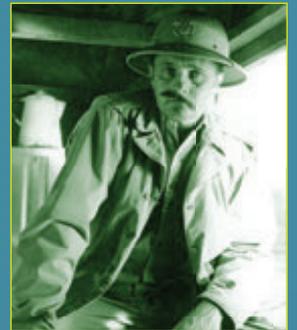


# Parade

SUNDAY, AUGUST 21.



## STILL Laughing *with* BOB Newhart

50 Years after *The Bob Newhart Show* debuted, the funnyman reflects on how his stammer became his strength and why he loves “the danger of comedy”

**PLUS**

Bobby Flay's New Show, p. 2



# Personality Parade



## THERE BE DRAGONS!

The prequel to *Game of Thrones* has finally arrived with the premiere of the 10-episode **House of the Dragon** (Aug. 21 on HBO and HBO MAX), which tells the story of GOT's fabled Targaryen empire some 200 years before the events of the 2011–19 fantasy series. "We're [still] in the world of *Game of Thrones*," says **Olivia Cooke**, 28, who plays Alicent Hightower, a power-seeking woman in the Seven Kingdoms. So there will be dragons, lots of blood and mud and plenty of moral conflicts. "Such is the human condition—you can do some horrendous things, and some wonderful things as well," says Cooke, whose co-stars include Emma D'Arcy, **Rhys Ifans** and Paddy Considine. "It's very complex, and it's not black-and-white at all."

## A REAL-LIFE TED LASSO?



*Deadpool* star **Ryan Reynolds** and *It's Always Sunny in Philadelphia* actor **Rob McElhenney**, both 45, document their real-world experience as the owners of a historic yet struggling European football (soccer to Americans) club in the series *Welcome to Wrexham* (Aug. 24 on FX and the next day on Hulu). The team from Wrexham, a working-class town in North Wales, was on the brink of dissolution when the two Hollywood actors took ownership. "I am proud to say it was never a joke," says Reynolds. "Our goal is to grow the team while making a positive difference to the wider community. In a town like Wrexham, if the football club is going to do well, the community has to do well."

### WALTER SCOTT ASKS...

## REGINA HALL

The star of *Girls Trip*, *Scary Movie* and the *Best Man* movie franchise joins **Kevin Hart** and **Mark Wahlberg** in the comedy **Me Time** (Aug. 26 on Netflix). Hall, 51, plays Maya, an accomplished architect and mom who takes her kids on a spring break, leaving stay-at-home hubby (Hart) time to reunite with his childhood friend (Wahlberg) for an adventure that goes off the rails.



**Tell us about Maya.** I like her relationship with her kids and her husband. She's passionate about work, but she's balancing. You don't think she's going to be able to handle the kids when they go away, but that instinct as a mom was still there, and that deep connection to her family.



**This movie has a gender flip, with Maya as the breadwinner for her family.** There's this assumption that if you're female, you're 100 percent going to soar more at motherhood than a male. Maybe we're starting to understand those archetypes are not universal.

**Tell us about your next role, in *Honk for Jesus. Save Your Soul* [Sept. 2 in theaters and on Peacock].** I play Trinitie Childs, the first lady of a megachurch, and my husband is Sterling K. Brown, who plays pastor Lee-Curtis Childs. The church is trying to rebrand itself after we're involved in a bit of a scandal.

**You're also filming *The Best Man: The Final Chapters* [Dec. 22 on Peacock], a series sequel to the films. How was it to revisit that?** *The Best Man* was my first film, so I started with all the original cast members. It was exciting for us to have one more time to visit those characters and see them not come to completion in two hours, but over a period of eight episodes. We were excited about "Where are we now?"

What was it like to choke Nicole Kidman in *Nine Perfect Strangers*? Go to [Parade.com/hall](https://www.parade.com/hall) to find out.

## BOBBY FLAY DOES L.A.



Superstar chef **Bobby Flay**, 57, takes viewers—along with his daughter, **Sophie**, 26—on a food tour of the City of Angels in *Bobby and Sophie on the Coast* (Aug. 22 on Food Network). Here are some fun facts about the Iron Chef, who dropped out of high school at 17 to be a busboy at Joe Allen, a restaurant that's a favorite with theatergoers.

On *Beat Bobby Flay*, the Food Network series in which chefs attempt to best him, he has won 238 rounds and lost 150, for a 61.3 percent winning record (as of press time).

Flay's Maine coon cat **Nacho** is an Instagram star (@nachoflay) with 294k followers.



He credits the Easy-Bake Oven, a Christmas gift from his parents who saw it on his childhood wish list, for his love of cooking.



He gave grilling tips to **President Barack Obama** when they barbecued together in the summer of 2009.

In 2015, he became the first chef to get a star on the **Hollywood Walk of Fame**.



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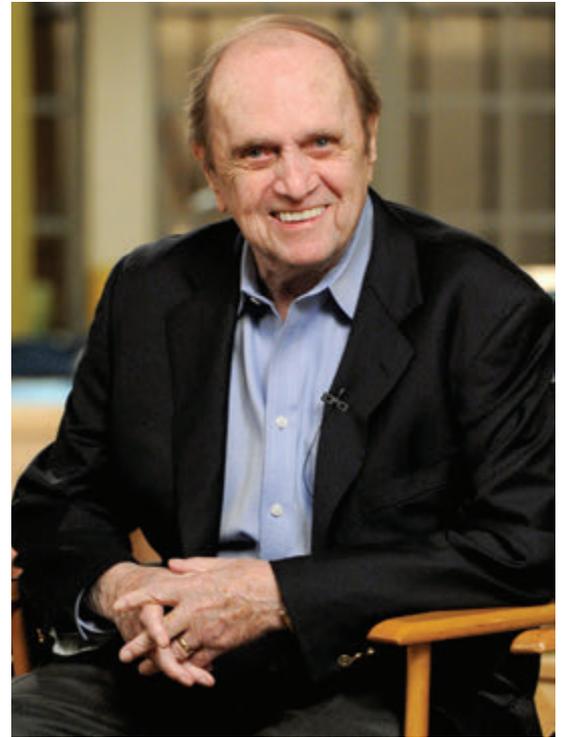
Though Bob Newhart, 92, has been performing comedy for more than 60 years, there is one moment onstage he'll never forget. It was in 1993, when he was inducted into the Television Academy Hall of Fame. He refers to it as "joining the giants . . . the Johnny Carsons and the Bob Hopes and the Lucille Balls." That night, he was finally recognized as one of the masters of the craft of TV comedy.

This summer marks 50 years from the day—Sept. 16, 1972—that Newhart's Emmy-nominated sitcom *The*

# STILL Laughing *with* BOB Newhart

Fifty years after *The Bob Newhart Show* debuted on TV, the comedy icon—and his showbiz admirers—reflects on the moment he'll never forget, how his stammer became his strength and the power of laughter.

BY AMY SPENCER



CLOCKWISE FROM TOP LEFT: CBS VIA GETTY IMAGES; KEVIN WINTER/GETTY IMAGES; AP PHOTO; PATRICK FRASER/CORBIS VIA GETTY IMAGES; AP PHOTO; KEVIN WINTER/GETTY IMAGES; CBS VIA GETTY IMAGES; EVERETT COLLECTION

## ROLE CALL

### **The Bob Newhart Show** (1961–62)

Newhart earned his first Emmy nomination as a writer on his own variety show, which lasted for one season.



### **Hell Is for Heroes** (1962)

His debut film role was playing innocent Private Driscoll in this Steve McQueen war movie about a squad of U.S. infantrymen forced back onto the front lines.

**Catch-22** (1970) In this adaptation of Joseph Heller's satirical war novel, he plays Major Major, an inept wartime manager.

### **The Bob Newhart Show** (1972–78)

His first hit sitcom had Newhart playing a Chicago psychologist, Dr. Robert Hartley—who mined his friends, neighbors and family for laughs. The show lasted for six seasons.



**Newhart** (1982–90) Portraying an innkeeper in rural Vermont, he led a quirky cast of characters for eight seasons, ending in one of TV's all-time top finales.

**ER** (2003) Newhart earned another Emmy nomination for his dramatic multiple-episode guest arc as architect Ben Hollander, who is so distraught over going blind he takes his own life.

*Bob Newhart Show* debuted. It would continue for six beloved seasons. Today, the father of four and grandfather of 10, who has been married to his wife, Ginny, for nearly 60 years, is speaking with *Parade* from his home in Los Angeles, talking about his decades of stand-up touring and his numerous roles on television and in films. And he keeps returning to that night at the Television Academy Hall of Fame ceremony, thinking, *You've come a long way, baby.*

## LAUGHTER, THE GREATEST SOUND

The comedian was raised with his three sisters in Chicago by their father, George, who worked for a plumbing and heating supply company, and mother, Julia, a homemaker. He played basketball in high school, even though he wasn't particularly suited for it. "I was, like, 5-foot-2, so I wasn't an athlete," he says. "But I had this ability; I would amuse people; I'd do impressions." For one school performance, he did his own comic version of the 1948 Olivia de Havill-

and film *The Snake Pit* that he called "The Olive Pit." And he learned to work with what could have held him back: his lifelong stammer—which became particularly useful in comedy. "I mean, I never said, 'Oh, look, nobody's doing a stammer; I think I'll do it,'" he says with a laugh. But he found that it built tension in his routines—the pauses would keep audiences attentive about whatever would be coming next. "Tension is very important to comedy. And the release of the tension," he says, "that's the laugh."

Newhart studied management and accounting at Loyola University in Chicago before he was drafted into the U.S. Army during the Korean



Back in high school, Newhart wasn't particularly skilled with a basketball, but he knew how to make people laugh.

War, serving stateside. Then, after an honorable discharge and a short stint in law school, he spent about two years working as an account-

ant before shifting into work as a copywriter. On the side, he was always writing comedy, learning from comedians on *The Ed Sullivan Show*. "I'd laugh, but at the same time be studying them."

It was during his copywriting job that Newhart and a friend began working up comedy bits over the phone, which led to regular radio performances. When his friend moved to New York, Newhart stayed the course, and his funny one-sided phone calls ended up earning him the opportunity to create a live album. But he was as green as could be. "I played a club before my album came out," he recalls, "and, uh . . . I did two shows a night for

seven days and didn't get *one* laugh. If someone coughed, I would say, "Thank you very much."

But when his album *The Button-Down Mind of Bob Newhart* was released in 1960, it was a smash hit, holding on to the No. 1 spot on the *Billboard* chart for 14 weeks. In 1961, the album won Newhart

the Grammy for Album of the Year and another for Best New Artist—still today, he remains the only comedian to ever double-dip in those categories. His second album was also a big success on the charts.

Newhart says the time was right for his kind of comedy. "There was a sea change taking place," he says. While comedians like Henny Youngman would tell one joke and then another, in the late '50s, comedy took a turn toward a different kind of humor. Newhart credits Tom Lehrer—a mathematics professor who performed musical parodies—with the shift; he inspired Newhart and other upcoming comedians to experiment. Newhart performed vignettes: one-sided phone calls like "Abe Lincoln vs. Madison Avenue" and monologues such as "Driving Instructor," which sometimes ran up to eight minutes long. And audiences loved it. "I just remember the sound of laughter," he says. "It's one of the great sounds of the world."

*continued on page 6*

**Elf** (2003) In a movie that has become a holiday staple, human baby Buddy (Will Ferrell) sneaks into Santa's bag and ends up at the North Pole, where



Newhart's Papa Elf adopts and raises him.

## Desperate Housewives

(2005) Over the course of multiple episodes of this hit show, Susan (Teri Hatcher) desperately tries to get her mother back together with her estranged boyfriend—Newhart's "Morty"—so her mother doesn't move in with her.



**The Big Bang Theory** (2013–18) Newhart won his first Emmy playing Arthur Jeffries—aka kids' television science host Professor Proton—a role he reprised numerous times through 2018.

**Hot in Cleveland** (2015) In the series finale of this hit show, Newhart got to work with fellow comedy legend **Betty White**. He played Bob Sr., who, while attending the Vegas wedding of his son



Bob (David Foley), meets and falls for Elka (White).

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from page 5

**TELEVISION STARDOM**  
Newhart's hit albums showed off one of the keys to his success: his timing.

"It's like a metronome inside your head," he says. "And you get to the punch line, and you're just about to deliver it, then it's just..." he pauses, the silence hanging. "Now!"

To this day, stars who've worked with him are in awe of the timing of Newhart's internal metronome. "He obeys his own rhythms, answers to his own god," says Jim Parsons, who worked with him on the hit series *The Big Bang Theory*. "I just had to pray I could stay on the tightrope he laid out anytime I was in a scene with him."

Over the years, while Newhart worked on his stage bits and took various acting roles, he also built a life behind the curtain with his wife, Ginny, whom he met on a blind date arranged by comedian Buddy Hackett. After the couple married and had children, Newhart wanted to spend more time at home, so he took the offer to come off the road and star in his own sitcom.

Newhart fondly remembers building *The Bob Newhart Show*. "[The producers] said, 'Well, on your comedy records, you're on the telephone, you're a good listener. What kind of profession would, like, a good listener be?'" The result: psychologist Robert Hartley, a professional listener who was surrounded by a motley crew of eccentric co-workers and friends who had as many issues as his patients.

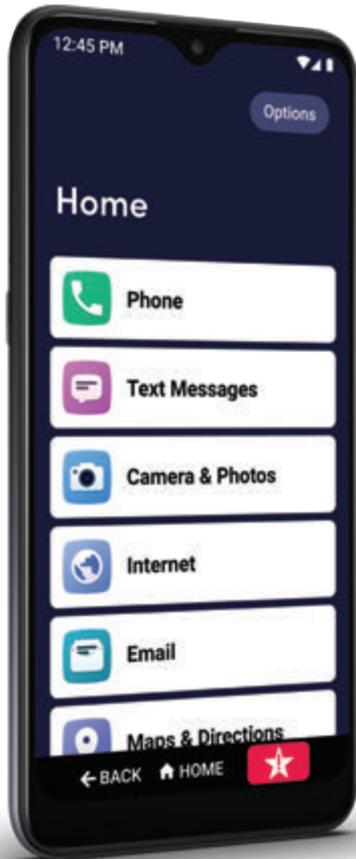
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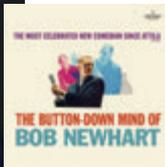
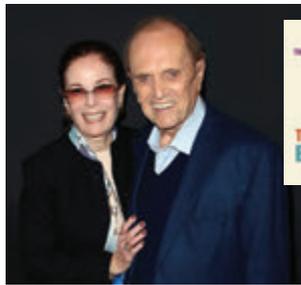
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After that series ended, he hit sitcom gold again 1982 with *Newhart*, playing a new character, Dick Loudon, a New York writer who moves to Vermont to become an innkeeper. Actress Julia Duffy, who played heiress-turned-maid Stephanie (alongside Mary Frann, Peter Scolari and Tom Poston), remembers “a riotous set” where Newhart’s “reactions are truly the punch line,” she recalls. “No need to wonder what would be funniest; with Bob, it was so clear what approach would get the biggest laugh.” After eight seasons, the 1990 finale’s ending would go down in television his-



Newhart and his wife, Ginny, in 2018; his breakthrough comedy album, *The Button-Down Mind of Bob Newhart*

tory: Newhart, resuming his role as psychologist Robert Hartley, wakes up in bed beside his original TV show wife (Suzanne Pleshette) and realizes that working as a harried innkeeper was all a dream.

Newhart received three Emmy nominations for that role. When it was done, he went back out on the road doing stand-up. And as bright as his star burned by then, he’d still find himself doing the same thing he’d always done every night, years earlier, before taking the stage: “Pacing,” he says, anxiously wondering what the audience would be like, if his jokes would hit or miss. “But then I realized, I *loved* the danger of it,” he says. “I loved the tension. And

then I loved the release when it went well.”

From there, Newhart starred in two short-lived television series, appeared in *Legally Blonde 2*, earned his sixth Emmy nomination, for a guest-starring role on *ER*, had a recurring guest role on *Desperate Housewives* and appeared in the comedy movie *Horrible Bosses*. But inarguably, his greatest film role was in 2003’s *Elf*. When he was sent the script, he jumped on the opportunity to play Papa Elf, who adopts and raises a human baby (Will Ferrell) as his own in the North Pole. “We knew that casting Bob would be an iconic, timeless choice,” says Jon Favreau, who directed the movie. “I always loved his deadpan delivery.” The film was a

huge hit and became a holiday perennial—so much so that “my [fan] mail today,” says Newhart, “is 50 percent *Elf*.” A decade later, he finally won his first Emmy, for a 2013 guest-starring role on *The Big Bang Theory*, portraying former children’s science TV host Professor Proton, the idol of the show’s lead characters. (Newhart also voices the character in the show’s spinoff, *Young Sheldon*.) And in 2015, he was invited to appear in the series finale of *Betty White’s* hit sitcom *Hot in Cleveland*.

## HOME AGAIN

Today, Newhart spends a lot of time at home. “I am one of the great wasters of time,” he says.

*continued on page 12*

# NEWHART NECESSITIES



**Favorite comedian:** “The most influential comedian to me for the past 50 years has been **Richard Pryor**. I don’t find anything offensive in the words he uses. What I do find offensive is when those same words are used gratuitously. I don’t expect Richard Pryor to say, ‘Oh, gosh, darn it, gee whiz.’ He’s being honest to his upbringing. And in a way, I rank Richard Pryor with Mark Twain. I think they both did the same thing: They reflected their times.”

**What he’s watching:** “*What We Do in the Shadows*. Ginny loves *NCIS* and *Law & Order: Special Victims Unit*. She loves all those, so we sit and watch ‘em together.”

**What he’s reading:** “Directed by James Burrows, and it’s wonderful. Jim [the director of some 50 TV pilots and the co-creator of *Cheers*] did 11 episodes of [*The Bob Newhart Show*], then, of course, he went on to do *Taxi* and *Cheers*.”

**Music he’s listening to:** “*Sinatra at the Sands* with **Count Basie** and his orchestra. Ginny and I and the kids spent 20 years in Vegas. It was a great time in our life, and it’s an incredible album. Listening to Count Basie and Duke Ellington just takes you back to those wonderful times.”



**The Marx Brothers, Laurel and Hardy or the Three Stooges?** “Laurel and Hardy. Their humor struck a note in me. I got to meet Stan [Laurel]. Of course, he looked different; he was quite a bit older, but he still had that familiar laugh. [Laurel and Hardy] just made you laugh. They were so, so innocent. And of course, Stan was a writer. He was multit talented.”

**Favorite topic to joke about:** “Probably myself? [Laughs] Audiences immediately identify with it.”

**Favorite episode of *The Bob Newhart Show*:** “‘Over the River and Through the Woods,’ where we do the best job we can, having drunk a lot of alcohol, trying to pronounce *moo goo gai pan*. But then there’s another one [‘A Jackie Story’]: I go into my office, and there’s a ventriloquist there with his dummy. I say, ‘Well, how can I help you?’ And he says, ‘I wish you’d speak to Danny.’ That’s the name of the dummy. ‘Danny wants to break up the act and go out on his own.’”



**Favorite way to spend a Sunday morning:** “Oh, I’m not the dumbest guy in the world, so my favorite thing on Sunday is reading *Parade* magazine.”

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**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.**

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**During the first 3 months of treatment with CIBINQO, do not take** medicines that prevent blood clots except low-dose aspirin ( $\leq 81$  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](http://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](http://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  
100% steroid free

**CIBINQO**  
(abrocitinib) tablets



Speak with your doctor about CIBINQO today

CIBINQO.com | 1-833-956-DERM

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](http://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](http://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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Call 1-833-956-DERM (1-833-956-3376)  
Monday-Friday, 8:00 AM-8:00 PM ET

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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from page 7

"I can appear to be extremely busy, and yet, at the end of the day, I've accomplished absolutely *nothing*." How does he keep his body healthy and his mind sharp? "Well, first of all, you're presuming . . ." he says, pausing just so, "that I have *got* my body healthy and my mind sharp." But then he says he owes it all to his wife of 59 years, who makes sure he eats right, sees his physical trainer once a week and does his daily workout reps. "If left to my own devices, I wouldn't be around today. For some unknown reason, she wants me around."

Newhart knows why he and Ginny have made it this long together: "The marriages of comedians, no matter how stormy, seem to last a long time, and I attribute it to laughter," he says. "No matter how intense the argument you're having, you both look at each other and start laughing, and it's over, you know? I think that sense of humor is very important to the longevity of a marriage." So is the family they've raised together. Their son Robert, 58, has his own computer company; Timothy, 55, is a college prep school teacher in Los Angeles; Jennifer, 51, works in catering and marketing; and Courtney, 44, is a stay-at-home mom raising three children. And perhaps it's no surprise that all four kids, he says, "have great senses of humor."

The comic legend will turn 93 in September and is ready to stay put. "I hope I never have to spend another day in a hotel room," he says. Frankly, his bucket list is full. And there are simply more important places to be: with the people he loves. "This time of life, to go look in the Rolodex and see how few people are left, that's . . . that's tough," he says. "Because when you get down to it all, it's all about family and friends."

## MAKING MEMORIES WITH BOB NEWHART

Two stars recall their favorite moment working with the comedy icon.



**Jim Parsons from *The Big Bang Theory*:** "The night we taped the first scene he ever did with us, he appeared in the hallway and the show stopped—just completely stopped—from the standing ovation the live audience gave him. He cried. I think we all cried."

**David Foley from *Hot in Cleveland*:** "My favorite memory is that first moment where Bob's character—he played my dad—shows up. There's a knock at the door. I open the door, and it's Bob outside the door. It was one of those things where he immediately launched into a Bob Newhart pause. And I was just standing there in front of the audience going, *Oh, my God, I can't believe I'm in the middle of a Bob Newhart pause.*"

Visit [Parade.com/elf](http://Parade.com/elf) to find out about the film tricks that made Newhart's Papa Elf look so small.

# What America Eats

## Indian-Style Grilled Pork

This easy recipe, from the new cookbook **I Am**

**From Here** by Vishwesh Bhatt, infuses pork with the succulent flavors of tandoori chicken. "Lean pork tenderloins benefit from a yogurt marinade, just like chicken breasts do," says Bhatt, executive chef of Snackbar in Oxford, Miss. "This is an excellent main dish for a dinner party, and the leftovers make great sandwiches. You can scale it up for a larger party or down to just one tenderloin for a couple."



### GRILLED PORK TENDERLOIN WITH TANDOORI SPICES

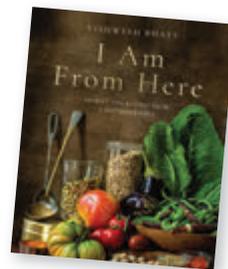
To prepare this in the oven instead of grilling: Sear the tenderloins in an oven-proof skillet over medium-high, then transfer the skillet to a 375°F oven. Bake 8–10 minutes or until a meat thermometer inserted in the thickest part of the tenderloin registers 145°F. Allow the pork to rest for 6–8 minutes before slicing and serving.

In a medium bowl, combine 1 cup **plain, full-fat yogurt** (preferably Greek-style), 1 Tbsp minced **ginger**, 2¼ tsp **tandoori masala** (such as Spicewalla), 1½ tsp minced **garlic**, 1 tsp **salt**, 1 tsp **honey**, ½ tsp **Kashmiri chili powder or hot paprika**, ½ tsp fresh **lemon juice** and ¼ tsp **cayenne**. Taste, and add more salt, if needed. Trim silver skin and excess fat from 2 **pork tenderloins**. Score pork a few times with a sharp knife (to help it absorb marinade). Add pork to marinade, turning to coat. Cover; refrigerate 6–8 hours.

Remove pork from refrigerator 30 minutes before you are ready to begin cooking. Preheat grill to high.

Shake excess marinade off pork; discard marinade. Grill pork 4 minutes per side, letting meat take on an uneven char, until pork registers 145°F on a meat thermometer inserted in thickest part of tenderloin. Transfer to a platter. Let stand 6–8 minutes before slicing. **Serves 4–6.**

Go to [Parade.com/greenbean](http://Parade.com/greenbean) for Bhatt's garlicky sauteed green bean recipe.



FEATURE: FRANCIS SPICER/CBS PHOTO ARCHIVES VIA GETTY IMAGES; WARE PHOTO BY ANGIE MOSIER; RECIPE AND PHOTO FROM I AM FROM HERE; STORIES AND RECIPES FROM A SOUTHERN CHEF BY VISHWESH BHATT. COPYRIGHT © 2022 BY VISHWESH BHATT. USED WITH PERMISSION OF THE PUBLISHER, W. W. NORTON & COMPANY, INC. ALL RIGHTS RESERVED.

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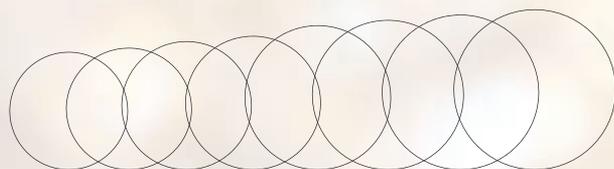
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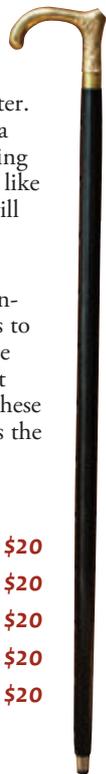
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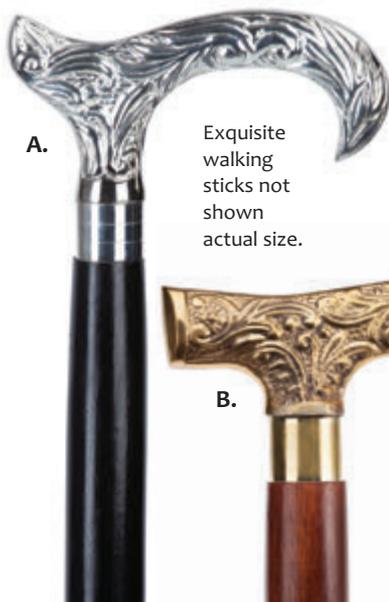
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## Ask Marilyn

By Marilyn vos Savant

**We all know that fire cannot burn without oxygen. We also know there is no oxygen in outer space. So how does the sun burn without oxygen?**

—Christine Spraut, Fleetwood, Pa.

“Burn” is an earthly term that we use to describe the activation of a chemical reaction between a fuel and an oxidant. The most familiar example involves atmospheric oxygen, such as striking a match to produce a flame. The sun, by contrast, gives off its great heat and light by smashing hydrogen atoms together in its core. This is a nuclear reaction, and the process is known as nuclear fusion. If such a process could be safely harnessed, it would surely solve the energy needs of the world.



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

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# Takes 10 Years Off Your Face in as Little as 10 Minutes

Women are raving about the life-changing effects of this powerful formula.

There's no denying that people — mostly women — are on a mission to discover the best way to eliminate fine lines and wrinkles permanently. The \$14 billion dollars spent on aesthetic procedures in 2021 alone is a clear indication of that fact.

But now science appears to be offering a simpler solution. It's a special delivery technology adapted for skincare that gets superior results.

Known as advanced liposome technology, this powerful distribution system ensures that vital nutrients are delivered exactly where your skin needs them the most, providing your skin with maximum anti-aging benefits.

## New Age-Defying 'Dermal Filler' Cream in High Demand

Al Sears, MD, of Palm Beach, Florida, recently released an anti-aging cream that adapts this breakthrough medical technology into the realm of skincare, and he's struggling to keep up with consumer demand.

Dr. Sears is South Florida's leading anti-aging pioneer. He has authored over 500 reports, scientific papers, and books on anti-aging. A frequent lecturer at global anti-aging conferences, Dr. Sears spoke at the WPBF 25 Health & Wellness Festival featuring Dr. Oz, along with special guest, Suzanne Somers. Thousands of people were in attendance as Dr. Sears discussed his latest anti-aging breakthroughs.

This powerful cream, known as **Restore**, keeps selling out faster than it's produced — and people are raving about the effect it's having on their skin.

"Within a few minutes of applying the cream, it visibly plumps out the under-eye area and my cheeks as well

as those annoying lines that deepen as we age between the nose and lips. It also felt like it was tightening and smoothing my skin at the same time. I definitely feel I look younger whenever I use it," said Amy B., of Montville, New Jersey.

"The lines around my mouth and eyes are filled in and my skin is tightened. I love having younger-looking skin, so I will continue using **Restore**" raves Cathy C., of Florida.

The best part is that this cream has no adverse side effects, doesn't require a doctor's visit or prescription, and is 100% natural.

**"Advanced liposome technology ensures that vital nutrients are delivered exactly where your skin needs them the most."**

## Powerful Delivery System Ensures Nutrients Penetrate Deep into Your Skin

The dermis is the underlying layer of skin that supplies nourishment and oxygen, and removes waste. In other words, it's responsible for keeping your outer layer of skin healthy. Liposome technology is designed to support and nourish this deeper layer of skin by delivering nutrients directly to it.

"All of **Restore's** powerful ingredients are encapsulated in a liposome shell — an organic container that carries the beautifying agents deep into the skin cells," explained Dr. Sears.

"**Restore's** liposome shell is composed of phosphatidylcholine or PC for short. While cell membranes repel water, they absorb PC because they're



Revolutionary Formula Reduces the Appearance of Wrinkles in Minutes

actually made of it. As a result, **Restore** is delivered deep into the cell for maximum firming and volume."

When you apply liposome cream to your face, the liposomes in the skin cream work their way inside your skin, fuse with the skin cell membranes and then release their contents directly to the cells. Regular skin creams don't have this capability.

## A Formula Designed to Take Years off Your Face in Minutes

Once it's penetrated the deeper layer of skin, **Restore** releases a unique blend of botanicals, vitamins and essential oils that reduces the appearance of fine lines and wrinkles, gives skin a more even tone, and moisturizes the interior layers of your dermal cells, firming and plumping your skin.

**Restore's** first skin-enhancing agent is Madonna lily leaf stem cell extract. It helps produce an even-toned complexion. In a clinical study reported in the Journal of Cosmetic Dermatology, participants treated with this extract for 28 days showed improvements in skin luminance and tone around the eyes.

**Restore** is also loaded with vitamin C, which British researchers have found reduces both wrinkles and dryness. "In **Restore** we use magnesium ascorbyl phosphate, a more stable form of vitamin C that doesn't

break down in liquid as does ordinary C," explains Dr. Sears. "That means the antioxidant molecules stay intact within your skin cells where they can prevent damage from dangerous free radicals."

This powerful formula also features guarana seed extract, coenzyme Q10, and avocado oil. Japanese researchers have also found that coenzyme Q10 supports production of the thin membrane that separates layers of your skin, and French studies have shown that avocado oil improves skin cell metabolism and enhances skin thickness.

## Where To Get Restore

To secure the hot, new **Restore** formula, buyers should contact the Sears Health Hotline at **1-800-234-6084** TODAY. "It's not available in retail stores yet," says Dr. Sears. "The Hotline allows us to ship directly to the customer." Dr. Sears feels so strongly about **Restore**, all orders are backed by a 100% money-back guarantee. "Just send me back the bottle and any unused product within 90 days from purchase date, and I'll send you all your money back."

Call NOW at **1-800-234-6084** to secure your supply of **Restore**. Use Promo Code **PARARS26** when you call. Lines are frequently busy, but all calls will be answered!

**ALL-NEW** mobility technology

# Introducing the world's lightest mobility scooter with anti-tip technology

*The So Lite™ Scooter is easy to transport and almost impossible to tip over.*

Like millions of older Americans, I struggle with mobility. For years, I watched my quality of life slip away, as I was forced to stay home while friends and family took part in activities I'd once enjoyed. I thought I'd made some progress when I got a mobility scooter, but then I realized how hard it was to transport. Taking it apart and putting it back together was like doing a jigsaw puzzle. Once I had it disassembled, I had to try to put all of the pieces in the trunk of a car, go to wherever I was going, and repeat the process in reverse. Travel scooters were easier to transport, but they were uncomfortable and scary to drive, I always felt like I was ready to tip over. Then I found the **So Lite™ Scooter**. Now there's nothing that can hold me back.

Years of work by innovative engineers have resulted in a scooter that's designed with seniors in mind. They created Electronic Stability Control (ESC) that makes it virtually impossible to tip over. If you try to turn too quickly, the scooter automatically slows down to prevent it from tipping over. The battery provides powerful energy at a fraction of the weight of most batteries. With its rugged yet lightweight aluminum frame, the **So Lite™ Scooter** is the most portable scooter ever—but it can hold up to 275 pounds—yet weighs only 40.8 pounds without the battery! What's more, it easily folds up for storage in a car seat, trunk or even on an airplane. It folds in seconds without tools and is safe and reliable. Best of all, it's designed with your safety in mind, from the newest technology and



**FREE**  
2 Carry-all bags  
(a \$38.90 value)

**Exclusive Electronic Stability Control helps prevent tipping**

## Why a So Lite™ Scooter is better:

- Latest “No-Tip” Technology
- Lightweight yet durable
- Folds and locks in seconds
- Easier to operate

superior craftsmanship. Why spend another day letting your lack of mobility ruin your quality of life? Call now and find out how you can get a **So Lite™ Scooter** of your very own.

**journey solite Scooter**

Call now Toll-Free

**1-800-695-7698**

Please mention code 601307 when ordering.



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