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Lily & Jane



### **Mind Over Matter**

**Jane:** I get anxious. I worry that I'm not good enough. It's a bit less than it used to be, but I come from a long line of people who are depressed, so I need to work deeply on myself. Meditation helps a lot.

**Lily:** What did Pablo Casals say? In his 90s, he still gave the same answer when someone asked why he continued to practice cello every day. He said, "I'm beginning to notice some improvement." At this stage in my life, I understand that completely.

### **Generation Next**

**Jane:** My grandkids, they're 16 and 12, and it blows me away how involved and knowledgeable they are. They teach me so much. My first grandchild taught me you can have a second chance in a parenting role — and that listening is more important than talking at.

### **Retirement**

**Lily:** My comedy is a part of my life. I'll never say, "Ladies and Gentlemen, this is my last performance," maybe my last for the day, sure, but not my last "last."

**Jane:** Retirement? No. It's a foreign concept to me. I might not be able to continue acting at some point, but then I can write or produce.

### **... And In The End**

**Lily:** At some point, you're closer to the end of your life than the beginning, and that can be scary. When I was around 4 years old, I was visiting my grandmother when a little girl died. This was rural Kentucky, and they'd lay the body out in the house. We went over and saw the little girl in a coffin, and she looked like a big doll, with a fluffy dress and her hair in curls. Everyone was oohing and aahing over her. Death didn't make sense to me then, and it doesn't make any more sense now.

**Jane:** I feel the opposite. The past few years, I've made a real point of cozying up to death and making it a friend. That's what I do with things that frighten me. I read about death, and I think about myself dying and how I want it to be. It helps me to plan. If you know you want to have certain loved ones around you, then you have to live in a way that will have them there. And you don't want important things going unsaid before you die. Death is inevitable, so why not make peace with it? I'm not scared of it at all. ■

Watch these two longtime pals and exceptional entertainers co-star in the fabulously funny series *Grace & Frankie* on Netflix. Tomlin also stars in the movie "Grandma". Jane & Lily also appear in *AARP The Magazine*.

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Beverly Hills Chef Elana Horwich



### **GRILLED VEGETABLE SALAD (68 SERVINGS)**

Summer isn't complete without a fresh, vegetable salad. Yes, salads sometimes seem boring, but when tossed to perfection with equal amounts of juicy, flavorful vegetables and leafy greens, this one is a definite crowd pleaser.

#### **INGREDIENTS**

- 34 zucchinis, quartered lengthwise
- 2 yellow zucchini squash, quartered lengthwise
- Large red onion, peeled and cut into half-inch rings
- 23 ears of corn, husks removed
- Handful of asparagus, bottom quarters cut
- 2 avocados cut into half-inch pieces
- 2 handfuls of fresh basil leaves, cut into thin strips
- 4 handfuls of mixed greens
- Half cup extra virgin oil
- Teaspoon of salt
- 23 tablespoons balsamic vinegar
- 2-3 tablespoons soy sauce or tamarin
- Handful of sheep milk's feta and toasted pine nuts (optional)

#### **DIRECTIONS**

- Heat your grill pan over a medium-high flame for
  - 7 minutes. (Alternatively, use your outdoor grill it will taste even better!)
  - Brush pan with olive oil (unless it's non-stick) — if large enough, many of these can be grilled at once.
  - Grill zucchinis until dark grill marks appear on both sides, 35 minutes per side. (Don't worry if they are not as soft on the inside, they'll continue to cook off the grill.) Lay on platter to cool, cut into one-inch-wide pieces.
  - Grill onions until you get grill marks, about 3 minutes per side. Cut rings into 4 wedges.
  - Grill corn for 1015 minutes. Let cool and stand it up on one end and cut down to remove kernels.
  - Grill asparagus for 57 minutes, until dark marks appear. Let cool and cut into inch wide pieces.
  - Add mixed greens and chopped grilled vegetables to your salad bowl. Add basil and avocado.
  - Drizzle olive oil, add salt, vinegar, and soy sauce... all sparingly to start. Toss, mix, taste. Adjust as necessary. Top with feta and pine nuts if desired.
  - Serve immediately.
- Prepare day ahead: grill and cut vegetables. Store in fridge, but bring to room temperature for at least an hour before serving. Add greens, veggies, avocado, basil and dressing at the last minute. Top with feta and pine nuts, if desired. ■

To learn more about Elana Horwich's Beverly Hills cooking classes, and her healthy recipes visit: [www.mealandaspiegel.com](http://www.mealandaspiegel.com)

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Drew Barrymore



I can't do that right now. As you add more onto your plate, particularly family, things have to fall off, or you won't be a good parent." And, being a good mother, a beyond-good mother, is beyond important to her. "I didn't really have parents, you know? And therefore the kind of parent I will be is a good, present parent. Maybe that was a detriment to my youth, but it'll be the biggest asset to my adulthood." She doesn't talk to her mother, Jaid Barrymore, often (her father, John Drew Barrymore, died in 2004), but she "look after her," which I take to mean that she makes sure her financial needs are provided for. "That," she says, "is how I feel good about [our relationship]."

All Drew ever wanted was a sense of stability, which she's found with the Kopelmans, and her daughters, Olive, two and a half, and Frankie, 10 months. Before they arrived, though, she found stability in her friends, the same group of eight women who live on one coast or the other (the Barrymore-Kopelmans split their time between them). She doesn't see her pals as much as she used to, but she does have an annual getaway where they do something different each year: cooking school, bikini boot camp. In the future, she's angling for dog-sledding in Alaska.

We are in one of the glass-walled lab rooms of Givaudan offices in New York, where perfumes for Flower were formulated. Seated on a lab stool in a grownup blazer and slacks, she doesn't look that different from the pigtailed girl in *E.T.*, our first collective memory of her. In fact, she now looks far more like *E.T.*-era Drew than *Poison Ivy*-era Drew, or *flashing-Letterman-for-his-48th-birthday-era* Drew. She has a laugh that bubbles like Champagne. It occurs to me that it must be hard for her to be taken seriously as a businesswoman with her wild past, her soft lisp, her habit of twirling her hair when she talks. But it turns out that's not the case. "Drew is intelligent, intense and never gives up until she gets it right," says Walmart's Carmen Bauza, who helped launch Flower. "I've seen a business side to her that I didn't know existed." Drew's earlier incarnation, as a movie producer, also required her complete attention, and that's another lesson we can take from her success: Don't hedge. When she's in, she's all in, and her success seems to stem from a full-bodied investment in anything she's doing in her life: her friends, her family, a bunch of wildflowers, the occasional peony, maybe some super-market Cheddar. And, a refusal to let anyone but her tell her story. If that's not having it all, then fine. It's having enough. ■

Check out Drew's cosmetics line, Flower Beauty. Drew Barrymore also appears in *MORE* magazine. [www.more.com](http://www.more.com)