



IT'S WORSE THAN ANYONE KNOWS

The SECRET BRITNEY TAPES

- Dad Jamie 'SPIED on her texts, calls & photos'
- Her bedroom was BUGGED with recording devices
- Fears a leak will destroy her push for FREEDOM

BUSTED! SEE THE PHOTO INSIDE



Angelina Jolie & The Weeknd

FUELING DATING RUMORS!



Daniel Craig Speaks Out **WHY 007 MUST BE A MAN**



Jada & Will

ONE YEAR AFTER AFFAIR CONFESSION

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† ASSOCIATED WITH HOARSENESS, DRY THROAT AND IRRITANTS

First LOOK



SELENA GOMEZ

Fall feels! The *Only Murders in the Building* star ushered in autumn in a \$495 rust-colored Self-Portrait knit dress on Sept. 8. Leg-lengthening \$650 Jimmy Choo pumps and long waves finished the look.

SHOP Her STYLE

PrettyLittleThing Rib Knitted Midaxi Dress, \$48, prettylittlething.us



Nine West Etta Leather High Heels, \$70, kohls.com

RED CARP



**BUSY
PHILIPPS**

In a Christian Siriano jumpsuit on Sept. 7.

**REBECCA
HALL**

In a \$1,980 Khaite dress on Aug. 11.

CIARA

In a draped Dolce & Gabbana design on Aug. 29.

**ANYA
TAYLOR-JOY**

In a \$1,440 Dice Kayek dress on Sept. 5.

**WINNIE
HARLOW**

In a Vivienne Westwood frock Sept. 1.

Pumpkin Spice Season

Stars carve out a spot on the most stylish list in this haute fall hue



MINNIE DRIVER

In a Carolina Herrera midi on Aug. 2.

KATE BECKINSALE

In a \$2,100 Rasario dress on Aug. 2

NICOLA COUGHLAN

In a custom Valentino gown on June 6.

CHRISSY TEIGEN

In a Valdrin Sahiti number on May 2.

RACHEL BROSNAHAN

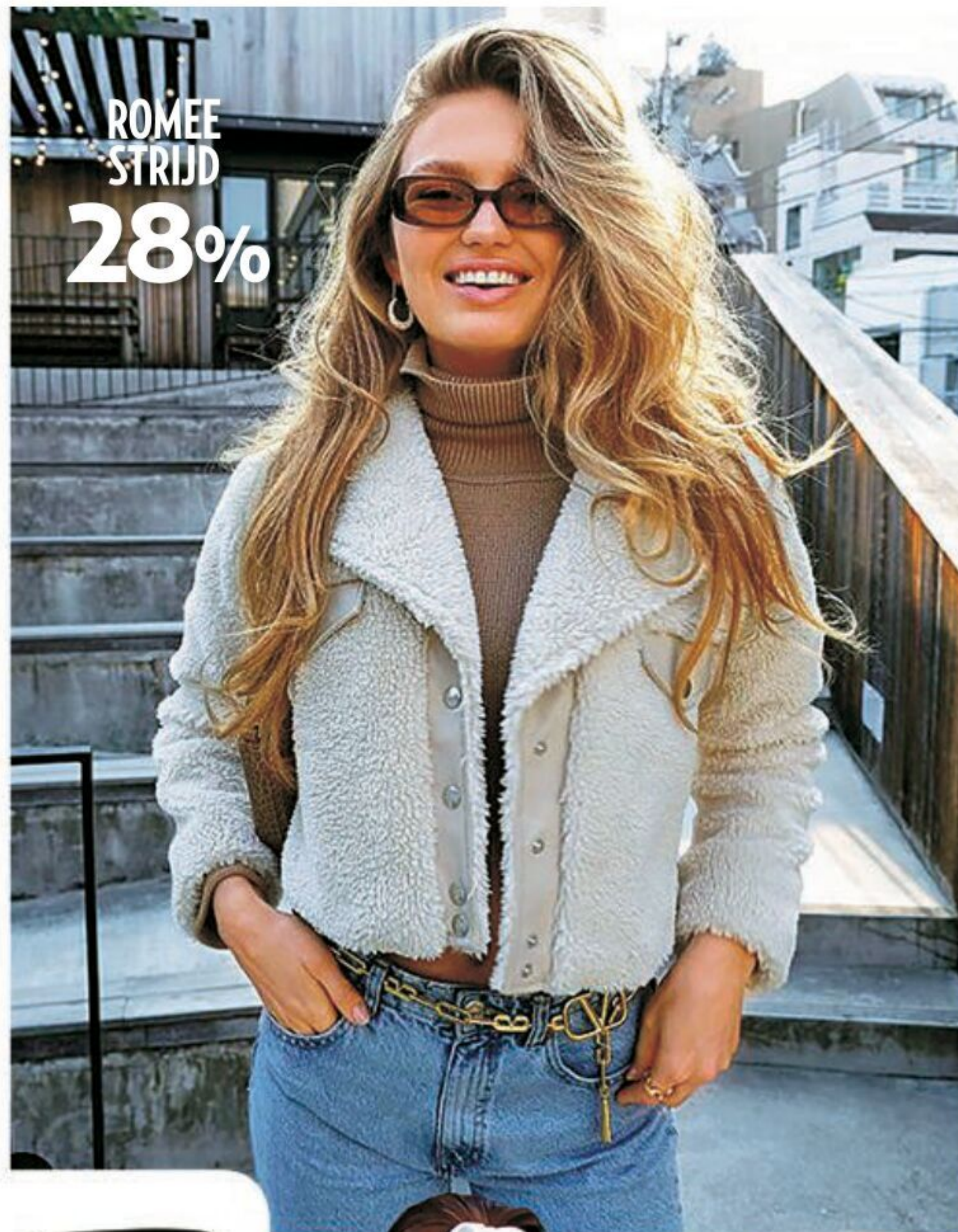
In custom Vivienne Westwood on July 16.

Who Wore It **BEST?**

Us asked 100 people at NYC's South Street Seaport



EMILY RATAJKOWSKI
56%



ROME
E STRIJ
D
28%



VEHLA EYEWEAR

Olsen Sunglasses, \$160,
vehlaeyewear.com



BELLA HADID
16%

Follow @usweekly's Instagram stories to vote in next week's poll!

CLOCKWISE FROM TOP RIGHT: COURTESY OF STRIID; INSTAGRAM; JANET MAYER/STARTRAKPHOTO.COM (2)

HELLO, RADIANCE. FOR SHINY, SMOOTH HAIR.

renewing +
argan oil
of morocco

EXTRA
PENETRATING OIL
dry & coarse hair

An extra powerful blend
infused with **argan oil of
Morocco** helps to revive,
smooth and restore luster
to damaged, dry and
coarse hair.



100%



LOOSE TALK

WHAT THE STARS SAID THIS WEEK



"I have great friends who tease me mercilessly if I even hint at being overworked or stressed. They're like, 'Oh yea, honey, it's so sad you have to get on a plane and do [movies].' They're right. I'm very lucky."

On staying grounded

ANYA TAYLOR-JOY



"I was raised by my grandma, who is basically just a parent who spoils you. She didn't put limits on me... especially in terms of how far I could take my dirty jokes."

On how her childhood shaped her comedy

AWKWAFINA



"People ask, 'Do you get stopped in New York much?' And I always say, 'No, because everyone who lives in New York thinks they're a celebrity.'"

On living in the Big Apple

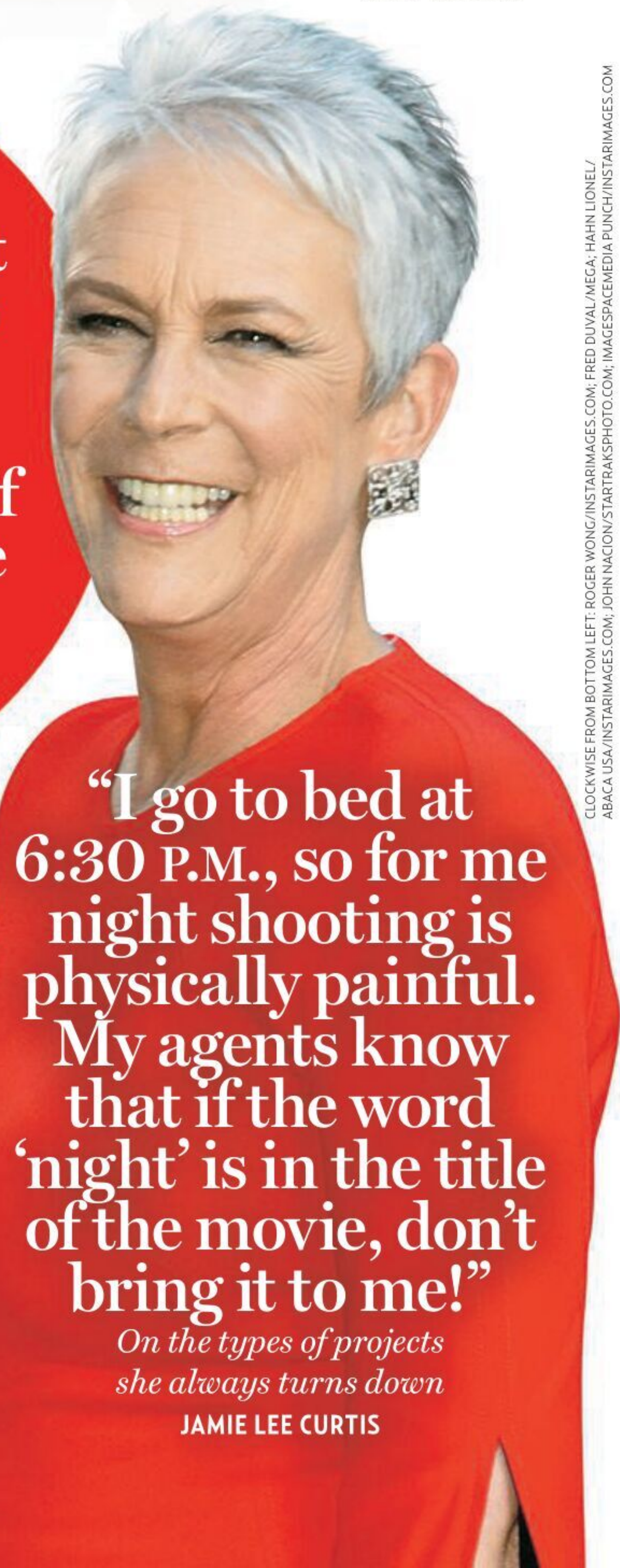
SETH MEYERS



"When I moved to L.A., all I wanted to do was be successful enough to be on the side of some bus in a big ensemble show like *Grey's Anatomy*. Those parts were hard to come by!"

On his slow rise to the top

LESLIE ODOM JR.



"I go to bed at 6:30 P.M., so for me night shooting is physically painful. My agents know that if the word 'night' is in the title of the movie, don't bring it to me!"

On the types of projects she always turns down

JAMIE LEE CURTIS

AT LAST, YOUR FAVORITE **m&m's** ALL TOGETHER IN ONE BAG.



CLASSIC MIX



PEANUT MIX

SCAN ON SNAPCHAT TO SEE
WHAT'S HAPPENING INSIDE THE BAG



INSIDE **Us**



29

She's free! **Kelly Clarkson** is looking forward to her next chapter after being declared legally single, a source tells *Us*.

On the Cover

- 25 TOGETHER FOREVER**
Despite past marital woes, **Will Smith** and **Jada Pinkett Smith** are in it for the long haul, an insider tells *Us*.
- 27 NO GIRLS ALLOWED!**
Find out why **Daniel Craig** has zero interest in the next James Bond being a woman.
- 27 A SECRET AFFAIR?**
Friends speculate what's really going on after **Angelina Jolie** and **The Weeknd** are spotted on another date.
- 30 OVERPROTECTED**
Britney Spears was reportedly spied on relentlessly by her father, **Jamie Spears** — and a source says it's worse than anyone knows.



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22

Shawn Johnson East (with son **Jett**, 2 months) tells *Us* about life with her little ones.

26

A source says **Prince Harry** and **Meghan Markle's** big trip to NYC was more self-serving than they let on.

CONTACT US

LETTERS TO US WEEKLY

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HOT PICS!



**Pretty
in Pink!**

Billie Eilish rocked the stage at Central Park's Great Lawn.

Music's top stars, including **Lizzo**, brought down the house at the Global Citizen Live concert, which was broadcast from six continents over 24 hours and raised money to defend the planet and defeat poverty.
NYC, SEPT. 25

Two powerhouses, one stage! **Demi Lovato** and **Adam Lambert** sang a rendition of "Mad World" from the Greek Theatre in L.A.

→ TO GET EVEN MORE HOT PICS EVERY DAY, CHECK OUT **USMAGAZINE.COM**

CLOCKWISE FROM LEFT: CHRIS PIZZELLO/INVISION/AP/SHUTTERSTOCK; KRISTIN CALLAHAN/SHUTTERSTOCK; JOHN PALMER/MEDIA PUNCH/INSTARIMAGES.COM; MEGA; ZUMAPRESS.COM/MEGA; JOHN SALANGSANG/SHUTTERSTOCK (2); O'CONNOR/AFF-USA.COM/MEGA; EVAN AGOSTINI/INVISION/AP/SHUTTERSTOCK



Lip Service!

Make out break! **Jennifer Lopez** gave boyfriend **Ben Affleck** a kiss as they strolled through Manhattan.

NYC, SEPT. 26



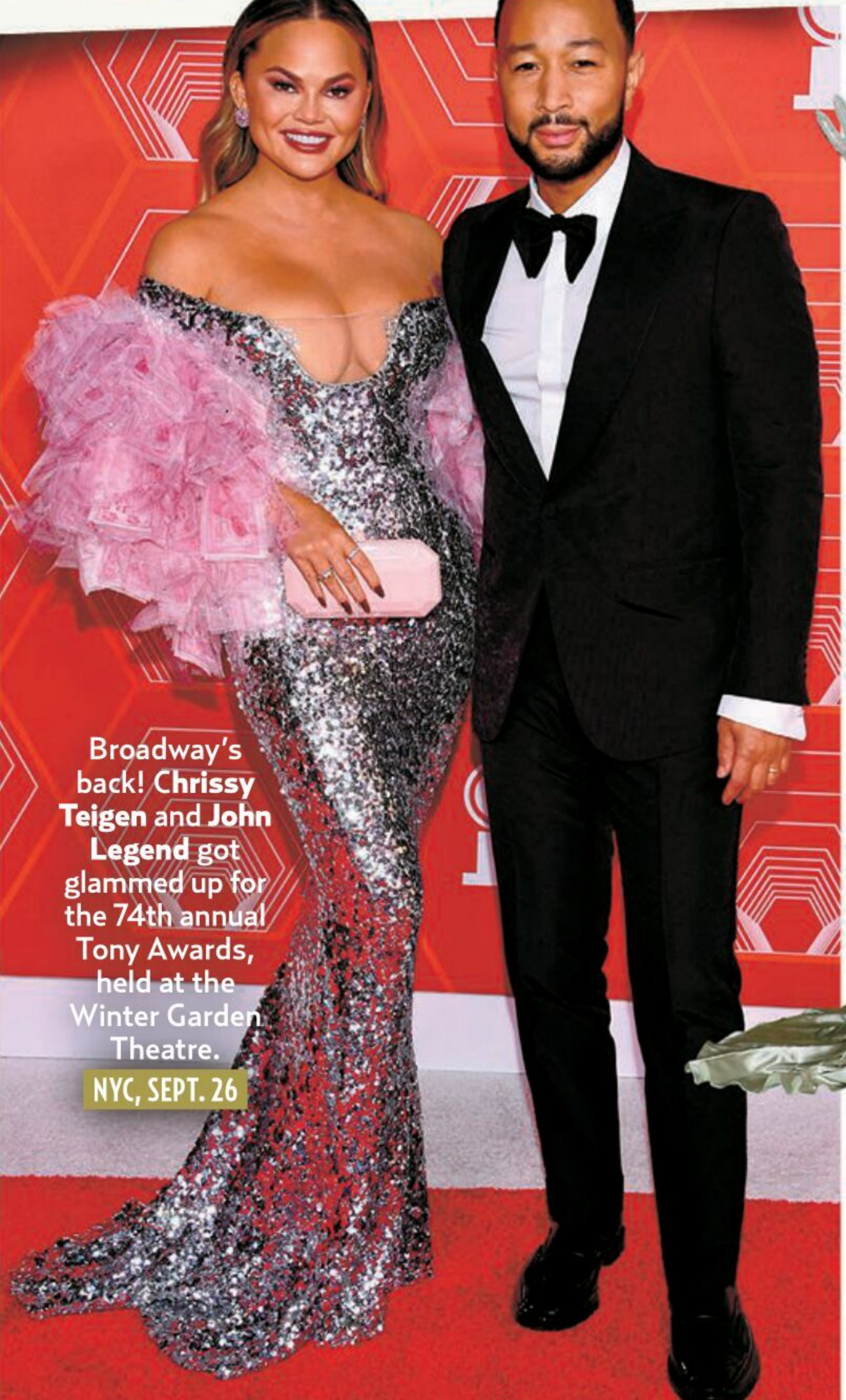
Lady Gaga delivered the theatrics while performing at the star-studded opening gala for the Academy Museum of Motion Pictures.

L.A., SEPT. 25

NIGHT AT THE MUSEUM!



Even A-listers get starstruck! **Gaga**, with **Katy Perry** and **Orlando Bloom**, were wowed by all the big names at the event.



Broadway's back! **Chrissy Teigen** and **John Legend** got glammed up for the 74th annual Tony Awards, held at the Winter Garden Theatre.

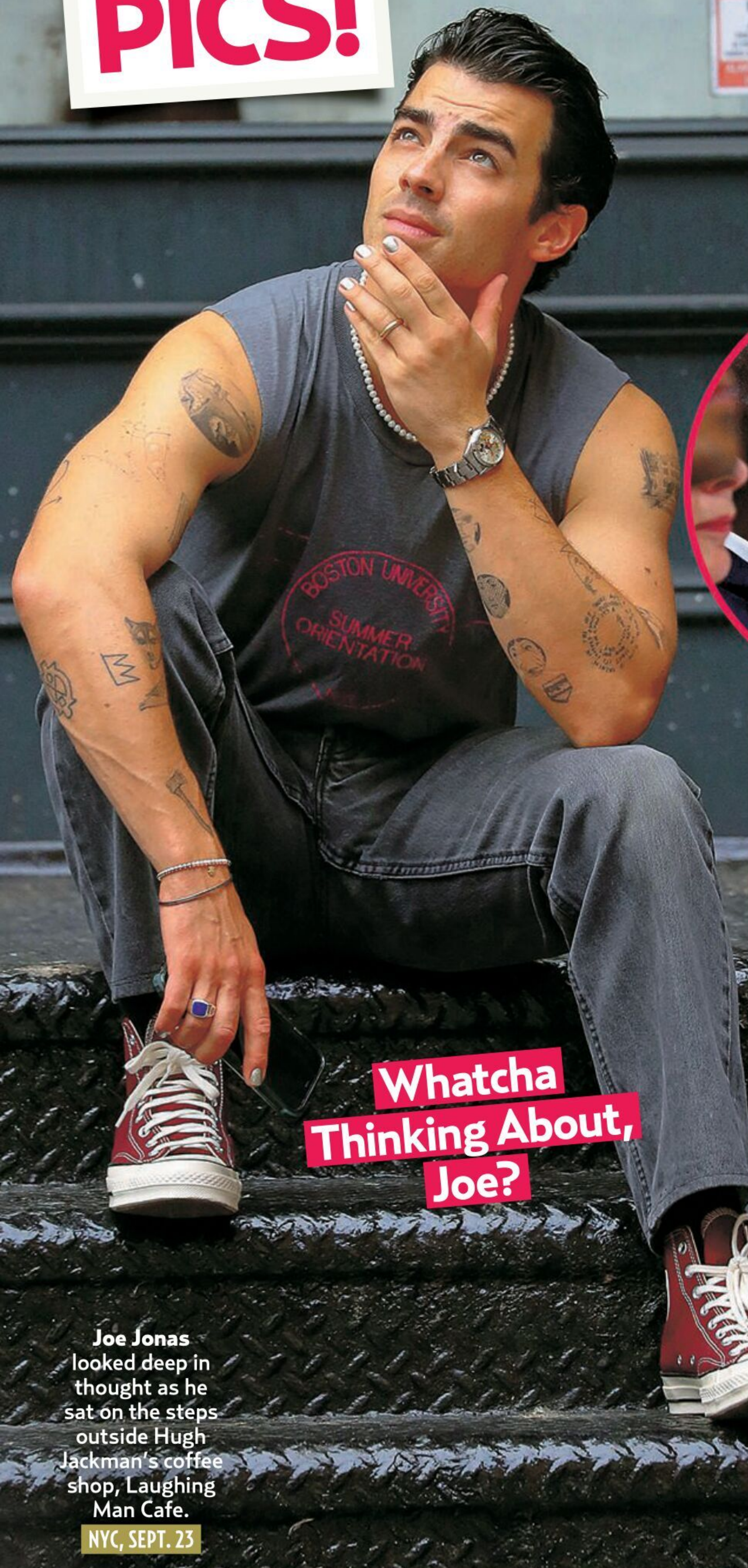
NYC, SEPT. 26



Pleats, please! **Laverne Cox** channeled her inner Greek goddess in a shimmering gown.

Jennifer Hudson tore up the carpet with her shredded sequined dress.

HOT PICS!



Whatcha Thinking About, Joe?

Joe Jonas looked deep in thought as he sat on the steps outside Hugh Jackman's coffee shop, Laughing Man Cafe.

NYC, SEPT. 23



Anwar Hadid held on to the two ladies in his life — mom Yolanda Hadid and girlfriend Dua Lipa — as they walked around the Big Apple.

NYC, SEPT 21



That's Her Girl!

Kate Moss (inset) proudly cheered on her daughter, **Lila Grace Moss**, as she walked the runway at the Richard Quinn fashion show.

LONDON, SEPT. 21



Peace! Singer Ciara took a selfie as she stopped by Nordstrom to check out her new clothing line, **LITA by Ciara**.

SEPT. 22



Flying High!

Kaley Cuoco was in great spirits as she celebrated her Emmy nomination for Warner Bros. Television's **The Flight Attendant**.

L.A., SEPT. 17



Snack attack! Constance Wu ate a bag of chips while on the set of her upcoming film, **Lyle, Lyle, Crocodile**.

NYC, SEPT. 21

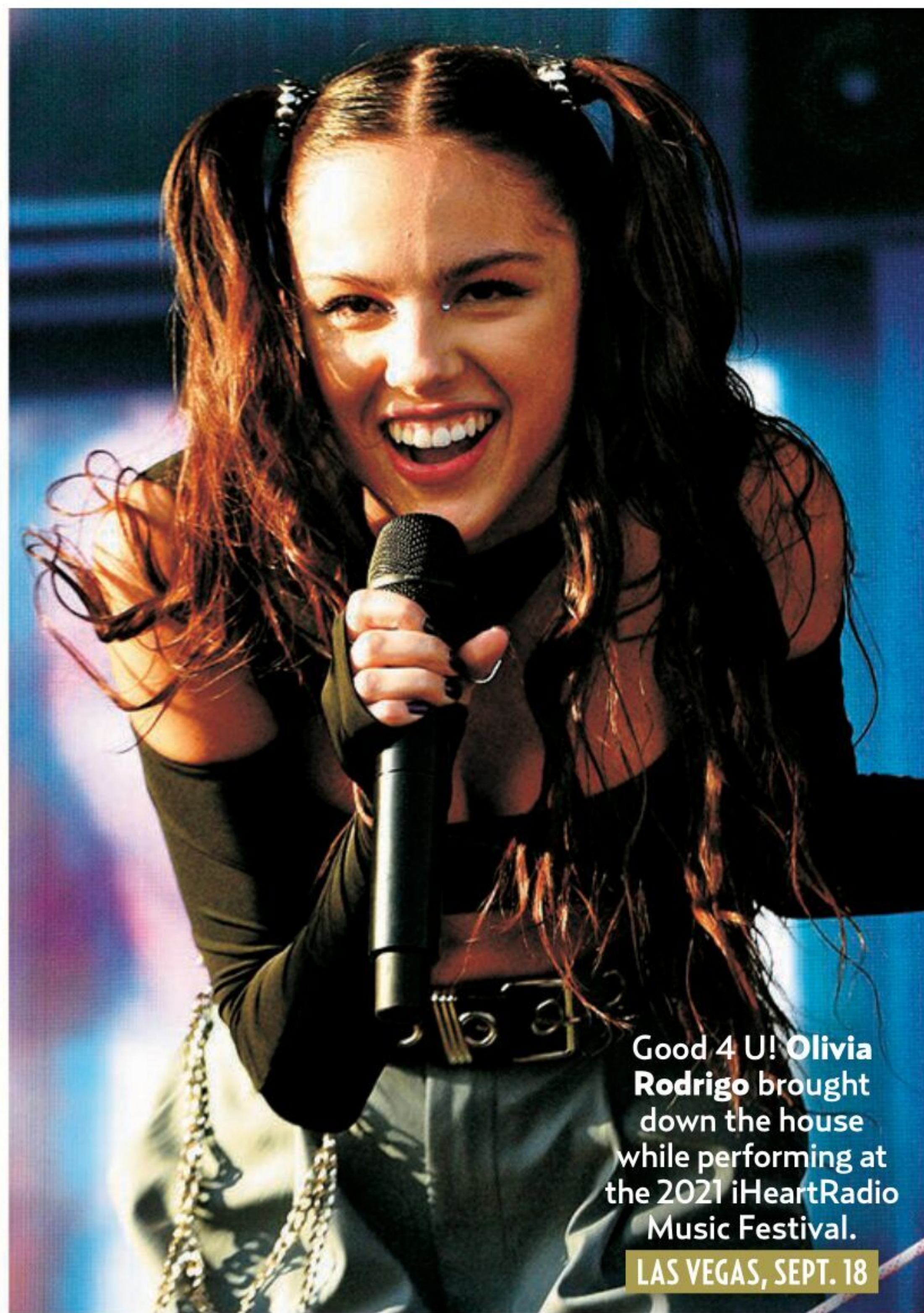
CLOCKWISE FROM LEFT: ZAPATA/MEGA; JAMES VEYSEY/SHUTTERSTOCK (2); DIGGZY/SHUTTERSTOCK; JANET MAYER/STARTRAKSPHOTO.COM; MICHAEL SIMON/STARTRAKSPHOTO.COM; MECA



Reunited and It Sounds So Good!

They're back! **The Fugees** (**Pras Michel, Lauryn Hill** and **Wyclef Jean**), reunited for the kickoff of their 12-city tour in honor of the 25th anniversary of their hit album, *The Score*.

NYC, SEPT. 22



Good 4 U! **Olivia Rodrigo** brought down the house while performing at the 2021 iHeartRadio Music Festival.

LAS VEGAS, SEPT. 18



Don't Leave Her Hanging!

Royally bold! **Duchess Kate** rappelled down a rock while visiting the National RAF Air Cadet Adventurous Training Centre.

CUMBRIA, ENGLAND, SEPT. 21

GET AHEAD OF ECZEMA AND SHOW MORE SKIN

DUPIXENT is a breakthrough eczema treatment that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 years and up.

HELP
HEAL
YOUR
SKIN
FROM
WITHIN™

- ▶ Fast itch relief*
- ▶ Clearer skin that lasts*
- ▶ Not an immunosuppressant
- ▶ Not a cream or steroid

*In a clinical trial at week 16, 59% of adults taking DUPIXENT + topical corticosteroids (TCS) had significantly less itch vs 20% on TCS only; 39% saw clear or almost clear skin vs 12% on TCS only. 36% saw clear or almost clear skin at week 52 vs 13% on TCS only.

SEAN,
REAL ADULT PATIENT
Individual results
may vary.

DUPIXENT®
(dupilumab) Injection
200mg • 300mg

— TALK TO YOUR ECZEMA SPECIALIST AND GO TO DUPIXENT.COM TO FIND OUT MORE —

INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/>; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

SANOFI GENZYME  **REGENERON**

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DUP.21.06.0248

YOU MAY BE ELIGIBLE FOR AS LITTLE AS A \$0[†] COPAY. CALL 1-844-DUPIXENT (1-844-387-4936)

†THIS IS NOT INSURANCE. Not valid for prescriptions paid, in whole or in part, by Medicaid, Medicare, VA, DOD, TRICARE, or other federal or state programs, including any state pharmaceutical assistance programs. Program has an annual maximum of \$13,000. Additional terms and conditions apply.

Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only (DU-pix'-ent) injection, for subcutaneous use

What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
 - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a “live vaccine” if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
 - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to <https://mothertobaby.org/ongoing-study/dupilumab/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?

- **See the detailed “Instructions for Use” that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?

DUPIXENT can cause serious side effects, including:

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic dermatitis include:

injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips.

The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

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

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591
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DUPIXENT® is a registered trademark of Sanofi Biotechnology / ©2021 Regeneron Pharmaceuticals, Inc. / sanofi-aventis U.S. LLC. All rights reserved.
Issue Date: January 2021

HOT PICT



Patrick Schwarzenegger celebrated his 28th birthday with some cake and a selfie with mom Maria Shriver.

SEPT. 20

Best buds! Hugh Jackman gave his mom, Grace McNeil, a big squeeze.

AUG. 23



Arms Full of Grace!

MAMA'S BOYS!

The celebs will always adore their mothers

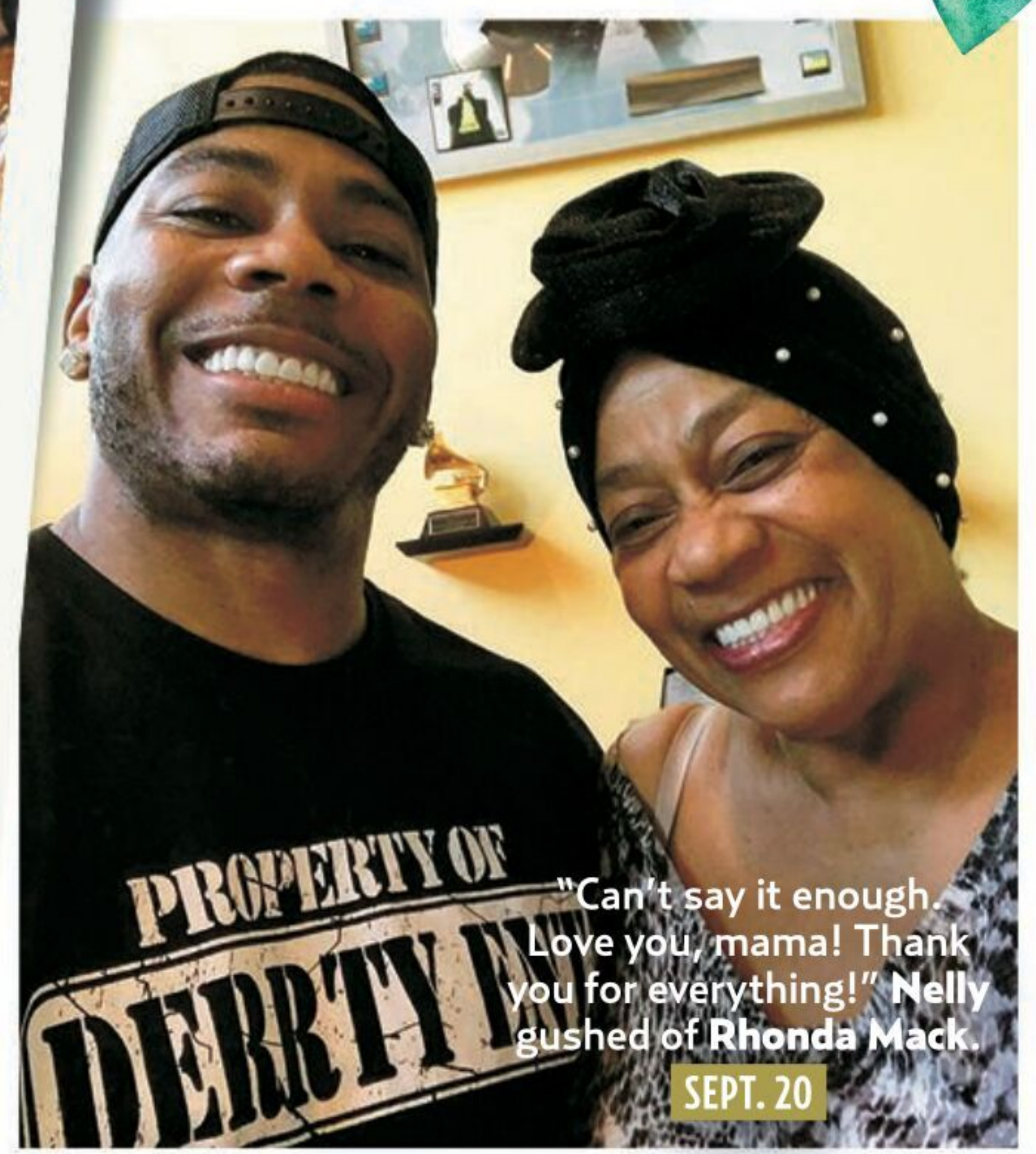
CLOCKWISE FROM BOTTOM LEFT: GREGORY PACE/SHUTTERSTOCK; COURTESY OF SCHWARZENEGGER/INSTAGRAM; COURTESY OF JACKMAN/INSTAGRAM; COURTESY OF NELLY/INSTAGRAM



She's his plus-one! Matt Damon brought mom Nancy Carlsson-Paige to the premiere of his movie *Stillwater*.

NYC, JULY 26

He was Bourne to Her!



"Can't say it enough. Love you, mama! Thank you for everything!" Nelly gushed of Rhonda Mack.

SEPT. 20

HOT PICS

Model **Alessandra Ambrosio** took a little break while playing volleyball with friends.

L.A., SEPT. 18



Rocking a high-cut swimsuit, **Vanessa Hudgens** hit the waves with a drink in her hand.

MIAMI, SEPT. 15



ENDLESS SUMMER!

Stars soaked up the sun before the official start of fall

Ashley Greene and husband **Paul Khoury** enjoyed a romantic beach trip to celebrate Khoury's birthday.

CABO SAN LUCAS, MEXICO, SEPT. 6



Thigh's
The Limit!

CLOCKWISE FROM BOTTOM LEFT: NATE ROARO/MOMENTUM PHOTOGRAPHY; THE CELEBRITY CENTER/MECA; BACKGRID/MECA; SHUTTERSTOCK/KAWEESLUDIO; SHUTTERSTOCK/ALEXANDR SIMONOV

PRODUCT WITH A PURPOSE

The Original *MakeUp Eraser* X **teamedith**

Breast cancer is a serious disease that affects millions of people and their loved ones each year — in fact, it's the second most common type of cancer in women after skin cancer. That's why The Original MakeUp Eraser is donating 10% of all proceeds from every Boobies Print MakeUp Eraser purchase to TeamEdith. TeamEdith is a fundraising movement led by the Sanford Health Foundation that unites their community in the fight against breast cancer.

100% goes to research and care. Every dollar stays local to support patient care and research through the Edith Sanford Breast Initiative.

The Original MakeUp Eraser is a premium, patented, polyester cloth made up of millions of tiny hair-like fibers that work together to create a "suction" for all dirt, makeup, & oil in your pores. Boobies Print was created to **honor survivors**, remember **those lost to the disease** and to **support the progress** we are making together to defeat breast cancer. One MakeUp Eraser is equal to 3600 makeup wipes! No added chemicals, less waste. Ultra-soft, dermatologist approved and great for sensitive skin. Together, we can make a difference! **Learn more at makeuperaser.com/BCA**



10% of proceeds will go to TeamEdith to help support the fight against breast cancer.

LIMITED TIME OFFER:
25% OFF
with code
BCA25

ERASE ALL MAKEUP WITH JUST WATER!

- ✓ Reusable
- ✓ Machine washable
- ✓ No added chemicals
- ✓ Great for sensitive skin
- ✓ Eliminates waste



#NOMOREWIPES

Available exclusively on makeuperaser.com.

Master mom moves! **Khloé Kardashian** balanced her soda and phone in one hand, while carrying 3-year-old daughter True's sippy cup under her arm.

L.A., SEPT. 20



THEY
HAVE THEIR
HANDS FULL!

Stars
THEY'RE JUST LIKE
US!



THEY
STOCK UP!



Terri Irwin sported a mask with crocodile teeth on it (naturally!) while grocery shopping.

BRISBANE, AUSTRALIA,
SEPT. 22



THEY
MOVE
HOMES!



Alyson Hannigan helped haul some home goods into her new digs after moving across town.

L.A., SEPT. 19

Rethink Your Fall Fitness Routine



LifeToGo.com

That hint of pumpkin spice in the air is a telling sign that fall is just around the corner. It's the perfect time to reevaluate your fitness routines and upgrade your exercise gear. Whether you're moving your workouts indoors where it's warmer or soaking up the cool autumn breezes on the patio, give yourself (or someone you love) the gift of health and fitness this fall.



Super Soft, Smells Great

The right workout gear is the first step in a successful workout routine, so why not exercise in clothing that feels great, moves with you and doesn't retain that gym smell even after you've washed it. Enter Accel Lifestyle's Self-Cleaning Timeless Tee, made with patent-pending antibacterial technology that lasts the lifetime of the product, its stays smelling great and feeling soft after every wash!



Power Up Your Recovery

Recovery is always an important part of any workout regime, so round out your program with the Power Plate Roller. The Power Plate Roller releases fascia, encourages faster recovery and promotes blood flow to sore muscles, so you can feel good after every workout.



Stimulate Your Feet & Body

If your yoga mat is showing sign of wear and tear after at-home workouts, upgrade with the Mind Body Mat made specifically for Barre, Yoga, Pilates and any bodyweight movements. The unique texture of the mat is designed to stimulate the feet, brain and entire body, without irritation. The Mind Body Mat is also lightweight and travel-friendly.



Relieve Aches & Pains

Wipe out pain at the source with Eirtree Diclofenac Sodium Topical Spray. The combination of Eirtree skin spray technology and Diclofenac comes together in the perfect package, giving relief to arthritis pain throughout the body. HYPO DX works similarly to oral NSAIDs like Naproxen by temporarily blocking the production of pain-signaling chemicals called prostaglandins, penetrating deep through the skin.

HOLLYWOOD MOMS

Shawn's Second Round

"She's definitely getting more opinionated and fussier," Shawn says of her daughter, Drew.

» In July — less than two years after welcoming her daughter Drew, 22 months — **Shawn Johnson East** gave birth to her son, Jett. And while her postpartum journey has been "harder" physically, she admits it's been "easier" mentally. "I took a lot of precautions in trying to act before things got bad," the former Olympic gymnast, 29, tells *Us*. "I really [made an effort] to protect myself more this time around." Here, the athlete opens up about raising two kids under 2 with hubby **Andrew East**.

Q: How has parenting changed your relationship with Andrew?

We really struggled with feeling disconnected from each other. I didn't know who he was as a dad. He didn't know who I was as a mom. We [now] have to schedule our little talks and our dinners. We appreciate any time we get.

Q: What is Jett like?

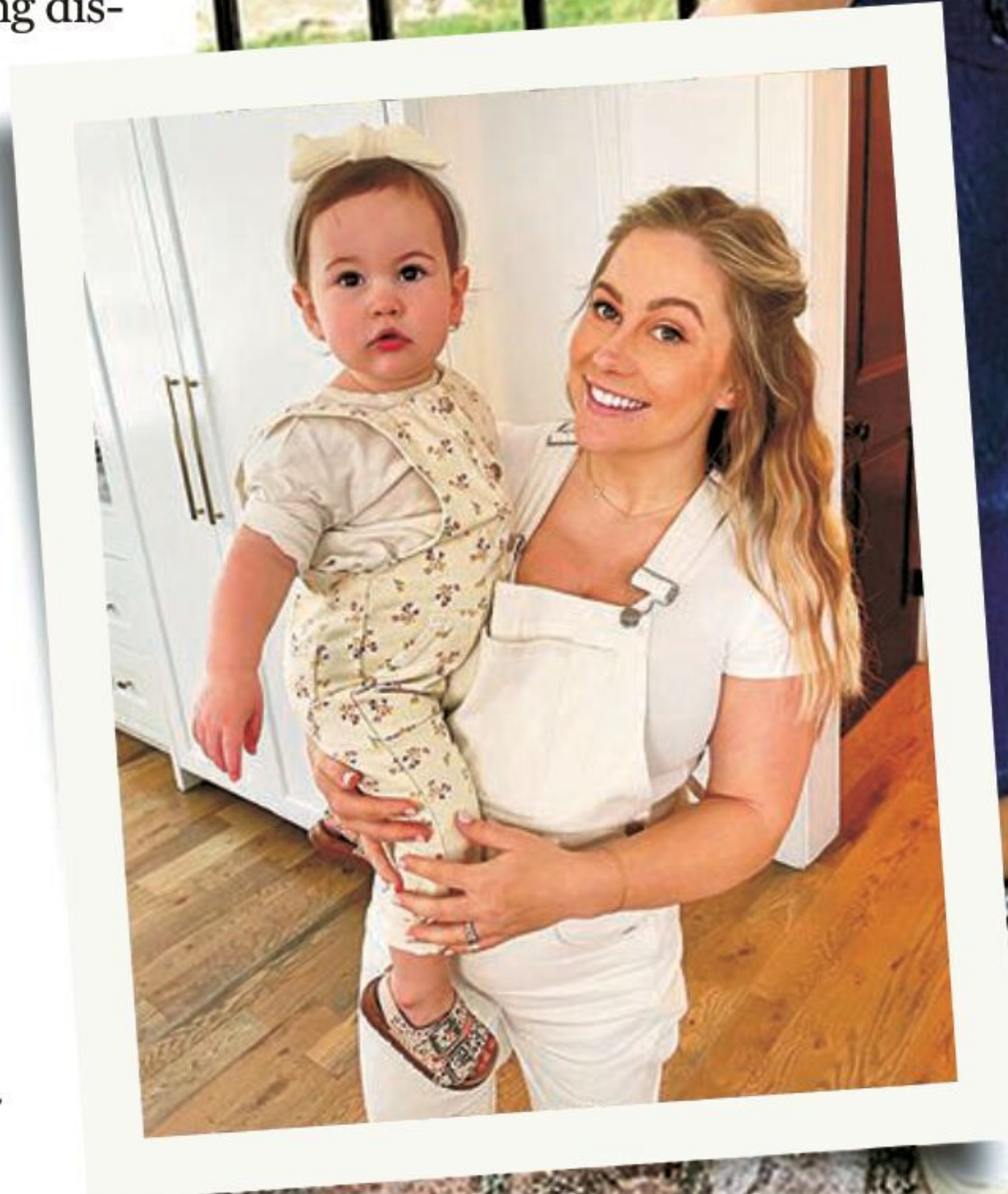
He's a very chill baby. He barely cries. He sleeps so well.

Q: How is Drew adjusting?

She's been really good, as long as she can sit next to me when I feed him or hold him when I'm done.

Q: Do you want a third?

Now that we have a boy and a girl, I truly don't know.

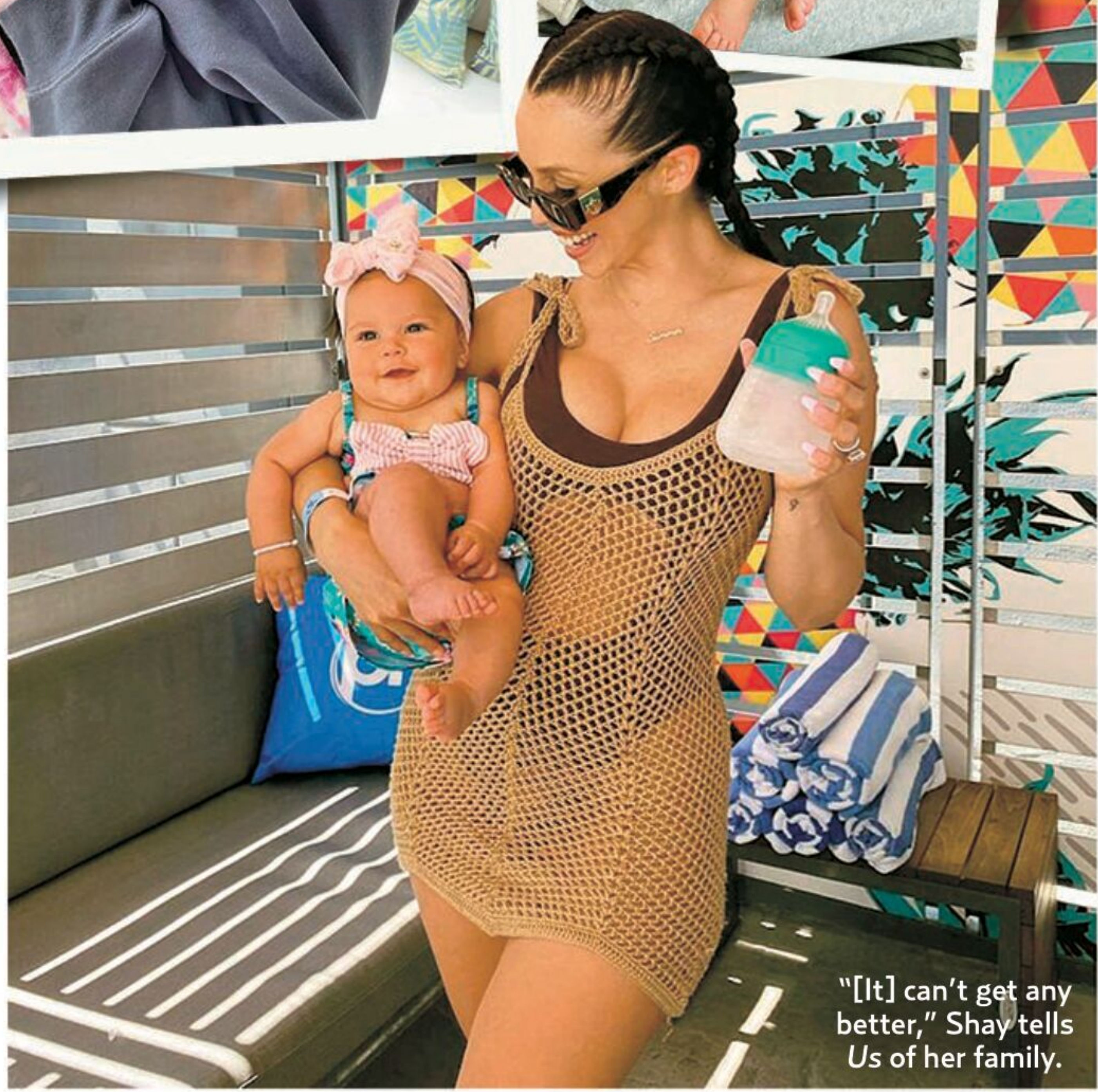




Taking a Breather

After welcoming daughter Brenda, 14 months, and son Adriel, born on Sept. 7, in such a short amount of time, *90 Day Fiancé* alum **Anny Francisco**, 32, is ready to slow down. "I'm not planning on having more kids so that I can give these two all my love and attention," she tells *Us*. "I just want them to be happy."

CLOCKWISE FROM LEFT: COURTESY OF JOHNSON/INSTAGRAM (2); COURTESY OF SHAY/INSTAGRAM (3); COURTESY OF FRANCISCO/INSTAGRAM (3); COURTESY OF PROWANT/INSTAGRAM



"[It] can't get any better," Shay tells *Us* of her family.

SCHEANA'S SWEETIE

➤ **Scheana Shay** just became a mom in April, but she's had daughter Summer's name picked out since she was 16. "I'm a huge **Rachel Bilson** fan," the *Vanderpump Rules* star, 36, tells *Us*. "Her character on *The O.C.* was Summer and... I was, like, 'When I have a baby one day, I'm going to name her Summer.'" While Shay loves life with her little girl, she and fiancé **Brock Davies** aren't in a rush to have another baby just yet.

But when they do, Shay says they'll consider surrogacy and adoption because of her "scary" birth complications. (The reality star suffered from preeclampsia, a condition characterized by high blood pressure.) "[My doctor] caught it just in time," she reveals. "They put me on a magnesium drip, and I had all of these drugs getting pumped into my body. I was worried it was going to affect [Summer]. It was a lot at once."



In It Together

Four months after giving birth to son Gray, *Floribama Shore*'s **Nilsa Prowant** is battling postpartum depression and anxiety. But she's found some familiar faces to learn on for support. "I really look up to the moms on *Jersey Shore* because I know a couple of them have struggled with it," Prowant, 27, tells *Us* adding that they've given her some "really good" advice. "Motherhood is hard, but [I'll] get through it. I'd suffer from [this] every single day of my life if it means I get to have my son."

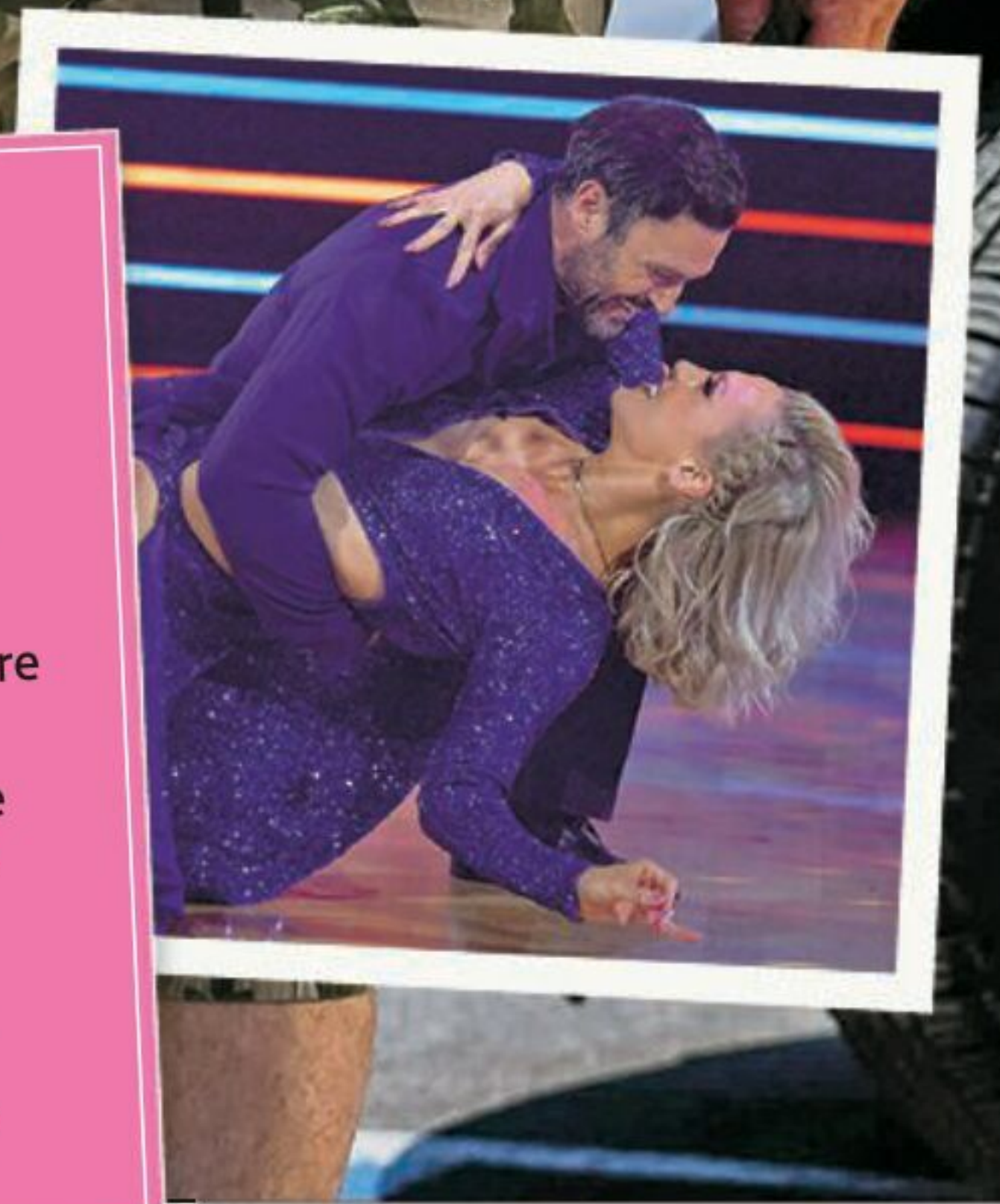
Love Lives

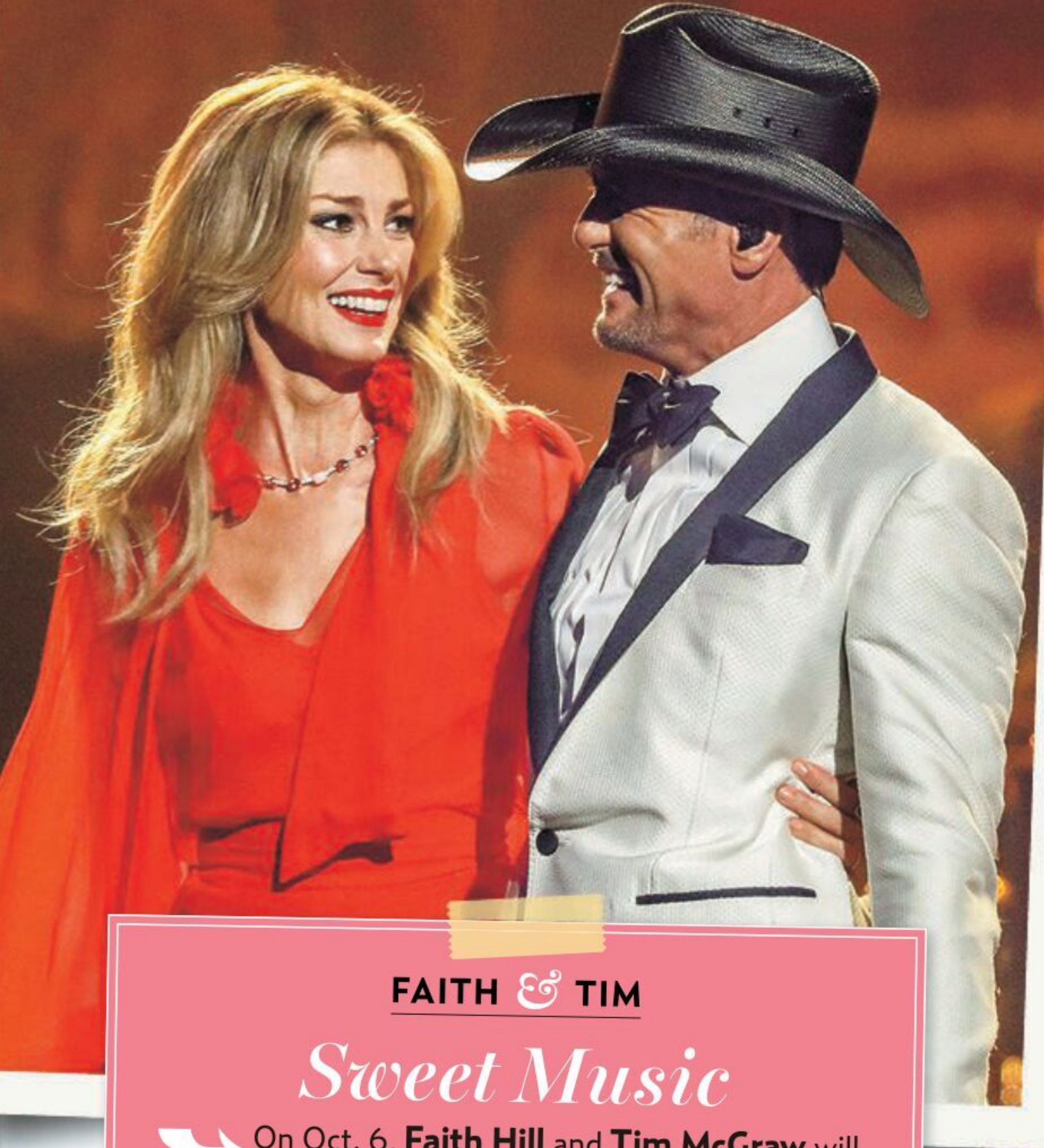
"We don't want it to become stressful," pro dancer Burgess says of keeping a love-work balance with Green.

SHARNA & BRIAN

Making it Work

➔ **Brian Austin Green** and girlfriend **Sharna Burgess** are thrilled to be partners on this season of *Dancing With the Stars*, but they make sure to leave work where it belongs: in the studio! "We have to have balance," Burgess, 36, tells *Us*. "Home is home. We keep it separate, because our relationship is very important." The *Beverly Hills, 90210* alum, 48, says that there's no room for dancing at home anyway: "We're [busy] making breakfasts [and] packing lunches for school. There's no time!"





FAITH & TIM

Sweet Music

➔ On Oct. 6, **Faith Hill** and **Tim McGraw** will toast to their 25th wedding anniversary — and a source says country music’s golden couple, both 54, couldn’t be stronger. “It’s no exaggeration to say they’re in awe of each other,” the source tells *Us*. “They’d be the first to admit they’ve had testing times through the years, but ultimately they’re just passionate, well-suited folks with the same positive and wholesome outlook on life and family.”



JADA & WILL

The Long Haul

➔ After almost 24 years, **Jada Pinkett Smith** is still infatuated with hubby **Will Smith** — and the feeling is mutual. “Will has never had an issue being married to such a strong woman,” the source says. “In fact, he finds it a big turn-on!” The source adds that Pinkett Smith, 50, and Smith, 53, stick to an honesty is best policy, and work through any disagreements. “They’re totally committed to a long-term future together, no matter what.”



Off The Market

Chelsea Handler has met her match! The comedian, 46, is reportedly dating fellow stand-up comic **Jo Koy**, 50. “I’m finally in love, with the best kind of guy there is,” Handler gushed in a Sept. 20 Instagram post. “There is hope for everyone!”

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Hot Hollywood

HARRY & MEGHAN

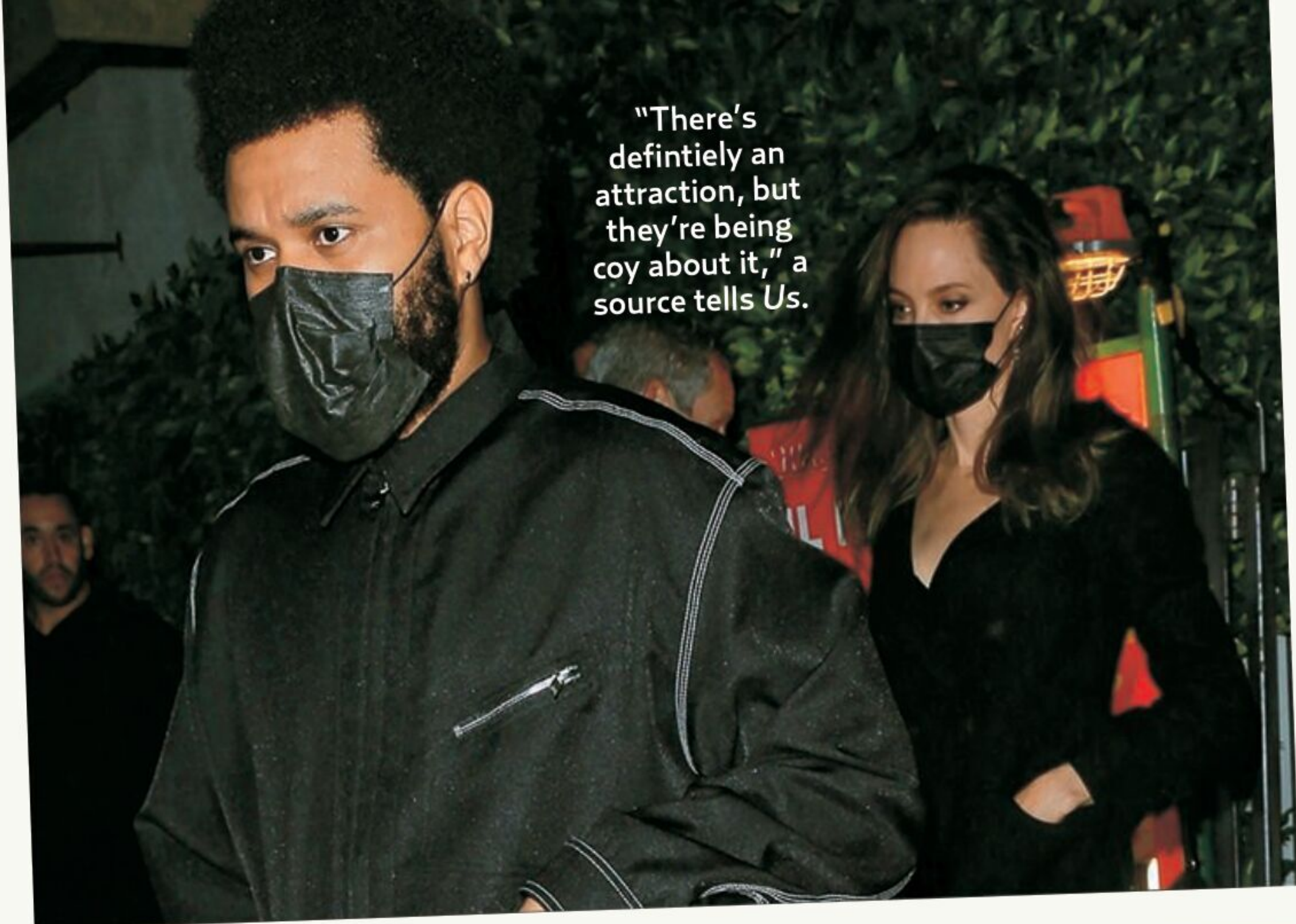
Take NYC

A source tells *Us* why the duo's recent trip raised eyebrows

It was the public-facing trip that the usually isolated **Prince Harry** and **Meghan Markle** were so desperate for — a glamorous visit to NYC to mingle with politicians, socialize with pals and speak to the crowd at the Global Citizen Live festival (all without kids Archie, 2, and Lilibet, 3 months). But when it was reported the entire visit was filmed for an upcoming Netflix project, some wondered if it was all an act. “It will be a big part of their documentary,” a source admits to *Us*. “They wanted to capture their philanthropy.” But Harry, 37, and Meghan, 40 — who stayed in a luxury suite at the swanky Carlyle Hotel — also filmed some of their social events, like their visit to famed Harlem restaurant Melba’s. The source notes that the doc is part of their bigger plans. “They were here to spotlight issues they feel strongly about,” explains the source. “This was a work trip, and they took that seriously.”



“They had a wonderful trip, but it was more about work than pleasure,” a source tells *Us*.



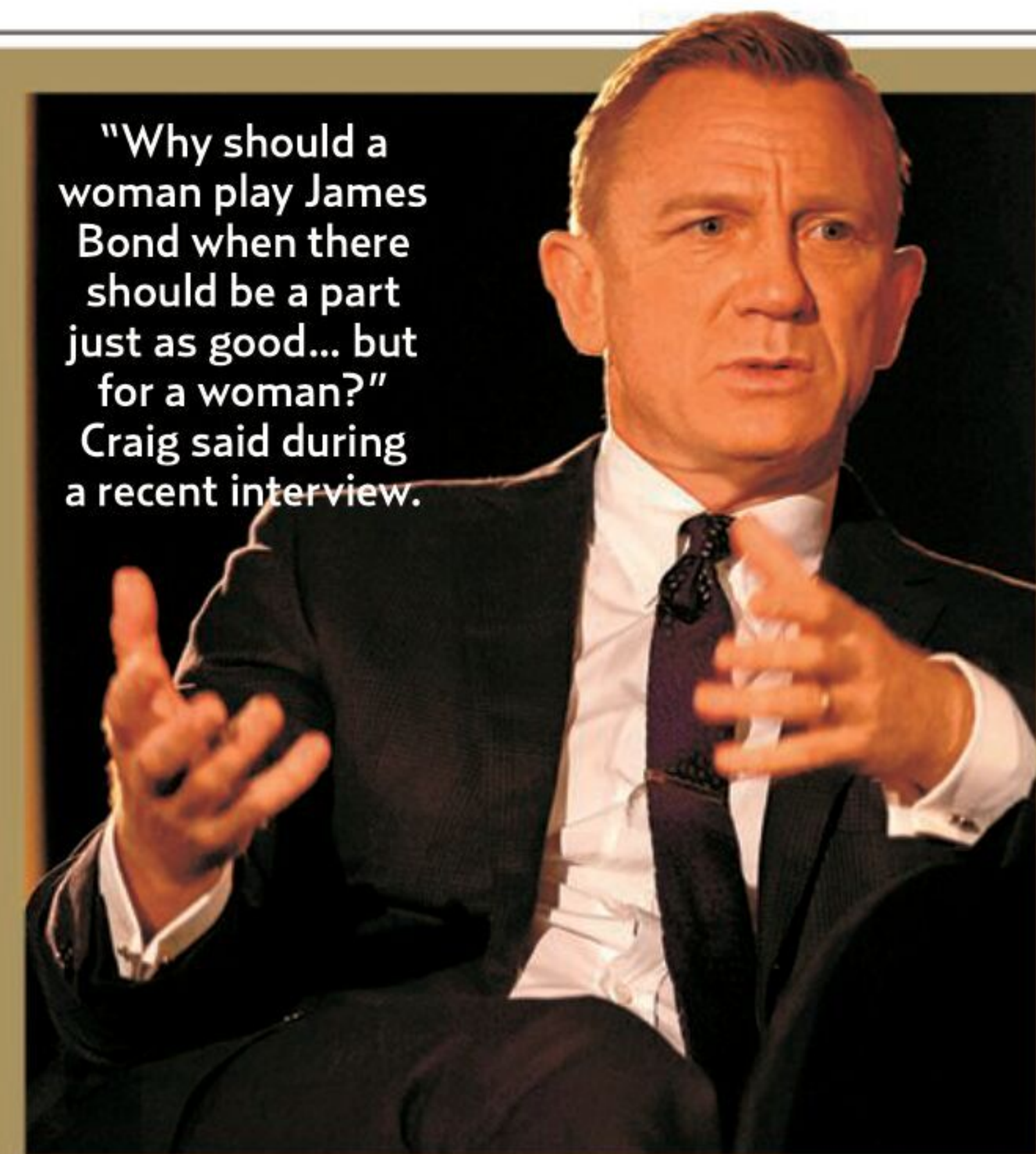
"There's definitely an attraction, but they're being coy about it," a source tells *Us*.

THE WEEKND & ANGELINA JOLIE

More Than Friends?

It seems there may be something going on between **Angelina Jolie** and **The Weeknd** (a.k.a. Abel Tesfaye)! The actress, 46, and the musician, 31, are telling people they're just friends, but "those who know them think something romantic is going on," a source tells *Us* of the duo, who fueled romance rumors when they stepped out to dinner together — again! — in L.A. on Sept. 25. (They were first seen together back in June.) Another

source says, "Angie is definitely warming towards Abel. He's been pouring on the charm and going out of his way to impress her. It's been a challenge for her to step out of her usual comfort zone, but being wined and dined by a charming, successful guy is a real boost for her ego." According to the second source, The Weeknd likely has no plans to stop: "He's clearly spellbound by Angie, and feels honored by their growing connection."



"Why should a woman play James Bond when there should be a part just as good... but for a woman?" Craig said during a recent interview.

Casting the Next Bond

» After 15 years, **Daniel Craig** knows it's time to pass the James Bond baton to another actor. However, he recently made it clear that he wants the role to go to another man — not a woman. "Daniel's always been open to adaptation and fitting in with modern times, but reinventing the wheel by casting a woman as Bond was a firm no-no from his viewpoint," an insider tells *Us* of Craig, 53, who will star as 007 for the final time in *No Time to Die*. "Daniel's old school in his values and he gets the whole essence of Bond," adds the insider. "He doesn't feel a need to apologize for [his beliefs]."



KEEPING UP WITH US

● **Lena Dunham** (above) is married! The *Girls* creator wed British-Peruvian musician **Luis Felber** in a quiet ceremony, one year after she took her relationship with him public on Instagram.

● *Riverdale* star **KJ Apa** is a first-time dad! On Sept. 23, the actor and his girlfriend **Clara Berry** welcomed a baby boy named **Sasha**. "He is a perfect perfection," gushed Berry.

● It's over between **Elon Musk** and singer **Grimes**, who dated for three years and are parents to a 16-month-old son. The Tesla cofounder noted that they are "semi-separated" but remain on good terms.

● *Harry Potter* actor **Tom Felton** has assured his fans that he is "doing fine" after collapsing during a celebrity golf tournament for unknown reasons on Sept. 23. "A bit of a scary episode, really, but on the mend," he said.

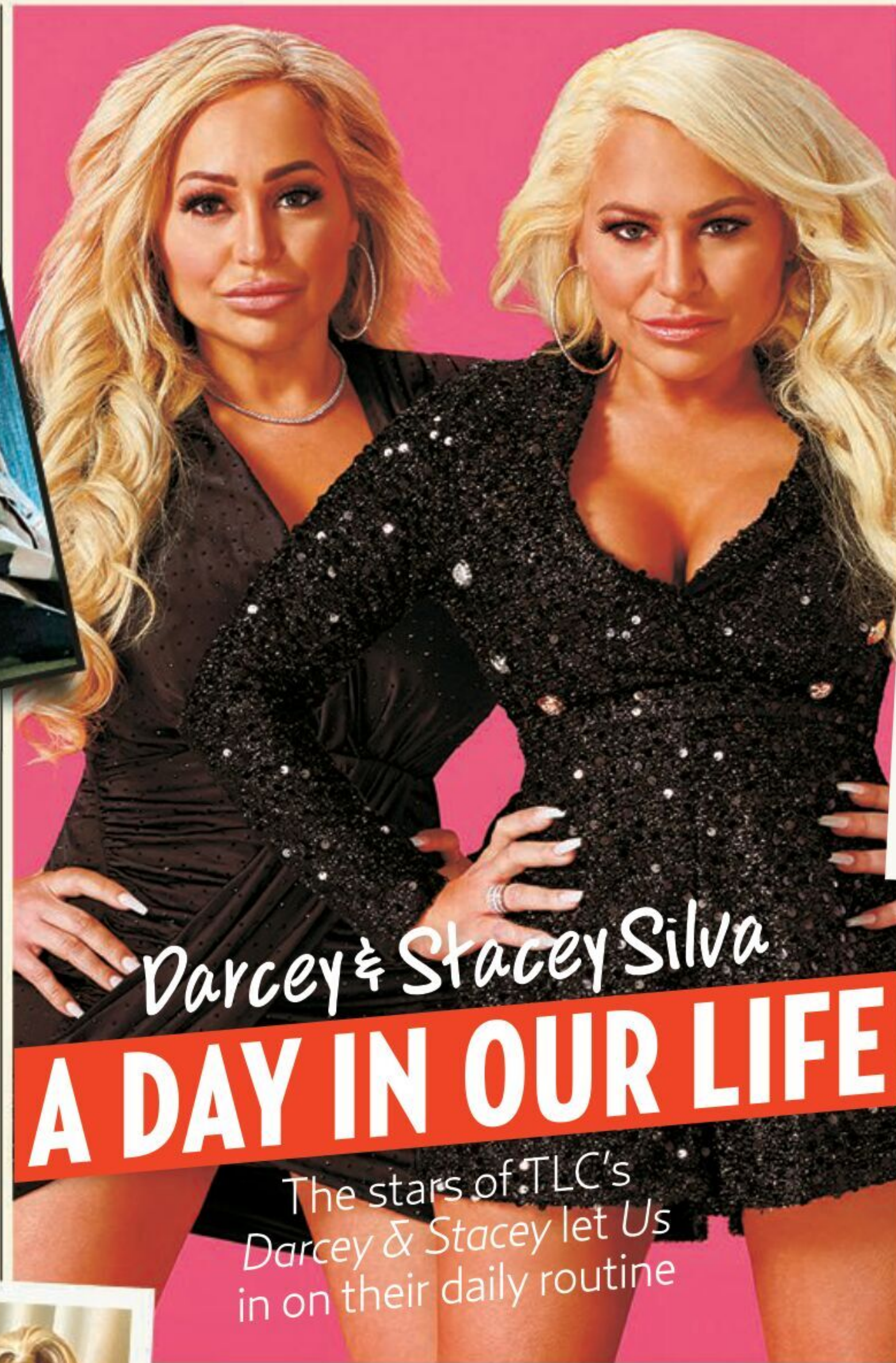
● **Jason Derulo** and girlfriend **Jena Frumes** have split, four months after welcoming son **Jason King**. "[Jena] is an amazing mother, but we feel being apart at this time will allow us to be the best versions of ourselves," Derulo tweeted.

Get in touch with *Us*: Email EDITOR@USMAGAZINE.COM



8:00 A.M.

FACE FORWARD Got to post one for the 'gram! "Before kicking off a busy day, I take a quick selfie," says Stacey, 47, while gearing up for several hours of fashion press with her identical twin, Darcey.



Darcey & Stacey Silva
A DAY IN OUR LIFE

The stars of TLC's *Darcey & Stacey Let Us* in on their daily routine



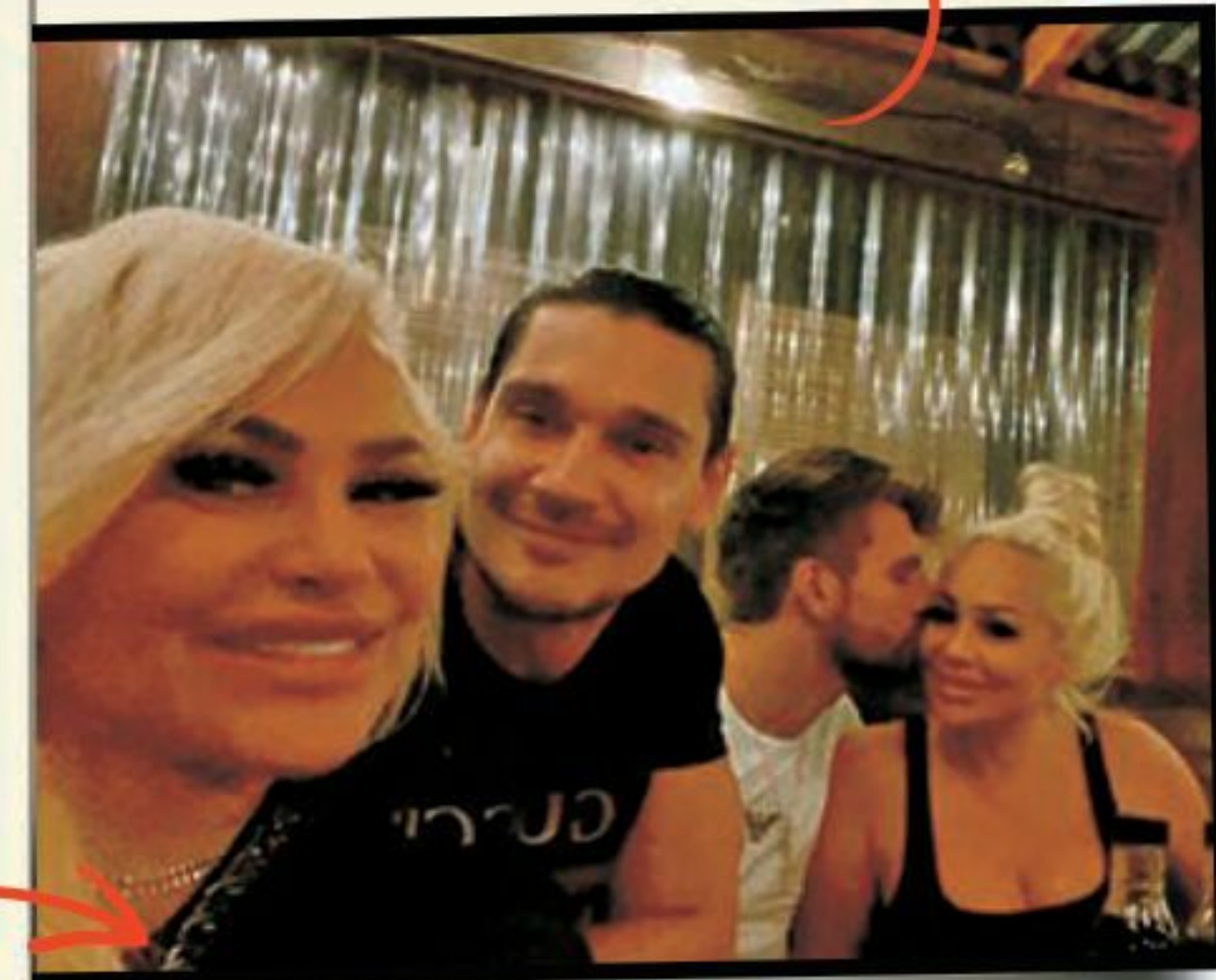
10:00 P.M.

WRITE IT OUT Darcey takes time to jot down her thoughts before going to sleep. "Every day should end with some reflection and manifestation," notes the reality star. "I always like to journal before bed."



12:00 P.M.

FAMILY MATTERS Darcey's teenage daughters Aspen and Aniko join their mom and aunt Stacey for a quick photo shoot. "They're here to help promote our line," shares Stacey.



7:00 P.M.

TWICE AS NICE "It's double date — and double trouble time!" jokes Darcey [left], who, along with fiancé

Georgi Rusev, meets up with Stacey and her beau **Florian Sukaj** for dinner.

10:00 A.M.

IN FOCUS The Connecticut natives don't waste any time getting to work. "We're doing a virtual press tour," explains Darcey, who cofounded the fashion brand House of Eleven with her sister.



TUNE IN!
New episodes of *Darcey & Stacey* return to TLC in January 2022. Stream the latest season on Discovery+.



KELLY CLARKSON

Embracing Freedom

Kelly Clarkson's been to hell and back since ending her nearly seven-year marriage to **Brandon Blackstock** in June 2020. But according to court documents obtained by *Us*, a judge has finally declared the 39-year-old star legally single — and she couldn't be more excited for what the future holds. "Kelly got the big raise she'd been asking for, since [her daytime talk show] is taking over **Ellen DeGeneres'** time slot next year," an insider confides to *Us*. Clarkson's

also about to release her ninth studio album, recently moved into a gorgeous new L.A.-area home, and, as *Us* previously reported, is even ready to date again. "Kelly has been the definition of 'hot girl summer,'" another source says, noting that once the pain from her divorce eased, "she was really able to let loose, flex her star power and get back to what gives her joy, which is entertaining." The source adds of the Grammy winner, "There is no stopping her now!"

CLOCKWISE FROM TOP RIGHT: N/C (5); JOSEPH CULTICE/NBC

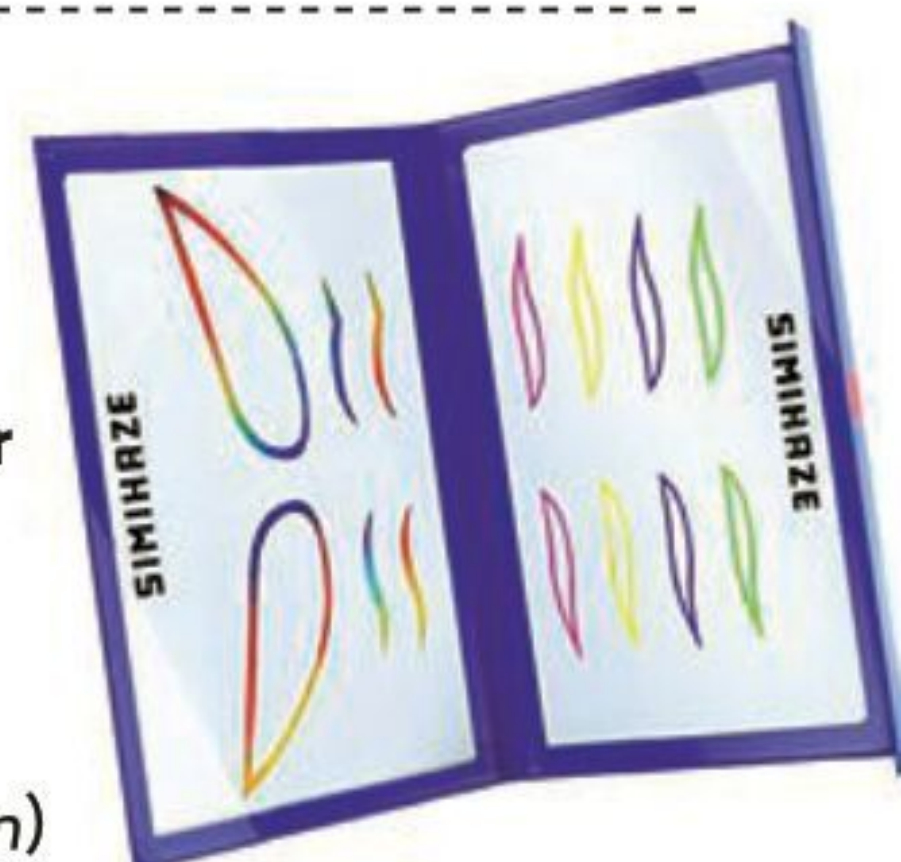
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THE US BUZZZ-O-METER

What Hollywood is buzzing about this week

SIMHAZE BEAUTY EYE PLAY

Statement eyeliner made easy! **Hailey Bieber** has rocked eye stickers from the beauty line's Rave Pack. (\$55, simihazebeauty.com)



AGAVIDA BY RANCHO LA GLORIA

Made by the No. 1 selling ready-to-drink brand in the U.S., this agave-based table wine comes in tasty flavors like strawberry and peach. (Available for purchase Nov. 1, rancholagloria.com)

OUTCAST FOODS

Upcycle your drinks! This company rescues "less than perfect" produce from suppliers and turns it into plant-based nutritional powders. (Prices vary, outcastfoods.com)



HYDROW ROWER

Kevin Hart is a fan of this machine because it offers an efficient full-body workout in half the time of cycling — and remains easy on joints. (From \$2,145, shop.hydrow.com)



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Locks to love! Boasting an antioxidant formula, this fast-drying hair spray adds volume and shine while keeping strands in place. (Available at Stop & Shop stores nationwide)

SECRETS & LIES

As disturbing new details of **Britney Spears'** conservatorship emerge, *Us* reveals how the "betrayed" star is finally fighting back **BY JAIME HARKIN**

In June, Britney Spears painted a dark picture of what life has been like under her conservator father's watchful eye during an emotional court appearance. Among other revelations, the distraught pop star said she'd been forced to take lithium and wasn't allowed to get married or have more children. "I'm so angry I can't sleep," she told the judge. "I feel ganged up on, I feel bullied. I just want my life back."

Now, three months later, new documentaries are shedding even more light on what Britney has endured since her conservatorship began 13 years ago. In *Controlling Britney Spears*, a former member of the 39-year-old's security team claims those in charge — including Britney's dad, Jamie Spears, 69 — had been tracking her every move and even had her bedroom bugged. "Britney feels completely devastated," one source tells *Us*. Adds a second insider: "She wasn't lying when she said her life was a living hell. And it's become quite obvious her pain and suffering has been far worse than anyone knows."

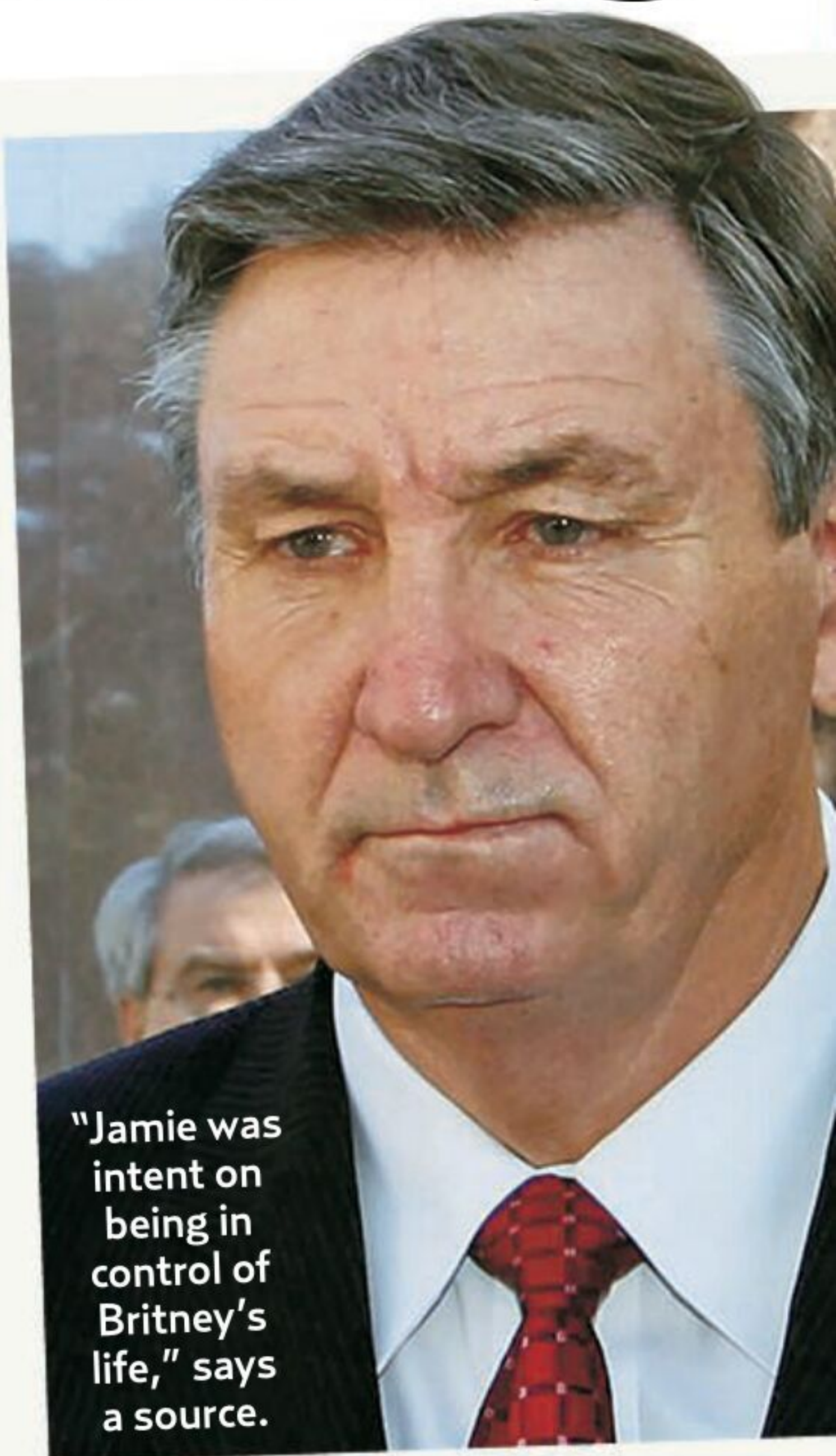
SPY GAME

In the doc, Alex Vlasov — a former employee of Black Box Security — claims that Britney's business manager, Robin Greenhill of the Tri Star Sports & Entertainment Group, had total control of the "Toxic" singer's daily life. She couldn't even have a

friend over without permission. "[It was] like a minor who needs their parents' consent," Vlasov recalled.

His company was in charge of giving Britney medicine in pre-packaged envelopes, as instructed by Jamie. Vlasov claims his boss, Edan Yemini, put an audio recording device in her bedroom and secretly taped 180 hours of conversations with her boyfriend and kids. (She shares sons Sean Preston, 16, and Jayden, 15, with ex-husband Kevin Federline). "Ethically it was just one big mess," Vlasov said. He also alleged that Greenhill wanted to mirror Britney's phone with an iPad hooked up to her iCloud, and that he was asked to encrypt Britney's messages and send them to Jamie. This allowed them to monitor things like her FaceTime calls, photographs, internet history and text messages.

A third source says Jamie has been spying on his daughter since the conservatorship began back in



"Jamie was intent on being in control of Britney's life," says a source.

2008. "In the beginning, it seemed as if it was done for Britney's protection," the source says, noting that Jamie only recently fired Black Box when Britney hired her new attorney, Mathew Rosengart. The second source adds that Jamie started "dialing back some of his controlling behavior when the #FreeBritney movement was gathering momentum because he didn't want to give anyone ammunition."

"She's not talking to anyone in her family," says an insider.



Asghari is supporting **Britney** through the latest drama. "She's very grateful to have him," says a source.

▶ SHE SAID

The explosive allegations are shocking to many — but not Britney. “She knew about [being monitored] and complained, but no one believed her,” says the first source. Now, she can’t help but feel vindicated. “For so many years, people have said she’s paranoid and crazy,” adds the third source. “The people around her lied to her face. She feels betrayed — it’s extremely creepy to hear that someone put recording devices in your bedroom!”

▶ HE SAID

Jamie is insisting everything he’s done as Britney’s conservator has been “legal and above board,” says the second source. (Following the debut of *Controlling Britney Spears* — and two days before a scheduled Sept. 29 court date — Britney’s lawyer filed new documents asking for Jamie to be immediately suspended and accused him of “horrifying and unconscionable invasions of his adult daughter’s privacy.”) Former Los Angeles County district attorney Steve Cooley tells *Us* that while

“audio or video recordings of the confidential communications of another are in violation of California law, it’s very rarely prosecuted.”

There’s also concern that a potential leak of the audio tapes could derail the “Sometimes” singer’s push for freedom from the conservatorship — especially if it were to expose any questionable behavior on her part. Says the third source, “Britney doesn’t want anything going public.”

▶ LOOKING AHEAD

Britney has sworn revenge. The third source says she’s taking Jamie to court to “recover the millions of dollars she feels he shouldn’t have received” — including 1.5 percent of the revenue from her Las Vegas residency, which ran from 2013 to 2017. “What did he do to earn that money? Nothing,” explains the source. In papers filed on Sept. 22, Britney’s lawyer argued that Jamie’s “mismanagement of Ms. Spears’ Estate is evident and ongoing,” and that he “took unwarranted commissions from his daughter’s work,

totaling millions of dollars.” Adds the source: “Britney hates her father and what he’s done to her.”

The silver lining for Britney has been her fiancé, Sam Asghari. The second source says planning her wedding to the model, 27, has been a most welcome distraction. “Britney is so excited,” shares the source. “Finally, the world is getting to see that she’s not this vulnerable lost soul — she has the man of her dreams and fire in her belly to stand up for justice.”

US

- A lawyer for Mr. Spears said his actions “were done with the knowledge and consent of Britney, her court-appointed attorney and/or the court.”
- A lawyer for Mr. Yemini and Black Box Security said they “conducted themselves within professional, ethical and legal bounds.”
- A lawyer for Tri Star Sports & Entertainment Group called surveillance allegations “not true.”

SHOCKING REVELATIONS

Us reveals the craziest claims from the new documentary, *Controlling Britney Spears*



HER BEDROOM WAS BUGGED

A former member of Britney’s security team says they recorded 180 hours of audio from her room and that he was later asked to delete it all.

THEY MONITORED HER CALLS

A former security staffer says Britney’s conservators “openly talked” about keeping tabs on her phone calls and messages.

SHE WAS WORKED TO THE BONE

A *Circus* tour manager says conservators “felt [Britney] had the capacity to endure” back-to-back performances.



SHE LIVED IN FEAR

Britney’s former head of wardrobe says the star once cried when she smelled marijuana backstage, terrified she’d fail a drug test and not be able to see her sons.

THEY CUT HER OFF FROM FRIENDS

Felicia Culotta, Spears’ one-time assistant and confidante, says she believes the singer’s conservators drove her away because they knew she’d defend Britney.



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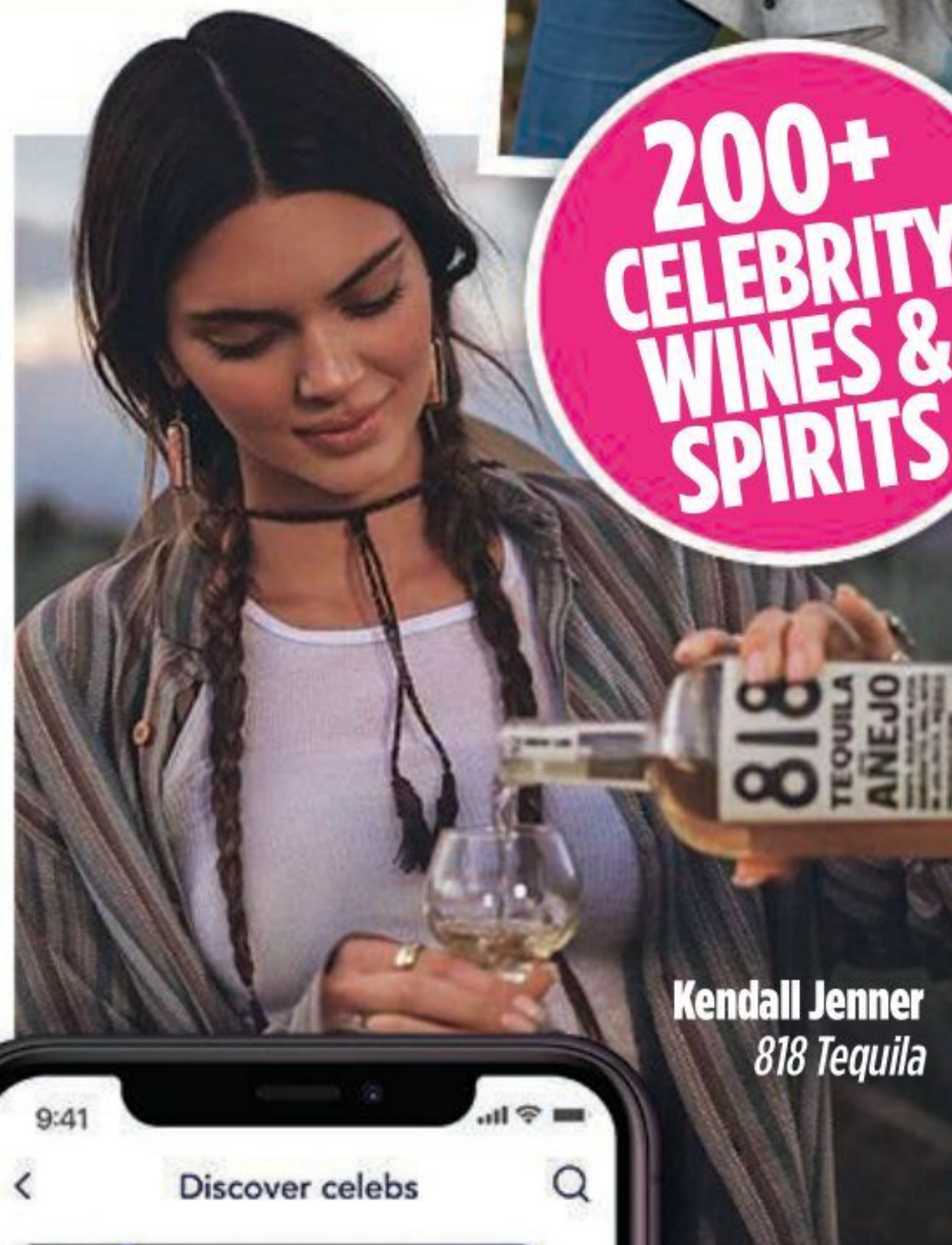
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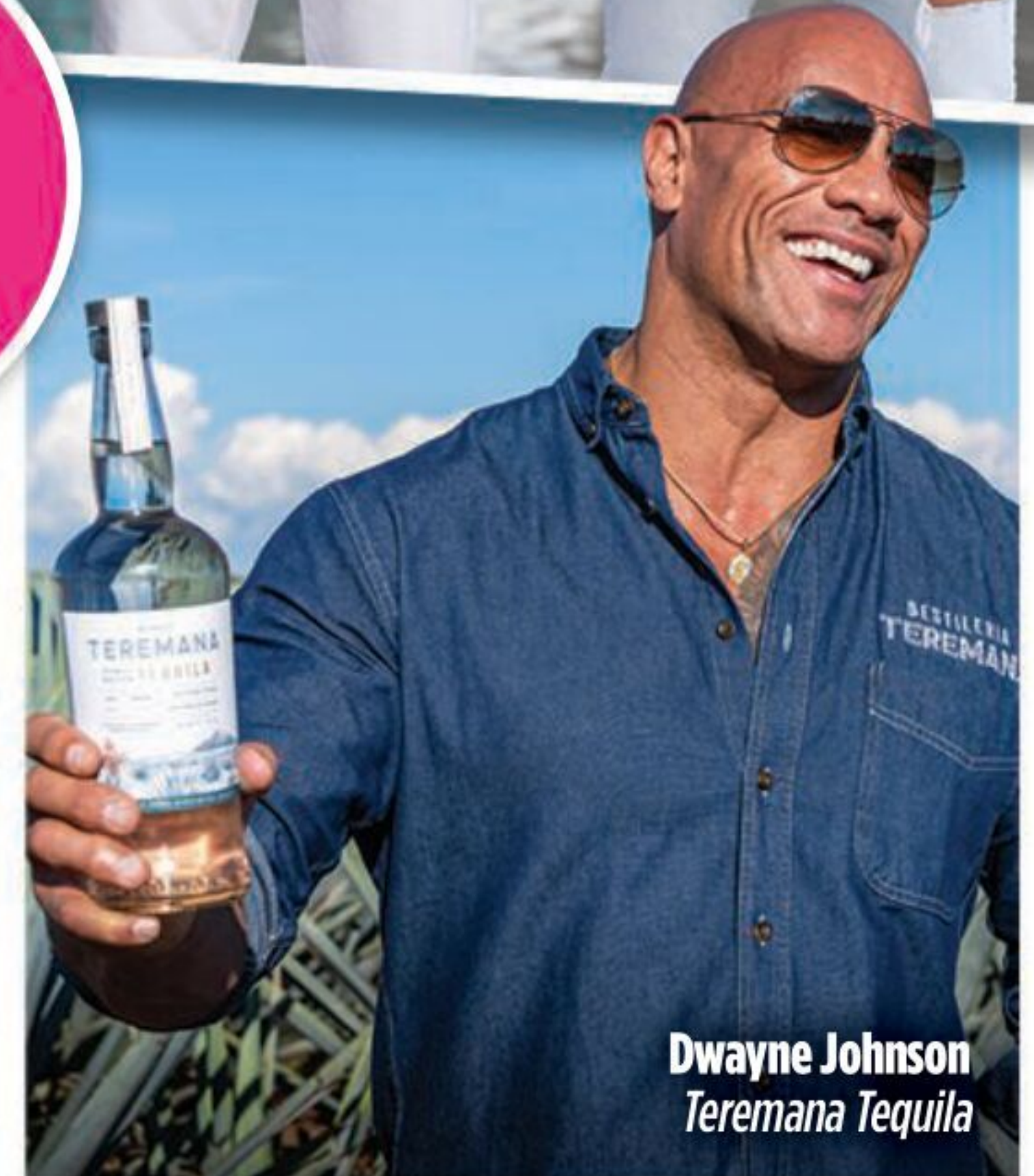
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Sources say new couple and expecting parents **John Mulaney** and **Olivia Munn** are thinking of pumping the brakes

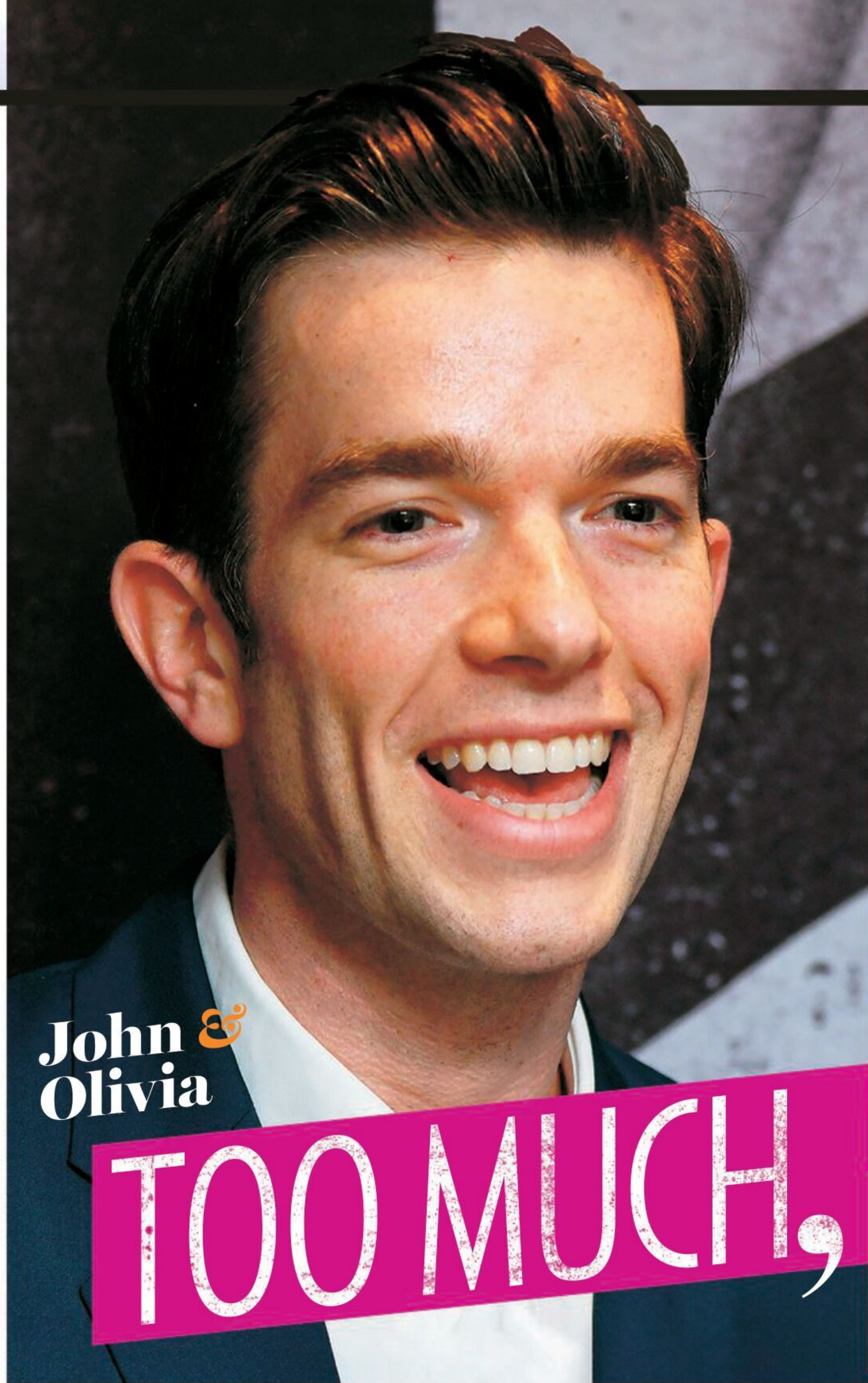
BY JAIME HARKIN

John Mulaney is the first to admit it's been an eventful year. "I went to rehab in September [2020], I got out in October, I moved out of my home from my ex-wife," he recently told talk show host Seth Meyers on his late-night chatfest. "Then in the spring I went to Los Angeles and met and started to date a wonderful woman named Olivia," he added of his new girlfriend, actress Olivia Munn. "And we're having a baby together."

Now, four months after *Us* revealed Mulaney, 39, had moved on with 41-year-old Munn — fresh on the heels of his divorce from Anna Marie Tendler — sources say the pair may have some regrets about their whirlwind romance. "Things between John and Olivia are moving fast — too fast," says one insider, noting that the *Newsroom* alum and standup comedian are already living together. "The baby came out of left field and hit them like a ton of bricks." A second source confirms "it's been a time of uncertainty" for Munn and Mulaney. "This was a fling that got out of control," notes the source. "John and Olivia really have to decide what kind of future they're going to have together, if any."

UNDER PRESSURE

Mulaney is feeling the heat. "This is not a relaxing time for him, baby or



John &
Olivia

TOO MUCH,

not," says the source, noting that as he copes with the stress of paying for his divorce, the *Big Mouth* star is staying super-focused on his sobriety. After his September 2020 rehab stint, Mulaney returned to treatment in December for drug and alcohol addiction (he'd been sober since age 23 prior to falling off the wagon). "He's in survival mode," the source explains. "He's living one day at a time and not doing any

long-term planning."

Munn, meanwhile, is catching flak from friends. "Very few people believed things with John were going to last," the source reveals. "Olivia was very happy for him to see other people — many say they weren't exclusive — and if she hadn't gotten pregnant, very few believe she'd be with him now. Olivia's pals can't see them being a couple a year from now."



From Pals... to Preggers!

The couple took things to the next level quite quickly



MARRIED MAN

Mulaney and Tandler were married for six years before their split. "I am heartbroken," she said at the time.

JUST FRIENDS

In 2015, Munn revealed she was a big fan of Mulaney's and had emailed him after they chatted at a mutual friend's wedding.



SWEET TWEET

Munn wished Mulaney well when he checked into rehab in December 2020. "You got this," she tweeted.



GOING PUBLIC

In June, a month after announcing his divorce from Tandler, Mulaney was spotted on a lunch date with Munn.



BABY NEWS

In early September, Mulaney told Seth Meyers that Munn was expecting. "Olivia and this baby have helped save me from myself," he said.

TOO SOON?

Adding to the tension is talk about the timeline of their relationship — and whether or not their hookup had anything to do with the demise of Mulaney's six-year marriage to Tandler, 36. "Friends aren't sure of Olivia's due date or when she and John really got together," says the insider, "but things seem to have overlapped romantically with his ex still in the picture more than they are letting on."

HANGING IN

For now, they're making the best of a complicated situation. "John and Olivia are trying to salvage things," says the source. "Olivia is hopeful, but she doesn't want to pressure John. They're both cautiously optimistic." No matter what happens, their child will be the top priority. "They'll make great parents," promises the source, "but nobody knows if they're going to do that together or apart." **US**



Ansel Elgort & Timothée Chalamet

Their friendship — and their success — was meant to be! They both attended NYC's LaGuardia High School of Music & Art and Performing Arts, where they were close. "It's really crazy," Elgort has said. "Timmy and I played on the same basketball team, we had the same drama teacher... and then in [2018], both of us were nominated for a f**king Golden Globe!" (Elgort for *Baby Driver* and Chalamet for *Call Me by Your Name*.)

CLASSES

Before they were famous, these celebrities were schoolmates

Nicky Hilton Rothschild & Lady Gaga

Today, Gaga may be a global superstar, but there was a time when she was just another face in the hall at Convent of the Sacred Heart in NYC — where Hilton Rothschild ruled the school! "[She] was very pretty, and very clean," the Grammy winner has said of her socialite classmate. "It's impressive to be that perfect all the time."

Cameron Diaz & Snoop Dogg

Back when they attended California's Long Beach Polytechnic High School in the late '80s, Diaz and Snoop admired each other from afar. "She ran with all my cheerleading homegirls," the rapper has said of the actress. "She was fly and she was hip." Diaz thought likewise! "He was very tall and skinny," she's reminisced. "And he wore lots of ponytails on his head!"

Lupita Nyong'o & Winston Duke

Nearly a decade before they costarred in *Black Panther* and *Us*, Duke and Nyong'o were acting buddies who attended the prestigious School of Drama at Yale. "We'd have work study together," Duke has said, recalling a time they once walked around New Haven, Conn., singing at people as they walked by. "It was very 'I'm in theater school' of us," he added. "We were dorks!"



ACT!

Beanie Feldstein & Ben Platt

These two were not only BFFs at L.A.'s Harvard-Westlake School, they also were each other's prom dates! "We were big theater nerds. We starred in all the musicals," Platt has said of Feldstein. "For my 16th birthday, she gave me cufflinks and a note that said, 'Wear these when you win your first Tony.' And I did!"



Chelsea Peretti & Andy Samberg

Peretti had a crush on her former *Brooklyn Nine-Nine* costar during their days at Chabot Elementary in Oakland, Calif. "For some reason [Andy] never acknowledges this when I bring it up," she's joked. "He just dead-eyes me. I used to call his house and hang up, as some young girls do. I don't know what my end game was really."





Stuffed Pesto Chicken Breast

SERVES 4

INGREDIENTS

- Nonstick cooking spray
- 4 oz cold cream cheese
- 1/2 cup shredded mozzarella cheese
- 1 1/2 tbsp pesto, store-bought or homemade
- 1 large egg
- 1 1/2 tsp Kosher salt
- 1 cup shredded parmesan cheese
- 1/2 cup fine, dried bread crumbs, plain or Italian style
- 4 boneless, skinless chicken breasts (about 4 oz each)
- 2 medium zucchini, halved lengthwise, cut crosswise into 1/2-inch-thick half-moons
- 1 pint cherry tomatoes
- 2 tbsp extra-virgin olive oil
- 1/2 tsp freshly ground black pepper
- Cooked pasta, for serving (optional)

INSTRUCTIONS

- 1 Preheat the oven to 400 degrees. Spritz a sheet pan with cooking spray.
- 2 In a small bowl, combine the cream cheese, mozzarella and pesto. In a separate shallow bowl, whisk the egg and 1/2 tsp of the salt. On a flat plate, stir together the parmesan and bread crumbs.
- 3 Slice a horizontal pocket into each chicken breast; do not go all the way through. Stuff each pocket evenly with the pesto/cheese mixture.
- 4 Dip the stuffed chicken in the egg mixture, then coat both sides with parmesan bread crumbs. Place on the prepared sheet pan, leaving 2 inches space between the breasts. Arrange the zucchini and cherry tomatoes around the chicken. Drizzle with the oil and sprinkle with the remaining 1 tsp salt and the pepper. Using clean hands, gently toss the veggies to coat.
- 5 Bake until the chicken is cooked through, or until a thermometer inserted into the thickest part of the breast reads at least 165 degrees, 18 to 22 minutes. If the bread crumbs are starting to burn, lightly cover the chicken with foil. Remove from the oven and let rest for 5 minutes.
- 6 Serve the chicken with veggies on the side and a small portion of pasta, if desired.

FAMILY FARE

Tia Mowry shares a crowd-pleasing recipe with *Us*



Looking for a new meal to add to your weekly dinner rotation? “When we’re eating it the table goes silent,” mom of two **Tia Mowry** says of her “indulgent” chicken dish, which is featured in her cookbook, *The Quick Fix Kitchen*. “All conversation hushes, and the only sounds are the enjoyment of each bite.”



YOU DON'T
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You feel it.

PHILADELPHIA
· SINCE 1872 ·



FIND THIS *Brown Butter Pumpkin Cheesecake* RECIPE HERE.

©2021 Kraft Foods

→ Studded with a pink sapphire stone, Awe Inspired's limited edition Woman Power Charm Necklace has been worn by **Meghan Markle**. \$155, aweinspired.com
40 percent will be donated to Cancer Care



← Quench skin as the seasons change with Clinique's Great Skin, Great Cause Limited Edition Dramatically Different Moisturizing Lotion+. **Emilia Clarke** is a fan! \$45, clinique.com
\$10 from each sale goes to the Breast Cancer Research Foundation



Think

Shop to stop breast cancer — these chic finds give back during the month of October

PINK!

↓ Spritz on Jo Malone's Limited Edition Peony & Blush Suede Cologne, redolent of juicy apple, rose and jasmine. \$142, jomalone.com
50 percent goes to the Breast Cancer Research Foundation



↑ Get cozy in this chic two-piece from Splendid, worn by **Kendall Jenner**. Felicity Thermal Top, \$98, and Jogger, \$98, splendid.com
With every purchase, a mammogram will be donated through the National Breast Cancer Foundation

↓ Show your support in Journelle's universally flattering Romy Demi Bra in Flamingo. \$78, journelle.com 15 percent goes to the Susan G. Komen Foundation



← Soften dry, over-sanitized hands with Aveda's Hand Relief Moisturizing Creme with Shampure Aroma. (\$20, aveda.com) \$10 will be donated to the Breast Cancer Research Foundation



KOSHY



↑ Warm up post workout in Fabletics' Limited Edition Go-To Sweatshirt. Mega-influencer Liza Koshy is a brand fan. \$55, fabletics.com 100 percent goes to F**k Cancer



← Customize an Alix clutch by ArtSugar x Rae of Light for your favorite survivor. \$195, artsugar.co 15 percent will be donated to the Breast Cancer Research Foundation



HADID



↑ Update your scent with the aroma of ginger, lily of the valley and sandalwood in Ralph Lauren's Romance Pink Pony Edition. Ralph's Club face Gigi Hadid loves it! \$98, ralphlauren.com/pinkpony 100 percent of net profits goes to the Pink Pony Fund

← BOGO, but make it twice as nice! Buy this fun Self Love Club Crew in Benefit 1976 Pink from Brunette the Label and get a free Benefit Cosmetics Gimme Brow+ and 24-Hour Brow Setter. \$120, brunettethelabel.com A portion of proceeds goes to the Princess Margaret Cancer Foundation



JOHANSSON



↑ Speed up your blowout thanks to ghd's Limited Edition Helios Professional Hair Dryer in Rose Pink. Scarlett Johansson has used it to prep for the red carpet! \$259, ghdhair.com \$10 from each sale will be donated to the Keep A Breast Foundation

CLOCKWISE FROM BOTTOM LEFT: MEGA; SHUTTERSTOCK; MUNAWAR HOSAIN/STARTRAKSPHOTO.COM; XAVIER COLLIN/IMAGE PRESS AGENCY/MEGA; MATT BARON/SHUTTERSTOCK; CRA SH/IMAGESPACE/SHUTTERSTOCK; SHUTTERSTOCK/LAVENDERTIME; SHUTTERSTOCK/AFRICA STUDIO

TV, MOVIES & MORE! BY EMILY LONGERETTA

US MUSTS



NETFLIX FRIDAY 10/1

The Guilty

★★★★

Jake Gyllenhaal is such an engaging actor that he can spend nearly every shot of a movie glued to a desk and still manage to captivate. Yet he can't rescue a gimmicky, lackluster thriller that's a near shot-for-shot remake of a 2018 Danish project (that you likely

never saw). His Joe Baylor is an L.A. cop-in-trouble doing subordinate time as a 911 operator. He's restless and bored on his last shift — until he takes a call from a woman named Emily (the voice of **Riley Keough**), who whisper-cries that she's been abducted and hiding in a moving vehicle. After alerting authorities, Joe takes it upon himself to lead the investigation from his dimly lit station.

It's an intriguing premise that fails to reach maximum tension because of the constraints of the format. Some moments just beg for an action scene, especially considering the behind-the-scenes vocal talents. And with a few exceptions — briefly walking into another other room, fumbling with an asthma inhaler — Gyllenhaal is stuck staying static.

MARA REINSTEIN, MARAMOVIES.COM

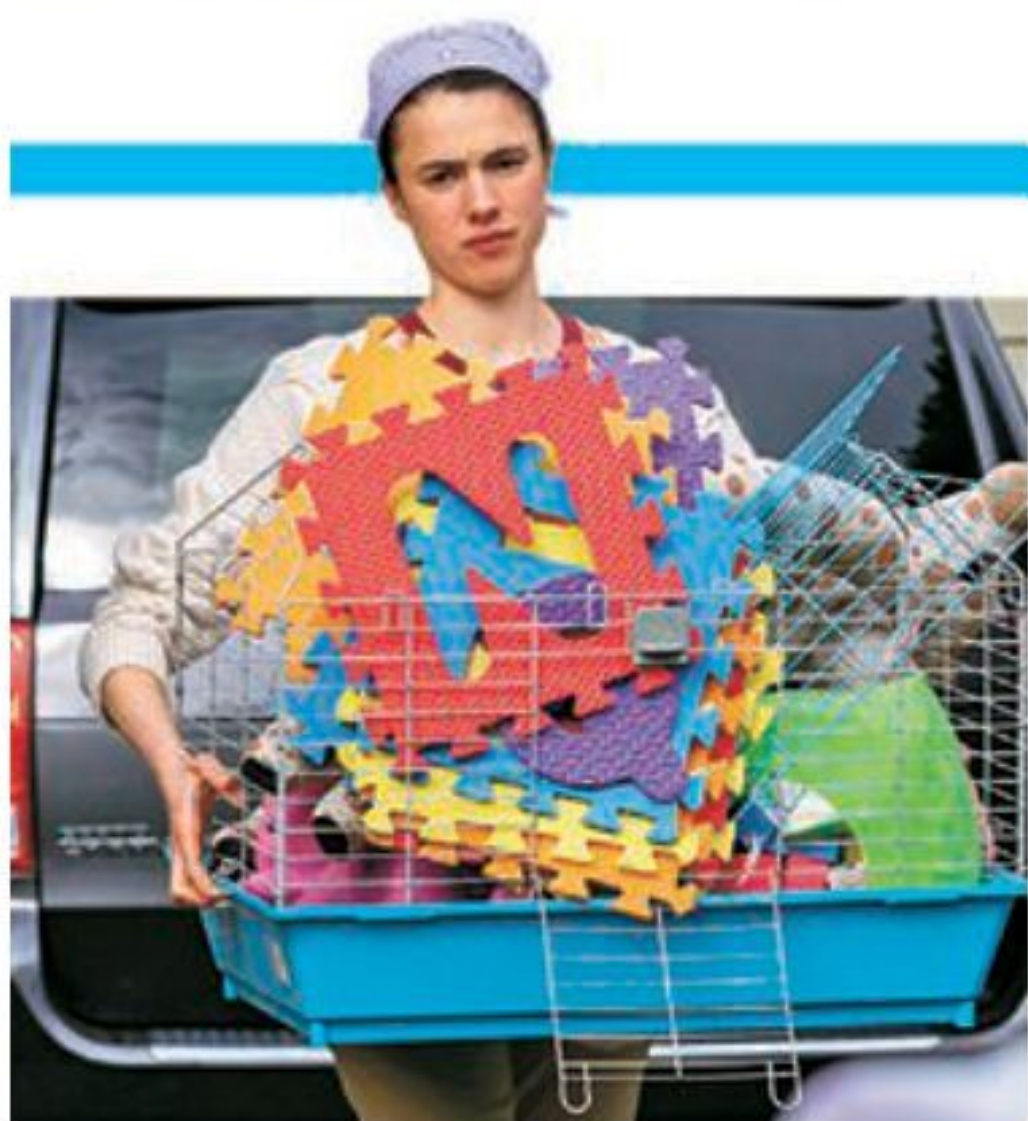


HBO MAX FRIDAY 10/1

The Many Saints of Newark

★★★★

The prequel to *The Sopranos* — despite what the trailers imply — doesn't focus on young Tony Soprano (**Michael Gandolfini**, the son of the late **James Gandolfini**). That honor goes to his uncle, Dickie Moltisanti (**Alessandro Nivola**), a mobster who uses his mouth and fists to deal with a rival gang and his family. Can you blame his nephew for idolizing him? *Newark* is most effective when it pays homage to its TV roots, from the casting of junior versions of familiar characters to revisiting a few memorable New Jersey haunts. Nivola's starring role aside, the remarkable Gandolfini possesses the film's soul... and makes it sing. **MR**



FRIDAY 10/1
MAID

Single mother Alex (**Margaret Qualley**) turns to housecleaning after leaving an abusive relationship, determined to create a better life for her daughter. The comedy-drama is based on **Stephanie Land's** memoir. (Netflix)

FRIDAY 10/1
BLUE BLOODS

After a high-profile shooting, Frank (**Tom Selleck**) is at odds with the mayor over the next steps in order to protect the city. (CBS, 10 P.M.)

ON THIS WEEK



SATURDAY 10/2
SATURDAY NIGHT LIVE

Live from New York, it's season 47! Week one, the series will kick off with host **Owen Wilson** and musical guest **Kacey Musgraves** — followed by **Kim Kardashian** and **Halsey**. Go big or go home, Lorne! (NBC, 11:30 P.M.)

TUESDAY 10/5
THE NATE & JEREMIAH HOME PROJECT

Married designers **Nate Berkus** and **Jeremiah Brent** will meet with clients who need help deciding which items to keep, donate or repurpose in their homes. Then, the fathers of two will renovate the space. (HGTV, 9 P.M.)



WEDNESDAY 10/6
RIVERDALE

The season finale, titled "Riverdale: RIP," will focus on the group as they reflect on their tough year — and the game-changing decision they must make after an incident at Pop's. (The CW, 8 P.M.)



THURSDAY 10/7
ONE OF US IS LYING

Based on the bestselling book, this drama follows four high schoolers as they're questioned about the death of a fellow student — and everyone has a secret. (Peacock)

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TEST YOURSELF

| | YES | NO |
|---|-----------------------|-----------------------|
| Is your hair looking dull and thin? | <input type="radio"/> | <input type="radio"/> |
| Do you experience hair shedding? | <input type="radio"/> | <input type="radio"/> |
| Are your nails brittle? | <input type="radio"/> | <input type="radio"/> |
| Do you want to nourish your hair naturally? | <input type="radio"/> | <input type="radio"/> |
| Are you looking for more hair volume and shine? | <input type="radio"/> | <input type="radio"/> |

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TESTIMONIAL

THIS STUFF WORKS!!

I have fine, thin hair and have tried numerous volume improving items. In the 5 months I have been taking this vitamin, I have DEFINITELY noticed an improvement in my hair volume and appearance. It was in my Christmas list and my mom was intrigued so she got it for herself, too. She wears her hair very short, and she said she saw improvements within a month.

- Web Review



Available at participating pharmacies, health food stores and online. For more information or to buy directly from the manufacturer, call 1-877-696-6734 visit our website www.newnordicusa.com

*"Evaluation of a functional food on the quality of the hairs on a panel of volunteers", Study 15E3405, Longjumeau, France. 12.Oct.2018



www.newnordicusa.com
Online Store

FASHION DO



L.A.,
Sept. 17

LIL NAS X

CASEY > That's one way to avoid getting a tattoo.
SCIUTTO > His top half says meditation class, his bottom half says S&M.
HENRY > Good to see he's staying on-brand — the devil made him do it!



NYC,
Sept. 19

YOLANDA HADID

WEBER > I hope she doesn't wet her plants.
LAWRENCE > I've heard of petal pushers, but this is ridiculous.
HENRY > Some people have a green thumb, she's got green thighs.



NYC,
Sept. 20

NEIL PATRICK HARRIS

LOPEZ > I'm not like regular dads, I'm a cool dad.
THOMPSON > Putting the patch into Patrick.
KEMBLE > Please tell me this is not how I met your mother.

TOP
COPS



KATE CASEY
podcast host,
@katecasey



NELLIE SCIUTTO
actor/CBS11 correspondent



ANDREA HENRY
stand-up comic



OWEN WEBER
comedian,
Owenweberlive.com



COOPER LAWRENCE
radio personality
cooperlawrence.com



JOHNNY LOPEZ
@TheJohnnyLopez



WOODY THOMPSON
owner,
Eyeboogie, Inc.



STEVE KEMBLE
CBS Radio

LICE

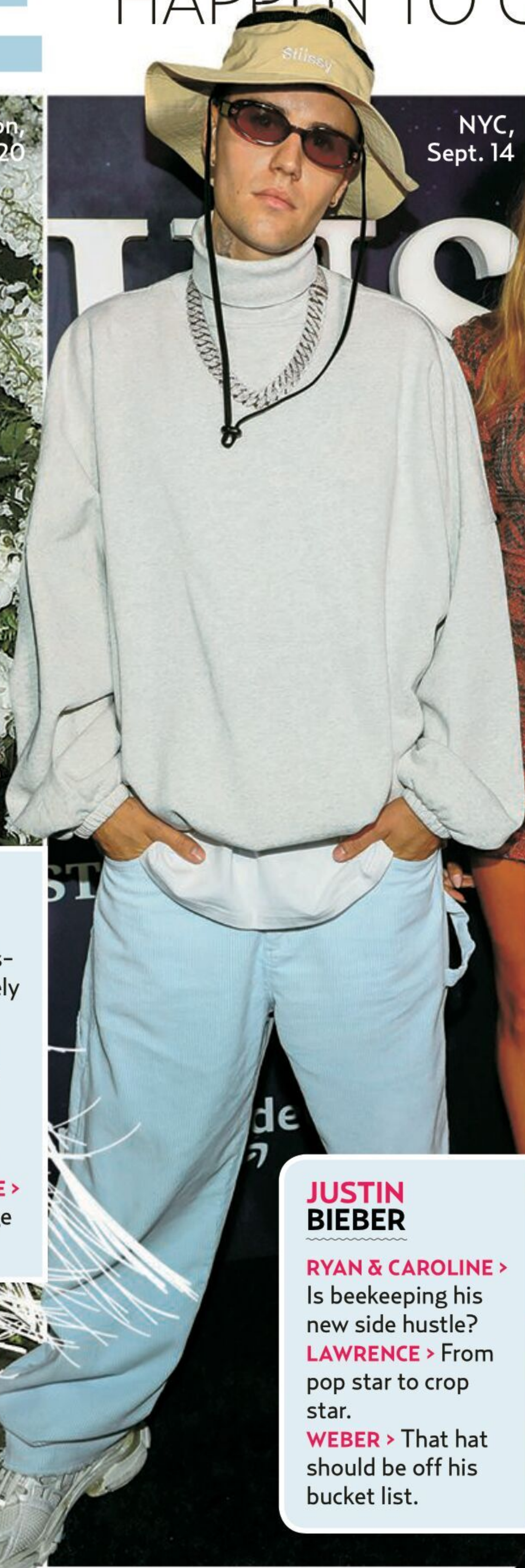
WHEN BAD CLOTHES HAPPEN TO GOOD PEOPLE



London, Sept. 20

NAOMI CAMPBELL

FLORES > The scissors were definitely a winner tonight.
SCIUTTO > Is this the answer to the question, what's black-and-white and bad all over?
RYAN & CAROLINE > She's on the fringe of good taste.



NYC, Sept. 14

JUSTIN BIEBER

RYAN & CAROLINE > Is beekeeping his new side hustle?
LAWRENCE > From pop star to crop star.
WEBER > That hat should be off his bucket list.



NYC, Sept. 15

MAGGIE GYLLENHAAL

LOPEZ > Arriving at the PTA red carpet.
THOMPSON > The long and short of it is, yikes.
WEBER > It's everybody's 4th grade art teacher.



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founder, EFG PR,
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RYAN & CAROLINE
Ryanjareviews.com

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RANK THESE STYLE OFFENDERS AT USMAGAZINE.COM

25

THINGS YOU DON'T KNOW ABOUT ME

BY **Nikki Reed**

The *Twilight* actress shares some of her personal facts with *Us*



1. My first job was cutting hair and doing makeup when I was 12 years old.

2. I write kids songs for my [daughter Bodhi, 4, with husband **Ian Somerhalder**] and sing them every night at bedtime.

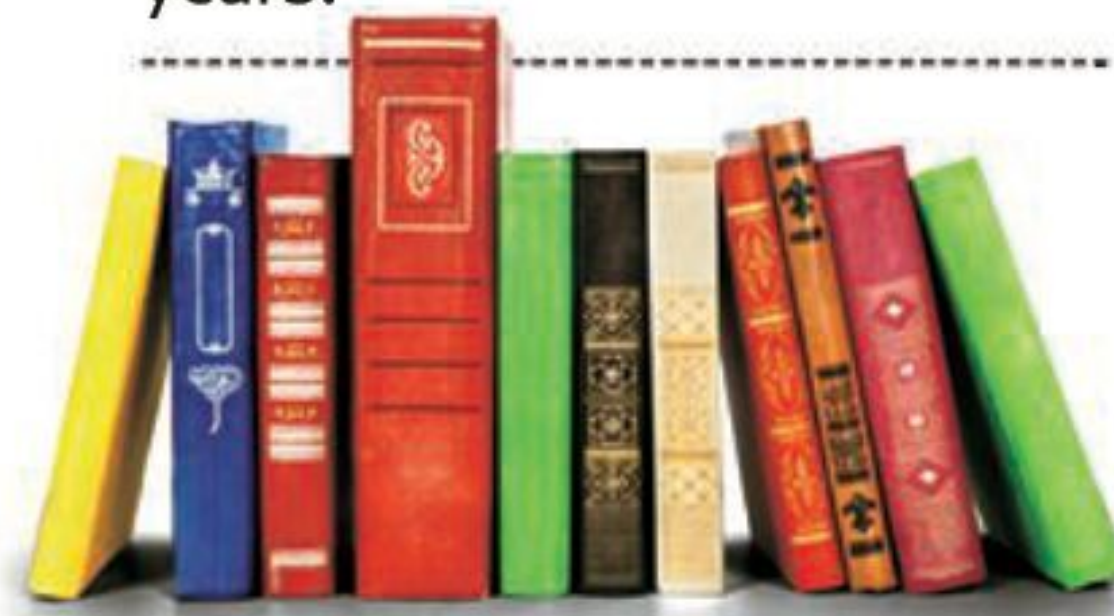
3. I'm most comfortable living in small spaces.

4. I'm happiest in nature.

5. In my free time, I research medicine.

6. If I could reinvent myself again, I would be a lawyer or a doctor.

7. I haven't had a car for two years.



8. I prefer books to movies.

9. I have a huge passion for sustainability and use the plant-based pest repellent Wondercide on some of my (many!) animals.

10. My goal is to produce only one bag of trash per year.

11. Alcohol gives me huge headaches.

12. I cut my own hair. I am the hairdresser of the household.

13. I started riding horses when I was just 2 years old.

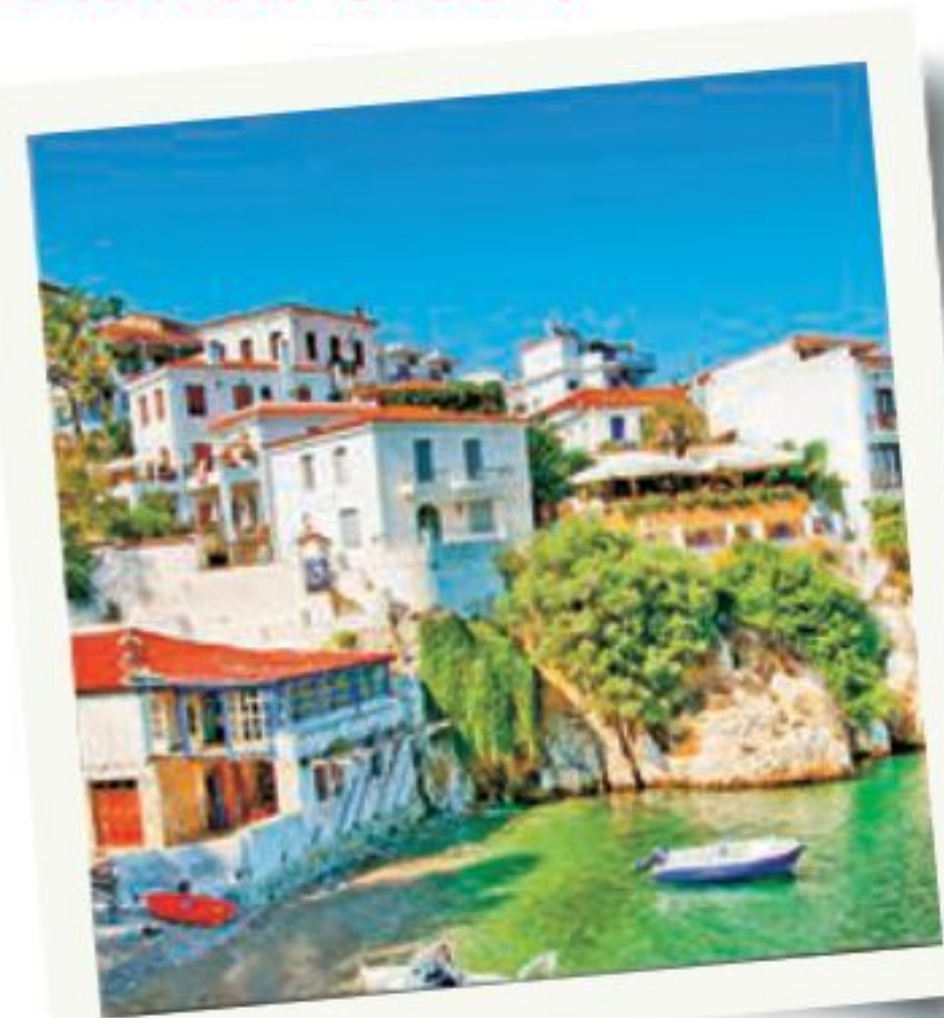


14. I have 12 animals including my chickens, who are allowed to come in the house.

15. I volunteered as a tutor all through elementary school for a fellow student who had Down syndrome.

16. To this day I still take courses online because I'm a lifelong student. I'm constantly learning and exploring my areas of passion.

17. I moved to Greece when I was 21 in between filming the *Twilight* movies, and I studied Greek.



18. The first play I did was called *The Tortoise and the Hare*, and I played the Tortoise. My favorite line was: "Slow and steady wins the race." I still reference that to this day.

19. I do acroyoga. My brother is my partner.



20. I bake bread once a week.

21. I come from a family of artists. My great-grandmother was a jewelry designer.

22. I have nine tattoos.

23. I made beaded bracelets in elementary school that I sold for \$3 each for lunch money.

24. I prefer wearing no nail polish.

25. I took college math when I was in the 7th grade.

FINDING THE fountain of youth

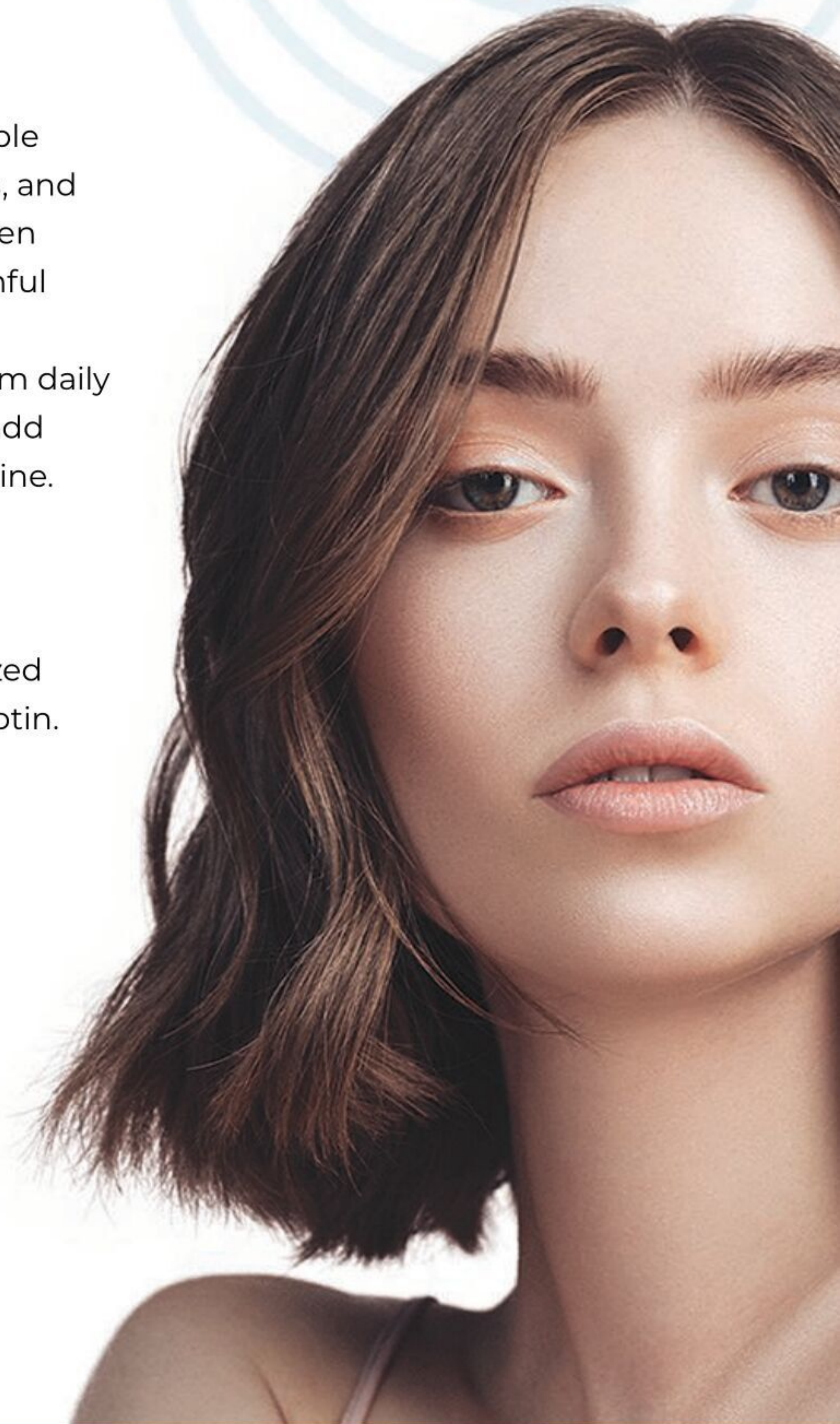


LifeToGo.com

Collagen isn't just a beauty buzzword. It's a protein responsible for healthy joints and skin elasticity, found in bones, muscles, and blood, but it's the skin where collagen is really at play. Collagen makes about 75% of the dry weight of your skin, giving youthful plumpness, while warding away lines. As we age, collagen decreases, but that doesn't mean your skin has to suffer. From daily supplements to a morning latte, there are multiple ways to add collagen and antioxidants into your health and wellness routine.

TIPS ON HOW TO GET YOUR COLLAGEN

1. Increase effectiveness with a powerful blend of Hydrolyzed Collagen Peptides, Hyaluronic Acid and 5000mcgs of Biotin. Try Performance Inspired's Collagen Supplements.
2. Add it to your morning routine with your cup of coffee. Try STRONG Coffee's Sunrise Matcha.
3. Supplement with potent antioxidants that help prevent free radical damage which can lead to premature aging of cells. Try Health thru Nutrition's Resveratrol supplements.
4. Stimulate hair growth, strong nails, and collagen production with powerful ingredients like Vegan Algae Omega 3 with Biotin. Try iwi Beauty supplements.



SUPPLEMENTS YOU NEED NOW



Performance Inspired
Beauty Support
Collagen & Vitamins



STRONG Coffee
Matcha Latte



Health thru Nutrition
Resveratrol



iwi Beauty
(made from algae)

LIFE CUISINE

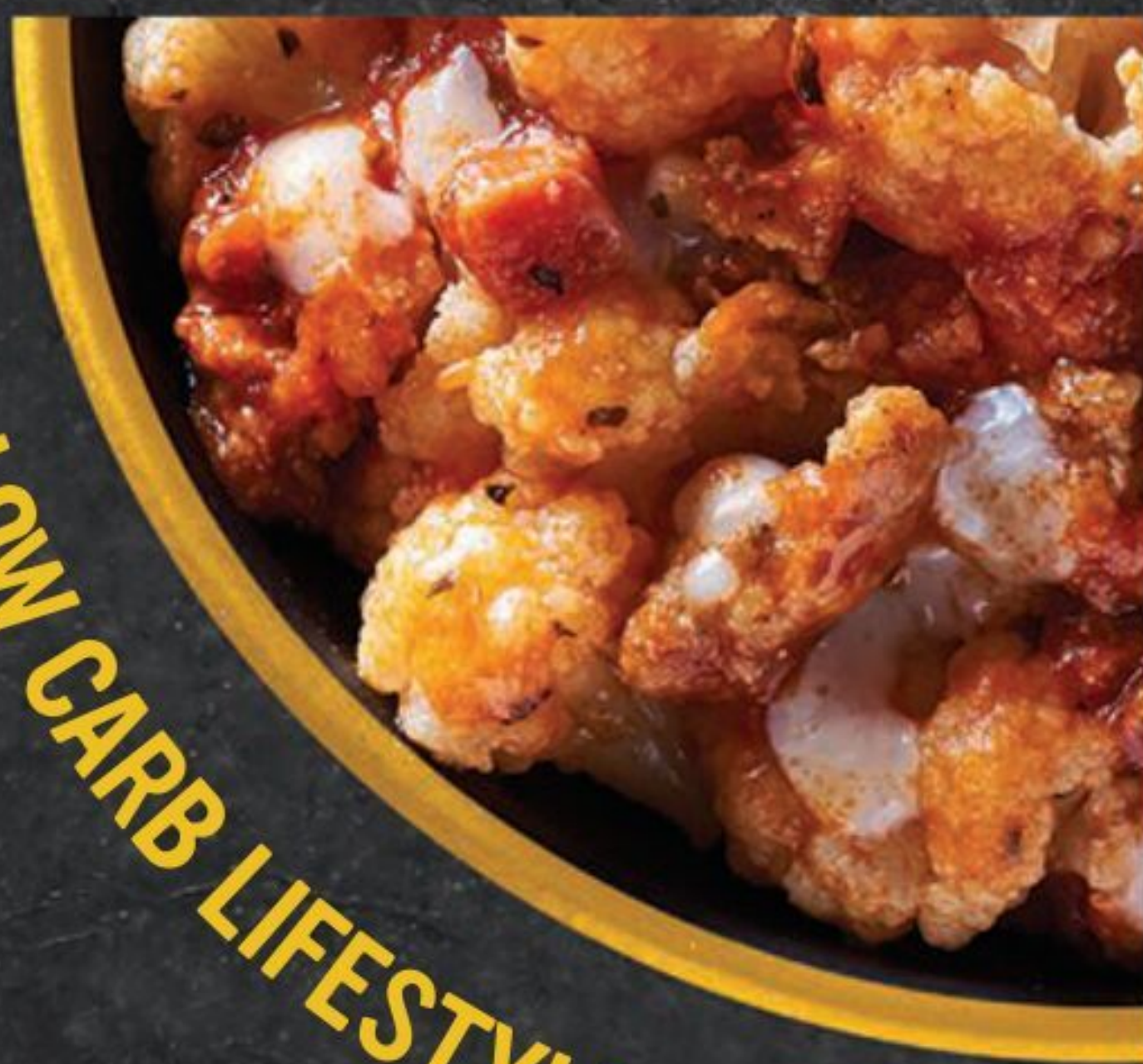
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LOW CARB LIFESTYLE



HIGH PROTEIN

LIFE CUISINE



MEATLESS LIFESTYLE
VERMONT WHITE CHEDDAR MAC & BROCCOLI BOWL
20g PROTEIN 31g FIBER ESSENTIAL NUTRIENTS 80% OF DAILY VALUE



LIFE CUISINE
LOW CARB LIFESTYLE
UNCURED TURKEY BACON & AGED WHITE CHEDDAR
EGG BITES
11g NET CARBS 18g PROTEIN 2g FIBER

LIFE CUISINE



LIFESTYLE BOWLS
LOW CARB LIFESTYLE
CAULIFLOWER MEATLOVERS PIZZA BOWL
13g NET CARBS 20g PROTEIN ESSENTIAL NUTRIENTS 80% OF DAILY VALUE

LIFE CUISINE



HIGH PROTEIN LIFESTYLE
CHICKEN ENCHILADA BOWL
24g PROTEIN 6g FIBER ESSENTIAL NUTRIENTS 80% OF DAILY VALUE

LIFE CUISINE



GLUTEN FREE LIFESTYLE
CAULIFLOWER CRUST PEPPERONI PIZZA
GLUTEN FREE 18g PROTEIN ESSENTIAL NUTRIENTS 80% OF DAILY VALUE