

# Parade

SUNDAY, JULY 9, 2017 | PARADE.COM



## WHAT'S **small** IS **BIG**

Meet the folks who traded square footage for a simpler way of life—  
**AND ARE HAPPY THEY DID**



# Personality Parade



**Why did Keegan-Michael Key leave Key & Peele?**

—Nate D., Bloomfield, Ill.

**A:** Key, 46 (left), exited the Comedy Central sketch-comedy duo to expand his horizons—which he's been doing. He recently wrapped up a part in the reboot of the sci-fi action flick *The Predator*, due in theaters next year, and he's co-starring in the new Netflix series *Friends From College*, premiering July 14, about a group of Harvard alums adjusting to adult life. His former K&P partner, Jordan Peele, 38, directed the horror hit *Get Out* and provided the voice of Melvin in the movie *Captain Underpants: The First Epic Movie*.

**I love Maia Mitchell's singing, guitar-playing character on *The Fosters*. Does she have her own pop album coming out?**

—Jackie M., State College, Pa.

**A:** The Aussie actress, who stars as adopted daughter Callie on the Freeform dramatic series, has no desire to go pop in real life. Her musical tastes lean toward folk and soul, reports the former star of Disney's *Teen Beach Movie* and its sequel. "I play guitar and I sing, but not well," says Mitchell, 23, who will be returning to her role as Callie Adams Foster when the fifth season of the series premieres July 11.



**I heard Jennifer Finnigan's new series is about the possible end of the world. What would she do if the end was coming?**

—Daniel R., Salem, Ore.

**A:** She's given the matter some thought, since her character on *Salvation*, premiering July 12 on CBS, is a Pentagon official facing the prospect of a mega-asteroid colliding with our planet. She says she might just stay home and curl up with her two dogs, Billie Holiday and Saucisse. "They keep each other happy and they keep me happy," says Finnigan, 37. "Seriously, what could be better than that?"

WALTER SCOTT ASKS...

## SOPHIE TURNER



She was only 15 when she made her TV acting debut in 2011 as Sansa Stark on HBO's fantasy-drama *Game of Thrones*. Now Sophie Turner, 21, looks forward to season seven, premiering July 16, in which her character matures from a pawn into a major power player.

**What can we expect this season?** There's less feuding. Characters are coming together. There are alliances formed by people who haven't met each other or haven't seen each other in a long time.

**Sansa's had a tough life. What was the hardest scene for you to film?** The rape scene was pretty difficult. For obvious reasons, it was an uncomfortable day on set. But there are also little things. I remember in season . . . maybe three, I had to sing, and that was challenging—I'm a terrible singer and it was out of my comfort zone.

**The end is coming: *GOT* will conclude after season eight. How does knowing that affect the feeling on the set?** We're all very much making the most of it. We don't go home on the weekend as much. We stay, hang out and just enjoy being with each other for as long as we have.

**You're also returning to the role of telepathic mutant Jean Grey in next year's *X-Men: Dark Phoenix*. What made Jean attractive to you?** I loved her vulnerability, that she wasn't your typical superhero who was born with amazing powers and could do everything straightaway. She struggled with coming to terms with her power and unlocking it slowly but surely, and learning and developing over time.



## STARS IN THE HOUSE OF MOUSE

If you go to a Disney theme park or take a Disney cruise, pay attention to the costumed characters or tour guides: They might become the next big stars, like these folks did.



**▲ Jennifer Hudson, 35**—*The Dreamgirls* Oscar winner performed as Calliope the muse in a production of *Hercules: The Muse-ical* aboard a Disney Cruise Line.

**Steve Martin, 71**—The five-time Golden Globe nominee worked at Disneyland as a teen at Merlin's Magic Shop.

**Michelle Pfeiffer, 59**—The actress from HBO's *The Wizard of Lies* played the lead in *Alice in Wonderland* in the Main Street Electrical Parade at Disneyland in the mid-'70s.

**Wayne Brady, 45**—A costume of Winnie the Pooh's friend Tigger was the work outfit for the *Let's Make a Deal* host in parades at Disney World.

**Taye Diggs, 46**—The *Empire* star sang and danced at Tokyo Disney Resort's cabaret show *Sebastian's Caribbean Carnival*.

### The BEST Parts

Visit [Parade.com/thrones](http://Parade.com/thrones) to catch up on all your favorite *Game of Thrones* moments in our video series *The Best Parts*.

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# Parade Picks

Edited by Alice Abbey / LIKE US AT [FACEBOOK.COM/PARADEMAG](https://www.facebook.com/parademag)



## EYE EYE!

Proof there's a holiday for everything: **Different Colored Eyes Day** on July 12. **Kate Bosworth** and **Josh Henderson** are among the celebs with heterochromia who will surely be celebrating.

HELLO?

51%

of homes have hung up their landlines, trading them in for mobile service.

If you miss the separation of landline and cell phone, consider **Burner**, an iOS and Android app with a multi-line subscription that gives the illusion of separate numbers for your home and mobile. You manage all numbers from the same cell. That rings our bell! **Free to download**



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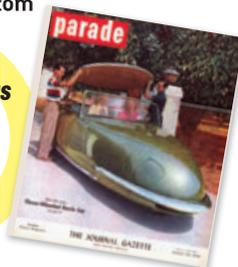
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### CLASSY CHASSIS

If you love muscle cars, **Goodguys Rod & Custom Association**, the world's largest hot-rodding group, has a show for you. Celebrate **Collector Car Appreciation Day** (July 14) by checking out their summer schedule. [good-guys.com](http://good-guys.com)

Visit [Parade.com/cars](http://Parade.com/cars) for a gallery of our greatest car covers through the years.



### PODCAST PICK

#### THE SONG OF MARRIAGE

In the musical podcast **36 Questions**, written by Brooklyn-based duo Ellen Winter and Christopher Littler, a couple (played by *Hamilton*'s Jonathan Groff and up-and-coming stage actress Jessie Shelton) tries to save their marriage by answering 36 romance-inducing questions—all in song. The first act drops July 10. **Subscribe at [twopupproductions.com](http://twopupproductions.com)**

The **BEST** Parts

#### Pokémon Party

From its original inception as a role-playing video game to the recent Pokémon Go craze, we can't get enough of the "pocket monsters." We break it all down at **Parade.com/pokemon** in the latest installment of our video series **The Best Parts**.



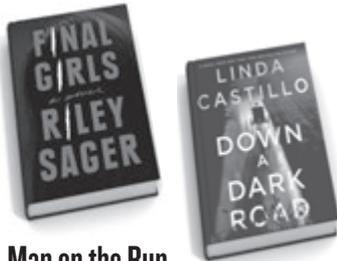
**BOOKS WE LOVE**

**THE THRILL LIST**

*It may be hot, but these books will give you the chills!*

**Gore Encore**

Stephen King calls *Final Girls* (Dutton), Riley Sager's tale of revisiting the sole survivor of a horror movie-style massacre 10 years later, "the first great thriller of 2017." Available July 11. **\$26, bookstores and online**



**Man on the Run**

In her ninth book featuring Chief of Police Kate Burkholder, *Down a Dark Road* (Minotaur Books), Linda Castillo weaves a gripping tale of an escaped convicted murderer on the run in Amish country. Available July 11. **\$27, bookstores and online**

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# Stay Healthy

LIVING TO 100

## HAPPINESS BOOSTERS

When you're stressed or sad, it's easy to bury your head under the covers or hit the fridge. Lift your spirits with one of these simple, science-backed secrets instead.



By Hope Cristol

**Grab some art supplies.** The adult coloring craze is still going strong, and it's more than good fun: A 2017 study in the journal *Art Therapy* found the act of coloring an image lowered anxiety and improved mood. Want to explore a new creative pursuit? Try painting. Studies have shown it can improve quality of life and depression in cancer patients, so it might help you beat the blues too. Try the Stress Less Paint-by-Number Flowers Kit (\$17, amazon.com).

**Exercise your gratitude muscle.** We know that expressing gratitude, especially daily, can make us happier. The problem? The average person runs out of things to say they're grateful for, says Michelle Gielan, positive psychology researcher and author of *Broadcasting Happiness*. Her advice: Focus on unique, specific,

small stuff. Instead of saying you're grateful for something general like your health, try, "I'm grateful for my health because it allowed me to go for a 20-minute run today," Gielan says. "If you keep it up, you'll start to notice all these things to be grateful for, including conversations at work or a flower in someone's yard."

**Have a "bucket list" buddy.** Several studies suggest that spending money on life experiences can bring more happiness than spending it on material things. It's even better when you share them with someone, according to a study in the *Journal of Personality and Social Psychology*.

**Get real about social media.** Facebook, Twitter and Instagram can boost your mood or drive it into the dumps, according to 2016

research in *JMIR Mental Health*. Do an honest assessment of how it makes you feel. Supported and connected? By all means, log on and feel the love. On the other hand, if social media tends to bring out negative emotions or FOMO (fear of missing out), step away from the screen.

**Get more green in your life.** More time in nature can boost your happiness. In fact, a 2013 study in *Global Environmental Change* found that people are "significantly and substantially happier outdoors in all green or natural habitat types than they are in urban environments." Of course, there are plenty of urban green spaces too, and a 2014 study in the *Journal of Environmental Psychology* found that even those can lower stress.

**Don't fret about a lack of sex.** A 2017 study in the *Archives of Sexual Behavior* found that U.S. adults are having less sex now than they did in the late 1990s. Yet mental health experts say people worry their lack of sex is "unhealthy." It's time to let go of that anxiety. First, there is no "normal" amount of sex. Second, another 2017 study in the same publication found that sexless Americans had happiness levels similar to those of sexually active folks. So stop sweating the lack of bedroom action and take back that mental space for happier thoughts.

**Smile!** It's probably the last thing you want to hear when you're sad or mad, but a study in *Psychological Science* found that when assigned to stressful tasks, participants who were asked to smile while doing them recovered from the stress faster than nonsmiling participants. Other research suggests that if you make yourself smile by recalling happy memories, you can improve your mood.



*'My family makes me happy; making music makes me happy. I'm a golf nerd, so golf makes me happy.'*

—Justin Timberlake



*'My glass of wine and I are besties.'*

—Mila Kunis



*'It's not possible to experience constant euphoria, but if you're grateful, you can find happiness in everything.'*

—Pharrell Williams



*'The three things that make me happy are taking walks along the beach, seeing female entrepreneurs succeed and having long dinners at home with family and friends.'*

—designer Tory Burch

### Ask Your Doc

#### Do I need more vitamin D?

If you're depressed and have a vitamin D deficiency, taking a supplement may help turn things around, according to a 2017 review in the *Journal of Affective Disorders*. How do you know if you're low on D? Your doctor can give you a simple blood test to find out. Don't be surprised if you have low levels: Research in the *Archives of Internal Medicine* found that nearly 75 percent of adolescents and adults don't have enough of the sunshine vitamin in their bodies. The recommended daily maintenance dose is 600 IU.

P

Visit [Parade.com/happy](http://Parade.com/happy) to find out what a Google engineer says is the secret formula for happiness.



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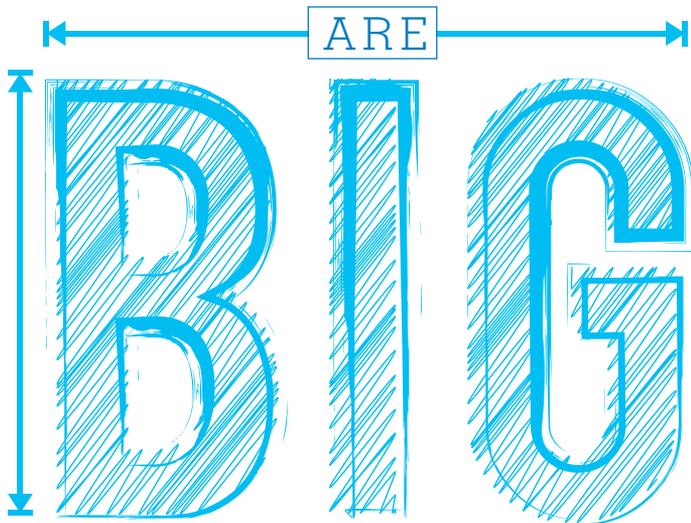
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# tiny houses



Living small is going mainstream, driven by the desire for a simpler lifestyle, the need for affordable housing and concern for the environment.

BY DIANA REESE

**W**ho hasn't thought about chucking all their belongings and starting over in a smaller or more organized space? A surprising number of people are doing just that—for a variety of fascinating reasons. Meet the folks who traded square footage for a smaller, simpler way of life—and are happy they did.

**1**  
**'It's been such a relief'**  
Brandon Irwin  
in Manhattan, Kan.

"Living in a tiny house has freed up a lot of physical and mental energy," says Irwin, an assistant professor of kinesiology at Kansas State University. "It's been such a relief."

A self-described minimalist, Irwin, 35, didn't have to get rid of much (a treadmill he ran on twice in 10 years) before moving from a rental to his 360-square-foot tiny home in mid-November. Irwin and a few friends, including one who is an experienced carpenter, built the structure over several months at a cost of \$40,000 for the materials.

His bed's in one of the two lofts, and the house has everything he says is "most important," such as an office



and a kitchen "where I can cook just about anything."

It takes him only 10 minutes to clean his entire house, and he shares his space with Jimmy, an Australian shepherd.

Irwin's house sits in a mobile home park five miles outside of Manhattan because it's not yet legal within the city limits, a common problem for the tiny house set. He's volunteered as the Kansas state chapter leader for the American Tiny House Association, an advocacy group dedicated to encouraging cities to accept tiny homes. He's also involved in a research project studying the potential health benefits of tiny home communities.

**2**  
**'It's all about sustainability'**  
Vera Struck  
in Newbury, Mass.

Solar power. Renewable energy. Water harvesting systems. A composting and urine-diverting toilet. Struck's tiny home, nicknamed the Silver Bullet, is all about sustainability: 75 percent of the healthy, nontoxic materials used are reclaimed, recycled or repurposed. Her Biolite cooking system even recharges her cell phone and computer.

In December 2012, Struck was a cancer survivor who decided to challenge herself by designing, building and then

living in a tiny home. It took two years, and she did most of it by herself, at a cost just under \$20,000. The house has a 135-square-foot main floor plus a 65-square-foot bedroom loft and a 40-square-foot storage loft.

"I was scared of power tools," she says. "But I was running a miter saw after a day." She credits Derek Diedricksen, host and designer of HGTV's *Tiny House Builders*, as her mentor.

Since moving in, Struck, 67, has logged more than 15,000 miles traveling the country in her tiny home as a sustainability advocate and educator. She recently won the Best Tiny Home Award from the 2016 Florida Tiny House Festival.

She sees the tiny home movement giving individuals more control over their lifestyles, with no energy or water bills or mortgage.

"Customize your home to your needs," she says. "Feed your soul."

3

**'We did it for our family'**  
Gabiella and Andrew Morrison in Ashland, Ore.

"We had moved into the perfect house that we'd been eyeing for years," Gabiella, 47, recalls. "But six months into the big house, we noticed our family dynamics eroding."

The couple wasn't spending as much time with their two kids, then ages 11 and 14. The time together was "combative and strained," she

says. "Everyone scattered to opposite corners of the house."

The financial burden was greater than anticipated for the self-employed couple, with increased stress and more hours spent working. Cleaning and upkeep of the larger house took more time too.

Five years ago they bought five acres in the mountains near Ashland, Ore., and built their own tiny home, spending roughly \$8,000 for the trailer and \$33,000 for materials, including appliances.

They've lived in it more than three years, with 5 percent of the possessions they used to own. The house is 317 square feet: 207 on the main floor and 110 in the lofts.

For the sake of privacy, they built sleeping cabins for their son, Paiute, now 20 and in college, and their daughter, Terra, 17, who just graduated from high school. Paiute's is a 10-by-16-foot tree house and Terra's space is 10 by 12 overlooking the hills.

"That big beautiful house just didn't make sense anymore," Gabiella says. "We're creating our own definition of what home is for us."

4

**'Fill your life with experiences, not things'**  
Alexis Stephens and Christian Parsons in Winston-Salem, N.C.

The traveling videographers/bloggers Stephens and Parsons, 33 and 41, respectively, are exploring the heart and soul of the tiny home movement



## TINY HOUSE 101

- 10,000 tiny houses in the U.S.
- A tiny house is generally 60 to 400 square feet
- A tiny house on wheels (THOW) cannot exceed 8½ feet wide or 13½ feet tall or 40 feet long
- Cost of DIY tiny house: \$20,000 and up, depending on labor and materials
- Number of hours of labor to build tiny house: 400-1,000
- Cost of buying new tiny house: \$25,000-\$80,000+
- Cost of new Class A motor-home: \$50,000-\$150,000+
- 50 percent in THOW live in an RV park, a backyard or community setting; 23 percent in tiny house on foundation live on own land

Go to [Parade.com/shelter](http://Parade.com/shelter) to find out how tiny houses are helping homeless veterans.

across the U.S. and Canada. The simple-living advocates (@TinyHouseX on Twitter; @tiny\_house\_expedition on Instagram) invite curious folks into their 130-square-foot house wherever they park along the way. Their docu-series, *Living Tiny Legally*, outlines what every tiny house dreamer needs to know, and you can watch their adventures at Tiny House Expedition on YouTube.



**'I'm living a dream'**  
Jewel D. Pearson in Charlotte, N.C.

She may live in a house with just 360 square feet, but Pearson, 49, has a walk-in closet, a bathroom that's "like a spa," a Juliet balcony off her bedroom and a fold-up screened-in porch.

"You don't have to give up luxuries to live in a tiny house," she says.

Pearson knew she wanted "to live a lighter lifestyle" after her daughter left for college.

A business consultant for Wells Fargo, Pearson says she used her project management skills to spend a year and a half researching and designing her future home, with the help of her sister and a friend, both interior designers, before hiring a general contractor to build it on a 28-foot trailer at a cost of \$80,000.

Her tiny home is parked in the large backyard of a property owner she connected with through Craigslist and is hooked up to electricity and water.

Her experience has led her to become a tiny home advocate and consultant (msgypsysoul.com), speaking



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at workshops around the country. "This is my dream," Pearson says. "I have all the benefits of a beautiful home."



**'Just enough off the grid'**  
Kay Mardis in Spur, Texas

Mardis, who retired in 2009 after a career in banking, wanted to simplify her life. She sold her house, got rid of most of her possessions and lived in an RV for a year and a half while deciding what to do next.

After buying a tiny house with about 400 square feet, vaulted ceilings and extra windows from a builder in Grandview, Texas, she needed a place to put it. That's when Spur, Texas, caught her attention. It had declared itself the country's "first tiny house friendly town" by city proclamation in July 2014. Since then, more than 60 lots have sold and 11 people have moved into tiny homes in town. Mardis, 74, purchased a lot for \$500, then spent \$5,000 clearing and developing it and getting connections to city water, sewer and electricity.

"There's plenty of room," Mardis says, even when her daughter and granddaughter visit. "I wanted to be off-grid but, ultimately, this was the best option for me," she says. "It's the perfect size for one person."

Interested in building a tiny house? Go to [Parade.com/construction](http://Parade.com/construction) to learn the rules.

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## Ask Marilyn

By Marilyn vos Savant

**Why is it OK to drink from a disposable plastic water bottle but not to refill it with water and drink from it again?**

—Ann Fuchs, Philadelphia, Pa.

The plastics in question differ, but in general, concerns involve a combination of bacterial contamination and the leakage of chemical compounds. In theory, it would be safe to clean a bottle carefully and reuse it, but in practice, it doesn't work that way. The bottles are designed to be disposable, so they're flimsy, and when you wash them well enough to get rid of the bacteria you introduce by drinking from them, they are easy to damage slightly, especially if you do this repeatedly. This causes imperceptible cracks where bacteria can accumulate and chemicals may be released.

Anyway, if you think it's environmentally wrong to discard all those plastic bottles after using them only once, why buy that first bottle if you're simply going to refill it with tap water? Instead, buy a refillable container (stainless steel, certain stable plastics, glass with a protective frame, etc.), which can be washed and reused repeatedly.

### Words Rule

These words follow a rule:  
**book, checkbook, cookbook.**  
 These words don't follow it:  
**books, text, textbooks.**  
 Can you find the rule?  
 (Answer at end of column.)

Send questions to [marilyn@parade.com](mailto:marilyn@parade.com)



Answer: In upper case, the top half of the word is a mirror image of the bottom half (BOOK, CHECKBOOK, COOKBOOK).

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# Community Table

## THIS SALAD'S A Peach

Nothing says summer like a juicy peach. This savory salad pairs the sweet fruit with peppery arugula and tangy blue cheese—a perfect flavor combo. A quick grill over high heat adds an irresistible smoky flavor to the peaches. —Alison Ashton

### peach and arugula salad with blue cheese

Preheat grill to high (or use a grill pan). In a large serving bowl, whisk together 3 Tbsp **extra-virgin olive oil**, 1 Tbsp **balsamic vinegar** and **salt** and freshly ground **black pepper** to taste; set aside. Halve and pit 2 **peaches**; cut each into 6 wedges. Brush wedges with oil; grill 30 seconds on each side. Add 5 oz (about 8 cups) **baby arugula** and ½ cup thinly sliced **red onion** to dressing; toss gently to coat. Arrange peaches on top. Garnish with 1 oz crumbled **blue cheese** and ¼ cup chopped toasted **hazelnuts**. Serves 4.

### 4 Varieties

- **YELLOW-FLESH:** the most common type of peach, with sweet, succulent flesh and fuzzy skin; best for pies and cobblers.
- **SATURN:** named for its resemblance to the planet's rings, this squat peach is juicy and firm; excellent raw or grilled.
- **WHITE-FLESH:** a very sweet peach with nearly fuzz-free skin; best for snacking or raw in salads.
- **INDIAN BLOOD:** an heirloom variety with deep-blushed skin and red-mottled flesh; delicious raw or cooked in preserves.



Use any variety of peaches—or substitute nectarines or plums.



In place of arugula, try baby spinach.



Instead of blue cheese, use goat cheese or feta.



Can't find hazelnuts? Use walnuts, almonds or pecans.



**TIP**

PEACHES DON'T GET SWEETER AFTER THEY'RE HARVESTED. BUY PLUMP, FRAGRANT FRUIT THAT YIELDS TO GENTLE PRESSURE.

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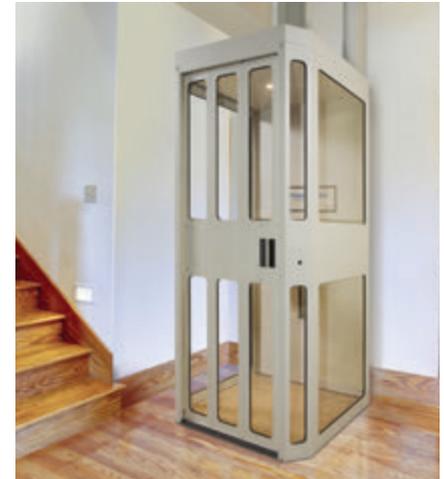
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For many people, particularly seniors, climbing stairs can be a struggle and a health threat. Some have installed

motorized stair lifts, but they block access to the stairs and are hardly an enhancement to your home's décor. By contrast, the Easy Climber® Elevator can be installed almost anywhere in your home. That way you can move easily and safely from floor to floor without struggling or worse yet... falling.

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