

Parade

SUNDAY, JULY 23, 2017 | PA

Plus
Sunday With Nashville's
LENNON & MAISY
p. 10

You Can
SHARE
That?!

Paddleboards, bikes & ukuleles—even dogs! It's all part of the exploding world of borrowing rather than buying

Personality Parade



WALTER SCOTT ASKS...



Is Marion Cotillard as intense as most of the movies she appears in?

—Maurice M., Savannah, Ga.

A: No. In fact, the Oscar-winning French actress, 41, who has worked with some of Hollywood's top leading men (Brad Pitt, Michael Fassbender, Christian Bale) in films including *Inception*, *The Dark Knight Rises* and *Assassin's Creed*, has a funny side. "I would love to do an American comedy. I would pay [to do one]," she says. Cotillard's next film, *From the Land of the Moon*, opening July 28, is another serious drama, however, about a woman in a loveless marriage who falls for another man when she is sent away for medical treatment.

Any truth to the rumor that Michael Cera has given up acting?

—Martin H., Brooklyn, N.Y.

A: No. The *Arrested Development* star splits his time between making music, writing, starring in short videos and doing voiceover work, as in *The Lego Batman Movie*. But he is back onscreen July 28 in *Person to Person*, an ensemble film about a day in the lives of several New Yorkers. Cera, 29, plays an investigative reporter with a love for heavy metal.



Will Dulé Hill's role on *Ballers* keep him from the *Psych* reunion?

—Carol S., Fairbanks, Alaska



A: No way. Hill will return—as Burton "Gus" Guster, co-owner of the *Psych* detective agency—for the two-hour holiday reunion of *Psych: The Movie*, set to air in December, three years after the USA Network comedy-drama ended in 2014. But first the former *West Wing* star returns for season three of HBO's *Ballers*, premiering July 23, on which he plays the team's general manager, Larry Siefert. The show is where he met fiancée Jazmyn Simon, a series regular. "She got the ring," says Hill, 42, "but I got the prize!"

5 THINGS...

CHARLIZE GOES ATOMIC

Oscar winner Charlize Theron explodes into action in the thriller *Atomic Blonde*, in theaters July 28, as a lethal British assassin sent to Berlin during the Cold War on a daring mission. Here are five facts about the South African-born actress, 41.



- 1 She grew up on a farm with a "best friend" named Bok—her pet goat.
- 2 "Really nerdy glasses" made her the target of bullies in school.
- 3 She pursued a ballet career but quit after a knee injury.
- 4 Will Smith accidentally punched her in the face on the set of 2000's *The Legend of Bagger Vance* while showing off his moves for his next film, 2001's *Ali*.
- 5 She struggles with obsessive-compulsive disorder.



AL GORE

A decade after the documentary *An Inconvenient Truth* introduced the topic of climate change to pop culture, the former vice president, 69, continues his crusade. His follow-up, *An Inconvenient Sequel: Truth to Power*, opens in theaters July 28.

You joke in the film that you're a recovering politician. Can you foresee a time when you might run for office again? It's very unlikely. As I say in the movie, the longer I go without a relapse, the less likely one becomes.

Are you still hopeful now that the U.S. is out of the Paris climate agreement? Yes. In the U.S., businesses, investors and local and state governments are moving full speed ahead to make the changes that are necessary. Virtually every nation in the world has agreed to go to net-zero greenhouse-gas emissions as early in the second half of the century as possible.

When you're not spreading the gospel of climate change, what do you enjoy doing? Spending a lot of time on my farm east of Nashville, where I live. My team and I planted 16,000 trees last year. We've been converting the farm to a carbon sequestration farm, growing fresh fruits and vegetables and distributing them through the community-supported agriculture program. I like canoeing on the Caney Fork River. I like to take my kids and grandkids waterskiing on the lake and hiking.

What are three things everyone can do to help make a greener planet? Go to Parade.com/gore to find out.

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

BACK TO SCHOOL



GEAR UP TO

SAVE

Shop now. Save up to \$100 on back to school tech.



Inspiron 15 3000

Market value* \$429.99 | Save \$50

\$379⁹⁹

7th Gen Intel® Core™ i3 Processor,
Windows 10 Home, 8GB* Memory* & 1TB*
Hard Drive, 15.6" Full HD display

**Audio-Technica Sonicfuel
Bluetooth Headphones**

Market value* \$119 | Save \$20

\$99

Enjoy powerful sound and Bluetooth technology
with mic and music/volume control.
Also available in white.



**STUDENT FAVORITE
Inspiron 15 5000 2-in-1**

Market value* \$779.99 | Save \$50

\$729⁹⁹

7th Gen Intel® Core™ i5 Processor,
Windows 10 Home, 8GB Memory*, 1TB* Hard
Drive, 15.6" Full HD touch display



New Inspiron Desktop

Market value* \$499.99 | Save \$100

\$399⁹⁹

7th Gen Intel® Core™ i3 Processor,
Windows 10 Home, 8GB Memory*,
1TB* Hard Drive

UP TO 12 MONTHS SPECIAL FINANCING OFFERS AVAILABLE.^A VISIT DELL.COM/DPA

Shop Dell.com/deals or call 800-378-3355.

FREE
SHIPPING

PRICE
MATCH*

LOYALTY
REWARDS

Offer Valid Dates: 7/24/17 - 8/4/17 6:59am, unless otherwise noted.

DELL PREFERRED ACCOUNT (DPA): Offered to U.S. residents by WebBank, who determines qualifications for and terms of credit. Taxes, shipping, and other charges are extra and vary. Payments equal 3% of the New Balance or \$20, whichever is greater, shown on the monthly billing statement. Minimum Interest Charge is \$2.00. Rates range from 19.99% - 29.99% variable APR, as of 05/31/2017, depending on creditworthiness. Dell and the Dell logo are trademarks of Dell Inc.

FOR ALL SPECIAL FINANCING PROMOTIONAL OFFERS: Minimum monthly payments are required, but may not pay your purchase in full by the end of the promotional period due to purchase amount, promotion length, additional purchases or allocation of payments in excess of the minimum payment. If not paid by end of promotional period, account balance and new purchases will be subject to the Standard APR rates, which range from 19.99% - 29.99% variable APR, as of 05/31/2017, depending on creditworthiness. Offers subject to credit approval and may be changed without notice. Minimum purchase amount may be required.

*Offers subject to change, not combinable with all other offers. Taxes, shipping, and other fees apply. Free shipping offer valid only in Continental (except Alaska) U.S. Offer not valid for Resellers. Dell reserves the right to cancel orders arising from pricing or other errors. Market Value is an estimate based on industry data such as published and as-sold prices for the same or comparable products in a survey of major online and/or offline retailers. Hard Drive capacity varies with preloaded material and will be less. System memory may be used to support graphics, depending on system memory size and other factors. Rewards are issued to your online Dell Advantage Loyalty Rewards Account (available via your Dell.com My Account) typically within 30 business days after your order's ship date; Rewards expire in 90 days (except where prohibited by law). "Current rewards balance" amount may not reflect the most recent transactions occurring within the past 30 business days. Up to 6% rewards only on Dell Preferred Account purchases. Up to 3% reward on all other purchases. Bose products only eligible for up to 3% rewards. Total rewards earned may not exceed \$2,000 within a 3 month period. Outlet purchases do not qualify for rewards. Expedited Delivery not available on certain TVs, monitors, batteries and adapters. Other exceptions apply. Not valid for resellers and/or online auctions. See Dell.com/rewardsfaq. Price Match Guarantee: If you find a lower price advertised on the internet for an identical electronic product or a similarly configured Dell, HP, Apple or Lenovo computer, Dell will match that price. Call or chat online with a Dell Expert, and we'll walk you through the process. Learn more at dell.com/promomatch. Dell Promotional eGift Cards arrive via email 10-20 days from ship date. Expires in 90 days (except where prohibited by law). Not valid for resellers. dell.com/giftcard/promoterms. Ultrabook, Celeron, Celeron Inside, Core Inside, Intel, Intel Logo, Intel Atom, Intel Atom Inside, Intel Core, Intel Inside, Intel Inside Logo, Intel vPro, Itanium, Itanium Inside, Pentium, Pentium Inside, vPro Inside, Xeon, Xeon Phi, and Xeon Inside are trademarks of Intel Corporation in the U.S. and/or other countries. Microsoft and Windows are trademarks of Microsoft Corporation in the U.S. and/or other countries. Screens simulated, subject to change; Apps sold separately, availability may vary. Cortana available in select markets; experience may vary by region and device. Dell, EMC, and other trademarks are trademarks of Dell Inc. or its subsidiaries. Copyright 2017 Dell Inc. All rights reserved. 218713



Intel Inside®. Extraordinary
Performance Outside.

Parade Picks

Edited by Alison

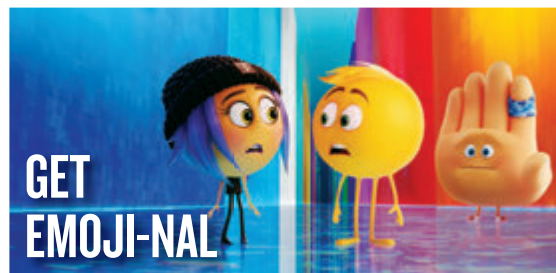
INSTAGRAM.COM/PARADEMAGAZINE

SHARKS!

Visit Parade.com/shark to check out all the jaw-some Shark Week programming.



WHO'S FASTER: Olympic swimming champ **Michael Phelps** or a great white? That's the question kicking off Shark Week July 23 on Discovery Channel. On **Phelps vs Shark**, airing at 8 p.m. ET, the alpha predator of the sea clocks in against the Olympian, who has won 23 gold medals.



GET EMOJI-NAL

In the animated comedy adventure **The Emoji Movie**, in theaters July 28, T.J. Miller, James Corden, Sofia Vergara, Patrick Stewart, Christina Aguilera and others provide voices for characters depicting the faces, figures and 🐛 that decorate text messaging. Pick up **The Emoji Code** (Picador, available Aug. 1, **\$26, bookstores and online**) to learn more about this social shorthand. Here are a few text-worthy facts from the book.



Every day **41.5 billion** texts are sent by one-quarter of the world using **6 billion** emojis.



A Match.com survey found that emoji users get **more dates** and have **more sex!**



In 2016, New York's Museum of Modern Art added the original **176 emojis**, designed in 1999, to its permanent collection.



Visit Parade.com/emojis for fun facts about the making of *The Emoji Movie*.

THANKS, MOM & DAD

The fourth Sunday in July is **National Parents' Day**. Can you match these celebs to their famous mom or dad?



MARISKA HARGITAY
Actress, *Law & Order: Special Victims Unit*



GLORIA STEINEM
(STEPMOTHER)



CHRISTIAN BALE
Actor, *The Big Short*, *American Hustle*



ROB SCHNEIDER



ELLE KING
Singer, "Ex's & Oh's"



JAYNE MANSFIELD

The BEST Parts

ALISHA MARIE

Whether she's live vlogging her latest trip to Target, counting down the 10 most awkward things people do or pranking her roommate, we can't get enough of YouTube star Alisha Marie. Check out Parade.com/alisha for the latest video in our series **The Best Parts**, all about the California vlogger.



DRINK UP

Tervis Tumbler's virtually shatterproof cups get in on the animated action with an emoji collection. Show the world you "speak emoji" in three sizes, or serve your little one a sippy cup with a tongue-in-cheek message. **\$15 and up, tervis.com**

ANSWERS:
Hargitay/Mansfield; Bale/Steinem; King/Schneider

PHELPS BY MARCELO MACHADO DE MELO/FOTODARENA VIA ZUMA PRESS; SHARK BY ISTOCK; EMOJI MOVIE BY SONY PICTURES ANIMATION/CTMG; ALISHA MARIE BY XAVIER COLLIN/MAGE PRESS AGENCY/SPLASH NEWS; MANSFIELD BY 20TH CENTURY FOX/NEWS.COM; SCHNEIDER BY VISUAL VIA ZUMA PRESS; STEINEM BY WONG/ACE PICTURES VIA ZUMA PRESS; HARGITAY BY VIRGINIA SHERWOOD/NC; BALE BY ARMANDO GALLO VIA ZUMA STUDIO; KING BY BROADIMAGE/REX SHUTTERSTOCK VIA ZUMA PRESS

refresh your memory

*Learn about
this preliminary
research on
pomegranate
polyphenol
antioxidants
and memory
and cognition.*

POLY-PHE-NOLS: If the word doesn't ring a bell, it soon will. Researchers are beginning to examine the potential impact of pomegranate polyphenol antioxidants on various areas, including memory and cognition. So polyphenols are definitely something you'll want to remember.

Polyphenols are an antioxidant known to help combat unstable molecules that can cause damage to your body over time—called *free radicals*.

DRINKING POM IS A NO-BRAINER.

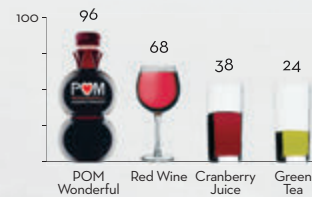
A preliminary 2013 study at UCLA conducted on a small group of older adults with age-related memory complaints may link pomegranate polyphenol antioxidants to increased verbal memory performance and increased functional brain activity in fMRI testing. The study involved drinking just 8oz of pomegranate juice daily for four weeks.

These are early scientific findings on cognitive health and the impact of pomegranate juice on the human brain has not yet been adequately studied. Clinical research is needed to help establish causation and further studies on larger populations are needed to confirm the long-term effect of pomegranate juice on memory and cognition.

POM, THE ANTIOXIDANT SUPERPOWER.

To maximize the polyphenol antioxidant levels, POM Wonderful 100% Pomegranate Juice contains the juice from four whole-pressed pomegranates in every 16oz bottle. The whole-pressed process extracts the polyphenols in the rind, pith and arils. An in vitro study at UCLA found that pomegranate juice has, on average, more antioxidant capacity than red wine, grape juice or green tea.

ANTIOXIDANT Potency Index



*Contains 4x the antioxidants,
on average, of green tea.*

For now, just remember that once everyone starts raving about polyphenols, you heard it here first.

Don't forget, POM is in the produce section of your store. And it's available through Amazon.



No contracts
No cancellation fees

jitterbug[®] smart

Finally, a simple smartphone.



Introducing the all-new Jitterbug[®] Smart from GreatCall[®], the simple smartphone with our biggest screen ever, now with exclusive health and safety apps.

EASY The Jitterbug Smart is designed to be easy to use from the moment you turn it on. A new, bigger 5.5-inch screen makes it even easier to stay connected. Everything you want to do, from texting and taking pictures, to emailing and browsing the Internet, is organized in a single list on one screen with large, legible letters. Plus, new Voice Typing makes writing emails and texts effortless.

Plans with data as low as
\$1748
month*

SMART Turn your Jitterbug Smart into a personal safety device with GreatCall's award-winning health and safety apps, like 5Star[®]. In any uncertain or unsafe situation, simply press the button and a highly-trained Urgent Response Agent will confirm your location, evaluate your situation and get you the help you need, 24/7.

AFFORDABLE Other companies make you pay high monthly fees for expensive phones, while GreatCall provides quality phones at a surprisingly affordable price. GreatCall has a variety of data plans starting as low as \$249 per month. Compared to other cell phone companies, you could save over \$300 per year.

The Jitterbug Smart phone plans are the most affordable on the market and come with dependable nationwide coverage. Friendly customer service agents will help figure out which phone plan is best for you, and with no contracts or cancellation fees, you can switch plans anytime. You can even keep your current landline or cell phone number.

Powered by the nation's largest and most dependable wireless network.



NO CONTRACTS
No cancellation fees

Buy now and get a **FREE**
Car Charger, a \$25 value!

To order or learn more, call
1-866-339-2529
greatcall.com/SmartParade

Why the Jitterbug Smart is your best choice for a new smartphone:

No contracts to sign, ever	Keep your current phone number	Award-winning, U.S.-based customer service and tech support	No hidden monthly fees	Brain Games powered by Posit Science [®]
----------------------------	--------------------------------	---	------------------------	---

Available at:



sears



*Monthly fees do not include government taxes or assessment surcharges and are subject to change. Plans and Services may require purchase of a GreatCall device and a one-time setup fee of \$35. \$300 savings calculation based on market leaders' lowest available monthly published fees. Coverage is not available everywhere. 5Star or 9-1-1 calls can only be made when cellular service is available. 5Star Service will be able to track an approximate location when your device is turned on and connected to the network, but we cannot guarantee an exact location. Jitterbug, GreatCall and 5Star are registered trademarks of GreatCall, Inc. Copyright ©2017 GreatCall, Inc.



Ask Marilyn

By Marilyn vos Savant

Why can my cat get an antibiotic injection that lasts two weeks while we humans have to take pills several times every day?

—John Nelson, Lakewood, Colo.

Anyone who has tried to give a cat a pill understands the appeal! (The injections are available for dogs too.) But the drawbacks are too significant for humans. First, all drugs have side effects. If a patient reacts badly to a long-acting drug, he or she is stuck with it. By contrast, a short-acting drug clears the system quickly. Second, a drug that lasts, say, two weeks at full strength doesn't simply disappear at that time. Instead, low levels stay in the system for a couple of months. This may foster antibiotic resistance.

Send questions to
marilyn@parade.com



Numbrix[®]

Complete 1 to 81 so the numbers follow a horizontal or vertical path—no diagonals.

39	45	65	79	77
37				73
35				7
25				5
23	21	19	13	3

Visit Parade.com/numbrix for more Marilyn vos Savant Numbrix puzzles and today's solution.

6 | JULY 23, 2017

Special Replacement Window

Offer for Parade Readers



Windows and Patio Doors!

20% OFF¹

entire project

PLUS

NO Money Down
NO Interest
NO Payments
for 12 months¹

Minimum purchase required. Interest accrues from the date of purchase but is waived if paid in full within 12 months.

The Three Big Window Replacement Myths

When it comes to window replacement, there are too many myths floating around and not nearly enough facts.

Myth #1: "Vinyl windows are the best solution." **X FALSE**

Too many window companies push vinyl windows as the only solution. The truth is there's something better. **Fibrex® composite material is two times stronger than vinyl and makes for stunningly beautiful windows with a durable finish that won't peel, crack or fade²** as many vinyl windows can. Fibrex material's strength, durability and beauty make it your smartest choice for window replacement.

Myth #2: "All window companies are the same." **X FALSE**

The real truth is window companies vary greatly in terms of quality. Some are just a guy and his truck. Others are based more on hyped-up advertising than verified excellence. In this environment, Renewal by Andersen

Signature Service is the proven way to great results. **Consistently superb online reviews and over 590,000 completed projects** are your assurance of a terrific experience.

Myth #3: "Lifetime warranties actually last a lifetime." **X FALSE**

Homeowners need to be cautious when they hear "lifetime" warranty. Many are heavily pro-rated, meaning coverage reduces significantly over time. We encourage you to compare these "lifetime" warranties with Renewal by Andersen's limited warranty. Homeowners are surprised to find out that our warranty is more straightforward and superior than many lifetime warranties.

Another important consideration: does the warranty cover both product and labor? Many warranties only cover the window itself. As both manufacturer and installer of your windows, **Renewal by Andersen gives you both product and labor coverage.²** Homeowners get absolute peace of mind.



Is window replacement difficult?

Like many things, the answer to this question is: **it depends on who you call.** There's a window replacement company that has proven its trustworthiness and reliability again and again: Renewal by Andersen, the full-service window replacement division of 114 year-old Andersen Corporation, the most trusted family of window brands in America.³

Andersen CORPORATION 

Renewal by Andersen
WINDOW REPLACEMENT an Andersen Company



The *Better Way* to a *Better Window*™

★★★★★
4.7 OUT OF 5
NATIONAL AVERAGE RATING


ENERGY STAR
AWARD 2017
PARTNER OF THE YEAR
Sustained Excellence

Call by August 31

to schedule your **free** window diagnosis.

TOLL FREE **800-686-3608**

Also visit RENEWALBYANDERSEN.COM or your local showroom.

¹DETAILS OF OFFER: Offer expires 8/31/2017. Not valid with other offers or prior purchases. 20% off each window and patio door. No money down and 12 months no payments, no interest when you set your appointment by 8/31/2017 and purchase four (4) or more windows or patio doors by 8/31/2017. Savings comparison is based on the purchase of a single unit at regular list price. Offer valid on initial visit only. Available only at participating locations. Other discounts and financing options available for other purchase levels. See your local Renewal by Andersen location for details. Renewal by Andersen and its parent company, Andersen Corporation, were awarded the 2016 ENERGY STAR® Partner of the Year award. "ENERGY STAR" is a registered trademark of the U.S. Environmental Protection Agency. License MN: BC130983/WI:268951. Excludes MN insurance work per MSA 325E.66. VA License #2705155684, DC License #420215000125, MHIC #121441. All other license numbers available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. © 2017 Andersen Corporation. All rights reserved. ²See the Renewal by Andersen Products and Installation Transferable Limited Warranty. ³Based on 2016 homeowner brand survey. Andersen family of brands aggregated: Andersen, Renewal by Andersen, Silver Line and American Craftsman.

© PARADE Publications 2017. All rights reserved.

Art Carmichael loves living like a local—no matter where he's traveling. The writer-producer, 50, from Knoxville, Tenn., has stayed in Airbnb rentals in 20 cities in five countries. "You end up in an actual neighborhood instead of a tourist gulch where most hotels are located." A standout of his Airbnb adventures was a stay in a yoga studio in Nice, France, where he shared the owners' friendly Doberman pinscher, Hugo. "I had a hiking and walking buddy for the whole trip."

The success of Airbnb, the granddaddy of peer-to-peer sharing with more than 160 million people staying in more than 3 million properties in

191 countries, has helped inspire a whole range of sharing. Today, with just a credit card and a smartphone, you can share bracelets, wedding dresses, RVs, sailboats, camping sites and even dinner at a stranger's house. Here's a look at some of what's out there.

Clothing & Accessories

You know the drill. You buy that on-trend, floral-print maxi dress, wear it twice and then push it to the back of

**STYLE BY
SUBSCRIPTION**
Karin Faulk shows off a dress and accessories she "borrowed" from Le Tote. She gets a new outfit every week.



Welcome to Shareville

Boats, bikes, clothing, seeds—even chickens! They're all part of the exploding world of borrowing instead of buying.

By Leanne Potts

your closet. **Le Tote** has a solution for the high cost of looking chic: clothing for rent. The fashion-sharing business lets customers borrow up to five pieces of clothing and accessories at a time. Customers wear them and return them.

Le Tote will even wash them for you. Last year the company shipped 3 million pieces of apparel and accessories.

Karin Faulk, a nursing assistant from Pine Grove, Calif., is on the \$59-per-month plan and gets three

items of clothing and two accessories a week. She loves getting her weekly Tote. "It's exciting. You always get that feeling that you're shopping when you're really not." Faulk, 40, says 70 percent of her wardrobe comes from Le Tote. "I did the math. I wore \$5,000 worth of clothing in four months. I paid \$250 to use it."

Your Own Ride

Own the trip, not the car. That's the motto of **Zipcar**, a car-sharing service that lends cars by the hour or day. Zipcar has 12,000 cars in 500 cities around the globe and more than a million members. A Zipcar starts at \$8 to \$10 an

hour, and that includes gas and insurance.

Zipcar's biggest fans are urban dwellers like David Amy, a 25-year-old software salesman from Toronto. He lives a nearly car-free lifestyle, but when he does need wheels, he gets a Zipcar. "I save at least \$600 a month by borrowing a car instead of owning one."

Bikes & Boards

Many major U.S. cities have a bike-sharing program where

cyclists can rent a bike by the hour and return it to any docking station around town. **Spinlister** does it a little differently. The world's biggest peer-to-peer bike-sharing platform connects people to bikes in more than 100 countries. They also rent snowboards, skis and paddleboards.

Boats

With **Boatbound**, a service that connects renters with boat owners, you can pick from more than 16,000 boats in over 2,100 cities, ranging from a sailboat in Honolulu to a cabin cruiser in Boston. Be your own captain, or the owner of the boat can be your guide. You rent by the day and prices range from \$100 for a small skiff to \$7,000 or more for a yacht.

A third of renters are ages 25 to 34, like Craig Kaufmann, a 30-year-old audio engineer from Philadelphia, who has rented a dozen boats, including a Sea Ray bowrider in Elkton, Md., a NauticStar center console in Fort Lauderdale, Fla., and a Sea Ray cabin cruiser in Alexandria Bay, N.Y. "It's nice not to have to deal with anything concerning a boat except enjoying it," he says.

Community Meals

Break bread and meet new people with **Feastly**, a meal-sharing service where you dine with a chef at his or her home or at a pop-up restaurant. It's Airbnb for dinner. You can

sign up for a Peruvian meal in San Francisco, Indonesian street food in Portland or a Vegan Delight dinner in Manhattan.

Afia Anabasua Opal of Playa del Rey, Calif., has hosted five Feastly meals in three months. The 30-year-old native of Ghana serves six- to nine-course meals of African cuisine. She charges around \$50 a person. "I love doing this," she says. "My guests have the opportunity to sit down and have conversations with new people. By the end of the meal, most of them are no longer strangers." Dominique Freire, 51, of Falls Church, Va., has attended three Feastly meals. The food was delicious, but the social aspect was even better. "Meeting people outside of your range is often how you have the best conversations," she says.

Chickens

For the last five years, author Lia Huber's family has shared a small flock of backyard chickens with their Healdsburg, Calif., neighbors. "Basically, they have the space, and we both have the desire," says Huber, 46. The families hatched up their plan the old-fashioned way—over their back fence. They built a coop and a run and collect eggs on alternate days. "We share expenses, eggs, caring, fawning over our babies—and burying them together when that happens too."



THE BENEFITS OF BORROWING

Sharing an ethnic meal (top) with folks you don't know or chickens with a neighbor (below) builds community. Borrowing a boat, bike or car lets you focus on the experience without worrying about the hassles of ownership. And growing a garden from seeds you check out from the library (bottom) is earth- and budget-friendly—and just plain cool, especially if you share your own seeds the next year.



RVs

Hit the road in someone else's camper using **RVShare**. You can pick from more than 10,000 vehicles in all 50 states, from a vintage Vanagon Westfalia that rents for \$115 a night to a superluxe Entegra Anthem that will cost you \$6,000 a night.

Vinnie Carbone, who owns a whiskey distillery in Canal Fulton, Ohio, needed an RV to take his family to a festival. "We only need an RV once a year, so I can't justify the cost of buying one," says the 36-year-old. "Renting it is really practical in our case."

Ukuleles & Seeds

Libraries have been sharing items for decades, no app needed. **The Nashville Public Library** also lends some unusual items to anyone with a library card, including ukuleles and seeds. Since May there have been 15 ukes available for rent, and all of them were checked out the first day.

The library also has a seed-sharing program. Patrons can check out seeds for vegetables, flowers and herbs. They're asked to save seeds from their crop and return them to the library for future patrons to use. The program began in 2014. Last year, more than 1,300 patrons borrowed around 8,500 packs of seeds.

Visit Parade.com/sharing for 10 of the most popular sharing apps.

house was a year—so it has been cool having this consistency every day.

What's it like to grow up on camera and know so many people watch and love the show?

Lennon: It's so crazy having people watch us grow up and love or hate our characters. And when the show got canceled [on ABC], it was an overflowing amount of love from people. We had no idea that there was *that* much love for it.

THE 411

Favorite music



Lennon:
Andy Shaw
Band



Maisy:
Kendrick
Lamar

Favorite food



Lennon:
Mexican



Maisy:
Italian

What do you hope for your characters?

Maisy: I hope that Maddie and Daphne are singing together and happy, because I feel like they've gone through enough and they shouldn't go through anything else.

Your family moved from Canada to Nashville so your parents could further their own musical career as the Stellas. How has living in

"TV•Ears saved our marriage!"™

The Doctor Recommended TV•EARS® headset has helped millions of people hear television dialog clearly while eliminating concerns about loud volume or the need to buy expensive hearing aids. Put on your TV•Ears headset and turn it up as loud as you want while others listen to the television at a comfortable volume. You can even put the TV on mute and listen through the headset only. Others in the room won't hear a thing, but we guarantee you will. Imagine watching television with your family again without fighting over the TV volume or listening in private while a loved one sleeps or reads. As thousands of our customers have said, "TV•Ears has changed our lives!"

Voice Clarifying Circuitry®

The TV•Ears headset contains proprietary Voice Clarifying Circuitry that automatically adjusts the audio curve to increase the clarity of television dialog while decreasing the volume of background sounds such as music and sound effects. The words seem to jump out of the audio track, making even whispers and accents understandable.

Fast, Safe and Simple. TV•Ears transmitters use Speed of Light Infrared Technology™ (SoLIT) to send the television's audio to the headset. Unlike slower Bluetooth or Radio Frequency, SoLIT does not need to be paired or adjusted, is completely safe with pacemakers, and will not interfere with your telephone.

Twice the Power with 120 decibels. The TV•Ears headsets are classified as "Assistive Listening Devices" for hearing-impaired individuals. This special designation permits the TV•Ears headset to have twice the maximum volume compared to all other wireless headsets.

Voice Clarifying TV•Ears Headset

Over 2 million satisfied users since 1998

TV dialog is clear and understandable

Works better than hearing aids

New Special Offer!



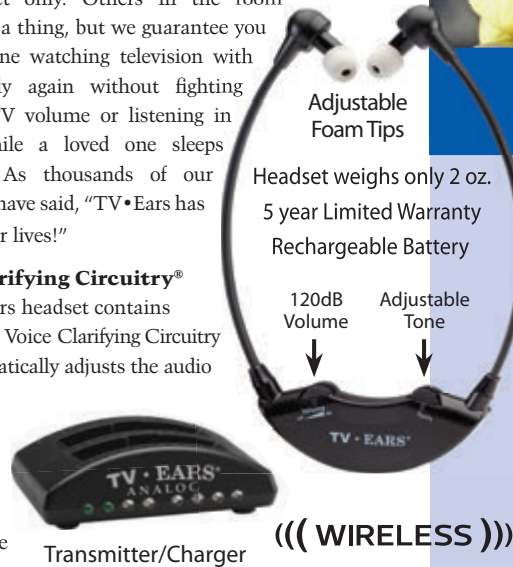
Pat and Shirley Boone
Happily married over 60 years!

"I can watch TV as loud as I want without disturbing my wife. The dialog is clear and it's good to hear my favorite shows again!"

— Pat Boone, Singer/Songwriter

"My wife and I have used the TV•Ears headset almost daily for many years and find them an invaluable help in our enjoyment of television. We would not be without them. As a retired Otologist, I heartily recommend them to people with or without hearing loss."

— Robert Forbes, M.D., California



Adjustable
Foam Tips

Headset weighs only 2 oz.
5 year Limited Warranty
Rechargeable Battery

120dB
Volume

Adjustable
Tone

Transmitter/Charger

(((WIRELESS)))

TV Ears Original™~~\$129.95~~

Special Offer

Now \$59.95 +s&h

For fastest service, call toll-free between 6am and 6pm PST Monday through Friday and from 7am to 3pm PST on Sunday.

1-800-379-7832

or visit

www.tvears.com

Please mention Promotion Code 35807

30-day risk free trial

TV•EARS®

TV Ears is a trademark of TV Ears, Inc. © 2017 TV Ears, Inc.
All Rights Reserved

ADVANCED HEARING AID TECHNOLOGY

For 82.2% Less*

"I was amazed! Sounds I hadn't heard in years came back to me!"

— Don W., Sherman, TX

How can a hearing aid that costs 82.2% less be every bit as good as one that sells for \$2,400 or more?

The answer: Although tremendous strides have been made in Advanced Hearing Aid Technology, those cost reductions have not been passed on to you. Until now...

MDHearingAid® uses the same kind of Advanced Hearing Aid Technology incorporated into hearing aids that cost thousands more at a small fraction of the price.

Over 100,000 satisfied **MDHearingAid** customers agree: High-quality, FDA-registered hearing aids don't have to cost a fortune. The fact is, you don't need to spend thousands for a hearing aid. **MDHearingAid** is a medical-grade hearing aid offering sophistication and high performance, and works right out of the box with no time-consuming "adjustment" appointments. You can contact a licensed hearing specialist conveniently on-line or by phone — even after your purchase at no cost. No other company provides such extensive support. Now that you know...why pay more?

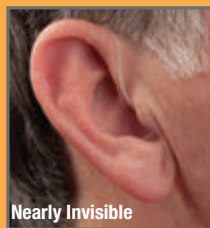
MDHearingAid® 
DOCTOR DESIGNED | AUDIOLOGIST TESTED | FDA REGISTERED

*82.2% less when comparing a pair of **MDHearingAids** to the average price of a mid-level pair of hearing aids, between \$4,400 and \$4,500, according to a survey recently published by the *Hearing Review*.

TAKE ADVANTAGE OF OUR 45-DAY RISK-FREE TRIAL!

Hearing is believing and we invite you to try this nearly invisible hearing aid with no annoying whistling or background noise for yourself. If you are not completely satisfied with your MDHearingAid, return it within 45 days for a **FULL REFUND**.

For the Lowest Price Call
1-800-801-9685
www.TryMDHearingAid2.com



Nearly Invisible

**BIG SOUND.
TINY PRICE.**

BATTERIES INCLUDED!
READY TO USE RIGHT OUT OF THE BOX!

Use Code **HD48**
and get **FREE Batteries for 1 Year**
Plus FREE Shipping

©2017 MDHearingAid, Inc. All Rights Reserved.

Nashville influenced the way you make music now?

Lennon: Nashville is so inspiring because everyone is making music, everyone is encouraging you to make music and everyone loves music so passionately. Everywhere you walk, you can hear music.

THE 411

Last thing you read



Lennon:
Milk and Honey
by Rupi Kaur



Maisy:
To Kill a Mockingbird
by Harper Lee

What were Sundays like for you when you were younger?

Lennon: We grew up on a farm with no internet, no TV, no phone. The most peaceful time of my life was our Sundays in Canada just making music and being outside.

Maisy: We would go out to this huge field by our house and have picnics. Our aunt Tracy made the best shepherd's pie, so that was a family thing—we would all get together and eat.

What are Sundays like for you now?

Lennon: I like writing sessions on Sundays. We film during the week, so Sundays are usually days for [song]writing.

Maisy: I like to go out and have fun with friends on weekends.

Go to Parade.com/stellas for a gallery of the sisters' most popular Instagram moments.

Tired of struggling on the stairs?



Introducing the Affordable Easy Climber® ELEVATOR

**Home Improvement that
actually improves your LIFE!**

SAFE

- ▶ Equipped with weight, balance and obstruction sensors
- ▶ Works even in a power outage

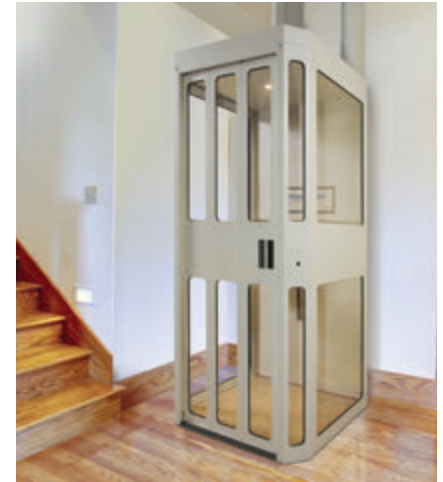
VERSATILE

- ▶ Can be placed almost anywhere in your home
- ▶ Quick professional installation

CONVENIENT

- ▶ Footprint is slightly larger than a washing machine
- ▶ Compact and Quiet

*Can be placed virtually anywhere
in your home.*



Imagine the possibilities

- No more climbing up stairs
- No more falling down stairs
- Plenty of room for groceries or laundry
- Perfect for people with older pets
- Ideal for Ranch houses with basements

Revolutionary elevator can give you— and your home's value— a lift

Elevators have been around since the mid 19th century, and you can find them in almost every multi-story structure around... except homes. That's because installing an elevator in a home has always been a complicated and expensive home renovation project... until now.

Innovative designers have created a home elevator that can be easily installed almost anywhere in your

home by our professional team without an expensive shaft-way. Its small "footprint" and self-contained lift mechanism adds convenience and value to your home and quality to your life. It's called the Easy Climber® Elevator. Call us now and we can tell you just how simple it is to own.

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.

Why spend another day without this remarkable convenience. Knowledgeable product experts are standing by to answer any questions you may have.

Call Now!



Call now to find out how you can get your own Easy Climber Elevator.

Please mention promotional code 107101.

For fastest service, call toll-free. **1-888-930-6265**

Residential installations only. Not available in all areas. Call to see if you qualify.

"We are tickled about our new elevator. This is the first time I've seen the second floor of my home! It's like an early Christmas present."

**Stan W. US war veteran
and retired professor**

Community Table

BRAIN BOOSTERS

Smart Toast



Eating right doesn't just help your physical health—it can improve your mental health as well. This open-face sandwich is a bona fide brain booster adapted from *Unforgettable: The Bold Flavors of Paula Wolfert's Renegade Life* by Emily Kaiser Thelin. The book chronicles the life of influential cookbook author Paula Wolfert, credited by many with introducing Mediterranean fare to American cooks. (If there's a box of couscous in your pantry, thank her.) When Wolfert, 79, was diagnosed with Alzheimer's disease in 2013, she dove into the latest research so she could be sure to include brain-boosting foods in her diet and eliminate any potential brain busters, such as refined carbohydrates and added sugar. —Alison Ashton



Avocado and Sardine Toasts

In a shallow bowl, whisk together ¼ cup **extra-virgin olive oil**, 2 Tbsp chopped **flat-leaf parsley**, 1 Tbsp **sherry** or **red wine vinegar** and **sea salt**, freshly ground **black pepper** and **red pepper flakes** to taste. Drain 2 (4½-oz) cans **whole sardines** packed in olive oil; remove any large bones. Add sardines to vinaigrette, turning to coat. Let stand 1–2 hours. Brush 1 side of each of 4 slices toasted or grilled country-style **whole-grain bread** with vinaigrette. Top evenly with 2 firm ripe **avocados**, pitted, peeled and mashed, and sardines. Garnish with 4 thinly sliced **green onions** and **chopped chives**.
Serves 4–8.

From *Unforgettable: The Bold Flavors of Paula Wolfert's Renegade Life*, © 2017 by Emily Kaiser Thelin, M&P; originally published in *The Slow Mediterranean Kitchen* by Paula Wolfert, © 2003. Used by permission of Houghton Mifflin Harcourt. All rights reserved.

Eat Sharp

How our recipe feeds your brain

SARDINES

are a rich source of anti-inflammatory omega-3 fatty acids to nourish brain health. Other fatty fish, like wild salmon, are good too.



OLIVE OIL

contains the compound oleocanthal, which may protect the brain from dementia-related degeneration.



Monounsaturated fats in **AVOCADOS** help improve blood flow and oxygen supply to the brain.



WHOLE GRAINS

help regulate blood pressure and blood sugar to keep your brain healthy.



I always look for ways to create what I call Big Taste—food that is deeply satisfying and that appeals to all the senses.

—Paula Wolfert

Visit Parade.com/thelin to read our interview with the author of *Unforgettable*.

6 More MIND-ful Foods

- Nuts
- Beans
- Poultry
- Wine
- Vegetables (especially green leafy veggies)
- Berries (especially blueberries)

Visit Parade.com/brainboost to try Wolfert's ultra-easy recipe for Oven-Steamed Salmon.

NORTH AMERICA'S #1 Selling Walk-In Tub

Special Offer
for Parade Readers



Financing available
with approved credit

LIFETIME
LIMITED WARRANTY



The best walk-in tub just got better with breakthrough technology! **Presenting the all new Safe Step Walk-In Tub featuring *MicroSoothe***.[®] An air system so revolutionary, it oxygenates, softens and exfoliates skin, turning your bath into a spa-like experience. Constructed and built right here in America for safety and durability from the ground up, and with more standard features than any other tub.

- ✓ Heated seat providing warmth from beginning to end
 - ✓ Carefully engineered hydro-massage jets strategically placed to target sore muscles and joints
 - ✓ High-quality tub complete with a comprehensive lifetime warranty on the entire tub
 - ✓ Top-of-the-line installation and service, all included at one low, affordable price
- You'll agree – there just isn't a better, more affordable walk-in tub on the market.

Call today and receive exclusive savings of

\$1500 OFF

FOR A LIMITED TIME ONLY

Call Toll-Free 1-800-469-0083

SAFE STEP
WALK-IN TUB CO.

www.GoToSafeStepTub.com

For your **FREE** information kit
and DVD, and our Senior
Discounts, Call Today Toll-Free

1-800-469-0083

CSLB 983603 F13000002885 13HV08744300

SUPER COUPON

20% OFF

ANY SINGLE ITEM

LIMIT 1 - Coupon per customer per day. Save 20% on any 1 item purchased. *Cannot be used with other discount, coupon or any of the following items or brands: Inside Track Club membership, Extended Service Plan, gift card, open box item, 3 day Parking Lot Sale item, compressors, floor jacks, saw mills, storage cabinets, chests or carts, trailers, trenchers, welders, Admiral, Sauer, Cobra, CoverPro, Daytona, Earthquake, Hercules, Jupiter, Lynx, Poular, Predator, StormCat, Talagator, Viking, Valcum, Zurich. Not valid on prior purchases. Non-transferable. Original coupon must be presented. Valid through 11/23/17.

16406836

SUPER COUPON

FREE

WITH ANY PURCHASE

3-1/2" SUPER BRIGHT NINE LED ALUMINUM FLASHLIGHT

\$4.97 VALUE

ITEM 69111/63599/62522
62573/63875/63884/63886
63888/69052 shown

LIMIT 1 - Cannot be used with other discount, coupon or prior purchase. Coupon good at our stores, HarborFreight.com or by calling 800-423-2567. Other good while supplies last. Shipping & Handling charges may apply if not picked up in-store. Non-transferable. Original coupon must be presented. Valid through 11/23/17. Limit one FREE GIFT coupon per customer per day.

16409112

SUPER COUPON

FREE

WITH ANY PURCHASE

PITTSBURGH

1" x 25 FT. TAPE MEASURE

\$6.99 VALUE

ITEM 69030/69031 shown

LIMIT 1 - Cannot be used with other discount, coupon or prior purchase. Coupon good at our stores, HarborFreight.com or by calling 800-423-2567. Other good while supplies last. Shipping & Handling charges may apply if not picked up in-store. Non-transferable. Original coupon must be presented. Valid through 11/23/17. Limit one FREE GIFT coupon per customer per day.

16410611

SUPER COUPON

FREE

WITH ANY PURCHASE

HEAVY DUTY BATTERIES PACK OF 24

THUNDERBOLT MAGNUM

SIZE	QTY.	ITEM
AA	24	61675/68382/61233
AAA	24	61677/61273

YOUR CHOICE

\$5.15 VALUE

Item 68382 shown

LIMIT 1 - Cannot be used with other discount, coupon or prior purchase. Coupon good at our stores, HarborFreight.com or by calling 800-423-2567. Other good while supplies last. Shipping & Handling charges may apply if not picked up in-store. Non-transferable. Original coupon must be presented. Valid through 11/23/17. Limit one FREE GIFT coupon per customer per day.

16417048

PITTSBURGH AUTOMOTIVE

1 SELLING JACKS IN AMERICA

SUPER COUPON

RAPID PUMP® 3 TON LOW PROFILE HEAVY DUTY STEEL FLOOR JACK - Weighs 73 lbs.

Customer Rating **★★★★**

\$7.99

Compare \$149.98

ITEM 61253/62326/61282 shown

LIMIT 4 - Coupon valid through 11/23/17

THUNDERBOLT MAGNUM solar

SUPER COUPON

100 WATT SOLAR PANEL KIT

2X MORE POWER

\$14.99

Compare \$189.99

ITEM 63585

LIMIT 5 - Coupon valid through 11/23/17

SUPER COUPON

• 225 lb. capacity

TWO TIER COLLAPSIBLE EASY-STORE STEP LADDER

Customer Rating **★★★★**

\$19.99

Compare \$29.99

ITEM 67514

LIMIT 3 - Coupon valid through 11/23/17

CENTRAL PNEUMATIC

SUPER COUPON

21 GALLON, 2.5 HP, 125 PSI VERTICAL OIL-LUBE AIR COMPRESSOR

Customer Rating **★★★★**

\$149.99

Compare \$199

ITEM 69091/61454/61693
62803/63635/67847 shown

LIMIT 6 - Coupon valid through 11/23/17

HaulMaster

SUPER COUPON

72" x 80" MOVING BLANKET

Customer Rating **★★★★**

\$5.99

Compare \$17.97

ITEM 69505/62418/66537 shown

LIMIT 6 - Coupon valid through 11/23/17

CENTECH

SUPER COUPON

3-IN-1 PORTABLE POWER PACK WITH JUMP STARTER

Customer Rating **★★★★**

\$39.99

Compare \$64.99

ITEM 38391/62376/62306 shown

LIMIT 5 - Coupon valid through 11/23/17

CHICAGO ELECTRIC POWER TOOLS

SUPER COUPON

12" SLIDING COMPOUND DOUBLE-BEVEL MITER SAW

With Laser Guide

Customer Rating **★★★★**

\$134.99

Compare \$199.99

ITEM 61969/61970
69684 shown

Blade sold separately.

LIMIT 4 - Coupon valid through 11/23/17

HARDY

SUPER COUPON

MECHANIC'S GLOVES

NEW

SIZE	ITEM	Customer Rating
MED	62434/62426	★★★★
LG	62433/62428	★★★★
X-LG	62432/62429	★★★★

YOUR CHOICE

\$3.99

Compare \$16.12

Item 62429 shown

LIMIT 3 - Coupon valid through 11/23/17

PORTLAND

SUPER COUPON

14" ELECTRIC CHAIN SAW

Customer Rating **★★★★**

\$39.99

Compare \$49.99

ITEM 61592/67255 shown

LIMIT 5 - Coupon valid through 11/23/17

drillmaster

SUPER COUPON

4-1/2" ANGLE GRINDER

Customer Rating **★★★★**

\$9.99

Compare \$14.99

ITEM 69645
60625 shown

LIMIT 6 - Coupon valid through 11/23/17

U.S. GENERAL

SUPER COUPON

26" 4 DRAWER TOOL CART

Customer Rating **★★★★**

\$149.99

Compare \$369.32

ITEM 61634/61952/95659 shown

LIMIT 4 - Coupon valid through 11/23/17

TAILGATOR

SUPER COUPON

900 PEAK/700 RUNNING WATTS 2 HP (63 CC) 2 CYCLE GAS GENERATOR

NEW

Customer Rating **★★★★**

\$89.99

Compare \$109.99

ITEM 63024/63025 shown

LIMIT 6 - Coupon valid through 11/23/17

drillmaster

SUPER COUPON

80 PIECE ROTARY TOOL KIT

Customer Rating **★★★★**

\$6.99

Compare \$9.99

ITEM 63292/63235/68986/69451/67626 shown

LIMIT 9 - Coupon valid through 11/23/17

CENTRAL MACHINERY

SUPER COUPON

8" 5 SPEED BENCHTOP DRILL PRESS

Customer Rating **★★★★**

\$49.99

Compare \$99.99

ITEM 62520/60238 shown

LIMIT 4 - Coupon valid through 11/23/17

PITTSBURGH

SUPER COUPON

12" RATCHET BAR CLAMP/SPREADER

Customer Rating **★★★★**

\$2.99

Compare \$14.97

ITEM 46807/68975
62123/63017/69222 shown

LIMIT 8 - Coupon valid through 11/23/17

CENTRAL MACHINERY

SUPER COUPON

4" x 36" BELT/6" DISC SANDER

Customer Rating **★★★★**

\$59.99

Compare \$92.59

ITEM 62502/97181 shown

LIMIT 3 - Coupon valid through 11/23/17

Use Coupons: In-Store, HarborFreight.com or 800-423-2567

*Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 11/23/17.

At Harbor Freight Tools, the "Compare" or "comp at" price means that the same item or a similar functioning item was advertised for sale at or above the "Compare" or "comp at" price by another retailer in the U.S. within the past 180 days. Prices advertised by others may vary by location. No other meaning of "Compare" or "comp at" should be implied. For more information, go to HarborFreight.com or see store associate.