

# Parade

SUNDAY, OCTOBER 30, 2022 | PARADE

PLUS

Ina Garten's  
Bread Pudding,  
p. 4

## IN GOOD SPIRITS

They sing, they dance,  
they turn Dickens'  
*A Christmas Carol*  
into a funny,  
heartwarming romp

Ryan Reynolds  
Octavia Spencer  
Will Ferrell

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# Personality Parade

## SADIE STAYS BUSY

*Stranger Things* actress **Sadie Sink**, 20, has moved on from the hit sci-fi series to starring roles in films, including *The Whale* (in theaters Dec. 9) and the coming-of-age story *Dear Zoe* (in theaters Nov. 4). In the latter, she plays a teen who turns to her biological father and a juvenile delinquent to help deal with the grief of losing her sister. "Sadie carries this beautiful story on her shoulders, nailing the emotional tone," says writer and producer Marc Lhormer. "She is the real deal."



## THE LAST BLOCKBUSTER

**Randall Park** stars as the owner of the last of America's iconic video stores in the comedy series *Blockbuster* (Nov. 3 on Netflix). Timmy (Park) has worked at the store since he was a teen, and now he will do whatever it takes to keep the doors open. It's a "fun, hilarious and heartfelt story about this workplace family trying to run an analog business in digital times," says Park, 48, who has also appeared on TV's *Fresh Off the Boat* and *Young Rock*. "I miss the days of going into a video store and interacting with other human beings."

How does the series match his own experience of working in a video store? Go to [Parade.com/park](https://www.parade.com/park) to find out.



WALTER SCOTT ASKS...

## "WEIRD AL" YANKOVIC

The crazily embellished life story of the pop-music parodist comes to the screen in the satirical musical biopic *Weird: The Al Yankovic Story* (Nov. 4 on the Roku Channel). Yankovic, 63, was a co-writer on the movie, which stars Daniel Radcliffe, 33, as a young man with an accordion—and dreams of changing the world.

**This isn't a legit biopic; how would you describe it?** Well, part of me wants people to walk in and watch the movie not really knowing, thinking they might actually be seeing a real biopic, and at some point they go, "Wait a minute. This doesn't seem quite right."

**Daniel Radcliffe doesn't exactly "fit" you appearance-wise, but he seems to "get" you.**

Yeah. Because when Daniel was cast, a bunch of people online were like, "Why didn't you get...?" Fill in the actor's name with somebody who has long, curly hair. And I'd be like, "You know, a wig takes care of that very easily."

**In the movie Al says, "Live the life you want to live." Is that the heart of the story?** It's a comedy movie first and foremost, but that's the subtext of it and of my whole career. I didn't necessarily mean this when I dubbed myself "Weird Al" back in college, but I've heard from so many people that the fact that I own my weirdness was inspirational to [anyone] who felt like they didn't belong, or they were outcasts. I've made them feel like it's OK to be different.

**When you look back at your career, is there one thing you're most proud of?** The thing that still boggles my mind is that in 2014, I had the No. 1 album in the country. I never thought that was even remotely possible, because comedy albums just didn't do that. My *Mandatory Fun* album was the first comedy album to hit No. 1 since 1963. The fact that it made history is something that I still smile about.

How does pop superstar Madonna fit into the movie? Go to [Parade.com/weirdal](https://www.parade.com/weirdal) to find out.

## NEW PARADE E-EDITION!

Our November 13 issue will be our final print edition. But you can still get everything you love about *Parade* in an easy-to-read digital format. Scan for more information!



## MEET SHERLOCK'S SIBS

In Sir Arthur Conan Doyle's stories featuring supersleuth Sherlock Holmes, the intrepid detective has only one sibling, his brother Mycroft. But as Sherlock fans know, the family tree has grown a bit in books, TV and film.

### Enola Holmes

Novelist Nancy Springer gave Sherlock a little sister in 2006's *The Case of the Missing Marquess*. The curious kid made her film debut in *Enola Holmes* (2020), starring **Millie Bobby Brown**, 18. Now Enola is back in *Enola Holmes 2* (Nov. 4 on Netflix), in which the sib takes on her first official case.

### Mycroft Holmes

Mycroft is a government official who boasts of detective skills but hates fieldwork. He has been portrayed in movies and TV series by Richard E. Grant, Rhys Ifans, **Stephen Fry**, Sam Claflin and others.

### Eurus Holmes

In the BBC One TV series *Sherlock*, starring Benedict Cumberbatch in the title role, Eurus (**Sian Brooke**) is Sherlock's secret sister. She appears in three episodes in season four.



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# What America Eats



## Ina's Sweet Italian Treat

Panettone, the iconic Italian sweet bread, stars in this dessert from Ina Garten's new cookbook, **Go-To Dinners**. "This would be delicious with either plain panettone with candied fruit or with chocolate panettone," Garten promises.



Visit [Parade.com/ina](https://www.parade.com/ina) for Garten's spectacular holiday ham recipe.



## PANETTONE BREAD PUDDING

Preheat oven to 350°F.

Working with 1¼ lb **panettone** (Italian sweet bread), cut half into ½-inch-thick slices; cut rest into 1-inch cubes. Divide between 2 sheet pans, arranging panettone in a single layer; bake 8–10 minutes or until lightly browned.

Brush a 14-by-10-by-2-inch rectangular baking dish with 1½ Tbsp **unsalted butter**, melted. Lay sliced panettone in 1 layer in dish, cutting slices to fit. Distribute cubed panettone on top.

In a large bowl, whisk 5 cups **half-and-half**, ¾ cup **sugar**, 2 tsp **vanilla**, ½ tsp grated **orange zest**, ½ tsp **kosher salt**, 4 **extra-large whole eggs** and 6 **extra-large egg yolks**. Pour over panettone, pressing lightly so bread soaks up custard. Let stand 10 minutes, or refrigerate up to 6 hours.

Sprinkle ⅓ cup sliced **blanched almonds** on top. Place baking dish in a large (16-by-13-inch) roasting pan. Fill larger pan with enough very hot tap water to come halfway up sides of baking dish, being careful not to get water in pudding. Cover larger pan tightly with foil, tenting foil so it doesn't touch pudding. Cut a few holes in foil to allow steam to escape.

Bake 45 minutes. Remove foil. Bake 35–45 minutes longer or until a knife inserted in center comes out clean. Carefully remove baking dish from water bath; cool slightly. Sprinkle lightly with **powdered sugar**. Serve warm or at room temperature. **Serves 8.**

## In the Kitchen With Ina

**DINNER, REDEFINED** Garten's definition of a "meal" evolved during the pandemic, when she was busy testing recipes for her 13th book, posting daily recipes on Instagram to keep her followers inspired and cooking three meals a day for herself and her husband, Jeffrey. "I think we all have a little bit of cooking fatigue, including me," she says. "At some point, I thought, *I love breakfast*

*for dinner, so I'm just going to make a Gruyere omelet.*" She gravitated toward simpler one-pot, one-pan fare, and even now that she's back to entertaining friends, she favors more casual spreads.

**TEST KITCHEN** She tests recipes exhaustively to ensure every ingredient—and every step—produces excellent results. "Cooking is hard for me," says Garten, who never worked in a restaurant kitchen or got formal culinary training.

"So I understand how hard it is for other people at home to cook. I just want people to feel like they can do it."

**LEARNING TO LOVE EXTRAS** "I hate leftovers," says Garten, who admits she never used to eat them. "But because of the pandemic, that was a luxury I didn't have." In the new book, she offers lots of suggestions to spin extras into all-new meals, like using leftover risotto to make crispy risotto cakes or adding leftover ham to mac and cheese.

**STORE-BOUGHT IS FINE (REALLY!)** "If something is complicated to make and you can buy something that's perfectly delicious, I would never spend the time making it," says Garten. That's why you won't see a recipe from her for a French baguette or vanilla ice cream (she's a fan of Häagen-Dazs). For example, she'll melt store-bought ice cream to use as a sauce for dessert.

**FRIENDSHIP FIRST** "The truth is, cooking for me isn't about the cooking," says Garten. "It's about inviting people over and having dinner with them and having that shared experience. It's not about the food." —Alison Ashton



## Ask Marilyn

By Marilyn vos Savant

You pierced an illusion when you said the James Webb telescope photos are artificially colored. But what about this? I attended a planetarium show that depicted a collision of asteroids, and the walls seemed to shake with the noise of the explosion. My wife said the sound was added to get attention. Please say it ain't so!

—John W., Queens, N.Y.

If you were able to witness such a collision firsthand, you would indeed hear nothing. In the vacuum of space, the event is silent. What we call sound is the way our brains interpret a vibration that propagates in waves through a medium such as air until it reaches our ears. Without any medium to vibrate, no sound exists.

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

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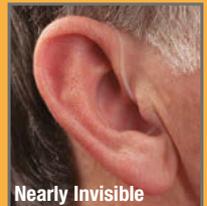
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# Live Smart

## THE SECRET TO A



## HEALTHIER HOLIDAY

Yes, it's as simple as taking a walk after dinner! *By Wayne Kalyn*

It's almost the season for family, friends and all those foods we love, from buttered dinner rolls and green beans coated in mushroom soup to rich, creamy desserts. No wonder we want to cozy up with the TV remote when brain and body fog set in. Don't do it! It's smarter and healthier to take a short walk outside.

"When the kids were growing up, we had a holiday tradition of taking a walk break after a meal," says Teresa Kowalski, a second-grade teacher in Cranford, N.J. "Getting out into the crisp air and sunshine was a great way to turn down the stress of dealing with family and alleviate the sluggish feeling after overindulging. We felt refreshed afterward."

In fact, the benefits of walking may allow you to have your pie and eat it too. "Taking a 30-minute walk after a meal—especially during the holidays, when meals are bigger and more tempting—does a lot of good things for your body and mind," says Philip Junglas, M.D., an internist at Cleveland Clinic. Moderate exercise increases your metabolism and optimizes many of your body systems. It also lowers blood pressure and increases heart rate—two keys to a healthy heart. Here, Junglas highlights five more reasons to take a walk.

**1. IT'S GOOD FOR DIGESTION** After a meal, movement will aid in processing and metabolizing some of those delicious calories. A gentle activity like walking moves food from the stomach into the intestines, helping you shake off the sleepiness you sometimes feel after overindulging.

A faster walk, on the other hand, slows down digestion, says Junglas, but it has other benefits—fending off heartburn and constipation.

**2. IT'S CALMING** If you are still a little ruffled after your child acted up at the table or you had a political tussle with your opinionated uncle, a walk can reset your attitude. Activity increases blood flow to the brain, improving cognitive function and memory, says Junglas. Walking outside among the trees and greenery delivers more benefits than a short spin on a treadmill, significantly reducing the levels of cortisol, the stress hormone.

**3. IT CONTROLS BLOOD SUGAR** Even a brief walk after eating—two to five minutes—can lower blood sugar and insulin levels, studies show. Waiting an hour or so after a meal—when blood sugar levels spike—is the ideal time to head out. Tidy the table and load up the dishwasher and lace up your walking shoes when you're done. You'll come back refreshed.

**4. YOU'LL SLEEP BETTER** The holidays can be draining. Everyone needs to recharge, and getting sleep is an effective way to do it. That walk can help. "Exercise can help reduce the time it takes to get to sleep," says Junglas. So a walk after a meal will burn calories to keep the pounds off and set the stage for a good night's sleep.



**5. YOU'LL STRENGTHEN FAMILY BONDS** "When you go outside, you get outside your head," says Kowalski. "Stress melts away. We felt calmer after walking—a little more carefree and open to what the rest of the holiday offered." Even moms and their preteen daughters got along better after a 20-minute walk together, according to research from the University of Illinois.

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# HOLIDAY HIJINKS



Ryan Reynolds, Will Ferrell and Octavia Spencer sing and dance in a spirited new spin on *A Christmas Carol* and share their Christmases past and present with *Parade*.

By Amy Spencer

What happens when you cast three actors—with nearly 350 acting credits and one Oscar among them but little singing and dancing experience—in a musical? When it's Will Ferrell, Octavia Spencer and Ryan Reynolds, you get the magic of *Spirited*, a Christmas comedy musical (debuting Nov. 18 on Apple TV+). The reimagining of Charles Dickens' classic *A Christmas Carol* is "from the ghosts' perspective," says Ferrell. He plays the ghost Present, who has his eye on Reynolds' "unredeemable" character, a charismatic New York media consultant that Present calls "the perfect combination of Mussolini and [Ryan] Seacrest," who will go to any lengths to manipulate the public. "[My character] doesn't have the requisite scruples to understand that what he's doing is wrong," says Reynolds. And he has succeeded in part due to his right-hand woman, Kimberly, played by Spencer, who is struggling with her boss's ethics.

When director Sean Anders called Ferrell with the idea four years ago, the actor was intrigued. "Then [Sean] said, 'Oh, and by the way, it's a musical.'" Ferrell, 55, agreed, "but I got scared later when I saw the level of detail and all the stuff we would be doing." Spencer, 52, says she found it "kind of stress-inducing, but extremely flattering" to hear the creators had written the part for her without even knowing if she *could* sing. "I can carry a tune from, like, here to the computer screen," she tells *Parade* with a laugh. Reynolds, 46, remembers thinking that the chance "to



work with Will was a pretty spectacular opportunity."

And about that singing and dancing: Ferrell and Spencer won't soon forget their first time singing together on camera. "There were lots of crew and people watching the scene, so it was a little intimidating," says Ferrell. And when the director checked in and asked if there was anything his stars were worried about before

the cameras rolled, Spencer said, "I'm worried about the singing! *The singing!*" But her stress dissipated after the first take. As for Ferrell, "All I had to do," he says, "was to look into Octavia's eyes, and we felt connected. It was very sweet and emotional."

He had a different kind of experience with Reynolds in rehearsals for their dance segments. "We were both behind on the steps, just a little bit off, and Ryan commented that we looked like we were taking a dance class at a retirement community," he recalls. Yeah, adds Reynolds, "like one of those exercise programs. Both Will and I got 'the gigs,' as we call it—the giggles—and it just never stopped. I mean, I don't think we were able to catch our breath again for about an hour."

Offscreen, Reynolds was relieved that "Will is not one of those people who's terminally on," he says. "He can kick into high gear,

*continued on page 9*

from page 8

but when you speak with him, he's incredibly low-key." They bonded over their shared experience as dads and both co-owning soccer teams. (Ferrell has a stake in Major League Soccer's LAFC, while Reynolds co-owns the Welsh club Wrexham.) "It wasn't just dueling comedy bits all day. We would do some of that," he adds. But mostly, it was "just a couple of guys talking about what it's like having a bunch of kids and raising them."

## GHOSTS OF CHRISTMAS PAST

Reynolds was raised in what he calls "a lower-middle-class-ish" family in Vancouver. He had three older brothers and a paper route, and every Christmas his family would bring up their "hideous" artificial tree from the basement, and the brothers would wait for their mom to make an amazing meal. But with a house full of boys, he says, "It always ended up as some kind of brawl on the front lawn." In fact, one year Reynolds' father called off everything. "My dad had a bit of a short fuse, and one year he canceled Christmas, which my brothers and I still fall over laughing about," Reynolds tells *Parade*. "We thought, *OK, are you canceling Christmas just in our house, or are you going to go around and let everybody know in the neighborhood?* It was a very classic Jimbo—we called my dad Jimbo—move." His father soon changed his mind, ending the Christmas crisis.

Now, Reynolds lives in a house full of females—with his wife of 10 years, actress Blake Lively, 35, and their three daughters, James, 7, Inez, 6, and

Betty, 3. And his brood is about to grow, as Lively is pregnant again. So far, "having a house full of girls is a huge upgrade," he says. For Christmas, they put up a real tree, then go all-out with lights and decorations, most of them kept from his and Lively's childhoods. "We're both pretty sentimental with that stuff." The gifts are personal too, like the painting Lively had done for Reynolds featuring him as a boy outside of his childhood home, which was bulldozed when he was 16. "That really put a hitch in my throat," he says. "Got me right in the feels."

Ferrell spent his Christmases growing up with one younger brother in the burbs of Irvine, Calif., and is also now a father of three. He lives with his wife of 22 years, Viveca Paulin, and their three sons, Magnus, 18, Mattias, 15, and Axel, 12. For Christmas, they've enjoyed celebrating the holiday in the spirit of his wife's home country, Sweden, which includes traditions like giving a gift to each child that comes from

*continued on page 10*

## ROLE CALL

Ferrell has been a force of comedy since he broke out as a cast member on *Saturday Night Live* in the mid-1990s, co-founded the comedy website and production company Funny or Die and starred in an extensive list of hit comedies, including *Anchorman*, *Old School*, *Talladega Nights*, *Daddy's Home* and his previous Christmas film, *Elf* (now a holiday staple). Reynolds secured his seat at the comedy table with *National Lampoon's Van Wilder* (2002) and the rom-com *The Proposal*, alongside co-star Sandra Bullock, eventually stepping into the superhero universe with *X-Men Origins: Wolverine*, *Green Lantern* and the *Deadpool* franchise. And Spencer broke out with her Academy Award-winning role as a tenacious maid in *The Help* (2011), following up with Oscar-nominated roles in *Hidden Figures* and *The Shape of Water*, and an Emmy nomination for her limited television series *Self-Made*. Now in *Spirited*, they all tell—and sing—the story of ghosts "full of that Christmas morning feeling" who "take a jerk and work to turn him around."



## 'TIS THE SEASON

### FAVE CHRISTMAS MOVIE

**Spencer:** "It's a Wonderful Life."

Every time a bell rings, an angel gets its wings."

**Reynolds:** "Elf is certainly up there. And It's a Wonderful Life."



### WHEN IT COMES TO CHRISTMAS SHOPPING . . .

**Reynolds:** "I am in hell. I would rather spend the afternoon punching myself in the face as hard as I can."

### HOW TO GET OUT OF A SCROOGE-Y MOOD

**Reynolds:** "A big coffee. I don't know why that puts me in such a good mood. Not the drinking it part, as much as the making it."

**Spencer:** "You can't be a Scrooge if you turn on Christmas music. I mean the old classics with Burl Ives and Nat King Cole. Because the older the song feels, it makes the holiday feel so much more traditional."



### FAVE HOLIDAY SONG

**Reynolds:** "Oh, gosh, anything from the Mariah Carey catalog."

**Spencer:** "I love Nat King Cole's 'Chestnuts Roasting on an Open Fire'—is that even what it's called? [It's 'The Christmas Song.'] And 'Christmas in Dixie' by Alabama."

### ALL I WANT FOR CHRISTMAS IS . . .

**Reynolds:** "A little peace and quiet, dammit!"



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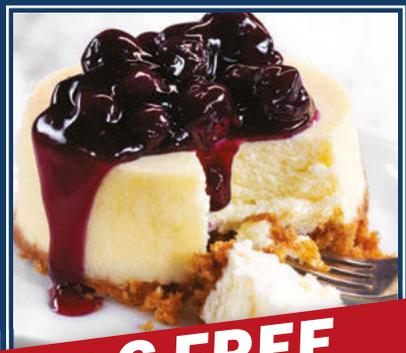


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from page 9

the Swedish Santa, Tomten.

Spencer was raised in Montgomery, Ala., the sixth of seven children. She remembers trying to stay awake to see Santa, the mayhem of wrapping paper ripping and her mother cooking a feast that filled their home with “the smells of cakes and cookies and cloves—you know, the pot with oranges and cloves and cinnamon.” She also recalls “one particular Christmas [when] Santa *didn't* bring me what I asked for. I wanted an Easy-Bake Oven, and to this day, maybe that's why I don't cook!” she says with a laugh. But her biggest memory of the season is a heartbreaking one: After losing her father when she was 13, her mother passed away weeks before Christmas when Spencer was 18. It forced her “to become my own best advocate and confidently navigate the world.”

She and her siblings now gather in Alabama over the holidays with their children and grandchildren to cook and fill the house with those same traditional scents—and the memories of her mother. “Christmas was, and is, very magical for me.”

## A NEW YEAR AHEAD

Next up for Spencer is the third season of her Apple TV+ drama series *Truth Be Told*, and “the role that I feel like I am destined to play at the highest level—that of producer,” she says. She's also fine-tuning her work-life balance by doing what she loves: following true crime, reading law books, solving puzzles (“I'm a detective at heart,” she says) and enjoying the outdoors at her homes in Los Angeles, Alabama

*continued on page 12*

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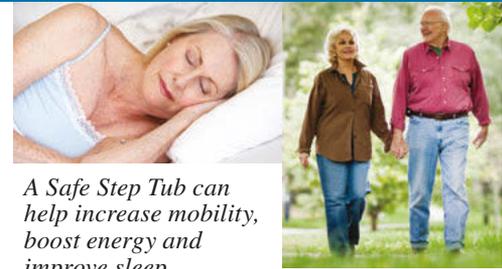
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from page 10

and Mississippi, where she's planted "trees and flowers and plants that will attract hummingbirds and butterflies. I just like to commune with nature."

On Reynolds' roster is the latest film in his Marvel franchise, *Deadpool 3*. But most of all, as he looks forward to life as a family of six, he's squeezing out all the moments he can with his kids. "I try to take them to school, and pick them up as much as humanly possible," he says. "I really love just spending time with my family."

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And Ferrell will be voicing the animated film *Strays* and appearing in the live-action *Barbie* film (both set for release next year). But first: *Spirited*. "Working with Ryan and Octavia was really inspiring," he says. "Ryan is as quick comedically as anyone I've ever worked with. I was just hoping to keep up with him half the time."

"They are the funniest guys in the world," Spencer says. But she's excited that audiences "get to see them do *more* than just be funny" in performances that reminded her of silver screen icons Spencer Tracy and Fred Astaire, bolstered by a soundtrack full of Christmas cheer. "I hope there's some toe-tapping," says Reynolds. "These are challenging, weirdo times we're living in right now, so anything that can bring a little joy, I'm all for."

Visit [Parade.com/holiday](http://Parade.com/holiday) for 23 can't-miss Christmas movies to watch this season.

12 | OCTOBER 30, 2022

# New Libido-Powering Pill Helps Men Enjoy Long-Lasting Intimacy - At Any Age

*Men across America are raving about a newly enhanced potency supplement that helps achieve healthy blood flow on demand*

After age 40, it's common knowledge that performance begins to decline in many men. However, a new, performance empowering pill is showing that any relatively healthy man can now enjoy long-lasting, and frequent intimacy – at any age.

This doctor-designed formula, created by leading anti-aging expert Dr. Al Sears, has already helped men overcome low and sinking libido -- and has recently undergone a potency-enhancing update -- with remarkable new results.

When the first pill -- **Primal Max Black** -- was first released, it quickly became a top-selling men's performance helper, promoting intimacy across America.

It worked by supporting healthy testosterone levels. However, Dr. Sears soon realized that this isn't the only challenge men face with performance. That's when he turned his attention to blood flow.

And this became **Primal Max Red**.

## PROBLEM IS, RESULTS ARE MORE MECHANICAL THAN HORMONAL

Truth is, once blood flow slows down for men, no matter how exciting it is, it won't be enough without the necessary amount...

So enjoying intimacy without healthy blood flow becomes difficult for most men.

Luckily, a Nobel prize-winning scientist discovered the simple answer to help support performance strength and confidence -- by boosting vital blood flow -- and enhancing this essential performance function.

Using this landmark Nobel Prize as its basis, **Primal Max**

**Red** enhanced healthy blood flow for untold millions of men around the world with the use of strong nitric oxide boosters.

While **Primal Max Black** helped maintain optimal testosterone, **Primal Max Red** tackles a lesser-known challenge.

Director, Al Sears MD, who has authored over 500 scientific papers and has appeared on more than 50 media outlets including ABC News, CNN, ESPN, Discovery, National Geographic, Lifetime, and many more say, *"Less than optimal blood flow can be part of a huge problem that affects a lot of men. And it needed to be addressed once and for all, so men would not dwell on it. Then, once we optimized it and had a great deal of success, we set out to see if we could do even better."*

The former formula had excellent results. However, new research showed that for even faster, anytime, anywhere results, increasing the dose of a key compound was needed.

So, one of the three nitric oxide boosters in the new **Primal Max Red**, L-Citrulline, was clinically boosted to 9000 mg, and the results were astounding. Which is no surprise considering that 5000 mg is considered a "normal amount" -- giving the new version nearly doubled the blood flow boosting power.

Men who had previously been unsure about their power and stamina were overjoyed to be back to their old selves and to get and maintain a healthy bloodflow when they needed it.

## BETTER BLOOD FLOW, STRONGER RESULTS

The best way to promote healthy blood flow throughout



A new discovery that increases nitric oxide availability was recently proven to boost blood flow 275% - resulting in improved performance.

the body is with the use of **Primal Max Red**. By using it, when exciting signals leave the brain, blood flows much faster like it used to.

This critical action is how men across the country are enjoying full and satisfying performance at any age. No need to bother with testosterone-boosting shots, blue pills, or shady capsules that have no effect.

**Primal Max Red** can effectively promote healthy blood flow that most men can use for maximum intimacy. This is leading to more greater capacity and satisfaction, coupled with long-lasting performance.

"There was a time when men had little control when it came to boosting their blood flow," Dr. Sears said. "But science has come a long way in recent years. And now, with the creation of nitric oxide-boosting **Primal Max Red**, men can perform better than ever, and enjoy intimacy at any age."

Now for men across America,

it's much easier to stay at their performance peak as they get older.

## HOW TO GET PRIMAL MAX RED (AND FREE PRIMAL MAX BLACK):

To secure free bottles of **Primal Max Black** and get the hot, new **Primal Max Red** formula, buyers should contact the Sears Health Hotline at **1-800-764-0927** 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 **Primal Max**, 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 **1-800-764-0927** to secure your supply of **Primal Max Red** and free bottles of **Primal Max Black**. Use Promo Code **PARAPMX18** when you call. Lines are frequently busy, but all calls will be answered!

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## THE MOST INFLUENTIAL POP SONGS ACCORDING TO BOB DYLAN



One of the greatest songwriters of all time has written *The Philosophy of Modern Song* (Nov. 1, Simon & Schuster), a meditation from Bob Dylan on 66 songs that changed social landscapes in music. “Music naggingly adheres itself in countless pinpoints of memory and emotion,” writes the 81-year-old singer-songwriter.

“People can keep trying to turn music into a science, but in science, one and one will always be two. Music, like all art, tells us that one plus one, in the best circumstances, equals three.” Here are a few of Dylan’s picks of the most influential songs of our time. Go to [Parade.com/dylan](https://Parade.com/dylan) for more. —Dillon Dodson



“**Tutti Frutti**” (1955), **Little Richard** Written by Richard alongside Dorothy LaBostrie, it’s often recognized as a song that changed the world. With Richard’s iconic upbeat blues-boogie style, it arguably created rock ‘n’ roll as we know it today. “He took speaking in tongues right out of the canvas tent and put it on the mainstream radio,” writes Dylan. “He’s saying that something is happening. The world’s gonna fall apart. ‘Tutti Frutti’ is sounding the alarm.”



“**Volare (Nel blu, dipinto di blu)**” (1958), **Domenico Modugno** Bobby Rydell had a hit with this Italian tune, but it was Modugno’s original version that won the first-ever Grammys for Record of the Year and Song of the Year in 1959. “Volare, it means, Let’s fly away into the cielo infinito [‘infinite sky’]. The entire world can disappear, but I’m in my own head.”

“**London Calling**” (1979), **The Clash** “London calling” referenced the BBC’s updates during WWII. But the Clash used the phrase to call out police brutality, global warming, the Cold War and “phony Beatlemania.” “Punk rock is the music of frustration and anger, but the Clash are different,” Dylan says. “Theirs is the music of desperation. A lot of their songs are overblown, overwritten, well-intentioned. But not this one. All hell is breaking loose, but the guy is still living by the river, which gives him hope.”



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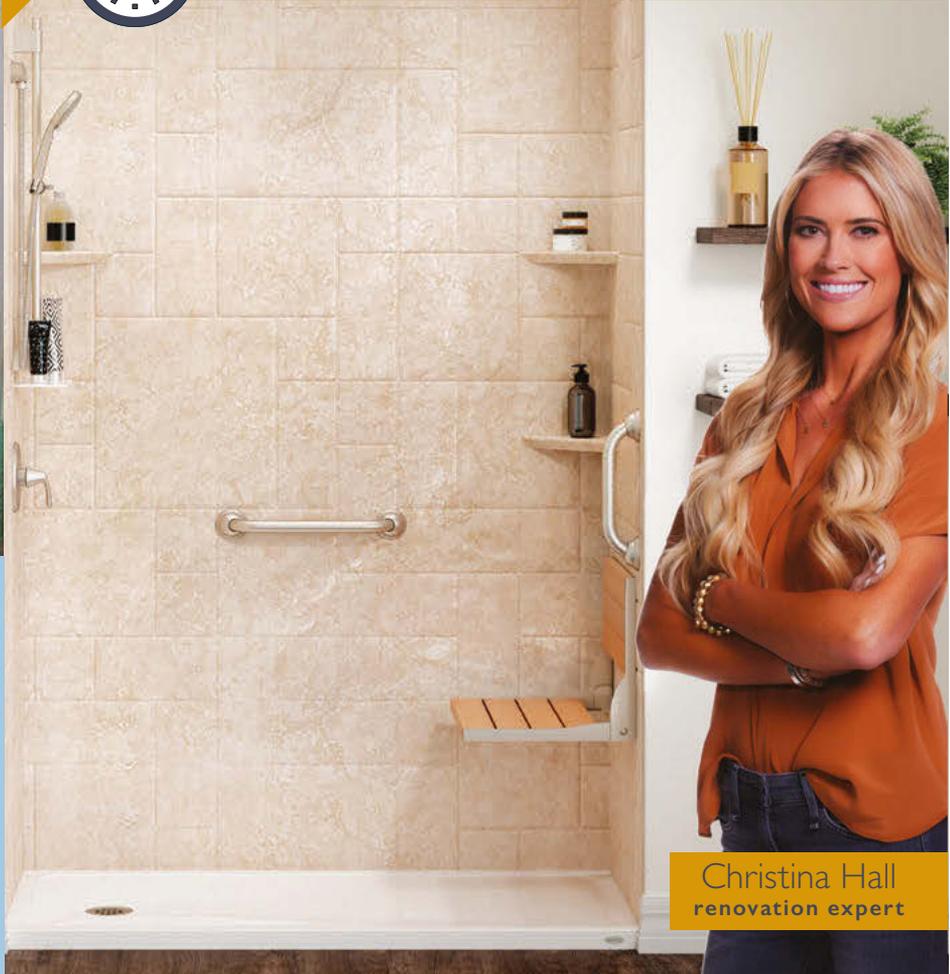
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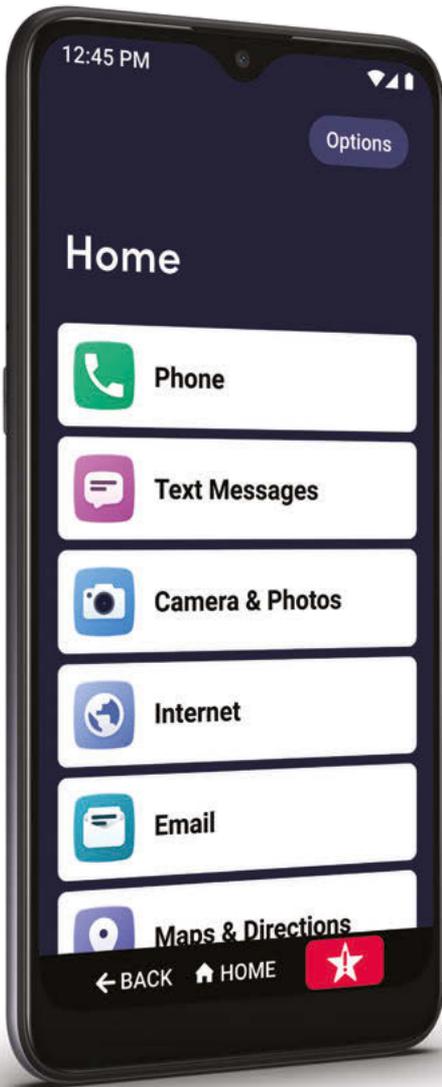
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