

SUMMER READS // GLOWING SKIN MUST-HAVES // BACK-TO-SCHOOL BASICS



Rachael Harris

OF *LUCIFER* & *SUITS*
IS ON A MISSION
TO CLEAN UP OUR
WATERWAYS

tattle

PARENTING MAG WITH SWAG

SCOTT PATTERSON

of *Gilmore Girls*
TALKS COFFEE
& PARENTING

Wild & Free

* SAVING OUR OCEANS

* GOING PLASTIC-FREE

* PROTECTING SEA TURTLES

#strawlessocean

ROAD-TRIPPING
WITH SMALL CHILDREN

DINERS, SODA SHOPS & THE GREAT OUTDOORS

Summer 2019



tattlemag.com



ANNIE THE BRAVE
STEM-INSPIRED DRESSES

OCEAN HEROES

BOOTCAMP



2ND ANNUAL OCEAN HEROES BOOTCAMP



OCEAN HEROES

BOOTCAMP

Everyone has a hero inside them.

This past June, over 10 environmental organizations teamed up to encourage global youth to take meaningful and effective action against single-use plastic water bottles and other plastic pollution in their home communities. Are you hero enough to join them?

JOIN THE RANKS OF THE #OCEANHEROES

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inside the issue

Summer 2019



14

SAVING OUR
OCEANS



homemade
ice cream
12



ALSO IN this issue

- 7** Glowing Skin Must-Haves
- 8** Benefits of the Beach
- 9** DIY Eye Treatment
- 10** 7 Ways to Prevent a Child (or Anyone) From Drowning
- 11** The Secret to Summer Sunscreen
- 19** Things to Remember When Road-Triping with Small Children
- 36** Navigating a Theme Park with an Infant
- 42** Summer Movie Guide
- 44** Back-to-School Basics

features

18

Rachael
Harris

24

Annie the Brave

28

Opting Out
of Normal

37

Coast to Coast:
Diners, Soda Shops &
the Great Outdoors

41

Scott
Patterson



THIS ISSUE'S COVER
Photography by
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all
good
things
are
wild
and
free



tattle

PARENTING MAG WITH SWAG

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Printed in the U.S.A.



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FROM THE PUBLISHER

a note for you...

Our first issue is finally here! The theme for this issue was one I was really excited about — Wild & Free. It was inspired by so many memories from my childhood, specifically, taking road trips and vacations at the beach. There was no better feeling than waking up and having my parents tell my brother and me to get dressed and ready because we were headed out on an adventure! Then there were many years of visiting Cape Hatteras, North Carolina

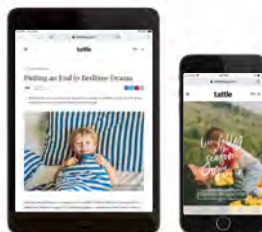
and a bittersweet trip to Bar Harbor, Maine, where I saw whales and fell in love with the ocean. I wanted to make this issue about feeling free in a world that can weigh us down, about making time to protect what we love, and about working together to save our oceans. I hope you enjoy this issue and that it inspires you to “be the change”!

J. Marie



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A THING!**

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TEXTING AT THE TABLE

Making sure that family dinners are family time well spent together.

In a world of technology, it may seem hard to unplug for a family dinner. Kids may be hooked on texting with friends or playing *Fortnite* on their phones — and we adults may be just as guilty, tied as we are to work calls and texts. So how do you make sure everyone unplugs and plugs into family time together? We have a few suggestions!

NO PHONE ZONE

Sometimes the easiest way is making the table a no phone zone. Turn them

off, leave them in another room completely, or have everyone set them in a basket as they come to the table.

MAKE IT A GAME

First person who looks at their phone needs to clear the table after dinner. . .or better yet, do the dishes!

MAKE IT A FAMILY AFFAIR

The more involved everyone is, the more they forget about their phone. Make dinner a family affair from start to finish. Encourage

the kids to help prepare dinner, set the table and spend time together before and after.

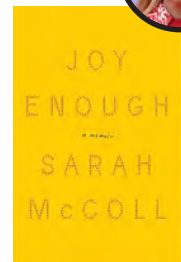
SET THE STANDARD

Remember, we adults may be just as (or more!) guilty than the kids. Our kids look at us and do as they see, not as we say. Showing them a balance between family time and screen time can help them see there is more life than being glued to our phones. ■

Stretch SUMMER

with a good book by the beach or right in your own backyard. Check out some of these celebrity picks!

One of Emma Robert's Picks



JOY ENOUGH
By Sarah McColl

Reese Witherspoon's July Book Club Pick



WHISPER NETWORK
By Chandler Baker

Sarah Jessica Parker's Personal Pick



GOLDEN CHILD
By Claire Adam



DISASTERS DON'T
PLAN AHEAD.

YOU CAN.

DON'T WAIT. COMMUNICATE.

Talk to your loved ones about how you are
going to be ready in an emergency.

[VISIT READY.GOV/PLAN.](https://www.ready.gov/plan)



GLOWING SKIN must-haves

BY BRITTANY THACKER



The glow trend continues this summer! So, how do beauty professionals make “the glow” look so effortless? The secret is all in how you layer the right products.

Incorporate these products in your daily routine to get the flawless summer J-Lo glow from head to toe.

MAYA CHIA THE HIGHLIGHT OF THE DAY — “GOLDEN HOUR”

Get the glow while treating your skin with power packed botanicals using the Maya Chia’s The Highlight of the Day. With key ingredients like chia seed oil and broccoli extract, your skin will glow indefinitely. Wear under makeup for a glow from within, or on the tops of the cheekbones for a dramatic glow! \$42, aillea.com



WET N WILD MEGAGLO HIGHLIGHTING POWDER

For a finishing touch, apply this highlighting powder to the high points of your face (bridge of nose, top of cheeks and the Cupid’s bow of the lips) to amplify the glow. \$4.68, walmart.com



VOLITION ILLUMINATING BODY MILK

This body lotion reflects light with a soft iridescent finish. It uses pearlized powders to smooth imperfections and to improve the skin’s texture while it hydrates your skin. \$20, volitionbeauty.com



OLLY VIBRANT SKIN GUMMIES

Activating the glow from within with vitamins and minerals is important! These delicious berry-flavored gummies channel the power of hyaluronic acid, collagen and sea buckthorn. They hydrate from within, transform your skin and enhance your topical products! \$13.99, olly.com



DRUNK ELEPHANT T.L.C. SUKARI BABYFACIAL

If dead skin cells are not exfoliated, they can build up and give our skin a lackluster appearance. T.L.C. Sukari Babyfacial uses various skin-safe acids to reveal new, fresh and vibrant skin. \$80, Sephora



Benefits of the Beach

We can't get enough of the ocean! Here are just a few reasons why. . .

DAILY DOSE OF VITAMIN D

Vitamin D is key in helping to fight depression. The ocean reflects the sun's rays, providing plenty of Vitamin D.

HELP FOR ALLERGIES & SKIN CONDITIONS

Sea water is very cleansing. It helps reduce inflammation and soothes and heals skin conditions. Plus, it won't irritate airways.

STRESS-FREE ZONE

Spending time in nature has been shown to have huge benefits for mental health. Like other forms of exercise, swimming is great for fighting anxiety and depression. The sound of crashing waves has also been shown to be calming and relaxing.



TIPS FOR KEEPING HOLD OF SPECIAL ITEMS ON LONG TRIPS



Nothing will negate the benefit of a family vacation like losing your child's most treasured inanimate friend. Here are a few ideas for keeping Knufflebunny from disappearing forever.

①

Leave it home if possible.

②

Leave strapped in child's car seat to "keep it safe" at rest stops.

③

At overnight stops, attach a list to the door of items to collect, including the "special."

④

When packing up at a hotel, put it with the shoes by the door.

⑤

Refuse to leave the hotel or allow snacks without it. If another child hid it, they'll be motivated to cough it up.

⑥

Task a responsible older child to be the toy's "buddy" to help keep track of it.



PHOTOS: XAVIER/OUTONPHOTOGRAPHY/UNSPASH, VIKTORIANOV/44/ISTOCKPHOTO

DIY

cooling & depuffing eye treatment



Sliced cucumbers placed on your closed eyes may provide some benefits, but to boost the amount of enzymes that come in contact with your skin, try grating them!

Cucumbers are made up of about 95% water, and they provide great hydration for your body and skin. Their enzymes contain antioxidants and anti-inflammatory properties. Cucumbers also contain cucurbitacins — nutrients that might fight against some cancers!

try this method -

WHAT YOU'LL NEED

- Medical Gauze
- Cucumber (chilled)
- Grater
- Kitchen Twine

* Cucumbers contain potassium, magnesium and fiber. Adding slices to your water helps lower high blood pressure and promotes weight loss!

FOLLOW THESE STEPS

/ 1 /

On a plate, lay out two layers of medical gauze for each eye.

/ 2 /

Grate 4 tablespoons of chilled cucumber.

/ 3 /

Divide the grated cucumber between the two pieces of gauze. Wrap and secure, and apply to eyes for 15-20 minutes.

SOAK UP SUMMER IN A COOLING BATH

Baths are a wonderful way to de-stress, they're also great for sunburns, bug bites and achy muscles. For a super stress soother, try a peppermint and cucumber bath. Puree one large cucumber, then strain it through cheesecloth into a tub of cool or warm water. Add two cups of Epsom salt and a few drops of peppermint essential oil. Ahh, bliss!



SCORE THE PERFECT SUMMER REPAIR

HAIR CARE PRODUCTS



Lavender Mint Deep Conditioning Mineral Hair Mask

Paul Mitchell
An intensive hair treatment that adds moisture while strengthening your hair with the calming fragrance of lavender.

\$3.50, ulta.com



Activated Bamboo Charcoal & Purple Moonstone Butter Masque

Not Your Mother's Naturals

A blend of activated bamboo charcoal and purple moonstone to repair damaged hair and to hydrate without harsh chemicals.

\$1.99, target.com



Wonder Drops Damage Repairing Hair Mask

John Frieda

Strengthen your hair and give it a boost with this hair mask infused with vitamin E.

\$2.49, ulta.com



7 Ways

TO PREVENT A CHILD (OR ANYONE) FROM DROWNING

BY MEGAN BELL

*Take Time to
Learn CPR*

The joy and excitement of spending long summer days outside by the pool, the lake, and even the ocean are upon us. But along with the pleasures of summer's fragrant scents and its various outdoor activities comes a few cautions every parent should review before venturing out on their next swim activity with the little ones.

According to the Centers for Disease Control and Prevention (CDC), an average of two children under the age of 14 die every day due to drowning. In fact, fatal drowning remains the second-leading cause of unintentional injury-related death in children, after motor-vehicle crashes. For every child who dies from drowning, another five receive emergency-room care for nonfatal submersion injuries. More than 50% of those children suffer brain damage, which often leads to long-term disabilities such as memory problems, learning disabilities, and permanent loss of basic functioning (e.g., permanent vegetative state).

What do we need to know as parents to prevent our little ones from becoming a statistic? The American Heart Association touts the first link in the Pediatric Chain of Survival as the prevention of injuries. Prevention is particularly important because unintentional injuries are the number-one killer of children in America, and among these unintentional injuries is drowning.

LET'S REVIEW THESE SIMPLE PREVENTIVE MEASURES:

1. Designate a responsible adult to supervise children when they are in and around water. Don't rely on a lifeguard for

this task as they have multitudes of children to observe. Remember, it is ultimately our responsibility, as the parent, to keep our children safe.

2. Swimming lessons can reduce the risk of drowning among children; however, even formal swimming lessons are not 100% fool-proof in preventing drowning, so read on.

3. Wearing U.S. Coast Guard-approved life jackets are specifically designed to keep your child's head above water. Foam noodles and air-filled "water wings" should not be used in place of an approved flotation device.

4. Using the buddy system is another measure that adds an additional layer of safety in the water. Spend a few minutes to teach children about the importance of staying close by their buddy at all times.

5. Know the weather before swimming or boating.

6. If you have a pool at home, install a four-sided, locked pool fence that completely separates the pool area from the house and yard.

7. When at the beach, know the meaning of and obey warnings represented by colored beach flags (these can vary from beach to beach).

CPR performed by bystanders has been shown to save lives and improve outcomes in drowning victims. The more quickly CPR is started, the better the chance of an improved outcome. In fact, for every minute that passes in which a drowning victim does NOT receive CPR, their chance of survival drops by 7–10%. There are many CPR classes available in communities nationwide; however, if you're unable to attend a class, at the very least, know these basic steps:

STEP 1

Call 911 immediately (if someone else is with you tell them to call 911)

STEP 2

Push hard and fast on the center of the chest to the beat of the song "Stayin' Alive" until emergency medical services arrives. For a fun, child-friendly, YouTube video demonstrating this simple technique, use your smartphone to scan this QR code:



So you see, CPR is not hard to learn, and you do not have to be certified in CPR to help in an emergency. You simply need to be willing. You can save a life.

Be sure to share these life-saving skills with your family and friends while you enjoy all the scents and splendor that summer has to offer.

Reef-Safe SUN PROTECTION

Sunscreen isn't just for summer. Make sure you are protected from those UV rays all year long. Here are a few of our favorite reef-safe picks!

NATUROPATHICA DAILY UV DEFENSE CREAM SPF 50

\$58, [amazon.com](https://www.amazon.com)



HELLO BELLO SUNSCREEN LOTION

\$9, [walmart.com](https://www.walmart.com)

TWO PEAS ORGANICS SPF 30 MINERAL SUNSCREEN

\$12.95, [amazon.com](https://www.amazon.com)



the secret to SUMMER SUNSCREEN

BY BRITTANY THACKER

It's summertime, the weather is hot, and you are naturally driven to spend more time outdoors. Increased sun exposure calls for extra protection, but choosing the right sunscreen can be daunting! Here's a quick guide to finding the most effective and safest sunscreen for your whole family — and the planet!

Opt for a mineral-based sunscreen and try to avoid chemically based ingredients like oxybenzone, avobenzone, octisalate, homosalate and octinoxate.

What is the difference? Mineral sunscreens completely block the sun's rays, while chemically based sunscreens filter the sun's rays and absorb into the skin. Mineral sunscreens are also safer for the coral reefs, which may be poisoned by chemicals like octinoxate and oxybenzone.

Take a quick look at the percentage of titanium dioxide in your mineral sunscreen.

We recommend a sunscreen with less than 20% titanium dioxide.

Zinc oxide is the way to go!

The best mineral ingredient for sunscreen is zinc oxide. It does leave a white cast on the skin, however. Try a tinted zinc oxide-based sunscreen, or mix in a bit of your favorite foundation to create your own personalized tinted sunscreen.

To spray or not to spray?

Spray sunscreens can be great for convenience but can be easily inhaled. Try out a lotion this year. Lotion is more affordable and extra safe for the little ones.

LAVENDER BLACKBERRY PEACH *ice cream*

INGREDIENTS

1 cup blackberries
2 peaches, peeled, pits removed, and pureed
½ cup sugar
¾ cup milk
¼ teaspoon vanilla
1 tablespoon sugar
2 tablespoons water
1 tablespoon dried lavender buds
1½ cups heavy cream

DIRECTIONS

1 Combine milk, ½ cup sugar, vanilla and lavender buds in a medium saucepan and heat over medium heat, stirring until all the sugar has dissolved, approximately

5–7 minutes. Strain the milk mixture, removing the lavender buds, and set it aside to cool to room temperature.

2 In a separate bowl, add the blackberries, 2 tablespoons of water and 1 tablespoon of sugar, mashing up the blackberries and blending together. Set aside.

3 Pour heavy cream into a separate bowl. Beat on high speed until stiff peaks form. Fold in the pureed peaches with a spatula and then your cooled milk mixture and gently mix.

4 Set in the refrigerator to chill for an hour.

5 Transfer the mixture to a 9x5x3-inch loaf pan or another container, alternating layers of the peach mixture with layers of the blackberry mixture.

6 Freeze for at least 4 hours or until the ice cream reaches your desired consistency.



eat it up.

**40% OF FOOD IN
AMERICA IS WASTED**

COOK IT, STORE IT, SHARE IT.
JUST DON'T WASTE IT.

SAVETHEFOOD.COM



SAVING OUR OCEANS

**TAKING
SMALL STEPS**



**INSPIRING
OUR
CHILDREN**



**REDUCING
PLASTIC**

An aerial photograph of the ocean's surface, showing intricate patterns of light and dark turquoise water. The text is written in a white, flowing cursive font, centered on the page.

If we
could all
just learn to take
small steps
we can
make a BIG
difference
together.



Be the Change

You've heard the phrase "Be the change you want to see in the world." We all have to start somewhere. If we all do our part and start with the small things. . . those small things add up to making a bigger difference.

Here are a few ways to get started!

GET CREATIVE

If you can't avoid something that's plastic, find creative ways to re-purpose it.

LOCAL SUPPORT

Support local recycling initiatives and encourage others to do so too. Strive to be a good example of how plastic and other recycling is supposed to look.

SAVE OUR CORAL REEFS

Use coral friendly sunscreen that won't harm coral polyps.

RECYCLE

Reduce. Reuse. Recycle. We are sure you have heard this popular slogan. Sometimes recycling can be inconvenient or time consuming. It may require a change, but be the change

— it will be worth it! And when possible, always choose to reuse!

LEAVE IT BEHIND

Most consumers buy based on impulse, convenience or price. Often, we don't think about plastic or packaging. Make more informed decisions when purchasing. Choose products that use recycled plastic or no plastic.

IF YOU LIKE TO FISH. . .

Make sure you dispose of your fishing line properly. Many creatures get caught and tangled in fishing line and die because of it.

BE MINDFUL

Be conscious of the energy & chemicals you are using at home and work. Here are

just a few things that you can do to get started: drive less or carpool, line-dry your clothes, unplug your devices, properly insulate your home, maintain your heating and cooling systems and switch to compact fluorescent light bulbs. Use less fertilizer in your yard to avoid it running into a local water source. When you change the oil in your car, make sure you are properly disposing of the old oil. Cleaning products? There are many natural alternatives.

THE LAST STRAW

Why focus on plastic straws? While straws are necessary for some, for many they are not and are an unnecessary single-use plastic. Buy some stainless steel or bamboo straws and carry them with you. And don't forget, it isn't just straws. Plastic plates, cutlery and wrappers add to single-use plastic pollution.

LEAD BY EXAMPLE

We all need a shove in the right direction sometimes. Try not to be the person who criticizes others. Learning to walk the walk before we talk the talk and leading by positive example can go a long way to inspiring others.

IT'S ALL IN THE BAG

Use fabric or natural mesh shopping bags when grocery shopping and reusable produce bags for your fruit and veggies. If you do get caught out and need to use plastic, save them to reuse.

BACK TO THE BEACH

Always clean up after yourself and encourage others to do the same. You can also consider participating in a local beach cleanup.

INSPIRE & EDUCATE OUR CHILDREN

Start by making it a family affair! This can start right in your own backyard — plant a garden, build a birdhouse together, recycle! You can also plan family vacations that focus on the outdoors and discuss any plants and animals that you see and why it's so important to protect them. To open your kids' eyes to life under the sea, watch an episode of *Blue Planet* that focuses on the oceans. For younger children, even a movie like *Finding Nemo* can start a discussion about marine life and how to protect it. ■

YOUR FOOTPRINT MATTERS!

Plastic isn't the only culprit that contributes to harming our beaches, oceans and marine life. Our fun day at the beach can lead to disruptions in feeding and nesting routines for marine life such as sea turtles. In Florida, nesting season for sea turtles occurs between May 1st and October 31st. About 90% of all sea turtle nesting in the United States takes place on Florida's beaches and it's estimated that only one in 1,000 hatchlings will survive.

Here's how you can help!

Use sea turtle-friendly lights or no lights at all

Nesting and hatchling turtles follow the natural light of the horizon to make it to the surf. Bright lights from beachfront properties can make them wander off track and become easily disoriented.

Avoid attracting unwanted visitors

Make sure to clean up after yourself (really, we should be doing this anyway). Leaving

food and trash behind attracts animals such as raccoons, coyotes, dogs and cats who will destroy sea turtle eggs.

Do not disturb sea turtle nesting

It's important to allow hatchlings to make their way to the water on their own. (It is also illegal to touch sea turtles under both federal and state laws.) When you set up your beach chair, make sure to place it at least five feet

away from a marked nesting area.

Make sure to knock down any sandcastles and fill in any holes dug in the sand

Both hatchlings and nesting mothers can get stuck in holes when crawling on the beach. Make sure to remove all beach accessories as well, such as chairs, umbrellas and toys to prevent them from being obstacles.



RACHAEL *harris*



ACTRESS RACHAEL HARRIS, KNOWN FOR HER ROLES IN *LUCIFER* AND *SUITS*, IS ON A MISSION TO CLEAN UP OUR WATERWAYS. AS THE MOTHER OF TWO YOUNG BOYS, SHE'S COME TO REALIZE HOW VITAL IT IS THAT EVERY ONE OF US PITCHES IN TO CLEAN UP THE PLANET.

Jennifer Marie: At *Tattle*, we're all about inspiring our children and each other to take care of the planet. This issue we're focusing on the oceans and water. You work with an organization called Waterkeeper Alliance. Could you tell us what a Waterkeeper is and what Waterkeeper Alliance does?

Rachael Harris: The Waterkeeper movement first started in 1966 with a group of fishermen on the Hudson River in New York, and today, Robert F. Kennedy, Jr. is the president. Waterkeeper Alliance exists because there is a threat to our oceans and all of our waterways — lakes, rivers, and streams — because of pollution and because of trash and because we're not taking care of our waterways.

Waterkeepers are ordinary citizens from all walks of life who advocate for everyone's right to drinkable, swimmable, and fishable water. They patrol waterways all over the world to look for pollutants. They test the water and if they find there's runoff or pollution from a company or something, they will go to whatever is putting out the pollution and ask them to clean up their mess. If they don't clean up their mess voluntarily, Waterkeeper groups will litigate to make sure they do.

A fascinating thing I learned since getting involved with Waterkeeper Alliance is that Waterways are public; the "beach" i.e. the sand,

could be considered private, but not the water itself. Waterways belong to all of us.

So what Waterkeeper Alliance is trying to do is educate people. If you have a backyard, and somebody dumps trash in your backyard, you'd ask them to clean it up, right? This is happening all over the planet, and a lot of times we have to clean up our own backyard, not the people that put the trash there. What Waterkeeper Alliance does is provide resources so there are Waterkeepers looking out for our waterways and legal expertise to make sure the people who put the trash there clean it up.

When I started working with the organization, there were 237 Waterkeepers. Now we have over 300, from Puget Sound to rivers in Indonesia, which is exciting because that means there's more awareness now for what's at stake for our waterways and our entire planet.

JM: What inspired you to get involved with Waterkeeper Alliance?

RH: I was working with Oceana [an international nonprofit focused on ocean advocacy]. Like a lot of us, I just assumed our waterways are safe and our drinking water is clean. I didn't really make the connection that the runoff of pollutants — even from our homes and the paint that we use on our homes and any kind of fertilizer — those things run off into our water system. Even things that seem completely unrelated to water, like plastic bags and plastic straws, are really the things that are damaging our ecosystem the most.

It wasn't until I made the connection [that I realized] that really we are responsible for cleaning up the mess — nobody else is going clean it up for me. I have to clean up my own act in order to start to make

a difference, and I have to do something about it.

I met Waterkeeper Alliance because my best friend, Cheryl Hines, is married to Robert F. Kennedy, Jr., and my focus just became more on Waterkeeper Alliance. I could more readily access that. I felt called to do more. I started a campaign, Keep It Clean, where every year, around Earth Day, we do a comedy benefit to support Waterkeeper Alliance and build awareness. And it was at those events that I started meeting more Waterkeepers and people with like minds — and trying to simply not use plastic bags every day.

To be completely honest, that's a much easier rule for me to talk about than to put it into my daily practice. I have a ten-month-old and a three-year-old and sometimes plastic is just the easiest thing for me. Plastic yogurt packs and stuff like that. Also, I work out, and I'll get my one plastic bag to



▲ Christian Hebel, Cheryl Hines, Sarah Rafferty, Rachael Harris, Bill Burr, Susan Yeagley, and Kevin Nealon attend Keep It Clean to benefit Waterkeeper Alliance on March 1, 2018 in Los Angeles, California.



Rachael Harris ▶ and Cheryl Hines at "Keep It Clean" To Benefit Waterkeeper Alliance at Avalon on April 20, 2017 in Hollywood, California.



Rachael Harris presented the Sustainability Award to Waterkeeper Alliance partner, Sperry, at the Ace Awards.

put my workout clothes in. I'll keep the bag, so I use them still, but I recycle them, at least.

I have to say, I'm an advocate for our oceans and our waterways all over the planet, and I struggle with it as well. I'm not saying it's easy and you need to snap your fingers and become an environmentalist. It's just becoming aware. Knowing you have to do something, I think, is key.

JM: If you could give one piece of advice or one way to get involved, what would that be?

RH: There are many people that are landlocked and aren't living near waterways that might not be thinking about it very much, but any time you're fixing your car, the oil that comes out of your car can go directly into our water supply. So it's being mindful to properly dispose of car oil, or think about the runoff that's coming off your homes, like weed killer or fertilizer. It's better to use something that's more environmentally friendly that isn't going to hurt our water supply. That's something you can change.

Also plastic bags and plastic straws, if we could stop using plastic and plastic cups and plastic bottles. Though, I'm also guilty of that, because I like my own specific bottled water, too. But if you are going to use them try to recycle them at least, and gradually try to switch over to glass or reusable water bottles.

JM: Right. It's the small steps, the little processes we need to change.

RH: Exactly. The number one awareness is just knowing that plastic isn't going to

anywhere. It's here forever. And other everyday little things like turning out lights, which I'm terrible at! My husband is always like, "You forgot to turn off this light." Just being aware of your carbon footprint.

If you want to get involved on a bigger scale, you can look up Waterkeeper Alliance [at waterkeeper.org] and see if you have a Waterkeeper in your area of the world and see if the waterways near you are being protected. If not, you can call Waterkeeper Alliance and say, "I'd love to get a Waterkeeper in this area."

They can have someone come and patrol whatever waterway you're on, whether it's a man-made lake, like in Ohio where I grew up, or the Great Lakes.

JM: Okay, switching gears. I know you're a mother. How has motherhood changed you?

RH: I didn't realize how much I would love my boys. I didn't realize how in love with them I would become.

I think what's changed for me is my sleep routine. I like to go to bed earlier and get up earlier. I'm fortunate because we have help. I'm an older parent, so I'm just being realistic: it's difficult for me taking care of two little boys without help. My three-year-old son is in preschool, which is fantastic, but I think it's also made me very mindful of taking care of myself. You'd think the opposite, that you want to spend as much time with your kids as possible, and I do. But I think what's changed from the beginning, when we had Henry, who's three, and Otto, who's ten months, is I realized how imperative it is for me to take care of myself and do things

for myself so that when I am with them I am fulfilled and happy, rather than drained and doing this as a job, as opposed to a gift.

I have wonderful friends that I reach out to all the time. It's changed who I hang out with, too. Not out of "I don't like my friends I had before I had children," but it's literally had an effect on me. When you don't have family that lives nearby because they're in Ohio, you have to rely on your friends that have become your new family in California.

JM: What's something that you do now that prior to having kids you would have said, "I will never do that"?

RH: Looking forward to going to something like *Paw Patrol Live* [laughs]. I was more excited to go to *Paw Patrol Live* than Henry was, and Henry was thrilled. It was all he could talk about forever.

I never would have thought I would be so happy that somebody actually pooped in the potty. And seeing Henry pee outside for the first time was one of the funniest things I have ever experienced in my life.

Also, I never thought I'd stay in town with my children rather than go out of town for a work event. But I was invited to be in Australia for an event and I was like, "I really just need to be here." The old me would have been, "I'm going to Australia."

JM: Do you have a funniest parenting moment?

RH: The first time Henry ever said my real name. He was trying to find me in the house because he needed something and he just said, "Rachael... Rachael... Rachael, come here!" And he said it like my husband!

It's funny when they say grown up things like, "Oh, sure."

Like, "Would you like some milk?"

"Oh, sure."

I don't even know if that's going to translate in print!

It's also fun to see the kids' reactions, or hearing Henry gasp like I do when I'm excited or scared.

JM: Okay, work stuff. What other projects are you working on? Anything coming up?

RH: Well, yes. *Suits* is going to start up July 17. I return on that show. I go back to shooting *Lucifer* at the end of August and that will be out on Netflix in 2020. It's our fifth and final season. And I have an independent feature called *International Falls* that's been seen on the festive circuit that hopefully will end up somewhere that people can see it.

JM: I was very excited to hear that *Lucifer* is going to have a season 5. I'm a little sad that it's the last season, but all great shows have to end...

RH: I was actually talking to Tom Kapinos [creator of *Lucifer*] this morning and he was saying it's better that we're ending when we're in a really great place and people enjoy us than for it to fizzle out at the end.

JM: I completely agree and can't wait to see the fifth season of *Lucifer* as well as *Suits*. We really appreciate you taking time to talk with *Tattle* about Waterkeeper Alliance and some fun parenting moments.

RH: Thank you so much.

Keeping it Clean



Waterkeeper Alliance fights for every community's right to drinkable, fishable, swimmable water.

Below are just two of the many heroes working to protect our waterways and who have fought and won some of the most significant clean water battles of the past 20 years.

▼ **JILL JEDLICKA**
Buffalo Niagara Waterkeeper



▲ **YONGCHEN WANG**
Beiyun Waterkeeper

★ To learn more about Waterkeeper Alliance's work and see the recent Waterkeeper Warriors project, visit www.waterkeeper.org/warriors



↑ **CULTIVATE KINDNESS TOTE**
Feed Projects

This soft cotton tote has the capacity to hold everything you need and spreads a message of kindness. Even better, your purchase gives 10 meals to children in need!

\$38. feedprojects.com



← **COPPER WATER BOTTLE**
Copper H2O

Handcrafted with care, this pure hammered copper water bottle has many health benefits. Copper is antibacterial, acts as an effective anti-oxidant and improves immunity. When you purchase from their site, 15% goes to supplying clean drinking water in developing countries.

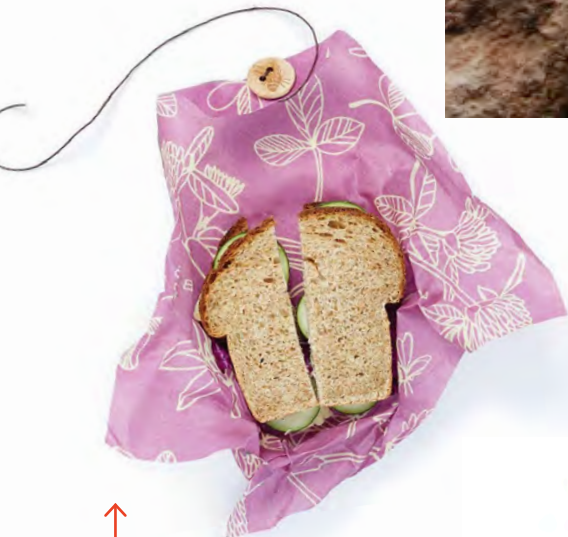
\$34.50. copperh2o.com



↑ **REUSABLE STRAW**
WDC

Reusable and eco-friendly, these aluminum straws reduce plastic use. By buying them, you're also supporting whale and dolphin conservation to ensure we have a world where every whale and dolphin is safe and free!

\$5. adopt-us.whales.org



↑ **BEE'S WRAP SANDWICH WRAP**
Bee's Wrap

The perfect plastic-free alternative for wrapping sandwiches. They are washable, reusable, compostable and made from eco-friendly ingredients.

\$11. amazon.com

passing on plastic



Here are a few of our favorite plastic-free alternatives, so you can reduce your single-use plastics – in style!



← **MESH BAG**
Kungsfors

Grab these for grocery shopping or just to store your fruit and veggies. These bags have wide netting so you can safely store produce with plenty of ventilation.

\$5.99. ikea.com



↑ **CFOLD - HAVANA**
Rume

This bag is loaded with zippers and pockets to make traveling easier, whether you are headed to the gym, pool, or grocery store. Bonus: it zips down to one-tenth its expanded size!

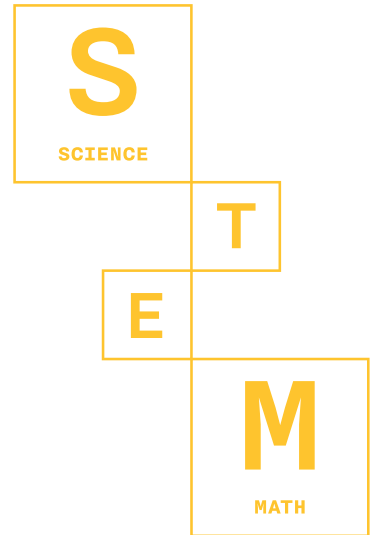
\$20.97. myrume.com



← **BAMBOO TOOTHBRUSH**
Ocean & Co.

Naturally antimicrobial, eco-friendly and biodegradable, with nylon bristles. Includes a bamboo case.

\$10.99. oceanandcompany.com



EVER WONDER IF THERE'S LIFE ON OTHER PLANETS?

LUCIANNE WALKOWICZ
ASTRONOMER, THE ADLER PLANETARIUM

GIRLS IN STEM BECOME WOMEN WHO CHANGE THE WORLD.
LEARN MORE @SHECANSTEM ON INSTAGRAM

Annie the Brave:

STEM-INSPIRED DRESSES FOR ASPIRING ASTRONAUTS, SCIENTISTS, & MARINE BIOLOGISTS



Q&A

*with founder of
Annie the Brave*

**CHELSEA
COULSTON**

Tell us a little bit about your company. What inspired you to create Annie the Brave?

Annie the Brave is a girls clothing line designed to encourage girls to engage their interests in STEM. I was inspired to create Annie the Brave because Peighton, my oldest daughter, wanted a dress with scientists on it. She loves both dresses and science so it was an obvious request, however, we discovered that they just didn't exist. I want my daughters, and all girls, to feel

confident in their interests in STEM & STEAM and not having girls clothing options that encourages those interests felt wrong. We created Annie the Brave to fill a gap in girls' clothing but more than anything we want to encourage girls to follow their hearts and embrace all their interests.

What makes Annie the Brave so great for girls?

I believe Annie the Brave is getting such a warm reception because it smashes



inspired designs and the size range will expand to 2T-11/12.

What do you hope to see in the future for girls that are interested in science?

We've seen women do amazing things in science fields. Getting girls involved at a young age and encouraging them to pursue their interest in science is key to having more women in STEM careers. When it comes to getting more girls to pursue science, I think we've seen progress in the last several years but we have a ways to go. I hope for Annie the Brave to play a small role in that by coming alongside and supporting girls' interests in science with clothes they love. I look forward to seeing more girls confidently pursuing their interests in STEM and eventually going on to cure disease or walk on the moon.

How do you support your daughter in academics, especially in those that are STEM & STEAM related?

My children are still quite young at 7 and 3. Up until this past school year my children were in a play-based school program that nurtured their unique interests in different topics. What I learned from that type of school environment is that every child has different interests and they each learn in unique ways. We support our girls by challenging them to try new things, discovering the best ways they learn, and encouraging them to always do their best. Specifically in the STEM & STEAM subjects, we try to engage them as much as possible outside of school. We visit museums, try experiments at home, and enroll them in science-based camps, to name a few.

How do you inspire your daughter to try new activities, foods or even to handle situations she feels uncomfortable with?

Trying something new is like unlocking a secret door. Although it may be scary, there is something to be gained from the experience. That being said, as an adult, I do not always feel comfortable in new situations, so how do I encourage my children to try something new? I'm honest with them and tell them it's okay to feel scared about trying something new. I also tell them what they'll gain by being brave. You might meet a new friend, see something really amazing, learn something new, etc.

How do you encourage your daughter to be her own unique self and to be her best self?

The best way I know how to encourage my children to be themselves is to teach them to make choices for themselves. I think you are most authentically you when you are making choices for yourself, not for others. Something as simple as allowing them to dress themselves each day gives them that confidence to be who they are. We allow our kids to make choices all the time in our home so that when they are out in the world, they feel confident to make choices for themselves in difficult situations. ■

You can purchase Annie the Brave dresses at AnnietheBrave.com

the stereotype that tells us that there are girly things and then there are science things — there aren't girly science things. We've merged the two to create twirly dresses with astronauts, sharks, and scientists on them. Creating clothing specifically for girls with STEM-inspired designs sends a clear message to girls, these things are for you.

What types of dresses do you have for young scientists and for what ages?

Our current collection that launched in April features three different designs (Little Scientist, Under the Sea, and Girl in Space). The size range is 2T-8. Our fall launch will feature four more STEM



Under the Sea



Girl in Space



Little Scientist

MY SHELTER PETS ARE

MY BIGGEST FANS

#AdoptPureLove

LOGAN RYAN WITH LEO AND JULIUS: ADOPTED 2014 AND 2018.

They're a little bit of a lot of things, but they're all pure love.



THESHELTERPETPROJECT.ORG

NORMALITY IS A
PAVED ROAD:
IT'S COMFORTABLE
TO WALK, BUT
NO FLOWERS
GROW ON IT.

- VINCENT VAN GOGH

When your child leaves for college or for a job, becoming an empty nester might feel overwhelming. We decided to sell everything, buy a recreation vehicle (RV) and inspire others with our incredible journey.

OPTING OUT OF *normal*

Living life to the fullest after children
leave to conquer the world

BY JUSTIN & STACY FORD





After 20 years of active military service, we bought our dream home and focused on providing our youngest with a stable high school experience. Our 9-to-5 jobs were more like 7-to-6, and our weekends were always pre-scheduled by mid-week with a calendar overloaded with activities and chores.

When our youngest daughter came home and proclaimed that she would be spending future summers in her own apartment, this put a whole new perspective on things. She would be taking college summer classes and working, and she had a place of her own. We were both only in our 40's when she moved out. Between our jobs, chores, and the house... there was always something that needed to be taken care of.

So, we went on our first vacation without the kids. We traveled through upstate New York by road. We found fresh air and explored places we had never been to. And, we didn't talk about work. Life couldn't get any better than this! Or could it?

We had a lot of time to talk while we were on vacation, and on an 11-mile hike, we

wondered why we were working so hard for a house we never got to spend time in. We asked each other how we could find more time to travel and explore. The next few days ended with a lot of late-night conversations about our future.

Due to our time in the military, we were used to the spontaneity of life, and most of our life-changing decisions have been made within minutes. We believe in: If it feels right, go with it. If it doesn't work out, we'll figure it out!

After having everything we thought we wanted — the dream home out in the country hills of Pennsylvania, great jobs, and beautiful, smart, responsible daughters living their own schedules and their own lives — we were feeling restless. Was this the mid-life crisis everyone was talking about? Was this what we wanted for our next chapter in life: work, chores, sleep and then back to work? No! We made the decision to sell our two homes, buy a new and improved four-season RV and travel the United States. We also gave ourselves two years to transition to a life organized into 39 feet of

living space. Nine months later, we handed the keys of our dream home over to the new owners and we drove out of Pennsylvania.

We now have the time to be better friends and to grow our lifelong connection. In the last two years, we have been hiking and kayaking, and we have volunteered in Texas after Hurricane Harvey. Giving back is a big part of our life as a couple.

Tomorrow is never promised. After losing friends and family members at a young age and seeing how they never got to really live after all those years of working, we look at each day as a precious gift. We travel slowly and soak in each new place we go, while trying to make the best of any situation. Living in close quarters has made our marriage stronger, more patient, and more forgiving. We thought we were best friends before, but we certainly have become closer since we began this journey. ■

“Normal is getting dressed in clothes that you buy for work and driving through traffic in a car that you are still paying for - in order to get to the job you need to pay for the clothes and the car, and the house you leave vacant all day so you can afford to live in it.”

— ELLEN GOODMAN



You can follow Justin & Stacy's story on [facebook](#) & [instagram](#) @[optingoutofnormal](#)

LET YOUR
IMAGINATION

Run Wild

→ Get creative and have a little fun with the kids creating drawing prompts using images from magazines and newspapers.



MATERIALS

Magazine(s) or newspaper

Paper

Gluestick

Washable markers, crayons, watercolors or colored pencils

Here's what to do

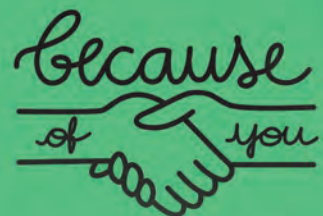
Start by cutting out an image or partial page of a magazine. Glue the image to drawing paper and leave it to dry. You can then draw around the image, incorporating it into your artwork.

BECAUSE YOU
WERE THERE
FOR ME WHEN
I HAD NO ONE,
I STARTED
LOVING
MYSELF AGAIN.

Kailee M.



Everything you say and do
creates an impact.
becauseofyou.org



19 THINGS TO REMEMBER WHEN *Road- Tripping* WITH SMALL CHILDREN

BY ASHLEY NANCE

“Are we there yet?” This timeless question has inspired both jokes and frustration for generations of parents. While some of my fondest memories of growing up were of trips my family took — often hours or days from home — the prospect of entertaining a literally captive audience of small children is still a daunting one. But never fear! Here is the “Best Of” list for road tripping from my 10 years of experience road-tripping with small children, both as a parent and as an early-childhood special education teacher.

BEFORE YOU GO:

1. Prepare for success. Get your vehicle tuned up, check your fluid levels, and make sure both AC and heat work well no matter where you’re going. The only thing worse than driving through the entire length of Nebraska with a carful of tired, cranky children is breaking down in Nebraska with a carful of tired, cranky children. (Trust me, I’ve done both!)

2. Think sleepy thoughts. Sleeping is the very best thing a child can do on a road trip, so help make it easy for them! Bring blankets, pillows, toothbrushes, and more than you think

you’ll need of binkies and bottles. . . you never know what’s going to fall in a puddle of motor oil at a rest stop. Leave special blankets and toys at home if you can, and in the car at every



stop if you can't. (If you really want to cut down the length and drama of your trip — and can do so safely — consider taking turns and driving through the night.) Our local library had some soft classical music CDs that helped our kids wind down to sleep after dinner as well.

portable DVD player, spray hand sanitizer, those silly drink bottles with character heads, new coloring/activity books, and plenty of fun-looking snacks my children don't usually get (in spill-resistant containers!). We do have one hard rule though: No headphones.

3. Pack happy. As an early childhood educator, I normally aim for balanced meals and limited screen time. On a road trip, however, my goal is healthy, fed and hydrated children who will not scream at each other through an entire state and who cannot cover themselves with juice at will. With this higher goal in mind, I try to pack the most fun version of everything possible. I make sure to bring some fun new library movies, a

4. Prepare to pump. The most painful lesson I learned as a new road-tripping parent is that nursing, burping, and changing a small baby on a road trip doubles the length of the trip. Period. For your child's health and your own sanity, plan for this either with extra time or a pump.

5. Plan meals. If anyone in the family — yourself included! — has special dietary needs or medications that





need to stay cool, make certain that these needs are met on the trip.

6. Circle the wagons.

In a van, arrange car seats so that rear-facing children are in the middle seats in the back, and the front-facing children are beside them. This way the littlest ones don't feel so alone, and the older ones can help entertain them if needed.

7. Choose age-appropriate destinations.

From a toddler's perspective, Disney World is just a really big sidewalk (and a super-cool bathroom!). But the gas station with a huge cement dinosaur? Now that is fun! A local park with a playground and a bathroom is the ultimate rest stop.

8. Get audiobooks.

These can be great for down time, and to help Mom and Dad stay awake. *Chitty Chitty Bang Bang*, *How to Train Your Dragon*, and *Bud, Not Buddy* are our family's favorites so far.

ON THE ROAD:

9. Bite-sized pieces.

Two hours is about as long as a daytime leg of the journey should be. Plan for an hour stop to use the bathrooms and walk around each time, especially if there are more children than adults in your crew. Make peace with the time you need to spend. Try to enjoy it and make it fun.

10. Celebrate everything.

A road trip takes up a significant percentage of a small child's total lifetime, so make it easy for them to feel like they're doing it right. You're buckled in! Yay! You finished your drink without spilling! Yay! We just entered a new state! Yay! Gratitude is always the best policy, and in showing it you model it for them as well.

11. Look around.

In a moving car, it can be hard to find what someone else sees before it passes, especially for a little one surrounded on three sides by a car seat.

Instead of traditional I Spy, have everyone look for the same thing. "Who can find a letter A?" Little ones learning to read their names can be the one who finds the first letter in it. "Let's see if we can find something yellow! Great, now it's Drew's turn to find something yellow." "I see one truck. What can you see one of?" With a little creativity (and a lot of flexibility) this can be adapted to work for a family with even the widest of age ranges.

12. If you can't beat 'em, join 'em! Consider having an adult in the back for some of the trip if possible, distributing snacks, reading stories, playing games, or just being close.

13. Devotional.

Depending on your family's faith tradition, a road trip can be a great time for memorizing Bible verses.

14. Grow roots. Everyone likes to know they come from something bigger than themselves. Share stories from your family

history, tell stories about when your little listeners were even littler, point out things you love about each family member (and encourage them to take turns doing the same), and talk about what each family member is grateful for. There's plenty of time to respond to as many "Why?"s and "Tell it again!"s as they can come up with. Sharing and memorizing stories, poems, jokes, songs, and nursery rhymes you enjoyed as a child is another great way to build a legacy they can pass to their own children some day.

15. Ham it up! Sing silly songs they know and love. Bonus if you can prepare in advance to teach them a new one, especially one in a language foreign to them.

16. Stop to eat. It is healthy to stop for regular meals. The most nutritious food is usually not portable, so eating out once a day is usually a good idea. Also time the distribution of fluids strategically to avoid dehydration while also minimizing extra potty breaks.

17. Imagine if... This game can get almost

any disagreement redirected to something fun. "Imagine if we saw a purple penguin in that tree? What would we do?" "Imagine if we saw a man walking his dog on a cloud?" The crazier the better. You can also imagine who you'll see and what you'll do when you get where you're going.

18. Don't forget the older ones. Obviously, many of these tricks won't work for older kids, so make sure they have some activities too. There are special travel versions of board games like 20 Questions, "Guess Who," and "Battleship" that can be really fun. There are also apps for drawing, reading, learning (*Lumosity* and *Khan Academy* are my favorites), that can work as a stand in if needed. They even have app versions of "Monopoly" and "Risk"!

READY TO ROLL? REMEMBER ONE MORE THING:

19. You don't have to do this. Road trips can be fun and build memories, but if something tugs at your gut to change your plans, listen. Leaving sooner, later, or not at all because "something's not right" is infinitely better than pushing forward and then regretting it. If you do your best and crap hits the fan, take a deep breath and give yourself some grace. You're being taken care of, and it's going to be alright.

*If you're ready,
get set, and go!
Happy driving,
and stay safe!*



our
**Wild
 & Free**
 picks

All good things
 are wild & free —
 check out a
 few of our
 favorite finds!



1. Wild and Free Just Like The Sea, Cuff
 \$18, atravelingboutique.com

2. Wild & Free Necklace
 \$40, agirlwithfeathers.com

3. Lemon Lavender Tea Lotus Loose Tea Canister
 \$18, teaforte.com

4. Sea Turtle Stemless Wine Glass
 \$29.96, amazon.com

5. Porcelain All Good Things Are Wild And Free Mug White/Red, 16oz
 \$4, target.com

6. Find Me Where The Wild Things Are, Mommy Me Matching
 \$14.99+, etsy.com

Discover the unsearchable



Discover the forest

Find a trail near you at
DiscoverTheForest.org



Navigating a THEME PARK with an Infant

BY KRISTIN HEPTINSTALL

Just leaving the house for a trip to the grocery store can be exhausting, so does spending an entire vacation at a theme park seem completely overwhelming? Here are some tips to keep you sane *and* having fun!

PLAN YOUR VISIT

Visit when there are mild temperatures and the weather is more predictable.

In extremely hot summer months, especially in the country's southern states, babies can overheat easily. If you plan your trip to a theme park during another time of year, you might not have to worry about thunderstorms, hurricane season or extremely long lines.

inexpensive stroller when you arrive might be more cost effective and convenient, as you will be able to use it outside of the theme park (at your resort or while dining or visiting other areas during your stay). A stroller will give your arms a rest, your baby a place to nap, and a way to carry drinks and bags, too — benefits you don't want to miss!

Make a list of items you will need to buy before your trip.

If baby drinks ready-made formula, breast milk from bottles, or needs special foods, you will need to have ice packs for your small cooler. Loose and dry ice are not permitted in many theme parks. Consider large carabiner hooks for your stroller to help hold shopping bags or gear, and don't forget a throw-on stroller cover in case your stroller gets caught in the pouring rain while you huddle inside a nearby store or restaurant!

VISITING THE PARK

Know what to see and do.

While there are a lot of thrilling rides for the older kids, you may be surprised that there are also many rides and areas that are created just for the younger



visitors. And some parks have a "child switch pass" (or "child swap pass") so that the family can take turns riding while someone looks after baby. In addition to rides, most theme parks have play areas, shows or character meet-and-greets for everyone!

Navigate the crowds like a pro. When you have a baby and a stroller, keep to the right and try to avoid sudden stops. If you do need to stop, try to pull out of the way of the main foot traffic. In many theme parks there are employees who will help you park your stroller in a secure location.

Keep your valuables safe. Tie a colorful toy or ribbon onto your stroller to help find it quickly amongst the sea of other strollers. And be aware that mishaps can happen — favorite toys can get left behind and items can be stolen. Take all electronics, wallets, special toys and other valuables with you

when you leave your stroller, or leave them at home or in the hotel safe.

CARE FOR BABY WITH EASE

Many parks have dedicated changing and feeding areas, and there are medicines and supplies on hand if you or baby are in need. Of course, feeding is easier in some places than in others. Disney's Magic Kingdom Baby Center has a dimly-lit area with recliners. This room is great for nursing. Disney's Epcot Baby Center nursing room is well-lit and open with stools and electrical outlets, so you may feel more comfortable there if you pump.

The best tip may be to keep to your normal routine as much as possible for things like feedings and naps. Know that you'll need to take it a little slower, but you can have just as much fun with your baby at a theme park as you can with older kids! ■



Think about how you will transport or carry baby.

Disney parks in North America only allow personal strollers that are no wider than 31 inches and no longer than 52 inches. If your stroller is larger, or you don't want to transport it to your destination, you can consider renting one from the park. For extended vacations, purchasing an

Coast to Coast

DINERS, SODA SHOPS
& THE GREAT OUTDOORS





(Left)
Wilson's
Restaurant
and Ice Cream
Parlor is open
May through
October

(Right)
Brent's Burger
served with
Classic Lay's
chips, house-
cut fries, onion
rings, fruit or
potato salad



Wilson's Restaurant and Ice Cream Parlor

EPHRAIM, WI

A true gem, Wilson's has been around since 1906. A Door County landmark, you can travel back in time with its old-fashioned soda fountain and ice cream and home-brewed draft root beer. wilsonsicecream.com

numerous renovations, it still maintains its old-school soda fountain-style. Show up a little late? Don't worry, head to the back and you'll find a hidden gem — The Apothecary, a speakeasy-style bar. brentsdrugs.com

Franks Diner

KENOSHA, WI

This jersey-made dining car arrived in Kenosha in 1926. Little has changed over the years, besides the addition of a dining room. Home of the Garbage Plate — five eggs, hash browns, peppers, onions, and one (or three) meats and served with toast. franksdinerkenosha.com

St. Francis Fountain

SAN FRANCISCO, CA

The oldest ice cream parlor and diner in the Missions. Established in 1918 featuring traditional diner fare, milkshakes and a vintage candy counter! stfrancisfountainsf.com

Doc's Soda Fountain

GIRARD, IL

Established as Deck's Drug Store in 1884, the original soda fountain opened in 1929. The Deck family retired in 2001, and in 2007,

Tops Diner

EAST NEWARK, NJ

One of the most iconic diners of New Jersey, with oversized booths and enormous portions. Make sure you remember to save room for dessert! thetopsdiner.com

Eddie's Sweet Shop

FOREST HILLS, NY

An absolute classic that opened in 1909! New York's oldest ice cream shop has an antique cash register, marble counters and cast-iron swivel stools. The banana split and hot fudge sundaes are classics here, but with an array of toppings and over 18 flavors of ice cream, you can build your own sundae and top it off with homemade whipped cream.



Blue Benn Diner

BENNINGTON, VT

A wonderful boxcar diner that was shipped from Jersey to its current spot in Bennington, back in 1948. It's a classic 1950's style diner with booths and tabletop jukeboxes, well known for its breakfast menu and coffee.



Doc's Soda Fountain was reopened by new owners who added the Deck's Pharmacy Museum to the store. Best known for their lunch, pies, ice cream, and of course, old fashioned sodas — made the old fashioned way. We wouldn't expect anything less!

The Franklin Fountain

PHILADELPHIA, PA

This old-fashioned ice cream parlor and soda shop pay tribute to an earlier time, like a scene from a Norman Rockwell painting. All of their ice cream, toppings and baked goods are made in-house from scratch. Open year round, when it starts to get cooler they have a winter menu that includes made-from-scratch fruit pies, cakes, hot cocoa and a line of hot sodas!

franklinfountain.com

Palace Diner

BIDDEFORD, ME

This 15-seat diner is the oldest in Maine, built in 1927 by the Pollard Company. It is one of only two remaining Pollard cars in America. The wait can be long, but always worth it. Grab a cup of coffee and prepare to have some of the best pancakes and banana bread you've ever tasted.

palacedinerme.com

Rosie's Diner

AURORA, CO

Originally built in New Jersey and transferred via flatbed truck to its current location, this 1946 dining car found fame when it was a backdrop for TV spots. It's now famous for its 50's vibe that includes stainless steel exterior, jukeboxes and vinyl-topped stools at the counter, and the breakfast menu which is served all day.

rosiesdiner.com

Crown Candy Kitchen

ST. LOUIS, MO

A St. Louis tradition since 1913, Crown Candy is now owned by the third generation of the Karandzieff family. The lines may be long, but it's worth the wait! Their menu features sandwiches, sundaes, sodas, and homemade ice cream, and you can't leave without trying their chocolates made in house!

crowncandykitchen.net

Mr. D's Route "66" Diner

KINGMAN, AZ

Start the jukebox and grab some dinner at this charming retro diner that will transport you back to the 50's & 60's. Best known for their homemade root beer, this Route 66 diner is one to remember!



(Above) Make sure you try the 'Hickoryburger' that is served with their own special sauce. Be sure to leave room for pie!

Walker's Soda Fountain

MT. AIRY, NC

A must-visit if you were a fan of *The Andy Griffith Show*. There is plenty of nostalgia here: with red and white décor and soda jerks in white with

paper hats, you'll feel like you have visited Mayberry.

The Apple Pan

LOS ANGELES, CA

Established in 1947, with the motto "Quality Forever," The Apple

Pan is an LA staple. Best known for their classic burgers, they also serve up pie and a variety of sandwiches at the U-shaped counter. With their no-frills, small-town ambiance, no trip to LA is complete without a visit to The Apple Pan.

theapplepanla.com



(Above) Old gas pumps once stood in the front dining area of Mr D's, back when the building was known as the Kimo Shell Station.

the Great Outdoors

If you love the outdoors, add these stunning spots to your bucket list for a vacation or road trip!

Death Valley
CALIFORNIA

Monument Valley
UTAH

Niagara Falls
NEW YORK

Redwoods
CALIFORNIA

Grand Canyon
ARIZONA

Mammoth Cave
KENTUCKY

The Everglades
FLORIDA

Black Hills
SOUTH DAKOTA

Mt. Desert Island
MAINE

Bryce Canyon
UTAH

Crater Lake
OREGON

Yosemite Valley
CALIFORNIA

Old Fatihful
WYOMING

Carlsbad Caverns
NEW MEXICO

Atchafalaya Basin
LOUISIANA

Great Salt Plains
OKLAHOMA

**Natchez Trace
Cypress Swamp**
MISSISSIPPI

Horseshoe Bend
ARIZONA

Petrified Forest
ARIZONA

Meteor Crater
ARIZONA



INTERVIEW WITH

Scott Patterson

You might know Scott Patterson as the actor that played Luke Danes on *Gilmore Girls*, but did you know he is inspiring the coffee industry in his own way?



What inspired you to go from owning a diner on TV to creating a real-life coffee company?

I got tired of drinking high-priced/low-quality coffee that I had to pour a ton of sugar into, so I decided to create my own brand. I knew I could do it better, and I'm glad that I can now offer great quality at an affordable price. It's also a homage to my family. Some of my best memories are of sitting around a fireplace, sipping hot coffee and telling stories. My mom was a great storyteller. My company is an extension of that tradition.

What does Scotty P's Big Mug Coffee line include?

Right now we are offering K-Cups in two blends — Breakfast Blend and French Roast. We are coming out with a House Blend in a 12 ounce ground that will knock your socks off. This house blend will also contain an organic, all-natural additive that will not only deepen and enhance flavor and improve your health, but will also help clean up the environment in source countries and create jobs all along the supply chain. It's going to change coffee drinking as we know it, and we are very excited about this because it blows away anything our customers have tasted to date.

Did you have a favorite diner growing up?

There was a diner in Cherry Hill, New Jersey, that is still very popular. It was our gathering place.

What is your favorite memory from going on a road trip?

More than one, and they all involve skiing. I used to chase snowstorms in Utah and Colorado in my truck from 1995–2014. Every winter I'd make multiple road trips to the Rockies and Wasatch Mountain Ranges and watch for storms moving in. Earned me a lot of glorious powder days. I'll resume these trips once my boy is old enough to partake.

Do you have other memories from growing up that you associate with diners and/or coffee?

Coffee with my mom, figuring stuff out as a teen, coffee with friends at the diner. Saturdays after a high school football game we'd all go to the diner and stuff our faces. Fifty of us having laughs. Good times.

What do you enjoy doing when you have some down time?

Skiing, writing and performing music, writing screenplays and TV pilots, investing....I'm working on a

book deal in financial literacy, which I see as a massive problem. I also collect rare books and am obsessed with finding anything original by Rimbaud. [I am] also an art and photography lover. My photography collection is growing rapidly.

As a father, how has parenthood changed you?

In profound ways. A child exponentially deepens your capacity to love and also requires you to learn the art of patience. He is truly a miracle.

What is your funniest parenting moment?

The other night, my wife was having difficulty getting my son to go upstairs for his bath. He wanted a mini ice cream sandwich first. I walked into the kitchen and told her I'd handle it, and she went upstairs to draw the bath. Once alone, I made a pact with him — I'd give him the ice cream sandwich under two conditions: One, that he would not tell his mommy I gave it to him. And two, that

he immediately go upstairs once finished. He agreed. As soon as he took the last bite, my wife walked in and said to him, "What's on your fingers?" He quietly said, "Daddy gave me an ice cream sandwich." That was a good laugh. My boy gave me up in a heartbeat.

How do you take your coffee?

I only drink mine on a regular basis—black. Because it doesn't need any help.

Scotty P's Big Mug Coffee is available at ScottyP.com and on Amazon.com





SUMMER MOVIE GUIDE

BY WILLIAMS COOPER

Summer is halfway over and there is no better way to beat the heat than the cool confines of a movie theater. The summer movie season always includes big-budget action blockbusters and future family classics. The 2019 season kicked off with *Avengers: Endgame*, which at the time of this writing had reached total global earnings of over \$2.6 billion with less than \$170,000 to gain to top the worldwide gross leader of all time, *Avatar*.

The summer releases include a large slate of action, family, animation, and comedy, but there is a good share of horror and drama. Here are some highlights to consider seeing with friends, family, or by yourself.



ONCE UPON A TIME IN HOLLYWOOD

JULY 26

Set in 1969 Hollywood, directed by Quentin Tarantino, and starring Margot Robbie, James Marsden, Leonardo DiCaprio, Brad Pitt. Fun fact #1: This was Luke Perry's final film. Fun fact #2: This film is already getting some Oscar buzz.

THE LION KING

JULY 19 | PG

Director Jon Favreau's (*Iron Man*, *The Jungle Book*, *Elf*, *The Mandalorian*) highly anticipated adaption of the 1994 Disney classic joins the voice talents of Donald Glover (*Atlanta*, *Community*, *Solo: A Star Wars Story*), Beyonce Knowles, Chiwetel Ejiofor, Seth Rogan, Billy Eichner, Alfre Woodard, John Oliver, and Keegan-Michael Kay with James Earl Jones, who returns as Mufasa. (Why am I wasting space in this article telling you about the movie? You already plan to see it.)

FAST & FURIOUS PRESENTS: HOBBS & SHAW

AUGUST 2 | PG13

A spin-off of the popular *Fast & Furious* franchise, *Hobbs & Shaw* brings Dwayne Johnson and Jason Statham back together to face Idris Elba. There will be enough testosterone in this one to fill the entire summer movie schedule, but in a good way.

DORA AND THE LOST CITY OF GOLD

AUGUST 9 | PG

Director James Bobin from the recent *The Muppets* films brings us a live-action version of *Dora the Explorer* starring Isabela Moner (*Instant Family*, *Transformers: The Last Knight*), Benicio Del Toro, and Michael Peña (*Ant-Man*, *Ant-Man and the Wasp*).



The Art of Racing in the Rain
AUGUST 9 | PG



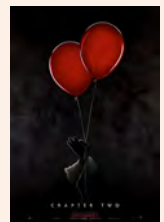
The Kitchen
AUGUST 9 | R



The Angry Birds Movie 2
AUGUST 14 | PG



PLAYMOBIL: The Movie
AUGUST 14 | PG



It: Chapter Two
SEPTEMBER 6

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DIRECTV SVCS TERMS: Subject to Equipment Lease & Customer Agreements. Must maintain a min. base TV pkg of \$29.99/mo. **Programming, pricing, terms and conditions subject to change at any time.** Some offers may not be available through all channels and in select areas. Visit directv.com/legal or call for details. Offers may not be combined with other promotional offers on the same services and may be modified or discontinued at any time without notice. Other conditions apply to all offers.

^Live streaming and Video On Demand channels may vary by TV package, viewing location and device. Additional charges may apply for new releases. Out-of-home viewing requires high-speed Internet connection. Additional features/channels may be available for in-home live streaming when connected to an HD DVR with high-speed data connection. All functions and programming subject to change at any time. Visit directv.com/streamdirectv for a list of compatible devices (sold separately) and details.

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BACK-TO-SCHOOL BASICS

Go from “wild & free” back to the school routine with this list to ensure they’re prepared for the big day.



MAKE A SCHEDULE

Schedule school/athletic physicals, and bring the necessary forms with you to the doctor. Make copies so they’re handy to distribute to the school and athletic teams.

SCHOOL CLOTHES

Sort through your children’s school clothes, and purchase uniforms and basics as needed. They’ve probably grown more than you think they have!

ORGANIZE & DESIGNATE PERSONAL AREAS

Set up a specific area near the door for each child’s backpack, schoolwork, and sports gear. Keeping it all in one place will help minimize losing important items.

SUMMER ASSIGNMENTS

Confirm that all assigned summer schoolwork and reading has been completed. Check a few weeks prior

to school starting... just in case.

UPCOMING EVENTS

Add events from the school calendar to your personal calendar. Include after-school activities, sporting events, PTA meetings, and most importantly, school vacations.

HAIRCUTS

Get the kids their first-day-of-school haircut.

BEDTIME

Start getting your children back on their

bedtime schedules. They’ve been staying up late all summer. Try gradually easing them toward school-night bedtimes.

REVIEW THE RULES

Review safety procedures with your kids. It’s a good time to remind them about how to cross the street safely, how to react when a stranger approaches them, what to do if they are bullied, and who to contact in case there’s an emergency.

CELL PHONES

If your child has a cell phone, ensure that your number (as well as the numbers of a few other trusted adults) are programmed.

GOING
BACK TO
SCHOOL
TIME ALSO
MEANS
BACK TO
HOMEWORK!



Make a smooth transition into the homework routine by setting up a well-equipped homework station using these tips:

LOCATION, LOCATION, LOCATION.

When selecting a homework area for your child, take into consideration their preferences and tendencies.

START WITH THE BASICS.

A good work area should have a desk or table and chair, good lighting and storage for supplies.

HAVE SUPPLIES ON HAND.

When school shopping, pick up a few supplies to keep at home, so your child has everything they need (and no excuses!)

FACTOR IN TECHNOLOGY.

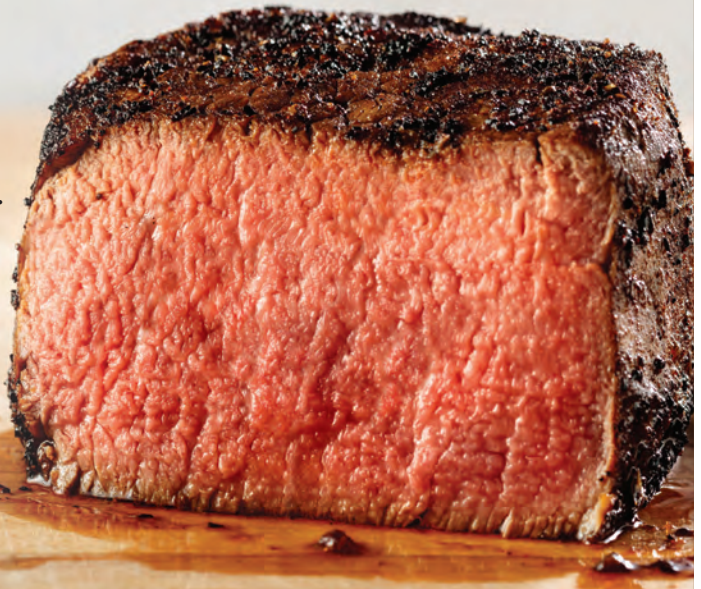
If your child will need a tablet or laptop, make sure they are available when needed and all charged up!

And finally, make the most of your last few weeks of summer vacation!



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