



DREAMSTIME TNS

No powder can fully replace a plate of real veggies – but for some, it might just be the push to eat a little greener.

Greens powders are booming, but don't ditch your veggies yet

BY AVERY NEWMARK
Atlanta Journal-Constitution

If you've spent any time scrolling social media or shopping grocery aisles, you've likely spotted greens powders or gummies promising to boost everything from brain health to your immune system. But can these trendy supplements really replace the benefits of eating real vegetables? To find out, we talked to Luisa Hammett, the Atlanta-based dietitian behind

Peaches to Pearls, a lifestyle blog filled with dreamy farm scenes and homemade meals. Beyond the charming aesthetics, Hammett is also a pediatric registered dietitian with a master's in clinical nutrition. "I think that calling them supplements is the important part because they should never replace a healthy diet," Hammett explained. "We want to still eat our fruits and veggies, and I think that's something that powdered greens sometimes can be a misconception – like,

'Oh, this will, you know, I'm not eating vegetables so I'll just do the greens,' whereas it should never take the place of them." According to the U.S. Dietary Guidelines of Americans, adults should aim to consume around 2½ cups of vegetables each day as part of a healthy diet. This includes fresh, frozen, canned and dried options. But a recent report shows almost 90% of the U.S. population do not meet the recommendation for vegetable intake. Powdered greens typ-

ically combine leafy greens, fruits, algae and herbs, providing a concentrated dose of micronutrients and antioxidants, Healthline reported. They're convenient, easy to add to smoothies and appealing for busy lifestyles. But, according to Hammett, there's one big drawback. "At the end of the day, you're going to get the best nutrients – most importantly, fiber – from eating your veggies, and also it's so much cheaper," she explained. Regarding the safety and selection of greens powders, Hammett emphasized the importance of third-party testing when choosing supplements. "Supplements are not regulated by the FDA. Literally, I could put whatever I want into a jar and say, 'This green supplement is going to help your skin look better, lose weight, no bloating,' and I don't have to back it up. So that's the dangerous world of supplementation." Although she doesn't personally reach for a greens supplement in her day-to-day, Hammett understands their appeal. "Some people do want that extra supplementation, or they're on the go too much or they're busy moms. I completely understand that, but I think the important part is just it shouldn't replace it. We should still aim to try to eat whole veggies and whole fruit." In the end, no powder can fully replace a plate of real veggies – but for some, it might just be the push to eat a little greener.

TV Q&A

What are origins of 'The Lodger'?

BY RICH HELDENFELS
Tribune News Service

You have questions. I have some answers. **Q: I saw a movie called "The Lodger" with my family when I was young. It was possibly from 1943 or '44. Who was the male lead? Was this an early Hitchcock? It caused bad dreams for years.** A: "The Lodger," from 1944, starred Laird Cregar as the mysterious, dangerous lodger renting a room from a couple (Sara Allgood and Cedric Hardwicke); the cast also includes Merle Oberon and George Sanders, with John Brahm directing. You are not entirely off base about a Hitchcock connection. The movie is a remake of a 1927 "The Lodger" directed by Hitchcock, with both films based on a novel by Marie Belloc Lowndes. While the Hitchcock version has many admirers, at least one reference says the later film is better. **Q: "The Hunting Wives" is such a good series! I'm wondering if there will be a Season 2 because it seemed as though they might possibly be thinking of one.** A: The Netflix drama based on a novel by May Cobb certainly left viewers longing for more at the end of its first season. There's no guarantee of a second one at this writing but signs it will happen. It has been a big hit for Netflix. And Deadline.com noted that the cast contracts include options for more seasons. **Q: Do you know why Dylan Dreyer is no longer wearing a wedding ring?** A: While I do not usually track people's jewelry, I can tell you that the NBC anchor and meteorologist

announced on Instagram in mid-July that she and her husband, Brian Fichera, have separated. She said, "We began as friends, and we will remain the closest of friends. Most importantly, we will continue to co-parent our three wonderful boys together with nothing but love and respect for one another." One sign of their amicable split is that they were reportedly together for Dreyer's birthday celebration after the separation. **Q: My guess is I am remembering a '60s or '70s movie. I have a notion it featured Jack Lemmon, not sure. In the opening an advertising executive is driving a tiny sports car, repeatedly changing radio stations to catch ads. He intentionally drives under a semitruck to try to kill himself but does not succeed. Can you recall it?** A: That wasn't Jack Lemmon but Kirk Douglas, starring in the 1969 movie "The Arrangement." Written and directed by Elia Kazan, based on his novel, it also included Faye Dunaway, Deborah Kerr and Richard Boone. Kazan made some great movies - including "On the Waterfront," "A Streetcar Named Desire," "East of Eden" and one of my favorites, "A Face in the Crowd." "The Arrangement" does not rank with them. Michael Atkinson, in an essay for Turner Classic Movies, called it "a bulldozing, crass, fulminating monster of a movie, embracing garish Los Angeles materialism even as its hero, Eddie Anderson (Douglas), practically goes insane in reaction to its emptiness. It's a film about the rejection of modern culture that wallows in it at every turn."

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VACATION

www.visitscotland.com/marineandlawn.com/marinenorthberwick/ **THE BALINESE WAY** Each year in Bali, locals and guests choose to cleanse the spirit, meditate and bask in silence on Nyepi, or Silent Day. On Nyepi Eve, local villagers play music, dance and parade colorful, hand-crafted "monster dolls" through the streets, while encouraging evil spirits to join the party, hoping they will then sleep through

Nyepi. During the 24 hours of silence that follows, Bali's airport, seaports, roads and all businesses are closed, steeping the island in a magical, pristine quiet. Lighting and the use of electricity are kept to a minimum and visitors and resort guests are encouraged to join islanders in a day of relaxation and reflection. It's an ideal time for journaling, napping, quiet conversation, candle-lit dinners and stargazing. Ease into the day with

morning yoga at the Four Seasons' Jimbaran Bay's peaceful ocean-front pavilion. At the Four Seasons Resort at Sayan, guests are invited to join in a meditation under the stars aside the roof-top lotus pond. Nyepi falls according to the lunar-based Balinese calendar and thus changes each year. *For more: www.fourseasons.com/jimbaranbay; www.fourseasons.com/sayan/* **CHECK INTO A WELLNESS RESORT** Take the guesswork out of your wellness holiday by checking into the Carillon Miami Wellness Re-

sort, one of the largest spas and wellness facilities on the East Coast. Sample from an extensive menu of treatments that include pampering facials, infrared saunas, acupuncture and massages that feature aromatherapy and warm crystal quartz. Check out the salt bath floats, a hydro-therapy circuit and cryotherapy. Stay in one- or two-bedroom luxury apartments offering a spa-like bathroom and views of the Atlantic Ocean or Miami skyline. *For more: www.carillonhotel.com/en/*



EMILY CURIEL ecuriel@kcstar.com

Melissa Etheridge showed her support of women's sports by singing the national anthem before the National Women's Soccer League championship game in November at Kansas City's CPKC Stadium.

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ROCK LEGEND

the Pack" as a solo act and returning to the stage to sing with Jackson Browne and later with Berry and Springsteen. But her lasting memory is of an offstage experience. "They had like little bleachers so that the artists could stand at the side and watch who was performing," Etheridge said. "And I'm standing there, and John Fogarty is next to me, Bruce Springsteen, John Mellencamp, Chrissie Hynde, Natalie Merchant, Sheryl Crow,

Bob Dylan ... and we're all watching James Brown. It was really special, a really special time." One school of thought is that the Hall of Fame nominating committee might hold Etheridge's sexual orientation against her and others. She came out as a lesbian at a time most LGBTQ+ performers hid their orientation – in January 1993, during an event celebrating the inauguration of Bill Clinton – and she married her longtime partner, Linda Wallem, in 2014.

The Hall has inducted Elton John, Janis Joplin and Freddie Mercury, among others, but the likes of Johnny Mathis, Boy George, Ricky Martin, k.d. lang, the B-52s, Luther Vandross, Tracy Chapman and Queen Latifah are still waiting. Even in the current political landscape, however, Etheridge refuses to respond to conservatives' assaults on LGBTQ+ rights during her concerts. "I never felt like the people buying my tickets that I needed to preach to them – ever," she said. "I came out 32 years ago, and I have seen the world change, and I've seen fear come, and I've



File photo

In March 1995, Bruce Springsteen joined Melissa Etheridge on the TV show "MTV Unplugged." Less than six months later, both performed at the Concert for the Rock and Roll Hall of Fame in Cleveland.

seen it go. And every day, gay people are born. We don't know why. But we are. It's just part of life. The fear will change. "I have lived long enough to see that we are always moving toward better. We haven't gone back. Even though this feels like going back, it's actually more of a push forward because when you have this kind of resistance, it means that that fear is really desperate, and this is when big changes happen." **NOT SLOWING DOWN** Although she has lived in California for more than 40 years, Etheridge maintains strong ties to the Kansas City area. In addition to being a well-known Chiefs fan – "I'm

still recovering from that last game, whatever that was," she said of the 2025 Super Bowl – she has become a major supporter of the K.C. Current women's soccer team. "I've been doing a lot of Kansas City because Kansas City is growing, and it's very exciting, what's happening there," she said. "Not only enjoying the Chiefs, of course, but I've fallen in love with and have become a big part of the KC Current. Just really loving that and am going to do a lot with them, because women's sports are just very exciting right now." Etheridge said she returns to the area at least twice a year. She has performed here almost every year since 2015, including

with the Kansas City Symphony in 2017 and with Jewel last summer at Starlight. She has, in fact, been busier than ever since turning 60. In addition to nearly constant touring, she released her second memoir ("Talking to My Angels") and took her one-woman show ("My Window — A Journey Through Life") to Broadway, both in 2023. Last year, her two-part docuseries filmed at the Topeka Correctional Facility ("Melissa Etheridge: I'm Not Broken") streamed on Paramount+. She said her next album, tentatively titled "Rise," should come out in the first quarter of 2026. After that, she'll slow down, right? "No, why should I?" she said. "Look, I take football season off so I can watch the Kansas City Chiefs. I basically don't work from the end of October to the end of February, because that's football season. I work very hard from March to October, and I love the work, and I love doing it. And then I come home for a good four months and really enjoy myself. "... What I'm really grateful for is that I'm in my 60s now and still out here on tour, still filling my summers, playing my music, loving it, making new music. ... I'm still doing things that I love." And still waiting for the Hall of Fame to call.