks.

Let's celebrate

Birthday cake yogurt-covered pretzel twists are like a party in your mouth. glutino.com

My perfect day

Our brand-new reality show, *My Perfect Day With Woman's Day*, premieres this month. On each episode I get to be a fairy godmother-style host who surprises deserving folks with the ultimate yay day. (Turn to page 40 for a sneak peek.) But we didn't need TV magic to make my daughter's eighth-grade graduation

day truly special—I had all the feels during the beautiful Mass and ceremony. I had tucked my late father's and my beloved Nana's hankies in my purse, wanting them both to be there with us in spirit for this milestone moment, and they were. I was a puddle of happy tears from the very first hymn. (Why does hearing children singing in church make me so emotional?) I thought about how hard middle school is, not to mention how the pandemic affected this group—a slideshow featuring students in masks was a poignant reminder of how far we'd all come since 2020. I also thought about how being a mom is my most important job. Knowing I really have only four more in-the-house years to get it right fills me with equal parts relief and sadness, but mostly I'm just so proud. We love you, Charley! This day was perfect.

Meaghan

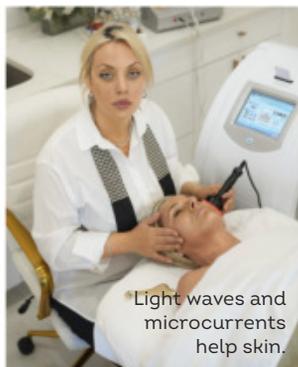
@meaghanbmurphy
@theyaylist



Con-grad-ulations were in order at Liberty State Park in New Jersey.

Glowing review

As we age, hormonal changes and collagen loss can lead to a host of skin bummers like dryness and wrinkles. I'm inching toward a big birthday, so I turned to European skincare specialist Lika Alania at Alania Aesthetics in Westfield, NJ, to get my glow back. Her famous OxyLight Red Carpet facial is worth the hype—my "baby face" got me carded at Trader Joe's! Follow her on IG @alaniaaesthetics for inspo to treat yourself.



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Recipe Inspiration
www.hellmanns.com/recipes



smile file

Save these dates: There are a whole lot of happy-makers to put on your calendar!

perfect days



Save the dates!

Grill & chill season

★ AUGUST 4 ★

American Family Day

★ AUGUST 31 ★

Eat Outside Day

★ SEPTEMBER 7 ★

Tailgating Day




**Feelin'
peachy**

★ **AUGUST 27** ★

We think you'll a-peach-iate these fun ways to celebrate **Peach Day**. Whip up one of our recipes or let the happy hue inspire your decor.

👉 **Pretty as a you-know-what place setting.**

Write guests' names on hydrangea leaves with a white paint marker and tuck under peach plates.

PEACH PLATE: ALISON GOOTE. PEACHES AND SORBET: MIKE GARTEN. GOLDFA RB: GAB BONGHI. FRIENDSHIP DRAWING: GETTY IMAGES.





hot tip
Grill peaches to perfection by brushing them with olive oil—it'll help prevent sticking and encourage browning.



 **Grilled Peaches and Cream**
recipe, p. 83



Honey-Peach Sorbet
recipe, p. 83



THANK YOU FOR BEING A...

★ **AUGUST 4** ★



Anna Goldfarb
Author



In addition to calling up your best buds on **Friendship Day**, take time to reflect on what kind of friend you're being and how you can be an even better one. Let this thoughtful advice from Anna Goldfarb, author of the new book *Modern Friendship: How to Nurture Our Most Valued Connections*, inspire you:

- 1 Pay attention to how your friends' lives evolve.** If you notice a change in someone's lifestyle or finances, adjust accordingly. For example, if a friend is taking a break from drinking alcohol, suggest a coffee date or a walk instead of happy hour. If a friend is between jobs, suggest low-cost activities or invite them to a casual dinner at your house.
- 2 Be accountability buddies.** Brainstorm ways to help each other reach goals. It creates a routine so you and your friend will be in regular contact, and you'll get the pleasure of supporting your friend's dreams, which can make you feel more included in their life. Plus, studies show that people are more likely to reach their goals if they share them with friends.
- 3 Show interest in recommendations you get from your friends.** If a buddy mentions an article, podcast, TV show, movie, or book they loved, make an effort to check it out. Not only will you show that you care to see the world through your friend's eyes, but you'll also have something interesting to talk about at your next get-together.

Going against the grain

★ SEPTEMBER 13 ★

Life can be sweet without wheat, promises WD editor in chief Meaghan Murphy, who has celiac disease. Try her fave gluten-free swaps on **Celiac Awareness Day**.



craving
PIZZA?

Pizza d'oh!

The chickpea crust on this roasted-veggie pizza is crispy yet deliciously doughy—and it never leaves me feeling bloated. eatbanza.com



craving
CRACKERS?

Pass the cheese plate

Sea salt almond flour crackers are exactly what my Cheddar was missing! I'm also a superfan of this brand's baking mixes and bars. simplemills.com



craving
HOT DOGS?

Sun's out, buns out!

With the best soft texture of anything I've tried, these certified GF rolls are my tailgate and BBQ go-to. shop.schaer.com



craving
PRETZELS?

You are knot alone

I loved a hot pretzel at a ball game as a kid. Classic soft-pretzel nuggets take me back. thegreaterknead.com



craving an
ICE CREAM SANDWICH?

You can still scream for ice cream sammies!

These 80-calorie mini cookie sandwiches satisfy my sweet tooth, and they're nondairy. chloesfruit.com





Megan
Chin
Dentist

So fresh and so clean

★ AUGUST 6 ★

Everyone wants great breath all the time, not just on **Fresh Breath Day**. Try these tips from Megan Chin, D.D.S., owner of Playhouse Dental for Kids & Teens in New York City, to keep funky breath at bay.

➤ **Maintain your mouth.**

Brush your teeth and use a tongue scraper twice a day, and floss once a day. Seeing a dentist for regular cleanings and exams can prevent or catch dental issues that cause bad breath.

➤ **Drink lots of water.**

Hydrating and keeping your mouth moist prevents dry mouth, an environment in which bacteria, including those that cause bad breath, thrive.

➤ **Munch on herbs.**

Herbs can act as natural breath fresheners. Parsley's aromatic effect can deodorize your breath, and its chlorophyll can help reduce oral bacteria. Other helpful herbs include mint, basil, and rosemary.

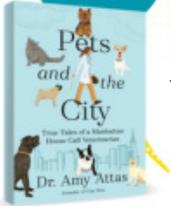


DOG-TOR'S ORDERS

★ SEPTEMBER 21 ★



Amy Attas,
D.V.M.
Veterinarian



For **Responsible Dog Ownership Day**, we asked Amy Attas, D.V.M., author of *Pets and the City: True Tales of a Manhattan House Call Veterinarian*, to share things responsible owners do that deserve a round of "a-paws."

consider mental health

Enrichment activities are especially important for dogs who spend time alone. Interactive toys, treat-dropping balls, and puzzles engage dogs and keep their brains stimulated. This helps prevent separation anxiety and destructive behaviors.

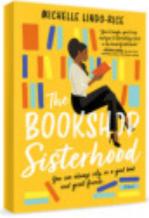
"examine" them

Train your dog to allow you to both look at and touch them all over (including their eyes, ears, teeth, coat, and nails). Checking these areas regularly can alert you to issues like ear infections, conjunctivitis, and dental disease.

empower them

Plan occasional walks for which your dog sets the agenda. Decision-making builds confidence and allows dogs to be dogs. Let your dog determine the direction and length of the walk, and permit them to spend as much time as they want sniffing and urinating.





Michelle Lindo-Rice
Author

Hit the books

★ **SEPTEMBER 6** ★

In honor of **Read a Book Day**, we asked Michelle Lindo-Rice to share a few reads she's loving right now. Pick them up along with Lindo-Rice's new novel, *The Bookshop Sisterhood*, an inspiring story about four best friends whose lives are unexpectedly turned upside down as they work to open a bookstore together.



PARDON MY FRENCHIE by Farrah Rochon

The upbeat owner of a fancy doggy day care and the grumpy new caretaker of a precocious poodle named Puddin' tackle

family problems against the vibrant backdrop of the Big Easy. This slow burner that includes charismatic side characters, LOL banter, and two adorable pups is a fun, flirty tale.



THE FINDERS KEEPERS LIBRARY by Annie Rains

A single dad struggling with his teenage daughter reunites with his first love, a botanist with an

autoimmune disorder, as they seek to repair her grandmother's backyard library, destroyed by a summer storm. Book and plant lovers will enjoy this heartwarming story about second chances at love.



15 SUMMERS LATER by RaeAnne Thyne

Two sisters who share a tragedy are torn apart when one publishes a bestselling memoir. This small-town story of resilience,

reconciliation with a beautiful romance arc, and animal rescue is an endearing feel-good read.

Kilolani Spa at Grand Wailea offers unique treatments, a hammam, a saltwater pool, and hydrotherapy gardens.



REFRESH & RENEW

★ **AUGUST 15** ★



Catharine Malzahn
WD Beauty Assistant

Upgrade your at-home spa experience—and take **Relaxation Day** to a new level of *ahhh*—by trying these restorative practices inspired by Hawaiian cultural rituals, courtesy of David Erlich, senior director of spa and wellness at Kilolani Spa at Grand Wailea Maui, A Waldorf Astoria Resort in Wailea, HI.

1

Set intentions.

At the spa, guests are encouraged to focus their intentions based on the current phase of the moon, which you can do at home via activities like meditation, hikes, and prayer. There are three 10-day *anahulu* (lunar phases) in every month. Per Hawaiian tradition, focus on self-discovery and manifestation during the first phase, clarity and wholeness during the second, and surrendering and transforming during the third.

2

Give yourself a mini massage.

The Hawaiian *lomilomi* massage features techniques passed down through the generations and is different from traditional massage, involving long, flowing strokes the masseuse makes with their forearms rather than their hands. This helps create a naturally relaxing and detoxifying response, Erlich explains. For a similar effect at home, massage a moisturizer or an oil all over your body using similar strokes and medium pressure to alleviate tension.

3

"Throw" water.

In Hawaiian culture, salt and water both play important roles in cleansing and purifying. "This ritual aids in shedding past fears and limiting beliefs about things that no longer serve you," says Erlich. "Throwing water is a good practice whether in a body of water or at home." In the bath, shower, or pool, toss small handfuls of water over your shoulders as you set your intentions.



tie one on

Add a bow to a low bun instead of a high ponytail for a more stylish, sophisticated look.



Mark & Graham
Ribbon Bow Clutch,
\$79, markandgraham.com

take a bow

★ AUGUST 19 ★

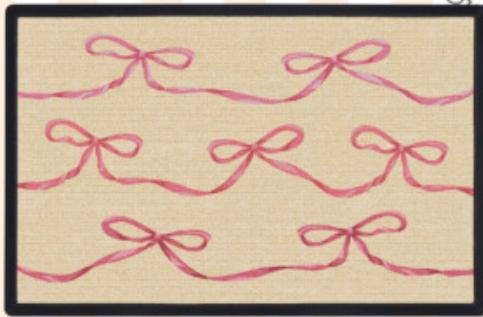
International Bow Day is a reminder that this beloved element will never go out of style. Our picks will make your outfit (or even your front door) twice as cute.



PinkTag Satin Bow Claw Clip Pair,
\$26, pinktag.com



Emilyandbows
Bow Stud Earrings, \$23,
emilyandbows.com



Ruggable Rosette Bows Pink Doormat,
\$129, ruggable.com



Rothy's The Ballet Flat,
\$145, rothys.com

 **GARAM MASALA**

The ratio of cinnamon, coriander, cumin, black pepper, and cardamom varies from region to region (and from cook to cook), but you can count on this staple of Indian cuisine to deliver a dose of aromatic spices and some warmth.

try it: Mix with olive oil, then toss with veggies, chicken, or seafood before cooking.

 **ZA'ATAR**

There isn't a single formula for this Middle Eastern blend, but most mixes can be described as bright, earthy, and herby, and many include thyme and sesame seeds.

try it: Sprinkle over hummus or labneh, with olive oil, before dipping bread in.

 **BERBERE**

The Ethiopian blend can contain more than a dozen spices but most often includes dried red chiles, fenu-greek, ginger, and coriander.

try it: Sauté with onions and oil to create a base for a flavorful stew or grain pilaf.

 **FIVE-SPICE POWDER**

Its name actually refers to five flavors—sweet, sour, bitter, salty, and umami—rather than the number of spices, which can include Chinese cinnamon, star anise, and Sichuan peppercorns.

try it: Add to sautéed apples, stir-fried pork, or grilled stone fruit.

storage smarts

Keep spices in a cool, dark place, and try to use them within six months to a year (sadly, they don't last forever).

The spice is right

★ **SEPTEMBER 4** ★

Broaden your culinary horizons this **Spice Blend Day** by incorporating these dynamic ones into your cooking.

They will pack a much bigger punch than plain old salt and pepper!

 **FURIKAKE**

This mix, popular in Japanese and Hawaiian cooking, includes ingredients such as sesame seeds, nori, and dried fish (think bonito flakes), adding instant umami.

try it: Sprinkle on top of sliced avocado, rice, scrambled eggs, roasted nuts, or popcorn.



SHIPSHAPE(WEAR)

★ AUGUST 10 ★

Breathe easy this **Shapewear Day**—these styles offer just the support you need while keeping you comfortable.



A



B



C



D

fit tip

Go with your regular size for shapewear, say the experts at the Good Housekeeping Institute's Textiles Lab. If you can't bend or move, it's not right for you!

A. BEST SHORTS No worries about chafing with this soft pair, invisible under dresses and skirts. **Knix** Shortie Thigh Saver 4", \$36, [knix.com](https://www.knix.com)

B. BEST TUMMY CONTROL The extra-wide shaping band and mesh liner help smooth your midsection while the silicone waistband prevents rolling. **Maidenform** Firm Control High-Waist Shaping Brief, \$36, [maidenform.com](https://www.maidenform.com)

C. BEST TOP This snug camisole creates a flattering silhouette and can be worn on its own. **Shapermint** Essentials All Day Every Day Scoop Neck Cami, \$40, [shapermint.com](https://www.shapermint.com)

D. BEST FULL-COVERAGE This lightweight piece is super slimming without making you feel squeezed. **Spanx** OnCore Sculpting High-Waisted Mid-Thigh Short, \$78, [spanx.com](https://www.spanx.com)



Game of throws

★ AUGUST 3 ★

If you're *putting* around the idea of getting a new hobby, may we suggest disc golf? This fun sport is played much like regular golf, but you use a flying disc instead of a golf club and ball and the "hole" is a target, most often an elevated metal basket, according to the Professional Disc Golf Association. Many city parks have free disc golf courses, so on **Disc Golf Day**, grab some buddies and find a course near you (check discgolfscene.com/courses). Or, set up a basket in your own backyard so any time can be tee time!



GoSports Regulation 24-Chain Golf Basket, \$130, [playgosports.com](https://www.playgosports.com)



ONE
TWO
THREE
FOUR...



NOW
THAT'S
A LOTTA
LAYERS!



SMILE FILE
PERFECT DAYS

These take the (rice) cake!

★ AUGUST 8 ★

If you're not familiar with these soft, chewy Japanese rice cakes, **Mochi Day** is the perfect time to try them. This sweet or savory treat is traditionally made from steamed rice pounded into dough, though some modern iterations use mochiko, or glutinous rice flour. Mochi is often stuffed with red bean paste or ice cream or added to soups and hot pot dishes. Below are two of our favorite products starring the delightfully stretchy ingredient:



SWEET

An orb of milk tea-flavored ice cream wrapped in chewy mochi is the perfect post-dinner treat.

Bubbies Milk Tea Mochi Ice Cream, \$7, bubbiesicecream.com



SAVORY

Craving serious crunch? These salty, satisfying bites have got you covered.

Trader Joe's Mochi Rice Nuggets, \$3.50, Trader Joe's



Address the elephant

★ SEPTEMBER 22 ★

Next time you're in New Jersey—on **Elephant Appreciation Day** or not—visit Lucy the Elephant (lucytheelephant.org), a six-story historical landmark in Margate City that is the oldest surviving U.S. roadside attraction. The view from the howdah (saddle-like carriage) is ele-phantastic!

More flaky layers?
**MORE FLAKY
LAYERS!!!!!!!***
HOOHOO!



*More flaky layers than our prior recipe.

THE BEST MEMORIES ARE
made at
HOME





I'M TURNING 54!

Journalist and menopause advocate **Tamsen Fadal** on thriving in midlife and becoming your own anchor

by Christa Lee

*

At 49, Tamsen, a seasoned TV anchor after 25 years, found herself unable to finish a newscast for the first time. This vulnerable moment, marked by a sudden rush of anxiety and heat, was later identified as a severe perimenopausal hot flash. "I thought I was too young for menopause," she says. Struggling to find support for midlife health, she created a social media community for women with similar concerns. Recently Tamsen left her on-air role at New York City's PIX11 to focus full-time on menopause advocacy, producing a documentary set to be released this fall. "I discovered that life doesn't stop at 50. I want to break the stigma and help women age boldly, feeling grounded in who they are through menopause and beyond," she says.

Hey, hey!
It's my
birthday!

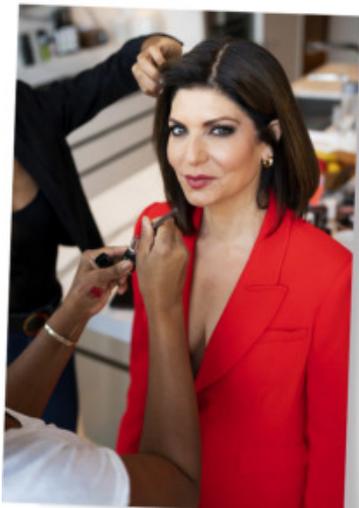




tune in!
The M Factor: Shredding the Silence on Menopause airs on PBS on World Menopause Day, October 18.

The best is yet to come
 I worked in the television industry, where youth is celebrated, not age. I'm celebrating age.

Life lessons
 I've learned a lot about setting boundaries. A lot of times, I think, women are faced with personal questions about children or marriage and feel obligated to answer. It's important that we give ourselves permission to know that we don't have to explain ourselves to everyone.



Happy, healthy secrets
SEIZING THE DAY
 We often say, "Someday, I'll do XYZ." But I realized after losing my mother at a young age that it's important to live your "someday" today—we're not around forever.

HOW SHE STAYS FIT In addition to yoga, I've always done strength training. It's amazing for bone health, and it makes my mind feel sharper too.

SELF-CARE RITUAL I love getting outside for a long walk. It's a great opportunity to catch up with a friend and cultivate relationships that have become more precious to me as I've gotten older.

Future forward
 My new documentary, *The M Factor: Shredding the Silence on Menopause*, explores the stigma around menopause and how it contributes to a broader women's health crisis. I hope it sparks conversation and empowers women to seek proper health care support.

Follow me!
 @tamsenfadal
 tamsenfadal.com

beauty boost

"I start every day with eye patches to give my undereye area a little pick-me-up."



Her beauty must-haves



"Ever since I transitioned to natural deodorant, I've been using this exfoliating scrub. It's a great prep product to make sure my underarms feel smooth and smell great."

Pacifica Beauty
 Coconut & Charcoal Underarm Detox Scrub, \$15, pacificabeauty.com



"I started to get dry skin when I hit midlife, so I love how this serum is very hydrating without feeling greasy."

True Botanicals
 Chebula Active Serum, \$90, truebotanicals.com



"With menopause, I couldn't deal with scents that were too strong. I love this one—as well as the matching hair perfume—because it smells really clean."

Byredo Gypsy Water Eau de Parfum, \$225 for 50 ml, byredo.com



Here, Candace with her husband, Valeri. Check out her podcast at ccbpodcast.com.

from the
HEART

with Candace Cameron Bure



In my column as your Chief Spiritual Officer, I share a meaningful verse that lifts my spirits and guides me in the right direction. I hope it does the same for you!



“Being able to serve others is the cherry on top.”

While I know some folks are excited when Friday rolls around or are pumped to enjoy their Saturday, to me Sunday is the perfect day. My favorite day starts with an energizing workout, and then I head to church, where I get to be with family and friends whom I love. Singing worship songs and hearing a great sermon nourishes my soul. After church, we’ll grab a quick bite, and then I’ll cuddle up with a soft blanket for an afternoon nap. Later I’ll have an early dinner with my people—it might be five folks or as many as 15. Either way, gathering with my community fills my cup.

If I compare my perfect day to an ice cream sundae, being able to serve others in some way is the cherry on top. This “task” is not scheduled in my calendar, but it’s what makes a day meaningful for me. This could include mentoring young professionals in the entertainment industry, encouraging someone in their walk with the Lord, or volunteering at the Salvation Army. It could even be as small and fun as bringing my team cookies for a job well done!

In his letter to the early church, the apostle Paul encourages them with these words:

VERSE OF THE MONTH

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” (GALATIANS 6:9).

If I’ve been able to serve someone, my perfect day is complete.

Follow me!
 @candacebure
candacebure.com

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Martha
STEWART

Life lessons

by Steve Leder



As WD's Rabbi in Residence, I'll share some ancient and universal Jewish wisdom that I hope will help everyone lead a more beautiful life.



The other day I watched my daughter scroll through her social media feeds. I wondered if she was measuring herself, her body, her life, against those images of female perfection. There were also posts of men depicting a superhuman standard of physical prowess and wealth. Movies and social media idealize life in soul-rotting ways.

In contrast, virtually every character in the Bible is dysfunctional. Cain murders his brother. Abraham is a lousy father and husband. Sarah is cruel to the help. Jacob lies to his father. Joseph is arrogant. Moses loses his temper. In the story of creation, the world and everything in it is called good, not perfect. Yes, we should expect a lot from ourselves: to be moral, to grow our capacities for righteousness and love. But for the ancients, good was good enough. Ralph Waldo Emerson said, "There is a crack in every thing God has made." In other words, perfection has no place in our world—the world is for those of us with imperfections.

There is a wholeness about the person who has learned that they can survive their own mistakes, who can lose someone through divorce or estrangement or foolishness and still feel complete. There is a wholeness about the person who has

come to terms with their limitations, who knows who they are and is brave enough to let go of their unrealistic dreams and not feel like a failure. Imperfection is what makes us human—and, ideally, humane. In some strange sense, we are more whole when we accept that we are incomplete.

Most of us expect an awful lot of ourselves. We expect a lot of our children too—they're often pushed, coached, tutored, and tested to the point that they feel loved for their performance, not their essence. And we expect a lot of our parents and our partners, who, after all, do the best they can, just as we do. So for all of us, everywhere, I offer this prayer:

Forgive us our faults and remind us that good is good enough.

Remind us not to give up on ourselves, but to give up instead on the search for perfection.

Remind us not to give up on the people we love, but instead to recognize that they are, like us, only human.

Help us to love ourselves and one another, making peace with our missing pieces so that we become more whole.

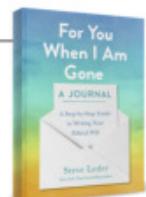


"There is a wholeness about the person who has come to terms with their limitations."



Follow me!
@steve_leder
steveleder.com

Pick up Rabbi Steve Leder's most recent release, a beautiful journal that includes a step-by-step guide to writing your ethical will, inspired by his best-selling book *For You When I Am Gone: Twelve Essential Questions to Tell a Life Story*. Leder is also the author of the best-selling *The Beauty of What Remains: How Our Greatest Fear Becomes Our Greatest Gift*.



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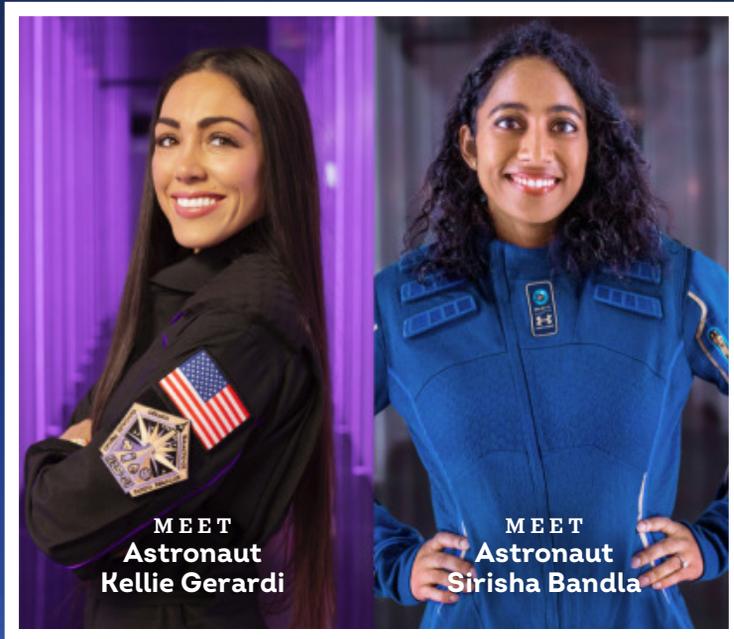
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“We shared a dream to go to *Space*”

Kellie Gerardi and Sirisha Bandla are two of the fewer than 100 women who've been to space—and their close friendship is out of this world.

by Sara Gaynes Levy



MEET
Astronaut
Kellie Gerardi

MEET
Astronaut
Sirisha Bandla





Sirisha peering down at Earth from space in 2021.



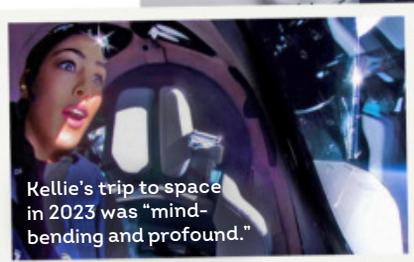
Sirisha with fellow mission specialists and Virgin Galactic founder Sir Richard Branson (second from left) in front of the spacecraft Unity 22.



Sirisha Bandla, now vice president of government affairs and research operations for Virgin Galactic, met Kellie Gerardi, a bioastronautics researcher with the International Institute for Astronautical Sciences, more than 10 years ago, when both were working at the Commercial Spaceflight Federation. They gravitated toward each other, bonding over their shared goal of democratizing access to space and flying there themselves one day. "We both had a sense of confidence that our dreams were in reach. We firmly believed in ourselves and each other," says Kellie. About a decade later, their dreams came true: Each was selected to be on a Virgin Galactic flight, with Sirisha as a crew member on a test flight and Kellie as a payload specialist on a science mission. Voyaging to space was a life-altering experience for them both, made all the more special by the fact that they were able to be at each other's launches. "We laugh together, cry together, and, most important, support each other through the good and the hard times," says Sirisha. "I don't know if I'll ever quite find the words to do the experience of leaving the planet justice," says Kellie. "It's so incredible to have a friend like Sirisha who can relate on every level."



"I cannot wait until more people are able to experience the wonder and awe of space," says Sirisha.



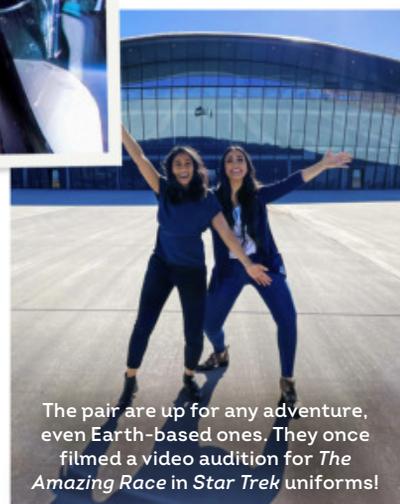
Kellie's trip to space in 2023 was "mind-bending and profound."

OPPOSITE PAGE: GETTY IMAGES (BACKGROUND); COURTESY OF VIRGIN GALACTIC (GERARDI AND BANDLA). THIS PAGE: COURTESY OF KELLIE GERARDI (BOOK COVER AND KELLIE AND SIRISHA IN FRONT OF BUILDING); COURTESY OF VIRGIN GALACTIC (ALL OTHER IMAGES).



High-flying mom

→ Kellie—who is from Jupiter, FL!—says seeing her journey through the eyes of her 6-year-old daughter, Delta Victoria (named for delta-v, the shorthand for "change in velocity" used in spacecraft flight dynamics), inspired her to write her children's book series, *Luna Muna*, which teaches that loving space is for everyone.



The pair are up for any adventure, even Earth-based ones. They once filmed a video audition for *The Amazing Race* in *Star Trek* uniforms!

Follow us!
@kelliengerardi
@sirishabandla

Didja know... Russian parachutist Valentina Tereshkova was the first woman in space, flying on a solo mission in 1963.

holiday house

WOMAN'S DAY

EASY
IDEAS TO
CELEBRATE
YOUR
SPACE



The new "locker room"

There's a reason school hallways are lined with lockers—they're the ultimate storage aces. Think about using them in your home in an unexpected place like a kitchen, a bedroom, or an entryway. The most fashionable ones we've seen are from Mustard Made. The Midi, \$369, us.mustardmade.com



A+ STYLE

We're nostalgic for back-to-school cool. These fun finds and DIY's make the grade.





MAKE AN ACCORDION RACK THAT RULES

Separate the sections of a folding yardstick and use them to create triangle shapes, fastening them together at the corners with an industrial-strength adhesive like E6000. Drill a hole at each corner and insert a wood peg, trimming if needed, then secure with wood glue.



ON POINT VASE

The experts at The Crazy Coupon Lady (thekrazycouponlady.com) hot-glued pencils to the exterior of a glass vase to create a centerpiece that would look sharp anywhere in a home.



OPPOSITE PAGE: MUSTARD MADE ("LOCKER ROOM"); THIS PAGE: BRIAN WOODCOCK (ACCORDION RACK); ANGELA HENSON DOME/THE CRAZY COUPON LADY (VASE); CHRISTINA MARCELLINO OF @CAROLINA_CHARM (SNACK)

PENCIL IN SNACK TIME

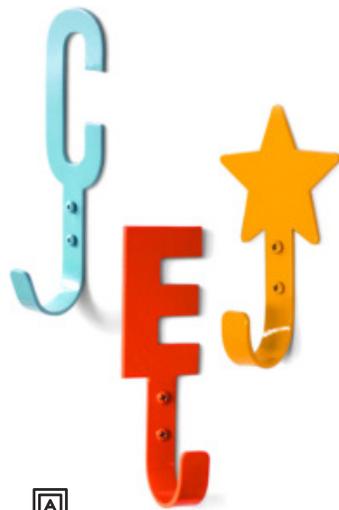
To create these on-the-go goodies, Christina Marcellino, founder of lifestyle blog *Carolina Charm* (northcarolinacharm.com), filled piping bags with mini chocolate chips, popcorn, Goldfish, Hershey's Kisses, and pink Starbursts, then tied the bags with ruler-inspired ribbon.





CUSTOM GLOBE

Make your world a little brighter (or more neutral—it's up to you!) with this easy craft from Charlotte Smith, founder of DIY and design blog *At Charlotte's House* (atcharlotteshouse.com). She outlined countries with paint pens, filled them in using craft paint and a small detailing brush, and even painted an eye-catching pattern on the metal support.



OFF THE HOOK

These letter hooks are a playful way to make that backpack (or jacket or purse) say "Mine!"

Wall hooks, from \$20, dropmetal.com



USE YOUR WORDS

Felt letter boards are all the rage, but we love these chalkboard-magnet versions for an old-school twist on the trend.

Green Chalkboard Magnetic Slate, from \$28;
Wild Honey Letters, \$24 for 200 pieces, thetypesetco.com



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CREAMY**

SCAN HERE



For Delicious
Recipe Inspiration
www.hellmanns.com/recipes





BOOK NOOK

DIY home designer and blogger Amanda Walker (*dwellaware.me*) used sunny paint and floating shelves to transform a shallow closet into a hidden mini library.



get thrifty!

Most of these frames came from local secondhand stores. Tip: Don't just look for empty frames—Bauer discovered that frames containing artwork were often of better quality.

CREATE A KIDS' ART GALLERY WALL

Your fridge isn't the only place to show off those masterpieces! Heather Bauer, a graphic designer and founder of lifestyle blog *The Caterpillar Years* (*thecaterpillaryears.com*), came up with this clever display. How-to: Empty and paint wood frames, attach two eye hooks to the back inside edge of each, and thread fishing line through the hooks, tying knots to secure. Hang frames, then clip art to the fishing line using tiny clothespins.



For more BTS fun...
Go to womansday.com/back-to-school.

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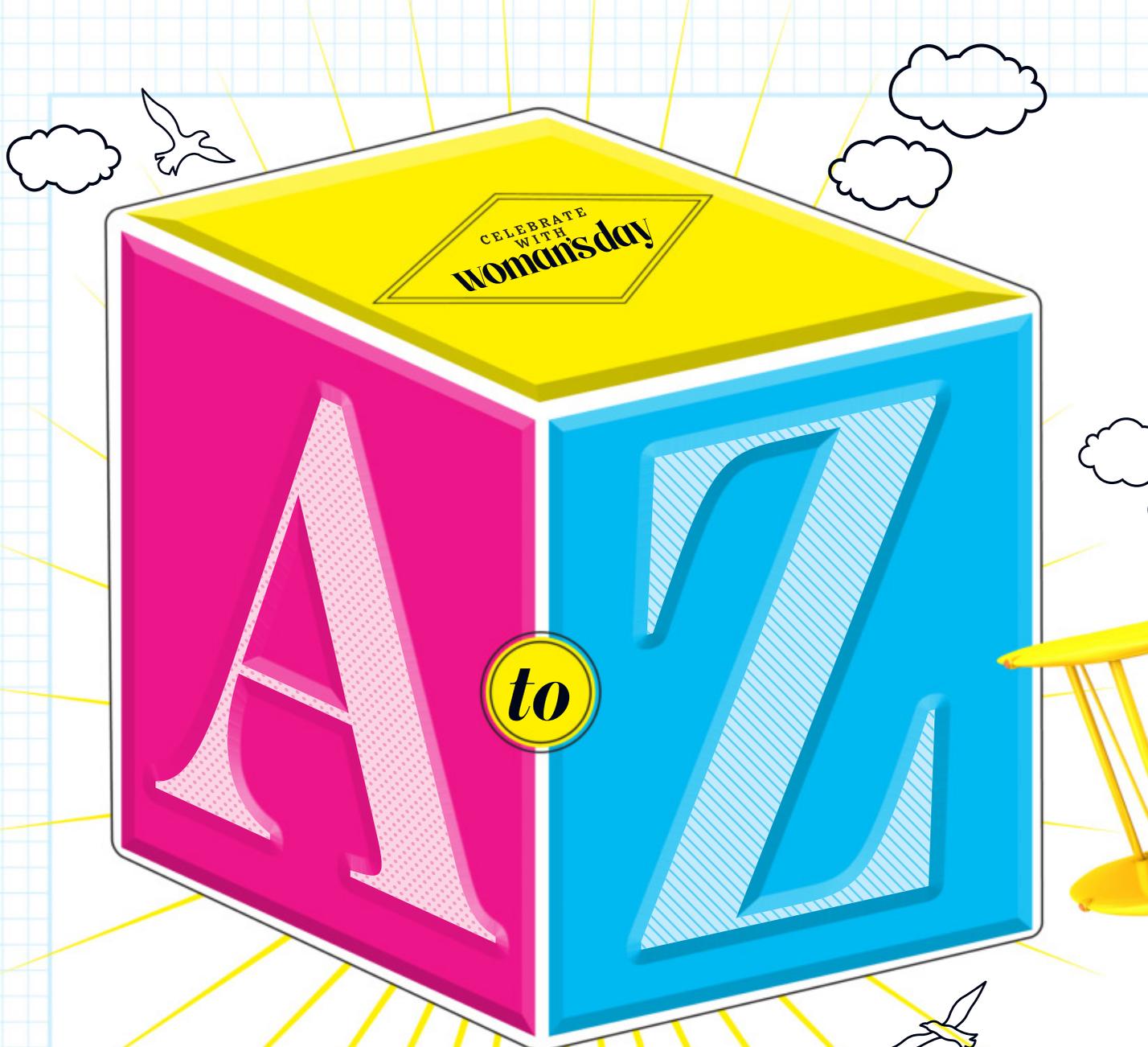
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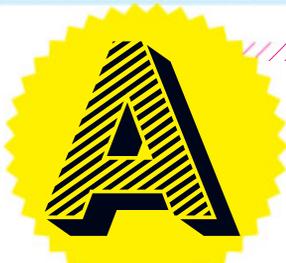
get schooled

Back-to-school season got us thinking about how learning never stops.

After all, the more you know, the better equipped you are to tackle challenges both big and small. We've rounded up some of our favorite "Who knew?!" tips, tricks, and bite-size lessons to make your life infinitely easier—and, we're hoping, a whole lot happier too!

by Christa Lee





A is for AUTOPILOT

Time to take yourself off of it! Yes, this season is all about routine, which helps us thrive amid hectic schedules, but it's also important to press pause and appreciate the awesomeness around you. The easiest way: Make tiny tweaks to your usual habits such as taking a different route to work, standing in a new spot in your exercise class, and visiting an unfamiliar coffee shop. When you stop to look at the world with fresh eyes, it can spark creativity and help you get a new perspective on life.



That's plane awesome!



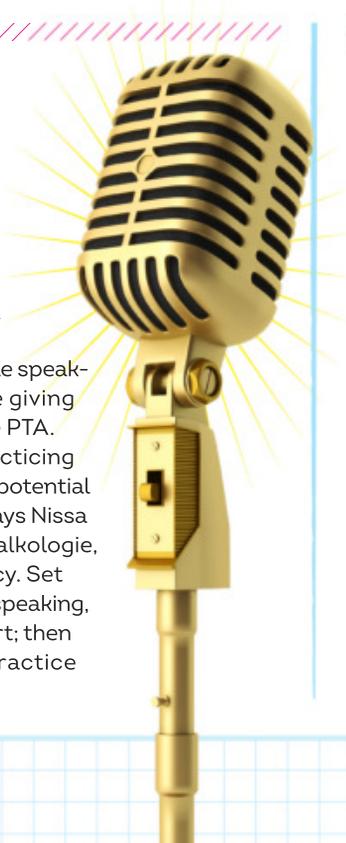
C is for COFFEE

A spoonful of sugar helps the cup of joe go down. However, if you want to reduce your sugar intake, salt can be a game changer. "Adding a pinch of salt to coffee enhances the flavor and can even make it taste sweeter. I love using Himalayan salt instead of regular table salt," says Mia Moss, owner of Black Coffee in Fort Worth, TX.



B is for BE A BETTER PUBLIC SPEAKER

It's normal to get the jitters while speaking to a group, whether you're giving a TED Talk or presenting to the PTA. Rehearsal is key, including practicing how you will bounce back from potential moments of fear and anxiety, says Nissa Whittle, founder and CEO of Talkologie, a speaker coaching consultancy. Set an alarm on your phone, begin speaking, and stop when you hear the alert; then let your attention shift and practice a recovery strategy.



D is for DRAWSTRING

There is something uniquely aggravating about a stuck (or separated) drawstring. Enter this cool tool, which will ease your frustrations by helping you fix it. Attach one end of the drawstring to one of the tool's eyes or weave it through both, then insert the pointy end of the tool through the casing of your garment until the drawstring is threaded all the way through. (For a DIY option, use a safety pin.)



Dritz Drawstring Threader, \$4, handicraft.com



is for
FRAMES



Figuring out where to hang frames, not to mention creating a gallery wall, can feel like a puzzle. Vern Yip, acclaimed interior designer, TV host, and author of *Design Wise*, is here to make the big picture easier to see: “A typical eye level is about 60” from the floor,” he says, “and the middle of the frame or grouping should sit at this height. Near the baseboard, crown molding, or ceiling, give your frame at least 6” of space. Keep multiple frames at least 1.75” apart, with optimal spacing at 2” or more.”



is for
EMAIL OVERLOAD

Those hundreds of emails, from spam to sales to newsletters, may not be cluttering your house, but they’re probably cluttering your mind. Streamlining your inbox can free up brain space and help you focus on the messages that matter. Unsubscribe from lists that send you emails you never open; also set up folders or labels categorized by topic (“Bills”) or by importance (“High Priority”).





is for

GET TO KNOW YOURSELF

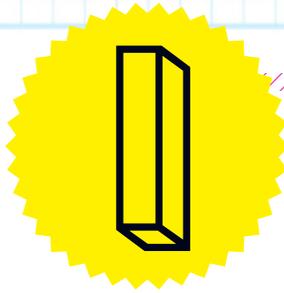
Personality tests are often used to help people identify their dream careers, but taking one can also give you ideas for a new hobby or passion project. For example, extroverted caregiving types might enjoy fundraising for a nonprofit, while introverted thinkers could enjoy long solo hikes. Try the Myers-Briggs Type Indicator or 16Personalities.



is for

HAND SIGNALS

A handy way to remember place-setting etiquette is by using your index fingers and thumbs: Your left hand forms a lowercase “b” for the bread plate and your right hand makes a “d” for drinks.



is for

INVEST IN YOUR FUTURE

Money is *complicated*, and while people’s situations and priorities vary, the 50/30/20 budgeting rule is a simple way to make smart choices, says Emily Guy Birken, coauthor of *Stacked: Your Super Serious Guide to Modern Money Management*. Allocate 50% of your take-home pay to necessities, 30% to fun, and 20% to saving and investing. “Set up automatic transfers from each paycheck to your retirement or savings account. Start with a manageable amount—even 1% is great!—and use a calendar reminder to increase it every three months,” she recommends.



is for

JET LAG

They say it’s about the journey and not the destination, but sadly jet lag is often part of the journey. Next time you’re traveling, eating a hearty breakfast in your new time zone may help your body clock reset faster, per a Northwestern University researcher. Another strategy: Download the Timeshifter app, which can create a personalized light exposure/sleep/caffeine plan.



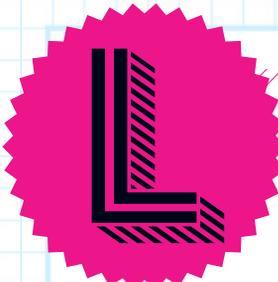
is for

KNIFE

Keep your knives a cut above the rest by testing their sharpness on a piece of paper. A dull knife will leave a dent, while a sharp one will glide cleanly through.



WD Test Kitchen Pick:
Material The 8" Knife, \$70, materialkitchen.com



L is for LAUNDRY

Maybe one day laundry symbols won't seem like an alien language, but until then, refer to this helpful cheat sheet to decode your garments' care labels.

HOW TO WASH

MACHINE WASH	HAND WASH	NEVER WASH	NORMAL TEMP	COLD TEMP	WARM TEMP
HOT TEMP	BLEACH WHEN NEEDED	NON-CHLORINE BLEACH	DO NOT BLEACH	DO NOT DRY CLEAN	DRY CLEAN ONLY

HOW TO DRY

NORMAL HEAT	LOW HEAT	MEDIUM HEAT	HIGH TEMP	NO HEAT	TUMBLE DRY
NEVER DRY	LINE DRY	DRIP DRY	RESHAPE & LAY FLAT TO DRY	DRY IN SHADE	DO NOT WRING

HOW TO IRON

ANY TEMP	LOW TEMP	MEDIUM TEMP	HIGH TEMP	DO NOT STEAM	DO NOT IRON



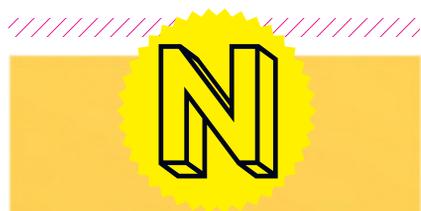
M is for MEAT THERMOMETER

Drying a shirt at the wrong temperature can cause it to shrink, and cooking meat to an insufficient temperature may make you sick. Use these minimum internal temperature guidelines to be sure meals for you and your loved ones are prepared safely.

145°F (medium)
Seafood and steaks, roasts and chops of beef, pork, veal, lamb

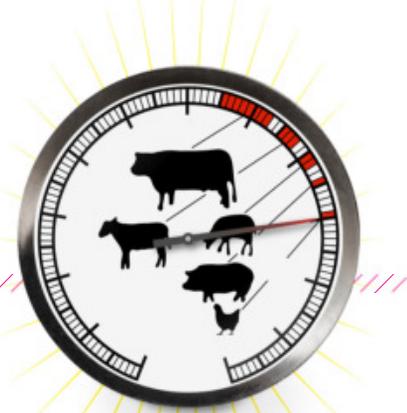
160°F
Ground beef and pork

165°F
Chicken, turkey, and other poultry



N is for NAME THAT TUNE

You hear a song in the grocery store or in a commercial and not knowing its name is like not being able to scratch an itch. Open the Google app and tap the mic icon in the search bar. Click the "Search a Song" button, then hum or whistle the tune for 10 to 15 seconds and the app will offer a list of potential matches. So satisfying!






is for
ORGANIZE

Imagine using up all the goods in your pantry before their expiration dates. (One can dream, right?) We swear by these three organizing tools that help reduce waste, maximize space, and minimize stress in the kitchen.

Lazy Susans: Rotating trays give easy access to small items like spices and sauces.

Risers: Smaller shelves help utilize vertical space.

Clear canisters: Seeing the contents at a glance will help you keep track of the quantities you have.



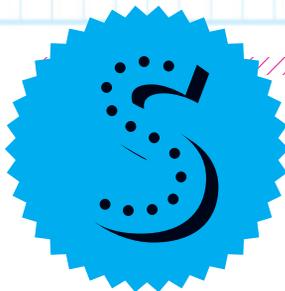
is for
**PAINT
COLORS**

If what comes out of a can of Lemon Yellow has ever looked more like Brown Mustard, you know you can't trust those paper paint swatches. To find the perfect color, buy sample-size cans, apply the paint to two-foot-square wall sections, and look at the colors in various lighting conditions throughout the day.



is for
**QUALITY
OVER
QUANTITY**

Remember when friendship was as easy as asking "Wanna play?" Keeping up with old friends and making new ones as an adult can be tough and time-consuming. Take the pressure off yourself to maintain a large social circle and "focus on nurturing three to five deep 'anchor' relationships in which you can be authentic and support each other," says Cat Moore, director of belonging at the University of Southern California and designer of the friendship class Click. "This significantly benefits mental and physical health."



S is for STOOL HEIGHT

Raise your hand if you've ever purchased the wrong stools. (Two WD editors' hands are raised, by the way.) Keep these measurements in mind before taking a seat: "Standard kitchen counters are usually 36" high, requiring stools with 24" seat heights, while bar counters are typically 42" high, needing stools with 30" seat heights," says Vern Yip. "Counter-height stools are generally more practical and accessible. Bar-height stools, because they require balance, may be more challenging for young children and elderly family members."



Arhaus
Cadence Stool
With Rattan
Seat, \$299,
arhaus.com



R is for RING FINGER

To give the delicate skin around your eyes the most TLC, use your ring finger to apply eye cream—it usually has the lightest touch.



T is for TIME MANAGEMENT

You know to take a breather when you're fading at work, but you don't have to wait until the caffeine wears off. The Pomodoro Technique breaks it down: To enhance your concentration and prevent burnout, set a timer for 25 minutes and focus on a single task, then take a five-minute break. After completing four Pomodoros, treat yourself to a longer break (say, half an hour).



U is for UNDER-TONE

Understanding your skin's undertone helps you find makeup and even clothing colors that will flatter you. Jeanine Lobell, celebrity makeup artist and founder of Neen, has a neat trick for figuring out your undertone: Compare how various jewelry looks on your skin. "Gold jewelry looks best on warm undertones, silver on cool. If both flatter you, you're neutral and can wear both warm and cool shades," she says.





Give us a brake!



is for VEHICLE CHECK

Let Audra Fordin, owner of Great Bear Auto Repair and Auto Body Shop in Flushing, NY, and founder of Women Auto Know (womenautoknow.com), steer you in the right direction with these road-tested tips:

Gas tank clue Ever notice that little triangle next to your fuel gauge? It's an arrow pointing to the side of the car where your gas tank is located.

Backup key Inside most modern key fobs is a hidden physical key. Typically there is a button or latch on the key fob that allows you to slide or pull out the extra key during a dead-battery emergency.

Running on empty Different cars have different fuel capacities, but most cars can still cruise for 25 to 50 miles after the gauge hits empty. Just keep in mind relying on the reserve gas is risky!



is for
WINE
PAIRINGS



Light, heavy, young, old, dry, sweet—and don't even get us started on regions. Pairing the right wine with food can be daunting, so we asked Susan Choung of the WD Test Kitchen to uncork her no-fail combos:

- *Sparkling wine with fried foods*
- *Riesling with pork and Asian or spicy food*
- *Sauvignon blanc with seafood, goat cheese, and green veggies*
- *Chardonnay with buttery dishes like lobster, scallops, and mac 'n' cheese*
- *Rosé with shellfish, charcuterie, pizza, tomatoes, and Mediterranean dishes*
- *Pinot noir with poultry, lean meat, and foods with earthy flavors like mushrooms*
- *Cabernet sauvignon with red meat*



is for
X OUT
BROWSER
TABS

If you've got more browser tabs than fingers and toes, start clicking on that tiny "X." Here's why: According to research from Carnegie Mellon University, when people had fewer than eight tabs open they felt more in control and productive and less stressed.



is for
YELL!!!



It's OK not to use your "inside voice" sometimes. Go ahead and let out a loud yell, or even sing at the top of your lungs. By doing so, you're "creating an outlet for releasing and expressing your emotions in an intentional way," says Whittle, "and studies show that singing in particular can alleviate stress and boost your mood."



is for
ZZZ'S



The secret to a good night's sleep may be a supplement starting with M, but not the one you're thinking of. "I find melatonin to be good periodically, such as after travel. Magnesium, on the other hand, is better for nightly consumption. It helps regulate melatonin production and activates the parasympathetic nervous system—the 'rest and digest' center—which ultimately leads to relaxation and improved sleep quality," says certified internist Heather Hirsch, M.D.

New Chapter Magnesium + Ashwagandha Tablets, from \$17, newchapter.com

yay!



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MY PERFECT DAY

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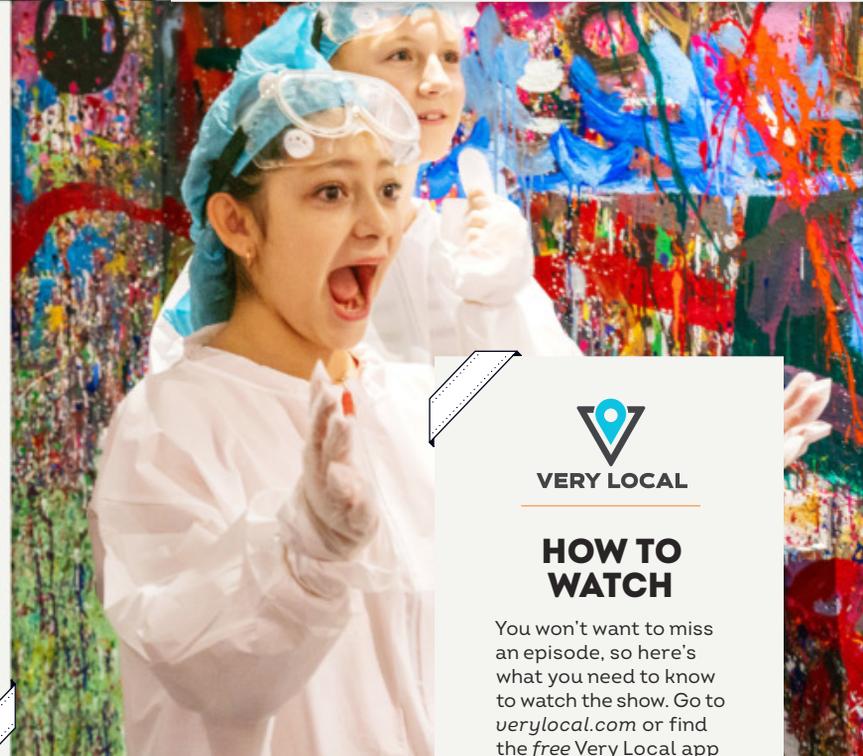
**Meaghan B
Murphy**

What the world needs now is more feel-good TV, so we teamed up with the streaming platform Very Local to create our own reality show!

Know someone who could use a day filled with unrivaled surprises and endless possibilities tailored just for them? In our heartwarming new series, *My Perfect Day With Woman's Day*, WD editor in chief Meaghan B Murphy is the fairy godmother-like host, traveling across the country to spread joy one "Yay!" at a time. She'll astonish

deserving folks (nominated by their loved ones) with bucket list experiences, life-changing gifts, and big emotions. You'll laugh; you'll cry; you'll cheer them on. We can't wait for you to tune in—the series premieres on August 22—but as a loyal WD reader, you get a sneak peek. Turn the page to meet the everyday hero who inspired us all with his kindness and compassion in the first episode.

MY PERFECT DAY IMAGES: SHARON MARIE WRIGHT (7)



VERY LOCAL

HOW TO WATCH

You won't want to miss an episode, so here's what you need to know to watch the show. Go to verylocal.com or find the free Very Local app on your mobile device or tablet or on a connected TV device like Amazon Fire TV, Android TV, Apple TV, Roku, or Vizio. Or, use your phone camera to scan this QR code to tune in.



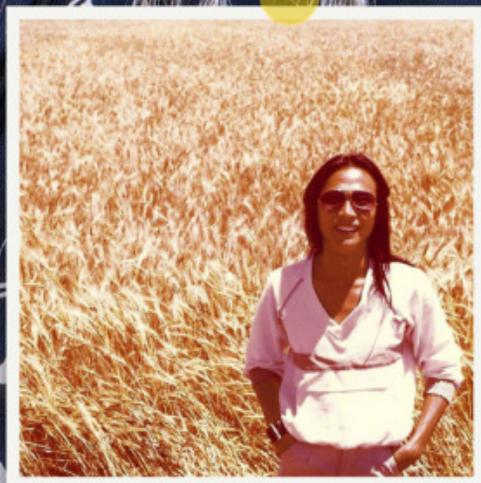


**MEET
KAR WOO**

Founder and
program
director for
Artists Helping
the Homeless

MY PERFECT DAY

- ✔ Go-karting at K1 Speed
- ✔ Woo Krew face-off at Game Show Battle Rooms
- ✔ Team pizza party



Woo came to the United States from Hong Kong for college, initially landing in Iowa. "From there, I got a job in Kansas City," he says. He's been there ever since.



Art lover Woo says it was “really weird” to close his art gallery to work full-time with Artists Helping the Homeless, but he felt called to do it.

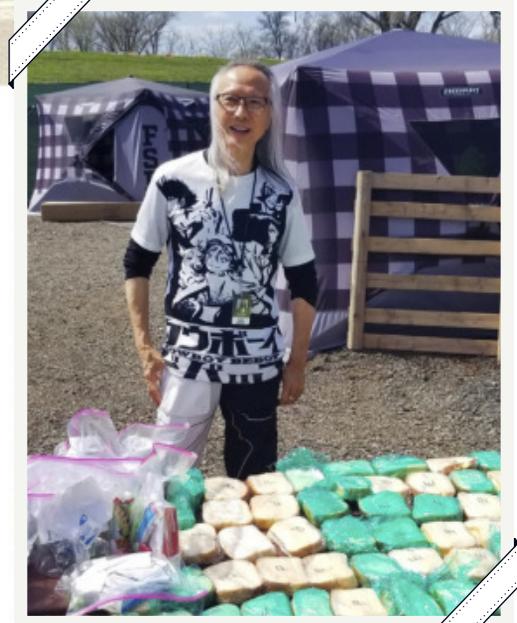


“PEOPLE NEED HELP. I THOUGHT I SHOULD BE THERE FOR THEM.”

WOO FULL-PAGE PORTRAIT: SHARON MARIE WRIGHT; WOO PERSONAL IMAGES: COURTESY OF SUBJECT.

Kar Woo (adoringly called “Woo” by all) never expected to become an advocate for the homeless. He originally came to the United States from Hong Kong for college, working in retail to support himself. He then used his retail acumen to open his own art gallery in Kansas City, MO, simply because he had “always really liked art.”

A few years in, he started noticing Kansas City’s homeless population. “They’d come into the gallery to ask for food or supplies, or to use the bathroom,” he says. Woo always said yes—he’d experienced being without a place to live, albeit briefly, after his apartment building had burned down years earlier, and a coworker’s mom had taken him in, reinforcing his belief in the importance of kindness. “I grew up reading kung fu stories, and the principle of them is to always be kind to others,” he explains. One Sunday he decided to pick up some sandwiches and bring them to unhoused people in Kansas City’s Park Plaza, and this became a weekly tradition. When St. Luke’s hospital called a citywide meeting to discuss the issue of nonemergency patients (who were often



Woo has been giving out sandwiches at this park for the past 17 years!



How to watch... Download the Very Local app on your smartphone.



Woo was overjoyed to receive a \$10,000 gift card to use at Pilot Flying J gas stations. "Gas is a huge need," he says. "We spend \$50,000 a year on gas alone."



A \$10,000 GIFT CARD FROM PILOT FLYING J WILL FUEL MAJOR CHANGE!

unhoused) using emergency rooms, the hospital asked these citizens if there was anyone local they'd want to work with to solve the problem, and Woo's name kept coming up.

"St. Luke's Hospital asked me to create a program to address the issue. Of course I said yes," says Woo. That was the start of Artists Helping the Homeless (AHH; ahh.org), an organization that aims to reduce the need for and the cost of caring for this population in Kansas City. The unhoused community there was right to realize Woo's potential as an ally: The program has been hugely successful, helping nearly 2,000 people

each year with things like rides to and from appointments, discharge planning for those released from hospitals or jails, and transitional and longer-term housing. "I think part of the success is because I'm foreign," says Woo. "I've always had an open mind to listen, because I didn't always know the language. When I started offering transportation, people were trapped with me, and when they talked, I listened and didn't judge. So I understand what the challenges in serving this community are and where the gaps are." AHH provides what Woo calls "full wraparound service," meaning it helps with housing,

GAS STATION HUGS: SHARON MARIE WRIGHT (2).



Woo's Yay! List



Happy feet for all

Socks are the item most requested by the unhoused. "When you're on the street and don't have a place to do laundry, if your socks get dirty, you throw them away," says Woo. Our friends at SockGuy donated hundreds of fun high-performance pairs and promised frequent replenishment. sockguy.com

Woo's Yay! List

MEET
The other fairy godmother



→ Pilot's first-ever chief marketing officer, Adrienne Ingoldt, flew to Kansas City to present Kar Woo with a \$10,000 gift card for gas after hearing how important transportation services were for his organization. Woo estimated that AHH spent almost \$400,000 last year providing reliable, timely, and safe transportation, crucial for those struggling with recent incarceration and

homelessness. "Giving back is core to who I am and the reason I'm so proud to further Pilot's mission to fuel change and show people they matter," Ingoldt says. "Kar and his team at AHH embody this every day with the incredible work they do for their community. I was thrilled to provide Kar with the resources he needs, reminding him that he matters and his work makes a difference."



AHH's seven vans drove 245,791 miles while serving the community in 2023.

INGOLDT: SHARON MARIE WRIGHT; WOO WITH VAN: COURTESY OF SUBJECT.



Download the app... It's free!



Woo's Yay! List

Tree-mendous honor

We planted a Northern red oak in Mill Creek Park, where Woo began serving meals to the unhoused more than a decade ago. The planting of roots where his philanthropy had taken root moved him to tears.



THE KAR WOO KREW

It has been said that trust is earned, respect is given, and loyalty is demonstrated. This community's unparalleled bond is a beautiful thing to behold.



"In my program, we treat everybody as friends, as equals," says Woo. "Playing the game show together built even more camaraderie."

MY PERFECT DAY IMAGES: SHARON MARIE WRIGHT (3). TREE: GETTY IMAGES.



shout-out
 TO PAPA
 JOHNS FOR
 THE PIZZA
 PARTY!



PAPA JOHNS PIZZA BOX: KEITH HOFMAN/ALAMY STOCK PHOTO.

food, clothing, transportation, medication, advocacy, and counseling. (It has been called “the safety net for the safety net.”) Woo believes that this holistic approach allows people to escape the cycle of homelessness, freeing them from worry about day-to-day necessities. “It’s not about getting the first job they can find at a fast-food restaurant and surviving. That’s not long-term growth. We provide support for them to have a chance at long-term growth,” he says. To him, that involves things like getting a college degree and purchasing a home. “We really want them to

have their own lives to move forward in,” he says. “That’s success to me.” Woo’s unique approach to serving unhoused individuals doesn’t just benefit them—he himself loves it. “I think what brings me the most joy is, it really allows me to have lots of friends,” he says. “I wasn’t anticipating any of this when I created this program. But I’m not getting any younger, and this provides me motivation to keep going. Whenever I have any need, every one of the people and organizations I work with will stand up and be there for me. That really touches my heart.”

—Sara Gaynes Levy

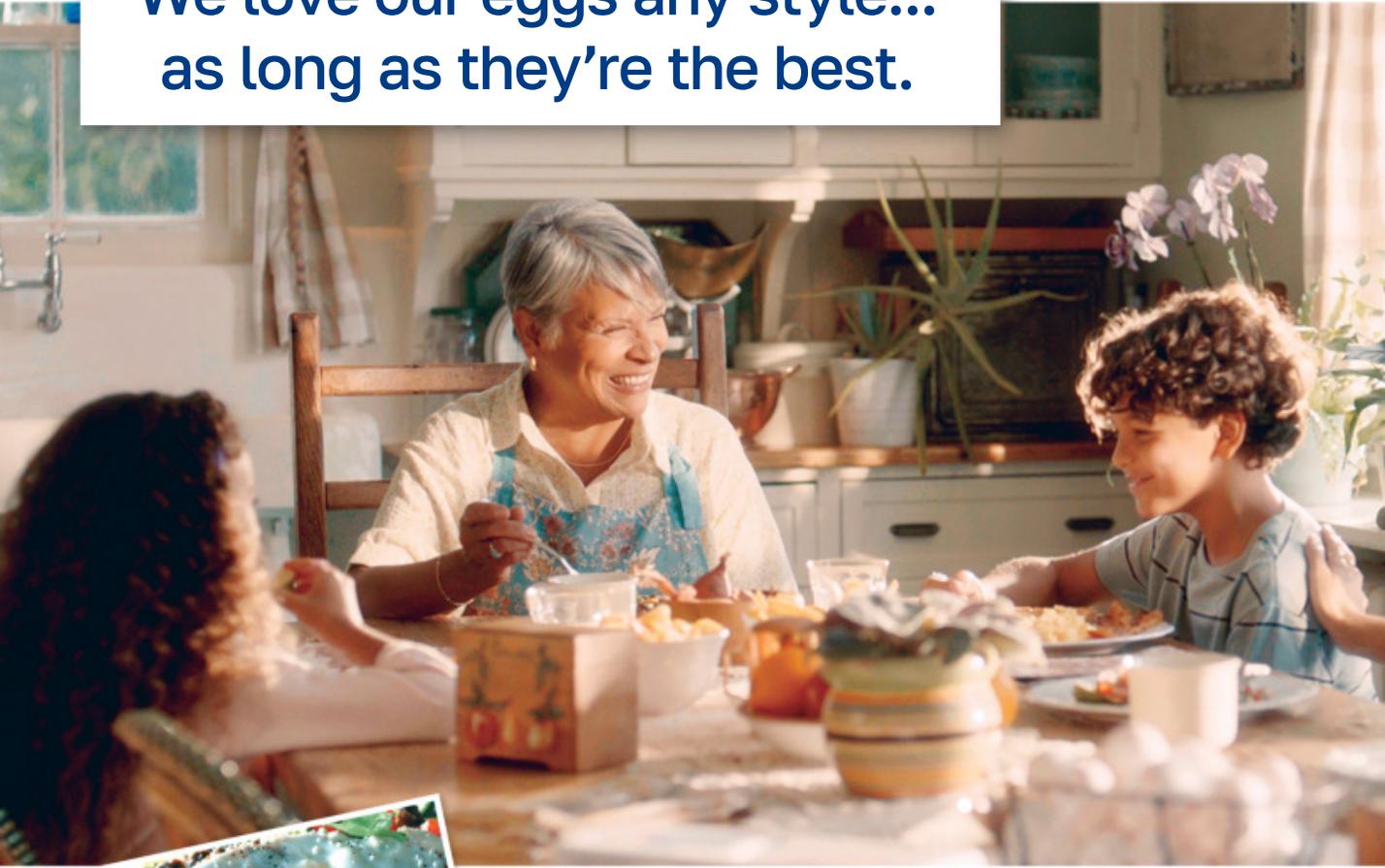
HOW YOU CAN HELP YOUR COMMUNITY

Don’t just give supplies or money—Woo’s greatest lesson is that listening is the ultimate gift. “Finding out what people’s needs are is really important,” he says. “If we truly want to help them, we have to really provide for them.” Visit ahh.org to learn more.



How to watch... Download the Very Local app on your smartphone.

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Which is why ordinary eggs just don't measure up.**

Eggland's Best eggs have more of the delicious, farm-fresh, taste we love—for any meal or any time of day.

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American Heart Association.
Healthy for Good™

Better taste. Better nutrition. Better eggs.®

Let's eat

/ simple recipes



What's for dinner tonight?!

Easy meals for the whole family



**Sloppy Joe
Toasts**

Recipe, page 52



table talk

Which fictional place would you want to visit?

MIKE GARTEN

Shrimp Scampi

ACTIVE 30 MIN.

TOTAL 30 MIN. ♦ SERVES 4

- 1½ lbs medium peeled and deveined shrimp, patted dry
- Kosher salt and pepper
- 3 Tbsp olive oil, divided
- 3 Tbsp unsalted butter, divided
- 1 shallot, finely chopped
- ½ tsp red pepper flakes
- 4 large cloves garlic, thinly sliced
- ¼ cups dry white wine
- 2 tsp lemon zest plus 4 Tbsp lemon juice
- 2 Tbsp flat-leaf parsley leaves, chopped
- Crusty bread, for serving

1 In medium bowl, toss shrimp with ½ tsp salt. Heat 1 Tbsp oil in large skillet on medium-high. Add half of shrimp and cook 2 min., then flip and cook 1 min. Transfer to plate. Repeat with 1 Tbsp oil and remaining shrimp.

2 Reduce heat to medium; add 1 Tbsp butter and remaining Tbsp oil. Add shallot and red pepper flakes and cook, stirring, 1 min. Add garlic and cook, stirring, until golden brown, 1 to 2 min.

3 Add wine and simmer, scraping up any browned bits, until reduced by half, 3 to 4 min. Stir in lemon zest and juice, ¼ tsp each salt and pepper, and remaining 2 Tbsp butter; simmer until slightly reduced, 1 to 2 min.

4 Add shrimp and cook until heated through, 1 min. Sprinkle with parsley and serve immediately with crusty bread.



ONE-PAN DISH



at my table

My husband and I take a moment at the beginning of our meal to raise a glass and say, "Cheers!" This pre-meal pause reminds me to be grateful for my dinner and the people I get to share it with. —Samantha MacAvoy, assistant food editor



PLANT-BASED



Stay full and cater to your ticker with heart and satiety stars: fiber, healthy fats, and protein.

Air Fryer Falafel Salad

ACTIVE 15 MIN. ♦ TOTAL 35 MIN. ♦ SERVES 4

- 2 cloves garlic
- 4 scallions, whites and greens thinly sliced, separated
- 6½ cups baby kale, divided
- 2 15-oz cans chickpeas, rinsed
- 1 tsp lemon zest plus 2 Tbsp lemon juice
- 2 Tbsp all-purpose flour
- 1 tsp ground cumin
- 1 tsp ground coriander
- Kosher salt
- 3 Tbsp olive oil, divided, plus more for greasing
- ½ English cucumber, thinly sliced on bias
- ½ cup flat-leaf parsley leaves
- ¼ cup mint leaves
- Greek yogurt, for topping

- 1** In food processor, pulse garlic, scallion whites, and ½ cup baby kale until very finely chopped. Add chickpeas, lemon zest, flour, cumin, coriander, and ½ tsp salt and pulse to combine (chickpeas should be chopped but coarse). Form mixture into 24 2-Tbsp balls.
- 2** Heat air fryer to 325°F. Brush basket insert with oil and add 12 falafel. Air-fry 15 min. Brush falafel with ½ Tbsp oil and increase air fryer temp to 400°F. Air-fry until deeply golden, 4 min. more. Repeat with remaining falafel and additional ½ Tbsp oil.
- 3** In large bowl, whisk together lemon juice and remaining 2 Tbsp oil. Add cucumbers and marinate 5 min. Add parsley, mint, scallion greens, remaining 6 cups baby kale, and ½ tsp salt and toss. Top with falafel and dollop with yogurt.



Creamy Chicken and Zoodle Spaghetti

ACTIVE 30 MIN. ♦ TOTAL 30 MIN. ♦ SERVES 4

- 8 oz spaghetti
- 2½ Tbsp olive oil, divided
- 1 lb boneless, skinless chicken breasts, cut into 2-in. pieces
- ½ tsp Italian seasoning
- Kosher salt and pepper
- 1 small shallot, finely chopped
- 1 clove garlic, finely chopped
- ½ cup dry white wine
- ½ cup sour cream
- 2 cups baby spinach
- 1 lb zucchini, spiralized
- Grated lemon zest for topping plus 1 Tbsp lemon juice
- Grated Parmesan, for serving

- 1** Cook pasta per pkg. directions. Drain, reserving ½ cup pasta water.
- 2** Heat 1 Tbsp oil in large deep-sided skillet on medium-high. Season chicken with Italian seasoning, ½ tsp salt, and ¼ tsp pepper; cook, turning occasionally, until golden brown all over, 5 to 7 min. Transfer to plate.
- 3** In same skillet, heat ½ Tbsp oil on medium. Add shallot and cook, stirring, until translucent, 1 min. Stir in garlic and cook until fragrant, 30 sec. Add wine and simmer until reduced by half, 2 min. Whisk in sour cream and ¼ tsp salt.
- 4** Remove skillet from heat, add spaghetti, and toss, adding reserved pasta water 2 Tbsp at a time as needed, until saucy. Fold in spinach to wilt (return to heat as necessary).
- 5** Meanwhile, in large bowl, toss zoodles with lemon juice and remaining Tbsp oil until coated. Add pasta and toss to combine, then toss with chicken. Serve topped with lemon zest and Parmesan.

UNDER
500
CAL

Sloppy Joe Toasts

ACTIVE 25 MIN. ♦ TOTAL 25 MIN.
SERVES 4

- 2 Tbsp olive oil
- 1 large onion, finely chopped
- 1 red pepper, finely chopped
- Kosher salt and pepper
- 2 cloves garlic, finely chopped
- 1 large carrot, coarsely grated
- 1 lb lean ground beef
- 1 Tbsp chili powder
- ¼ tsp ground cinnamon
- 1 15-oz can tomato sauce (no salt added)
- ¼ cup sweet relish
- ¼ cup ketchup
- 1 Tbsp red wine vinegar
- 2 tsp Worcestershire sauce
- 4 thick slices country bread, toasted
- Chopped flat-leaf parsley leaves and mixed green salad, for serving

- 1** Heat oil in large skillet on medium. Add onion, red pepper, and ¼ tsp each salt and pepper and cook, covered, stirring occasionally, 7 min.
- 2** Add garlic and carrot and cook, stirring, 2 min. Add beef and cook, breaking up with spoon, until no longer pink, 5 min. Sprinkle with chili powder and cinnamon and cook 1 min.
- 3** Add tomato sauce, relish, and ketchup and simmer until beginning to thicken, 3 min. Remove from heat; stir in vinegar and Worcestershire sauce. Serve over toast, sprinkled with parsley and with salad on the side if desired.



★



dinner and a movie

“Big, gooey, messy burger” is what Alyssa calls a sloppy joe in the 1995 film *It Takes Two*. That’s just one of the iconic scenes in this family-friendly rom-com starring the Olsen twins.

MIKE GARTEN.



**FAMILY
FAVE**

Pulled Pork Nachos

ACTIVE 20 MIN. ♦ TOTAL 1 HR. 15 MIN.
SERVES 4

- 3 lbs boneless pork butt, well trimmed and cut into 2-in. pieces (you should have 2 lbs total)
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp dried oregano
- Kosher salt and pepper
- 6 cloves garlic, smashed
- 2 jalapeños, halved and seeded
- ¼ cup fresh orange juice
- ¼ cup plus 3 Tbsp fresh lime juice
- ½ small red onion, finely chopped
- 6 oz tortilla chips
- 1 15-oz can low-sodium black beans, rinsed
- 6 oz extra-sharp Cheddar, grated
- 2 plum tomatoes, seeded and cut into ¼-in. pieces
- ½ cup cilantro, chopped
- Sour cream and guacamole, for serving

1 In Instant Pot, toss pork with coriander, cumin, oregano, and 1 tsp each salt and pepper. Toss in garlic and jalapeños, then pour orange juice and ¼ cup lime juice on top.

2 Cover and lock lid and cook on high pressure 40 min. Use quick release method to release pressure. Using slotted spoon, transfer pork to large bowl, discarding garlic and jalapeños. Shred meat, then pour 1 cup cooking liquid on top and toss to combine, adding more if meat seems dry.

3 While pork is cooking, toss onion with remaining 3 Tbsp lime juice and ½ tsp each salt and pepper. Toss occasionally until ready to use.

4 Heat oven to 450°F. On large rimmed baking sheet, toss chips and beans with half of Cheddar. Scatter on 2 cups pork, then remaining cheese, and bake until cheese has melted, about 7 min. (Any additional pork can be frozen up to 3 months: Place in freezer-safe container, add cooking liquid to cover, seal, and freeze.)

5 Meanwhile, toss tomatoes with onion and fold in cilantro. Spoon over nachos along with sour cream and guacamole.



GRILL and CHILL

Become the pitmaster of your backyard with these expert tips and party-ready recipes.

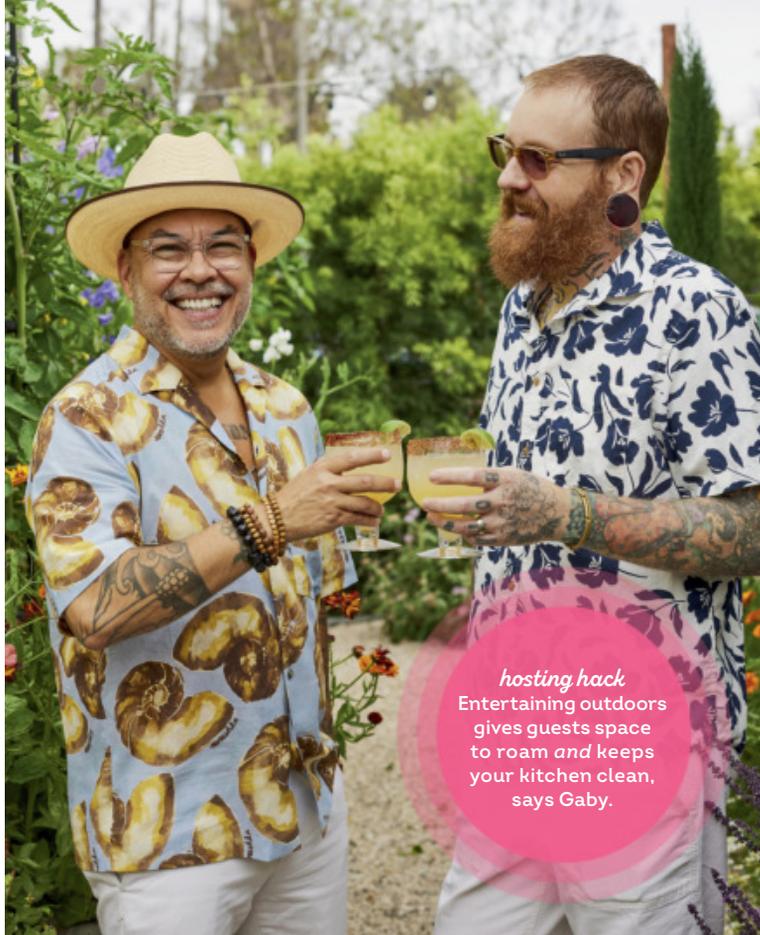
by Samantha MacAvoy

WD Guest Contributor

Gaby Dalkin

Follow me!

 @whatsgabycookin
whatsgabycooking.com



hosting hack
Entertaining outdoors gives guests space to roam and keeps your kitchen clean, says Gaby.



If you can cook, you can grill, assures Gaby Dalkin, cookbook author and founder of the brand What's Gaby Cooking: "Once you get comfortable, grilling is just as easy as turning on your stove." Need more guidance? In her latest cookbook, *Grilling All the Things*, Gaby breaks down everything from the different types of grills to her go-to tools, and of course she offers chapters of mouthwatering recipes made alfresco with heat, fire, and smoke. Another reason to get out there: Grilling imparts depth of flavor that can't be replicated indoors. "It really gives your food extra oomph," Gaby explains. Feeling fired up? Let's go grill!



MATT ARMENDARIZ



"I'm an over-buyer of stone fruit at the farmers' market—this salad is the solution!"

—Gaby



**GRILLED BREAD
SALAD WITH
MOZZARELLA,
PEACHES,
AND TOMATO**

GRILLED BREAD SALAD WITH MOZZARELLA, PEACHES, AND TOMATO

ACTIVE 30 MIN. ♦ TOTAL 30 MIN.
SERVES 4 TO 6

For lemon vinaigrette

- 2 Tbsp fresh lemon juice
- 3 Tbsp red wine vinegar
- 6 Tbsp olive oil
- 1 shallot, finely chopped
- 2 cloves garlic, finely chopped
- Kosher salt and pepper

For torn croutons

- ½ loaf ciabatta, torn into 1- to 2-in. pieces (about 8 oz or 5 cups)
- ½ cup olive oil
- Kosher salt

For salad

- 2 cups heirloom cherry tomatoes, halved
- 2 full-size heirloom tomatoes, cut into wedges
- 2 ripe peaches, pitted and cut into wedges
- 2 ripe nectarines, pitted and cut into wedges
- 2 large balls fresh mozzarella cheese (8 oz each), torn into large pieces
- Basil leaves, for topping
- Flaky sea salt and pepper

1 Heat grill to medium (350°F to 400°F).

2 Meanwhile, make lemon vinaigrette: In medium bowl, whisk together lemon juice, vinegar, oil, shallot, garlic, ¼ tsp kosher salt, and ¼ tsp pepper.

3 Make croutons: Place ciabatta in large bowl, drizzle with oil, and toss to combine. Using grill pan or braving the grates, transfer to grill and toast until bread is crisp and just lightly golden, 2 to 4 min. Remove from grill and sprinkle with ¼ tsp kosher salt. Set aside while assembling rest of salad.

4 Assemble salad: In large serving bowl, arrange cherry tomatoes, tomato wedges, peaches, nectarines, croutons, and cheese. Top with basil leaves, season with ½ tsp flaky sea salt and ½ tsp pepper, and drizzle with lemon vinaigrette.

*keep calm,
grill on*

Gaby stays cool by prepping ingredients ahead, setting timers while cooking, and delegating tasks—anyone can help with flipping!



**ready,
set,
grill!**

- 1 Get your grill nice and hot. Avoid putting food on too early.
- 2 Make sure your tools are nearby: tongs, a large spatula, and a clean plate to hold cooked food.
- 3 Use a paper towel and tongs to coat the grill with oil, or rub it with an onion for extra flavor.
- 4 Wait to flip food until it naturally releases from the grates. Sticking indicates that it's not cooked yet.
- 5 All done? Crank the heat for five to 10 minutes to burn off stuck-on bits. Turn off the grill and allow it to cool, then scrape it clean.

A top-down photograph of four thick, bone-in pork chops arranged on a dark metal tray. The chops are perfectly grilled, showing a golden-brown crust with distinct dark grill marks. They are garnished with fresh green herbs, including rosemary sprigs and large sage leaves. Coarse sea salt is scattered across the tray. On the left side, a pair of metal tongs with a green wooden handle is visible. The background is a light-colored, textured surface.

**ZACH'S BRINED
PORK CHOPS**

flavor saver

It's easy to overcook pork, leading to dryness. Gaby's friend Zach introduced her to this brine, which infuses the meat with moisture: "The result is to-die-for perfection!"

ZACH'S BRINED PORK CHOPS

ACTIVE 20 MIN. ♦ TOTAL 20 MIN. PLUS BRINING AND RESTING ♦ SERVES 4

- ¼ cup kosher salt (I use Diamond Crystal), plus more for seasoning pork chops
- 2 to 3 Tbsp light brown sugar
- 1 rosemary sprig
- 2 thyme sprigs
- 1 small bunch sage
- 1 bay leaf
- 1 Tbsp black peppercorns
- 4 cloves garlic, smashed
- 2 cups ice
- 4 bone-in pork chops (10 to 12 oz each)
- Pepper
- Canola oil, for greasing

- 1** In medium saucepan, combine salt, brown sugar, rosemary, thyme, sage, bay leaf, peppercorns, garlic, and 2 cups water. Bring to a simmer on medium and simmer 10 min. Remove from heat.
- 2** Add ice and let melt to bring brine to room temp. Place pork in large zip-top bag and pour in brine. Zip closed, removing excess air. Refrigerate at least 4 hr., up to 24 hr. if possible.
- 3** When ready to grill, pat pork chops dry and season with ½ tsp salt and ½ tsp pepper.
- 4** Heat grill to medium-high (400°F to 450°F) and lightly oil grates. Grill pork chops, covered, until grill marks appear and internal temp is 145°F, 5 to 6 min. per side. Let rest 10 min. before serving.



SPICY SMOKY MARGARITA

SPICY SMOKY MARGARITA

ACTIVE 10 MIN.
TOTAL 10 MIN.
MAKES 1 DRINK

- 2 tsp smoked salt
- ½ tsp single-origin chile powder (such as chipotle, ancho, or guajillo)
- Lime wedge, for rimming
- 2 oz silver (blanco) tequila
- 1 oz triple sec
- ½ oz fresh lime juice
- ½ oz agave nectar
- 3 slices jalapeño

- 1** In small shallow dish, combine smoked salt and chile powder and stir to evenly combine. Make slice in lime wedge pulp so it sits on edge of glass. Slide lime around rim of glass to coat it in lime juice. Dip rim of glass in salt mixture and tap off any excess. Reserve lime wedge for garnish. Set glass aside in freezer while you make the margarita.
- 2** Add ice to shaker. Top with tequila, triple sec, lime juice, agave, and jalapeño slices. Shake vigorously until outside of shaker is cold and frosty, 20 to 30 sec.
- 3** Remove rimmed glass from freezer and fill with ice. Strain margarita over ice and garnish

with lime wedge. Serve immediately.
All recipes adapted from the new book What's Gaby Cooking: Grilling All the Things by Gaby Dalkin. Photographs © 2024 by Matt Armendariz. Published by Abrams.



What's Gaby Cooking: Grilling All the Things is available now wherever books are sold.



LIFE
of the
PARTY

This month it's...



MUSHROOMS

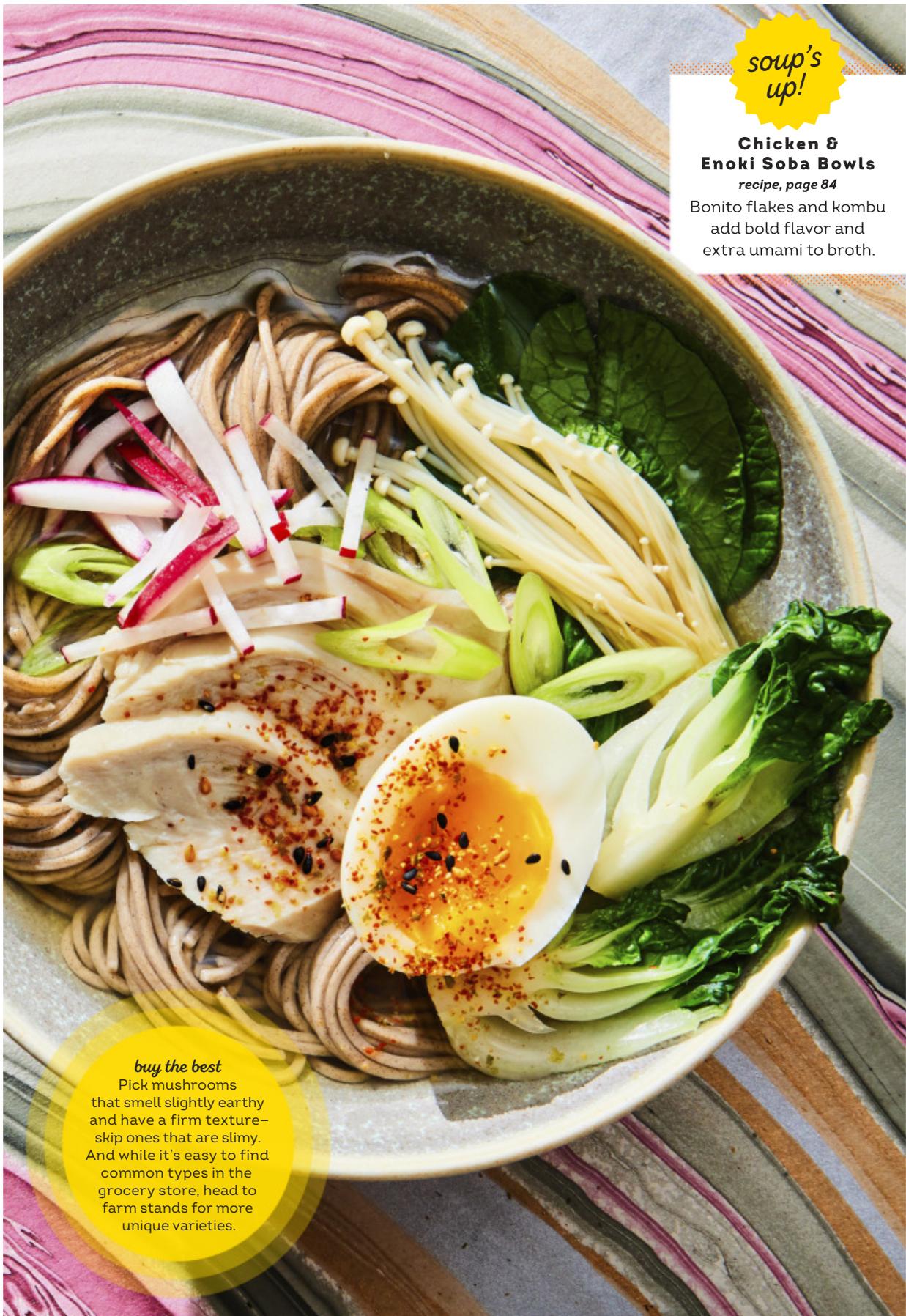
Low in calories and full of vitamins and minerals, fungi are an ace add to your diet.

*cheese,
please*

Queso Fundido

recipe, page 84

Give a party-ready dip some heartiness with roasted 'shrooms.



*soup's
up!*

**Chicken &
Enoki Soba Bowls**
recipe, page 84

Bonito flakes and kombu
add bold flavor and
extra umami to broth.

buy the best

Pick mushrooms
that smell slightly earthy
and have a firm texture—
skip ones that are slimy.
And while it's easy to find
common types in the
grocery store, head to
farm stands for more
unique varieties.





SEPTEMBER IS MUSHROOM MONTH, so it's time to celebrate our favorite fungi. Not only are they hearty, rich, and high in antioxidants, but also they soak up all the delicious flavors in a dish.



Taco Tuesday

Smoky Portobello Tacos
recipe, page 84

Give mushrooms a glaze to up the delish factor and complement their meaty bite.

That's what friends are spore.



MUSHROOM MUST-HAVES

Grab one of the WD Test Kitchen's fave products.



"These super-savory **mushroom crisps** hit the spot when I'm craving a snack but want to forgo the chips. Each crisp offers the perfect combo of umami flavor and irresistible texture, making it oh-so-easy to eat your veggies."
—Joy Cho, assistant editor

DJ&A Shiitake Mushroom Crisps, \$6 for 2.3 oz, [Amazon](https://www.amazon.com)



"This **protein bar** tastes like a chewy chocolate chip cookie but boasts lion's mane, ashwagandha, and vitamin B₁₂. And a portion of proceeds goes to brain health research through the Women's Alzheimer's Movement."
—Trish Marsanico, deputy editor

Cookie Dough Crunch Mosh Bars, \$44 for 12, [moshlife.com](https://www.moshlife.com)



"Shiitakes give these **vegetarian dumplings** deep 'shroomy flavor and a meaty texture that really satisfies. They are delicious steamed or fried, and as a bonus, chili crisp is already in the filling!"
—Susan Choung, recipe editor

Laoban Livin' on the Veg Dumplings, \$9, [laoban.com](https://www.laoban.com)



"Coffee is a nonnegotiable part of my morning routine, so I love that this **brew** offers an added boost from adaptogenic mushroom extracts. You can't taste 'em—they blend into each smooth sip!"
—Samantha MacAvoy, assistant editor

Wunderground Hocus Pocus Ground Coffee, \$22, [wundergroundcoffee.com](https://www.wundergroundcoffee.com)



FUNGI FIELD GUIDE



Learn a little more about the many varieties out there.

CREMINI

Delicate and umami-forward, this type is actually a more mature form of white button and the younger form of a portobello.

ENOKI

These skinny 'shrooms grow in clusters and boast a nutty flavor and a pleasant chew when cooked.

KING TRUMPET

The thick stems are buttery and rich. Slice in half or into rounds and sear for an elegant veg-forward main course.

LION'S MANE

You may come across these fuzzy guys at the farmers' market. The specialty variety may boost brain health, research suggests.

MAITAKE

Also called hen of the woods, these fluttery clumps are tender and earthy. Roast or stir-fry them, and the edges will crisp nicely.

PORTOBELLO

This big variety is tops for its hefty texture—consider it an amazing vegetarian swap for protein in burgers and sandwiches.

storage smarts

To keep mushrooms fresher longer, wrap them in a paper towel to help absorb moisture. Then return them to their original packaging or transfer them to an open plastic or paper bag for up to three days.

*family-
friendly*

**Roasted Mushroom
& Bacon Pasta**

recipe, page 85

This fast feast is equally
delicious with GF pasta!



it's
**NATIONAL FARMERS'
MARKET WEEK**

ganas
ALL HERE!

Late summer brings a bounty of produce to markets everywhere. Here's how to make the most of your delicious haul!



**Tomato Salad
with Bacon
Vinaigrette**

recipe, page 85

spot on
When a watermelon is ripe, the mark on its underside—from where it sat on the ground—turns yellow. Melons with white or green spots aren't quite ready.



**Watermelon
Agua Fresca**

recipe, page 85



AUGUST 4-10 IS
**Farmers'
Market
Week**



squash it
Excess zucchini in the garden? Slice and add to pickle brine, thinly shave and fold into salads, or grate into these crisp no-fry patties.



**Baked
Zucchini
Fritters**
recipe, page 87

BRIAN WOODCOCK

Didja know...
"Zucchini" is the Italian word for the green summer squash. In England, it's called courgette. 



prep step

Use a damp paper towel to wipe excess silk from husked cobs.



Elote

recipe, page 87



Spiced Plum Galette

recipe, page 87



sniff test
A perfect plum smells sweet and fruity around the stem.

easy upgrade
Berries too soft?
Toss 'em with sugar
and lime zest, then
mash lightly to make
a tasty topping for
yogurt, pancakes,
oatmeal, you
name it!



**Blackberry
Mascarpone
Tart**

recipe, page 86

BRIAN WOODCOCK



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*With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. Cannot be combined with any other offer. Market restrictions may apply. Offer available in select markets only. CSLB 1082165 NSCB 0082999 0083445 13VH11096000

health

/ live longer & stronger



Be a hydration hero

If you're never without a reusable water bottle, yay! Staying hydrated is important year-round, as water helps shuttle oxygen and nutrients to cells, muscles, and organs so your body can function properly. It's extra crucial to keep tabs on hydration when the summer heat soars: Dehydration can cause tiredness or headaches, and it forces your heart to work harder to pump blood and could up your risk for heat exhaustion or heatstroke. To estimate your daily H₂O needs, aim to drink half your weight in ounces—so if you weigh 140 pounds, sip 70 oz of water, says Joy Bauer, R.D.N., a health expert and best-selling author.

Try Bauer's hydration boosters:

FUN-FILTER YOUR H₂O

Find simple ways to make unsweetened beverages more exciting. Keep flavored sparkling water on hand and add fresh fruit or herbs to your water—or freeze them in ice cube trays to pretty up any glass. You can even make refreshing iced tea from fruity or herbal brews.

PAD YOUR INTAKE WITH FRUIT

Fruit is loaded with water, not to mention vitamins and minerals. Melons like cantaloupe and watermelon have the highest water content of all, at more than 90%, so find ways to eat more of these. Watermelon is wonderful paired with mint and feta. Or, create Bauer's spin on caprese salad: cantaloupe, cherry tomatoes, mozzarella balls, and basil (for handheld fun, thread everything on a skewer and drizzle with balsamic).

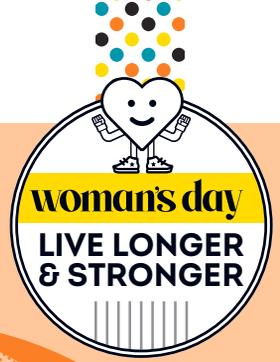
MAKE IT DESSERT

Summer is the perfect time for a fruity sweet treat: Fruit has maximum flavor and nutrient density when it's ripe and in season. Shave large chunks of frozen melon or pineapple with a microplane to create naturally sweet, fluffy ice. Or top fresh berries or slices of stone fruit with a scoop of ice cream or frozen yogurt.



Didja know...

Hydration hack: Create a reusable water bottle club. Designate one for on the go, another for work, and don't forget one on the nightstand!



HEALTH REPORT

10

things to know about **VACCINES**

August is National Immunization Awareness month. Celebrate the innovations that have saved millions of lives with these facts and tips.

1

Vaccines save lives

An estimated 154 million people worldwide, including 101 million babies, have been spared from deadly diseases including meningitis, measles, yellow fever, polio, and tuberculosis over the past 50 years thanks to vaccine development, according to a recent report by the World Health Organization.



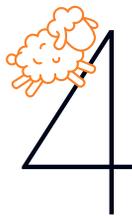
2 WE HAVE COWS TO THANK

The first successful vaccine was created in 1796 by the English physician Edward Jenner, based on the discovery that milkmaids who had been infected with cowpox were immune to the much deadlier smallpox. (The name “vaccine” was derived from *vacca*, meaning “cow.”) How

Holy, cow!



important was this medical advancement? Smallpox killed at least 300 million people during the 20th century, but since 1980 there has not been a single recorded case.



SLEEP ON IT FOR BETTER RESULTS

Research has found that people who sleep for at least six hours the nights before and after a flu or hepatitis vaccine get stronger protection. This may be because sleep helps strengthen special immune cells known as T cells. Exercise helps too—one study showed that physically fit older people responded better to tetanus and flu vaccines than less active peers.



3

Side effects can mean a vax is working

A vaccine operates by exposing your immune system to an inactive form of a bacterium or virus, such as a weakened or dead version or just one small piece of a virus, explains Jennifer L. Brull, M.D., president-elect of the American Academy of Family Physicians. It can't give you the disease but can have mild side effects:

- Redness, pain, or itching
- Low-grade fever
- Tiredness

“These symptoms usually go away in a day or two,” says Dr. Brull. “They are a great sign, because they show that the vaccine is doing its job of activating your immune system to build up a wall of defense.”



People with heart disease are at greater risk for complications from RSV and flu, so get your shots!

5 Vaccines come after years of research

Dr. Brull points out that by the time a vaccine reaches the public, it has gone through multiple stages of research, testing, and clinical trials overseen by the Food and Drug Administration to ensure that it is safe and effective. The COVID-19 vaccine, estimated to have saved more than 2 million lives, went through all these stages, though at an accelerated pace:

- **PHASE 1:** Tested on small groups to determine safety and correct dose
- **PHASE 2:** Tested on larger groups for efficacy and side effects
- **PHASE 3:** Tested on thousands of people to confirm safety and effectiveness





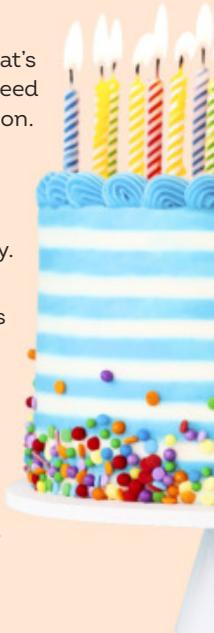
The HPV vaccine is a lifesaver for women and men

Gardasil 9, a vaccine that protects against the human papillomavirus (HPV), provides nearly 100% protection against the virus that causes cervical cancer in women and other cancers in men, yet only about 38% of young people are getting this important shot. Need more reasons to discuss the vax with your child's pediatrician? New research shows that it may reduce the risk of HPV-related cancers by as much as 56% in males and 36% in females.

7 TALK TO YOUR DOCTOR ABOUT YOUR SPECIFIC NEEDS

Depending on your age and what's going on in your life, you may need a few extra shots for protection. Some special guidelines:

- **Pregnant?** Tdap and flu vaccines are recommended to protect you and your baby.
- **Traveling?** Go to [cdc.gov/travel](https://www.cdc.gov/travel) to see which vaccines are recommended for international travel.
- **Over 50?** Schedule your shingles vaccine; if you're over 60, ask your doctor if you qualify for the pneumonia and RSV vaccines as well.
- **Is it autumn?** Get your flu and COVID boosters.



9

Measles was wiped out, but it's coming back

The measles vaccine has saved 94 million infant lives in the past half century—the disease was declared eliminated in the U.S. in 2000. But this year there have been multiple outbreaks in the U.S. because of declining vaccine coverage abroad and in some parts of the country, according to the Centers for Disease Control and Prevention.



The flu shot may lower your risk of death from cardiovascular problems by 18%.

8 VACCINES DO NOT CAUSE AUTISM

A single discredited study in 1998 suggested a link between autism spectrum disorder (ASD) and childhood vaccines (the author later had his medical license revoked). Decades of subsequent research have found no connection between vaccines and ASD. Concerned? Talk with a trusted family physician.



10 TAKE THESE STEPS TO MAKE YOUR JAB LESS STRESSFUL



- **Don't get a vax the day before a big event:** Dr. Brull recommends planning to get vaccinated when you can rest the next day.
- **Get the shot in your non-dominant arm:** And be sure to move that arm around, which helps healing.
- **Go numb:** Apply a lotion with lidocaine 30 minutes before your shot, advises Eric Curcio, M.D., an associate clinical professor of pediatrics at UCLA.
- **Watch a funny video:** The distraction will really help, says Dr. Curcio.

Promotion

DEALS + DISH

An inside look at WD events, promotions & special offers



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YOUR FULLY CHARGED LIFE

Learn simple ways to embrace each day with a bubbly mix of optimism and joy.

how to own your apologies

The most powerful tool for repairing relationships with people we love is learning to say “I’m sorry.” In the latest installment of our Power Up Program, WD editor in chief Meaghan Murphy shares research-backed pointers on apologies.



MARC TRAN/STOCKSY-STOCK.ADOBE.COM



es

water your relationships

Patience, clear communication, honesty, and care are like fertilizer, helping our bonds thrive and grow stronger.

Most of us try to be good people and good friends, spouses, children, siblings, and coworkers: It's in our nature. But so is making mistakes that can damage our relationships or hurt those we care about. The most powerful tool for repairing a relationship and helping the other person and yourself feel better is a solid apology, yet we humans tend to be awful at saying we're sorry—that's in our nature too. You can get better at it, though, and knowing what to say is half the battle. Research has pinpointed six key things to focus on when apologizing: regret, reasons, responsibility, repentance, repair, and requesting forgiveness.

The one likeliest to yield forgiveness and resolution, according to research: responsibility. Even if your apology can't hit all six, target that. Easier said than done, of course—by nature people are self-preservationists, and accepting fault threatens our self-image and chips away at our confidence

**say it with
flowers**

A beautiful bouquet can help express regret, sorrow, and a desire to make things right when you're at a loss for words.



(which is why good apologies are so hard!). But if we try to avoid those feelings and apologize half-heartedly, we compound the mistake by messing up our chance to earn forgiveness and fix the relationship. I've certainly messed up apologies by backhandedly trying to defend or protect myself; I've said things like, "I'm sorry you felt that way, but...." What to strive for instead is something along the lines of "I'm sorry I made you feel that way." Even if you didn't intend to. Even if the other person messed up too. Here's a cool trick that research shows might help: Before apologizing, give yourself a little self-affirming pep talk, thinking about what you value and your positive characteristics and strengths. This will reduce the fear of admitting your mistakes, which makes it less painful to offer an effective apology. You'll probably still feel vulnerable, but that can be good—vulnerability invites empathy, encourages forgiveness, and builds a bridge toward deeper connection.

6 keys to a solid apology

Focus on these important things...

1 regret

Your remorse shows the other person that you understand what went wrong, that their emotions matter, and that their reaction was valid.

2 reasons

Most people want some kind of explanation. This is not the same as trying to justify what happened. So avoid placing blame or defending yourself and instead use "I" phrases like "I was thinking about..." and "I misunderstood."

3 responsibility

It's your fault—full stop. Whatever happened, whatever went wrong, whatever the person is feeling, own your role in it.

4 repentance

You'll try to do better.

5 repair

Is there something specific you can do to right the wrong?

6 request forgiveness

Straight up ask for it.

What if you don't get to apologize?

I once acted like a truly crappy human to someone; I was careless with my words and hurt her badly. I tried calling to apologize—cheeks flushed with fear, embarrassment, and regret—but she didn't pick up. I sent a text that read *I owe you an apology*. I don't expect to ever get the chance to earn her forgiveness or get closure. It stinks, and I have to live with that. Apologies can be at least partially selfish; we want absolution to help us feel better too.

If you never get the chance to say you're sorry:

- Give up
- Don't keep chasing closure if the other person isn't ready to give it
- Accept your mistake
- Forgive yourself
- Do better next time



I hope this story—adapted from my book, Your Fully Charged Life—made you say "Yay!" What topic would you like to see in our next Power Up Program? Message me on Instagram: @meaghanbmurphy.

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TOP

break free from routine with new upgraded favorites

LIST

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This month's

HEALTH CHECKLIST

Five little wellness moves to make right now

CHECK HERE		TO DO
	<p>Do hard things more easily </p> <p>Getting additional sleep could be the key. When people go to bed earlier (and snooze longer as a result), they notice increases in feelings of resilience, thankfulness, and flourishing, according to new research.</p>	<p>Starting a gratitude journal could also help lower your stress levels.</p>
	<p>Skip the elevator </p> <p>Taking the stairs is a simple yet powerful heart-healthy move. Data from more than 480,000 people shows that those who climb stairs regularly have a 39% lower risk of dying from cardiovascular disease and a 24% lower risk of dying from anything compared with those who don't.</p>	<p>To vary your climb, incorporate weights or side steps.</p>
	<p>Stop and see the roses</p> <p>On your next walk, pay attention to the nature around you—even in a city! When people make an effort to look at trees, flowers, plants, and lawns on their walking routes, they experience less anxiety and feel more restored.</p>	<p>Get more ideas from the book <i>Walk Your Way Calm</i> by Jennifer Walsh.</p>
	<p>Say yes to beets </p> <p>Beets contain nitrates that the body converts to nitric oxide, which helps blood vessels expand. Postmenopausal women who drank two 2.3-oz bottles of beetroot juice and then one each morning for a week after that had better blood flow at the end of the week.</p>	<p>Add beets to salads, soups, hummus, and even ravioli fillings.</p>
	<p>Try this proven <u>meal plan</u></p> <p>In a new 25-year study of more than 25,000 women, those who followed a Mediterranean diet had a 23% lower risk of dying during the research period. The diet could improve your metabolism, inflammation, and insulin resistance.</p>	<p>Reach for nuts, seeds, fruits, vegetables, whole grains, and legumes.</p>



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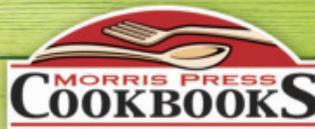


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ON THE COVER

★ recipes ★

Sunshine Piñata Cookies
recipe at right

*surprise
inside*

Sneak mini sweets, like jelly beans or candy-coated chocolates, into these cheery treats to make dessert a total delight.

MIKE GARTEN, PROP STYLING: LIS ENGELHART, FOOD STYLING: KAREN TACK, CONCEPT: HUNGRY HAPPENINGS.



Sunshine Piñata Cookies

ACTIVE 1 HR.

TOTAL 1 HR., 25 MIN., PLUS CHILLING AND COOLING

SERVES 14

- 2¼ cups all-purpose flour
- ¼ tsp kosher salt
- ¼ tsp baking powder
- ½ cup unsalted butter, at room temp
- ¾ cup sugar
- 1 large egg
- ¾ tsp pure vanilla extract
- ½ tsp almond extract
- Yellow food coloring
- 1 cup candy-coated sunflower seeds
- 2 Tbsp yellow royal icing or melted candy coating
- Chocolate frosting, for decorating
- 28 candy eyes

1 In medium bowl, whisk together flour, salt, and baking powder; set aside. Using stand mixer, beat butter and sugar on medium until light and fluffy, about 3 min., scraping bowl halfway through. Mix in egg, vanilla, almond extract, and 6 to 10 drops of yellow food coloring, scraping bowl as needed.

2 Reduce speed to low, gradually add dry

ingredients, and mix until just combined.

3 Divide dough in half and refrigerate half. Roll remaining dough between 2 sheets of parchment paper to ¼ in. to ⅓ in. thick. Using 2½-in. round cookie cutter, cut 14 rounds; set aside and chill dough scraps. Using 3 silicone cake pop molds with six 2-in.-diameter mounds each (see WD Tip), drape 1 round over each of 14 mounds and smooth with fingers; do not let dough form lip at base (dough will spread slightly during baking). Place molds on rimmed baking sheet and freeze 15 min.

4 Meanwhile, heat oven to 325°F. Roll out remaining half of dough between 2 sheets of parchment paper to ¼ in. to ⅓ in. thick. Using ¾-in. to 3½-in. sun cookie cutter, cut out 14 shapes, rerolling scraps as needed. Transfer to 2 parchment-lined baking sheets and refrigerate 15 min.

5 Bake hemisphere cookies until beginning to brown around edges, 10 to 12 min. Let cool completely on molds.

6 Bake sun cookies until tops look dry, 10 to 14 min., rotating positions of pans halfway through. Let cookies cool on pans 5 min., then transfer to wire racks and let cool completely.

7 Unmold each hemisphere cookie, then fill with candy (about 1 Tbsp per cookie). Pipe each rim with yellow royal icing or melted candy melts, then set 1 sun-shaped cookie on top (flat side facing up). Invert cookies, place flat sides down on wire racks, and let set completely.

8 Transfer chocolate frosting to piping bag or small resealable bag and snip off small corner. Pipe chocolate frosting to adhere 2 candy eyes and draw a smile on each cookie.

Recipe adapted from Beth Jackson Klosterboer, the blogger behind Hungry Happenings.



WD TIP

For recipe how-to and shopping info, go to womansday.com/sunshinecookies.



From Smile File, page 7

Honey-Peach Sorbet

ACTIVE 10 MIN. ♦ TOTAL 10 MIN. SERVES 4

- 2 lbs frozen peaches, thawed slightly
- 6 Tbsp honey
- 2 Tbsp fresh lime juice
- ½ tsp pure vanilla extract
- Pinch of kosher salt

1 In food processor, puree peaches, honey, lime juice, vanilla extract, and salt until smooth.

2 Serve immediately or transfer to loaf pan and freeze until ready to serve.

Grilled Peaches and Cream

ACTIVE 15 MIN. ♦ TOTAL 25 MIN. SERVES 4

- 4 peaches, halved and pitted
- 2 Tbsp olive oil
- 1 cup heavy cream
- 1 cup plain whole-milk Greek yogurt
- Honey, for drizzling

1 Heat grill or grill pan to medium. Brush cut sides of peaches with oil; grill until grill marks appear, about 3 min. per side.

2 Using electric mixer with whisk attachment, beat heavy cream and yogurt until soft peaks form.

3 Dollop cream onto peaches and serve drizzled with honey.



Tortoise Watermelon

- 2 oval watermelons
- Permanent marker
- Linoleum cutter
- Toothpicks
- Corn syrup, for affixing
- 2 candy eyeballs

1 Halve 1 watermelon lengthwise, scoop out flesh, and set aside.

2 Using permanent marker, draw shell design on top half of rind and add matching border on bottom half. Using linoleum cutter, trace shell design to etch away green rind.

3 If desired, from second watermelon, cut five 4-in. pieces of rind for head and legs; attach to bottom

shell using toothpicks. Using corn syrup, adhere candy eyeballs to head. Fill bottom shell with fruit, then use top shell as lid.

Star Watermelon

- Large star cookie cutter
- 1 watermelon
- Assorted berries

Press cookie cutter into watermelon, then cut along lines with paring knife and remove shape. Scoop out flesh with metal spoon and fill with assorted berries.

From Contents, page 1

"Fun" Watermelon

- Letter stickers
- 1 watermelon
- Permanent marker
- Linoleum cutter (available at craft stores)

Adhere letter stickers to watermelon and trace with permanent marker, then use linoleum cutter to etch away green rind.



From *Life of the Party: Mushrooms*, page 60

Queso Fundido

ACTIVE 25 MIN. ♦ TOTAL 30 MIN.
SERVES 4

- 8 oz mixed mushrooms, trimmed and sliced (we used cremini, oyster, and shiitake)
- 2 Tbsp olive oil, divided
- Kosher salt and pepper
- 1 clove garlic, minced
- ½ poblano pepper, seeded and chopped
- ½ small onion, chopped
- 8 oz Oaxaca cheese, coarsely grated (2 heaping cups)
- 4 oz pepper Jack cheese, coarsely grated (1 heaping cup)
- 2 Tbsp chopped cilantro leaves
- Tortilla chips, for serving

1 Heat oven to 425°F. On rimmed baking sheet, toss mushrooms with ½ Tbsp oil and ¼ tsp each salt and pepper; spread in single layer. Roast until golden, 13 to 15 min.

2 Meanwhile, heat remaining ½ Tbsp oil in 8-in. cast-iron skillet on medium. Add garlic and cook, stirring, until sizzling and fragrant, about 45 sec. Add poblano, onion, and ¼ tsp salt and cook, stirring, until onion is translucent and poblano is tender, 5 to 6 min. Remove from heat, add both cheeses, and fold to combine (it's OK if cheese starts to melt in pan).

3 Carefully transfer skillet to oven and bake until cheese is melted, 4 to 5 min. Fold cilantro into mushrooms and spoon over queso fundido. Serve immediately with tortilla chips for scooping.



Chicken and Enoki Soba Bowls

ACTIVE 40 MIN. ♦ TOTAL 40 MIN.
SERVES 4

- 8 scallions
- 2 6-in. pieces kombu (about 1 oz)
- 1 oz bonito flakes
- 6 oz soba noodles
- 4 cloves garlic, grated
- 1 1½-in. piece ginger, peeled, thinly sliced, and cut into matchsticks
- 2 Tbsp reduced-sodium tamari
- 2 heads baby bok choy, trimmed, leaves separated and halved lengthwise
- 12 oz boneless, skinless chicken breasts, very thinly sliced
- 2 Tbsp rice vinegar
- 2 cups tatsoi leaves
- 4 oz radishes (watermelon, purple, red, or daikon), cut into matchsticks
- 2 soft-boiled eggs, halved
- 1 3.5-oz pkg. enoki mushrooms
- Togarashi, for serving

1 Halve scallions where they begin to turn green. Thinly slice greens and reserve; smash white parts. Put scallion whites in large saucepan along with kombu and 7 cups water. Bring to a simmer on medium (about 10 min).

2 Once water begins to simmer, add bonito flakes, remove from heat, and steep 3 min. Strain dashi through fine-mesh sieve into clean pot.

3 Meanwhile, cook noodles per pkg. directions, then drain.

4 Add garlic, ginger, and tamari to dashi and bring to a boil. Stir in bok choy and remove from heat. Stir in chicken and half of scallion greens; let sit until chicken is cooked through, 1 to 2 min. Stir in vinegar and tatsoi.

5 Divide noodles and radishes among bowls and ladle dashi on top. Serve topped with remaining scallions, eggs, mushrooms, and togarashi if desired.

★ ——— ★
WD TEST KITCHEN TIP

Build your own bowls by changing up the protein and veg. Try shrimp, tofu, snow peas, baby spinach, or shelled edamame.



Smoky Portobello Tacos

ACTIVE 15 MIN. ♦ TOTAL 20 MIN.
SERVES 4

- ½ small red onion, thinly sliced
- Pinch of sugar
- 2½ Tbsp fresh lime juice, divided
- Kosher salt
- 1 jalapeño
- 1 avocado, halved and scooped
- ¼ cup cilantro leaves, finely chopped
- ½ cup barbecue sauce
- 1 tsp chopped canned chipotle, plus ½ Tbsp adobo sauce
- 4 portobello mushroom caps, gills removed
- 3 radishes, thinly sliced
- 8 corn tortillas, warmed
- ¼ cup cotija cheese

1 In small bowl, combine onion, sugar, 1 Tbsp lime juice, and a pinch of salt. Slice half of jalapeño into thin rounds and add to bowl. Finely chop remaining jalapeño and transfer to medium bowl; add avocado, cilantro, remaining 1½ Tbsp lime juice, and ½ tsp salt and mash until creamy.

2 Heat broiler to high. In another small bowl, stir together barbecue sauce, chipotle, and adobo sauce.

3 On rimmed baking sheet, place portobellos cap side down. Broil 5 min. Flip, brush caps with adobo glaze, and broil until browned in spots, 2 to 3 min. Brush with more glaze if desired and slice.

4 Serve mushrooms in tortillas with mashed avocado, radishes, pickled onion and jalapeño, and cotija cheese.





Roasted Mushroom and Bacon Pasta

ACTIVE 30 MIN. ♦ TOTAL 40 MIN.
SERVES 4

- 12 oz rotini
- 4 slices (4 oz) uncured bacon, cut into pieces
- 3 large shallots, thinly sliced (about 1 cup)
- 2 cloves garlic, grated
- 2 Tbsp thyme leaves, chopped
- Kosher salt and pepper
- 2 lbs mixed mushrooms (such as shiitake, oyster, and hen of the woods), trimmed and sliced
- 3 cups baby spinach
- $\frac{1}{3}$ cup dry sherry
- $\frac{3}{4}$ cup flat-leaf parsley leaves, roughly chopped

1 Heat oven to 425°F. Cook pasta per pkg. directions. Reserve $\frac{1}{2}$ cup cooking liquid, then drain pasta; return to pot.

2 Meanwhile, arrange bacon on large rimmed baking sheet and roast, stirring halfway through, until golden brown and crisp, 7 to 9 min.

3 Sprinkle shallots, garlic, and thyme over bacon and toss to combine, then toss with $\frac{1}{2}$ tsp pepper. Add mushrooms to pan, season with $\frac{1}{2}$ tsp salt, and stir until evenly mixed. Spread mixture in pan in even layer. Roast, stirring twice during cooking, until mushrooms are golden brown and tender, 20 to 25 min.

4 Transfer mushroom mixture and spinach to pasta pot, then immediately add sherry to baking sheet and scrape up any browned bits on pan. Transfer sherry (and bits) to pot and toss to combine, adding reserved cooking liquid if pasta seems dry, then toss with parsley.



From *National Farmers' Market Week*, page 64

Tomato Salad with Bacon Vinaigrette

ACTIVE 15 MIN. ♦ TOTAL 15 MIN.
SERVES 8

- 4 slices thick-cut bacon, chopped
- 1 small onion, chopped
- 3 Tbsp sherry vinegar
- 2 tsp Dijon mustard
- 2 Tbsp olive oil
- $\frac{3}{4}$ lb mixed-color heirloom tomatoes, cut into wedges
- 1 cup mixed-color cherry tomatoes, halved
- 1 oz blue cheese, crumbled
- Chopped chives, for topping

1 In medium skillet, cook bacon on medium, stirring occasionally, until crisp, 8 to 10 min. Using slotted spoon, transfer to paper towel-lined plate.

2 Pour off all but 2 Tbsp grease from skillet. Add onion and cook on medium, stirring occasionally, until tender, 4 to 6 min. Add vinegar and Dijon and cook, scraping up any browned bits, until incorporated, 1 min.

3 Remove skillet from heat and whisk in olive oil. Arrange tomatoes on platter and drizzle with vinaigrette. Top with bacon, blue cheese, and chives.



One in a melon!

Carve the flesh from the rind, which you can then use as a serving bowl. For more carving ideas, see page 83.

Watermelon Agua Fresca

ACTIVE 15 MIN. ♦ TOTAL 15 MIN. ♦ SERVES 6 TO 8

- 1 lb watermelon, rind and seeds discarded
- 2 to 4 Tbsp sugar
- 2 to 4 Tbsp fresh lime juice, plus lime wedges for serving
- Sliced jalapeños, for serving (optional)

1 In blender, puree watermelon with 1 cup water and 2 Tbsp each sugar and lime juice until completely smooth.

2 Pour mixture through strainer set over large measuring cup or bowl. Use spoon to mix and help strain, pressing gently on pulpy solids to release as much juice as possible.

3 Transfer mixture to pitcher and add 2 cups water, skimming and discarding any foam that rises to top. Add more water if agua fresca seems thick and adjust with additional sugar and lime juice as desired. Serve over ice in glasses. Add jalapeño slices and garnish with lime wedges if desired.



WD TEST KITCHEN TIP

Pour strained undiluted juice mixture into ice cube trays and freeze at least 2 hr., up to overnight. Use frozen cubes to chill future batches of agua fresca.

woman's day

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Blackberry Mascarpone Tart

ACTIVE 25 MIN. ♦ TOTAL 40 MIN.
SERVES 10

- 2 refrigerated rolled pie crusts (one 14.1-oz pkg.)
- 3 6-oz containers blackberries, divided
- ¾ cup confectioners' sugar, divided
- 3 Tbsp fresh lime juice, divided, plus lime zest for sprinkling
- 16 oz mascarpone cheese, at room temp
- 1½ Tbsp chopped mint leaves, plus more for sprinkling

- 1 Heat oven to 425°F. Fit pie crusts into bottom and up sides of 8- by 11-in. tart pan with removable bottom, slightly overlapping in middle of pan; trim excess. Place tart pan on rimmed baking sheet; prick bottom of crust with fork. Line with parchment paper, leaving 2-in. overhang; fill with pie weights and bake until beginning to brown around edges, 12 to 15 min. Remove parchment and weights and bake until light golden brown, 4 to 5 min., then let cool.
- 2 In blender, puree 1 container blackberries, 2 Tbsp confectioners' sugar, and 1½ Tbsp lime juice. Strain through fine-mesh sieve into small bowl; discard seeds.
- 3 Using electric mixer fitted with whisk attachment on medium, whisk together mascarpone and ½ cup confectioners' sugar until stiff peaks form. Fold in blackberry puree.
- 4 In medium bowl, toss mint, remaining 2 containers berries, 2 Tbsp confectioners' sugar, and 1½ Tbsp lime juice; let sit 5 min. Spread mascarpone mixture in crust. Top with berries and juices. Sprinkle with lime zest and mint.



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Baked Zucchini Fritters

ACTIVE 15 MIN. ♦ TOTAL 30 MIN.
SERVES 4

- Olive oil, for greasing
- 2 medium zucchini
- 1 large egg
- 2 oz pecorino cheese, grated
- ½ cup panko
- 1 clove garlic, pressed
- Pepper

- 1 Heat oven to 400°F. Oil rimmed baking sheet.
- 2 On large holes of box grater, coarsely grate zucchini; squeeze dry with paper towels and transfer to bowl. Add egg, pecorino, panko, garlic, and ¼ tsp pepper and stir to combine. Drop heaping tablespoonfuls of mixture onto prepared baking sheet and gently flatten.
- 3 Bake, flipping fritters halfway through, until golden brown and crisp, 18 to 20 min.



WD TEST KITCHEN TIP

You can sub in yellow summer squash for the zucchini. Slender ones will have fewer seeds. If yours have big seeds, just scoop 'em before shredding.



Elote

ACTIVE 30 MIN. ♦ TOTAL 30 MIN.
SERVES 8

- Canola oil, for greasing
- ¼ cup mayonnaise
- ¼ cup sour cream
- 1 small clove garlic, pressed
- 1 Tbsp fresh lime juice
- ½ tsp chili powder
- Kosher salt and pepper
- 8 ears corn, husked
- 2 oz cotija cheese, finely crumbled (about ⅓ cup)
- Chili-lime seasoning (we used Tajín) and chopped cilantro, for sprinkling

- 1 Heat grill to medium. Once hot, clean and oil grill grates.
- 2 In small bowl, stir together mayonnaise, sour cream, garlic, lime juice, chili powder, and ¼ tsp each salt and pepper.
- 3 Grill corn, turning frequently, until lightly charred, 5 to 7 min. Dividing evenly, brush with mayonnaise mixture and sprinkle with cotija, then chili-lime seasoning and cilantro.



Spiced Plum Galette

ACTIVE 25 MIN. ♦ TOTAL 3 HR.
45 MIN. ♦ SERVES 8

For crust

- 1¼ cups all-purpose flour, plus more for dusting
- 1 tsp granulated sugar
- ¾ tsp kosher salt
- ½ cup (1 stick) cold unsalted butter, cut into pieces
- ¼ cup ice water

For filling

- ⅓ cup granulated sugar
- 4½ tsp all-purpose flour
- ½ tsp ground cinnamon
- Pinch of kosher salt
- 1 lb red plums, pitted and sliced into ¼-in.-thick wedges
- 1 tsp pure vanilla extract
- ½ tsp lemon zest
- 1 large egg, lightly beaten
- 1 Tbsp turbinado sugar
- 2 Tbsp plum preserves, melted
- Vanilla ice cream, for serving

- 1 Make dough: In medium bowl, combine flour, sugar, and salt. Add butter, tossing to coat. Cut in butter with 2 forks or pastry blender until butter pieces are almond-size. Add water, 1 Tbsp at a time, using fork to pull dough together into a crumbly pile. (Add 1 Tbsp more water if needed.) Transfer dough to large piece of plastic wrap. Use plastic to flatten and

- press dough into disk. Refrigerate at least 2 hr., up to overnight.
- 2 Heat oven to 400°F. Line rimmed baking sheet with parchment paper. On lightly floured work surface, roll dough out to 13-in. round. Transfer to prepared baking sheet. Refrigerate while preparing filling.
- 3 Make filling: In large bowl, whisk together granulated sugar, flour, cinnamon, and salt. Add plums, vanilla, and lemon zest and toss to combine. Arrange plums in single layer in center of dough, leaving 2-in. border all around. Spoon any juices from bowl over fruit. Fold edges of dough around filling, overlapping and pressing gently to seal. Brush crust with egg and sprinkle with turbinado sugar.
- 4 Bake until crust is golden brown and filling is thickened and bubbly, 45 to 50 min. While still hot, brush fruit with preserves. Carefully slide parchment paper and galette to wire rack and let cool at least 30 min. Serve with vanilla ice cream.



Didja know...

Corn that is harvested when fully mature and dry is considered a grain, but fresh corn (such as corn on the cob) is a vegetable.

HAPPILY EVER AFTER

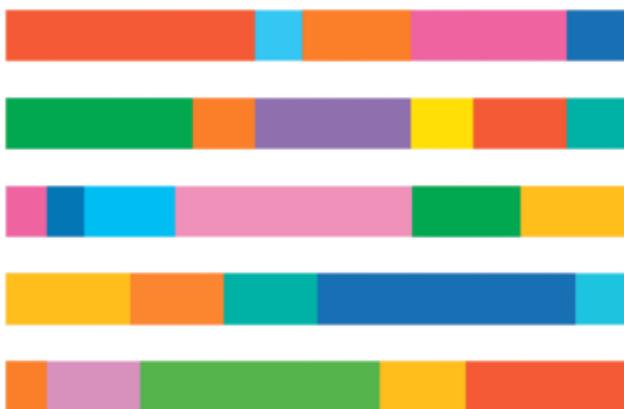
We created this new page to jump-start your joy with the help of strategies from the world's premier happy-makers, starting with happiness researcher Stephanie Harrison, author of *New Happy: Getting Happiness Right in a World That's Got It Wrong*.



there is no set timeline for life...



all our lives are wonderfully unique...



"I have been studying the science of happiness for 10 years, and I started using artwork to communicate my findings, knowing that many people find it easier to understand complicated topics when they are presented visually. Through the artwork, people can not only better understand their feelings and struggles but also recognize that they are a completely normal part of the human experience. Every week, I ask our community members what they're struggling with and what they need help with. Something that comes up again and again is the feeling of being 'behind' in life. This is a manifestation of what I call Old Happy—the lies our society tells us about what we need to do in order to be happy. Old Happy teaches us that there is only one 'right' way to live a life. I made this piece to remind people that the only 'right' way to live a life is your way—to craft an experience that reflects who you uniquely and authentically are, which means that it can never be compared to someone else's! By letting go of this external pressure, we can start to embrace the joy that is available in creating a life that brings personal meaning and the ability to make a difference."—Stephanie Harrison



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Drawing upon a decade of research and her master's degree in positive psychology from the University of Pennsylvania, Stephanie Harrison wrote New Happy, a fully illustrated step-by-step guide to finding true and lasting happiness that stems from her work with The New Happy.



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