

As Seen In

quick & simple

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skin-care line, which she special-orders (noevirusa.com). "I've been using it for 16 years," she says. "I've tried other products, but I like it the best."



Looking Great

Reba McEntire: Forever Young

At 52, the country superstar is slimmer, prettier and perkier than ever. But though she certainly takes care of herself, the real secret to staying youthful, she tells *Quick & Simple*, comes from the inside

She is the reigning Queen of Country Music, selling an astounding 36 million records in a career that has spanned more than three decades. But Reba McEntire is not a one-trick pony. Her hit album, *Reba*, ended a six-year run in February 2007, and she even did a 2001 stint on *Monday* playing the lead in *Anne Get Your Gun*. And the best is undoubtedly to come. The CD she released earlier this year — *Reba* Duets, in which she teams up with a host of country stars, as well as *American Idol* winner Kelly Clarkson — marked Reba's 21st studio album, and her 10-track Valentine's CD *Love Revolution* is being featured at Hallmark Gold Crown stores from now through Feb. 28.

At 52, she's also strikingly youthful-looking — performing with 25-year-old

LeAnn Rimes at last November's CMA Awards, Reba could have passed for the younger singer's sister — and that didn't just come down to good genes. "Reba has an amazing outlook and a beauty that comes from within," says Brett Freedman, her hair and makeup artist. "When someone makes a happy expression, that's a window into who they really are. Reba has such a sweet vibe." Fellow *Duets* performer Kelly Clarkson recalls that idea, recently telling Larry King that for her, Reba is truly "the light at the end of the tunnel."

Laughing Off the Years
"I've been 50, and I will love being 60, too," says Reba. "Age has never bothered me because I'm having a good time." In fact, the entertainer admits, the key to her seemingly endless youth is probably just laughing — as often as possible. "It is so very important," she insists. "It's right up there with my love for my family and my relationship with God. I know God wants for us to laugh a lot." And no one, Reba notes, deserves more credit for constantly keeping her so stylish than her manager husband of 18 years, Navel Blackstock. 50, their 17-year-old son, Shelby, and her stepkids Charolette, Shauna and Brandon, all in their 20s. "I pretty much caricature myself with people who make me laugh," Reba says. "That was the creative thing about being on the *Reba* TV show. Those people were not only funny on television, they were even hysterical at the rehearsal. We had a lot of fun together, and that was important."

Mindful Maintenance
Not surprisingly, Reba's health-and-fitness regimen has a "keep it light" quality as well. Revolving around daily vitamins, strict sun-avoidance, lots of water and brisk 30-minute walks

three to four times weekly, it's more about common sense than impossible-to-follow rules. And with an admitted weakness for desserts and all things Mexican, she's not putting herself through any serious dieting paces, either. "I love the chips and salsa and margaritas," Reba says, noting that her favorite South-of-the-Border condiment is red beans, fried potatoes and sourdough. Though the singer is careful about what she consumes — with a family history

of Type 2 diabetes, she believes in healthy eating, watching portion sizes and cutting back on sugar — she doesn't consider any food off-limits. "I wake up in the morning thinking, 'What can I have for breakfast? What will I have for supper?'"

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"Small Stuff Kills"
Reba believes that another beautiful thing about aging is another key to looking like she's important that pretty diamonds no longer need to be into a talisman. "Of course, when you have serious problems, then you have to deal with them," she says. "I'm talking about only stuff like, 'What dress am I going to wear to the CMA Awards?'"

Sometimes, when she feels "an attack" coming on, "I just rebuke it," she insists, laughing, "and tell it to get away from me. You can't sweat the little stuff. That's what will kill you." While she also admits to being a mild control freak in the past, Reba now recognizes there are some things she can't change: "I just go through with it and get on with life. My problems are not that big or important."

She also notes that watching her

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