

WALTER SCOTT ASKS... JADA PINKETTSMITH

The *Bad Moms* star, 45, hits the road with Queen Latifah, Regina Hall and Tiffany Haddish in *Girls Trip*, opening July 21. The lifelong friends travel to New Orleans to rediscover their wild sides.

With four female roles in the film, why did you end up as Lisa, the most practical? I like to take on very challenging roles. I never like to do the same thing twice. So Lisa, for me, was perfect.

Do you have a circle of women friends like the Girls Trip group in your real life? Yes, I do. I have quite a few female friends. We have really beautiful times together.

You and Will Smith have been married for 20 years. Does it work because you were friends first? I think that friendship has to be the foundation of every relationship. I don't know if it's the thing that makes it work, but it's the thing that makes it work for us.

What do you feel is your biggest achievement? Motherhood is the most important job I've had on this planet and it's something that never stops. Will and I have done a hell of a job laying a foundation for Jaden, who's 19, and Willow, who's 16, and I'm very proud of them.

I'd say that I made a pretty awesome contribution to this planet. I always thought it would be something else, but it's Willow and Jaden.



What's the biggest compliment she's ever received? Go to **Parade.com/jada** to find out.

DIUANNA'C SPACE TRIP

The "Work" songstress, 29, has turned her sights to TV and film, playing Marion Crane in the final season of *Bates Motel*. And she is Bubble, a shape-shifting entertainer, in the space-adventure sci-fi film *Valerian and the City of a Thousand Planets*, in theaters July 21. Here are five facts about the Grammy winner.

1 Her full name is Robyn Rihanna Fenty.

2 Her mezzo-soprano voice has a range of three octaves.

3 She loves Star Trek; her single "Sledgehammer" ran over the end credits of Star Trek Beyond.

4 Her Believe Foundation helps terminally ill children.

5 She has 25 tattoos—and counting.



EMAIL YOUR QUESTIONS FOR WALTER SCOTT TO PERSONALITY@PARADE.COM



A: The Horrible Bosses star has already agreed to return to the role of Michael Bluth for the fifth season of the Netflix comedy, but don't look for it until 2018. In the meantime, Bateman, 48, will appear in another Netflix series, the dark drama Ozark. He'll play Marty Byrde, a money launderer for a Mexican drug cartel who moves his family from Chicago to Missouri to hide out when things go awry.



Is Harry Styles making a

career change to acting?

throb recently released his

and will be touring

through 2018 to

support it. But

he did want to

try something

new, which led to

first solo album, Harry Styles,

—Cindy R., Salt Lake City, Utah A: The One Direction heart-

I love Edie Falco's movies, but I would really like to see her back on TV.

—Mario D., Trenton, N.J.

A: You're in luck. The Emmywinning Sopranos actress will star this fall as real-life defense attorney Leslie

Abramson in the upcoming



eight-episode NBC miniseries Law & Order True Crime: The Menendez Murders. But first, Falco, 54, plays a woman juggling a high-powered career while raising a rebellious daughter in Landline, in theaters July 21.



-LeeAnn J., Ann Arbor, Mich.

A: Patton, 41, is back in the dating game and keeping busy after ending her marriage to the "Blurred Lines" singer in 2015. After a long string of movies, including Warcraft: The Beginning, Mission: Impossible—Ghost Protocol, Jumping the Broom and About Last Night, Patton has her first TV series leading role in the ABC supernatural murder-mystery drama Somewhere Between, premiering July 24. She plays Laura Price, a news producer who can see the terrifying future fate of her 8-year-old daughter.



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JULY 16, 2017 | 3



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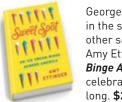


Her Pie-ness Highness

After more than 40 years, Red Baron pizza's iconic brand character, the Red Baron, is stepping aside to make way for the frozen pizza line's new face: **the Baroness**. Armed with "war stories" inspired by the front lines of real kitchens, the female character was created by moms for moms. Look for her to take flight in TV spots starting July 17.

BOOKS WE LOVE

National Ice Cream Month's Sweetest Read



George Washington spent \$200 on ice cream in the summer of 1790. That tasty dish and other secrets of ice cream are revealed in Amy Ettinger's *Sweet Spot: An Ice Cream Binge Across America* (Dutton). Pick it up to celebrate National Ice Cream Month, all July long. **\$26, bookstores and online**

The **BEST** Parts

We 😍 Jimmy Fallon

He's a Saturday Night Live alum, movie star, Justin Timberlake's bestie and the only talk-show host with his own amusement park ride. Visit **Parade.com/fallon** for the latest in our video series **The Best Parts**.





62%

That's how many Americans plan to road trip it this summer. But they're not all happy about it! Here are the top gripes about hitting the highway.

- 1. Traffic
- 2. Paying for gas
- 3. It takes too long
- 4. The heat
- 5. Added vehicle mileage
 Source: Blackbird Air survey

One complaint that shouldn't keep you from the road? A bad night's sleep. Even the noisiest roadside motel can be restful with the Sound Oasis Bluetooth Sound Therapy System.

Stream music from your phone or play built-in sounds like crashing waves, crickets and white noise.

\$129, soundoasis.com



Q&AWith DAVID BENIOFF & DAN WEISS

The creators and writer-producers of HBO's fantasy series Game of Thrones—returning Sunday night for its seventh season—discuss what's in store.

What will excite fans this season?

David Benioff: The first four or five years of the series was an expanding universe. But as we head into the final few years it's been contracting. The characters that we've come to love or hate are finally coming together now, many times in combinations that we haven't seen before. The first six seasons were split between two continents, Westeros and Essos, but now it's all Westeros.

The show is famous for killing off characters. Which deaths were the hardest for you?

Dan Weiss: Often it is tied to how sad it is that we are no longer going to be seeing that particular actor for weeks on end, every year. It has nothing to do with how likeable or laudable, morally, their characters are. Jack Gleeson, who played Joffrey Baratheon [the young king with a cruel streak], for example, is the exact opposite of his character, and we were very sad he would no longer be as much a part of our lives as he had been.

You also prank your actors with fake death scenes.

Benioff: The weirdest was definitely Alfie Allen [who plays Theon Greyjoy, the disloyal ward of House Stark]. We wrote out a whole scene where he was killed and sent it to him. We expected to get a call back from him saying, "Really, guys, is this the way I'm going to die?" We didn't hear. So we called him and said, "What do you think?" And he was like, "Yeah, that's cool, that's cool."

Weiss: We think he was partying in Ibiza at the time.



Benioff has a collection of Funko Pop! GoT figures in his office. Get your own: \$10 each, walmart.com

Benioff: So then we said, "Right. And we think we're going to bring you back to life as a zombie." And he was still totally calm; there was no reaction. So we said, "OK, a naked zombie!" And he was like, "All right. Cool!" I think it was the least successful of all our pranks. The most successful was in the first season with Kit Harington [Jon Snow, the bastard son of Ned Stark], when we said we were going to melt his face off.
Weiss: In the first season it didn't occur to the actors that

Weiss: In the first season it didn't occur to the actors that allegedly mature and adult writer-producers would be doing this kind of prank. So we had the element of surprise with Kit.

How important is it to have humor in the show to temper the violence?

Weiss: For a fantasy show to be realistic, it must be accord-



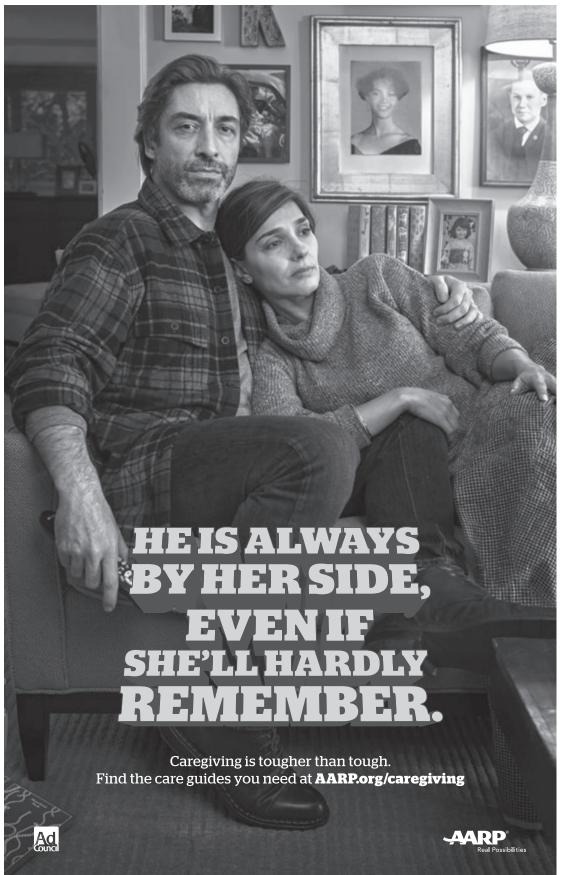
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ATHLON' SPORTS





ingly grim. But at a certain point, grimness becomes unintentionally funny if it's not cut with levity, even if it's gallows humor.

Benioff: We're lucky we have incredible dramatic actors who are also incredibly funny. Peter Dinklage [Tyrion Lannister] is one of the funniest people I've ever met; Kit Harington is an underrated straight man. And we've always said Emilia Clarke [dragon-mistress Daenerys Targaryen] should do more comedy. She is incredibly funny. She does her American accent and we're just rolling on the floor.

The show has become a Sundaynight TV staple. What do you do on Sundays?

Benioff: When we're in Belfast [Northern Ireland] for half a year at a time shooting the show, we often have a double date with our wives. [Benioff is married to actress Amanda Peet, and Weiss' wife is Andrea Troyer.] We have a bad movie club and we go to whatever dumb movie is playing in the local theater, then go and have some beers and dinner.

What were Sundays like when you were kids?

Benioff: It was often a movie day. Some of my happiest childhood memories are going to the movies with my dad and seeing whatever was out that week. In 1977, when I was 7, it was *Star Wars*. That was a life-changer.

Weiss: I remember petitioning my parents to skip school to wait in line for *Return of the Jedi*. They let me; they realized that I'd remember that experience more than what I learned in school. They were 100 percent right about that!

-Will Lawrence

Visit **Parade.com/got** for the full interview and to watch a mash-up of your favorite *GoT* characters singing "I Will Survive."

6 | JULY 16, 2017



BY KATHLEEN McCLEARY Parade celebrates some of the people, places and things that are true

NATIONAL TREASURES









KATHERINE JOHNSON

A mathematics genius, Iohnson was awarded the Presidential Medal of Freedom in 2015 at age 97. The longtime NASA researcher and analyst recently got more recognition when Taraji P. Henson played her (she was the "girl" John Glenn asked to provide calculations for his Friendship 7 mission) in the movie Hidden Figures.

LITTLE LEAGUE BASEBALL

On June 6, 1939, the first Little League Baseball game was played at Park Point in Williamsport, Pa. (Lundy Lumber defeated Lycoming Dairy, 23–8.) Since then, the pint-size version of America's favorite pastime has knocked it out of the park as the world's largest organized youth sports program, boasting 200,000 teams in all 50 states and 80 countries. This year's Little League Baseball World Series is Aug. 17–27 in South Williamsport, Pa.

CRASH TEST DUMMY

The full-scale anthropomorphic test device was invented by the late Samuel W. Alderson in 1960 to gauge the impact of car wrecks on humans. It was widely put into use after the publication of consumer advocate Ralph Nader's book *Unsafe* at Any Speed.

In the 1980s and '90s, commercials starring crash test dummies Vince and Larry ("You can learn a lot from a dummy") led to an increase in safety belt usage (from 14 to 79 percent), saving an estimated 85,000 lives, according to the Ad Council.

DOUG THE PUG

Known as the King of Pop Culture, Doug is not your average pooch. He's a New York Times best-selling author (with "momager" Leslie Mosier) and social media star whose millions of adoring fans follow his pizza-eating, worldtraveling adventures on Instagram (@itsdougthepug) and Facebook. He's made appearances on the *Today* show, Billboard's Hot 100 Festival and the CMT Music Awards, and he's taken selfies with everyone from Justin Bieber to the cast of *The Big Bang Theory*—but napping is still his favorite thing. Visit Parade.com/pug for our exclusive interview and behind-the-scenes photo shoot with Doug.

A PRAIRIE HOME COMPANION

Chris Thile, the 36-yearold host of *A Prairie Home Companion*, says that 2.6 million weekly listeners himself included—think of the long-running public radio show made famous by Garrison Keillor as an American treasure.

"It's a place for us to take our cares and woes and hold them out at arm's length for examination and even celebration," he says of the 43-year-old show. "It brings us together and makes us feel more alive."

Thile, a Grammy-winning mandolin virtuoso who made a splash with the trio Nickel Creek and the band Punch Brothers before taking the helm at *APHC* last year, says the show's purpose is to mirror the American experience.

"What I hope the show does—this is what it did for me—is to offer the opportunity to connect with the country at large every Saturday," he says.

CHRIS THILE'S NATIONAL TREASURES

- ► The Fitzgerald Theater, St. Paul, Minn., the cozy home of APHC
- ▶The Chicago Cubs
- ▶Paul Simon
- ► Redwood National and State Parks

Visit **Parade.com/thile** to find out more about his 2-year-old's musical talent.

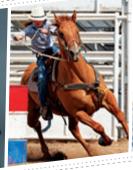
THE CHOCOLATE CHIP COOKIE

It's the ultimate comfort food—warm, soft, sweet, homey. And it turns 79 this year. In 1938 Ruth Wakefield, owner of the Toll House restaurant in Whitman, Mass., added cut-up bits of chocolate to the cookie she served with ice cream. A year later she sold the rights to her cookie recipe and the Toll House name to Nestlé for

\$1. The cookie's popularity was boosted by the hard times of the Great Depression and then WWII. Now it's ingrained in America, from care packages shipped to soldiers and college students to Pillsbury refrigerated chocolate chip cookie dough and Chips Ahoy, Famous Amos, Mrs. Fields and Ben & Jerry's Chocolate Chip Cookie Dough ice cream.









DOLLY PARTON

Besides her Grammy wins (eight), songs (she's written more than 5,000), No. 1 hits (25) and acting gigs, Parton's top claim to fame may be her good works. Her Imagination Library (established in 1995) has sent more than 85 million books to kids in the U.S., Canada and the U.K. Last year, after wildfires ripped through the Great Smoky Mountains, Parton's Dollywood Foundation gave \$1,000 a month for six months to every family (more than 900) that lost their home.

HUMANS OF NEW YORK

Photographer Brandon Stanton launched his popular blog (humans ofnewyork.com) in 2010 to catalog 10,000 Big Apple residents' lives. Since then, the 33-year-old with 18 million Facebook followers has reinvigorated our love of storytelling.

CHEYENNE RODEO

A quarter of a million fans visit Wyoming annually (this year July 21–30) to watch bull riding, steer wrestling and more during the Cheyenne Frontier Days rodeo (established in 1897), aka "The Daddy of 'Em All," where 1,500 contestants vie for \$1 million-plus in money and prizes. Yee-haw!

PAT SUMMITT

During her 38 years at the University of Tennessee, coach

Summitt led the Lady Vols to 1,098 victories, the most career wins in NCAA basketball history. She retired in 2012 after an Alzheimer's diagnosis and died in 2016 at age 64. Her legacy lives on through the Pat Summitt Foundation, which funds Alzheimer's research.

FOOD TRUCKS

From Urban Sugar Donuts in Portland, Maine, to Homegrown Smoker Vegan BBQ in Portland, Ore., there's a food truck for every taste in every state in the U.S., including Alaska's Quickie Burger and Hawaii's Giovanni's Shrimp Truck. The fastgrowing industry (more than 4,000 food trucks roam the U.S., generating \$1.2 billion in annual revenue) traces back to push cart vendors in 17thcentury New Amsterdam (New York City) and post-Civil War chuck wagons. Gourmet food trucks became a thing in 2008, when Kogi BBQ began selling \$2 Korean barbecue tacos on L.A. streets. Now websites and apps like Food Truck Fiesta, Eat Street and Roaming Hunger help you find food trucks in your neighborhood in real time.



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GOLD STAR MOTHERS

In 1928, Grace Darling Seibold, whose son was killed during WWI, founded American Gold Star Mothers, a support and service organization for women who lost their sons in the line of duty. In 1936, President Roosevelt established American Gold Star Mother's Day (Sept. 24 this year).

"We believe that we turn our sorrow into service and that we continue the service that our fallen sons and daughters never got to finish," says Candy Martin, the organization's former national president, whose son, 1st Lt. Thomas Martin, was killed in Iraq in 2007.

ELLIS ISLAND & LADY LIBERTY

New York Harbor's Ellis Island and its resplendent neighbor the Statue of Liberty have long been symbols of hope and freedom. More than 12 million immigrants entered the U.S. through the Ellis Island gateway from 1892 to 1954, and currently

almost half of all Americans claim ancestors who passed through its gates. Visit Parade.com/ *liberty* to find out if



your family came through Ellis Island.

HOT DOGS

From the updated and trendy (tofu dog, anyone?) to the simple, classic wiener on a bun, Americans eat some 7 billion hot dogs every summer (from Memorial Day to Labor Day), loving every last bite. Visit Parade.com/coney for the backstory on the all-American Coney Dog.

LITTLE GOLDEN BOOKS

The books with the golden spine hit shelves 75 years ago

and have kept kids turning pages ever since. To date, the imprint has published more than 1,400 titles and sold a whopping 2 billion copies. Today's readers can buy the classic *The Poky*



.com/golden to see the 14 top-selling

Little Puppy, along with new Star Wars and Grumpy Cat lines.

PONTOON BOATS

The first pontoon boat was little more than a wooden platform strapped to two columns of steel barrels, an idea often credited to Ambrose Weeres, a 1950s Minnesota farmer who wanted to build a family-size boat. Since then, the vessel's popularity has expanded far beyond the Land of 10,000 Lakes, becoming a cherished regular from California's Lake Tahoe to Maine's Moosehead Lake.

continued on page 12

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MagniLife® Bladder Relief contains seven active ingredients, such as Causticum for adult incontinence, and Sepia for the urge to urinate due to overactive bladder. Tablets can be taken along with other medications with no known side effects. "Love these pills. It is the first thing in a long, long time that is helping me. Thank you!" Margeret S., FL.

MagniLife® Bladder Relief is sold at Rite Aid in the vitamin section. Order risk free for \$19.99 (\$5.95 S&H) for 125 tablets per bottle. Get a FREE bottle when you order two for \$39.98 (\$9.95 S&H). Send payment to: MagniLife U-P15, PO Box 6789, McKinney, TX 75071 or call 1-800-516-3481. Satisfaction guaranteed. Order at www.BladderTablets.com

NIGHTTIME LEG CRAMPS?

If you experience painful muscle cramps in your legs, back, feet, or hips, you should know relief is available. Over 100 million people suffer from unnecessary muscle cramps, which may interfere with sleep, because they are not aware of this proven treatment.

MagniLife® Muscle Cramp Pain Reliever contains eight active ingredients, such as Magnesia Phosphorica to help prevent and relieve cramps and radiating pains that are worse at night. "Your product has severely helped me and I thank you so very much." - Marie L., MT.

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MIGRAINES?

If you experience painful headaches that may pulse or throb, or sensitivity to light and sound, you are not alone. Over 50 million Americans suffer from migraine headaches, and many are not aware of this new, natural treatment.

MagniLife® Migraine Relief contains ten active ingredients to relieve symptoms, such as Coffea Cruda for piercing headaches and sensitivity to noise. "This is my go to product now when I have a migraine." - Sandra C. Tablets dissolve under the tongue. "Within 15 minutes I felt my headache leave, dizziness was better. Love this product." - Angel, WV.

MagniLife® Migraine Relief is available at CVS/pharmacy. Order risk free for \$19.99 (\$5.95 S&H) for 90 tablets. Receive a FREE bottle when you order two for \$39.98 (\$9.95 S&H). Send payment to: MagniLife M-P15, PO Box 6789, McKinney, TX 75071 or call 1-800-516-3481. Satisfaction guaranteed. Order now at www.MLMigraine.com

from page 10

CRAYONS

Who doesn't remember opening his or her first box of Crayolas? Thank Pennsylvania's Binney & Smith Co., which introduced the American version of the wax marking crayon to the world in 1903. Kids and grown-ups still love to color (see Pinterest), and through Aug. 2, you can recycle your broken, unwanted crayons at A.C. Moore Arts & Crafts stores. In partnership with the Crayon Initiative, a nonprofit that collects unwanted colors, they'll donate them to children's hospitals and keep them out of landfills. Visit Parade.com/crayons to learn more.



IF YOU LIKE THE LINCOLN MEMORIAL, YOU'LL LOVE...THE LINCOLN COTTAGE

Statuesquely situated in Washington, D.C., the Lincoln Memorial is the most popular U.S. presidential monument (7.9 million visitors last year). Just a few miles north, the Lincoln Cottage (30,000 visitors in 2016), the "summer White House" for Lincoln, sits amid 250 acres on the Armed Forces Retirement Home grounds. It is said that "Honest Abe" did some of his best thinking here.



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12 | JULY 16, 2017

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'With smoothies

(versus juice), you still have all the fiber, which slows down digestion for sustained energy.'

—Jen Hansard



Energy-Revving SMOOTHIE

For a cold smoothie, make sure at least one of the fruits is frozen, or serve over ice.

Place 2 packed cups fresh **spinach** and 2 cups water in a blender; puree until smooth. Add 1 cup chopped **pineapple**, 1 cup chopped **mango** and 1 **banana**, peeled; blend until smooth. **Serves 2**.

GREEN SMOOTHIE a Go-Go

ix years ago Jen Hansard was a self-confessed junk-food vegetarian who didn't really like vegetables. "I was so exhausted all the time," says the Brooksville, Fla., mom. Out of desperation, she started blending smoothies. "They tasted so good and included the leafy greens I wouldn't eat otherwise," says Hansard, who credits her green smoothies for the energy to keep up with her two young kids and fuel her passion for ultradistance running. She shares her favorite smoothie recipes at simplegreensmoothies.com.—Alison Ashton

Visit Parade.com/blend for 10 more summertime smoothies.

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Make your own energy-boosting combo using Jen Hansard's mix-and-match chart from *simplegreensmoothies.com*.

2 CUPS LEAFY GREENS

+ 2 CUPS

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KALE
SWISS CHARD
ROMAINE
BOK CHOY
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DANDELION

WATER
COCONUT WATER
COCONUT MILK
ALMOND MILK
CASHEW MILK
SPARKLING WATER

+ 3 CUPS RIPE FRUIT

BANANA APPLE
MANGO PINEAPPLE
BERRIES GRAPES
CHERRIES FIGS
ORANGE MELON
AVOCADO DRIED DATES
PEACH APRICOTS
PEAR PASSION FRUIT

DIRECTIONS

1. Blend leafy greens and liquid base.

2. Add fruits (use at least one frozen fruit to chill smoothie) and blend again.

Makes about 32 ounces (which serves 2).



Ask Marilyn By Marilyn vos Savant

I consider myself to be a good driver, but I admit that I occasionally get distracted. At such times, I may even do something unsafe. This concerns me. I vow that I will always pay attention in the future, but then it happens again. Is it possible for a person to learn to be more mindful, or am I fighting a losing battle against human nature?

-Kristin Dzugan, Folsom, Calif.

You can improve by discovering factors that impinge on your attention. When you find yourself distracted, observe yourself and your surroundings. Does it happen more often when you're listening to news on the radio? If so, try switching to music (or vice versa). Are you typically tired when your mind wanders? Then maybe indulge in a little more tea before the trip. Or are you usually thinking about personal or work-related matters? You might try turning on the radio.

Almost all of us can cultivate better focus, but in the case of driving, boredom is a major problem. We need to prevent boredom while avoiding distraction at the same time. This is not an easy task.

Words Rule

These words follow a rule: ball, bat, glove, mask.
These words don't follow it: baseball, batter, cap, mitt.
Can you find the rule?
[Answer at end of column.]

Send questions to **marilyn @ parade.com**



Answer: New words are formed when the first letters are removed (example: mask = ask).

JULY 16, 2017 | 15



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