

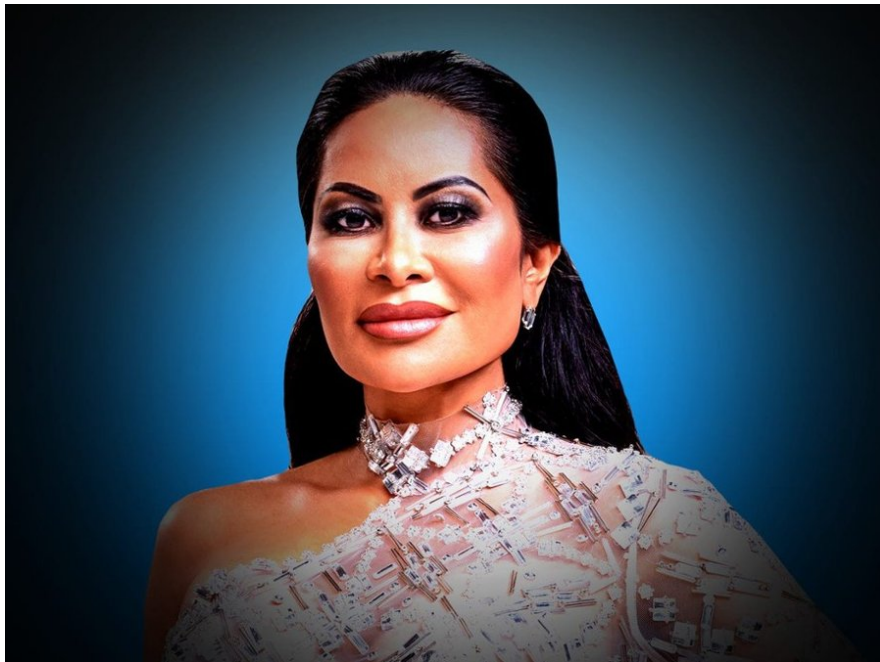
Date : 1/14/2023 7:52:45 AM
From : "Apple News" newsdigest@insideapple.apple.com
To : "brent.crenshaw@g.fayar.net" brent.crenshaw@g.fayar.net
Subject : A 'Real Housewives' con artist, what mushrooms could heal, and more



Good Morning From Apple News

It's Saturday, January 14. Here's what to read this weekend.

FIVE GREAT WEEKEND READS



News+

How Jen Shah Scammed People Out of Millions

The *Real Housewives* star flaunted her wealth onscreen. But she was always vague about how she made her money.

[BUSINESS INSIDER >](#)



News+

Could Mushrooms Cure Eating Disorders?

Anorexia is notoriously difficult to treat. Researchers say psychedelics could change that.

[THE CUT >](#)



The Horrifying Revelations of the Idaho Student Murders

An inside look at one of the most shocking crimes in recent history.

VOX >



News+

What These Fearsome Weapons Tell Us About Early Americans

The discovery of darts and arrowheads dating back nearly 16,000 years has reignited an age-old debate.

WIRED >



The Jobs That Will Make You Happier

They may surprise you.

THE WASHINGTON POST >

COVER STORY



News+

The Truth About Daily Health “Commandments”

Eight hours of sleep, 2,000 calories, 10,000 steps: We all know the targets. Here’s what scientists have to say about them.

WEEKEND PURSUITS



One thing to watch: A Netflix documentary tells the tragic story of the “hatchet-wielding hitchhiker.”

ROLLING STONE >



Apple News+

One thing to listen to: How Julianne Moore and Oscar Isaac created chemistry for the podcast *Case 63*.

VANITY FAIR >



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One thing to read: The key takeaways from Prince Harry's tell-all memoir, *Spare*.

THE WALL STREET JOURNAL >



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One thing to eat: What's better than a churro? A churro waffle.

COOK'S COUNTRY >

Game on, sports fans

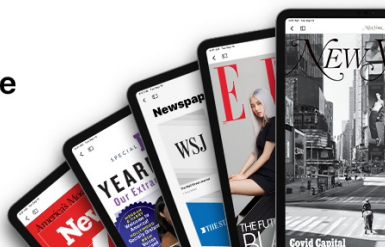
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