

Parade

SUNDAY, JULY 24-31, 2022 | PARADE.COM

Check out the
game that's all the rage
across America!



PICKLEBALL



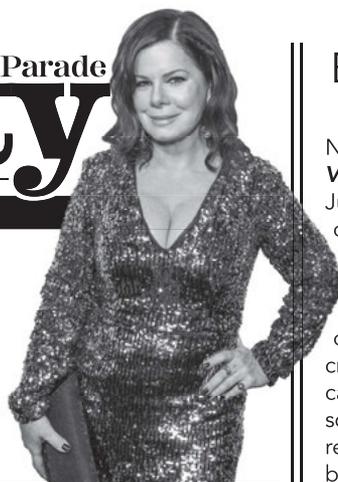
WALTER SCOTT'S

Personality Parade

WALTER SCOTT ASKS...

MARCIA GAY HARDEN

The Oscar-winning actress for *Pollock* and the star of TV's *Code Black*, 62, co-stars in the bittersweet romantic comedy series *Uncoupled* (July 29 on Netflix). Harden plays Claire, a New York socialite navigating a recent breakup alongside her gay real estate broker, Michael (Neil Patrick Harris), who's in a similar romantic situation.



How would you describe Claire and Michael? We're both uncoupling but in different ways. Neil's character is coming up against all these new opportunities for freedom, but he isn't quite ready to partake. Emotionally, Claire is going through the same thing; she's not ready. I think Claire's journey is to love herself on her own. It sounds a little Hallmark-y, but for a woman in her 60s, we are trained to think that our attractiveness has to do with our age, our ability to have children and our ability to be anthropologically viable in a tribe, let's say.

Is it fair to compare *Uncoupled* to *Sex and the City*? [It is] sort of

the gay *Sex and the City*. [Characters] wonderfully push sexual boundaries and sexual information in the show. It's always done with a laugh and a little tongue-in-cheek, but there's an emotional heartbeat as well.

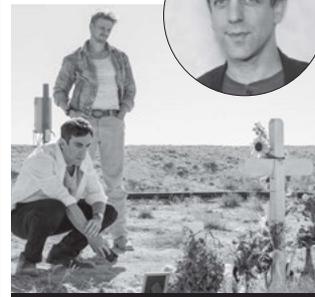
Can you tell us about your other new series, *So Help Me Todd*, coming out this fall on CBS? It's a mother-son story of oil and vinegar and how they come to work together. She's a highfalutin lawyer; he's a down-and-out private detective. Through circumstances, they work together and, hopefully, begin to recognize and respect each other. But there are a lot of keruffles in the process.

Are you back for season three of *The Morning Show*? I don't know. She was such a fantastic character, [hard-hitting reporter] Maggie Brener; I would love for her to be back. People really respond to her. She's loosely based on the fabulous [New York Times reporter] Maureen Dowd.

What are your plans for the summer? I'm starting a film, a short little comedy in New Jersey. Then I get to pop up to the Catskills, pick some blueberries and make some jam. That's what I love. My nephew's getting married on my property, and then I'm off to Vancouver to start *So Help Me Todd*. Busy!

B.J. NOVAK'S REVENGE

Novak directs and stars in *Vengeance* (in theaters July 27) as an aspiring podcaster in search of a story when a woman he'd been seeing in New York turns up dead in a West Texas oil field. Sensing a true-crime tale that could make his career, he's drawn into a full-scale mystery—and a plot for revenge. "That premise has been in movies since the beginning; it's a very male-gaze, classic movie trope," says Novak, 42, who starred in TV's *The Office* and the movies *Inglourious Basterds*, *Saving Mr. Banks* and *The Founder*. "But it's also extremely social-media age, this sense of loss and the digital ghost of someone."



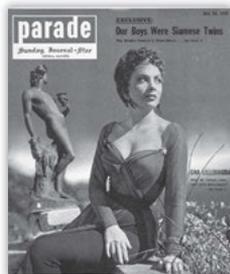
WHAT ATTRACTED HER TO A ROLE IN THE SAUCY *FIFTY SHADES OF GREY*? GO TO PARADE.COM/HARDEN TO FIND OUT.

This Week in Parade

Take a trip down memory lane through these star-studded July issues from years past.



July 25, 1948 Movie siren **Rita Hayworth**, wearing the costume designed for her latest role in *The Loves of Carmen*, posed for *Parade*'s cover just before she left for a European vacation.



July 26, 1953 In this cover story, Hollywood superstar Humphrey Bogart dished out delicious details on Italian actress **Gina Lollobrigida**, his glamorous leading lady in *Beat the Devil*.



July 24, 1960 *Parade* got the scoop from renowned explorer **Sir Edmund Hillary** about his search for the legendary abominable snowman.



July 23, 1978 Hollywood goes gaga for blondes, with projects from cover girls **Cheryl Tiegs**, **Suzanne Somers** and **Cheryl Ladd**.



July 26, 1981 Readers everywhere had wedding fever with the upcoming nuptials of **Lady Diana Spencer** and **Prince Charles**.

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

How a Safe Step Walk-In Tub can change your life

Remember when...

Think about the things you loved to do that are difficult today — going for a walk or just sitting comfortably while reading a book. And remember the last time you got a great night's sleep? As we get older, health issues or even everyday aches, pains and stress can prevent us from enjoying life.

So what's keeping you from having a better quality of life? Check all the conditions that apply to you.

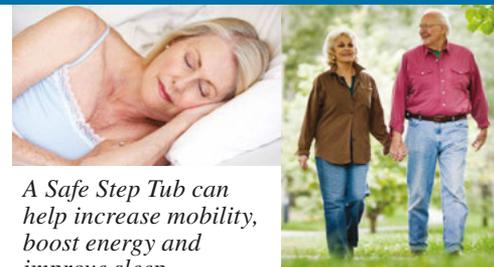
Then read on to learn how a Safe Step Walk-In Tub can help.

Personal Checklist:

- Arthritis
- Lower Back Pain
- Insomnia
- Anxiety
- Diabetes
- Mobility Issues
- Dry Skin
- Poor circulation

Feel better, sleep better, live better

A Safe Step Walk-In Tub lets you indulge in a warm, relaxing bath that can help relieve life's aches, pains and worries.

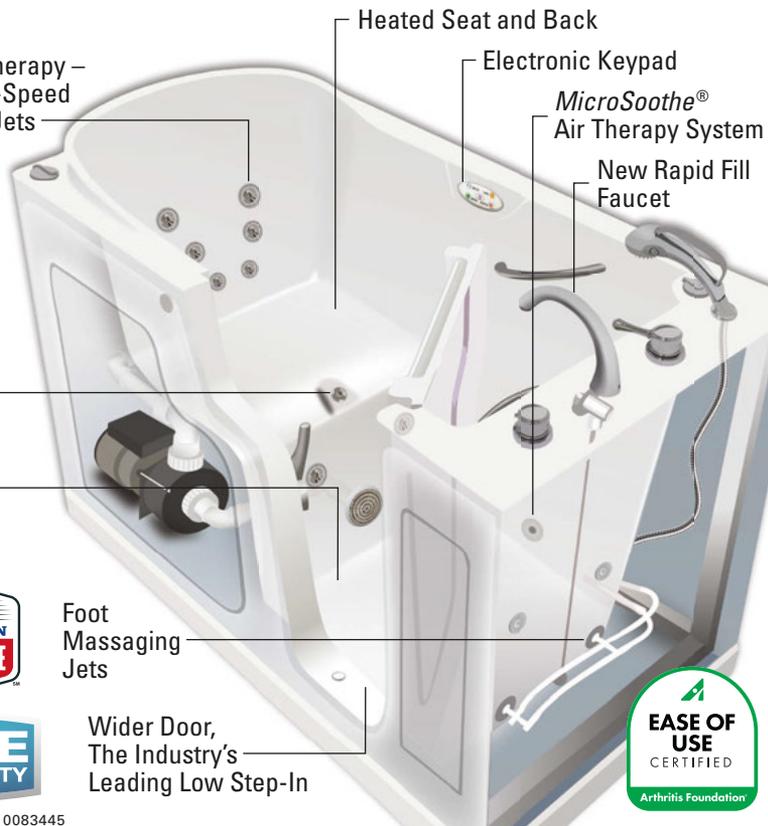


A Safe Step Tub can help increase mobility, boost energy and improve sleep.

It's got everything you should look for in a walk-in tub:

- Heated Seat – Providing soothing warmth from start to finish.
- *MicroSoothe*® Air Therapy System – helps oxygenate and soften skin while offering therapeutic benefits.
- Pain-relieving therapy – Hydro massage jets target sore muscles and joints.
- Safety features – Low step-in, grab bars and more can help you to bathe safely and maintain your independence.
- Free Shower Package – shower while seated or standing.

Safe Step includes more standard therapeutic and safety features than any other tub on the market, plus the best warranty in the industry:



Hydro-Jet Water Therapy – 10 Built-In Variable-Speed Massaging Water Jets

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Complete Lifetime Warranty on the Tub

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www.GoToSafeStepTub.com

Parade

Picks

Visit PARADE.COM/PICKS for more trending products

Pickleball Must-Haves

With pickleball all the rage (see page 6), we'd be remiss if we didn't serve up some fun products to help you look and play your best. —Megan O'Neill Melle



Keep your essentials stowed away—fashionably—with this retro-style **Paddle Racket Bag**. \$195, tangerinepaddle.com



For the novice eager to get into the game, the **Nettie Set Double Pack** comes with two paddles, two balls and two sweatbands so you and a partner can be volleying in no time. \$150, playnettie.com

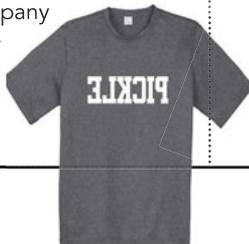


For fashion-minded picklers, try a fun-in-the-sun pattern, like the **Palms 1 Drop Pleat Skort**. \$70, pickleballbella.com

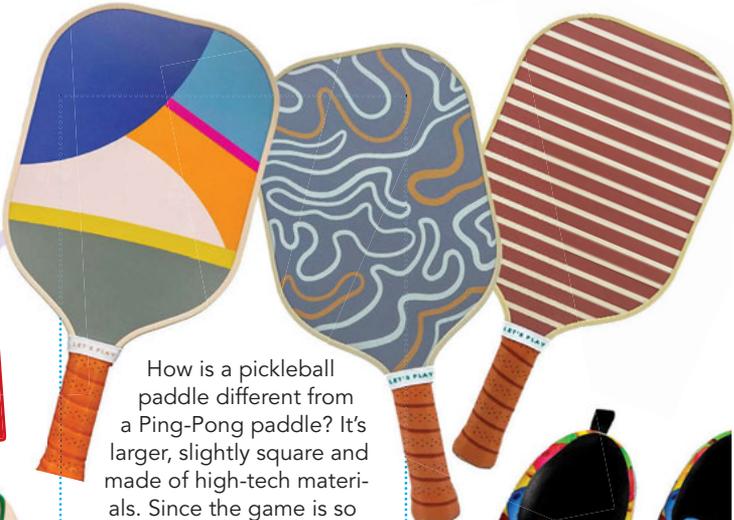


Dress like the pros with the moisture-wicking **Kyle Yates Elite Pro Hat**, named after one of the top players in the world. \$30, pb1965.com

We love the **Pickleback Performance T-Shirt** made by a company that creates collegiate-inspired athletic wear for every level. \$30, varsitypickle.com



Forget fumbling with your pockets. The **I've Got Balls! Belt** keeps those spare pickleballs handy. \$15, pickleballcentral.com



How is a pickleball paddle different from a Ping-Pong paddle? It's larger, slightly square and made of high-tech materials. Since the game is so much fun, your paddle should be too, say the founders of Recess. They offer colorful **Pickleball Paddles**, as well as how-to guides for players new to the sport. \$86 each, recesspickleball.com



Knock opponents' socks off when you sport **Pickleball Colorful Balls Pattern Sneakers** or **Pickleball Green White Love Sneakers**, which give a nod to ball-playing grandpas. \$58, 84hoods.com



What's larger than a tennis ball and heavier than a whiffle ball? That's a pickleball, which is made of a thick polymer and has anywhere from 26 to 40 holes. There are slight variations in outdoor and indoor versions.

Franklin Sports X-40 Outdoor and X-26 Indoor Pickleballs, \$18 per six-pack, walmart.com

COMING AUG. 7
Oscar-winning actress Diane Keaton on life, love affairs, leading men and her new comedy.



There will be no July 31 issue of *Parade*

Head to places2play.org to find a pickleball court near you.



Ask Marilyn

By Marilyn vos Savant

When you inadvertently bite down on a piece of a foil wrapper or bit of aluminum foil, you feel a sudden sharp pain. Why does this happen?

—John Yakel, Cave City, Ky.

The sensation may occur when you have other metal in your mouth from dental work, such as certain fillings or crowns. When the two metals come in contact with each other, especially in the moist, salty environment created by your saliva, a minuscule electric current is produced. This current travels instantly into the highly sensitive root of your tooth, and you feel like you've been zapped with lightning. Braces with metal seldom cause this effect because the metal isn't on the chewing surfaces.

Send questions to marilyn@parade.com

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63				3
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Visit Parade.com/numbrix for more Marilyn vos Savant Numbrix puzzles and today's solution.

JULY 24–31, 2022 | 5

First Ever "Thomas Kinkade White Christmas" Masterpiece Edition Crystal Snowman

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Pickleball, Y'all!

A small-court sensation is sweeping the nation. What's all the racket about?

By Peter Moore

Pickleball. Have you heard of it? It's that incredibly popular tennis-and-Ping-Pong hybrid that everyone's playing, from Ellen DeGeneres ("I'm obsessed with it") to most of the residents of Naples, Fla., it seems (where one center with 60 courts calls itself "the Pickleball Capital of the World").

As if pickleball weren't hot enough already, here's something else to add to the buzz. America's bounciest, most-talked-about game is also really good for *rhyming*.

So says Penn Holderness, co-creator with his wife, Kim, of a viral rap video called "The Pickleball Song." The Holdernesses recently achieved fame as the winners of *The Amazing*

Race on CBS. But before that, they were simply a hilarious pair of YouTubers who mined their marriage and family life for comedy gold and a billion views.

In the pickleball video, Penn leans into the camera to rap-shout, "My wife, yeah, she used to be chill / But to her pickleball's now a really big *dill!*"

Kim's right about it being a really big, uh, deal. According to USA Pickleball, the sport has been sprouting like a cucumber vine, growing an average of 11.5 percent a year since 2017 to reach 4.8 million picklers in the United States alone. As Penn Holderness might rap, "This gherkin is workin'."

If you haven't yet experienced the sport,



HOW PICKLEBALL WAS BORN

Three dads living on Bainbridge Island, Wash., in 1965, were sick of hearing their kids complain of boredom. So they created a mashup of Ping-Pong, tennis and badminton to squelch the bellyaching. It worked. But what's with the name?

- **Theory 1:** Because it's a mixture of other racket sports, the wife of one of the creators coined the term as a reference to the second-string leftovers manning the "pickle boat" in rowing.
- **Theory 2:** "Pickles" was a ball-chasing dog belonging to one of the creators, and it was named in her honor.

Even pickleball's originators (pictured below with their families) couldn't agree on where the name came from, and now they've moved on to that big court in the sky. So feel free to spread your own theory.



COVER - ISTOCK; FEATURE FROM TOP - ISTOCK; COURTESY USA PICKLEBALL

CLOCKWISE FROM TOP: NOAM GALAVI/GETTY IMAGES; COURTESY THE RANCICs; PAUL ARCHULETA/GETTY IMAGES; AMY E. PRICE/GETTY IMAGES FOR SXSX; FRAZER HARRISON/GETTY IMAGES; MIKE COPPOLA/GETTY IMAGES FOR THE BUONICONTI FUND TO CURE PARALYSIS; DENISE TRUSCELLI/WIREIMAGE/GETTY IMAGES

walk by any of 9,524 pickleball-enabled parks, community centers and sports complexes across the U.S. and listen for the *plink, plonk, plink, plonk* sound of oversize whiffle balls bouncing off of composite paddles.

What Jerry Seinfeld once joked about tennis is even truer about pickleball: It's "basically Ping-Pong, and the players are standing on the table." But four 20-by-44-foot pickleball courts can fit into the space required for the Sport of Kings. Plus, it's easy to pick up, requires minimal athleticism and has a fun vocabulary all its own. So maybe there's new royalty on the court.

We can't all smash like Roger or slash like Serena, but virtually anybody can play pickleball. "A man I was playing against recently was limping," says Ann Farrell Pulliam, 55, a recent convert to pickleball in Vienna, Va. "So I asked him, 'Have you hurt your leg?' He tells me, 'No, I have Parkinson's.' I felt terrible. Then his team totally killed us."

Pulliam is a great case study in pickleball's popularity. She lost her husband to cancer in June of 2021, just shy of their 30th wedding anniversary. She barely left the house for months, except to attend her grief group. "A friend called to check on me," she recalls. "He told me, 'Get out of bed. Take a shower. Put on some clothes. Go play pickleball.]" So I went on Facebook and asked if anybody had ever heard of the game. Now I play five times a week and my phone contacts have doubled. It saved my life."

One reason for Pulliam's change in outlook: The *other* incessant noise you hear on a pickleball court is laughter. "The first time I laughed since my husband died, I was on a pickleball court," says Pulliam. "You

continued on page 12

PICKLEBALL OF THE STARS

Who's playing? Absolutely everyone—including these celebrities.



"My husband, Bill, and I were introduced to pickleball several years ago and have been playing it regularly ever since. We've competed in tournaments, even winning several of them, and are totally hooked!" says *E!* News reporter **Giuliana Rancic**, 47, who co-starred with **Bill Rancic**, 51, on *Giuliana and Bill*. "One of the reasons it's the fastest-growing sport is because it's easy to pick up at any age and you can start playing competitively in a rather short period of time. And since it's great for all ages, it makes for a really fun family activity as well." Rancic has a pickleball collection coming out soon as part of her clothing line G by Giuliana on HSN.



"I absolutely love the sport," says *Friends* alum **Matthew Perry**, 52. "But I wish it was called anything other than pickleball," he adds with a laugh. He may joke, but Perry plays almost every day, says pickleball pro Matt Manasse, who coaches Perry and other celebs, including Larry David. "Matthew is competitive and he's getting very good. He's using it to lose weight. He's an awesome guy and will play with anyone at the club here. He has a full tennis background, so it was a semi-easy transition for him."



"The [pickleball] court might be the only place in the world where I'm fully in the now," says author and speaker **Brené Brown**, 56, who is part of the ATX Pickleballers owners' group, which promotes major league pickleball. "Not thinking ahead, worrying, wondering—just keeping my eye on the ball and my head in the game. When I don't do both, there's immediate feedback. Like a ball to the face."



"It's something I can play with my dad," says **Cameron Mathison**, 52, who is Drew Cain on *General Hospital* and will star in GAC's *The Christmas Farm* later this year. "And it's been a great way to get to know the *GH* cast off set!"



"I started playing pickleball shortly after retiring," former Major League Baseball player **Chase Utley**, 43, told *Parade*. "I now play at least once a week. The sport checks off all the boxes for me: hand-eye coordination, strategy and competition. Pickleball doesn't discriminate; anyone can play regardless of age or skill set. I play with my kids, who are obsessed, my wife, who is a killer, and my buddies, who are keeping their pro dreams alive. Pickleball is here to stay and I highly suggest giving it a try."



"She kills me—if we play six games, I'll win maybe two," says **George Clooney**, 61, who told Yahoo! Entertainment that he plays pickleball with wife **Amal**, 44, on their court at their L.A. home. "Amal just beats the hell out of me."

—Nicole Pajor



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IMPORTANT SAFETY INFORMATION

It is not known if CIBINQO (abrocitinib) is safe and effective in children.

CIBINQO may cause serious side effects, including:

Serious infections. CIBINQO can lower your immune system's ability to fight infections. Do not start CIBINQO if you have any kind of infection unless your healthcare provider tells you it is okay. Serious infections, including tuberculosis (TB) and infections caused by bacteria, fungi, or viruses that can spread throughout the body, have occurred in people taking CIBINQO or other similar medicines. Some people have died from these infections. Your risk of developing shingles may increase while taking CIBINQO.

Your healthcare provider should test you for TB before treatment with CIBINQO and monitor you closely for signs and symptoms of TB infection during treatment.

Before and after starting CIBINQO, tell your doctor right away if you have an infection, are being treated for one, or have symptoms of an infection, including: fever, sweating, or chills; muscle aches; cough or shortness of breath; blood in your phlegm; weight loss; warm, red, or painful skin or sores on your body; diarrhea or stomach pain; burning when you urinate or urinating more often than usual; or feeling very tired.

CIBINQO can make you more likely to get infections or worsen infections you have.

There is an increased risk of death in people 50 years and older who have at least one heart disease (cardiovascular) risk factor and are taking a Janus kinase (JAK) inhibitor (such as CIBINQO).

Cancer and immune system problems. CIBINQO may increase your risk of certain cancers by changing the way your immune system works. Lymphoma and other cancers, including skin cancers, can happen. People, especially current or past smokers, have a higher risk of certain cancers, including lymphoma and lung cancers, while taking a JAK inhibitor. Follow your healthcare provider's advice about having your skin checked for skin cancer during treatment. Limit the amount of time you spend in sunlight and avoid using tanning beds or sunlamps. When in the sun, wear protective clothing and use SPF 30+ sunscreen. This is especially important if you have very fair skin or a family history of skin cancer. Tell your healthcare provider if you have ever had any type of cancer.

There is an increased risk of major cardiovascular (CV) events such as heart attack, stroke or death in people 50 years and older who have at least one heart disease (CV) risk factor and are taking a JAK inhibitor, especially for current or past smokers.

Some people taking CIBINQO have had major cardiovascular events.

Get emergency help right away if you develop any symptoms of a heart attack or stroke while taking CIBINQO, including: discomfort in the center of your chest that lasts for more than a few minutes, or that goes away and comes back; severe tightness, pain, pressure, or heaviness in your chest, throat, neck, or jaw; pain or discomfort in your arms, back, neck, jaw, or stomach; weakness in one part or on one side of your body; slurred speech; shortness of breath with or without chest discomfort; breaking out in a cold sweat; nausea or vomiting; or feeling lightheaded.

Blood clots. Blood clots in the veins of your legs (deep vein thrombosis, DVT) or lungs (pulmonary embolism, PE) can happen in some people taking CIBINQO. This may be life-threatening. Blood clots in the veins of the legs and lungs have happened more often in people 50 years and older, with at least one heart disease (CV) risk factor, taking a JAK inhibitor. Tell your healthcare provider if you have had blood clots in the veins of your legs or lungs in the past.

Get medical help right away if you have any signs and symptoms of blood clots including swelling, pain, or tenderness in one or both legs; sudden, unexplained chest or upper back pain; shortness of breath or difficulty breathing.

Changes in certain laboratory test results. Your doctor should do blood tests before and during treatment with CIBINQO to check your lymphocyte, neutrophil, red blood cell, and platelet counts. You should not take CIBINQO if these counts are too low. Your healthcare provider may stop treatment for a period of time if there are changes in these blood test results. You may also have changes in other laboratory tests, such as your blood cholesterol levels. Your doctor should do blood tests about 4 weeks after you start treatment and 4 weeks after any increase in dose to check blood cell counts and as often as needed for other laboratory tests.

During the first 3 months of treatment with CIBINQO, do not take medicines that prevent blood clots except low-dose aspirin (≤ 81 mg daily), if prescribed.

Before taking CIBINQO, tell your healthcare provider if you: have an infection, are being treated for one, or have one that won't go away or keeps returning; have diabetes, chronic lung disease, HIV, or a weak immune system; have TB or have been in close contact with someone with TB; have had shingles (herpes zoster); have had hepatitis B or hepatitis C; live, have lived, or traveled to certain areas (such as Ohio & Mississippi River Valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections. These infections may happen or worsen when taking CIBINQO. Ask your healthcare provider if you're unsure if you have lived in an area where these infections are common; have had any type of cancer; have had blood clots in the veins of your legs or lungs; are a current or past smoker; have had a heart attack, other heart problems, or stroke; have kidney or liver problems; have abnormal blood tests (low platelet count or white blood cell count); have any eye problems, including cataracts or retinal detachment; have recently received or are scheduled to receive any vaccinations. People who take CIBINQO should not receive live vaccines; are or plan to become pregnant. It is not known if CIBINQO will harm your unborn baby. Pfizer has a **Pregnancy Exposure Registry** for pregnant women who take CIBINQO to check your health and the health of your baby. If you are pregnant or become pregnant while taking CIBINQO, ask your healthcare provider how you can join this pregnancy registry or call **1-877-311-3770** to enroll; are breastfeeding or plan to breastfeed. It is not known if CIBINQO passes into your breast milk. You should not take CIBINQO while breastfeeding; or are taking other medications, including prescription and over-the-counter medicines, vitamins, and herbal supplements. CIBINQO and other medicines may affect each other, causing side effects. **Especially tell your healthcare provider if you take aspirin or any antiplatelet therapies.** Ask your healthcare provider if you are unsure.

The most common side effects of CIBINQO include common cold, nausea, headache, herpes simplex including cold sores, increased blood level of creatinine phosphokinase, dizziness, urinary tract infection, tiredness, acne, vomiting, mouth and throat pain, flu, stomach flu, bacterial skin infection, high blood pressure, allergic skin rash to something you contacted, stomach pain, shingles, and low platelet count.

CIBINQO may cause fertility problems in females, which may affect the ability of females to get pregnant. Talk to your healthcare provider if you have concerns about fertility.

Separation or tear to the lining of the back part of the eye (retinal detachment) has happened in people treated with CIBINQO. Call your healthcare provider right away if you have any sudden changes in your vision.

These are not all of the possible side effects of CIBINQO.

You are encouraged to report adverse events related to Pfizer products by calling **1-800-438-1985** (U.S. only). If you prefer, you may contact the U.S. Food and Drug Administration (FDA) directly. Visit www.fda.gov/MedWatch or call **1-800-FDA-1088**.

CIBINQO is available in 50 mg, 100 mg and 200 mg pills.

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PP-ABR-USA-0921

Please see Important Facts, including BOXED WARNING, on the next pages or visit CIBINQOPI.com for full Prescribing Information.



Get to know CIBINQO

for adults with **moderate-to-severe eczema**
who did not respond to previous treatments*



*CIBINQO (si-BINK-oh) is a prescription treatment for adults with moderate-to-severe eczema (atopic dermatitis) who didn't respond to previous treatment and when other treatments, including oral or injected medicines, haven't worked well or are not right for them.



Helps provide clearer
skin and less itch
Once-daily pill
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CIBINQO
(abrocitinib) tablets

Speak with your doctor about CIBINQO today

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This brief summary outlines important information about CIBINQO (abrocitinib) and is not comprehensive. If you would like more information, talk to your healthcare provider or visit www.CIBINQOPI.com.

What is CIBINQO?

CIBINQO is a prescription medicine that is a Janus kinase (JAK) inhibitor. CIBINQO is used to treat adults with moderate-to-severe atopic dermatitis (eczema) that did not respond to other treatment and is not well controlled with prescription therapies, including biologic medicines or in adults who cannot tolerate these therapies.

It is not known if CIBINQO is safe and effective in children.

What is the most important information I should know about CIBINQO?

CIBINQO may cause serious side effects, including:

1. Serious infections

CIBINQO is a medicine that affects your immune system. CIBINQO can lower the ability of your immune system to fight infections. Some people have had serious infections while taking CIBINQO or other similar medicines, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections.

- Your healthcare provider should test you for TB before starting treatment with CIBINQO.
- Your healthcare provider should watch you closely for signs and symptoms of TB during treatment with CIBINQO.

You should not start taking CIBINQO if you have any kind of infection unless your healthcare provider tells you it is okay.

You may be at a higher risk of developing shingles (herpes zoster).

Before starting CIBINQO, tell your healthcare provider if you:

- are being treated for an infection.
- have had an infection that does not go away or that keeps coming back.
- have diabetes, chronic lung disease, HIV, or a weak immune system.
- have TB or have been in close contact with someone with TB.
- have had shingles (herpes zoster).
- have had hepatitis B or hepatitis C.
- live or have lived or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections. These infections may happen or become more severe if you use CIBINQO. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common.
- think you have an infection or have symptoms of an infection such as:
 - fever, sweating, or chills
 - muscle aches
 - cough or shortness of breath
 - blood in your phlegm
 - weight loss
 - warm, red, or painful skin or sores on your body
 - diarrhea or stomach pain
 - burning when you urinate or urinating more often than usual
 - feeling very tired

After starting CIBINQO, call your healthcare provider right away if you have any symptoms of an infection. CIBINQO can make you more likely to get infections or make any infections that you have worse.

2. Increased risk of death in people 50 years of age and older who have at least 1 heart disease (cardiovascular) risk factor and are taking a medicine in the class of medicines called Janus kinase (JAK) inhibitors. CIBINQO is a JAK inhibitor medicine.

3. Cancer and immune system problems

CIBINQO may increase your risk of certain cancers by changing the way your immune system works.

- Lymphoma and other cancers, including skin cancers, can happen in people taking CIBINQO.
- People taking a medicine in the class of medicines called Janus kinase (JAK) inhibitors have a higher risk of certain cancers including lymphoma and lung cancer, especially if you are a current or past smoker.

- Follow your healthcare provider's advice about having your skin checked for skin cancer during treatment with CIBINQO. Limit the amount of time you spend in sunlight. Avoid using tanning beds or sunlamps. Wear protective clothing when you are in the sun and use a sunscreen with a high protection factor (SPF 30 and above). This is especially important if your skin is very fair or if you have a family history of skin cancer.

Tell your healthcare provider if you have ever had any type of cancer.

4. Increased risk of major cardiovascular events such as heart attack, stroke or death in people 50 years of age and older who have at least 1 heart disease (cardiovascular) risk factor and taking a medicine in the class of medicines called JAK inhibitors, especially if you are a current or past smoker.

Some people taking CIBINQO have had major cardiovascular events.

Get emergency help right away if you develop any symptoms of a heart attack or stroke during treatment with CIBINQO, including:

- discomfort in the center of your chest that lasts for more than a few minutes, or that goes away and comes back
- severe tightness, pain, pressure, or heaviness in your chest, throat, neck, or jaw
- pain or discomfort in your arms, back, neck, jaw, or stomach
- weakness in one part or on one side of your body
- slurred speech
- shortness of breath with or without chest discomfort
- breaking out in a cold sweat
- nausea or vomiting
- feeling lightheaded

5. Blood clots

Blood clots in the veins of your legs (deep vein thrombosis, DVT) or lungs (pulmonary embolism, PE) can happen in some people taking CIBINQO. This may be life-threatening. Blood clots in the veins of the legs (deep vein thrombosis, DVT) and lungs (pulmonary embolism, PE) have happened more often in people who are 50 years of age and older and with at least 1 heart disease (cardiovascular) risk factor taking a medicine in the class of medicines called Janus kinase (JAK) inhibitors.

- Tell your healthcare provider if you have had blood clots in the veins of your legs or lungs in the past.
- Get medical help right away if you have any signs and symptoms of blood clots during treatment with CIBINQO, including:
 - swelling, pain or tenderness in one or both legs
 - sudden, unexplained chest or upper back pain
 - shortness of breath or difficulty breathing

6. Changes in certain laboratory test results

Your healthcare provider should do blood tests before you start taking CIBINQO and during treatment with CIBINQO to check for the following:

- **low lymphocyte count.** Lymphocytes are white blood cells that help the body fight off infections.
- **low neutrophil count.** Neutrophils are white blood cells that help the body fight off infections.
- **low red blood cell count.** This may mean that you have anemia, which may make you feel weak and tired.
- **low platelet count.** Platelets help form clots and stop or prevent bleeding.

You should not take CIBINQO if your lymphocyte counts, neutrophil counts, red blood cell counts, or platelet counts are too low. Your healthcare provider may stop your CIBINQO treatment for a period of time if needed because of changes in these blood test results. You may also have changes in other laboratory tests, such as your blood cholesterol levels.

Your healthcare provider should do blood tests about 4 weeks after you start taking CIBINQO, and 4 weeks after any increase in your dose of CIBINQO to check your blood cell counts, and as often as needed for your other laboratory tests.

See **“What are the possible side effects of CIBINQO?”** for more information about side effects.

What medicines should I avoid while taking CIBINQO?

During the first 3 months of treatment with CIBINQO, do not take CIBINQO with other medicines that prevent blood clots. You can take low-dose aspirin up to a dose of 81 mg each day during this time if prescribed by your healthcare provider.

What should I tell my healthcare provider before taking CIBINQO?

Tell your healthcare provider about all of your medical conditions, including if you:

- See “What is the most important information I should know about CIBINQO?”
- have an infection.
- are a current or past smoker.
- have had a heart attack, other heart problems, or stroke.
- have kidney problems or liver problems.
- have low platelet counts or white blood cell counts.
- have any eye problems, including cataracts or retinal detachment.
- have recently received or are scheduled to receive an immunization (vaccine). People who take CIBINQO should not receive live vaccines.
- are pregnant or plan to become pregnant. It is not known if CIBINQO will harm your unborn baby.
 - **Pregnancy Exposure Registry.** Pfizer has a registry for women who take CIBINQO during pregnancy. The purpose of this registry is to check the health of you and your baby. If you are pregnant or become pregnant during treatment with CIBINQO, talk to your healthcare provider about how you can join this pregnancy registry, or you may contact the registry at 1-877-311-3770 or www.CIBINQOPregnancyRegistry.com.
- are breastfeeding or plan to breastfeed. It is not known if CIBINQO passes into your breast milk. You and your healthcare provider should decide if you will take CIBINQO or breastfeed. You should not do both.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. CIBINQO and other medicines may affect each other causing side effects.

Especially tell your healthcare provider if you take aspirin or any antiplatelet therapies. See “Do not take CIBINQO if you.” Ask your healthcare provider if you are unsure.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist whenever you get a new medicine.

How should I take CIBINQO?

- Take CIBINQO exactly as your healthcare provider tells you to take it.
- Take CIBINQO 1 time each day, at about the same time each day.
- Swallow CIBINQO tablets whole with water. Do not split, crush, or chew the tablets.
- You can take CIBINQO with or without food.
- CIBINQO can be used with or without prescribed topical medicines for atopic dermatitis. Prescribed topical medicine are lotions, creams, or ointments applied to your skin.
- If you miss a dose, take the dose as soon as possible. If it is less than 12 hours before the next dose, skip the dose. Take the next dose at your usually scheduled time.
- If you take too much CIBINQO, call the Poison Control Center at 1-800-222-1222 right away.

What are the possible side effects of CIBINQO?

CIBINQO may cause serious side effects, including:

- See “What is the most important information I should know about CIBINQO?”

The most common side effects of CIBINQO include:

See “What is the most important information I should know about CIBINQO.”

- common cold
- nausea
- headache
- herpes simplex including cold sores
- increased blood level of creatinine phosphokinase
- dizziness
- urinary tract infection
- tiredness
- acne
- vomiting
- mouth and throat pain
- flu
- stomach flu
- bacterial skin infection (impetigo)
- high blood pressure
- allergic skin rash to something you came into contact with
- stomach-area pain
- shingles
- low platelet count

CIBINQO may cause fertility problems in females, which may affect your ability to get pregnant. Talk to your healthcare provider if you have concerns about fertility.

Separation or tear to the lining of the back part of the eye (retinal detachment) has happened in people with atopic dermatitis treated with CIBINQO. Call your healthcare provider right away if you have any sudden changes in your vision during treatment with CIBINQO.

These are not all the possible side effects of CIBINQO.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

You may also report side effects to Pfizer at 1-800-438-1985.

General information about the safe and effective use of CIBINQO.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use CIBINQO for a condition for which it was not prescribed. Do not give CIBINQO to other people, even if they have the same symptoms you have. It may harm them.

You can ask your pharmacist or healthcare provider for information about CIBINQO that is written for health professionals.

What are the ingredients in CIBINQO?

Active ingredient: abrocitinib

Inactive ingredients: dibasic calcium phosphate anhydrous, hypromellose, iron oxide red, lactose monohydrate, Macrogol, magnesium stearate, microcrystalline cellulose, sodium starch glycolate, titanium dioxide, and triacetin.

CIBINQO is available in 50 mg, 100 mg, and 200 mg pills.

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This brief summary is based on the CIBINQO Prescribing Information LAB-1423-1.0 and Medication Guide LAB-1424-1.0
Issued January 2022

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Avid player Ann Farrell Pulliam says pickleball saved her life.



have to remember the funny rules, when to rotate on the court and it takes all four of us to remember the score.” It’s mostly a doubles game, which quadruples the hilarity.

And, as Pulliam says, virtually everybody is a beginner, which lessens the pressure. That’s even true for Ben Johns, whose biggest claim to fame used to be his status as hitting partner for his brother on the pro tennis tour. “I was playing tennis one day in 2016,” he says, “and I heard this fun popping sound coming from the pickleball court next door. I tried it and thought, *This game is awesome*, mostly because I was beating up on my dad all the time.” Now, as the world’s No. 1-ranked pro pickleball player in singles, doubles and mixed doubles, the 23-year-old Johns is beating up on a lot of other people too.

Johns, who now has the ultimate sports status symbol—his own signature paddle from Joola—loves that the sport is still young. “Golf has been around for four hundred years, tennis longer than that. There’s a right way and a wrong way to play them. But pickleball is still in a time of experimentation. When you figure something out, you expand the sport yourself. You can help it grow.”

So why are you sitting there

continued on page 14

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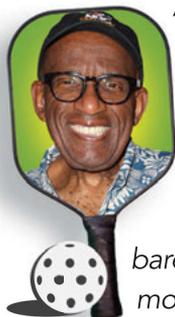


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from page 12

reading? Grab a paddle, a ball and three strangers (who will soon become friends), and make pickleball your own. But don't take it too seriously, or you might get kicked off the court. It's just pickleball, y'all.



"I always love a sport where they say, 'Ah, you know what? You're a nice little old person. You can play this. You'll barely know that you're moving.'" says Today's **Al Roker, 67.**



Today hosts (from left) Sheinelle Jones, Carson Daly, Hoda Kotb, Jenna Bush Hager, Savannah Guthrie and Al Roker hit the court in 2021 for their own pickleball tournament.

HOW TO TALK LIKE A PICKLER

FLAPJACK For each serve and return of serve, players must allow the ball to bounce before they hit it. Those bouncing starters are called flapjacks, for some unknowable reason.

DILLBALL An incoming ball that has bounced once and is thus available for you to thwack.

THE KITCHEN A 7-foot zone on either side of the net, where you're forbidden to hit the ball unless it has bounced first. This rule prevents smashes from the kitchen, which are unfun and dangerous at close quarters.

DINK SHOT An annoying shot in which the ball is plinked from your kitchen into your opponents', with little hope of return.

OPA! After two bounce-hit sequences, players may shout "Opa!" to signify that from now on it's OK to hit a ball out of the air (unless you're standing in the kitchen, in which case you need to review the pickleball rules).

PICKLED If you fail to score any points in a game, you've been pickled. But that will remind you: It's time for cocktail hour with your new pickleball besties. Order a dirty martini, with pickle juice.



FROM TOP: ALEXANDER TAMARGO/GETTY IMAGES; THE TODAY SHOW

What America Eats

A Perfect Summer Cake



Zucchini is the secret to this dessert from the new cookbook *Homestead Recipes* by popular I Am Baker blogger Amanda Rettke. Moist and tender, "it's delicate yet flavorful," she promises. Paired with strawberry sauce, "this cake is the definition of summer!"

WHITE ZUCCHINI CAKE WITH ROASTED STRAWBERRY SAUCE

The sauce also is fabulous spooned over vanilla ice cream, pancakes or waffles.

Cake

Preheat oven to 350°F. Coat a 9-inch Bundt pan with cooking spray.

In a large bowl, beat ½ cup (1 stick) **unsalted butter**, at room temperature; ⅔ cup **granulated sugar**; and ½ tsp **vanilla extract** on medium speed 30 seconds, then mix on high 2–4 minutes, until light and fluffy. Add 4 large **egg whites**, at room temperature; beat on medium until just incorporated.

In a medium bowl, sift together 2 cups sifted **all-purpose flour**, 2 Tbsp **cornstarch**, 1 Tbsp **baking powder** and ¼ tsp kosher salt. Add about one-third flour mixture to butter mixture; beat on low to combine. Gradually beat in ⅓ cup **whole milk**, another third flour mixture, then ⅓ cup whole milk and remaining flour mixture. Continue beating on low until just combined. Fold in 1 **small zucchini**, peeled and finely shredded, undrained (about 1 cup), by hand.

Scrape batter into prepared pan. Bake 25–30 minutes or until a toothpick inserted into center comes out with a few crumbs but no wet batter clinging to it. (Do not overbake.) Cool cake in pan 15 minutes, then invert it onto a large serving plate.

Sauce

Preheat oven to 400°F.

Arrange 2 cups sliced **fresh strawberries** in a single layer on a parchment-lined sheet pan. Drizzle evenly with 2 Tbsp **maple syrup**. Sprinkle with ¼ tsp **ground cinnamon**. Roast 10–12 minutes or until berries are tender and have begun to release their juices.

In a medium bowl, combine 1 (10-oz) jar **strawberry preserves** and roasted strawberries. If you prefer a thinner sauce, add up to ½ cup warm water. (Makes about 3 cups.)

To serve, pour strawberry sauce over cake, reserving some for individual slices. Top each slice of cake with a dollop of **whipped cream**, if desired, and a drizzle of strawberry sauce. **Serves 8.**

Head to [Parade.com/dill](https://www.parade.com/dill) for Rettke's dreamy Creamy Dill Pickle Burger recipe.

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“I love my new Zinger. It has liberated me.”

Jerry G., Maine

Once in a lifetime, a product comes along that truly moves people. Introducing the future of battery-powered personal transportation . . . *The Zinger.*

Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough . . . a personal electric vehicle. It's called the *Zinger*, and there is nothing out there quite like it.

“Yesterday my wife and I drove over to Two Lights State Park in Cape Elizabeth, Maine, where we were married. We haven't visited the park in over a year because I can no longer walk the quarter-mile or so from the parking lot to our favorite bench on Maine's rocky shoreline. It's truly beautiful and we have missed it terribly.

I was a bit concerned because at least half of the way is a gravel walkway with an incline but my Zinger easily conquered the incline at Medium Speed. This afternoon we'll be off for a stroll in our neighborhood. Perhaps we'll get to chat with neighbors we haven't seen in over a year. I couldn't be more pleased with my Zinger.”

—Jerry G., Maine

The first thing you'll notice about the *Zinger* is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum so it weighs only 47.2 lbs. It features one-touch folding and unfolding – when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then,



Available in Green, Black and Blue (shown)



The Zinger folds to a mere 10 inches.

there are the steering levers. They enable the *Zinger* to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your *Zinger* almost anywhere, so you don't have to let mobility issues rule your life.

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