Oscar winner Eddie Redmayne joins the wizarding world in *Fantastic Beasts and Where to Find Them*

By Dotson Rader
RON HOWARD

We watched him grow up from The Andy Griffith Show’s Opie and Happy Days’ Richie Cunningham to become an Academy Award–winning filmmaker. Now, as an executive producer of the miniseries Mars, premiering Nov. 14 on the National Geographic Channel, Howard, 62, invites us to visit the Red Planet and find out what living there will be like in 2033.

What is Mars about? It’s about what it’s going to take for the first colonists to go to Mars and establish a base. Anything that stimulates the public’s imagination about the nobility and the importance of space exploration is something that I’m very excited to be a part of.

You grew up in the golden age of NASA—is that when your fascination with space began? I was always fascinated by the space program. But like a lot of America, I started to lose track of it.

Working on [the movie] Apollo 13 reawakened my respect for that period and the belief that exploration is in our blood and something that mankind needs to be pursuing.

You're the director of Inferno, in theaters now. Is it more about modern science or traditional faith? With Inferno, [author] Dan Brown created a mystery for Robert Langdon [Tom Hanks] to solve that’s contemporary. While the clue path exists in the world of Dante’s Inferno, the event is about overpopulation, so the crisis is of the moment.

You also directed the documentary The Beatles: Eight Days a Week—The Touring Years. What are your memories of the Fab Four? They had an impact on me: The only thing I wanted for my 10th birthday was a Beatles wig. That’s what I got.

What does the name of Sting’s new album, 57th & 9th, mean?

A: Sting, 65, named his 12th solo album, available Nov. 11, after the New York intersection he crossed each day on his way to the recording studio. 57th & 9th includes the track “50,000,” written the week of Prince’s death. “Mortality does sort of rear its head, particularly at my age. It’s really a comment on how shocked we all are when one of our cultural icons dies: Prince, David Bowie, Glenn Frey,” says the former Police frontman.

What’s new with Oliver Platt these days?
—Brad C., Duluth, Minn.

A: Platt took time off from playing a shrink on NBC’s Chicago Med to play a shrink to Naomi Watts in the thriller Shut In, in theaters Nov. 11. Watts plays a psychologist who becomes convinced that the ghost of a boy she was treating is haunting her and turns to Platt’s character for help to sort out fact from fantasy. “Naomi has got such wonderful instincts, and she’s become one of the great modern women in peril,” says the Emmy-nominated Platt, 56.

THE ARRIVAL OF AMY ADAMS

There’s a whole lot of drama in the life of Amy Adams, 42. First she’s recruited, along with Jeremy Renner, to translate alien communications when Earth gets invaded in Arrival, in theaters Nov. 11. Then she’s haunted by a novel sent to her by her ex-husband in the thriller Nocturnal Animals (Nov. 18). Here are five fun facts about the Oscar-nominated actress.

1. She was born in Italy, where her father was stationed in the U.S. Army.
2. Adams’ childhood ambition was to be a ballerina, not an actress.
3. Meryl Streep taught her how to knit when they starred together in the movie Doubt.
4. She gave up her first-class ticket to an American soldier and flew coach as a gesture of support for the military in 2014.
5. She says singing a song from Enchanted live on the Oscars is the most terrifying thing she’s ever done.
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Itchy Senior Skin and What You Can Do About It

It's a fact of life: as we age, our bodies experience a number of changes. Some of these are obvious and expected, but others come as a surprise to many reaching their golden years. This includes uncomfortable – and often debilitating – itchy skin experienced by a large percentage of the senior citizen population. For people who have not experienced persistent itchy skin, this description can seem unbelievable, but for countless American seniors the problem is a daily fact of life.

"Itching is a common problem as we age. The skin changes, often becoming thinner, drier and more susceptible to irritants," says Vishakha Gigler, M.D., a dermatologist from Encinitas, California. "I often see seniors in my practice who are suffering from itchy skin. Medical conditions and certain medications can also be an underlying cause."

Whatever their reason for itchy skin, many seniors seek relief with over-the-counter treatments. The most common are topical creams and ointments that have been available for decades. Hydrocortisone-based steroidal products are the most widely known and used, but many people find they do not provide adequate or long-lasting relief.

According to medical professionals, steroidal creams can be counterproductive for seniors suffering from itchy skin. Side effects can be severe and may include adverse reactions like thinned skin, allergic reactions and more itching. Oddly enough, even some topical allergy medications can result in allergic reactions.

Fortunately, newer products have been introduced over the last few years that are proving to be highly effective at relieving itchy senior skin with few, if any, side effects. One such product is a soothing non-prescription gel known as TriCalm®.

TriCalm is steroid-free, which puts many seniors with aging skin at ease. Most users find it works better to relieve itchy skin, since other products may take up to 24 hours and require repeated applications to get the full benefit. TriCalm works almost immediately, providing rapid relief from itch, whether due to "senior skin" or other itch-inducing nuisances like bug bites and poison ivy.

Since the brand was introduced it has received wide recognition, including attention from several prominent national radio and entertainment personalities. This is due in part to TriCalm’s effectiveness as an itch reliever and because of the company’s money back guarantee. TriCalm’s Itch Free Guarantee® promises that the product will relieve your itch, or you can return the empty tube for a full refund.

TriCalm is available for purchase at several major retailers nationwide, including Walgreens, Walmart, CVS/pharmacy and Rite Aid. For more information about TriCalm, including the Itch Free Guarantee, user reviews and where to buy the product, visit the company website: tricalm.com.

Views

THE HONOR WAS MINE

By Elizabeth Heaney

After 25 years as a therapist, I took a job counseling service members at military bases. I had to completely transform the ways I counseled. With combat veterans, I had to slow down until the men and women drilled on the necessity of being tough could admit they sometimes weren't.

A patient's remarks were like soundings measuring the depth of the ocean floor, searching out how I would react to the enormous burdens they carried. Specialist McCulley sat statue-still and vigilantly scanned my face as she talked about the incident that killed three of her friends, waiting to see if I would flinch or turn away from her memories of the bombs, the screams, the loss.

Deborah, a commander's wife, spoke of going to 93 memorial services during her husband's five deployments. She'd sat with the mothers, fathers, spouses and buddies of the ones who were never coming home.

"Sometimes I went to two services a day," she said, her voice faltering. "I felt like a nurse who couldn't stop the bleeding."

Soldiers and spouses often asked me, "How can you work in such intensity?" Truth was, I sometimes doubted I could. Every day, I felt like I was catching hearts falling through the air.

Go to Parade.com/veterans to read Heaney's full essay.
OR MORE THAN 20 years, Eddie Redmayne has loved acting. He's played opposite Emma Watson and Michelle Williams in My Week With Marilyn, sung with Hugh Jackman and Anne Hathaway in Les Misérables and portrayed a transgender woman in The Danish Girl and physicist Stephen Hawking in The Theory of Everything.

Now Redmayne, 34, is instantly interesting. It doesn't matter what that passion is.

Did you decide to play Newt because you wanted to star in a movie that your daughter would love? When I took the role, [my wife] Hannah wasn't pregnant yet. Now Fantastic Beasts feels like a wonderful benefit for my daughter, although it'll be a few years before she can see it.

Are you doing a sequel to Fantastic Beasts? I know that J.K. Rowling has written

FANTASTIC EDDIE

Newt Scamander, a young "magizoologist" scouring the pre-Harry Potter world for magical creatures, collecting samples of them in his suitcase. Parade caught up with Redmayne from his house in the English countryside, about three hours outside London. He was there with his wife of two years, Hannah Bagshawe, 34, and Iris, their 5-month-old daughter.

Why was the role of Newt Scamander in Fantastic Beasts appealing to you? It was a mixture of Newt's vulnerability and strength. He wasn't an obvious hero. He's not a people pleaser. He's content in his own skin. He wasn't someone that needed to be liked. In fact, at the beginning, he has a naughty, slightly spiky quality to him. He's not someone that you're going to instantaneously warm to, but he has a great heart. When you see him interact with his creatures, you realize what his passion is. And for me, anyone who has a passion in life is

Oscar-winning actor Eddie Redmayne talks about J.K. Rowling's Fantastic Beasts and Where to Find Them (opening Nov. 18), his wife and new daughter and where he finds true happiness.

By Dotson Rader

continued on page 13
From whom did you learn the most, and whom do you most admire? I'll never forget Mark Rylance, or working with Robert De Niro on *The Good Shepherd*. De Niro's a wonderful man. He would direct by keeping the camera rolling, allowing you to take the emotion from the end of a scene and re-channel it back into the beginning of a scene. I used that a lot on *The Theory of Everything, The Danish Girl* and *Fantastic Beasts*. I'll never forget Cate Blanchett, when we were doing *Elizabeth: The Golden Age*, sitting on her chair in her costume, with headphones on, doing her dialect work, one word after another. I thought, *My God, despite all her success, the work ethic remains because she cares about the work*. There are a lot in my generation that I admire hugely. I love Ben Whishaw. He's a phenomenal actor. He cast his own path.

You've taken on some very risky roles. The idea of playing interesting, complicated, delicate, vibrant, strong, rigorous human beings is what [actors] live for. That's the stuff that we dream of. I don't see it as risk taking; I see it as an amazing opportunity to play interesting people.

In 2009, you were onstage in *Red* in London, and a year later on Broadway. Your performance won the British Olivier Award and a Tony. Did you have any idea then that you'd become, seemingly overnight, hugely successful? It doesn't happen suddenly. Everything for me has been little baby steps. You've fought for parts really hard and not won them, not had the opportunities, and the second you are given it, it's just the most wonderful thing. In some ways, *Red* was the dream for me. I was getting that play at a time in which I was auditioning for hundreds of things and couldn't get anything. It was a bit of a savior, this amazing moment. It was a wonderful thing.

How do you handle stardom? You keep focused on the task at hand and basically realize that work is at the core of it. You have massive lows and highs. Don't indulge too much in either. Just keep putting one foot in front of the other. When you couple...
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Has fame changed you?
It's made me less open, more private. Fame made me want to find places of solitude in my private life.

Were you in school together?
I was at Eton [an English all-boys high school], she was at a girls' school. There was a [school] charity event and they shipped in a load of boys, I was one of them. Hannah and I met then. We became friends and saw each other periodically over the years. Weirdly, later when I was doing "Les Miserables," I had four days off and I booked a holiday to Florence by myself, just to take a moment's breath before I

Meaning what? Like, you're on a pecking order that oscillates, depending on how successful your last film was. It's how financeable you are.

You didn't forget about her in all those years? Nope, nope, didn't forget her. But it took a while.

How did you meet Hannah?
I met Hannah when I was about 15 years old! It took us another 15 years to get together.

When did you get together?
We got together between the rehearsals and the filming of "Les Miserables." I had four days off and I booked a holiday to Florence by myself, just to take a moment's breath before
began filming. Hannah came with me. And that was when it all started.

What does Hannah do? She works in antiques. Quite often people say she’s my publicist because she used to work in financial PR. But for the past five years she’s been working in the antiques business.

For all we’ve seen, you’ve lived a very upright life.

Where do your values come from? I have very good parents, and I love them. They are strong people. They instilled in me things that are important: kindness, respect and a work ethic. And those other things that pertain to celebrity, to the need for attention, aren’t the reasons I got into acting.

But you wanted to be famous, yes? If it all ended tomorrow and I was still able to do a play or two a year—that would make me incredibly happy. That’s the truth of it. All the bells and whistles [of celebrity] are a wonderful embellishment, but it wasn’t the reason I got into it.

You miss doing theater? I absolutely do. And I’m constantly thinking about when I’d be able to do it again. What I love doing are new plays. I’ve been talking to [theater] directors. I’m desperate to do a play.

Are you happy? I’m very happy where I am at the moment, which is literally home with my wife and my child. I’m incredibly content when I’m surrounded by my family and, ideally, playing a piano.

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SPICE UP YOUR LIFE

If your idea of seasoning doesn’t go beyond salt and pepper, self-described “spice therapist” Lori Lee Sercarz would like a word with you. The chef-owner of New York City spice shop La Boite, and author of The Spice Companion, is on a mission to get people to use more spices more often. Even if you don’t cook, good-quality spices can take already prepared food to another level, says Sercarz, who creates custom blends for restaurants. Here are his ideas for easy ways to use what’s likely already in your spice cabinet.

GREEN CARDAMOM

- Flavor profile: subtle spicy, sweet and citrus notes with a touch of eucalyptus.
- It’s gaining more popularity in American kitchens and Sercarz likens it to “a much more sophisticated cinnamon.”
- Familiar uses: Indian curries and chai tea, Turkish coffee, Scandinavian baked goods.
- Try it in: your morning coffee, chocolate mousse or pudding, applesauce.
- Plays well with: caraway, cinnamon, cumin, dill, juniper berries.

ALLSPICE

- Flavor profile: warm and complex, with notes of clove, nutmeg, cinnamon and black pepper.
- Works equally well in sweet and savory dishes.
- Familiar uses: jerk seasoning, holiday baked goods.
- Try it in: hot chocolate, sweet potato puree, waffle or pancake batter.
- Plays well with: black pepper, clove, vanilla, cardamom, cinnamon.

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CAYENNE PEPPER

Flavor profile: medium heat with sweet-and-sour notes. A good supporting player in all kinds of dishes.

Familiar uses: hot sauce, chicken wings, gumbo

Try it in: Add a pinch to maple syrup, make a quick cocktail sauce with cayenne, Dijon mustard, mayo, lime juice and ketchup, season pomegranate juice with cayenne and freeze to make ice cubes for holiday cocktails.

Plays well with: coriander, garlic, ginger, lemon zest, sumac

BLACK PEPPER

Flavor profile: Black pepper’s gentle heat is so common that “most people take it for granted,” says Sercarz. But different varieties have different qualities. Tellicherry has a touch of sweetness and citrus notes, for example, compared to more common Indian Malabar.

Familiar uses: everyday spice, Indian chai, steak au poivre, cacio e pepe [cheese and pepper] pasta

Try it in: chocolate brownies or sprinkled over fresh fruit. “Black pepper actually enhances sweet flavors,” says Sercarz.

Plays well with: basil, cinnamon, juniper, orange peel, tarragon

Bonus tip: Purchase whole peppercorns and use a pepper mill to grind them as needed. Preground pepper may be adulterated with ground olive pits (harmless, but not what you’re paying for), Sercarz warns.

Visit Parade.com/spice for recipes that use these spices.

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Ask Marilyn

By Marilyn vos Savant

In my opinion, we do not have a good choice for president in either of the candidates offered by the two major political parties, and as of now, I do not plan to vote for either of them. However, some of my friends say that if I don’t vote for candidate X, that’s the same as voting for candidate Y. Is this correct?

—Dennis McGregor, Akron, Ohio

No, and here’s why: (1) If you seldom or never vote, not voting this time has no impact; (2) if you often switch back and forth between the parties, not voting this time also has no effect because the same inaction applies to both; and (3) if you nearly always vote for the candidate of a favored party but refrain from voting this time, you do subtract from your favored party’s candidate’s count, which helps the opposition’s candidate, but not as much as if you both subtract from your favored party’s candidate’s count and add to the vote count of the opposition’s candidate.

Personally, I believe it’s just fine to cast a vote against a candidate by voting for his or her opponent, and Americans have been noisy doing this since elections began! It’s common for us not to exactly love the candidates for whom we vote or to think they’re the best man or woman for the top spot on the ballot. In other words, it’s OK for us to simply prefer one candidate over another for any reason.
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