

Upfront The A List

8 Things Donna Mills Suggests Doing Now

1 Keep Moving

I started out as a professional dancer. That kind of discipline helps you in every area of life. Usually if people get tired, they're done. But dancers know that being tired, being in a little pain, that's just the process. So you just keep going, you go through it.

2 Take the Detours

I was single, I was 54, and I badly wanted to be a mother. It was not a tough decision to adopt. So I stopped working for many years while Chloe [now 28, a model and an executive at Soho House] was in school, and it was exactly the right thing to do.

3 Play the Odds

As an actress I've been rejected a lot. But if you do 20 auditions and you get one job, you're doing well.

4 Keep in Touch

Joan Van Ark and Michele Lee are still dear friends 40 years after *Knots Landing*. We even get together for the fans. And some show up wearing that dramatic eye makeup like my character, Abby!

5 Know Your Character

Back in the *Knots* days, a lot of women were standoffish to me in real life. I couldn't figure out why. Then I realized it was my character. They thought I was going to take their husband!

"At age 60, 70, later, you have so much more to contribute—don't just sit down and say, 'I'm done.'"

6 Be Open to Love

I met [actor and producer] Larry Gilman at age 60. I lucked out. Before him, I kind of went for the bad boys. But when I met him, I just knew I was going for the not-bad boy.

7 Eat Green and Carry On

During my soap opera years, I never ate pasta, bread, cookies or any of that. Now I eat, but I'm careful—for instance, I grow, pick and eat a lot of vegetables. I also play tennis and work out with light weights. Like almost everyone my age, I have arthritis, and let me tell you, it hurts sometimes.

8 Look Ahead

I'm in my third act and was recently cast in a new movie as a vicious, sadistic grandmother. And that's what I want next, a whole series—like *Succession*, which I love—where I can be evil to my heart's content! —As told to Judith Newman

Emmy winner Donna Mills, 81, recently appeared in the Jordan Peele thriller *Nope*, and stars in a Lifetime movie series, *V.C. Andrews' Dawn Cutler*, to be released in 2023.

