

**All  
New!**

The Best Ideas & Tips from 350+ Sources

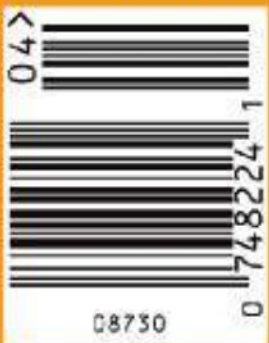
# Reader's Digest

**Get  
Hired,  
Not Fired!**  
**50 Secrets**  
Your HR  
Person  
Won't Tell  
You

PAGE 130



April 2011 \$3.99



**NATURAL  
ALLERGY  
HELP**

FROM **WebMD**  
PAGE 29

**AMERICA'S  
WACKIEST  
HOME  
PROJECTS**

PAGE 144



# 100% NATURAL. THAT'S THE ADVANTAGE.

We use only 100% natural whole grain, fiber and antioxidants.  
It's the Post Natural Advantage. A deliciously wholesome way to start each day.\*

Get recipes, videos and articles at [PostNatural.com](http://PostNatural.com)



\*See product package for more information.

©2011 Post Foods, LLC



## FEATURES

### 96 How The Great Recession Changed Us

FROM *THE WASHINGTON POST*, *USA TODAY*, AND MORE

Shattered families, job stress, empty houses, and dimmed hopes may be the new normal. But the news isn't all bad.

### 108 What I Learned from Losing It GENEEN ROTH

When Bernie Madoff stole her savings, the bestselling expert on compulsive eating was forced to reckon with the meaning of money. An exclusive excerpt.

### 116 Quick Study: April Fools' Day ALFI LORPOS

April 1 is a day for wild hoaxes and practical jokes—what are you waiting for?

### 120 Stranded! CHRISTOPHER W. DAVIS

Relentless rains deluged the city of Nashville, and a mother in labor was marooned.

### 140 Look Twice

See the world differently.

### 144 Over & Under Achievers LENORE SKENAZY

Some people like to build and invent. Others never met a problem that didn't make them want to take a nap. Whichever you are—meet your role models.

### 152 Wild at Heart RICK BASS

The author follows his tracks from curious child to avid naturalist. Recommended by the editor of *Texas Monthly*.

### 159 The Freedoms That Make Us Great

In the third of our four-part series, **Christopher Hitchens** gives a spirited defense of the absolute right of free speech—even for those who lack manners, judgment, and sanity.



130  
50 Secrets Your HR  
Person Won't Tell You

MICHELLE CROUCH  
Get hired, not fired.



**72**  
Erin Hurley is  
giving racehorses  
a new life



**168**  
James Carville's  
environmental  
wisdom

# Reader's Digest

## T H E D I G E S T

- 10 Home** 13 things your locksmith won't tell you; how to clean green
- 16 Food** The perfect grilled cheese sandwich; a chef's secret flavor boosters
- 22 Money** Where to find the best deals, discounts, and freebies; before you buy anything electronic, know how low it will go
- 29 Health** Natural allergy fighters; three apps to make dinner healthier
- 44 Family** Create a new type of will; ask a Savvy Auntie; what college kids don't know
- 50 Tech** Why we want Google to stop embarrassing us; easy tweaks for nongeeks
- 57 Misc** Catching up with John Stossel. Plus: Is the oil-spill cleanup worse than the spill?

## D E P A R T M E N T S

- 5 React** Your letters
- 66 @Work** Office laughs
- 72 The Power of One** Hometown heroes from across the country
- 84 Around the World with One Question** How do you commute to work?
- 87 Ask Laskas** Commonsense advice  
JEANNE MARIE LASKAS
- 90 Life's Funny That Way** True stories
- 158 Poetry** "April" LINDA PASTAN
- 168 Quotes** Wise words
- 170 Off Base** Humor in uniform
- 173 Word Power** Test yourself
- 177 Laugh!** Our favorite jokes
- 180 Last Laugh**

My vet thinks I'm beautiful...  
inside and out.

**Iams Premium Protection with PreBiotics.**  
Vets agree, a healthy checkup starts inside.  
Iams Premium Protection is fortified with cutting-edge ingredients like PreBiotics. PreBiotics work inside the digestive tract and are clinically proven to promote healthy digestion and strong defenses. To learn more, visit [iams.com](http://iams.com).

**Iams Premium Protection.**

**The most advanced Iams nutrition. Ever.**



**PREBIOTICS**  
for strong  
defenses



**VITAMIN E**  
for immune  
system health



**L-CARNITINE**  
to help burn fat  
in adult pets



**NATURAL FIBER**  
for healthy  
digestion



**OMEGA 6-3**  
for healthy  
skin and coat

**NEW**

**STOUFFER'S® Farmers' Harvest™**

A 'side' of vegetables so good it might become the main attraction.

Now buttery seasoned vegetables make a great dish even better.



**Stouffer's**

**FARMERS' HARVEST**

**NEW STOUFFER'S FARMERS' HARVEST**

Introducing a new line of delicious meals made with wholesome ingredients. Visit [letsfixdinner.com](http://letsfixdinner.com)



**7 NEW VARIETIES**

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.



**Nestlé**

Good Food, Good Life

## Food Fight?

It takes only a bit of common sense to see that the low-fat, high-carbohydrate diet isn't working ("Is This Any Way to Lose Weight?"). I had a baby eight months ago, and I currently weigh less than I did before I got pregnant. I was able to lose the weight by consuming a diet full of naturally occurring fats (such as whole milk, avocados, and butter) and eliminating processed foods. I also have great energy, my sugar cravings have decreased, and I no longer feel weak before meals.

*Jill Winger, Cheyenne, Wyoming*

It's not just food. Rest, movement, diet, and genetics all play a part in determining our physical health. I'm not a big sugar fan and agree that highly processed foods are empty calories. However, it's the lack of movement and sleep, along with large portions, that cause the weight gain in most people.

*John Platero, Newbury Park, California*

## Who's to Blame, Really?

Gene Cranick "forgets" to pay his fire dues, and the fire department is vilified for not providing a service it wasn't paid to perform ("The 2010



I disagree with Taubes's claim that avoiding hunger is key to weight loss. America's inability to ignore even the slightest pang has led to our obesity epidemic. People say, "I'm starving!" when they're just a bit empty. Instead of eating fast food, they should wait until they're home to cook healthy food.

*Gary Scott Beatty, Muskegon, Michigan*

Blame & Shame Awards"). If Mr. Cranick forgets to pay his subscription to *Reader's Digest*, do you keep sending the magazine? His offer to pay for the service while the house is on fire is akin to paying for car insurance after a wreck. Irresponsibility has consequences.

*Butch Hoyt, Gainesville, Missouri*

The people in that poor family lost their home, and their four animals burned to death—all for a measly \$75 fee? Everyone involved in letting



## WHICH MOBILE PHONE APP WOULD MAKE YOUR LIFE EASIER? ... THE READER'S DIGEST VERSION

All those colorful app icons on our smart phones, but what's missing? These readers wish they could tap an app that ...

>> Disables mobile phones inside moving vehicles.

B. H., College Station, Texas

>> Teaches people how to use apps.

B. L., Greeley, Colorado

>> Enters me in local sweepstakes for free groceries. C. F., Umatilla, Florida

>> Reminds me not to leave my phone behind. D. C., Paterson, New Jersey

>> Lets me dictate text messages that people can actually read!

L. E., Prior Lake, Minnesota

>> Gives me a pep talk.

T. M., Chandler, Arizona

>> Tells you if the person is available before you call.

T. G., Lenoir, North Carolina

>> Makes me go to bed when I should.

P. A., Enid, Oklahoma

>> Brings me my pipe, slippers, and martini—and walks the dog.

B. N., Brooklyn, New York

>> Gives me instant definitions for the unfamiliar words my opponents play in Scrabble. W. H., St. Louis, Missouri

>> Lets me know when I have a bit of food stuck in my teeth. I. L., Dayton, Ohio

>> Has a decent flashlight.

R. M., Durham, North Carolina

that happen should be arrested for animal cruelty. *Lacy Paap*, Bend, Oregon

## Retiring, Ready or Not

It's easy to say that one should delay retirement if you sit behind a desk each day ("The Roundup: When Can You Retire?"). Try spending over 40 years of your life in a factory, and see how you feel about retiring "early." I'm 62 and will retire this spring because my body can't handle it anymore. I've paid into the system since I was 16, and I deserve every penny I get from Social Security.

*Phil O'Neal*, Maywood, Missouri

I just hope I can find somewhere in the workplace to hang my walker when I need it—and I'm a nurse!

*Reneé Skutt*, Midland, Michigan

## Saving Kids Like Kiki

I read the story about Kiki Joachin and his sister and would like to contribute to their education ("Miracle Boy"). Is there someone in their school system I can contact?

*Linda Eckel*, Lockbourne, Ohio

*Editor's note: There is not a reliable or practical way to send funds directly to the Joachin family. But since we published our update on Kiki and the one-year anniversary of the Haiti earthquake, our readers have donated more than \$7,000 to the Save the Children/Reader's Digest Haiti Fund, which provides school supplies, health care, clean water, and sanitation to*

families like theirs. (Save the Children is not able to give money directly to any one family but assists a vast number of children's programs in Haiti.) To donate, go to [savethechildren.org/readersdigest](http://savethechildren.org/readersdigest), or mail your check to Save the Children, 54 Wilton Road, Westport, Connecticut, 06680, and write "Reader's Digest" on the memo line. We appreciate your generosity and will continue to provide updates on donations.

## Freedom Fighters

Daisy Khan's comments monumentally express the definition of real American freedom ("The Freedoms That Make Us Great: Freedom to Worship"). The clarity, strength, truth, and common sense of her words regarding the Islamic community center should be read by everyone on both sides of the controversy. *Reader's Digest* should globally distribute the article, with full reprint rights, to every magazine, newspaper, and website. I don't care if it's a sports, beauty, family, science, high school, college, or politically left- or right-leaning publication. I'd like to

think this will allow human beings to better live together on this already fragile planet.

*Roslyn Kaplan*, Overland Park, Kansas

Amen ...

*Norman Marten*,  
Bainbridge Island, Washington

I will no longer subscribe to *Reader's Digest* for printing the propaganda piece from Daisy Khan. No one is telling them to not build a temple, but just to not build it there. It's clear that you support this travesty, so I will take my funds and use them in a wiser way.

*Carol Clarke*, via Internet

Khan's view on religious freedom must be through rose-colored glasses. She may be tolerant, but what of the Muslims who do not share her beliefs?

*L. J.*, via Internet

## Correction

*Magazines cannot be sent via Media Mail ("13 Things Your Mail Carrier Won't Tell You"). Books, videotapes, printed music, CDs, DVDs, and discs are all acceptable.*

## How to Reach Us

### >> Letters to the Editor

- [letters@readersdigest.com](mailto:letters@readersdigest.com)
- React, Reader's Digest, PO Box 6100, Harlan, Iowa 51593-1600. Include your full name, address, e-mail, and daytime phone number.

We may edit letters and use them in all print and electronic media.

### >> Submissions

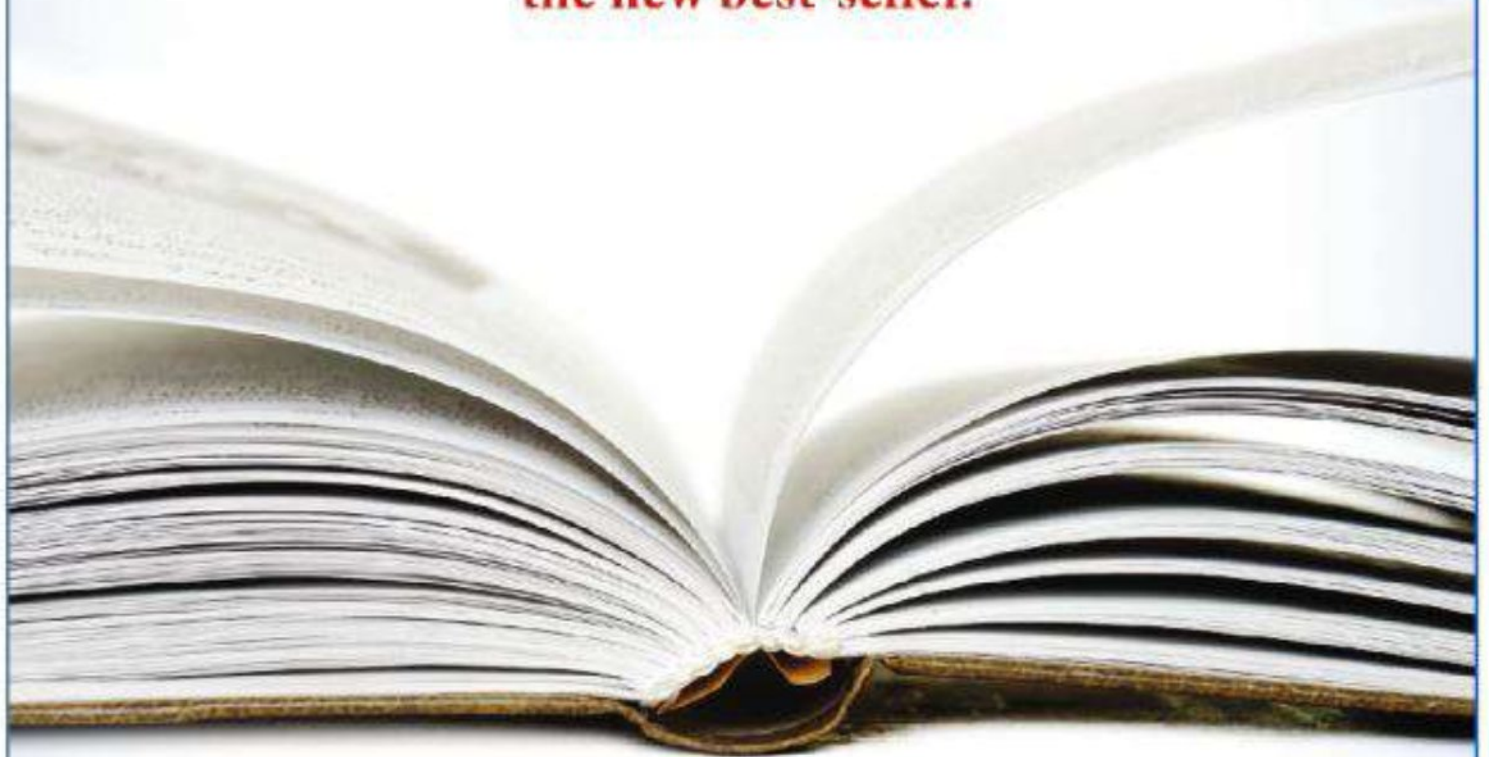
For short humor items, please see page 67. We regret that we cannot accept or acknowledge unsolicited artwork, photographs, or article-length manuscripts.

### >> Customer Care

Subscriptions, renewals, gifts, address changes, payments, account information, and inquiries:

- [readersdigest.com/help](http://readersdigest.com/help)
- 877-732-4438
- Reader's Digest, PO Box 6095, Harlan, Iowa 51593-1595

**It could take days to read through  
the new best-seller.**



**Fortunately, it only takes 15 minutes to see how much  
YOU COULD SAVE WITH GEICO.**

Whether you can read it all in one sitting, or some here and there, you love a good book because it's still the right escape for you. Fortunately, it only takes 15 minutes to get your insurance right with GEICO. You could find that savings with GEICO is non-fiction—and that's a happy ending anyone would like!

Get a free quote.

**GEICO**  
geico.com



AUTO • HOME • RENTERS • MOTORCYCLE • RV • BOAT • PWC

Average savings amount based on national GEICO New Policyholder survey data through August 2010. Motorcycle coverage is underwritten by GEICO Indemnity Company. Homeowners, renters, boat and PWC coverages are written through non-affiliated insurance companies and are secured through the GEICO Insurance Agency, Inc. Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. Government Employees Insurance Co. • GEICO General Insurance Co. • GEICO Indemnity Co. • GEICO Casualty Co. These companies are subsidiaries of Berkshire Hathaway Inc. GEICO, Washington, DC 20076. GEICO Gecko image © 1999-2011. © 2011 GEICO

# The Digest

Simply put

**Home**  
page 10

**Food**  
page 16

**Money**  
page 22

**Health**  
page 29

**Family**  
page 44

**Tech**  
page 50

**Misc**  
page 57

## The Mountain River Cave

An entire block of 40-story buildings could fit inside the Hang Son Doong cave in Vietnam. (It even has its own clouds.) **National Geographic** sent an expedition, including photographer Carsten Peter, to this remote region along the Laotian border. His shots—of what may very well be the largest cave passage in the world—are on [ngm.com](http://ngm.com).

CARSTEN PETER/NATIONAL GEOGRAPHIC STOCK

## 13 Things Your Locksmith Won't Tell You

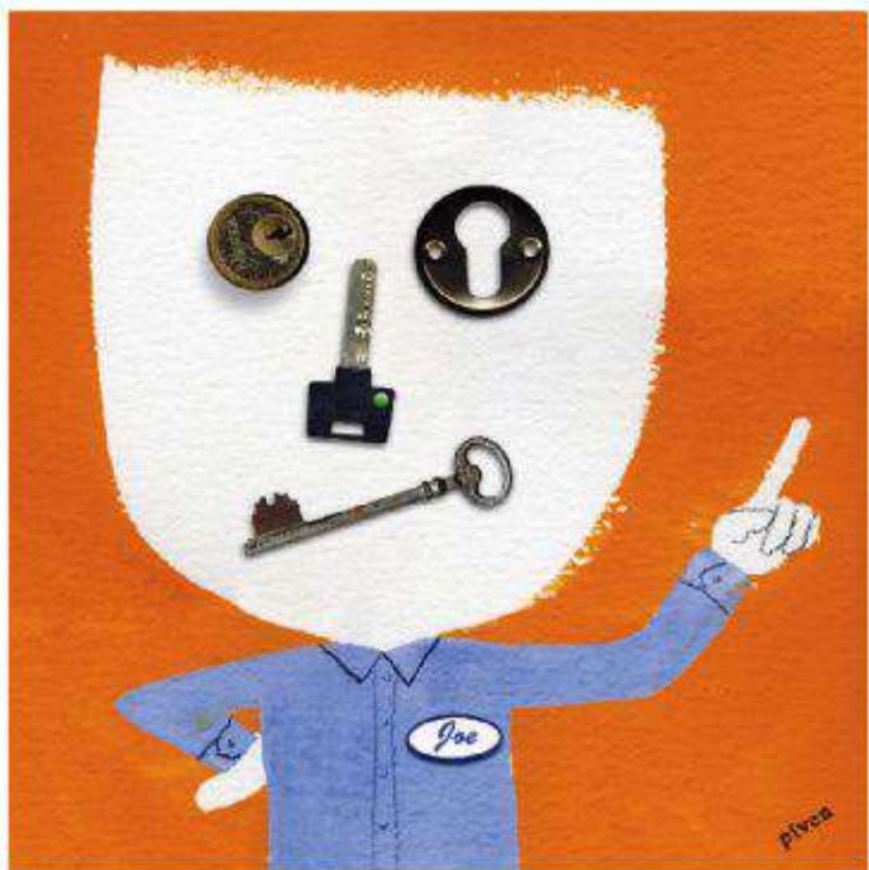
BY MICHELLE CROUCH

**1)** Many locksmiths in the phone book or online are scam artists. They'll quote you a great price, but when they get there, they'll say you have a special lock they can't pick, so they have to drill it open. Then they charge you \$125 for a replacement lock you can buy at Home Depot for \$25.

**2)** Find someone reputable at [findalocksmith.com](http://findalocksmith.com), the official website of the Associated Locksmiths of America.

**3)** If it's 2 a.m. and some guy calls me because he's locked out of his car at a strip club, a service call that's normally \$55 is automatically \$100. If he's got money for strip clubs, he's got money for me.

**4)** It's easy to defeat the cheapo locks from



big-box stores. Most are mass-produced by reputable manufacturers but to very low standards. Look for at least a grade 2.

**5)** The best lock is a dead bolt that's properly installed. It should have at least a one-inch

“throw,” and on the “strike side,” there should be a security plate with screws at least three inches long that go all the way into the door's wood frame.

**6)** If you have a window on or near your door, a thumb-turn

dead bolt won't do much good. They knock out the glass, stick a hand in, and turn. Get a double cylinder lock that needs a key on the inside.

**7)** Keys stamped "Do not duplicate" are duplicated all the time. Ask me about high-security locks with keys that

## Try the door. I've gone to houses and found it open. (I'm still going to charge you for the call.)

can't be replicated at the hardware store.

**8)** Don't believe a car dealer who says only he can duplicate keys. In most cases, a locksmith who specializes in automotive work can make you a key—usually cheaper.

**9)** Divorce lock-outs are a challenge. The soon-to-be-ex wife will call and say she's locked out, so I get her in and change the locks. Then the husband calls with the same request. I refer him to a competitor.

**10)** Have a housekeeper who needs a key? Ask me to key your door so that your master key works on

both the dead bolt and the doorknob, but hers works just on the knob. On the day she comes, lock only the knob.

**11)** Try the door. I've gone to houses and found it open. (I'm still going to charge you for the service call.)

**12)** If your key won't turn, try WD-40 or sili-

cone spray. Sometimes the pins get jammed up, and 25 to 40 percent of the time, that solves the problem.

**13)** If you're locked out, please call just one of us. More than once, I arrived at a lock-out to find two competitors' trucks already there. At that point, we all agreed to leave and abandon the inconsiderate victim.

Sources: Tom Rubenoff, a hardware salesman and former locksmith in Brookline, Massachusetts; Charles Eastwood, who operates Locksmith Charley in Phoenix, Arizona; Bob DeWeese, a locksmith in Baltimore, Maryland; and Rick Bayuk, owner of Karpilow Safe & Lock in Bridgeport, Connecticut.

**For more things your locksmith won't tell you, go to [readersdigest.com/locksmith](http://readersdigest.com/locksmith).**

### WHO KNEW?

## Do Good and Declutter

Trying to get rid of a few items for spring? *Parade* magazine suggests donating your castoffs to these reputable charities and services.

► **General donations**  
Excessaccess.org will match your things with nonprofits in your area that can come and get them.

► **Eyeglasses**  
Lionsclubs.org will make sure your old glasses go where they are needed.

► **Gently used shoes**  
Soles4souls.org sends shoes to disaster zones and other spots.

► **Men's suits and ties**  
Careergear.org matches business clothing to the disadvantaged across the country.



## HOW TO

# Green-Clean Your Kitchen Sink and Bathtub

The folks behind Apartment Therapy (“saving the world, one room at a time”) have a huge following and an award-winning website (apartmenttherapy.com) with very thorough cleaning tips:

### KITCHEN SINK (stainless steel)

- Wet the sink, sprinkle baking soda over the surface and scrub, then rinse.
- Use a soft-bristled toothbrush and the same paste to clean the rim and caulk—and the rubber flap on the garbage disposal if you have one.

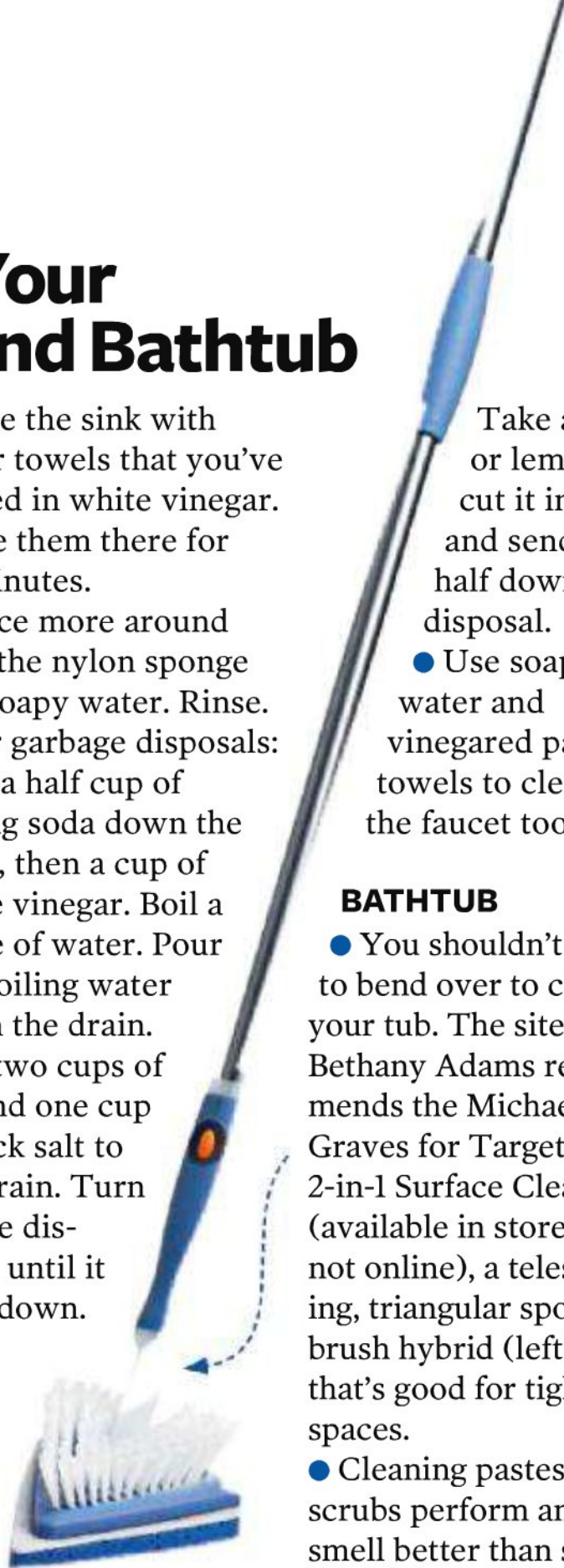
- Line the sink with paper towels that you’ve soaked in white vinegar. Leave them there for 20 minutes.
- Once more around with the nylon sponge and soapy water. Rinse.
- For garbage disposals: Pour a half cup of baking soda down the drain, then a cup of white vinegar. Boil a kettle of water. Pour the boiling water down the drain. Add two cups of ice and one cup of rock salt to the drain. Turn on the disposal until it goes down.

Take a lime or lemon, cut it in half, and send each half down the disposal.

- Use soapy water and vinegared paper towels to clean the faucet too.

### BATHTUB

- You shouldn’t have to bend over to clean your tub. The site’s Bethany Adams recommends the Michael Graves for Target 2-in-1 Surface Cleaner (available in stores but not online), a telescoping, triangular sponge/brush hybrid (left) that’s good for tight spaces.
- Cleaning pastes and scrubs perform and smell better than sprays and go further. Adams likes Method Le Scrub in eucalyptus mint.
- Use the tool with the scrub. Rinse.



## GO FIGURE

# 848

Number of cleaning services nationwide that provide four free monthly visits for qualifying chemotherapy patients. Go to [cleaningforareason.org](http://cleaningforareason.org) for details.



# Chest Congestion Relief



Use as directed.

For fast, long-lasting relief, make a clean sweep of mucus.



**Unique bi-layer tablet.** Maximum Strength Mucinex® breaks up the mucus that causes chest congestion. Only Mucinex has a bi-layer tablet. One layer goes to work fast, while the extended-release layer continues to work for 12 hours. So kick out mucus with Maximum Strength Mucinex.

**Mucinex®**  
Mucinex in. Mucus out.®



## TREND

# House-Hunting Helpers

Home prices were down 4.1 percent for 2010. Home sales were up 12 percent in December. If you're looking for a historic house or just a bargain, you might want to start here:

### HISTORIC HOMES

*Garden & Gun* writer Haskell Harris was driving through Cheraw, South Carolina, when she realized that every house had "character and soul, and houses like that are getting harder and harder to find." Harris wanted to keep looking after her trip and found [historicproperties.com](http://historicproperties.com)—a site with homes of all eras (and price ranges). Search by architectural style, condition, and region to find a Federal house in Virginia or an authentic pueblo in Santa Fe (examples at right).



**\$145,000** Lewiston, North Carolina  
Bedrooms: 3 Square footage: 3,046



**\$320,000** Fort Myers, Florida  
Bedrooms: 5 Square footage: 3,689



**\$365,000** Aurora, Illinois  
Bedrooms: 4 Square footage: 3,500

### BARGAINS AND FORECLOSURES

*Kiplinger's Personal Finance* recommends several reputable sites, where some homeowners' pain can be your gain:

- **Subscription sites** Realtytrac.com and foreclosure.com are free for seven days and offer monthly subscription levels (\$29 to \$49) after that.
- **Auctions** Hudsonandmarshall.com, realtybid.com, and altisourcehomes.com.
- **Government-owned homes** Go to homesales.gov.
- **Others** The Fannie Mae site is homepath.com; Freddie Mac is homesteps.com.

IF YOU HAVE **DIABETES**  
WHAT YOU PUT HERE  
CAN IMPACT YOUR GUM HEALTH



Don't brush it off—use Colgate® 

People with diabetes have a **2x greater risk** of developing gum disease. **Colgate Total® toothpaste reduces 90% of plaque germs** that cause gingivitis, the most common form of gum disease, for 12 hours.\* **And, it's the only FDA-approved toothpaste.†**

Learn more at [OralHealthandDiabetes.com](http://OralHealthandDiabetes.com)



\*vs ordinary, nonantibacterial toothpaste.

†Colgate Total® toothpaste is approved through the New Drug Approval process to help prevent gingivitis. Not approved for the prevention or treatment of serious gum disease or other diseases. The ADA Council on Scientific Affairs' acceptance of Colgate Total® Gum Defense toothpaste is based on its finding that the product is effective in helping to prevent and reduce tooth decay, gingivitis and plaque above the gumline, and bad breath, and to whiten teeth by removing surface stains, when used as directed.

**Colgate®** 

a national strategic partner of

 **American  
Diabetes  
Association.**

## Best of the Zest

Let these flavor boosters keep you and your family eating healthy, happy, and less. Plus, they're affordable.



BY ABIGAIL WISE ● FROM AOL's [walletpop.com](http://walletpop.com)

**S**till trying to follow a diet of rabbit food and pabulum? With a few simple spices and pantry items, you can turn listless dishes into lip-smacking ones. Nutrisystem's Tony Mantuano, featured on Bravo's *Top Chef*, offers tips on how to enhance flavor without breaking the bank.

### ● ITALIAN RED WINE VINEGAR

Sprinkle spices into a quality red wine and heat until simmering. Splash on vegetables or chicken for a taste that's high in flavor but low in calories. Mantuano recom-

mends combining fresh rosemary, thyme, and parsley with the vinegar. Price: \$2 per bottle.

### ● ORANGE ZEST

Try this "secret flavor weapon" with almost anything. Use a micro-plane grater, avoid the white pith, and enjoy the zing. Price: About \$1 per orange.



### ● DRIED FIGS

They go great with cereal, pancakes, French toast, and muffins, as well as desserts. "Once you taste their rich nutrient-filled flavor, you'll love them," says Mantuano. Price: \$6 to \$10 per pound.

### ● PICKLED PEPPERONCINI

Add them to chili, chicken salad, pasta, and meat for a touch of Italy. They vary from mild to spicy, so you can choose the amount of kick to add. Price: Cans start at \$1.50.

### ● DRIED OREGANO

The ultimate go-to spice adds taste to everything from sauces,

soups, and meats to vegetables and eggs. Mantuano suggests buying imported Greek or Italian oregano that's still on the stem and storing it in a plastic container in the freezer: "Whenever I add this in cooking, it reminds me of my grandmother's food." Price: \$6 and up per pack.

● **CAPERS**

These pickled buds go well with beef, pastas, and poultry.

"They're underutilized, yet they add a unique, intense saline flavor," says Mantuano. (Be sure to rinse them first.) Price: \$5 per jar.

● **SUN-DRIED TOMATOES**

Cook for five minutes in boiling water, then drain and chop. They're tastiest on pasta, frozen pizza, and soups. Avoid tomatoes packed in oil (and packed with calories). Price: \$4 per jar. ■

**GO FIGURE**

**19.7**

**Average tip percentage on a meal in a New Orleans restaurant, the highest tip average in the nation.**

Source: zagat.com

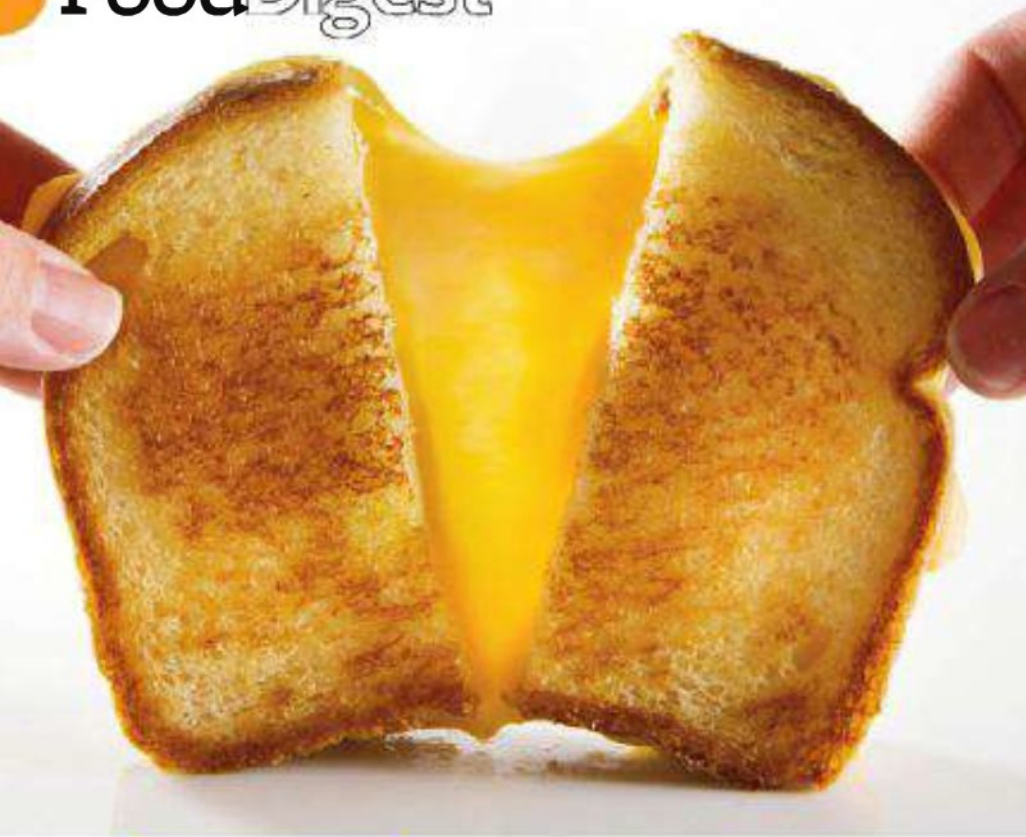
**VISUAL FEAST**

# A 480-Pack

A well-designed can of beer is second only to a well-brewed one.

**Beer: A Genuine Collection of Cans** (Chronicle Books, \$19.95) gathers 480 cans from all over the world, including Budweiser, Michelob, the less-heralded Little Muskego from Chippewa Falls, Wisconsin, and the jaunty Tam o' Shanter Ale from Rochester, New York.





## COMFORT FOOD

# How to Make the Perfect Grilled Cheese Sandwich

Long before grilled cheese sandwiches were a trend and mobile trucks were selling them from L.A. to New Haven, we all knew they were the ultimate rainy-day comfort food, a baby boomer's answer to the madeleine. Here are the general principles, adapted from *Grilled Cheese, Please! 50 Scrumptiously Cheesy Recipes*, by Laura Werlin (Andrews McMeel, \$16.99).

- 1) Grate the cheese. It will melt more evenly and will more likely reach the desired consistency before the bread burns.
- 2) Use the proper bread-to-cheese ratio: ½-inch-thick slices of bread, roughly 4 by 5 inches, with 1½ to 2 ounces of grated cheese per sandwich, depending on the recipe.
- 3) Melt the butter and spread it on the bread, not the pan.
- 4) Cook in a nonstick pan.
- 5) Use a spatula to flatten the sandwich slightly as it's grilling.
- 6) Go low and slow: Figure 18 to 20 minutes total cooking time on medium-low heat for a golden-brown outside and a gooey inside.

## Or Just Go Out

Where to find the perfect grilled cheese, already made:

- The grilled cheese bar at **Artisanal** in New York City
- **The Cheese Truck**, an offshoot of Caseus, a New Haven, Connecticut, cheese shop
- **The American Grilled Cheese Kitchen**, San Francisco
- **Chedd's Gourmet Grilled Cheese**, Sioux Falls, South Dakota
- **Hammontree's Take Home Gourmet Grilled Cheese Sandwiches**, Fayetteville, Arkansas
- **Café Muse**, Royal Oak, Michigan
- **The Parker Pie Company**, West Glover, Vermont
- **Don & Millie's**, Omaha, Nebraska
- **The Cheese Factory Restaurant**, Wisconsin Dells, Wisconsin
- **The Grilled Cheese Grill**, Portland, Oregon

Sources: *Grilled Cheese, Please!; Every Day with Rachael Ray; New York Times*

MADE WITH



REAL **JALAPENOS**



IN OTHER WORDS

**DON'T RUB  
YOUR EYES.**



Happiness is simple

All TVs owned by Frito-Lay, North America, Inc. ©2011

## THE GEAR

# Better Pizza, Stronger Drinks



● The colorful **Emile Henry ceramic pizza stone** gets high marks from Florence Fabricant of the *New York Times*, who says it creates a crispier crust without letting the toppings burn. Bonus: You can slice your pepperoni-peppers-parma pizza into eighths without scratching the surface (\$50 at Sur La Table stores and emilehenryusa.com).

● Worried that the ice in your tumbler will melt and dilute your expensive scotch/bourbon/vodka/Courvoisier? Naturally, *Details* reports, commerce can soothe your fears: **The Tovolo King Cube Tray** (\$8) creates half a dozen two-inch squares of slow-melting, conversation-starting, drink-enhancing ice.



## NOTABLE QUOTE

“ [Cooking times in cookbooks] aren’t just a little bit off; they’re usually not even close ... No recipe would ever say, ‘Use two cups of flour, but you may need four.’ If other measurements are on target, why can’t timing be too?”

Jesse Wegman in *Slate*

## THE LIST

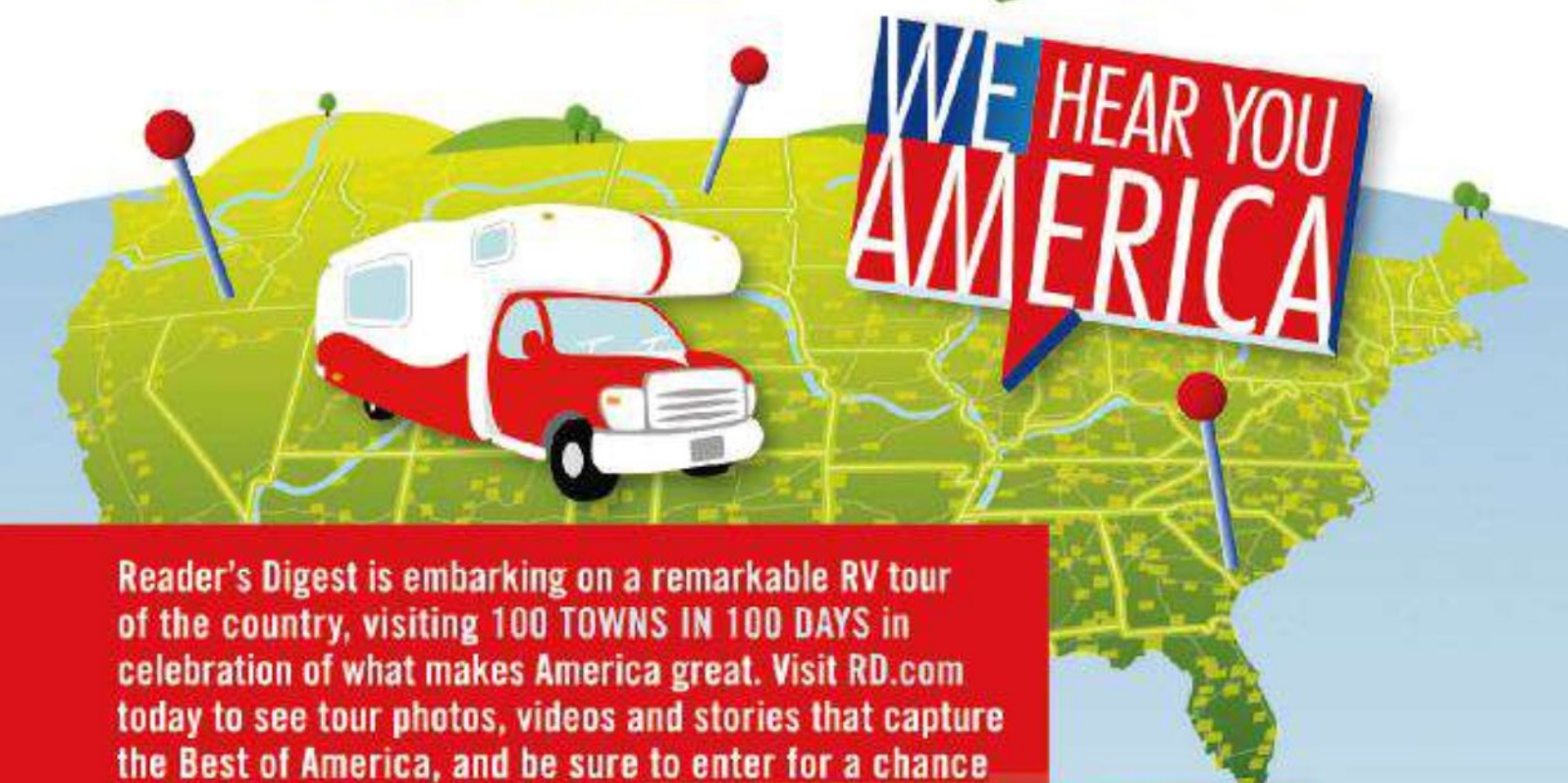
# Name That Casserole!

The most intriguing recipe names in the revised, updated, and reissued *Beat This! Cookbook*, by Ann Hodgman (Houghton Mifflin, \$14.95):

- Nothing to Be Ashamed of Artichoke Dip
- A Really Great Stuffing with Sausage in It
- Strawberry Shortcake (With a Little Help from Some Raspberries)
- Parmesan Peppercorn Dressing Just Like in the Restaurant
- Easy Kid-Please-y Lasagna
- Perfect Fudge (If You’re Lucky)

ADVERTISEMENT

# WIN THE RV!



Reader's Digest is embarking on a remarkable RV tour of the country, visiting 100 TOWNS IN 100 DAYS in celebration of what makes America great. Visit [RD.com](http://RD.com) today to see tour photos, videos and stories that capture the Best of America, and be sure to enter for a chance to win the Reader's Digest RV.

Enter to win @ [RD.com](http://RD.com)

Reader's  
Digest



No purchase necessary to enter or win. Open to U.S. residents age 18 and over. Sweepstakes opens January 18, 2011 and closes May 30, 2011. Void where prohibited. For entry details and official rules, visit [RD.com/WeHearYouAmerica/Rules](http://RD.com/WeHearYouAmerica/Rules)



## A Day of Deal Hunting

Coupons, discounts, sales, and freebies: where to find them—and the best time of day to score big

BY MATT SCHWARTZ

● FROM *Wired*



**W**arning: Retail “hacking” can be a full-time job. Here’s what your daily routine might look like if you got serious about tracking down bargains. (All times are Pacific Standard Time.)

**5:10 A.M.** Check e-mail for Groupon’s Deal of the Day and LivingSocial’s 1-Day Deal.

**8 A.M.** Log in to Hot Coupon World and search for grocery deals in Coupon Database.

**8:30 A.M.** Expand

your coupon trove at the Printable Coupons section of [retailmenot.com](http://retailmenot.com).

**9 A.M.** Add to your arsenal of paperless coupons by loading a batch onto your phone at [cellfire.com](http://cellfire.com).

**10 A.M.** Swing over to [newegg.com](http://newegg.com) for the daily Shell Shocker deal: typically discounts of 20 to 30 percent on tech gear.

### Noon on Tuesdays

This is the optimum time to find the cheapest domestic fares at Kayak,

Hotwire, and other bargain travel sites.

**2 P.M.** Visit the Freebies section at Buxr for a compendium of links to free trial products like detergent, over-the-counter medicine, and magazine subscriptions.

**3 P.M.** Check out [6pm.com](http://6pm.com). This sister site of [zappos.com](http://zappos.com) sells brand-name apparel at outlet-store prices.

**5 P.M.** Browse the Best Deals section of [fatwallet.com](http://fatwallet.com).

**5:30 P.M.** Scope out the Clearance section of [smartbargains.com](http://smartbargains.com),

which offers apparel and furnishings for as much as 90 percent off.

**6 P.M.** Peruse the Gold Box section of

page of spoofee.com to browse a broad mix of user-rated daily deals from around the Web.

**9 P.M.** Look over the

**10 P.M.** A new Today's Woot—a deeply discounted Deal of the Day—goes live at Woot.

**11 P.M.** Scan the Editors' Choice tab at Dealnews, a curated bargain-hunting site.

**Midnight** Check the Hot Deals subforum at Slickdeals for new bargains on Xbox, PlayStation, and other gaming systems. ■

## At dealspl.us, users determine which offers and coupons appear on the front page.

amazon.com for the Deal of the Day and the ever-changing Lightning Deal.

**8 P.M.** Hit the front

various offers and coupons at dealspl.us. User votes determine which deals appear on the front page.

### LIFE LESSONS

## The Latest Scam Alerts

**9/11 coins.** Senator Charles Schumer and Representative Jerrold Nadler of New York have asked the Federal Trade Commission to investigate the National Collector's Mint and its tenth-anniversary coins honoring 9/11. Successfully sued for fraud by New York State over a similar coin, the outfit is charging \$29.95 “for a trinket whose true value has been estimated as low as 2 cents and as high as 60 cents,” according to a *New York Daily News* editorial.

**Card skimmers.** The United States is losing \$1 billion annually to thieves who “skim” ATM card numbers and personal-identification numbers (PINs), reports *Time* magazine. All they have to do: install a fake front on the machine's slot—to read the magnetic stripe—



and place a mini video camera on the light panel above it. “Tug on the card-reading slot” to make sure there are no loose parts, says *Time*, and “use one hand to shield the other” as you enter your

PIN. The same goes for debit cards and for high-traffic machines at airports, malls, and gas stations.




**White-collar cons.** Learn how to avoid being fleeced by the likes of Bernard Madoff. A 60-minute DVD—*Tricks of the Trade: Outsmarting Investment Fraud* (produced by the Finra Investor Education Foundation and the American Association of Retired Persons)—features interviews with scammers and scammed alike. Free; call 866-973-4672 or visit [saveandinvest.org](http://saveandinvest.org). Source: *Washington Post*

**THE PRICE IS WRONG**

## Read This, Save Hundreds





Before you buy anything electronic this year, learn how low it will go

BY BETH PINSKER ● FROM [dealnews.com](http://dealnews.com)

Products	Blu-ray player	Kindle eBook reader	55-in. HDTV
			
<b>2009 Lowest</b>	<b>\$76</b> Curtis Mathes Blu-ray disc player from Target (\$11.83 shipping)	<b>\$259</b> Kindle 2 from amazon.com (free shipping)	<b>\$1,115</b> LG 55-in. 120Hz 1080p widescreen LCD HDTV from Fry's (\$110 shipping)
<b>2010 Lowest</b>	<b>\$50</b> Samsung BD-C5500 from HP Home & Office (free shipping)	<b>\$130</b> Kindle 3G plus WiFi from sobongo.com (free shipping)	<b>\$699</b> Element 55-in. 120Hz 1080p wide-screen LCD HDTV from Walmart (free shipping)
<b>2011 Prediction</b>	<b>\$39</b>	<b>\$99</b>	<b>\$599</b>
<b>Why?</b>	You'll probably see a lot of Blu-ray players bundled as extras with TVs, but you'll also see them as doorbusters and priced like slow cookers.	Because \$99 is a major inflection point for consumer adoption, it was always the inevitable price for the Kindle. You'll pay just slightly more for newer models.	Prices for a 55-in. LCD HDTV are now where 46-in. models were in 2008. So for 2011, we're predicting what we saw in 2009 for a 46-in.



This Samsung Blu-ray player went for \$50 last year. Expect to pay even less in 2011.

	Full-size digital SLR camera	15- to 16-in. dual-core laptop	Portable GPS	iPhone 3GS
				
	<b>\$346</b> Pentax K2000 10.2MP digital SLR camera with lens from Meijer (\$8 shipping)	<b>\$299</b> Dell Inspiron 15n Celeron 2.16GHz 16-in. widescreen laptop from Dell (\$29 shipping)	<b>\$42</b> Magellan Roadmate 1200 at Toys “R” Us (\$8 shipping)	<b>\$199</b> iPhone 3GS from Apple (free shipping)
	<b>\$319</b> Canon EOS Rebel XS 10MP digital SLR camera with lens from Barnes & Noble (\$5.49 shipping)	<b>\$218</b> HP G56-127NR AMD 2.3GHz 16-in. widescreen laptop from Fry’s (\$8 shipping)	<b>\$45</b> Motorola MOTO-NAV TN20 3.5-in. GPS navigator with TTS from Woot (\$5 shipping)	<b>\$97</b> iPhone 3GS from Walmart (in store)
	<b>\$299</b>	<b>\$199</b>	<b>\$40</b>	<b>\$49</b>
	These will drop to what point-and-shoots cost a few years ago. Why go for high megapixel counts in a compact camera when you can get a great DSLR instead?	Last year’s \$300 laptop is today’s cheap grab for those who still want computing power, for the price of a netbook or a cheap Android tablet.	The floor in GPS prices appears to be \$40. Competing against smart phones and in-car models, portable GPS makers are adding features to drive up prices.	This price drop is already here—for an 8GB 3GS phone in 2011, at least. Prices will drop for other models, but you’ll likely not see a new 3GS on sale for much longer.

## ATTITUDE ADJUSTMENT

# “Can I Have Your Social?”

“What’s your Social Security number?” How many times a week do you get that question—at work, at the bank, over the phone with a certified script-reading customer-service representative? Why not stamp it on your forehead? “What started as a way for the government to identify you is now putting you at risk for identity theft,” says Denis Kelly, author of *The Official Identity Theft Prevention Handbook*. But you can—and should—fight back. Here’s how:

**Ask questions.** Whenever someone asks for your Social Security number (SSN), ask: Why do you need it?

How will it be used? What law requires you to have it? How do you protect it from being stolen? What will happen if I don’t give it to you? “Most of the time, you can convince them they don’t really need it,” says Kelly.

**Know your rights—and your options.** Usa.gov lists 16 situations in which you’re legally required to provide the number

(all very official and clear-cut). “But you don’t have to provide the number for a credit check,” says Kelly. In some cases, your driver’s license number will work.

### **Don’t give your SSN over the phone**

**or e-mail.** One popular scam involves an e-mail or a call supposedly from your bank. “They know where you bank and your name and address, which makes you feel comfortable with them, then they’ll ask you to ‘verify’ your SSN,” says Kelly. Don’t fall for it. “Unless you initiate the communication, don’t give out any personal information.”

### **Make sure your bank**

**is up to speed.** A bank can require your SSN when opening a new account, before making deposits, and when reporting your interest to the IRS. But you shouldn’t be asked for it to log in to online accounts. “If a bank isn’t addressing such a simple security concern, I would take my business elsewhere,” says Kelly. *Beth Dreher*



## WORDS OF THE MONTH

# “sheconomy” and “mancession”

A sheconomy is an economy dominated by women. In the United States, women now make 85 percent of buying decisions and are poised to overtake men in nine of the ten hot job fields, *Time* reports. Mancession (coined by economist Mark Perry of the University of Michigan) is another name for the recent recession, which saw unemployment among men outpace unemployment among women.

**"Mom! I think you're going to need some more OxiClean®"**

OxiClean® removes tough stains, brightens colors, and whitens whites... all in one product. Just add to every laundry load to boost your detergent's cleaning power!

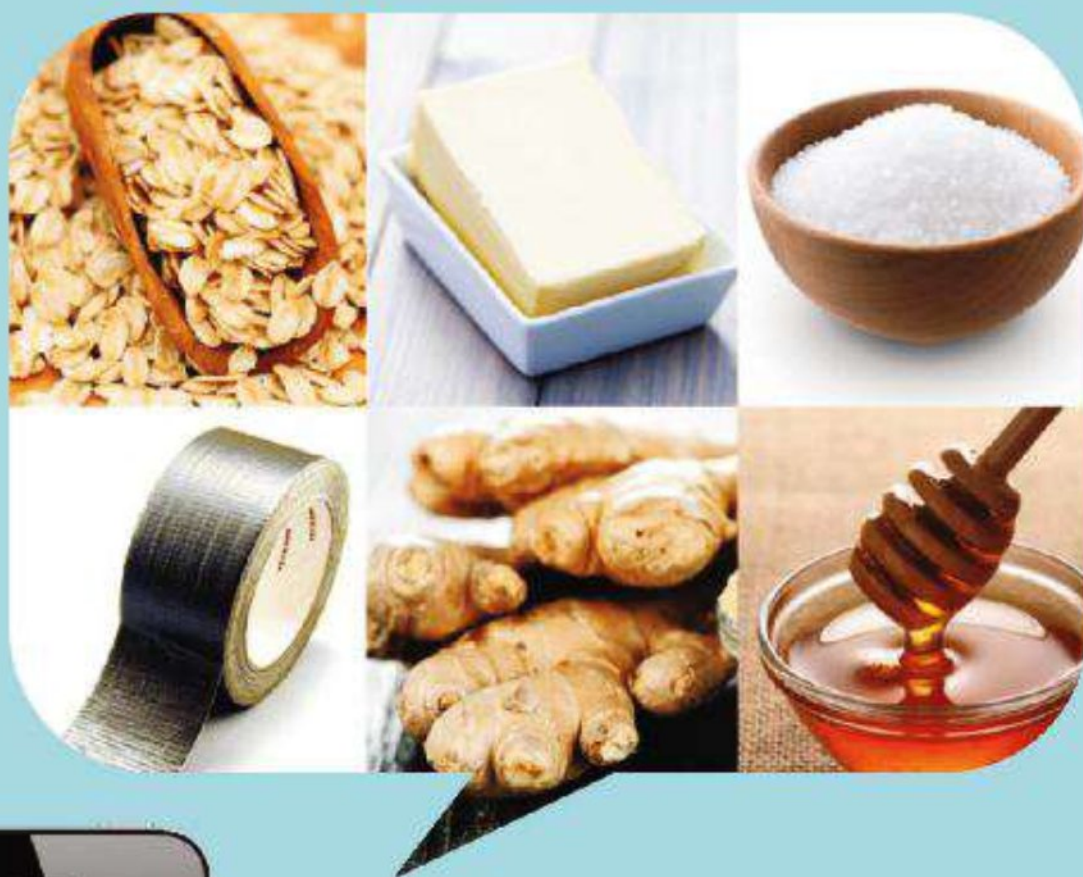


**OxiClean® Gets the Tough Stains Out.**  
[www.oxiclean.com](http://www.oxiclean.com)

©2011 Church & Dwight Co., Inc.

Introducing the all new app from Reader's Digest:  
**Easy Home Remedies**

One of 12 new apps launching this year!



- Discover the powerful healing properties of everyday items
- Get easy-to-make remedies for 74 common ailments
- Learn to use basic kitchen staples to help you look and feel better every day

**GET IT AT THE ITUNES APP STORE TODAY!**



## A Drug-Free, Sneeze-Free Allergy Season?

Pollen blockers, herbs, and the habits that help: a primer on the natural approach

**Y**ou can't cut down on the pollen wafting through the air this spring, but you just might be able to limit the number of drugs you take in response. "The biggest trend we see in allergies isn't technology and it isn't medicine—it's the tendency to go for a more natural treatment," says

Dr. Brunilda Nazario, medical editor at WebMD. Here are the moves that can help:

● **Modify your routine:**

Stay inside as much as possible on sunny, windy days, when pollen counts tend to be highest. If you must venture out, change your clothes when you get back—you'll be covered with pollen even if you can't see it, Dr. Nazario says. Even better: Take a shower. And before bed, use a saline rinse to get the pollen out of the fly-paper-like mucus that

lines your nose. (A bulb syringe, squeeze bottle, or neti pot all do the job equally well.)

● **Try a supplement:**

Though pharmaceuticals pack more punch, some people find herbs helpful. Butterbur has the best track record among herbs used for pollen allergies, David Rakel, MD, founder and director of the University of Wisconsin Integrative Medicine Program, told WebMD. Some studies suggest it can be as effective for nasal symptoms as an antihistamine, with no



accompanying sleepiness (keep in mind that the safety of long-term use hasn't been studied). There are fewer studies on other popular supplements for hay fever, such as quercetin and stinging nettle, says pharmacist Simon Yeung, who manages the About Herbs website for Memorial Sloan-Kettering Cancer Center—but research suggests they don't perform as well.

the city, these drug-store products might let you cut down on allergy meds, says Corinna Bowser, MD,

throughout the season, you may need to substitute or add a prescription steroid spray. And as a little psychic medi-

## Pharmaceuticals pack more punch, but herbs may be helpful if your symptoms aren't severe.

who evaluated the research on pollen blockers for the *Journal*. (Dr. Bowser is on a complementary practices committee for the American Academy of Allergy, Asthma & Immunology.) Potentially helpful: Dr. Theiss Alergol Pollen Blocker Cream, which is dabbed inside the nostrils, and a powder (squirted up the nose) sold under several names, including Nasal Ease.

cine to soothe your put-upon spirit, consider this: A recent study suggests that people with allergies may have a lower risk of brain cancer. And the more allergies, the greater the protection. ■

### ● Break out the drugs:

Still a sodden, itchy mess? It's time to try conventional medicine, Dr. Nazario suggests. If you have symptoms only occasionally, you'll most likely need an over-the-counter antihistamine, a nasal decongestant spray, or both; if you suffer

### GO FIGURE

**2** INCHES

How much bigger the average American woman's waist is than a British woman's.

**14**

Percentage of American women who have diabetes. Seven percent of British women have the disease.

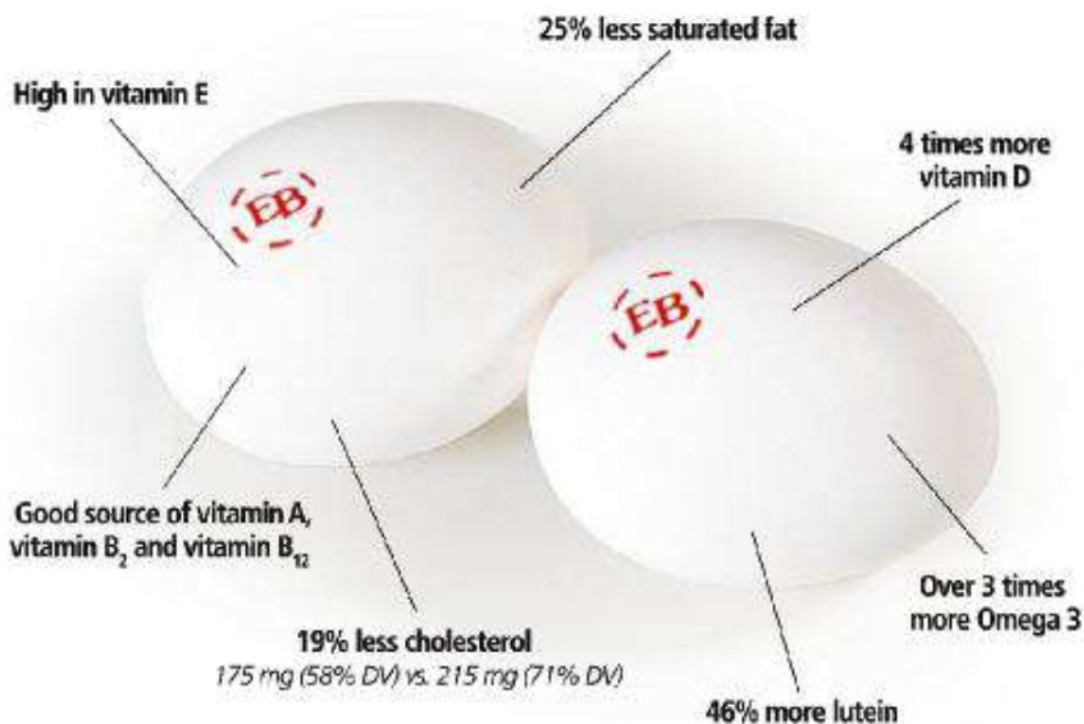


### ● Block what bugs you:

Pollen blockers are designed to trap allergens before they make it deep into your nasal passages and lungs, the *Wall Street Journal* reports. Like the surgical masks that some people wear when they garden or ride bikes in

# THE **BEST** NUTRITION JUST GOT BETTER.™

*Compared to ordinary eggs:*



**Announcing some eggciting news:** Eggland's Best now provides even better nutrition for your family. Compared to ordinary eggs, EBs deliver even higher levels of important nutrients like vitamins A, D and E. Along with lower levels of saturated fat and cholesterol. All this, combined with their delicious, farm-fresh taste, is why Eggland's Best continues to stand for the very best in quality and value for your family.



**Better taste. Better nutrition.  
Better eggs.**

[www.egglandsbest.com](http://www.egglandsbest.com)

# THE **BETTER** EGG

## EVERYDAY ODDITIES

# An Itchy Mystery—Solved

BY BETH DREHER

As if hay fever isn't bad enough, about a third of people who are allergic to pollen find that their mouth and throat get itchy and swollen when they eat certain fruits, vegetables, nuts, and herbs. "The immune system sees a similarity between proteins in pollen and in these foods, and that triggers a reaction," said Clifford W. Bassett, MD, medical director of Allergy and Asthma Care of New York. In some cases, peeling or cooking the food can help, but if the problem persists, see your doctor.



### IF YOU'RE ALLERGIC TO ...

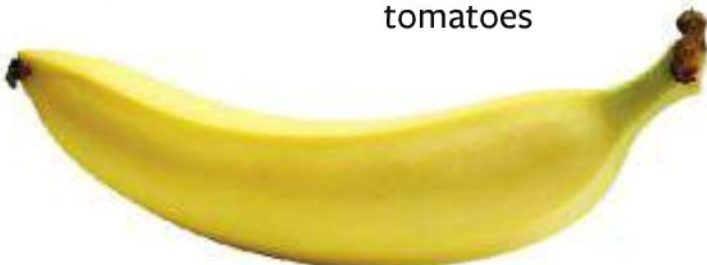
### YOU MIGHT REACT TO ...

**Grass** ..... Peaches, celery, tomatoes, melons, oranges

**Birch pollen** ..... Kiwi, apples, pears, peaches, plums, coriander, fennel, parsley, celery, cherries, carrots, hazelnuts, almonds



**Ragweed** ..... Bananas, melons, tomatoes



## REALITY CHECK

# Our Allergy Errors

FROM WebMD

► **We think allergies are just a nuisance.** But allergy-related exhaustion (from medication or from the allergy itself) can affect performance at school or on the job and has been linked to car accidents.

► **We wait too long.** It's more effective to avoid allergy triggers than to treat the misery that comes from exposure. Keep an eye on pollen counts as the weather warms.

► **We grab the wrong remedy.** An antihistamine won't help with nasal congestion. An over-the-counter nasal decongestant can do the job if you have only occasional symptoms, but if you're frequently stuffed up, you probably need a nasal steroid spray. See an allergy specialist to have your symptoms evaluated.

## GO FIGURE

# 1,000%

**Increase in pollen produced by urban ragweed plants compared with rural ones. (The urban plants were grown in temperatures and CO<sub>2</sub> levels expected worldwide by midcentury.)**

Source: *Changing Planet, Changing Health*, by Paul R. Epstein, MD, and Dan Ferber (University of California Press, \$29.95)

AS MANY AS 5.3 MILLION AMERICANS  
HAVE ALZHEIMER'S.

BUT MANY MORE SUFFER FROM IT.



©2011 Alzheimer's Association. All Rights Reserved.

Alzheimer's disease is devastating. It can steal the most precious moments from you and your family. And because it costs Americans more than \$180 billion a year, it could potentially cripple the Medicare system.

Now is the time to **ACT.** Take action at [alz.org](http://alz.org).

alzheimer's   
association



©2011 Alzheimer's Association. All Rights Reserved.

[www.downmagaz.com](http://www.downmagaz.com)

## WORTH A TRY

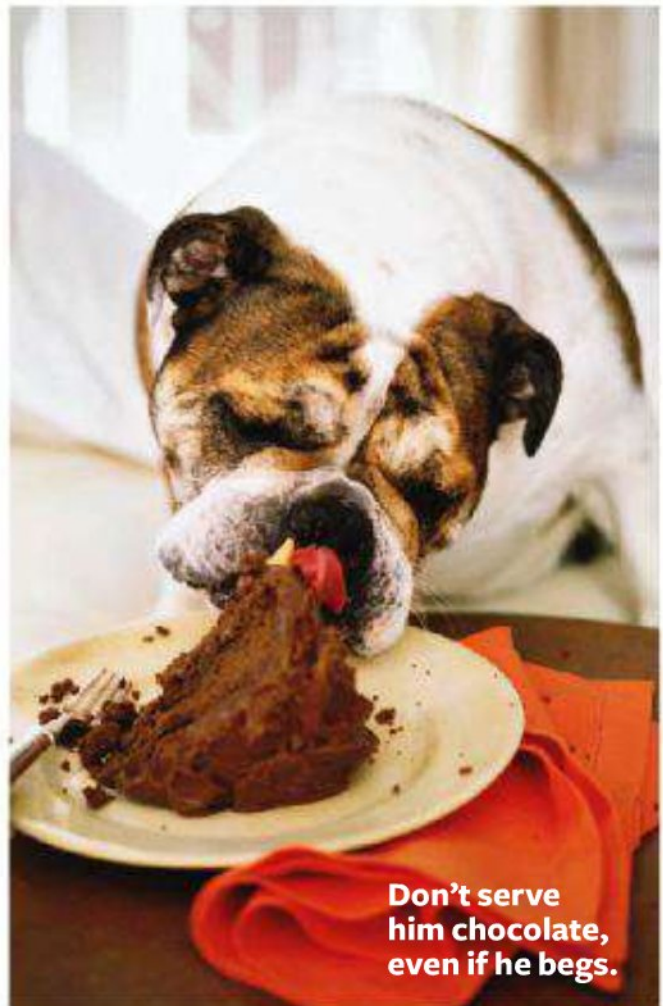
### 3 Apps to Make Dinner Safer

Whatever the reason for the queasy feeling in the pit of your stomach, there's an app to soothe it. All are for iPhones:

#### ● **HarvestMark Food Traceability**

“LoJack for your veggies,” *Sunset* magazine called the HarvestMark icon, which lets you trace an apple or asparagus stalk back to the farm (assuming a farmer has signed up). With this free app, you can do the detective work while standing in the supermarket aisle. It's what you need if you're looking for locally grown food—and it'll tell you if your arugula has been recalled.

● **StillTasty** For all those times you thaw meat for dinner and then develop a yen for Chinese takeout, this \$1.99 app pulls together info from the FDA, USDA, and CDC to tell you whether you can re-freeze the beef or if that would be asking for trouble. (It also helps you store food for maximum flavor—tomatoes on the



Don't serve him chocolate, even if he begs.

counter until they're cut, strawberries in the fridge—and more.)

● **Om Nom?** Sure, it's fun to feed your dog peanut butter just to see how long it takes him to get it off his teeth. But giving him chocolate is dangerous. With this 99 cent app, you can check dozens of foods to find out what (and how much) is safe for your pooch.

## NOTABLE QUOTE

“The person most at risk for heart disease isn't the high-powered executive ... it's the frustrated janitor stuck with existential despair.”

Jonah Lehrer in *Wired*

# CONSTIPATED?

CHOOSE RELIEF THAT'S RIGHT FOR YOU.

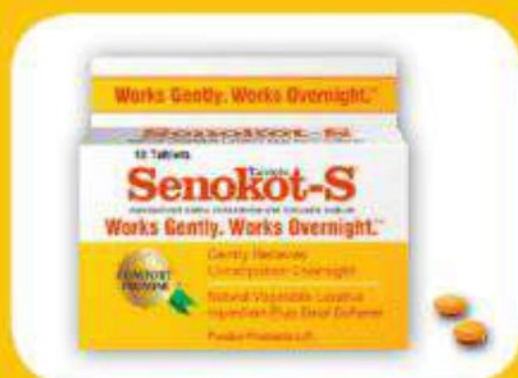


For occasional constipation associated with travel, stress, or dietary changes, a natural choice for relief is

**SENOKOT® TABLETS.**

For occasional constipation associated with certain medications, get relief with

**SENOKOT-S® TABLETS.**



For occasional constipation that results in painful bowel movements, get relief with

**PERI-COLACE® TABLETS.**

For occasional constipation associated with conditions such as IBS, hemorrhoids, or surgery, get comfortable relief with

**COLACE® CAPSULES.**



[www.GetConstipationRelief.com](http://www.GetConstipationRelief.com)

Please read full product label before use.

## More This, Less That

From research labs around the world, simple **additions** and **subtractions** for a healthier life

### + SAFETY CHECKLISTS

It's been clear for a while that hospitals can reduce serious infections by using checklists, but no one's known how big a difference that could make to patient survival. Now a study reports that hospitals that adopted checklists and a few similar changes had death rates 10 percent lower than those sticking with their standard procedures.

### + WORKOUTS TO CUT ASTHMA

Aerobic workouts cut asthma symptoms in people with moderate or severe forms of the disease (talk to your doctor before starting an exercise routine).

### + SHORT BREAKS

We all know that too much sitting is bad for our hearts—but how much can it help to pop up now and then for a trip to the water cooler? A lot, new research shows: People who took plenty of short breaks (even if they lasted just a minute) had smaller waists and lower levels of a protein that signals potentially dangerous inflammation. A helpful habit: standing when you answer the phone.

**- TRANS FATS** In a recent study, people whose diets were high in these unhealthy fats were more likely to become depressed than people who got their fat in a healthier form. That suggests olive oil is good for your mood as well as your heart, while fast food and stick margarine may darken your outlook.

### - LONG-TERM USE OF SOME PAIN-KILLERS

Many people with osteoarthritis rely on NSAIDs like ibuprofen (Advil and other versions) and celecoxib (Celebrex). But a recent analysis adds more evidence that long-term use of some of these drugs boosts the risk of heart attack or stroke.

Among the drugs studied, naproxen seemed easiest on the heart.

### - SNUGLING UP WITH FIDO

Having a pet can lower blood pressure and stress levels. However, if your immune system is weak, it may not be wise to give your dog or cat a smooch or let him sleep with you, a recent study shows.



On newsstands  
in March!

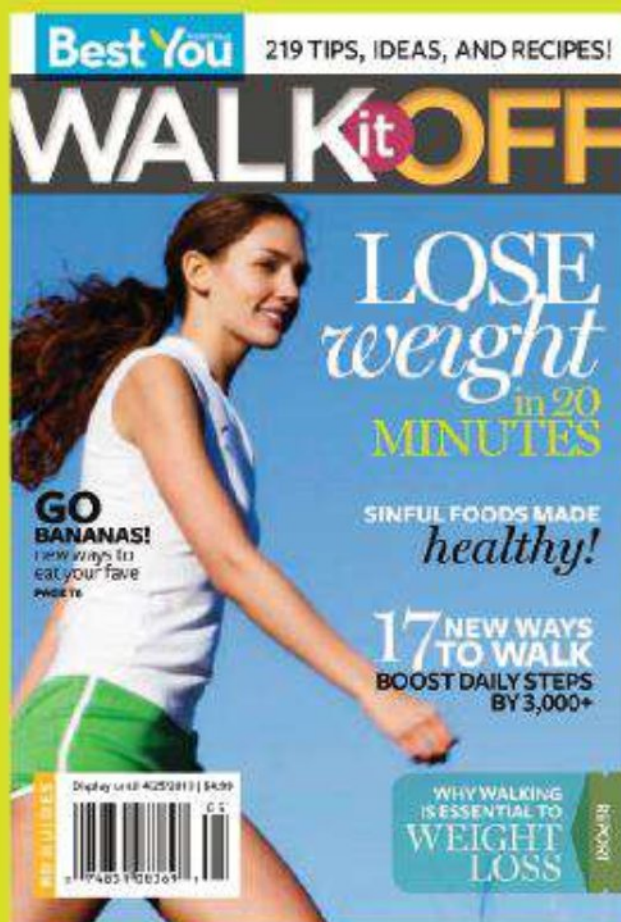
ADVERTISEMENT

# Walk It Off!

Look great. Feel better. No sweat.

This March, look for *Walk It Off!* the all-new *Best You* publication from *Reader's Digest*. You'll get the motivational pep you need to take simple strides toward a healthier and happier life. Enjoy low-impact exercise ideas, realistic diets, fitness food facts, and advice on how to fit it all into your daily routine.

GET WALKING | LOSE WEIGHT | LIVE WELL | EAT GREEN



SIGN UP FOR  
THE *Best You*  
eNEWSLETTER AT  
MYBESTYOU.COM



MYBESTYOU.COM



MAGAZINE



Readers Digest  
**Best  
You**





# MILK WITH DHA OMEGA-3 ISN'T ROCKET SCIENCE.

*But it is genius.*

Studies show kids don't get enough DHA Omega-3, a nutrient which supports healthy brain development.\* But now it's available in a drink kids love, Horizon Organic® Milk Plus DHA Omega-3. Wholesome, organic milk, it's as delicious as it is smart. And it even comes in rich, creamy chocolate. To learn about DHA, get coupons and more, join our community at [www.HorizonOrganicDHA.com](http://www.HorizonOrganicDHA.com).



*There's a better future  
ON THE HORIZON.™*



\*Kris-Etherton, et al.; *Am J Clin Nutr*. 2000;71(suppl):179S-88S.

©2010 Horizon Organic

## RANT OF THE MONTH

### What We Need

“The most important medical breakthrough we could make is to control our obesity epidemic. Until we do, we have no chance of not bankrupting the health-care system, because everything is caused by obesity. The epidemic in Cesarean sections, for instance—our C-section rate at Yale is about 35 percent, which to me is insane. [The national rate is 32 percent.] When you have more primary C-sections, you have more repeat sections, and then you have more placenta accretas—the placenta gets stuck to the wall of the uterus, and even with the best obstetrics care in the world, a woman can bleed to death. Obesity leads directly to uterine cancer, breast cancer, diabetes, and heart disease and indirectly to Alzheimer’s. I am almost always an optimist, but I’m just not too optimistic on advanced health-care issues when we cannot take care of the primary problem facing our society.”

*Mary Jane Minkin,*  
clinical professor of obstetrics and gynecology,  
Yale University School of Medicine

COLA: KUTAY TANIR/GETTY IMAGES



**Trenta: 31 oz. Soda: 12 oz.**

**HEFTY SIZE**  
The new Starbucks Trenta cup, designed for iced drinks, can deliver more than 900 calories at a sitting.



**THINK  
OUTSIDE  
THE  
juice box.™**



Vitamin D and Calcium to go. Great-tasting Horizon Organic® Milk in convenient single serve packages. When it comes to the lunch box, leave the juice box behind. Learn more at [www.horizondairy.com](http://www.horizondairy.com).

*There's a better future*  
**ON THE HORIZON.™**

**STELARA® is a prescription medicine approved to treat adults 18 years and older with moderate or severe plaque psoriasis that involves large areas or many areas of their body, who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).**

#### **IMPORTANT SAFETY INFORMATION**

STELARA® is a prescription medicine that affects your immune system. STELARA® can increase your chance of having serious side effects including:

##### **Serious Infections**

STELARA® may lower your ability to fight infections and may increase your risk of infections. While taking STELARA®, some people have serious infections, which may require hospitalization, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses.

- Your doctor should check you for TB before starting STELARA® and watch you closely for signs and symptoms of TB during treatment with STELARA®
- If your doctor feels that you are at risk for TB, you may be treated for TB before and during treatment with STELARA®

You should not start taking STELARA® if you have any kind of infection unless your doctor says it is okay.

Before starting STELARA®, tell your doctor if you think you have an infection or have symptoms of an infection such as:

- fever, sweats, or chills
- muscle aches
- cough
- shortness of breath
- blood in your phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more often than normal
- feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have TB, or have been in close contact with someone who has TB

After starting STELARA® call your doctor right away if you have any symptoms of an infection (see above).

STELARA® can make you more likely to get infections or make an infection that you have worse. People who have a genetic problem where the body does not make any of the proteins interleukin 12 (IL-12) and interleukin 23 (IL-23) are at a higher risk for certain serious infections that can spread throughout the body and cause death. It is not known if people who take STELARA® will get any of these infections because of the effects of STELARA® on these proteins.

##### **Cancer**

STELARA® may decrease the activity of your immune system and increase your risk for certain types of cancer. Tell your doctor if you have ever had any type of cancer.

##### **Reversible posterior leukoencephalopathy syndrome (RPLS)**

RPLS is a rare condition that affects the brain and can cause death. The cause of RPLS is not known. If RPLS is found early and treated, most people recover. Tell your doctor right away if you have any new or worsening medical problems including: headache, seizures, confusion, and vision problems.

##### **Serious Allergic Reactions**

Serious allergic reactions can occur. Get medical help right away if you have any symptoms such as: feeling faint, swelling of your face, eyelids, tongue, or throat, trouble breathing, throat or chest tightness, or skin rash.

##### **Before receiving STELARA®, tell your doctor if you:**

- have any of the conditions or symptoms listed above for serious infections, cancer, or RPLS
- have recently received or are scheduled to receive an immunization (vaccine). People who take STELARA® should not receive live vaccines. Tell your doctor if anyone in your house needs a vaccine. The viruses used in some types of vaccines can spread to people with a weakened immune system, and can cause serious problems. **You should not receive the BCG vaccine during the one year before taking STELARA® or one year after you stop taking STELARA®.** Non-live vaccinations received while taking STELARA® may not fully protect you from disease.
- are receiving or have received allergy shots, especially for serious allergic reactions
- ever had an allergic reaction to STELARA®
- receive phototherapy for your psoriasis
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if STELARA® will harm your unborn baby. You and your doctor should decide if you will take STELARA®
- are breast-feeding or plan to breast-feed. It is thought that STELARA® passes into your breast milk. You should not breast-feed while taking STELARA® without first talking to your doctor.

**Tell your doctor about all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially tell your doctor if you take:

- other medicines that affect your immune system
- certain medicines that can affect how your liver breaks down other medicines

**Common side effects of STELARA® include:** upper respiratory infections, headache, and tiredness.

These are not all of the side effects with STELARA®. Tell your doctor about any side effect that bothers you or does not go away. Ask your doctor or pharmacist for more information.

**You are encouraged to report negative side effects of prescription drugs to the FDA.**

Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

**Please read the Medication Guide for STELARA® and discuss any questions you have with your doctor.**



**Stelara**<sup>®</sup>  
(ustekinumab)



If you suffer from **moderate or severe plaque psoriasis...**

*Imagine the possibilities of clearer skin*

*4 doses a year  
after 2  
starter doses*

Discover a proven psoriasis therapy. In a medical study, 7 out of 10 STELARA<sup>®</sup> patients saw at least 75% clearer skin at 12 weeks, and 6 out of 10 patients had their plaque psoriasis rated as cleared or minimal at 12 weeks. *Individual results may vary.*

The safety and effectiveness of STELARA<sup>®</sup> have not been evaluated beyond two years.

Discover a convenient psoriasis therapy. STELARA<sup>®</sup> is an injection given under the skin by a healthcare provider as directed by your doctor at weeks 0, 4, and every 12 weeks thereafter. Each injection is given using a small needle. STELARA<sup>®</sup> is available in 45 mg or 90 mg doses; your doctor will choose the right dose for you. Make sure you keep all your scheduled follow-up appointments.

**Ask your dermatologist about STELARA<sup>®</sup>**

**Please read the Important Safety Information on the adjacent page.**



**Learn more about STELARA<sup>®</sup>**

Text STELARA to 80800,  
call 1-866-709-1050,  
or visit [www.STELARAinfo.com](http://www.STELARAinfo.com)

## MEDICATION GUIDE FOR STELARA® INJECTION

Read this Medication Guide before you start taking STELARA® and each time before you get an injection. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment with STELARA®.

### What is the most important information I should know about STELARA®?

STELARA® is a medicine that affects your immune system. STELARA® can increase your chances of having serious side effects, including:

**Serious Infections:** STELARA® may lower the ability of your immune system to fight infections and may increase your risk of infections. Some people have serious infections while taking STELARA® including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses. Some people have to be hospitalized for treatment of their infection.

- Your doctor should check you for TB before starting STELARA®
- If your doctor feels that you are at risk for TB, you may be treated with medicine for TB before you begin treatment with STELARA® and during treatment with STELARA®
- Your doctor should watch you closely for signs and symptoms of TB during treatment with STELARA®

You should not start taking STELARA® if you have any kind of infection unless your doctor says it is okay.

**Before starting STELARA® tell your doctor** if you think you have an infection or have symptoms of an infection such as:

- fever, sweats, or chills
- muscle aches
- cough
- shortness of breath
- blood in your phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more often than normal
- feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have TB, or have been in close contact with someone who has TB

**After starting STELARA® call your doctor right away** if you have any symptoms of an infection (see above).

STELARA® can make you more likely to get infections or make an infection that you have worse.

People who have a genetic problem where the body does not make any of the proteins interleukin 12 (IL-12) and interleukin 23 (IL-23) are at a higher risk for certain serious infections. These infections can spread throughout the body and cause death. It is not known

if people who take STELARA® will get any of these infections, because of the effects of STELARA® on these proteins in your body.

### Cancers:

STELARA® may decrease the activity of your immune system and increase your risk for certain types of cancers. Tell your doctor if you have ever had any type of cancer.

### Reversible posterior leukoencephalopathy syndrome (RPLS):

RPLS is a rare condition that affects the brain and can cause death. The cause of RPLS is not known. If RPLS is found early and treated, most people recover. Tell your doctor right away if you have any new or worsening medical problems including:

- headache
- seizures
- confusion
- vision problems

### What is STELARA®?

STELARA® is a prescription medicine used to treat adults 18 years and older with moderate or severe psoriasis that involves large areas or many areas of their body, who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

STELARA® may improve your psoriasis but may also lower the ability of your immune system to fight infections. This may also increase your risk for certain types of cancer.

It is not known if STELARA® is safe and effective in children. It is not known if taking STELARA® for more than two years is safe and effective.

### What should I tell my doctor before receiving STELARA®?

**Before you receive STELARA®, tell your doctor if you:**

- have any of the conditions or symptoms listed in the section "What is the most important information I should know about STELARA®?"
- have recently received or are scheduled to receive an immunization (vaccine). People who take STELARA® should not receive live vaccines. Tell your doctor if anyone in your house needs a vaccine. The viruses used in some types of vaccines can spread to people with a weakened immune system, and can cause serious problems. **You should not receive the BCG vaccine during the one year before taking STELARA® or one year after you stop taking STELARA®.** Non-live vaccinations received while taking STELARA® may not fully protect you from disease.
- are receiving or have received allergy shots, especially for serious allergic reactions. Allergy shots may not work as well for you during treatment with STELARA®. STELARA® may also increase your risk of having an allergic reaction to an allergy shot.
- receive phototherapy for your psoriasis.

- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if STELARA® will harm your unborn baby. You and your doctor should decide if you will take STELARA®
- are breast-feeding or plan to breast-feed. It is thought that STELARA® passes into your breast milk. You should not breast-feed while taking STELARA® without first talking with your doctor.
- ever had an allergic reaction to STELARA®. Ask your doctor if you are not sure.

**Tell your doctor about all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially tell your doctor if you take:

- other medicines that affect your immune system.
- certain medicines that can affect how your liver breaks down other medicines.

Ask your doctor or pharmacist if you are not sure if your medicine is one that is listed above.

Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

#### **How will I receive STELARA®?**

- STELARA® is given by injection under the skin (subcutaneous injection).
- STELARA® should only be given by a healthcare provider as directed by your doctor.
- Your doctor will decide the right dose of STELARA® for you and how often you should receive it.
- Be sure to keep all of your scheduled follow-up appointments.

#### **What should I avoid while receiving STELARA®?**

You should not receive a live vaccine while taking STELARA®. See "What should I tell my doctor before taking STELARA®?"

#### **What are the possible side effects of STELARA®?**

STELARA® can increase your chances of having serious side effects:

- See "What is the most important information I should know about STELARA®?"
- **Serious Allergic Reactions.** Serious allergic reactions can occur with STELARA®. Get medical help right away if you have any of the following symptoms of a serious allergic reaction:
  - feeling faint
  - swelling of your face, eyelids, tongue, or throat
  - trouble breathing, throat tightness
  - chest tightness
  - skin rash

#### **Common side effects of STELARA® include:**

- upper respiratory infections
- headache
- tiredness

These are not all of the possible side effects of STELARA®. Tell your doctor about any side effect that bothers you or that does not go away. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects.

You may report side effects to the FDA at 1-800-FDA-1088.

You may also report side effects to Centocor Ortho Biotech Inc. at 1-800-457-6399.

#### **General information about STELARA®**

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide.

This Medication Guide summarizes the most important information about STELARA®. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about STELARA® that was written for healthcare professionals.

#### **What are the ingredients in STELARA®?**

Active ingredient: ustekinumab

Inactive ingredients: L-histidine, L-histidine monohydrochloride monohydrate, polysorbate 80, and sucrose.

Prefilled Syringe Manufactured by: Centocor Ortho Biotech Inc., Horsham, PA 19044, License No. 1821 at Baxter Pharmaceutical Solutions, Bloomington, IN 47403

Vial Manufactured by: Centocor Ortho Biotech Inc., Horsham, PA 19044, License No. 1821 at Cilag AG, Schaffhausen, Switzerland

Revised October 2010

This Medication Guide has been approved by the U.S. Food and Drug Administration.

U.S. License No. 1821

© Centocor Ortho Biotech Inc. 2010

25ST10222

## Remember Me This Way

An “ethical will” ensures you’ll leave something more than your money behind

BY BETH DREHER

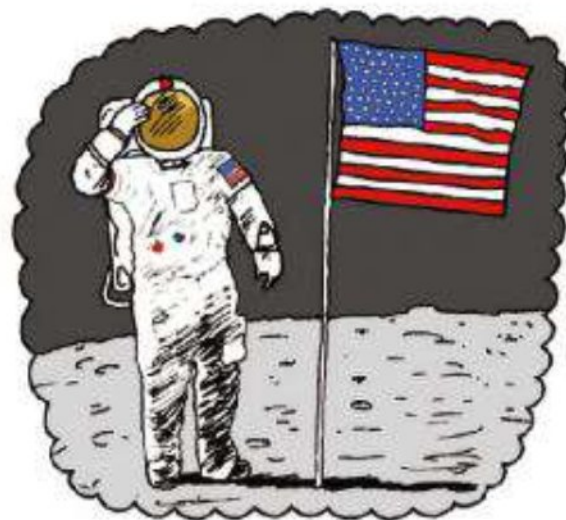
“**W**e cannot change the cards we are dealt, just how we play the hand.” This wisdom helped the late Professor Randy Pausch’s 2007 talk, “The Last Lecture,” become a viral video on YouTube and a bestselling book. At the time, the computer scientist was fighting pancreatic cancer, which gave his words extra punch. Pausch stressed that we must seize every moment, which includes helping others achieve their dreams. The words were his parting gift to family and students.

Following Pausch’s example of creating a meaningful record of experiences and values now—no matter how young you are—is a good idea, suggests author Jo Kline Cebuhar, who calls this type of written reckoning an ethical will.

An ethical will is not a legal document, stresses Cebuhar. “It’s going to be shared with the people you choose to share it with, when you want to share it,” she assures. In her new book, *So Grows the Tree: Creating an*

*Ethical Will*, Cebuhar says that leaving behind life lessons, wishes, and dreams may even last longer with loved ones than a financial reward.

Cebuhar got hooked on the idea about a decade ago, when she discovered a letter from an uncle who had died 25 years earlier.



In the note, he emphasized the importance of keeping an open mind. “It was priceless to find such a poignant record of his values in his own words,” says Cebuhar, who is also an attorney. “I realized that there’s a

While the ethical will may have more urgency for the nearly 78 million baby boomers in the United States, it need not be only a late-in-life exercise to pass down to loved ones. “I’ve seen people use this technique to

uate or get married,” says Cebuhar. A job change, divorce, or other life adjustment presents a great time to put your beliefs and feelings on paper. “You can also make it a serial exercise—write a note on your kid’s class picture every year, or add something personal to holiday letters before you stick them in the folder.” But most important? “Just write something,” says Cebuhar. “You’ll be surprised where your hand will take you.” ■

## “Just write something,” Cebuhar says. “You’ll be surprised where your hand will take you.”

common thread of morals and beliefs in my family, and the same can be said for every family.”

write a letter describing their hopes for the future when a child is born. Or to a young person when they grad-

### Will. Write. Now.

Try these tips from Cebuhar for creating your own ethical will.

- Start with a quotation from someone else that expresses your worldview, and explain why. If you get blocked, simply write at the top, “Other people found the words I can’t find. This is how I look at life.”
- Pick a moment in your personal

history—when we landed on the moon, the first time you fell in love—and write about how it affected you.

- Think of three words that capture your essence. Elaborate on them with stories from your life and your hopes for the future.
- Embellish a family tree or photo album with anecdotes. Describe what each person taught you or a vivid memory of him or her.
- Find a song or song lyrics that express a sentiment you want to share.
- Think beyond pen and paper. Create a PowerPoint slide show, record your own videos, post inspiring thoughts on your Facebook page, or find your own way to express yourself.





## HUMOR

# Mind the Gap

FROM **The Beloit College Mindset List**

Each August since 1998, a professor, Tom McBride, and a former public affairs director, Ron Nief, at Beloit College in Beloit, Wisconsin, have issued the annual Beloit College Mindset List, a roster of cultural touchstones that have shaped the incoming freshman class. Here, a sample of the more amusing (shocking?) entries for the class of 2014:



**Dirty Harry, 1971**

- 1) What's "cursive"?
- 2) E-mail is just too slow.
- 3) "Caramel macchiato" and "venti half-caff vanilla latte" have always been street-corner lingo.
- 4) John McEnroe has never played professional tennis.
- 5) Clint Eastwood is better known as a sensitive director than as Dirty Harry.
- 6) Fergie is a pop singer, not a princess.
- 7) They have never twisted

a coiled handset wire aimlessly around their wrists while chatting on the phone.

- 8) Unless they found one in their grandparents' closet, they have never seen a carousel of Kodachrome slides.
- 9) Computers have never lacked a CD-ROM disc drive.
- 10) Czechoslovakia never existed.



**Sarah Ferguson and Prince Andrew, 1986**



**A Kodachrome slide tray**

- 11) Nirvana is on the classic oldies station.
- 12) Toothpaste tubes have always stood up on their caps.
- 13) Rock bands have always played at presidential inaugural parties.

You can find more lists like this in the forthcoming book *The Mindset Lists of American History* by Tom McBride and Ron Nief, Wiley, July 2011.

## PHRASE OF THE MONTH

# Limited Pool Romantic Theory

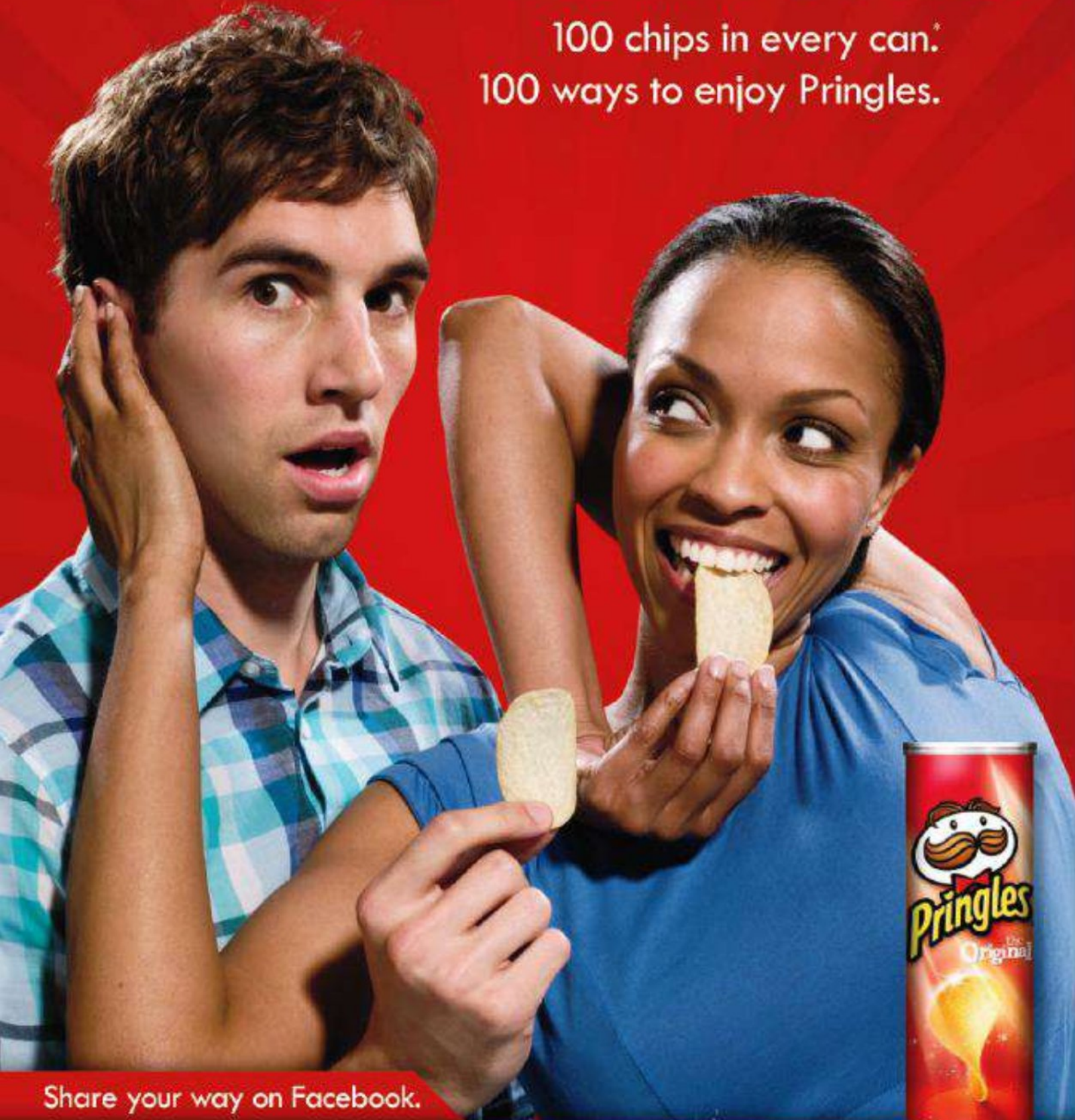
The belief that there is a finite number of times in which one can fall in love, most commonly six.

Source: Douglas Coupland, cultural commentator and novelist; from the *New York Times*, September 12, 2010

#61

# The Can-tortionist

100 chips in every can.\*  
100 ways to enjoy Pringles.



Share your way on Facebook.

©2011 P&G

Everything **pops** with Pringles

www.downmagaz.com

©2011 P&G

## WHAT I'VE LEARNED

# Aunts with Attitude

Melanie Notkin (right) has six nieces and nephews but no kids of her own, and she has given birth to a movement she calls savvy aunties.

“Parents have guides and web-sites and so many other resources, but there was nothing for aunts,” she says.

Although we tend to think the vast majority of women are moms, Notkin, 42, says we’ve got that wrong. “The newest census data show that 46 percent of American women through age 44 don’t have children, but just about every woman I know has a child in her life, by relation or by choice, whom she loves.”

To create an online community, in 2008 Notkin launched [savvauntie.com](http://savvauntie.com), with advice on everything from gift buying to getting due respect. Her book, *Savvy Auntie: The Ultimate Guide for Cool Aunts, Great-Aunts, Godmothers, and All Women Who Love Kids* (William Morrow), is out next month. Here are four



things Notkin wants you to know:

- **Aunts want to make kids smile.** “The time they spend with kids is quality time because it’s not mixed up with chores.

Frankly, having an aunt is a gift. What the child gives the aunt is also a gift.”

- **“Aunts by choice” matter.**

Families are often far-flung, so “it’s important that women who have discretionary income and the time give to the children around them. I call it the American family village.”

- **An aunt should never be taken for granted.** “Not having kids doesn’t make us built-in babysitters. We have many things going on in our lives.”

- **Aunts make good “confid-aunts.”** “An aunt can give a new perspective.” She can even step in for a mom if need be. “I lost my own mother when I was 19, and it was my aunt and my mother’s best friend—my auntie-by-choice—who became my mothers. Thank God my mother was generous and invited these women into the raising of me, because after she died, I still had women to go to.”

Dawn Raffel

### GO FIGURE

# 47

Percentage of Americans who say they have given money to family members in the past year so they can pay their bills

2010 MetLife study of the American Dream

# A Special Message to our Readers

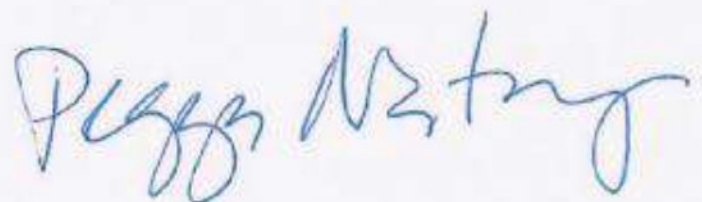
**Every year** we like to take at least one day to thank the people who matter most to us — you, our readers and customers. March 10 is this year's global "Thank a Customer Day," and it really is global — in the 45 countries where we do business, every one of our employees (yes, even the CEO) will spend the day writing thank-you notes, making phone calls, and sending e-mails expressing our gratitude.

This letter is the editorial staff's chance to thank our loyal subscribers and

newsstand buyers for their continued support. We've been thrilled with your response to the recent changes in the magazine, as we get back to our roots as a curator of information and insight. And we're equally excited to see how many of you are now signing up to follow us on Facebook and buying subscriptions or single copies on the Kindle, Nook, and iPad. And whether you're sharing a funny family story, suggesting an improvement to Word Power, or weighing in with your own Reader's Digest Version of life, we always appreciate your letters and comments.

DeWitt Wallace, the founder of *Reader's Digest* in 1922, was a modest man who always thought of his little magazine as a service to you. That's one of the most important legacies he left us and one we honor with these two simple words: *thank you*.

Sincerely,



Peggy Northrop,  
Global Editor in Chief,  
and the entire staff of *Reader's Digest*



## 5 Ways to Get the Most Out of Technology

Easy tweaks for nongEEKs

BY SAM GROBART

● FROM *The New York Times*

**Y**our gadgets and computers, your software and sites—they are not working as well as they should. You need to make some tweaks. But the tech industry has given you the impression that making adjustments is difficult and time-consuming. It is not. And so, below are a few things to do to improve your technological life. They are easy and (mostly) free.

### GET A SMART PHONE

**WHY:** Because having immediate access to your e-mail, photos, calendars, and address books, not to mention vast swaths of the Internet, makes your

life a little easier.

**HOW:** This does not have to be complicated. Upgrade your phone with your existing carrier; later, when you are an advanced beginner, you can start

weighing the pluses and minuses of your carrier versus another. Using AT&T? Get a refurbished iPhone 3GS for \$29. Verizon? Get its version of the iPhone or a refurbished



Droid Incredible for \$100. Sprint? Both the LG Optimus S and the Samsung Transform are decent Android phones that cost \$50. T-Mobile users can get the free LG Optimus T.

### **STOP USING INTERNET EXPLORER**

**WHY:** Because, while the latest version has some real improvements, Internet Explorer is large and bloated with features and an example of old-style Microsoft excess.

**HOW:** Switch to either Mozilla Firefox or Google Chrome. Both are first-rate speedy browsers, and both are free. It remains a tight race between the two, but Chrome has had the lead lately in features and performance. Both browsers include useful things like bookmark syncing. That means that your bookmarks folder will be the same on every computer using Chrome or Firefox and will update if you change anything.

### **UPLOAD PHOTOS TO THE CLOUD**

**WHY:** Because you'll be really sorry if an errant cup of coffee makes its way onto your PC, wiping away years of photographic memories. Creating copies of your digital photos on an online service is a painless way to ensure they'll be around no

## **With Picasa, friends get passwords and can view your photos at their leisure.**

matter what happens to your PC. It is also an easy way to share the photos with friends and family.

**HOW:** There are many good, free choices. To keep things simple, use Picasa, Google's service. After your initial upload—which may take a while, so set it up before you go to sleep—you will have a full backup of your photo library. And by inviting people to view it, privately, with passwords, you will not have to e-mail photos

anymore. Anytime you have new pictures, upload them to Picasa, send a message to your friends, and they can view your gallery at their leisure.

### **BACK UP YOUR DATA**

**WHY:** Because photos are not the only important things on your computer. With online

backup services, you do not have to buy any equipment; you just install software, which sits on secure servers and runs in the background, regularly updating a mirror image of all your files while you spend time on >>

#### **GO FIGURE**

# 72.9

**Number of products ordered per second on Amazon**

Source: Good magazine/comScore



more important things, like confirming that Ben Gazzara really was the bad guy in *Road House* (he was).

**HOW:** Go to [sosonlinebackup.com](http://sosonlinebackup.com). Pay \$80 a year. Install the software. Sleep easy.

## GET FREE ANTIVIRUS SOFTWARE

**WHY:** Because attacks on unwitting users are more widespread, and tactics are growing more advanced.

**HOW:** Windows users should download the *avast! Free Antivirus*. Mac users can download *iAntiVirus Free Edition*. Both applications provide a basic level of security against a variety of so-called malware. And they cost zero. ■

### TIME-SAVER

## No More Paper!

Make your life (and briefcase) slimmer, trimmer, and paper-free

● You come across a story or recipe online that you want to savor or save. What do you do? You press “Print.” Pretty soon, you’ve got a stack of reading and a bulging bag. **Instapaper.com** lets you assemble your online reading in one place—with no ads or goofy coding to distract you. Bookmark today, read on an iPad, iPhone, or Kindle whenever. Source: Wall Street Journal

● Some people fear spiders. Others fear an endless wait with nothing to read. For \$4.99, the **Storyville** app from the iTunes store will send you a short story every week for six months. “Short stories are transporting,” founder Paul Vidich tells *Publishers Weekly*. “They’re the perfect lifestyle match for mobile reading.”

● Have you started to resemble Pigpen, with paper scraps and jottings trailing you wherever you go? **Toodledo.com** lets you keep your to-do lists online, where you can update and manage them electronically. Source: Wall Street Journal

### NOTABLE QUOTE

“This is a Prince George’s County School District parent, calling to thank you for the robocall yesterday at 4:30 in the morning. I decided to return the favor.”

**Text of robocall created by Aaron Titus and sent to school officials ... at 4:30 on the morning after they woke him with their robocall about a snow day. Titus says he knew about the system’s delayed opening before he went to bed.** Source: Washington Post



# Stop “Helping” Me, Google Search History

Is America’s No. 1 search engine just trying to embarrass us?

BY MIKE LEFFINGWELL

● FROM [madatoms.com](http://madatoms.com)

Don’t get me wrong—modern technology is amazing. But for all the convenience the Internet offers, there’s one area where I wish it wouldn’t go out of its way to make my life easier. I can’t begin to type any word into Google without it “helpfully” bringing up all the things I’ve searched for in the past that start with the same letter.

When my mother-in-law visits and is trying to look up American Airlines, I don’t need Google to show her how I looked up “awesome car crashes” or “amanda seyfried cleavage.” Google search history is like the friend you kick under the table because he doesn’t realize he needs to shut up.

I’ve even tried to Google how to delete search history, and the second I type the “d,” I get reminded how I’ve previously looked up “dirty lyrics to Chipmunks

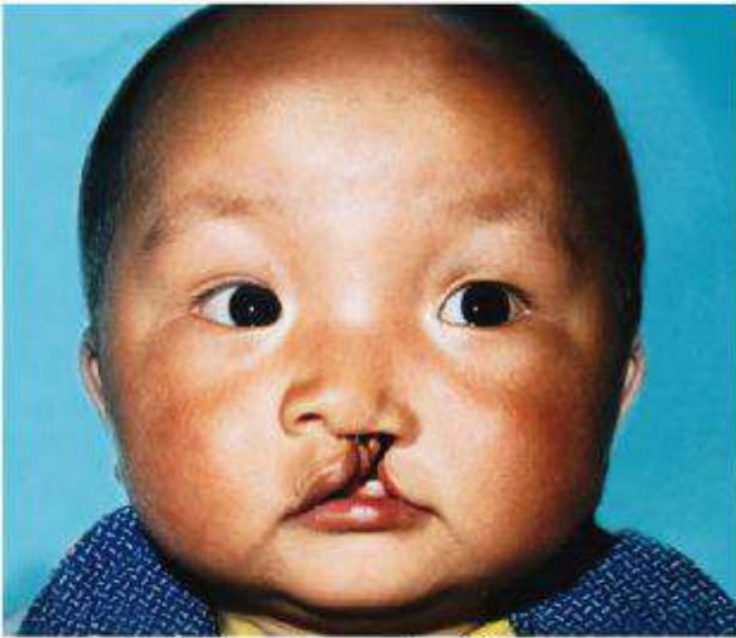
songs.” That was a one-time thing I was interested in, Google search history! Just forget I ever asked. There are people sitting nearby in this coffee shop, and you’re embarrassing me.

Since it saves my wife’s search history, too, I’m constantly reminded how infantile my searches are compared with hers. Case in point: Type in “o” and two things that come up are “organic baby food” (hers) and “origami-shaped superheroes” (mine). Thanks, search history. If I were hoping for an unsubtle reference to how little I’ve developed as an adult, that would do nicely.

And it’s not just that I’m shamefaced about my past searches; sometimes I’m just perplexed. For the life of me, I can’t remember what I was thinking that made me Google “outlet face” or “milk mustache hitler.” Clearly, there was a time when I thought these were things I needed to research more deeply. Now they’re just riddles with no answer. I feel like a drunk finding indecipherable notes I left myself in my apartment.

I don’t want to feel like that! What does “outlet face” even mean? I don’t know, and I don’t want to know. The man who Googled that is not a guy I want to remember. Let me live in the present. ■





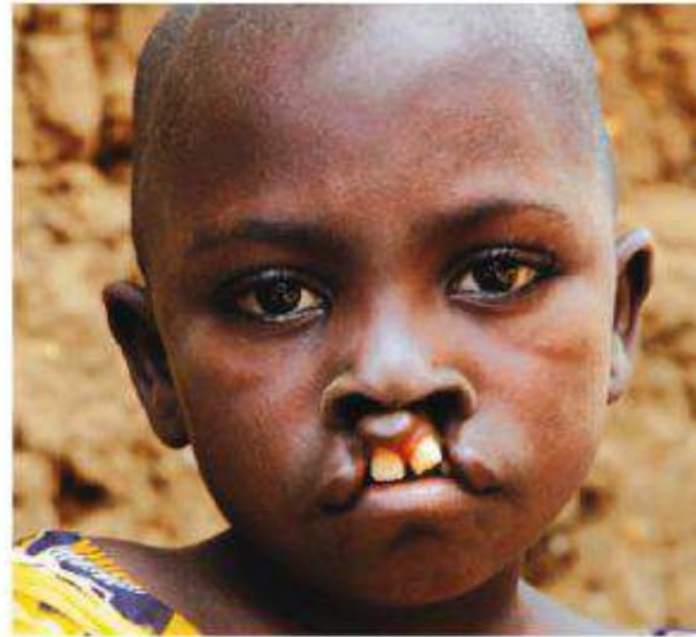
Ming, 6 months, China



Shiva, 1 year, India



Durgap, 5 years, India



Funmi, 8 years, Nigeria



Mot, 13 years, Cambodia



Salazar, 5 years, Philippines

# Each Of These Kids Needs Somebody Who Cares Enough To Send \$250. Once.

Free cleft surgery which takes as little as 45 minutes and costs as little as \$250, can give desperate children not just a new smile — but a new life.

“...one of the most productive charities — dollar for deed — in the world.”  
—*The New York Times*

**Your support can provide free treatment  
for poor children with clefts.**

\$250 Surgery.    \$125 Half surgery.    \$50 Medications.    \$ \_\_\_\_\_

Mr./Mrs./Ms. \_\_\_\_\_ Zip \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Telephone \_\_\_\_\_ eMail \_\_\_\_\_

Credit Card # \_\_\_\_\_ Expires \_\_\_\_\_

Visa    MasterCard    AMEX    Discover   Signature \_\_\_\_\_

My check is enclosed. Z11041008ZSJY23

**Smile Train, P.O. Box 96211, Washington, DC 20090-6211**

**Donate online: [www.smiletrain.org](http://www.smiletrain.org)  
or call: 1-800-932-9541**



A Healthy Diet During Pregnancy Can Help Prevent Birth Defects And Clefts. According to the U.S. Government, women should take sufficient levels of folic acid (400 micrograms/day) during pregnancy to help reduce the risk for cleft lip and palate. Foods to avoid may include raw or undercooked seafood, beef, pork or poultry; delicatessen meats; fish that contain high levels of mercury; smoked seafood; fish exposed to industrial pollutants; raw shellfish or eggs; soft cheeses; unpasteurized milk; pâté; and caffeine. For more information, visit [www.SmileTrain.org](http://www.SmileTrain.org). Smile Train is a 501 (c)(3) nonprofit recognized by the IRS, and all donations to Smile Train are tax-deductible in accordance with IRS regulations.  
© 2011 Smile Train.

# Connections

Your Guide to What's Happening Now.

## The Great State of Texas

In Texas, you'll enjoy everything from rugged outdoor adventures to relaxing retreats. Call 1-800-8888-TEX, ext. 5986, or visit [TravelTex.com](http://TravelTex.com) to order your FREE Texas State Travel Guide.



## New Book from Best You

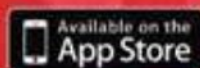
Look for the new **Best You** book in bookstores this April. *Blessed: Living a Grateful Life* is a heartwarming collection of stories that open our eyes to the meaningful wonders of life.



**Tear through it the same as always  
and like never before.**

**Introducing the new Reader's Digest iPad App.**

Featuring the best in health, home, food, money, travel and more from 350+ sources you trust.



**DOWNLOAD THE APP TODAY AND SEE FOR YOURSELF.**

Go to [readersdigest.com/connections](http://readersdigest.com/connections) for more!

# Random Ideas from All Over

● **Safer skies.** Under a new program, air-traffic controllers are encouraged to admit mistakes to supervisors, with no fear of penalty. The thinking? Mistakes help identify trends and improve system safety, reports the *Washington Post*.

● **Slow-walking, rubbernecking tourists.** In London's Oxford Street district, visitors will be asked to "cling to buildings," reports *wsj.com*, "in a shoppers' lane along storefronts."

● **Another reason not to smoke.** Genetic damage in regular smokers begins minutes after inhaling. (*NewScientist*)

● **A scoreboard in the bathroom mirror?** When you brush your teeth in the morning, reports *Scientific American*, you may see a scoreboard

announcing your family's carbon footprint, a discount at your next dentist appointment, maybe even "life meters" reflecting the happiness of your boss or customers. Carnegie Mellon's Jesse Schell says this "game-ification of everything" will make us happier by making us more engaged.

● **Planetary hippy-hopping.** Researchers in Cambridge, Massachusetts, are adapting a favorite form of childhood locomotion—the Hippy Hop bouncing ball—to space exploration. The Talaris "hover-hops" using nitrogen thrusters, explains the *Economist*, and may surmount

many of the navigational difficulties faced by traditional vehicles.

● **Tracking down humans instead of foxes.** Since before foxhunting was banned in England in 2005, the Coakham Hunt has used bloodhounds to chase huffing, puffing, exercising humans. According to the *Washington Post*, it's a manhunt with a happy ending for everyone, especially foxes. ■

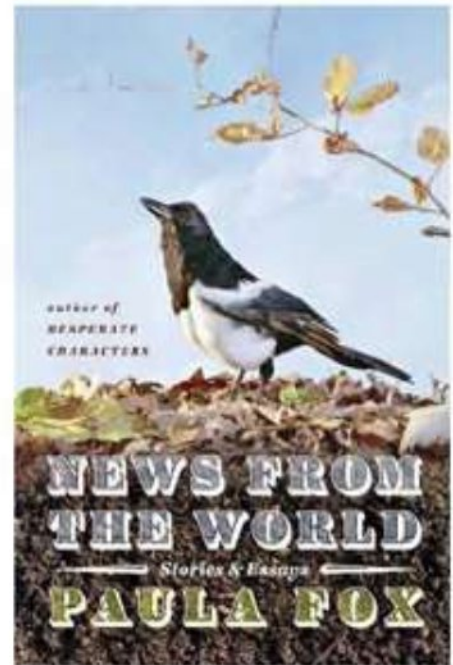


# Mini Book Excerpts

## Stories and Essays

The trouble with owning a dog is that it leaves you alone with a private judgment about yourself, John thought. If a person had accused him of meanness, he could have defended himself. But with a dog—you did something cheap to it when you were sure no one was looking, and it was as though you had done it in front of a mirror.

*News from the World* by Paula Fox (Norton, \$24.95)



## Legal Thriller

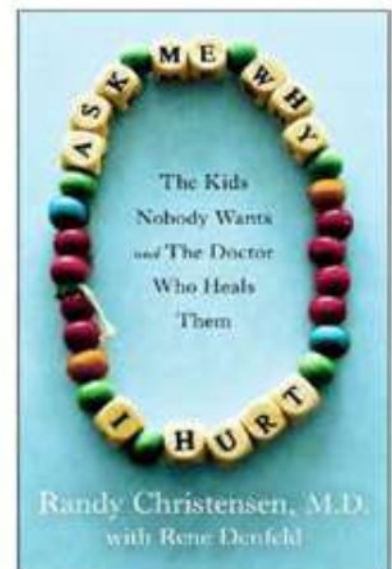
Mrs. Pena had invited me inside for the meeting, but I preferred meeting in the car. This was drive-by territory, and I was in my Lincoln Town Car BPS. That stood for Ballistic Protection Series. I bought it used from the widow of a murdered enforcer with the Sinaloa cartel. There was armored plating in the doors, and the windows were constructed of three layers of laminated glass. They were bulletproof. The windows in Mrs. Pena’s pink house were not. The lesson learned from the Sinaloa man was that you don’t leave the car unless you have to.

*The Fifth Witness* by Michael Connelly (Little, Brown, \$27.99)

## Medicine

I gave Mary a set of brand-new clothes, including socks and shoes. The jeans were dark blue Wranglers, stiff with newness, and the shirt had a pop star on the front. It was a nice, fashionable outfit, the kind a teenage girl could wear without shame. Afterward she sat on the paper-covered exam table, pressing her new jeans with her hands and giggling ... She had missed so much from life. Was it possible to give any of her childhood back to her?

*Ask Me Why I Hurt: The Kids Nobody Wants and the Doctor Who Heals Them* by Randy Christensen, MD (Broadway Books, \$24.99)



## Detective Novel

Nothing was missing, Wallander was sure of that. He could think of only two possibilities. Either the thief hadn't found what he was looking for, or he had left something behind.



And so Wallander didn't simply look for something that was missing, but also for something that hadn't been there before. He crawled around, looking under chairs, beds, and sofas, and searched among his books. After almost an hour, just before Nordlander called, he concluded his search without having discovered anything at all. He wondered if he should talk to [the forensic expert] and ask him to look for possible hidden microphones. But he decided not to—it would raise too many questions and give rise to too much gossip.

***The Troubled Man: A Kurt Wallander Novel*** by Henning Mankell (Alfred A. Knopf, \$25.95)

## Memoir

Nothing prepared me for the loss of my mother. Even knowing that she would die did not prepare me. A mother, after all, is your entry into the world. She is the shell in which you divide and become a life. Waking up in a world without her is like waking up in a world without sky: unimaginable. And because my mother was relatively young—55—I feel robbed of 20 years with her I'd always imagined having.

***The Long Goodbye*** by Meghan O'Rourke (Riverhead, \$25.95)

## History

Queen Liliuokalani, now released from her palace prison, traveled to the United States to lobby against annexation once again. On a train from California heading east, she marveled, "Here were thousands of acres of uncultivated, uninhabited, but rich and fertile lands ... Colonies and colonies could be established here ... And yet this great and powerful nation must go across two thousand miles of sea, and take from the poor Hawaiians their little spots in the broad Pacific." She had a point, but it doesn't take a graduate of the Naval War College to notice you can't exactly park a battleship in Denver.

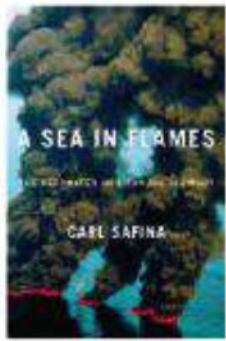
***Unfamiliar Fishes*** by Sarah Vowell (Riverhead, \$25.95)



# Oil and Water

The oil-spill mess is over ... isn't it?  
An interview with environmentalist Carl Safina

BY DAWN RAFFEL



A year has passed since the Deepwater Horizon disaster killed 11 workers and spilled some 205 million gallons of crude oil into the ocean. Carl Safina, a MacArthur, Guggenheim, and Pew

fellow whose book *A Sea in Flames: The Deepwater Horizon Oil Blowout* (Crown, \$23.99) is just out, believes grave danger remains—but not in the way we predicted.

**Q. You spent a great deal of time in the Gulf and quote a Louisiana sheriff who said, “This will make Katrina look like a bad day.” Has this happened?**

**A.** No. The most terrible things—the permanent ruin of the beaches—did not come to pass. Most people were back to fishing five or six months later. But they are scared that something could happen that will be much worse or that oil still on the seafloor could wash ashore.

**Q. You contend that the spill in the water was less of a catastrophe than what we routinely spill into the air.**

**A.** Right, it's not the oil that was lost—it's the oil, coal, and gas we burn that's the global disaster. As for the region, in Louisiana and the Mississippi Delta, the marshes are washing away. A lot of it has to do with the oil and gas industry, and a lot has to do with shipping, flood control that starves the marshes, and pollution. All those things were tremendous threats before the blowout, and they remain tremendous threats.

**Q. But shouldn't we be angry about the blowout? And if so, at whom?**

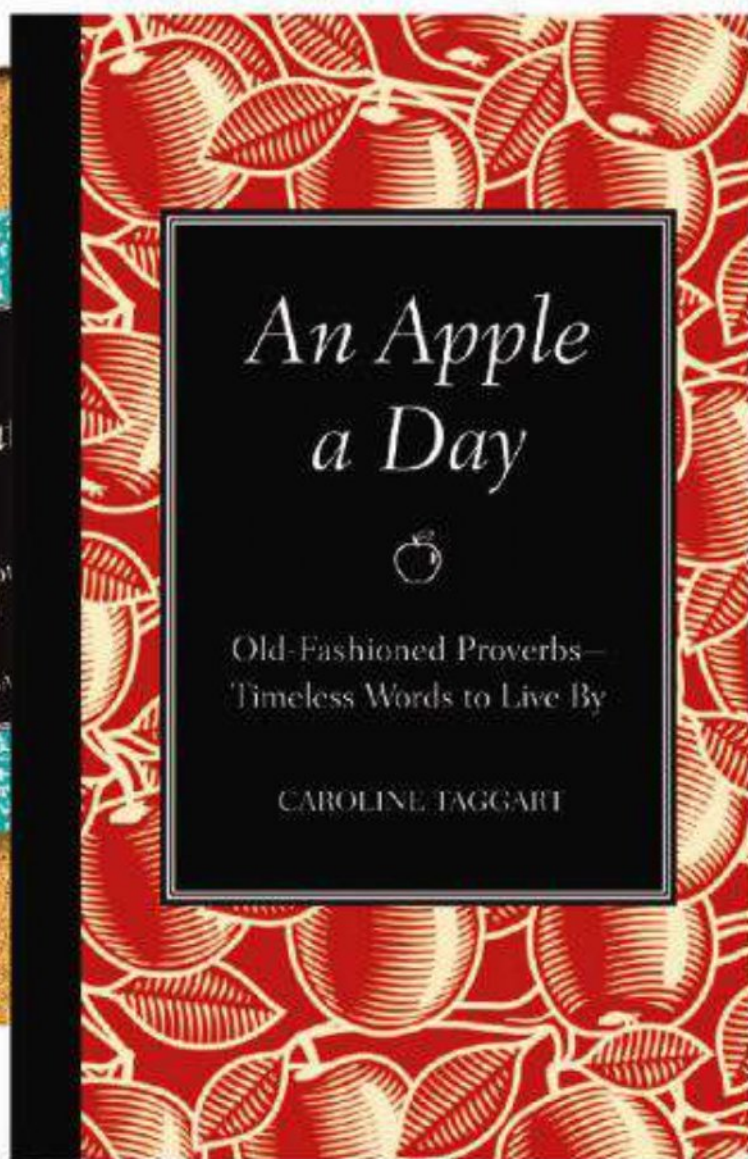
**A.** I think anger is correctly directed at the tremendous sloppiness that caused it. That was partly the culture of the company [BP] and partly the fact that oversight and regulation were lax. Blowouts happen regularly around the world. This was the worst, but we know they happen, and we know the drilling is going deeper and deeper. They were utterly unprepared.

**Q. What do we do now?**

**A.** We need to prepare for all the ways wells can blow out and find different ways to shut off the flow. We need to have the hardware ready. Instead of saying, >>

## BEST-SELLING BOOK SERIES

GET A CRASH COURSE IN EVERYTHING!



*An Apple A Day: Old-Fashioned Proverbs—Timeless Words to Live By.* Discover what hundreds of popular sayings mean, where they came from, and their relevance in today's culture from Caroline Taggart, author of *I Used to Know That: Stuff You Forgot from School*.

Reader's  
**Digest**  
VERSION  
BOOK SERIES

MORE THAN  
750,000  
BOOKS SOLD

Available in ebook and hardcover wherever books are sold!



“The house is on fire, let’s build a truck that can carry water,” we can say, “Let’s move in the equipment.” Also, the reason we’re going into deeper and deeper water with higher stakes is that we are running out of oil. We need a national policy of transitioning to the next kind of energy economy. People say, “It’s too expensive,” but look at the costs of these accidents. We spend a tremendous amount of tax money giving subsidies to big oil and big

coal so they can lobby for more subsidies, making it almost impossible for clean-energy technology to get on an even playing field. Many clean-energy start-ups are going to Germany and China and Denmark. Whoever creates the next energy economy will own the future, and then they’ll sell it back to us. I’m already buying too many things from China, and I would rather that the country that owned the future was the United States. ■

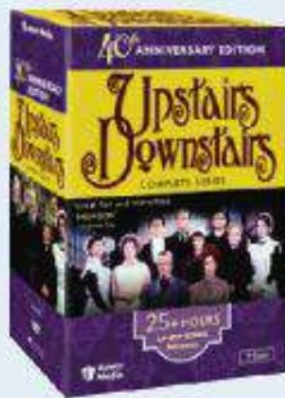
## hello

### Two tales of two cities.

Tee up the DVD player on March 29 for two decidedly different releases. The complete *Upstairs, Downstairs* (68 episodes, 57 hours, plus 25 hours of extras; \$199.99) is out in a boxed set for the

40th anniversary. PBS rebroadcasts the series—aristocrats! servants!—starting April 10. Instead of Jean Marsh in Edwardian London, *Treme* (ten episodes; \$59.95)

features Khandi Alexander in post-Katrina New Orleans. The HBO show’s second season starts April 24.



### The website you’ve been

**waiting for.** Confused about the difference between antlers and horns? Tartan and plaid? Melody and harmony? DifferenceBetween.net explains it all for you.

## goodbye

### Dogs with manners.

From 1993 to 2008, hospital admissions for dog bites increased a whopping 86 percent, according to the Agency for Healthcare Research and Quality.

### Young people who care.

It sounds like something out of the mouth of a crotchety 110-year-old, but science agrees: “College

students’ self-reported empathy has declined since 1980,” says *Scientific American Mind*, “with an especially steep drop in the past ten years.” Another study shows that the same group’s narcissism is at a new high. *Young people!*

**Civilization.** People who want to be on reality-TV shows and in commercials—and really, who doesn’t?—can now submit their videos to the site [auditionbooth.com](http://auditionbooth.com), reports *Inc.* magazine. And whom can we thank for this opportunity? Paula Abdul.

# Finally, free yourself from back pain.

Spinal Stenosis

Sciatica

Arthritis of the Spine

Degenerative Disc Disease

Herniated Disc

Foraminal Stenosis

Bone Spurs

Facet Disease

Laser Spine Institute's minimally invasive procedures are the safe and effective alternative to open back or neck surgery.

Each month, more people come to Laser Spine Institute to relieve their neck and back pain than to any other spine surgery center in the world.

- Outpatient procedure
- Less than 1-inch incision
- No fusions or hardware
- No lengthy recovery
- No general anesthesia
- 90% patient satisfaction

 **LASER SPINE INSTITUTE**<sup>®</sup>  
THE LEADER IN ENDOSCOPIC SPINE SURGERY



Call **1-866-382-0672** today for information, or visit **[www.LaserSpineInstitute.com](http://www.LaserSpineInstitute.com)**

Most insurance accepted.

## WHAT I'M UP TO

# John Stossel

Investigative journalist, author, and reporter-blogger for Fox News

INTERVIEW BY AMY WALLACE



## WHERE HE'S SURFING

“I like the daily blog by the Cato Institute, a libertarian think tank. Also intrade.com, where people bet on future events. Here at Fox we have all these smart predictors of things. But I think better predicting happens when people put their money where their mouths are. Predictions markets have stupidly been banned in America. Intrade is in Ireland.”

## WHAT HE'S PLUGGING

“Stossel. Thursday nights at 8 p.m. and midnight (EST). And my blog, [stossel.blogs.foxbusiness.com](http://stossel.blogs.foxbusiness.com).”

## His READER'S DIGEST VERSION of life and work:

“Work hard, be lucky, don't die. My grandfather was killed by a New York City bus as he crossed the street, reading. I've already been hit by one cab while I was jaywalking.”

## IF HE RULED THE WORLD, HE WOULD ...

“Leave people alone. I think we have too many rulers. I think people should be able to do whatever the heck they want to do as long as they don't hurt somebody else.”

## WHAT HE'S WATCHING

“*Ultimate Fighting*. That's embarrassing. But as a former high school wrestler, I was always curious about which marshal art was superior. It's some boy-gene part of me. As for movies, *The Fighter* was okay. I preferred *The King's Speech*, though it reminded me of my struggles. I've largely gotten it under control, but I almost gave up my TV career because my stuttering was getting so bad.”



Colin Firth in *The King's Speech*

## WHAT HE'S READING

“*The Road to Serfdom*, by Friedrich August von Hayek. This book was written when I was a child and sums up what happens when government gets very big. We become serflike.”

LAURIE SPARHAM/THE WEINSTEIN COMPANY; ILLUSTRATED BY GRAFILU

EXCITING NEWS!  
**PROACTIV®**  
**REALLY WORKS!**  
**NOW BETTER THAN EVER!**

TRY IT RISK-FREE

Beat acne breakouts!

just **\$19.95**  
**SAVE 50%**

ACT NOW  
 AND GET  
**FREE SHIPPING!**



Our secret, and what makes Proactiv® different from anything you've tried before, is our pore-penetrating advanced micro-crystal benzoyl peroxide, designed to **work faster and be even gentler\*** than ever before.

Millions have turned to Proactiv® for clearer skin. **Guaranteed!**



"Before Proactiv I was so worried about seeing my husband when he gets home from his deployment in the Middle East. Now I know I have clear skin and he is going to think I am beautiful."

— Andrea Bergin

\*Time and degree of results will vary by individual.

\*Based upon reports from current Proactiv users.



Get a **FREE Refining Mask** to help clear acne fast

Plus get 2 **FREE Extras!**

- Travel-size Green Tea Moisturizer sample to boost hydration
- Must-have booklet *The Doctors' Secrets to a Lifetime of Clear Skin*

**YES! I want acne out of my life!**

Please send me my introductory 30-day supply of Proactiv, plus my Refining Mask gift (valued at \$33), bonus Green Tea Moisturizer sample (\$8 value) and the FREE booklet, *The Doctors' Secrets to a Lifetime of Clear Skin* (\$12 value) — all for only \$19.95, including **FREE SHIPPING & HANDLING**. (Add sales tax for shipments to CA, CO, IA, NC & PA.)\*

Payment Method:

Check or Money Order enclosed for \$19.95 plus applicable sales tax payable to Proactiv.

Charge my  Visa  M/C  AmEx  Discover

Acct. # \_\_\_\_\_ Exp. \_\_\_\_\_

Signature \_\_\_\_\_

\*Offer Details: By ordering now, you become an ActiveMember™ of our Preferred Customer program until you cancel. After 30 days, you'll receive a fresh 30-day supply of Proactiv (less gifts), which will be automatically replenished every three months. You are guaranteed this low price of \$19.95 per month (plus \$7.99 S&H per subsequent shipment and any sales tax) for as long as you choose to be an ActiveMember™. We charge the card you provide (unless you bill you off monthly by check or money order). There is no minimum purchase required, and you can adjust, suspend or stop this continuous service at any time, all in a toll-free call to customer service. Free Shipping offer restricted to new ActiveMembers. Offer good for a limited time.

**60-DAY MONEY-BACK GUARANTEE**

We promise you a great opportunity to enjoy a lifetime of smooth, clear, healthy-looking skin. If for any reason, you are not absolutely delighted with Proactiv, simply return the bottles (even if empty) within 60 days of receipt for a full refund of your purchase price (less s/h). The gifts are yours to keep, no matter what. You have nothing to lose but your acne!

Name \_\_\_\_\_

Address \_\_\_\_\_ Apt. # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

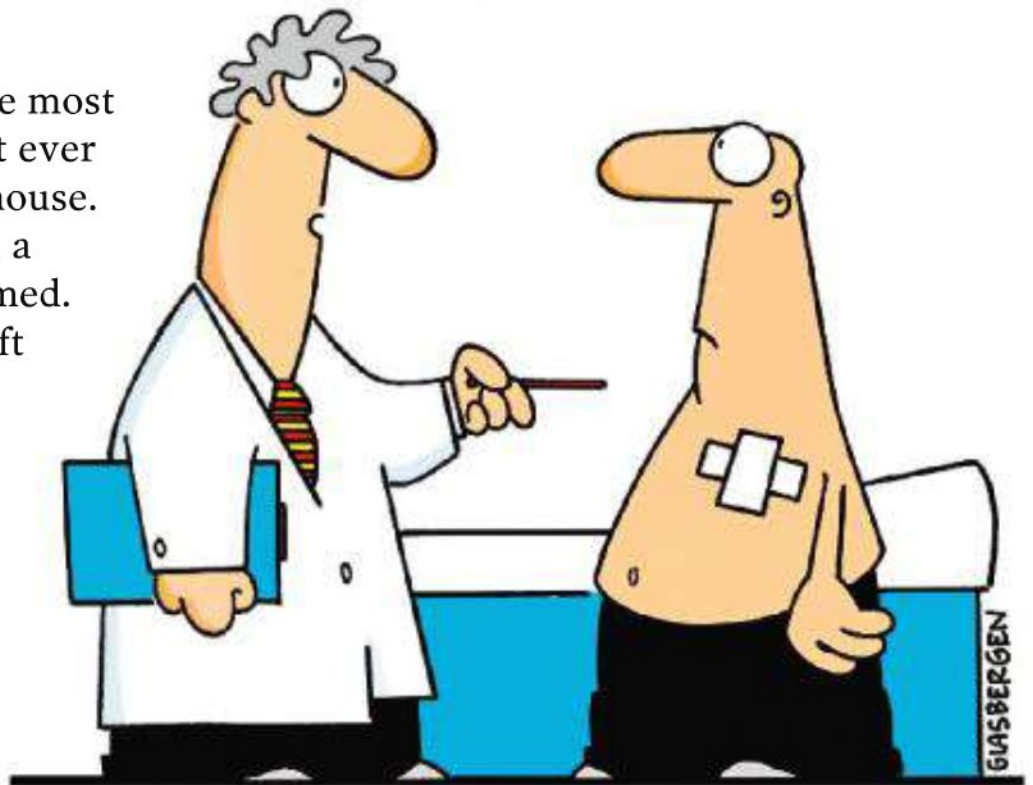
Phone (\_\_\_\_\_) \_\_\_\_\_

Call **1-888-961-0393**  
 Visit **proactiv.com/buynow**

OR MAIL TO: Proactiv  
 c/o Outly-Renker  
 PO Box 362965  
 Des Moines, IA 50336-2965  
 335-637235 ©2011

**I**t may have been the most romantic statement ever uttered in our courthouse. In between hearings, a wedding was performed. As the newlyweds left the courtroom, the bride nestled up to the groom and cooed, “Isn’t it nice to be here when we’re not being convicted of something?”

*Brenda Yaskal,  
Portage, Wisconsin*



*“It’s a pacemaker for your heart. Plus, you can download apps for your liver, kidneys, lungs, and pancreas!”*

## A truer tweet

has never been tweeted: “4:30 is to meeting as water is to boarding.”

*Mark Danielson, twitter.com*

## What’s Bill Gates’s Gerbil’s Name?

*Job hunting is stressful enough without having to answer these interview questions posed by hiring managers:*

- “Rate yourself on a scale of one to ten how weird you are.”
- “How many basketballs can you fit in this room?”
- “An apple costs 20 cents, an orange costs 40 cents,

and a grapefruit costs 60 cents. How much is a pear?”

- “How many bottles of beer are consumed in the city each week?”

*From glassdoor.com*

**While I was performing** in a show outside Chicago, there was a gentleman who could often be found hanging around the lobby. Everyone called him the Marquis. One day, I asked the artistic director if he’d gotten the nickname

**One of the less difficult blanks to fill in on our job-agency application is “Position Wanted.” One job seeker wrote “Sitting.”**

*Flo Traywick, Lynchburg, Virginia*

## @ Work in the News

### Harshest Incentive

A candy company's sales team was promised a trip to sunny Hawaii this past winter if they met their sales quota. They missed their mark and instead got the consolation prize: a vacation in Fargo, North Dakota, where the temperature was 7 degrees. Source: AP

### Taxing Taxes

To publicize colon cancer screenings, an Idaho doctor suggested that a reminder be included in every tax notice. The idea was nixed. "Recommending a colonoscopy in the same envelope as the tax notice may be considered ironic," said the county treasurer. Source: AP

### Gutsiest Cop

A former Massachusetts police sergeant who was convicted of attempted extortion is seeking \$113,000 in compensation. His claim includes 481 hours for court appearances related to his case and 280 hours of overtime to prepare for it. Source: enterpriseneews.com

because he looked so distinguished.

No, he replied. "We call him the Marquee because he hangs out in front of the theater and is usually lit."

*Mark Reaney, Lawrence, Kansas*

**"How do you spell toad?"** one of my first-grade students asked.

"We just read a story about a toad," I said, then helped him spell it out: "T-O-A-D."

Satisfied, he finished writing the story he'd begun, then read it aloud: "I toad my mama I wanted a dog for my birthday."

*Joanna Potter, Greer, South Carolina*

**I overheard two EMT** volunteers talking about the time they went to the aid of an elderly man. As one took down his information, the other opened his shirt to attach EKG cables.

"Any history of heart trouble?" asked the first volunteer.

"None," said the patient.

Looking at the telltale scars of bypass surgery, the second volunteer wasn't so sure. "In that case," he said, "do you remember when the lion attacked you?"

*Monica Gilligan, Rochester, New York*

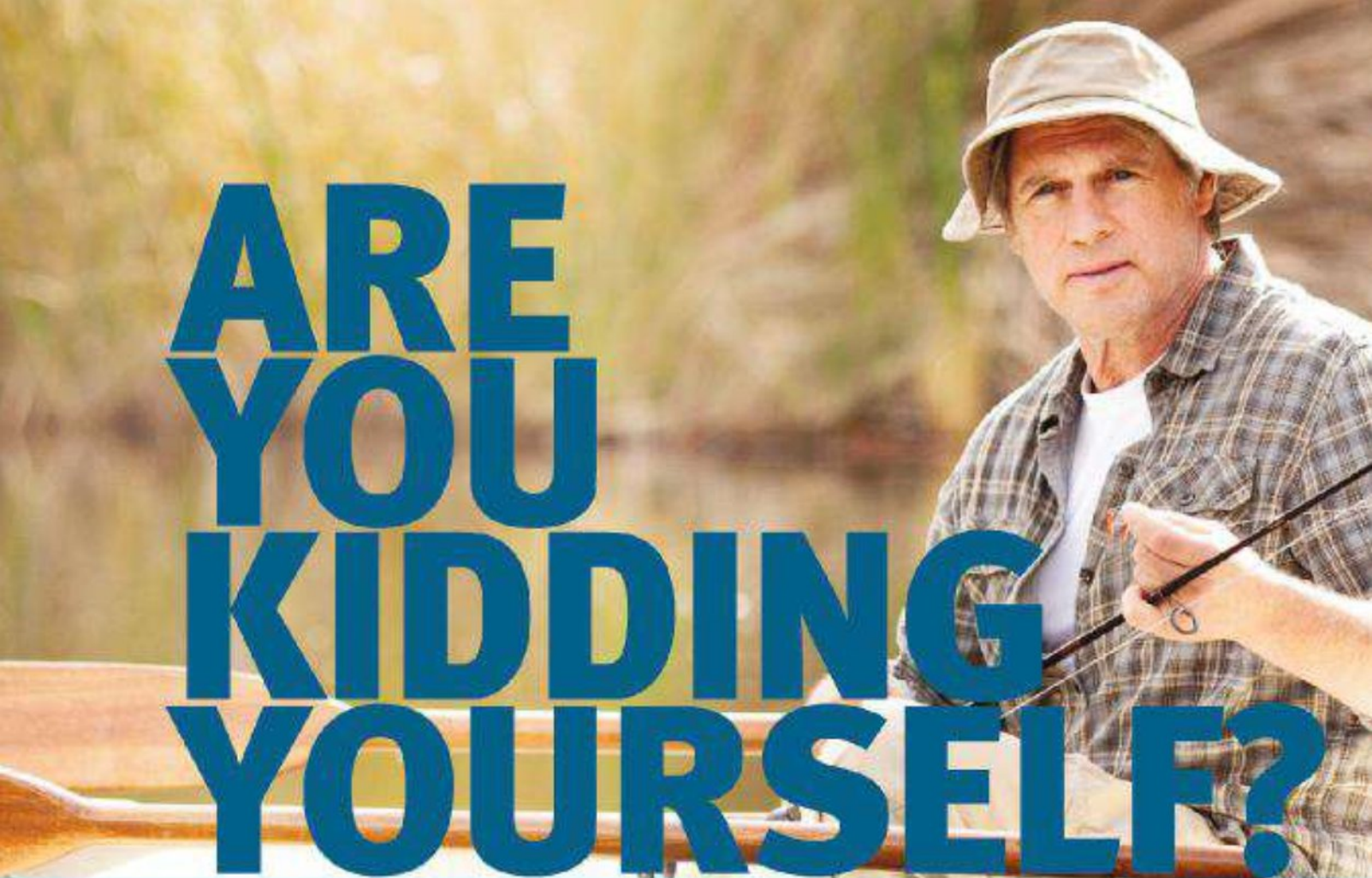


## You Can Win \$25,000!

**Send us** your funny stories, jokes, quotes, and news items to enter the \$25,000 sweepstakes. **Plus,** if we run your item in a print edition of *Reader's Digest*, **we'll pay you \$100.**

> To enter sweepstakes (with or without a joke) and for official rules, go to [readersdigest.com/jackpot](http://readersdigest.com/jackpot) or send your submission or entry to: The \$25,000-Winner-Take-All Prize (#122), Box 946, Newburgh, New York 12550.

No purchase necessary to enter or win. Sweepstakes closes 2/17/12. Open to U.S. residents. Rates subject to change.



# ARE YOU KIDDING YOURSELF?

**YOU THINK YOU'VE GOT PLENTY OF TIME TO LOWER YOUR HIGH CHOLESTEROL, BUT EVERY 34 SECONDS IN THE U.S. SOMEONE HAS A HEART ATTACK.**


## **INDICATION:**

LIPITOR is a prescription medicine that is used along with a low-fat diet. It lowers the LDL ("bad" cholesterol) and triglycerides in your blood. It can raise your HDL ("good" cholesterol) as well. LIPITOR can lower the risk for heart attack, stroke, certain types of heart surgery, and chest pain in patients who have heart disease or risk factors for heart disease such as age, smoking, high blood pressure, low HDL, or family history of early heart disease.

LIPITOR can lower the risk for heart attack or stroke in patients with diabetes and risk factors such as diabetic eye or kidney problems, smoking or high blood pressure.

*You are encouraged to report negative side effects of prescription drugs to the FDA.*

*Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.*



If you've been waiting to lower your high cholesterol, stop kidding yourself. High cholesterol is a significant risk factor for heart attacks.

When healthy diet and exercise are not enough, adding Lipitor may help. Along with diet:

- Lipitor has been shown to lower bad cholesterol 39% to 60% (average effect depending on dose).
- Lipitor is FDA-approved to reduce the risk of heart attack and stroke in patients who have heart disease or risk factors for heart disease. These risk factors include smoking, age, family history of early heart disease, high blood pressure and low good cholesterol.

Lipitor is backed by over 18 years of research.

Talk to your doctor about your risk and about Lipitor. Learn more at [lipitor.com](http://lipitor.com) or call 1-888-LIPITOR (1-888-547-4867).

#### IMPORTANT SAFETY INFORMATION:

LIPITOR is not for everyone. It is not for those with liver problems. And it is not for women who are nursing, pregnant or may become pregnant.

If you take LIPITOR, tell your doctor if you feel any new muscle pain or weakness. This could be a sign of rare but serious muscle side effects. Tell your doctor about all medications you take. This may help avoid serious drug interactions. Your doctor should do blood tests to check your liver function before and during treatment and may adjust your dose.

Common side effects are diarrhea, upset stomach, muscle and joint pain and changes in some blood tests.

*Please see additional important information on next pages.*



**DON'T KID YOURSELF**

Find out more at [lipitor.com](http://lipitor.com)



## IMPORTANT FACTS



**LIPITOR**  
atorvastatin calcium  
tablets

(LIP-ih-tore)

### LOWERING YOUR HIGH CHOLESTEROL

High cholesterol is more than just a number, it's a risk factor that should not be ignored. If your doctor said you have high cholesterol, you may be at an increased risk for heart attack and stroke. But the good news is, you can take steps to lower your cholesterol.

With the help of your doctor and a cholesterol-lowering medicine like LIPITOR, along with diet and exercise, you could be on your way to lowering your cholesterol.

Ready to start eating right and exercising more? Talk to your doctor and visit the American Heart Association at [www.americanheart.org](http://www.americanheart.org).

### WHO IS LIPITOR FOR?

#### Who can take LIPITOR:

- People who cannot lower their cholesterol enough with diet and exercise
- Adults and children over 10

#### Who should NOT take LIPITOR:

- Women who are pregnant, may be pregnant, or may become pregnant. LIPITOR may harm your unborn baby. If you become pregnant, stop LIPITOR and call your doctor right away.
- Women who are breast-feeding. LIPITOR can pass into your breast milk and may harm your baby.
- People with liver problems
- People allergic to anything in LIPITOR

### BEFORE YOU START LIPITOR

#### Tell your doctor:

- About all medications you take, including prescriptions, over-the-counter medications, vitamins, and herbal supplements
- If you have muscle aches or weakness
- If you drink more than 2 alcoholic drinks a day
- If you have diabetes or kidney problems
- If you have a thyroid problem

### ABOUT LIPITOR

LIPITOR is a prescription medicine. Along with diet and exercise, it lowers "bad" cholesterol in your blood. It can also raise "good" cholesterol (HDL-C).

LIPITOR can lower the risk of heart attack, stroke, certain types of heart surgery, and chest pain in patients who have heart disease or risk factors for heart disease such as:

- age, smoking, high blood pressure, low HDL-C, family history of early heart disease

LIPITOR can lower the risk of heart attack or stroke in patients with diabetes and risk factors such as diabetic eye or kidney problems, smoking, or high blood pressure.

## POSSIBLE SIDE EFFECTS OF LIPITOR

Serious side effects in a small number of people:

- **Muscle problems** that can lead to kidney problems, including kidney failure. Your chance for muscle problems is higher if you take certain other medicines with LIPITOR.
- **Liver problems.** Your doctor may do blood tests to check your liver before you start LIPITOR and while you are taking it.

**Call your doctor right away if you have:**

- Unexplained muscle weakness or pain, especially if you have a fever or feel very tired
- Allergic reactions including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing which may require treatment right away
- Nausea, vomiting, or stomach pain
- Feeling more tired than usual
- Allergic skin reactions
- Brown or dark-colored urine
- Your skin and the whites of your eyes turn yellow

**Common side effects of LIPITOR are:**

- Diarrhea
- Muscle and joint pain
- Upset stomach
- Changes in some blood tests

## HOW TO TAKE LIPITOR

**Do:**

- Take LIPITOR as prescribed by your doctor.
- Try to eat heart-healthy foods while you take LIPITOR.
- Take LIPITOR at any time of day, with or without food.
- If you miss a dose, take it as soon as you remember. But if it has been more than 12 hours since your missed dose, wait. Take the next dose at your regular time.

**Don't:**

- Do not change or stop your dose before talking to your doctor.
- Do not start new medicines before talking to your doctor.
- Do not give your LIPITOR to other people. It may harm them even if your problems are the same.
- Do not break the tablet.

## NEED MORE INFORMATION?

- Ask your doctor or health care provider.
- Talk to your pharmacist.
- Go to [www.lipitor.com](http://www.lipitor.com) or call 1-888-LIPITOR.

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call 1-866-706-2400 or visit [www.PfizerHelpfulAnswers.com](http://www.PfizerHelpfulAnswers.com).



Manufactured by Pfizer Ireland Pharmaceuticals, Dublin, Ireland  
© 2009 Pfizer Ireland Pharmaceuticals All rights reserved.  
Printed in the USA.

Distributed by Parke-Davis, Division of Pfizer Inc.  
New York, NY 10017 USA  
June 2009

Rx only



**“We want to make  
sure these horses  
are going to really  
good homes,”  
says Hurley.**

# The Power of **1**

IN PARTNERSHIP WITH **AmericanTowns**

## The Horse Rescuer

- Our hero: **Erin Hurley, 49**
- Where she lives: **Medford, New Jersey**
- How she helps: **Rehabilitating former racehorses**

Erin Hurley began horseback riding as soon as she was big enough to climb into a saddle. She owned her first horse at age nine and has ridden competitively ever since. These days, her equestrian passion has a new focus: the plight of former racehorses. In just six years, Hurley's group, South Jersey Thoroughbred Rescue & Adoption (SJTR&A), has rehabilitated and trained hundreds of retired horses for adoption, sparing them pitiful existences, perhaps even saving some of them from the slaughterhouse.

"It's just amazing how many horses are finished racing at age four and have their whole lives

ahead of them," says Hurley.

She was startled to learn about the fate of many former racehorses when she purchased Thoroughbreds in her previous job as director of an equestrian program for special-needs kids. Eventually, she decided to devote herself full-time to rescuing the cast-off animals. She also learned how much it costs to care for them.

"Horses are not cheap by any stretch of the imagination," she says with a laugh. "It's a challenge to keep your head above water." In the first few years of the adoption organization, Hurley often dug into her own pocket to provide food and shelter for the dozens of animals she took in. Finally, in 2007, she began working with a Philadelphia racetrack to help keep costs down.

**Know a local hero? Visit AmericanTowns to submit your nomination: [americantowns.com/powerofone](http://americantowns.com/powerofone).**

PHOTOGRAPHED BY ERIKA LARSEN/REDUX

[www.downmagaz.com](http://www.downmagaz.com)

Now she can afford to house and train up to 15 horses at a time on Stillpond Farm in Moorestown, New Jersey, where she oversees a small paid staff and volunteers who groom the animals and perform daily chores. Her own horse farm in Medford is used for training as well. Many of the horses are considered too old or slow for racing, and some injured horses have also taken up residence. A local veterinarian and veterinary surgeon provide their services at reduced costs.

Hurley plays matchmaker when riders come in to adopt. “Sometimes you can see a special bond between a horse and a rider,” she says, “a connection when things are going to be good.”

The group averages 150 to 200 successful adoptions a year. “It’s truly nice when people decide to come to us. They get a great horse without spending huge amounts of money, and these horses get a second chance,” says Hurley. Unfortunately, racetracks are still full of horses that won’t. “We’re doing our part, but I wish it were more,” she says. “These are beautiful animals, and they deserve better.” *Natalie van der Meer*

**To adopt from or volunteer at SJTR&A, go to [sjtbadoption.org](http://sjtbadoption.org).**



**Yocum drums up support for veterans.**

## Walking for War Vets

- Our hero: [Troy Yocum, 31](#)
- Where he lives: [Louisville, Kentucky](#)
- How he helps: [Raising money for veterans](#)

While serving in Iraq in 2009, Specialist Troy Yocum received several distressing e-mails. “My good friend, an Iraq War veteran, was hurting financially,” says Yocum. “I wanted to help, but I [felt] powerless.” The episode stuck with Yocum. When he returned home to Louisville, he ruminated about how to raise money for financially strapped vets and came up with Hike for Our Heroes. The 7,000-mile walk, also known as the Drum Hike because of the instrument he plays en route, kicked off in Louisville in April 2010 and is expected to end there this September. Yocum collects donations through



All in favor of a better way to clean muddy prints, raise your paw.

Swiffer® WetJet® is built smarter to clean tough pet messes better than a mop and bucket. So get your paws on one today.



Swiffer gives cleaning a whole new meaning.™

his website and delivers checks to the doorsteps of needy military families. When his march wraps up, he will have trekked to 38 large cities in 30 states and touched down on all three coasts—in San Diego, New Orleans, and Boston.

“I thought, What better way to spread the word than literally going from town to town,” says Yocum. With the support of his wife, Mareike, and sponsors, including Merrell shoes, Yamaha, and Green Beans Coffee, Yocum has logged an average of 20 miles a day, sleeping in donated hotel rooms, host homes, and his tent. If all goes according to plan, by fall he will have given away several hundred thousand dollars. “Every step is worth it because when I arrive to help another family, it is the best feeling.” *Beth Dreher*

 **Go to [drumhike.com](http://drumhike.com) to make a donation and track Troy's progress.**

## Shoe Business

- **Our hero:** [Jacob Rice, 15](#)
- **Where he lives:** [Tampa, Florida](#)
- **How he helps:** [Getting shoes to kids in need](#)

Four years ago, after hearing about a boy with a program to give away backpacks, Jacob Rice decided to do something similar for disadvantaged kids in East Tampa. A local social services agency tipped him off that kids' shoes were needed, and Rice had found his cause. At his first event, a back-to-school night, 72 kids signed up for shoes.

Rice found a local store that agreed to provide him with shoes at a bargain price. It took private donors and a foundation to help, but eight months later, Rice was able to deliver every last one of the 72 pairs of shoes. Now Rice's non-profit charity, Shoe Giver of Tampa, works with Soles4Souls of Nashville,

## Watch for Our “We Hear You, America” Tour!

**On January 18,** *Reader's Digest* began a remarkable road trip across our beautiful country. Visiting 100 towns in 100 days, we are spotlighting the everyday heroes, special places, and creative companies that make America great. We have also committed more than \$5 million

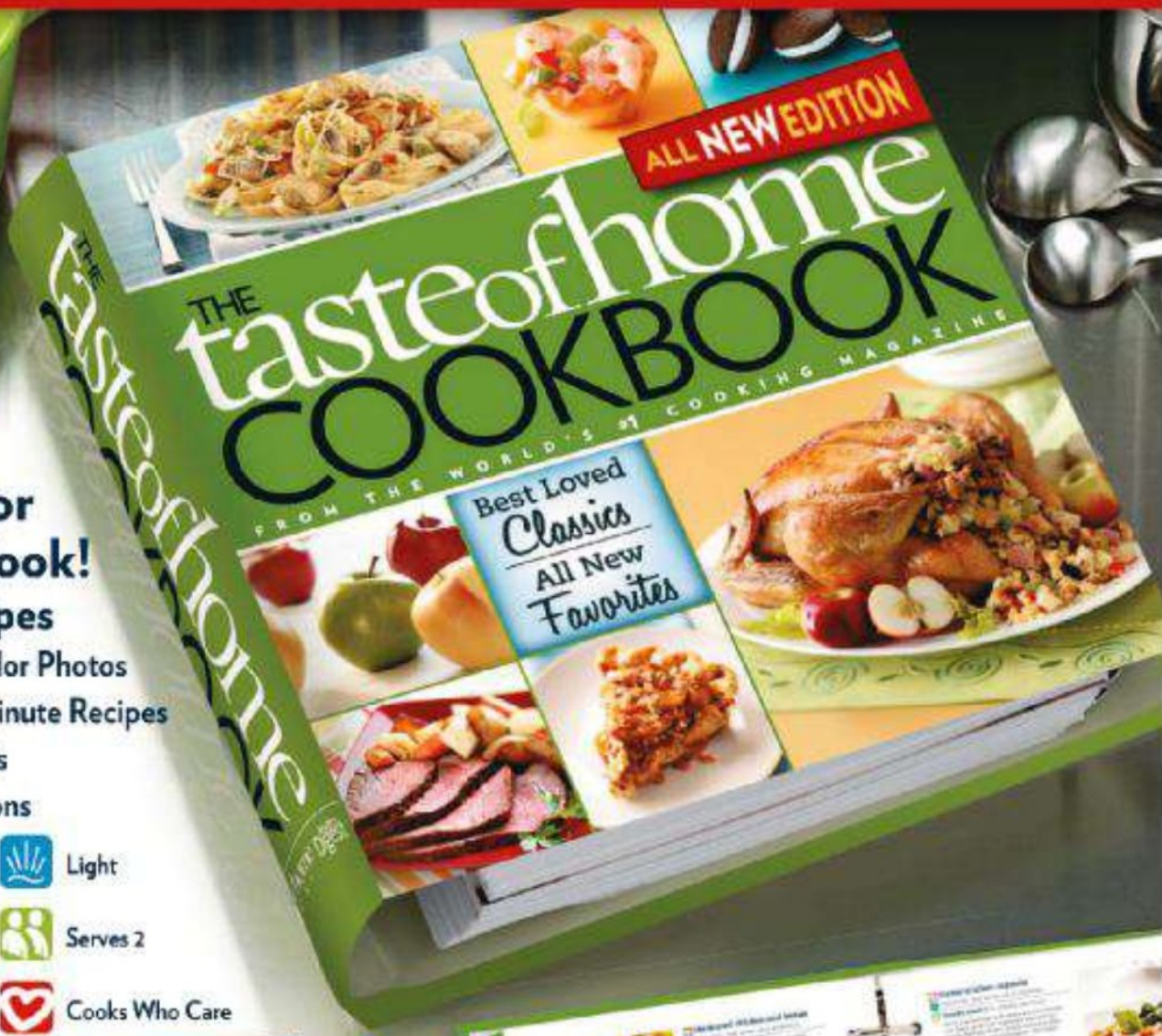
in funds and promotional support to towns that could use a boost. To see photos and videos of the “We Hear You, America” tour, and to find out if we will be visiting your town, go to [readersdigest.com](http://readersdigest.com).

It all culminates in May with our special “Best of America” double issue, which will be packed

with the bright ideas, plans, and stories of all the inspiring, devoted people we find along the way.

Do you have your own “Best of America” to share? Whether it's about the most dedicated volunteer in Versailles or the best pie in Pawtucket, we want to hear from you. E-mail us at [BOA@readersdigest.com](mailto:BOA@readersdigest.com).

**NEW COLLECTION – MORE RECIPES THAN EVER BEFORE!**



**Recipes for Today's Cook!**

- 1,563 Recipes
- 1,330+ Full-Color Photos
- 460+ Thirty-Minute Recipes
- 2 Splash Guards
- At-a-Glance Icons

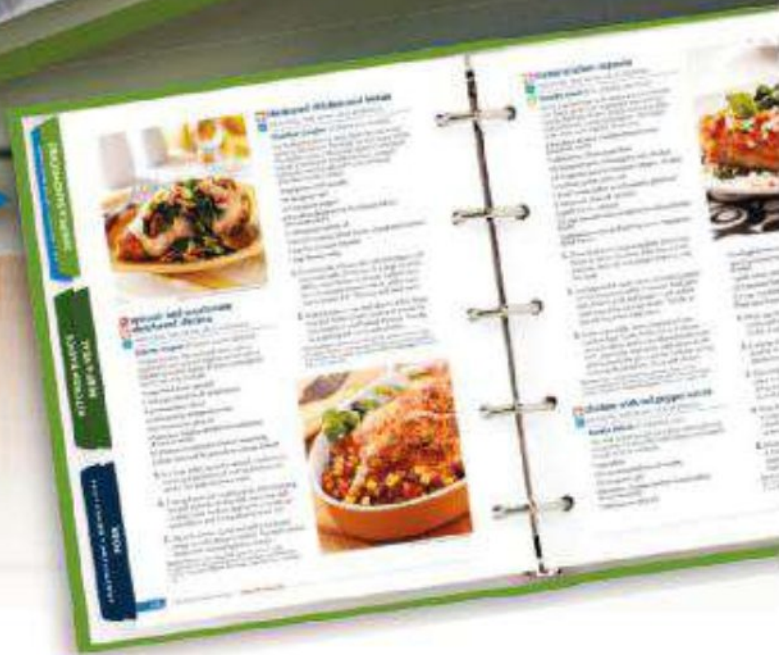
- Slow Cooker
- Light
- Grilling
- Serves 2
- Time-Saver
- Cooks Who Care

**30-Minute Light Entrees** **BONUS CHAPTER**

With **155 family-pleasing recipes** that take **30 minutes** or less, cooking healthy has never been easier!

**Every Bonus Recipe Includes:**

- Nutrition Facts and Diabetic Exchanges
- Prep/Cook Times
- Step-by-Step Directions
- Easy-to-Find Ingredients



**The Taste of Home Cookbook** is available for only **\$29.95** wherever books are sold nationwide!  
 ISBN (13): 978-0-89821-774-2

Visit us at **tasteofhome.com**

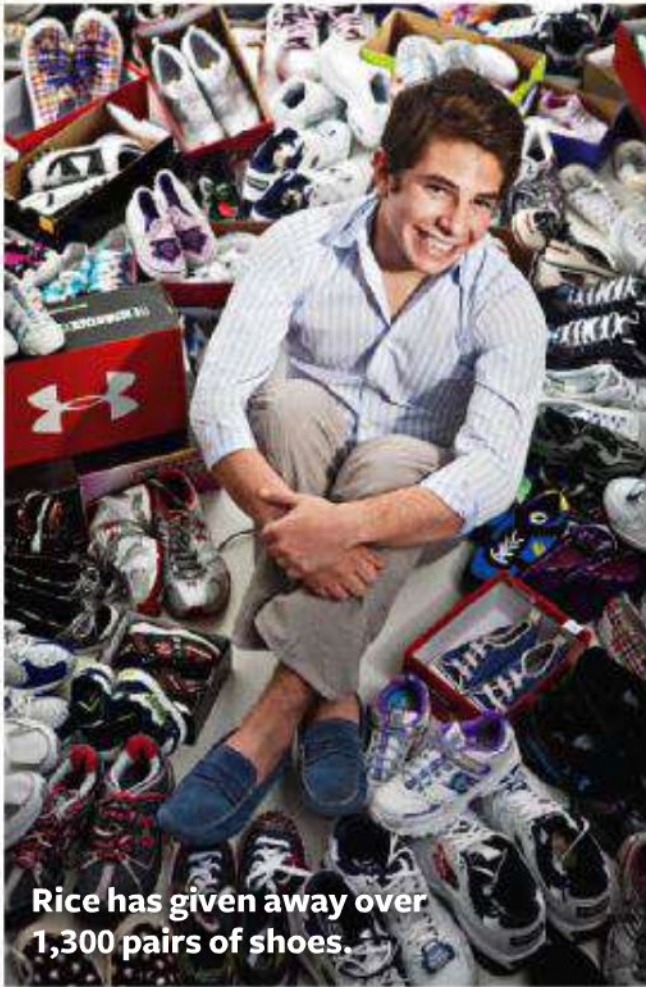


*No more*  
**HIDING**  
*★ backstage ★*



**Step into the spotlight with confidence with OdorLock™ protection.** Always Maxi LeakGuard™ PLUS absorbs in seconds and neutralizes odors for hours. It absorbs faster and reduces odor better than the leading super maxi pad. OdorLock™ protection also available in Always Dri-Liners Plus+.

*Protects like magic.*



Rice has given away over 1,300 pairs of shoes.

Tennessee, a group that collects and distributes shoes worldwide. Every few months, Rice measures dozens of kids' feet and sends the sizes to Soles4Souls founder Wayne Elsey, who finds the shoes and has them delivered to Rice. Then Rice distributes them to the youngsters. To date, Rice has handed over more than 1,300 pairs of shoes, not only in East Tampa but also in the Dominican Republic and Liberia.

His current goal: to donate 10,000 pairs of shoes. "I've learned how important it is to help your community," says Rice. "When you're in a position to help, you have an obligation to do it." *Dorothy Foltz-Gray*

**To donate to Jacob's cause, go to [shoegiveroftampa.org](http://shoegiveroftampa.org).**

COURTESY ALEX MCKNIGHT

# Be CONFIDENT always



Absorbs in seconds.  
Neutralizes odors for hours.

new!



## REGISTER REWARDS<sup>®</sup>

Sale Price REGISTER REWARDS Like Good on Next Purchase Paying

2/\$6 - \$4 = 2/\$2

Available at

# Walgreens

\*Register Rewards are good on your NEXT in-store purchase. Offer valid 3/27-4/30/11. Limit one Register Reward offer per customer. See coupon for exclusions, limitations, and expiration.

# MY GOAL IS TO BREATHE BETTER EVERY DAY.

## ONCE-DAILY SPIRIVA helps people with COPD breathe better.

If you have COPD (chronic obstructive pulmonary disease), which includes chronic bronchitis, emphysema, or both, rescue inhalers alone may not be enough. You and your doctor could talk about adding once-daily SPIRIVA. Taken every day, SPIRIVA can help you breathe better.

*Ask your doctor about SPIRIVA, because it:*

- ▲ Is the only once-daily, inhaled maintenance prescription treatment for both forms of COPD
- ▲ Significantly improves lung function by keeping airways open
- ▲ Helps you breathe better for a full 24 hours
- ▲ Is not a steroid

*You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.*

### THERE MAY BE MORE YOU CAN DO TO HELP MANAGE YOUR COPD.

Talk to your doctor about lifestyle changes and SPIRIVA.

Also call 1.877.SPIRIVA (774.7482) or visit SPIRIVA.COM.

Please see Important Patient Information on reverse.



SPIRIVA® HandiHaler® is a prescription medicine used once every day (a maintenance medicine) to control symptoms of chronic obstructive pulmonary disease (COPD) by relaxing your airways and keeping them open. COPD includes chronic bronchitis, emphysema, or both.

### **Important Safety Information**

SPIRIVA HandiHaler is not a rescue medicine and should not be used for treating sudden breathing problems. Do not swallow SPIRIVA capsules. The contents of the capsule should only be inhaled through your mouth using the HandiHaler device. Stop taking SPIRIVA and get medical help right away if your breathing suddenly worsens, your throat, lips, or tongue swells, you get hives, you have vision changes or eye pain, or you have difficulty passing urine or painful urination.

Tell your doctor if you have glaucoma, problems passing urine or an enlarged prostate, as these may worsen with SPIRIVA. Tell your doctor if you have kidney problems or are allergic to milk proteins. Ask your doctor if you are not sure. Also discuss with your doctor all the medicines you take, including eye drops. The most common side effect with SPIRIVA is dry mouth. Others include constipation and trouble passing urine. For a complete list of reported side effects, ask your doctor or pharmacist.

Once-Daily  
 **SPIRIVA® HandiHaler®**  
(tiotropium bromide inhalation powder)

SV88401CONS SPC00190D

## IMPORTANT PATIENT INFORMATION

### **SPIRIVA® (speh REE vah) HandiHaler®** (tiotropium bromide inhalation powder)



**Do NOT swallow SPIRIVA capsules.**



**After putting the SPIRIVA capsule into the HandiHaler device, breathe in your medicine through your mouth.**

**Important Information:** Do not swallow SPIRIVA capsules. SPIRIVA capsules should only be used with the HandiHaler device. SPIRIVA HandiHaler should only be inhaled through your mouth (oral inhalation).

Read the information that comes with your SPIRIVA HandiHaler before you start using it and each time you refill your prescription. There may be new information. This leaflet does not take the place of talking with your doctor about your medical condition or your treatment.

#### **What is SPIRIVA HandiHaler?**

SPIRIVA HandiHaler is a prescription medicine that you use one time every day (a maintenance medicine) to control symptoms of chronic obstructive pulmonary disease (COPD). SPIRIVA HandiHaler helps make your lungs work better for 24 hours. SPIRIVA HandiHaler relaxes your airways and helps keep them open. You may start to feel like it is easier to breathe on the first day, but it may take longer for you to feel the full effects of the medicine. SPIRIVA HandiHaler works best and may help make it easier to breathe when you use it every day.

SPIRIVA HandiHaler also reduces the likelihood of flare-ups and worsening of COPD symptoms (COPD exacerbations). A COPD exacerbation is defined as an increase or new onset of more than one COPD symptom such as cough, mucus, shortness of breath, and wheezing that requires medicine beyond your rescue medicine.

SPIRIVA HandiHaler is **not** a rescue medicine and should not be used for treating sudden breathing problems. Your doctor may give you other medicine to use for sudden breathing problems.

SPIRIVA HandiHaler has not been studied in children.

#### **Who should not take SPIRIVA HandiHaler?**

##### **Do not use SPIRIVA HandiHaler if you:**

- are allergic to tiotropium. See the end of this leaflet for a complete list of ingredients.
  - have had an allergic reaction to ipratropium (Atrovent®).
- Allergic reactions may include itching, rash, or swelling of the lips, tongue or throat (trouble swallowing).

#### **What should I tell my doctor before using SPIRIVA HandiHaler?**

**Before taking SPIRIVA HandiHaler, tell your doctor about all your medical conditions, including if you:**

- have kidney problems.
- have glaucoma. SPIRIVA HandiHaler may make your glaucoma worse.
- have an enlarged prostate, problems passing urine, or a blockage in your bladder. SPIRIVA HandiHaler may make these problems worse.
- are pregnant or plan to become pregnant. It is not known if SPIRIVA HandiHaler could harm your unborn baby.
- are breast-feeding or plan to breast-feed. It is not known if SPIRIVA HandiHaler passes into breast milk. You and your doctor will decide if SPIRIVA HandiHaler is right for you while you breast-feed.
- have a severe allergy to milk proteins. Ask your doctor if you are not sure.

**Tell your doctor about all the medicines you take**, including prescription and non-prescription medicines and eye drops, vitamins, and herbal supplements. Some of your other medicines or supplements may affect the way SPIRIVA HandiHaler works. SPIRIVA HandiHaler is an anticholinergic medicine. You should not take other anticholinergic medicines while using SPIRIVA HandiHaler, including ipratropium. Ask your doctor or pharmacist if you are not sure if one of your medicines is an anticholinergic.

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist when you get a new medicine.

#### **How should I take SPIRIVA HandiHaler?**

- Use SPIRIVA HandiHaler exactly as prescribed. Use SPIRIVA HandiHaler one time every day.
- Read the "Patient's Instructions for Use" that comes with your prescription before you use SPIRIVA HandiHaler. Talk with your doctor if you do not understand the instructions.
- **Do not swallow SPIRIVA capsules.**
- **Only use SPIRIVA capsules with the HandiHaler device.**
- **Do not use the HandiHaler device to take any other medicine.**
- SPIRIVA HandiHaler comes as a powder in a SPIRIVA capsule that fits the HandiHaler device. Each SPIRIVA capsule, containing only a small amount of SPIRIVA powder, is one full dose of medicine.
- Separate one blister from the blister card. Then take out one of the SPIRIVA capsules from the blister package right before you use it.

- After the capsule is pierced, take a complete dose of SPIRIVA HandiHaler by breathing in the powder by mouth two times, using the HandiHaler device (take 2 inhalations from one SPIRIVA capsule). See the "Patient's Instructions for Use" that comes with your prescription.
- Throw away any SPIRIVA capsule that is not used right away after it is taken out of the blister package. Do not leave the SPIRIVA capsules open to air; they may not work as well.
- If you miss a dose, take it as soon as you remember. Do not use SPIRIVA HandiHaler more than one time every 24 hours.
- If you use more than your prescribed dose of SPIRIVA HandiHaler, call your doctor or a poison control center.

#### What should I avoid while using SPIRIVA HandiHaler?

Do not let the powder from the SPIRIVA capsule get into your eyes. Your vision may get blurry and the pupil in your eye may get larger (dilate). If this happens, call your doctor.

#### What are the possible side effects of SPIRIVA HandiHaler?

**SPIRIVA HandiHaler can cause serious side effects. If you get any of the following side effects, stop taking SPIRIVA HandiHaler and get medical help right away.**

- **Allergic reaction.** Symptoms may include: itching, rash, swelling of the lips, tongue, or throat (trouble swallowing).
- **Sudden narrowing and blockage of the airways into the lungs (bronchospasm).** Your breathing suddenly gets worse.
- **New or worsened increased pressure in the eyes (acute narrow-angle glaucoma).** Symptoms of acute narrow-angle glaucoma may include: eye pain, blurred vision, seeing halos (visual halos) or colored images along with red eyes.
- **New or worsened urinary retention.** Symptoms of blockage in your bladder and/or enlarged prostate may include: difficulty passing urine, painful urination.

Other side effects with SPIRIVA HandiHaler include:

- |                                     |                           |                        |
|-------------------------------------|---------------------------|------------------------|
| • upper respiratory tract infection | • non-specific chest pain | • constipation         |
| • dry mouth                         | • urinary tract infection | • increased heart rate |
| • sinus infection                   | • indigestion             | • blurred vision       |
| • sore throat                       | • runny nose              |                        |

These are not all the possible side effects with SPIRIVA HandiHaler. Tell your doctor if you have any side effect that bothers you or that does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

#### How do I store SPIRIVA HandiHaler?

- **Do not store SPIRIVA capsules in the HandiHaler device.**
- Store SPIRIVA capsules in the sealed blister package at room temperature between 68°F-77°F (20°C-25°C).
- Keep SPIRIVA capsules away from heat and cold (do not freeze).
- Store SPIRIVA capsules in a dry place. Throw away any unused SPIRIVA capsules that have been open to air.

Ask your doctor or pharmacist if you have any questions about storing your SPIRIVA capsules.

**Keep SPIRIVA HandiHaler, SPIRIVA capsules, and all medicines out of the reach of children.**

#### General information about SPIRIVA HandiHaler

Medicines are sometimes prescribed for purposes other than those listed in Patient Information leaflets. Do not use SPIRIVA HandiHaler for a purpose for which it has not been prescribed. Do not give SPIRIVA HandiHaler to other people even if they have the same symptoms that you have. It may harm them.

For more information about SPIRIVA HandiHaler, talk with your doctor. You can ask your doctor or pharmacist for information about SPIRIVA HandiHaler that is written for health professionals.

For more information about SPIRIVA HandiHaler, you may call Boehringer Ingelheim Pharmaceuticals, Inc. at 1-800-542-6257 or (TTY) 1-800-459-9906.

#### What are the ingredients in SPIRIVA HandiHaler?

Active ingredient: tiotropium                      Inactive ingredient: lactose monohydrate

#### What is COPD (Chronic Obstructive Pulmonary Disease)?

COPD is a serious lung disease that includes chronic bronchitis, emphysema, or both. Most COPD is caused by smoking. When you have COPD, your airways become narrow. So, air moves out of your lungs more slowly. This makes it hard to breathe.

Distributed by:      Boehringer Ingelheim Pharmaceuticals, Inc.  
Ridgefield, CT 06877 USA

Marketed by:  
Boehringer Ingelheim Pharmaceuticals, Inc. and  
Ridgefield, CT 06877 USA

Pfizer Inc  
New York, NY 10017 USA



SAR00519      CBS 6/10      SV89137CONS



If you or someone you know needs help paying for medicine,  
call 1-888-4PPA-NOW (1-888-477-2669). Or go to [www.pparx.org](http://www.pparx.org)



Partnership for  
Prescription Assistance

# How Do You Commute to Work?

**D**espite growing environmental awareness, the car is still king with commuters. This month's global poll reveals that biking or walking to work is still rare the world over and shows mass transit lagging considerably behind the car. (Only 21 percent of commuters rely on buses, trains, and other forms of public transportation.)

**Bike if the weather is good. It saves time, helps avoid traffic, and is cheap.**

*Alok Bhatnagar, 31,  
Delhi, India*

**If I go by car, I need to leave home an hour earlier. So I prefer to sleep longer and use the subway.**

*Ekaterina Dolgoplova, 38,  
Moscow, Russia*

On average, 56 percent of respondents from the 15 countries surveyed reported that they drive to work. What, then, of car pools, car shares, and new systems of mass transit? Trumped, apparently, by the freedom and comfort of one's own automobile.

**I commute by car. If I relied on public transportation, it would limit how much I could accomplish.**

*Janice Sellers, 48, Oakland, California*

**IPAD EXTRA** To see how different countries answer our question, download the *Reader's Digest* magazine app from the iTunes store.



## Commuting by car is No. 1 in:

South Africa	87%
U.S.	80
Malaysia	72
Canada	67
Australia	66
U.K.	60
France	59
Mexico	59
Netherlands	52
Germany	51
Spain	47
Philippines	42*
China	34

## EASY RIDERS

Only two countries in our poll did not report cars as their No. 1 method of commuting. In Russia, mass transit took first place, at 37%, and in India, bikes (including motorbikes) trumped automobiles by 3%.

\*In the Philippines, cars and public transportation tied at 42%.



## SKIP THE TURNSTILE

Out of respondents in all 15 countries polled, those in the U.S. had the lowest percentage of mass-transit commuters, only 6%.


## BEST FOOT FORWARD

Spain had the highest percentage of walkers, at 25%.



## SWITCHING GEARS

Of all the women polled in the U.S., not one reported that she bikes to work. In Mexico, the opposite was the case: No male respondents chose a bike as their mode of transport.





# GET THE <sup>Reader's</sup> Digest **VERSION**

ONLINE AT READERSDIGEST.COM

**THIS MONTH, GET SPRING CLEANING TIPS:  
9 CLEANING TRICKS THAT WILL SAVE YOU TIME & MONEY**



**FOOD | HEALTH | HOME & GARDEN | FAMILY | MONEY | TRAVEL**

We're bringing you the most helpful information out there, right when you want it. All day. Every day.

**VISIT THE NEW READERSDIGEST.COM TODAY!**



# Ask Laskas

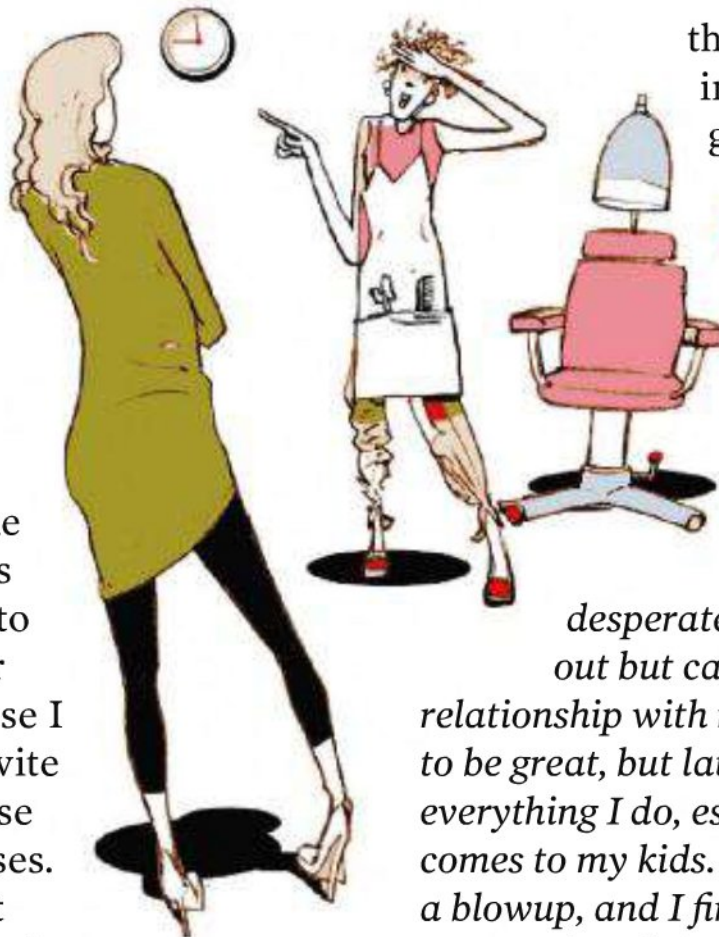
JEANNE MARIE LASKAS

▶ **I own a hair salon, and one of my clients is habitually late.** When she finally arrives, she either uses our tanning lamps or browses our jewelry display cases. She usually takes my last appointment of the day, at 6 p.m., so her lateness often keeps me at work until 9 or 10, even 11. I have two young sons who need me at home. She's so inconsiderate that I'm not sure anything I could say would get through to her. Help!

*Needing a Kind Cut*

Dear Kind Cut,  
There's a reason stores have hours and offices shut down at the end of the day. The workers have to go home. People have lives! It's no different here. The next time Tardy Lady arrives late, say "I'll have to reschedule you for another day because I leave at 7 p.m." Invite her to tan or browse until the salon closes. Be firm. The worst that happens is you lose one client—and your boys get

Jeanne Marie Laskas is not a shrink, but she does have uncommon sense.



their mom home in time for a good-night kiss.

▶ **I've been living with my parents since I divorced my husband about six years ago. I**

desperately want to move out but can't afford it. My relationship with my mother used to be great, but lately she questions everything I do, especially when it comes to my kids. Recently we had a blowup, and I finally said, "I'm 30, not 15, and I've been a mother for seven years. I know how to take care of my kids." She replied by saying that I'm just going to have to put up

ILLUSTRATED BY ISTVAN BANYAI; FRANK VERONSKY

## Life's Little Etiquette Conundrums

▶ **A friend and I are taking a class together at college, and the books for it are incredibly expensive. My friend has asked several times to borrow my copies, but she doesn't offer to split the cost. Am I being rude by refusing to share?**

Oh, lend the books. You already bought them; it's not going to cost you anything more. Let this go, and just help her out. Next time you take the same class, ask *her* to buy the books. This is how friendship works.

*with her questions because this is her house; if I don't like it, I can leave. How can I make her realize that her constant nagging is becoming a wedge between us?* *Smothered Mother*

Dear Smothered,  
Six years is too long. You've overstayed your welcome and need to get on your own feet. Grandma is claiming her turf and mother's rights because they are hers, and she's been mothering your kids almost as long as you have. If you want to save your relationship with your mom, move out now. Move in with a friend, find a tiny apartment—figure out a way. It's time you learned how to live on your own.

▶ **Recently my company had a job opening, and one of my former colleagues applied for the position.**

*At our old company, we were friendly, and I know he's been out of work for almost two years. I'd love to put in a good word for him, but I don't think he can pull his weight.* *Some Friend*

Dear Friend,  
Recommending your friend for a job he can't do will serve no one—not him, not you, not your company. Be honest with your friend, and assure him you'll advocate for him if the right job comes along.

▶ **My daughter, a tenth grader, weighs less than 100 pounds. Her classmates' teasing about her size—"Go eat a hamburger" or "Put some meat on those bones"—troubles her. What can I do to comfort her? Is there anything she or I can say to these kids who pick on her?** *Petite and Proud*

Dear Mother Petite,  
Give her context. Let her know that every one of those kids who picks on her has some insecurity about something—frizzy hair, camel lips, caterpillar eyebrows. This is called Being a Teenager. Those years are all about fitting in, and not many teens feel they do. Sadly, one of the lesser laws of human nature is that putting others down makes us feel better (temporarily). Tell her the good news: This stage passes. Let her know that she's beautiful the way she is.

▶ **Send questions about manners, parents, partners, or office politics to [advice@readersdigest.com](mailto:advice@readersdigest.com). Sending gives us permission to edit and publish.**

**"It's the only thing that works."**

Daily Customer Feedback



Find Lemi Shine at a supermarket near you.

[www.LemiShine.com](http://www.LemiShine.com)



Envirocon Technologies, Inc. | P.O. Box 4444, Midland, TX 79704-4444 | Toll Free: 888-336-2582

# Life's Funny

That Way

**W**e'd finally built our dream home, but the contractor had a concern: the placement of an atrium window for our walk-in shower. "I'm afraid your neighbors might have a good view of you au naturel," he said.

My middle-aged wife put him at ease. "Don't worry," she said. "They'll only look once." *Gregg Barner, Overland Park, Kansas*

**Our six-year-old** daughter, Terra, has a need to ask questions ... lots of questions. Finally, one day, my wife had had it.

"Have you ever heard that curiosity killed the cat?" my wife asked.

"No," replied Terra.

"Well, there was a cat, and he was very inquisitive. And one day, he looked into a big hole, fell in, and died!"

Terra was intrigued: "What was in the hole?" *Hector Bernasconi, Kingston, Canada*

**I can't tell** the difference between a rose and a dandelion. So when it came time to fix up my

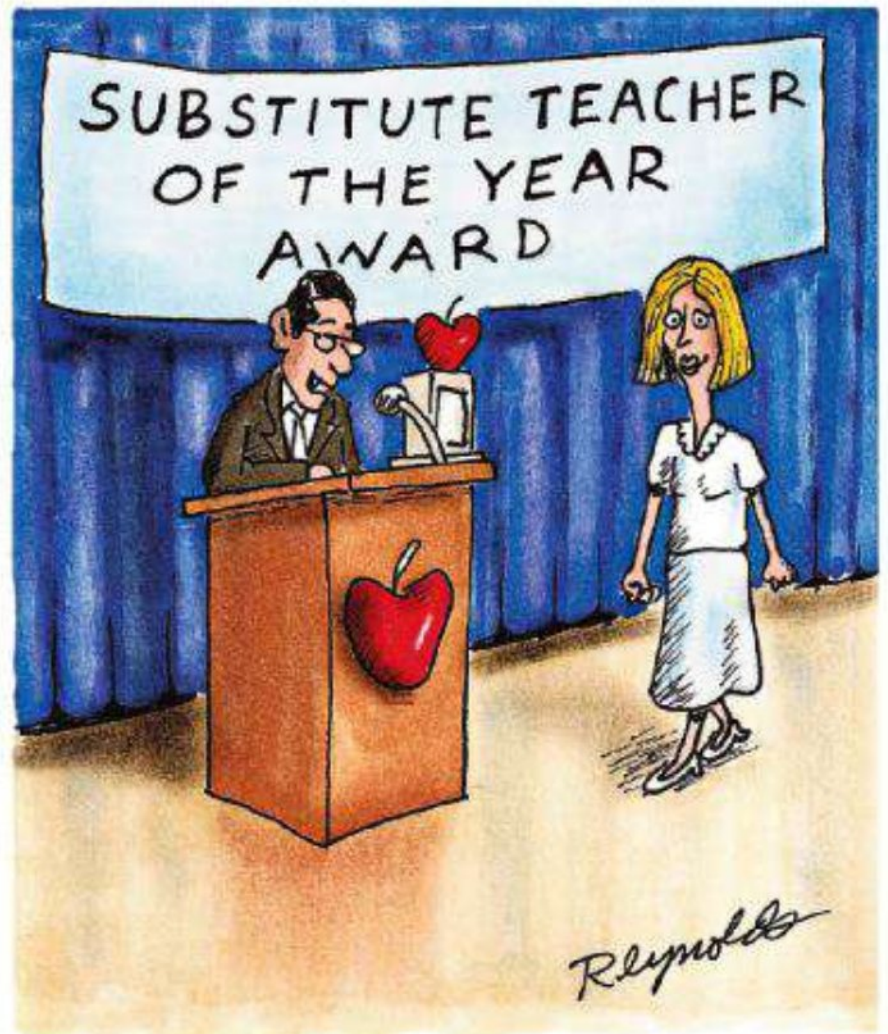
**As we pulled into the parking lot, we saw a couple of people looking under the hood of their car. Concerned, Mom wondered aloud, "Do you think they have a flat tire?"**

*Barbara Hedden, Franklin, North Carolina*

garden, I had no clue which plants to keep and which ones to remove. Until, that is, my mother gave me this handy tip: "Pull them all up. If it comes back, it's a weed."

*Cy Coggins, Boerne, Texas*

**I sat in the doctor's waiting room** watching a young mother try des-



*"Here to receive this year's award for Mrs. Smith is Miss Taylor ..."*

perately to control her three loud children. “They’re not a very good advertisement, are they?” she groaned apologetically.

A man muttered, “Only if you’re advertising contraceptives.”

*Barbara Wootton, Staffordshire, England*

## Wanted, One Anthropomorphic Cat

Check out these purr-fectly fine classifieds:

■ “Free to good home: Young cat, speaks Spanish.”

Submitted by *Jennifer Villegas*,  
Silver City, New Mexico

■ “Reward! Lost black male cat (Chucky). May have gotten into vehicle & driven to other area.”

Submitted by *Mary Ann Johnston*,  
Rogers, Arizona

**Just as she was** celebrating her 80th birthday, our friend received a jury-duty notice. She called the clerk’s office to remind them that she was exempt because of her age.

“You need to come in and fill out the exemption forms,” the clerk said.

“But I filled them out last year,” she replied.

“You have to fill them out every year.”

“Why? Do you think I’m getting younger?” *Thomas Ellsworth on gcf.net*

**My 18-year-old** daughter and I were watching TV when a character with my maiden name—Lester Highsmith—was introduced. “I’ve never heard my name on TV before,” I said.

My daughter was equally surprised. “Your name used to be Lester?”

*Carrie Highsmith Proper, Groveland, Florida*

**When a neighbor’s home** was burglarized, I decided to be more safety conscious. But my measly front-door lock wasn’t going to stop anyone, so I hung this sign outside: “Nancy, don’t come in. The snake is loose. Mom.”

*Sharon Bouscher, Everett, Washington*

**I was looking at** the pies offered by a nearby café. They had cherry, apple, berry, peach, and Herman’s.

“What type of pie is Herman’s?” I asked the waiter.

“Apple,” he said.

“Then why is it called Herman’s pie?”

“Because Herman called in to reserve it.”

*Mary Skordinsky, Anthem, Arizona*



**Your favorite new joke, funny anecdote, or crazy news story might be worth \$\$\$.** See page 67 for details.

# Is **Diabetic Nerve Pain** holding you back?



**Prescription Lyrica is not for everyone.** Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if

**LYRICA**<sup>®</sup>  
PREGABALIN <sup>®</sup>  
capsules

## Move towards relief with Lyrica.

Burning, throbbing symptoms in your hands or feet?  
Lyrica is FDA approved to effectively treat Diabetic Nerve Pain.

Over-the-counter pain relief pills are not  
FDA approved to treat this unique kind of pain.

**Lyrica studies showed that patients  
had less Diabetic Nerve Pain and felt better.**

*Diabetes  
damages nerves  
which may cause a  
unique type of pain.\**



*Lyrica is  
believed to  
work on these  
damaged nerves.*

\*Artist depiction of diabetic nerve pain symptoms

**Start the Lyrica conversation with your doctor today.**

you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

*Please see Important Facts Brief Summary on adjacent pages.*

**To learn more visit [www.lyrica.com](http://www.lyrica.com) or  
call toll-free 1-888-9-LYRICA (1-888-959-7422).**

***You are encouraged to report negative side effects of prescription drugs  
to the FDA. Visit [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch) or call 1-800-FDA-1088.***

© 2010 Pfizer Inc. All rights reserved. PBP00917B



## IMPORTANT FACTS



(LEER-i-kah)

### IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions.

Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:

- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.

Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:

- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet.

This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.

Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

### ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:

- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

### BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:

- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding.

It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements. LYRICA and other medicines may affect each other causing side effects.

Especially tell your doctor if you take:

- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.
- Avandia<sup>®</sup> (rosiglitazone)\*, Avandamet<sup>®</sup> (rosiglitazone and metformin)\* or Actos<sup>®</sup> (pioglitazone)\*\* for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.

## BEFORE STARTING LYRICA, continued

- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

## POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:

- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

## HOW TO TAKE LYRICA

Do:

- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:

- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

## NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to [www.lyrica.com](http://www.lyrica.com) or call 1-866-459-7422 (1-866-4LYRICA).

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call 1-866-706-2400 or visit [www.PfizerHelpfulAnswers.com](http://www.PfizerHelpfulAnswers.com).



PARKE-DAVIS, Division of Pfizer Inc., New York, NY 10017  
©2010 Pfizer Inc. All rights reserved. Printed in the USA.  
Version January 2010

Rx only

\* Avandia and Avandamet are registered trademarks of GlaxoSmithKline.

\*\* Actos is a registered trademark of Takeda Chemicals Industries, Ltd., and is used under license by Takeda Pharmaceuticals of America, Inc., and Eli Lilly and Co.

# HOW THE GREAT RECESSION CHANGED US

**Shattered families, job stress, empty houses, and dimmed hopes may be the new normal. But the news isn't all bad.**

**C**all it a **financial crisis**, a downturn, a crash—we have lived through the worst economic collapse since the Great Depression. From 2007 to 2010, American households lost \$11 trillion in real estate, savings, and stocks—including a third of the value of our homes. More than half of all U.S. workers either lost their jobs or were forced to take cuts in hours or pay during the recession. The unluckiest suffered prolonged unemployment, bankruptcies, or foreclosures, which are now at 65-year highs. The worst may be behind us, but the shocking losses of the past few years have reshaped nearly every facet of our lives—how we live, work, and spend—even the way we think about the future. On the following pages, we present a portrait of a changed America, as seen through the eyes of financial experts, wise observers, and three families who shared their lessons of survival.



**BUBBLE TROUBLE**  
Valerie and Ty Davis  
found themselves  
caught in the  
housing crisis.  
See page 103.

# WE ARE MORE CONNECTED

“HOME IS THE PLACE where ... they have to take you in,” wrote poet Robert Frost. Hard times mean record numbers of Americans—even older adults—are moving in with relatives. “Doubling up” has kept nearly two million people out of poverty and resulted in over 15 million multifamily households by March 2010, the highest number since 1968.



**ROAD WARRIORS**  
Andrea Clarke and her son Zac pack up the truck and hit the road again—this time to her mom’s.

## CROWDED HOUSES AND SHARED EXPENSES

**D**espite unemployment and the loss of her home, Andrea Clarke considers herself a blessed and happy woman. Why the cheerful attitude? Her troubles have brought her closer to her family. Last year, Andrea’s husband, Rick, a miner in Elko County, Nevada, was laid off. Though Andrea

kept her job as a school bus driver, she knew they couldn't pay their bills and support their youngest of five children, Zac, age nine, on one income. At first their church helped out, "but you can't keep that up forever," Andrea says. Then Michael, the eldest of her four adult children, suggested they move in with his family. For almost three months, seven Clarkes lived under one roof in American Fork, Utah. Andrea, Rick, and Zac stayed in the basement apartment, sharing laundry and a single bathroom with Michael, his wife, and their two children.

The change cut their expenditures in half, but the new living arrangement proved too challenging. Andrea won't talk about details, saying only, "It isn't easy putting two households together." When Andrea found a job with a school district closer to her mother's 1,800-square-foot home in West Jordan, Utah, the family opted to move on.

Packing up again was no picnic. Zac had to switch schools for the second time, and space is even tighter. Andrea says that the moves themselves are exhausting, and Rick is still looking for a job.

The recession has certainly come with more U-Hauls than Andrea anticipated, but she remains unflinchingly optimistic. She is excited to spend more time with her mother, and Rick will be a big help, too—he's a great cook and very handy. Another plus: Rents are lower in Utah than in Nevada, so Andrea thinks they'll be able to save up and move out in less than six months. In the meantime, they plan to enjoy one another's company. "In the midst of all the turmoil, we feel lucky," Andrea says. "In life, it's a choice to be happy." *Natalie van der Meer*

# 11.7%

Increase in the number of households containing more than one family from 2008 to 2010  
U.S. Census

# 1 1/2

**MILLION**

Number of people 35 and older who were forced to move back in with parents, siblings, or other kin from 2008 to 2010  
U.S. Census

# 8%

Increase in the number of kids who've moved in with their grandparents from 2009 to 2010  
U.S. Census

**"It's like one big holiday dinner that won't end. You can't go home after the turkey is carved."**

**Rowena Suckow**, 48, a single mom. She and her nine-year-old son moved back in with her mother.

# WE ARE LESS EXTRAVAGANT

**WE'RE SAVING MORE**, spending less, becoming better buyers. We've learned how to stretch a buck by doing things ourselves—old-school-style—using the Internet and social networks to help us get there.



**YES, WE CAN**  
Cindy W. and her children, Michael and Victoria, show off their cupboard of homemade fruit preserves and canned vegetables.

## LEARNING TO LOVE THE DO-IT-YOURSELF LIFE

**F**or Cindy W., 36, the recession began when her husband was relocated to Rhinelander, Wisconsin, by his company, forcing the family to move in a hurry. The couple bought a new house but were unable to sell their two-bedroom home in Big Lake, Minnesota. With two mortgages and two young children to care for, Cindy couldn't imagine how to stretch her husband's paycheck to keep her family fed.

Then she stumbled upon an online community called Blotanical, a forum for gardeners, many with an interest in sustainability. “The more I read and discussed these practices, the more I realized this would help not only our budget but also our health,” she says.

Cindy admits that before the recession, she was a city girl with no interest in growing her own dinner. “I grew flowers mostly—I didn’t think about plants that weren’t visually interesting.” But to stretch her budget, she began putting in vegetables and fruit—everything from strawberry beds to apple trees—and as her first seedlings grew, her spirits lifted. She no longer thinks of gardening and making her own jams as just a money saver; they’re a genuine pleasure. “It’s brought us closer together as a family, too,” she says. Her kids voluntarily pitch in with the garden work, and the family cooks together instead of eating out. The food tastes better—it’s fresher and organic—and the garden handily fulfills its original purpose: cost cutting. Now she spends about \$200 to \$300 a month on groceries, less than half of the \$650 a month that she used to lay out.

After discovering how resourceful she can be in tough times, Cindy is no longer easily discouraged. “It makes me feel proud to be able to say I made it myself,” she says. “I feel accomplished, and I’m more confident about attempting things I’ve never done before.” Now she avoids convenience stores and has begun learning to knit, quilt, and make her own soap. “I don’t think I would have ever begun this journey if it weren’t for the recession,” she says. “I have a feeling that from now on, it will affect my family’s health and happiness for the better.”

N. V. D. M.

**\$827**  
**MILLION**

Mac-and-cheese sales in 2010—  
up 27 percent over  
the past five years  
Mintel International Group

**57%**

Share of Americans  
who say they have cut  
back on vacations  
Pew Research Center

**1 OUT OF 2**

Number of Americans  
who say they will save  
more in the future  
Pew Research Center

**“We thought we were well beyond the  
hot dogs—and-beans era of our lives.”**

**Velma Hart** of Upper Marlboro, Maryland, to President Obama at a town hall meeting in Washington, D.C., September 20, 2010. She was laid off two months later.





**BEEN THERE**  
Columnist Arellano, tamale in hand, says growing up in an immigrant family prepared him for hard times.

## HOW THE RECESSION HAS MADE US ALL IMMIGRANTS

BY GUSTAVO ARELLANO

● FROM **Minnesota Public Radio**

**C**anning. Food trucks. Knitting. Urban home-steading. Home brewing. The rise of these DIY activities amuses me. Don't get me wrong: I'm all for people growing their own food and sewing their own clothes. These are the new ways of life in middle-class America, ways to save money during the recession. But I gotta ask: What took you guys so long to become Mexican?

All these trends are, well, old habits for my circle of relatives and amigos. Butchering a pig? My Tia Maria can do that and doesn't have to blog about every organ. Preserving your own food? My mom devotes an entire wall in her garage to jar after jar of pickled cactus. She's ready for California's much-feared big earthquake. Organic gardening? Her sisters each grow specific crops, then trade produce.

This is how we've lived life as an immigrant family. Even after my parents made it, they kept their frugal ways. Why? They knew the good times might not last. And guess what. They didn't! Yet our quality of life hasn't truly suffered—all because we were prepared.

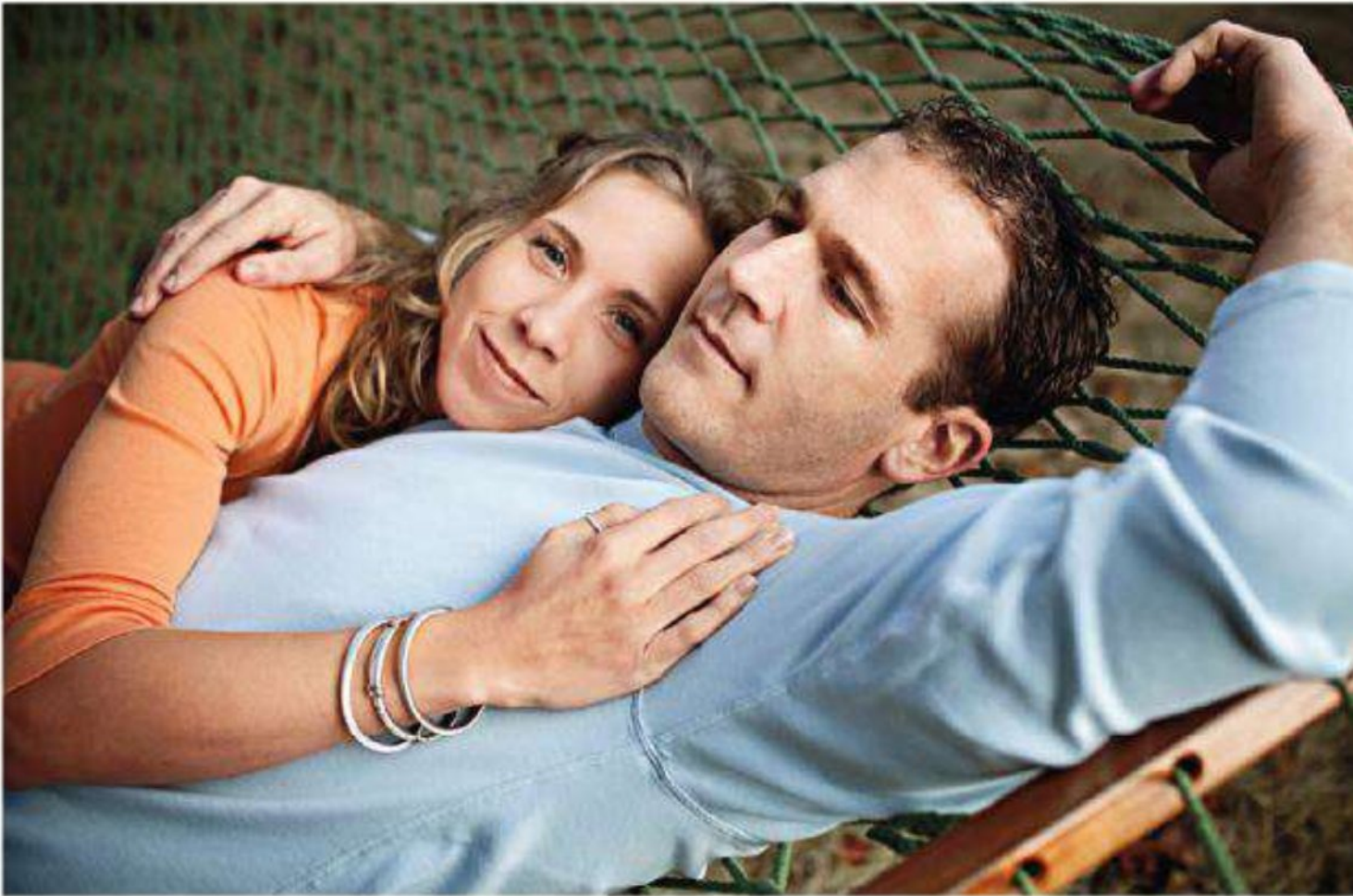
Self-sustainment is what made this country great. But we seem to have relegated this preservation mentality to the rubes and the immigrants, the poor and the old. And it's annoying because when young professionals and the socially hip raise chickens in their backyards, newspapers do articles with slide shows. When we Mexicans do it? People call code enforcement. But whatever: Preserve, America! Live like us Mexicans. And save your next batch of kiwi-strawberry marmalade for your humble commentator.

---

Gustavo Arellano writes the "iAsk a Mexican!" column for the Orange County, California, *OC Weekly*.

# WE ARE MORE CAUTIOUS

**IN INCREASING NUMBERS,** we're postponing life's big decisions: marriage, divorce, moving, having kids. Even our spending has become less impulsive and more considered. Experts say families have wisely been waiting for a change in the economic weather.



## HOUSEBOUND BY THE WAIT-AND-SEE ECONOMY

In fall 2006, near the height of the housing boom, Valerie and Ty Davis closed on a four-bedroom house in an up-and-coming neighborhood 20 miles south of Birmingham, Alabama. Plenty of room, fair price, good resale value—it was a great deal. Later on, in January 2008, the couple decided they wanted to live closer to Ty's then-five-year-old son, who was living with his mom in Oklahoma. By that time, how-

### BUYING TIME

The Davises put a big down payment on their house, so they can afford to wait out the market ... for a bit.

# 57%

Percentage of lawyers reporting a decrease in divorce filings in 2009

American Academy of Matrimonial Lawyers

# 10.7

**MILLION**

Decrease, from 2008 to 2009, in number of people who moved

U.S. Census

# 44%

Percentage of women who have put off having children or plan to have fewer kids

Guttmacher Institute

ever, the recession had set in, the housing market had cratered, and the Davises couldn't find a buyer. "The belief that we could relocate easily was a major misconception and something I'll be wary about the next time we buy," says Ty, 36, who owns a recreational vehicle marketing and sales company. Three years later, the Davises are still putting off the move, waiting for the economy to recover. "Ty's family keeps asking when we're going to sell it, but it's just not that easy," says Valerie, 28. "And we're not about to just jump in again."

Despite the disappointments of the past few years, the couple's prudent decision to put a large down payment on their house has kept them from having to sell at a loss. "Now we have the option of staying in the house until the market improves, and we're going to remain patient until the right opportunity comes along," says Ty. Meanwhile, he and Valerie have had to cope with fewer visits to his son, as rising airfares have turned travel to Oklahoma into a budget buster. "Being away from my son has been a daily struggle," says Ty. "I hope that I'll have the opportunity to be with him regularly soon. Until then, I'm thankful that he has an incredible family in Oklahoma."

*Beth Dreher*

## THE RECESSION HAS MADE US WISER BUYERS

**W**e're making purchasing decisions more carefully and buying from companies whose values match our own," says John Gerzema, author of the new book *Spend Shift: How the Post-Crisis Values Revolution Is Changing the Way We Buy, Sell and Live*. Here, three ways the recession has made us more mindful when we open our wallets.

### **THEN: Credit NOW: Debit**

Americans still love plastic, but the recession has inspired us to cut up our credit cards in favor of

the debit variety. “We’ve started spending money that’s really ours, which has forced us to separate our wants from our needs,” says Gerzema. Televisions, for example, are moving down the priority list: In a 2010 survey from the Pew Research Center, 42 percent of Americans consider owning a TV a necessity, down 10 percent from 2009. Cars, home computers, and landline phones also made fewer must-have lists, according to the survey.

### **THEN: Take NOW: Make**

“Instead of spending money out of pocket, we’re now trying to do things ourselves,” says Gerzema. Walmart reports that sales of starter sewing kits increased 30 percent in 2009. More than 5,000 home-landscaping businesses died in 2009, according to market research firm SBI, as homeowners started mowing their own lawns. And six-year-old *Make* magazine, a do-it-yourself guide, has expanded its brand to include books and a television series. “This big push toward doing things ourselves is a response to the helplessness we felt during the recession,” says Gerzema.

### **THEN: Alone NOW: Together**

“We’re sophisticated buyers now,” says Gerzema, citing two start-ups that have taken off thanks to community-driven buying. Groupon, “the fastest growing company in Web history,” according to *forbes.com*, offers daily discounts at local businesses after a predetermined number of people sign up for the offer. Carrotmob, now active in more than 20 countries, encourages consumers to support businesses that make environmentally friendly changes. B.D.



**YOU’RE THE BOSS**  
**The consumer has more control than ever, says author John Gerzema.**

COURTESY CRAIG SUGIMOTO

**“Now people don’t have a problem saying, ‘I can’t afford it.’ It’s a sign of strength.”**

**Emanuel Weintraub**, retail-industry consultant

# WE ARE STILL OPTIMISTIC

AS THE RECOVERY gains momentum, a picture of a new American way of life is emerging—leaner but (we hope) not meaner, simpler, and perhaps more satisfying. With stocks rising and the gross domestic product back to 2008 levels, it's clear we will adapt and prevail, emerging from this crisis with sharper skills, tested faith, and new dreams.



**DON'T LOOK BACK**  
Reich says the country must now put ideology aside and roll up its sleeves.

## THE HARD ROAD BACK TO PROSPERITY

**Former U.S. Secretary of Labor Robert B. Reich**, author of *Aftershock: The Next Economy and America's Future*, describes the new reality for America's middle class

America has always been a consumerist society. We love to fill our homes up with stuff, and advertising and marketing have been a big part of our culture. But these free-spending ways are no longer possible. For most Americans, the ride that we were on for the past 30 years is pretty much over. There will be less spending on frills—on vacations, unnecessary clothing, restaurant meals—everything that the average family splurged on.

Why? The typical male worker's wage stopped growing 30 years ago [adjusted for inflation]. But families used three coping mechanisms to keep spending. First, huge numbers of women went into paid work. Then everyone worked longer hours. And finally, families went deep into debt. But those coping mechanisms are now exhausted.

**Two fundamental things have changed.** New technologies came onstream that enabled the production process to be parceled out around the world. Routine jobs became automated, and the great middle class that had relied on these jobs—which didn't require a lot of education but paid well—could no longer be

guaranteed those jobs. This wouldn't have been all that bad had the country responded as it did between the 1930s and the 1960s—expanding opportunities and investing in education and infrastructure. But we didn't.

**We cannot go back.** We can't go back to the 2002–2007 period when American families pulled about \$2.3 trillion into their homes through equity loans and refinancing. We can't go back to the boom economy of the 1990s—that, too, was premised on people having enough money in their pockets to buy all the goods and services we were producing.

**We can expect lots of anger** if we continue to have an anemic recovery with high unemployment and slow growth. People who are economically stressed and who lose the expectation that they and their children will do better in the future become anxious. Anger in politics can result in isolationism and a backlash against free trade and immigration.

**We have rolled up our sleeves** and done what needed to be done every time this nation faced an economic crisis. Eventually a consensus emerges, and we put ideology aside and get on with the work. Unlike other places around the world that have long histories of warfare and aristocracy and hundreds of years of poverty, we are founded on the principle of opportunity. We have a history of working together and coming up with new ideas that widen prosperity for everyone. I'm very optimistic.

As told to *Jack Otter*, executive editor,  
CBS MoneyWatch.com

**38%**

Share of Americans who have gotten at least one raise during the past 30 months  
Pew Research Center

**2/3**

Share of Americans who believe that the economy will fully recover in three years  
Pew Research Center

**49%**

Percentage of workers polled who say the recession has helped them recognize the value of people over things  
Florida State University

**“There is a sense that we've turned a corner—that the economy may be out of the woods.”**

**Mark Vitner**, managing director and senior economist at Wells Fargo



# What I Learned from Losing It

When bestselling author [Geneen Roth](#) lost her life savings to Bernie Madoff, the pain was intense—but what she gained was priceless

● FROM *Lost and Found*

I was standing in my kitchen wondering what to have for lunch when my friend Taj called.

“Sit down,” she said.

I thought she was going to tell me she had just gotten the haircut from hell. I laughed and said, “It can’t be that bad.”


But it was. Before the phone call, I had 30 years of retirement savings in a “safe” fund with a brilliant financial guru. When I put down the phone, my savings were gone. I felt as if I had died and, for some unknown reason, was still breathing.

Since Bernie Madoff’s arrest on charges of running a \$65 billion Ponzi scheme, I’ve read many articles about how we investors should have known



what was going on. I wish I could say I had reservations about Madoff before “the Call.” I wish I could say I knew better about getting such consistently good returns, but I did not.

*Roth, who'd spent decades teaching workshops and writing books to help compulsive eaters, and who had struggled with her own bingeing and dieting, began to see that her relationship with money was the same as her relationship with food: She never felt satisfied, never felt as if she had enough. Overwhelmed by terror, blame, and regret, she also recognized that she hadn't taken responsibility for her finances—and that she needed to change. Some of her friends were having similar awakenings:*

n New Year's Eve, three weeks after we lost our savings, six of us Madoff people gathered at Taj's house for dinner.

As we were sitting around the table, someone asked, If you could have your money back right now, but it would mean giving up what you have learned by losing it, would you take the money or would you take what losing the money has given you?

My husband, Matt, was still in financial shock. He said, “I appreciate the question, but I can't even wrap my mind around it. I just want the money back.” I wasn't certain where I stood. I knew that losing our money had cracked me wide open.

I'd been walking around like what the Buddhists call a hungry ghost: always focused on the bite that was yet to come, not the one in my mouth; on the jacket I saw in the window, not the one in my closet that I hadn't worn for a year. No matter how much I ate or had or experienced, it didn't satisfy me, because I wasn't really taking it in, wasn't absorbing it. Now I was forced to pay attention. Still, I couldn't honestly say that if someone had offered me the money back, I would turn it down.

But the other four all said that what they were seeing about themselves was incalculable, and they didn't think it would have become apparent without the ground of financial stability being ripped out from underneath them.

My friend Michael said, “I'd started to get complacent. It's as if the muscles of my heart started to atrophy. Now they're awake, alive—and I don't want to go back.”

These weren't just empty words. Michael and his wife needed to take in boarders to meet their expenses. Taj was so broke that she was moving into someone's garage apartment in three weeks. Another friend had moved in with one of his children. Three friends had declared bankruptcy and weren't sure where or how they were going to live. Yet it seemed that in losing everything, they had also lost their attachment to what they had thought they needed to be happy.

Over the years, I've often asked

my students to consider that the very body they spend hours a day obsessing about will get old, wrinkled, sick, and die—if they are lucky.

“You can’t take your thinner thighs with you,” I say. “So decide what you value most. Spend time on that.”

From my post-Madoff catbird seat, it occurred to me that spending time perfecting this body is no different



going to diet—that I am going to restrict my spending. Then I buy something I wasn’t expecting to buy and I feel such despair that I run up even more credit card debt, which makes me feel so much more despair that I have to buy myself something else to feel better,” a retreat student told me.

Many of us think, Oh, what the hell. We’ve already spent so much

Three friends had declared bankruptcy and weren’t sure how they were going to live. Yet it seemed that in losing everything, they had also lost their attachment to what they thought they needed to be happy.

from spending time accumulating or worrying about money. No one ever dies rich; they just die.

*In the months that followed, Roth began talking about money in her workshops, helping others see what she had learned about the irrational, destructive ways we use it. With her students, she identified three big money myths:*

### **THE WHAT-THE-HELL MYTH**

“I decide every week—on Mondays, the same day I used to decide I was

money on this vacation, we might as well spend more ...

The what-the-hell myth comes from believing in black or white with no in-between. It’s a mind-set left over from being children who haven’t yet learned to hold the tension of opposites (or that the mommies they worship can also be mean and tired—and that doesn’t mean the end of the love). You’re either good or you’re bad, you’re right or you’re wrong. One false step and you’re off the deep end.

The what-the-hell myth is a way we justify having what we *think* we

want—as much as possible, no reins, no limits—instead of exploring what we actually want. Is it really true that because you bought that coat, you should also buy the shoes, purse, and skirt? Is it true that one move off your declared path makes you a loser?

## THE “FREE MONEY” MYTH

I was walking down a sidewalk with my friend Lulu when she found a \$20 bill. “Yippee!” she said. “Let’s go buy hot fudge sundaes.”

Lulu is a single mother who works at a ten-hour-a-day job and struggles to pay her bills. Still, there was something about found money that removed it from the category of *money* money—the kind that costs something to make. As if the 2,000 cents in the bill she found had a different value from other \$20 bills. As if she couldn’t use that money for groceries.

More examples of ways we spend money that “don’t count”:

- When something that normally costs \$10 is on sale for \$5: “Now I can buy two!”
- When we amortize the expense: “These earrings cost \$50, but if I wear them every day for the next year, they cost 13.7 cents a day. I can’t afford not to buy them!”
- When someone else is paying. “Well, I might not really need it, and really, I don’t even like it, but why not take it anyway? It’s free.”
- When we have won the money in

a bet, in the slot machines, or by gambling.

- When we inherit it. After my friend Amanda received a surprise check from her mother’s estate, she told me that her first response was “I hadn’t counted on this money to pay the bills; I felt as if I could spend it on stuff I wouldn’t have ordinarily bought.”

Declaring “free money” is another way we rationalize doing what we want to do anyway. There’s nothing wrong with this; the point is to be aware. You can choose to buy that coat—and you can choose the freedom *not* to buy it.

## THE IF-ONLY-I-HAD MYTH

If being rich made people happy, all rich people would be happy—yet we’ve all read stories about rich people who are abjectly miserable. It’s not that having enough money to buy food and shelter and basic comforts doesn’t make life easier. But when we begin ignoring what we do have, we miss the only place from which we can glean any kind of happiness or satisfaction or love—which is here, now.

Before my husband and I lost our money, I’d been complaining about our house. Built as a vacation home in 1960, it’s drafty, and the plumbing doesn’t always work. After Madoff confessed, I couldn’t believe my good fortune to have a house, for that day and the day after.

Before Madoff confessed, I didn’t

like the way Matt chewed his cereal, wore ankle socks, and was insistent on focusing on the positive. After Madoff confessed, it seemed miraculous that I'd ended up married for more than 20 years to a man I adored. I remembered again how much I liked his face, his laugh, his walk, the way he rolled his eyes.

Before Madoff confessed, I'd peer at my body from the holes in my psyche. After



watching a movie called *Losing Everything and Getting It Back*.

When we lost our savings, I couldn't believe how blind I had been or that I hadn't paid off my house, put aside funds for family and friends, and given away a quarter of what we had. From the perspective of losing everything, having *anything* seemed like winning the lottery.

But with this new turn of the wheel, I began re-

At crisis times—I call them deathbed moments—we clearly see the difference between **how we want to live and how we are living**, between what we value that is priceless and the ways we've sold our souls.

Madoff, I was grateful to *have* a body, hair, eyes, and legs that functioned.

*In the spring of 2010, Roth had another stunning reversal of fortune: Her book Women Food and God spent 33 weeks on the New York Times bestseller list, her readings were standing-room only, and her workshops were packed. And once again, she needed to confront her old habits:*

I felt unspeakably fortunate—and astonished. It was as if this were happening to someone else, as if I were

ceiving calls and letters from family members asking for money—and once again I felt like I didn't have enough.

Ouch, ouch, ouch.

Having money is sort of like being thin: It's never the way you imagined it would be when you were on the other side. My students who want to lose weight envision a world of contentment and love and fabulous clothes. Then they start losing weight and they get frightened, worrying that people will have more expectations of them, that they won't have any ex-

cuses to feel bad or sad or depressed. That with just five or ten pounds lost, their friends have begun envying and excluding them. It's not unusual for people to find themselves gaining back the weight.

On the financial side, many people who come into a sudden fortune spend their money as if they were in a race to get rid of it. We live our lives in well-established grooves of identity. We know who we are when we're



anyone to take investment advice from me. But post-Madoff, I have learned a great deal about the pull to be—and remain—unconscious about money and about the identities and beliefs we express through our relationship with it.

When my relatives started asking for help, I went into a whirl of internal dialogue: how I needed to make back what we'd lost, how I couldn't possibly give anything away. Then I

I could deposit 10 percent of what I earned and at the end of the month give that away. I could make a list of people I loved or knew who needed money and organizations that were doing work I admired.

overweight or cash-strapped, and as much as we say we want to change, the pressure of staying the same almost always wins.

At crisis times—I call them deathbed moments—we clearly see the difference between how we want to live and how we are living, between what we value that is priceless and the ways in which we've sold our souls. Then the crisis wears off, and we get back on the horse of more, more, more.

I would definitely not encourage

began remembering my “deathbed moment” of regretting that I hadn't given more. Finally, I decided to put an automatic monthly deposit into a special account. I couldn't make it 25 percent—that was too big a leap for me—but I could deposit 10 percent of what I earned and at the end of the month give that money away. I could make a list of people I loved or knew who needed money and organizations that were doing the kind of work I admired: saving forests, animals, oceans. And I could make

the decision to put that money away once instead of agonizing over every request.

I know that I need to act on—and take responsibility for—what I see, feel, and know in the present. This is what I have begun to do:

- Remind myself that the way I see things (“I never have enough”) is not the way they are.
- Secure my basic needs first.
- Invest only in what I understand. This also means that I am willing to appear “money dumb.”
- Question my beliefs about sufficiency, the need to have more, and what makes me happy.
- Allow myself to enjoy what I have.
- Let my husband know what I’ve

purchased, and talk to him about every financial decision I make and that we make together.

- Make money real. Connect what I spend with what I value.
- Pay attention to what cannot be measured or counted. Do this many times a day. When I think I’ve reached the end, begin again.

When we spend as much time investing in our inner lives as we do in getting and having more, how we live on this earth and inside our bodies will change. The Madoffs of the world profit because we let them.

They’ve had their chance. It can be our turn now.

If we take it. ■

LOST AND FOUND, COPYRIGHT © 2011 BY GENEEN ROTH & ASSOCIATES, INC., IS PUBLISHED AT \$25.95 BY VIKING PENGUIN, A MEMBER OF PENGUIN GROUP (USA) INC., 375 HUDSON ST., NEW YORK, NY 10014

## JUST ADD INJURY

*Ever wanted to insult someone in terms wittier than “He’s a jerk”? Feel free to borrow some of these classic examples.*

While he was not dumber than an ox, he was not any smarter either.

*James Thurber*

He had a mind so fine that no idea could violate it.

*T. S. Eliot on Henry James*

Some folks seem to have descended from the chimpanzee later than others.

*Kin Hubbard*

He is the only genius with an IQ of 60.

*Gore Vidal on Andy Warhol*

The problem with her is that she lacks the power of conversation but not the power of speech.

*George Bernard Shaw*

*From The Snark Handbook by Lawrence Dorfman (Skyhorse Publishing)*

# Quick Study

# April Fools' Day

BY ALFI LORPOS

Whether you paste a Kick Me sign on some poor slob's back or pull off an elaborate corporate hoax, April 1 is a day when it's acceptable to play practical jokes on your family, neighbors, colleagues, friends, and enemies. What are you waiting for?

## FISHY STORY

Although not all April Fools' experts agree (yes, they exist), some argue the day originated in 16th-century France, when Pope Gregory XIII mandated that the new year begin on January 1

instead of the end of March. Those who failed to follow the new calendar were dubbed April fish. Others claim it originated from ancient spring festivals that included mischief making.



## SPAGHETTI HARVEST CAUSES A STIR

Arguably, the greatest prank ever perpetrated was pulled off a half-century ago by BBC TV. In 1957, the news show *Panorama* reported that thanks to a mild winter, Swiss farmers enjoyed a bumper crop of spaghetti. To prove this, it broadcast a three-minute report of field hands carefully plucking, or "harvesting," strands of spaghetti from trees. Legions of viewers were duped, and many called the BBC wanting to know how they could grow their very own spaghetti trees. The BBC advised each caller: "Place a sprig of spaghetti in a tin of tomato sauce, and hope for the best."

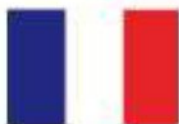
FROM LEFT: THINKSTOCK; CORBIS

## A GLOBAL PUNKING



### Denmark

In 1965, a Copenhagen newspaper reported that Parliament had passed a law that **all dogs be painted white** to improve road safety because they could then be seen clearly at night.



### France

According to *Le Parisien*, in 1986, **the Eiffel Tower was going to be dismantled** and rebuilt inside the new Euro Disney park.



### Norway

In 1987, after reading that the **government was planning to distribute 10,000 liters of wine** confiscated from smugglers, hundreds of citizens turned up carrying empty bottles and buckets.



### China

Claiming that it would reduce the need for foreign experts, the *China Youth Daily* joked in 1993 that the government had decided to **exempt PhDs from the nation's one-child-per-family policy**. After foreign press picked up the hoax, the government condemned April Fools' Day as a Western tradition.



### Canada

In 2008, WestJet airlines advertised its overhead cabin bins as “among the most spacious of any airline” and said it would **charge passengers an extra \$12 to use these “sleeper cabins.”**



### Taiwan

In 2009, the *Taipei Times* claimed that “Taiwan-China relations were dealt a severe setback yesterday when it was found that the Taipei Zoo’s pandas are not what they seem.” The paper reported that the pandas, a gift from the Chinese government, were **brown forest bears dyed to resemble pandas**. Among the complaints sent to the paper was one from the zoo’s director.



### Germany

In 2009, BMW ran an ad promoting its new **“magnetic tow technology.”** The invention enabled drivers to turn off their engine and get a “free ride” by locking onto the car ahead via a magnetic beam.



### Jordan

Residents fled the desert town of Jahr in 2010 after a local newspaper reported that **flying saucers piloted by ten-foot-high creatures had landed.**



“I have great faith in fools—  
self-confidence, my friends  
call it.”

*Edgar Allan Poe*



# Quick Study

## Bored at Work?

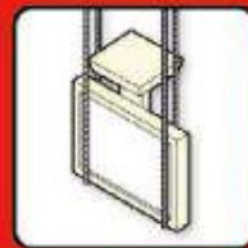
Try pulling these pranks.

>> **Make a dozen** photocopies of a paper clip and put them in the machine's paper tray so future copies will include a paper clip. Your colleagues will go crazy looking for the "lost" clip in the copier.

>> **On a friend's** computer, open Microsoft Word, click on Tools, and choose AutoCorrect Options. Type in a common word like *then* and replace it with something odd like *hyper giraffe*. Every time someone types *then* in Word, it will be replaced with *hyper giraffe*.

From zug.com

*Jokers, beware: In one survey, 68% of the executives questioned said pranks were unsuitable at work.*



## YOUTUBE FLIPS OUT

On April 1, 2009, YouTube turned some of its videos upside down. A page on "Tips for Viewing the New Layout" suggested users hang their monitors upside down from the ceiling.

## CHIMES OF TIME

In 1980, those serial pranksters at the BBC announced that Big Ben, London's historic clock tower, would undergo a face-lift and become digital to keep up with the times. Enraged callers flooded the station with complaints.



## APRIL FOOLS' TIME LINE

**1508** / Poet Eloy d'Amerval refers to *Poisson d'Avril* (**April fish**), the French term for April fools.

**1539** / Flemish writer Eduard de Dene publishes a **comic poem** about a nobleman who sends his servants on "foolish" errands on April 1.

**1698** / One of the earliest April Fools' stunts: People

are invited to go to the Tower of London to see the "**annual ceremony of washing the lions.**"

**1789** / An English newspaper claims that April Fools' Day had its origins when **Noah dispatched a raven** from the ark too early.

**1919** / Residents of horse-free Venice wake on April 1 to find Piazza San Marco

dotted with piles of **horse manure.**

**1992** / Posing as **Richard Nixon**, impressionist Rich Little announces his candidacy for U.S. president on NPR's *Talk of the Nation*, saying, "I never did anything wrong, and I won't do it again."

**1993** / A German radio station reports that Cologne



## CORPORATE CAPERS

Reasoning that a well-executed prank can result in valuable publicity, firms such as Google, Microsoft, BMW, Guinness, and Virgin regularly try to get in on the fun. In 1996, fast-food chain Taco Bell announced it had purchased the famed U.S. Liberty Bell, which it claimed it was renaming the “Taco Liberty Bell” and relocating from Philadelphia to its headquarters in California. The company claimed publicity from the hoax increased sales by \$1 million over a 24-hour

period. Google is another chronic hoaxer. It once insisted that it was launching a broadband service using cables that would run through the sewer system. In fact, its reputation for pranking was such that when the company launched its Gmail service on April 1, 2004, few believed them.

**MEET OLAF PRIOL** Mr. Priol and a host of oddly named friends make appearances throughout the media on April 1. (His name is, of course, an anagram for “April Fool.”) Beware anything attributed to Pil Larooft, Loof Lirpa, Mr. Jo King, Jurgen Fallforit, or the comely April Holiday. Oh, and as for Mr. Alfi Lorpos, who wrote this article—the rest of the year, he’s known as Robert Kiener.



**Impressionist Rich Little**

officials have **out-lawed joggers running faster than six mph** so as not to disturb mating squirrels.

**2002** / A U.K. supermarket advertises genetically modified “**whistling carrots.**” Tapered airholes cause them to whistle when cooked.

**2009** / British newspaper the *Guardian* announces it will publish only stories of fewer than **140 characters**, via Twitter. Here’s how it would have covered the 1939 invasion of Poland: “OMG Hitler invades Poland, allies declare war, see [tinyurl.com/b5x6e](http://tinyurl.com/b5x6e) for more.”

**IPAD EXTRA** To watch a prank video, download the *Reader’s Digest* magazine app from the iTunes store.

# Relentless rains deluged the city of Nashville, and a mother in labor was marooned

BY CHRISTOPHER W. DAVIS





died!

**During the historic  
Nashville flood last  
May, 13 inches of  
rain was recorded in  
a two-day period.**

**Cindy Banker's** mother went into labor with her during a bad snowstorm in Alaska 29 years ago. Even though the weather was officially no-fly, an Army helicopter braved it and got her mother to a hospital just in time. Her grandmother joked that if Cindy caused that much trouble, just look out if her granddaughter ever got pregnant with a girl. Who knew what kind of natural disaster would happen?

Cindy grew up as Cindy Halloran in Lake Charles, Louisiana, where her family relocated after her father, an Army colonel, joined the reserves there. Pretty, petite, and ever cheerful, she was introduced to her future husband, James Banker, by a mutual friend

healthy eight pounds ten ounces. When Cindy became pregnant in 2009 with the couple's second child, they learned in the second trimester that it was a girl and decided to call her Clare. As the due date drew near, they joked about a suitable natural disaster to set the stage. They were too far inland for hurricanes. And Tennessee never had blizzards like the one Cindy had been born in.

The baby was due on Friday, April 30. The weekend before, there were tornado advisories. Here we go, Cindy thought. Yet nothing happened. Days passed. But Saturday, May 1, it started to rain.

And rain. And rain ...

## The creek was swollen 30 feet wide.

in college at Auburn University in Alabama. James, a fellow churchgoer, was tall, dark, and deep voiced. They chatted in the student center for five minutes, then Cindy went back to her room and called her mom. "I just met the guy I'm going to marry," she said.

Two and a half years later, she did. The newlyweds settled in James's hometown, Nashville, Tennessee. James got a good job with an accounting firm. Cindy worked as a speech therapist on the traumatic brain injury team at Vanderbilt University Medical Center.

Before long, their firstborn, Jacob, arrived, without complications, a

**When Dr. Michael DeRoche** got home from his hospital rounds that afternoon, he could not sit still. All day he'd been hearing about flooding around Nashville. And in all his years on the East and West coasts, he had never seen rain like this. He put a 14-inch plastic painter's bucket in the yard to try to get a reading on it.

His house was on a cul-de-sac off Temple Road, which ran along sleepy little Trace Creek, normally a trickle. When DeRoche ventured out in his car to have a look around, the stream was a raging torrent. Back at home, listening to the news, the doctor heard stories of trucks sub-



**“The community came together for Clare’s birth,” says Cindy.**

## **Their neighborhood was an island.**

merged on the highway and people chased from their homes by water overflowing the banks of Nashville’s many creeks and streams. The south-east side of town was the worst. DeRoche and his family lived in Bellevue, on a hill in the southwest. Still, the rain was relentless. Then, around five o’clock, the water seemed to stop rising. Just in time—the backyard bucket was spilling over. So much for the flood, DeRoche and his neighbors thought. They went to bed that evening thinking they had dodged a bullet.

At 6:15 the next morning, a loud clap of thunder startled DeRoche’s

wife, Paula, from her sleep. She got up, looked out to the back porch, then rushed to wake DeRoche. “You’d better come see this,” she said.

At the bottom of the hill, Temple Road was submerged, and across the street, a neighbor’s garage was surrounded by seven feet of water. Two people next door to it were climbing down from a second-story window and into a canoe with their dog. And still it rained. The DeRoches would not be going anywhere this Sunday morning.

**“We’d better start timing** these contractions,” Cindy told James at eight o’clock that morning.

She went to a website that had an app to monitor contractions, and she started clicking the prompts to monitor herself. James got their hospital bag out of the closet and called his sister Becky Lewis, who lived nearby, to come pick up Jacob. The television was on in the background, airing bulletins about flooding. Suddenly the power went out, and the phone went dead. Rain rumbled on the roof.

Once his sister arrived, James and Cindy saw Jacob off with a kiss and prepared to leave. Just as James opened the garage door, their next-door neighbor Yusuf Hasan appeared.

“What are you doing?” Hasan asked.

“Heading to the hospital,” James said. “It’s time.”

Hasan looked at them as if they

“You can’t get out,” the officer said, confirming that the area was flooded on all sides. But he spoke with his lieutenant, who lived nearby and whose wife was a home-care nurse. “He told me to escort you to his house,” Hasan said to James and Cindy. They agreed; it was the best they could do. Even a helicopter couldn’t go anywhere in this weather.

The officer turned on his car’s flashing lights and siren and accompanied the Bankers back into their neighborhood.

In the backseat, Cindy called her mother in Lake Charles. “We’re in labor,” she said.

“Wonderful!” Nila Halloran said. “You’re on your way to the hospital?”

“No,” Cindy said, “we can’t get

## They laid out scalpels, gloves, masks.

were crazy. “How are you going to get there?” he asked. The creek down the street was swollen 30 feet wide. Their neighborhood was an island.

“We still have to go to the hospital,” James insisted. “We’re in labor.”

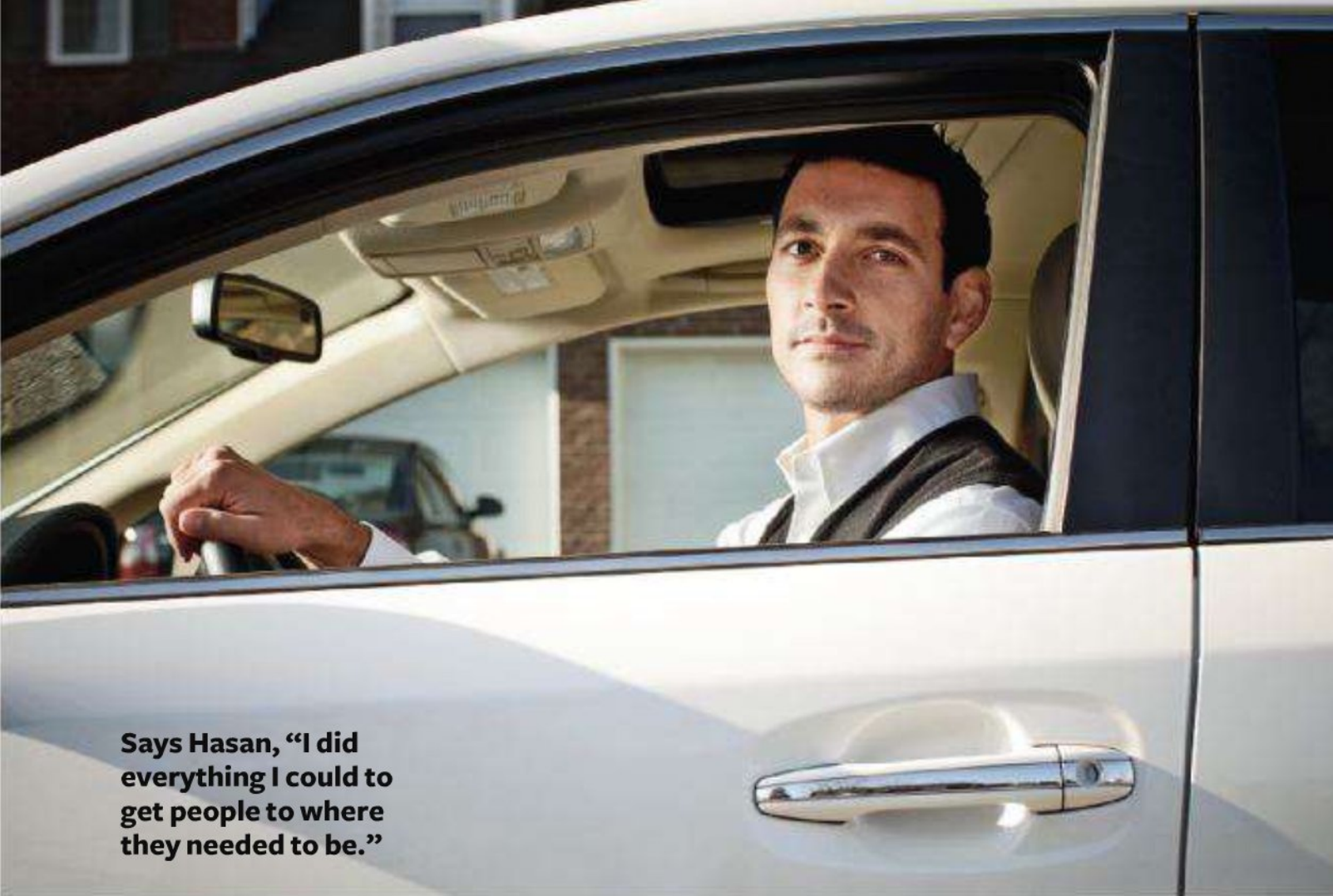
“At least let me drive you,” Hasan said. His SUV was built higher than their car. “Worse comes to worst, James, you can deliver the baby while I try to get you to the hospital.” The couple climbed into Hasan’s SUV and set off, but they didn’t get far before encountering a police officer.

“We have a lady in labor here,” Hasan told him. “We need to get to Baptist Hospital.”

there.” And with that, she broke down crying. James, seated in front, leaned over to comfort her and hold her hand. Hasan could see the concern in James’s eyes: It was rare for Cindy to lose her cool like that.

The police car led them to the home of Lt. John Batty, whose wife, Cassie, was waiting at the front door. She took Cindy in a big hug. “There, there, honey, everything’s going to be all right. Don’t worry. People have been having babies at home for a thousand years. If pioneers could do it, we can.”

Hasan, meanwhile, was on his BlackBerry, arranging a blanket alert



Says Hasan, “I did everything I could to get people to where they needed to be.”

## Their ragtag kit would have to do.

to the neighborhood association’s e-mail list: “We have a woman in labor. No way to hospital. Anyone with knowledge to help, call this number.”

**The Bankers had no way** to know it, but the doctor they needed was only a couple of miles away—unfortunately, on the other side of the creek. Looking downhill from his back porch, DeRoche watched a wooden fence disappear underwater and a mobile home, tipped on its side, float by. The deluge was breathtaking. DeRoche’s cell phone startled him when it rang. It was his softball buddy Chris

Mills, who lived just across the creek.

“What are you doing?” Mills asked.

“Ha!” DeRoche laughed. “What do you think we’re doing? We’re socked in. What’s it like over there?”

“We’ve got a woman in labor here,” Mills said. “They can’t get out to the hospital. Here’s a number to call.” DeRoche dialed and introduced himself to Hasan. “I’m an ob-gyn over on Temple. We’re flooded in, but I’ll try to make my way over.” He had no supplies, though. What if the baby got stuck? If it was a full-term breech? If he had to do a C-section with no lidocaine to numb the area, sutures to close it up, or clamps for



hemorrhages? Do I let the baby die? he asked himself.

Paula leaped into action. She organized their three kids to scour the neighborhood. They knocked on the doors of two dentists, a lung specialist, and a physical therapist. “Our dad is delivering a baby! Do you have any medical supplies?” Paula paid a visit to her next-door neighbor Amy Hubbuch, a neonatal nurse and childbirth educator. Hubbuch rummaged through her stuff and found gloves and gowns. “Do you think Michael would like me to come along and help?” she asked. “I’m sure he would,” Paula replied.

“So, are you up for a little adventure?” DeRoche asked Hubbuch when she arrived at his house. Doc-

**“Are you sure you want** us to have a baby in your bedroom, ma’am?” James asked Cassie Batty, who was gathering towels and sheets while Hasan tore up plastic trash bags to line the mattress. “Yes, of course. Absolutely!” Batty said. She could see the strain on the Bankers’ faces; they were sweating bullets.

With the power out from the storm, the room was gloomy, the air stifling. James timed Cindy’s contractions. They were growing closer together.

Meanwhile, downstairs a small crowd had assembled in response to Hasan’s BlackBerryed SOS: two pediatricians, a nurse, and a surgery resident, Dr. Joe Greco. Greco had delivered his own child recently, but in a hospital with an ob-gyn. And

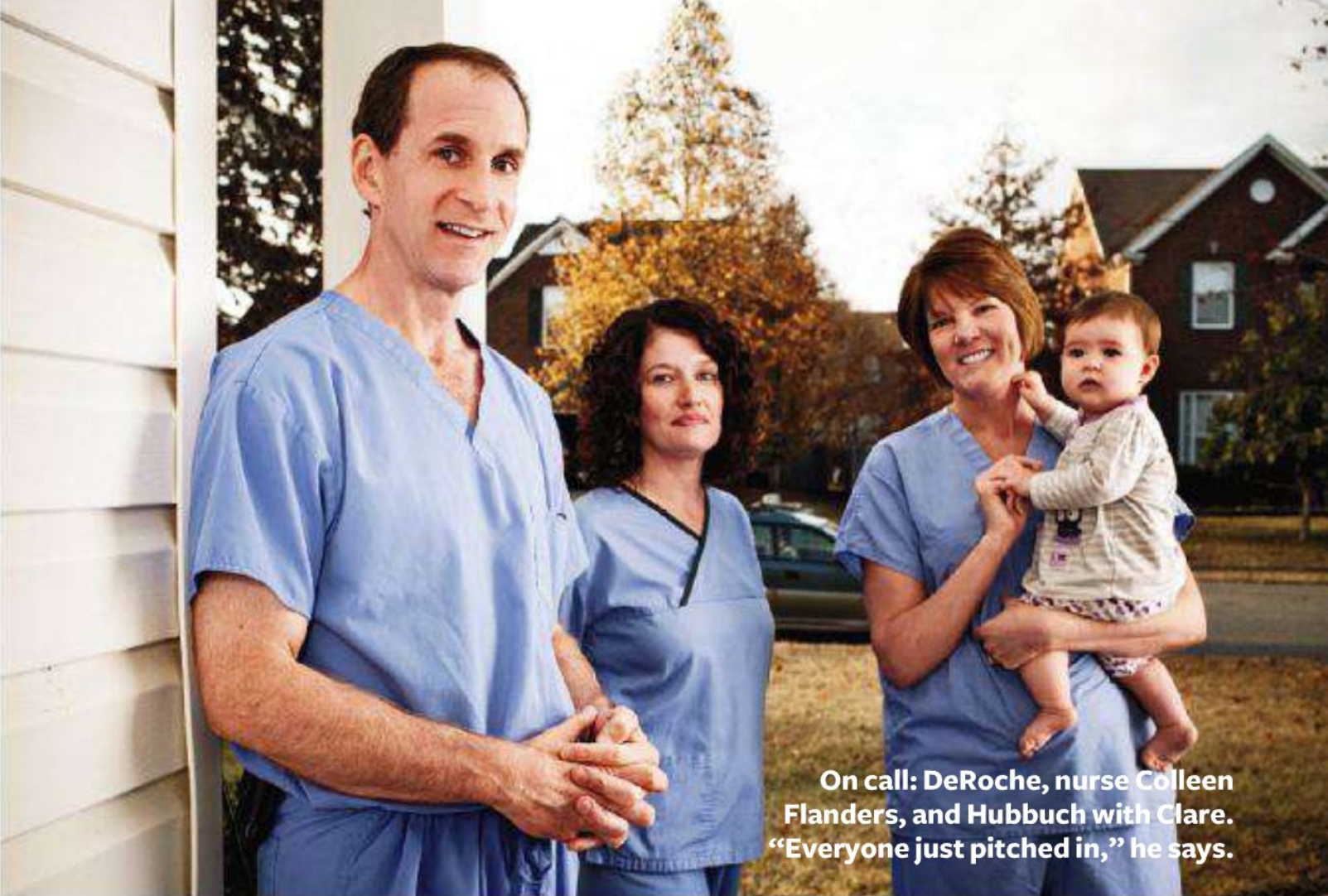
## “You’ve got the best people here—

tor and nurse laughed, but it was nervous laughter. They both knew enough about childbirth to understand all the things that could go wrong.

On the kitchen table, they laid out the supplies: two scalpels, gloves, masks, gowns, scissors, and a few old clamps that DeRoche had repurposed for hobbies around the house. There was a purple hair ribbon to soak in alcohol for tying off the cord. They had oral painkillers and antibiotics. No epidural, no anesthetic for surgery. But their ragtag kit would have to do. They stuffed the gear into a backpack and headed out.

yes, he was a surgery resident, but in plastic surgery. Greco checked Cindy and found she was dilated to about four centimeters. When Hasan announced that an ob-gyn was trying to get there, Greco heaved a sigh of relief. But could DeRoche get there in time? Cindy’s contractions were less than two minutes apart.

**DeRoche and Hubbuch** walked along Temple Road until they found what looked like a good place to cross—no visible electric lines or snakes. They waded in and slogged through thigh-deep murky water. The footing was slick. DeRoche held the backpack



On call: DeRoche, nurse Colleen Flanders, and Hubbuch with Clare. “Everyone just pitched in,” he says.

## more than you’d have in a hospital.”

over his head; it had to stay dry at all costs. When they finally climbed onto solid ground on the other side of the floodwaters, they still had two miles to go to get to Batty’s house.

Muddy and soaking wet, they tried hitching a ride. Two older women in a brand-new Lexus pulled over and rolled down their windows. “Delivering a baby!” DeRoche said.

“Get in! Let’s go!” said the driver. By the time DeRoche and Hubbuch arrived at Batty’s house, the medical crew had been boosted by yet another pediatrician and two delivery nurses; all were relieved when the Lexus dropped off a third nurse and a high-risk

ob-gyn with an air of self-confidence.

Hubbuch went right to Cindy. “You’ve got the best people here—more than you’d have in a hospital. You can do this.” Cindy said she was feeling nauseated, to Hubbuch a sign the baby was on her way.

DeRoche set things up. Cindy would lie across the bed. Hasan laid out a cloth to protect the carpet. Hubbuch shouldered Cindy’s right leg while opening sterile gauzes; a pediatrician held her left leg and a flashlight. James sat behind her, bracing her back. Jayne Tuerff, James’s cousin, who had recently arrived on the scene, knelt at his back to bolster

him. A third nurse climbed onto the bed, ready to take the baby from DeRoche. Still another volunteer held up a small fan that was hooked into a computer backup battery.

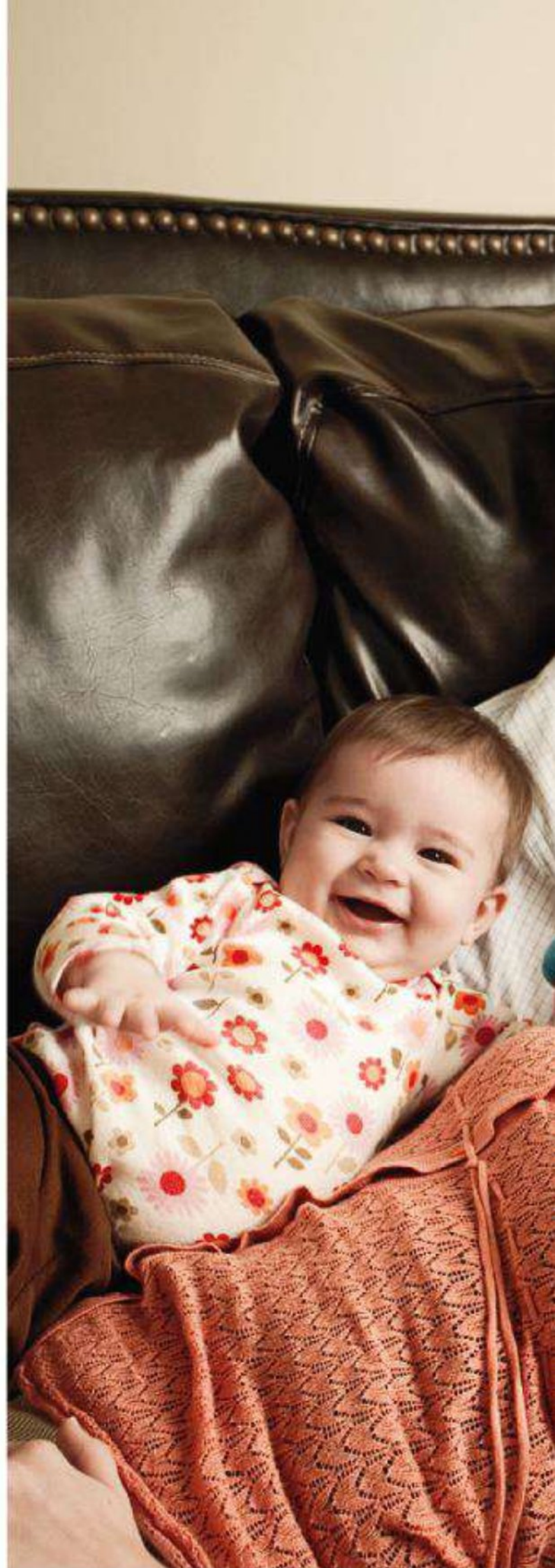
With rain pounding at the windows, candles flickering, flashlights beaming, people surrounding the bed, more of them pacing with anticipation downstairs, and a group of neighbors gathered outside, Clare Madelyn Banker, eight pounds 13 ounces, came into the world, crying loud and clear—that wonderful sound that’s proof to doctors and nurses and parents that a newborn is breathing.

“You did it!” Batty told Cindy. “She’s beautiful!”

When the news reached the people downstairs and outside, there were cheers all around.

**In the coming days**, DeRoche, along with hundreds of other Nashvillians, joined crews helping families recover from the devastating thousand-year flood, mucking out rooms and tearing down ruined drywall. He would hear people talk about the baby delivered during the chaos that claimed ten lives and shattered countless others. In the midst of such tragedy, it was one bright and positive thing.

The Bankers joked about changing Clare’s name to Noah. And when they sent out birth announcements, each member of their impromptu team also received a heartfelt thank-you note and a little gift: an umbrella. ■





**All's well that ends well: Clare, James, Cindy, and Jacob, age three, at home.**

# Get Hired, Not Fired

---

## 50 Secrets Your HR Person Won't Tell You

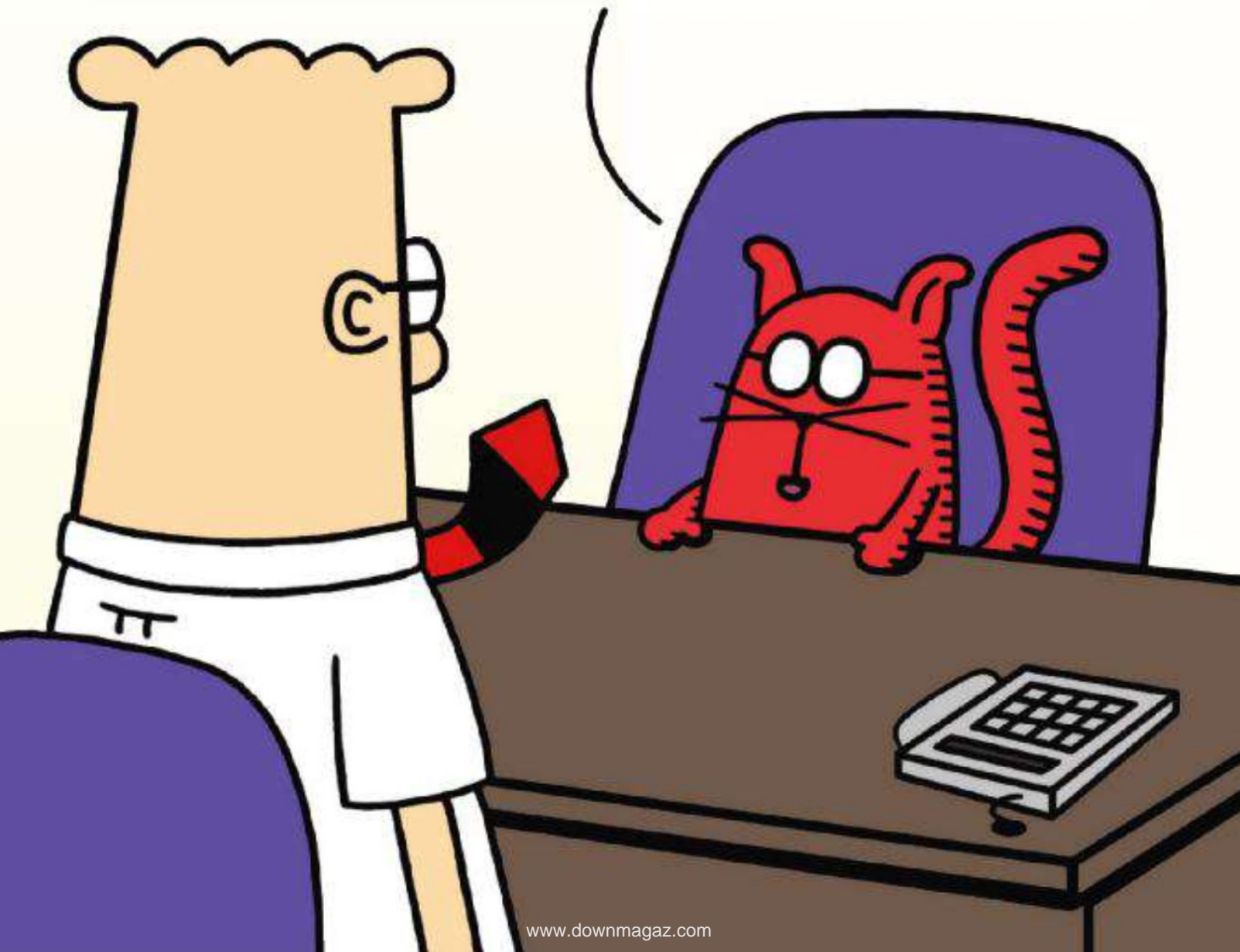
---

(plus favorite curveball questions and office horror stories) BY MICHELLE CROUCH

**Ah, those inscrutable human resources professionals**—also known as HR specialists, HR liaisons, or simply “the people upstairs.” Like another mythic figure, they know who’s been naughty or nice, and America’s workers—desperate to hold on to their jobs—know they’d better watch out. We gave 18 HR professionals a chance to tell us what really happens behind the closed doors of corporate America. Whether you use their insider tips to keep a job or get a job, they definitely come across as human—and resourceful.

CATBERT: EVIL DIRECTOR  
OF HUMAN RESOURCES

MANY OF OUR EMPLOY-  
MENT POLICIES ARE  
PRACTICAL JOKES, BUT  
IT'S MORE FUN IF WE  
DON'T TELL YOU WHICH  
ONES.



## HIRING AND THE RÉSUMÉ

“Once you’re unemployed more than six months, you’re considered pretty much unemployable. We assume that other people have already passed you over, so we don’t want anything to do with you.”

*Cynthia Shapiro*, a former human resources executive and author of *Corporate Confidential: 50 Secrets Your Company Doesn’t Want You to Know*

“When it comes to getting a job, who you know really does matter. No matter how nice your résumé is or how

“We will judge you based on your e-mail address. Especially if it’s something inappropriate like kinkyboots101@hotmail.com or johnnylikestodrink@gmail.com.”

*Rich DeMatteo*,  
a recruiting consultant in Philadelphia

“If you’re in your 50s or 60s, don’t put the year you graduated on your résumé.”

*HR professional*  
at a midsize firm in North Carolina

“There’s a myth out there that a résumé has to be one page. So people

“People assume someone’s reading their cover letter. I haven’t read one in 11 years.”

*HR director* at a financial services firm



great your experience may be, it’s all about connections.”

*HR director* at a health-care facility

“If you’re trying to get a job at a specific company, often the best thing to do is to avoid HR entirely. Find someone at the company you know, or go straight to the hiring manager.”

*Shauna Moerke*, an HR administrator in Alabama who blogs at [hrminion.com](http://hrminion.com)

**IPAD EXTRA** To see animated Dilbert cartoons by Ringtales, download the *Reader’s Digest* magazine app from the iTunes store or visit [ringtales.com/dilbert.html](http://ringtales.com/dilbert.html).

send their résumé in a two-point font. Nobody is going to read that.”

*HR director* at a financial services firm

“I always read résumés from the bottom up. And I have no problem with a two-page résumé, but three pages is pushing it.”

*Sharlyn Lauby*,  
HR consultant in Fort Lauderdale, Florida

“Most of us use applicant-tracking systems that scan résumés for key words. The secret to getting your résumé through the system is to pull key words directly from the job de-

scription and put them on. The more matches you have, the more likely your résumé will get picked and actually seen by a real person.”

*Chris Ferdinandi,*  
HR professional in the Boston area

“Résumés don’t need color to stand out. When I see a little color, I smirk. When I see a ton of color, I cringe. And walking in and dropping off your résumé is no longer seen as a good thing. It’s actually a little creepy.”

*Rich DeMatteo*

## THE INTERVIEW

“It’s amazing when people come in for an interview and say, ‘Can you tell me about your business?’ Seriously, people, there’s an Internet. Look it up.”

*HR professional in New York City*

“A lot of managers don’t want to hire people with young kids, and they use all sorts of tricks to find that out, illegally. One woman kept a picture of two really cute children on her desk even though she didn’t have children [hoping job candidates would ask about them]. Another guy used to walk people out to their cars to see whether they had car seats.”

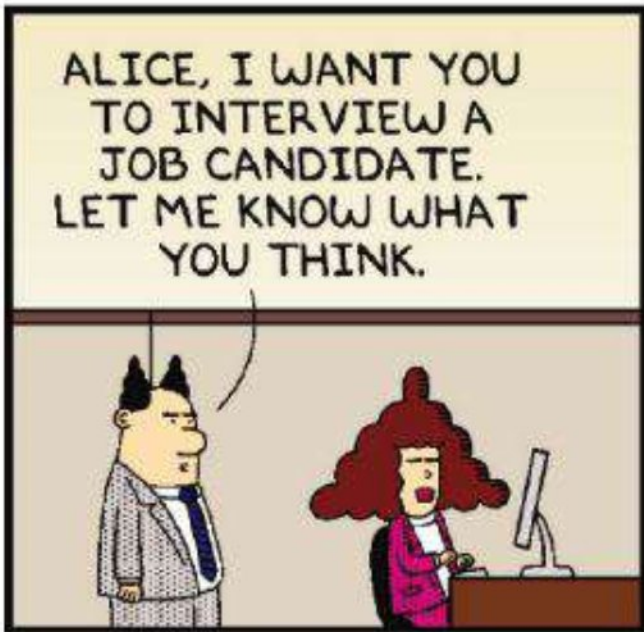
*Cynthia Shapiro*

“Is it harder to get a job if you’re fat? Absolutely. Like George Clooney’s character said in *Up in the Air*, ‘I stereotype. It’s faster.’”

*Suzanne Lucas,* a former HR executive  
and the Evil HR Lady on bnet.com







“I once had a hiring manager who refused to hire someone because the job required her to be on call one weekend a month and she had talked in the interview about how much she goes to church. Another candidate didn’t get hired because the manager was worried that the car he drove wasn’t nice enough.”

*HR professional at a midsize firm in North Carolina*

“Don’t just silence your phone for the interview. Turn it all the way off.”

*Sharlyn Lauby*



“If you’ve got a weak handshake, I make a note of it.”

*HR manager at a medical-equipment sales firm*

“If you’re a candidate and the hiring manager spends 45 minutes of the interview talking about himself, the company, or his Harley, let him. He’s going to come out of the interview saying you’re a great candidate.”

*Kris Dunn, chief human resources officer at Atlanta-based Kinetix, who blogs at hrcapitalist.com*



“Make sure you’re nice to everyone, especially the admin person at the front desk. If you’re not, we’ll hear about it.”

*Michael Slade, HR director at Eric Mower and Associates, a marketing communications agency*

“We do understand that sometimes your cat really is sick, or maybe you really did have stomach problems the morning of the interview. But we probably aren’t going to believe you.”

*Rich DeMatteo*

“Never tell us if you were fired from a job. Your résumé will automatically go into the trash. In 90 percent of cases, depending on the reference immunity laws in your state and your former company’s policy, we have no way of finding that out.” *Cynthia Shapiro*

“Know how to pronounce my name, even if you have to call and ask the receptionist before you come in.”

*Senior HR executive in New York City*

“One time I said to a candidate, ‘Tell me a little bit about yourself.’ An hour and a half later, I was afraid to ask question No. 2.” *Sharlyn Lauby*

“How soon should you send a thank-you note? The next day seems a little desperate. Wait a week, and I’ve probably interviewed a bunch of other people and you can remind me again how great you are.” *Cynthia Shapiro*

“When it comes to getting a job, persistence does not pay off. Checking in once or twice is fine. But if you call and call and call, you’re not going to get the job, because you’re annoying.”

*HR manager at a medical-equipment sales firm*

“Sometimes we’ll tell you we ended up hiring someone internally—even if we didn’t—just to get you off our back.” *HR representative at a Fortune 500 financial-services firm*

“If your former supervisor hated you, don’t give me his direct line for a reference. Instead, give me the number

## Their Favorite Interview Questions

Most HR folks today have moved away from questions like “What’s your weakness?” and prefer so-called behavior-based queries, which ask you to describe how you handled specific situations. A few of their favorites:

Tell me about a time you had to work with someone you did not personally like.

Describe your Outlook calendar on a typical day.

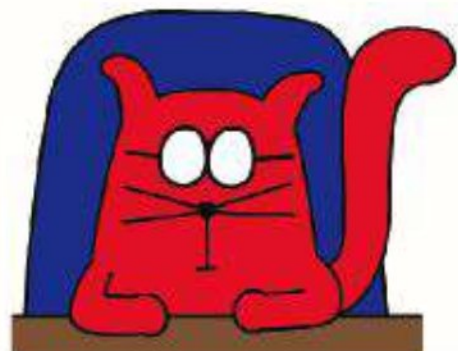
How much do you know about our company?

What personal and professional development have you been engaged in outside the workplace over the past year?

If you could come to work with only three tools to get your job done, what would they be?

Tell me about a time when your integrity was challenged. What was the situation, and what did you do?

*Michelle Crouch*



to HR. Most of us will give out only your dates of employment and what your title was.”

*HR professional  
at a midsize firm in North Carolina*

“Yes, we do look at your credit as part of our background check. And if you’ve got a bankruptcy or if your credit score is below 650, you’ll have a hard time getting a job. [But] background checks are expensive. Sometimes we bluff, get you to fill out the form, and don’t even run it.”

*Cynthia Shapiro*

view, they’ll tell me to say, ‘The budget for this position is 40K to 45K. Is that acceptable to you?’ If the candidate accepts, they’ll know they’ve got him or her stuck in that little area.”

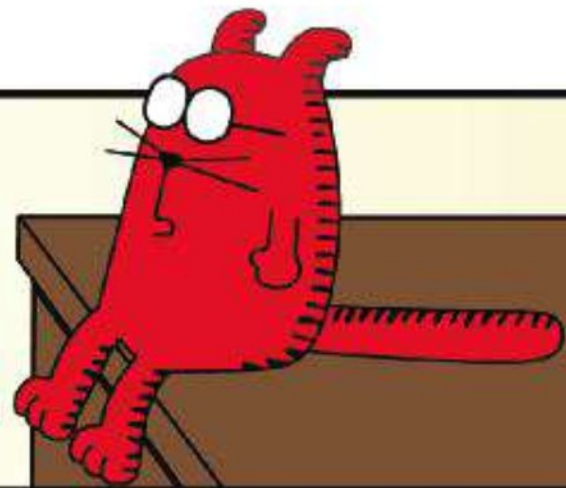
*Ben Eubanks, HR professional in Alabama*

“You all think you’re wonderful and deserve a higher salary, but here in HR, we know the truth. And the truth is, a lot of you aren’t very good at your jobs, and you’re definitely not as good as you think you are.”

*HR professional  
at a midsize firm in North Carolina*

**When you talk to HR, imagine you’re talking directly to your boss or the CEO.”**

*Cynthia Shapiro*



## **SALARIES AND RAISES**

“There’s one website that drives all HR people crazy: salary.com. It supposedly lists average salaries for different industries, but if you look up any job, the salary it gives you always seems to be \$10,000 to \$20,000 higher than it actually is. That just makes people mad.”

*HR director at a public relations agency*

“On salary, some companies try to lock you in early. At the first inter-

“Be careful if a headhunter is negotiating for you. You may want to ask for extra time off and be willing to sacrifice salary, but he is negotiating hardest for what hits his commission.”

*HR professional in New York City*

“I once hired someone, and her mother didn’t think the salary we were offering was high enough, so she called me to negotiate. There are two problems with that: 1) I can’t negotiate with anyone who’s not you. 2) It’s your mother. Seriously, I was like, ‘Did that woman’s mother just

call me, or was it my imagination?' I immediately withdrew the offer."

*HR professional in New York City*

## **LAI D OFF, FIRED, KICKED UPSTAIRS**

"If there was someone we no longer wanted at the company, we'd give him all the worst assignments on impossible deadlines, set him up to fail, and document that. After a few months, we could safely terminate him."

*Cynthia Shapiro*

"If you're put on a performance-improvement plan, you're cooked. I might look you in the eye and say we're going to do everything possible to make this work, but that's just total BS."

*HR director at a financial services firm*

"I once had to fire someone with four kids right before Christmas. When he asked me why, I couldn't tell him it was because he said something in an all-company meeting that the CEO took as an insult."

*Cynthia Shapiro*

"If you're a high-level employee and they put you on a special assignment and take away other responsibilities so you can focus on that 'special assignment,' start fixing up your résumé because you're on the way out the door."

*Suzanne Lucas*

"When you get laid off, you'll probably get a separation agreement in which you agree not to sue. That

## **Interview Horror Stories**

No matter how bad your last interview went, these real-life calamities will leave yours in the dust:

"I had a candidate take a call from his wife during the interview. Five minutes later, she arrived with a burger and fries for him: 'Mind if I eat this?'"

"The candidate who asked me to hurry up because she left her child in the car. Wow."

"The guy who explained a delay by saying he had to see a doctor because he had a cyst on his rear end. Of course, I printed out his e-mail and hung it up for everyone to see."

"The guy who fell asleep while filling out the application."

"Body odor so bad, I had to excuse myself mid-interview and put lip gloss in my nose in order to get through the rest."

"The student who had a picture of his naked girlfriend as his cell phone background. He kept staring at it during the interview."

"The candidate spoke no English, so he brought his mother to translate for him during the interview. It was for a customer-service position!"

*Michelle Crouch*

Sources: [cornonthejob.com](http://cornonthejob.com), a blog for HR types run by recruiting consultant Rich DeMatteo, and interviews.

document is what allows you to negotiate, so before you sign it, ask for more severance money, ask for more COBRA, something. The worst thing they can do is say no.”

*Cynthia Shapiro*

“The worst feeling in the world? Going into the ladies’ room and seeing nine people you know who won’t have a job in a week and having to act normal.”

*HR professional  
at a midsize firm in North Carolina*

pany by filing a workers’ comp claim. We will investigate.”

*Laurie Ruettimann,  
HR consultant and speaker in Raleigh, North Carolina*

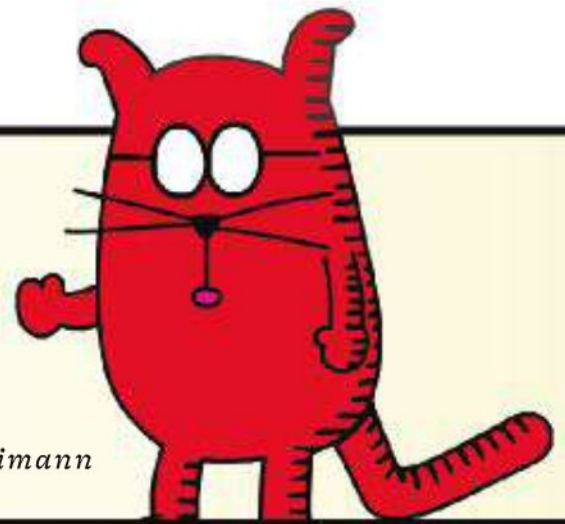
“If you call in sick, don’t post on your Facebook page that you’re at the movies or at a job interview. That’s just dumb.”

*HR professional  
at a midsize firm in North Carolina*

“We’re not only recording everything that you do, but we’re also actively

## ◀ **The best way to share feedback? Send an anonymous typewritten letter to the CEO.”**

*Laurie Ruettimann*



“Always apply for unemployment, because the state makes the decision, not the company, and often the company won’t bother to fight it.”

*Suzanne Lucas*

## **WE SUSPECT YOU, YOU SUSPECT US**

“Maybe you did get carpal tunnel syndrome or your back injury at work. But we’re very suspicious of those kinds of injuries because we know that there are angry employees who will try to get back at a com-

pany monitoring you for all kinds of bad behavior. Almost every company has filters that constantly search your e-mails, chats, and Web behavior for key words that may indicate corporate espionage, abuse, or worse.”

*Laurie Ruettimann*

## **A FEW OF THE DIRTY LITTLE DETAILS**

“Yes, we’ve all had to tell someone that they need to shower more because of their body odor. And there’s just no nice way to say it. I also once

had to deal with a situation in which someone seemed to be intentionally missing the toilet. We didn't know who it was, so we actually had to hold a 'This is how you use the bathroom' training session."

*Shauna Moerke*

"One woman came to me and wanted to file a claim because she thought her coworker had stolen her pencil. I can't make this stuff up."

*HR director at a financial services firm*

## **RAH, RAH. BLAH, BLAH.**

"Most of us can't stand being the cheerleaders of the firm. We don't bathe every night in the company Kool-Aid. We hate the Kool-Aid."

*HR director at a financial services firm*

"One of our most important jobs is to protect the company from lawsuits. So even though things like sexual harassment training have actually been shown not to be beneficial, we do it anyway because it lowers our liability."

*Suzanne Lucas*

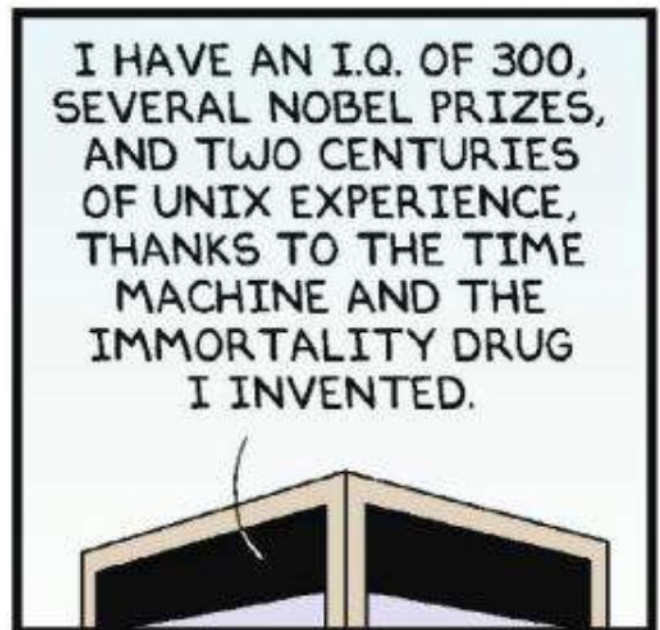
"If we ask you to travel for your job or attend a conference, it's not really a question. Say no, and it can be career-ending."

*Laurie Ruettimann*

"All those boring training things? We think they're boring too."

*Suzanne Lucas*

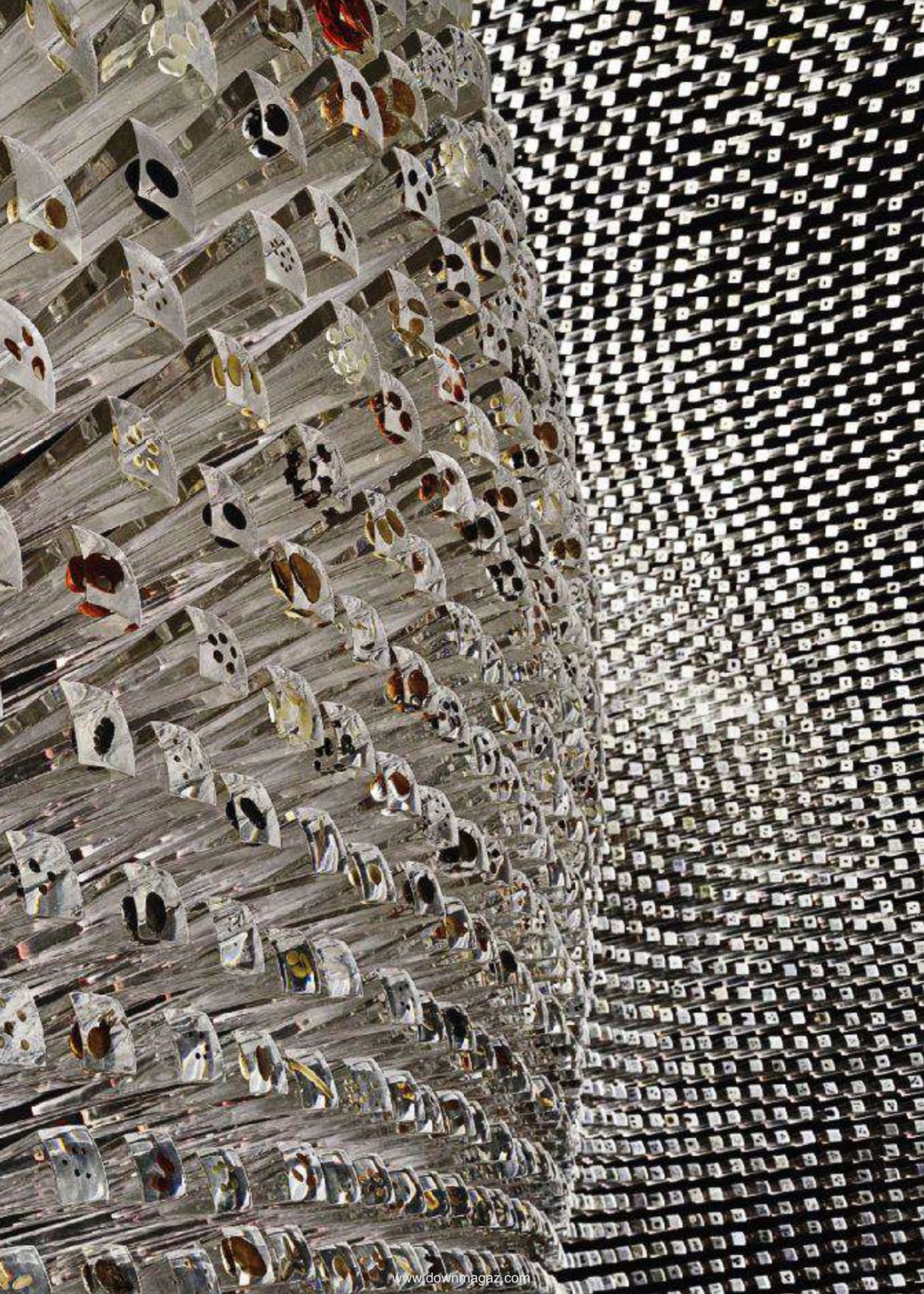
**More things your HR director won't tell you are at [readersdigest.com/hr](http://readersdigest.com/hr).**



# Look >>

SEE THE WORLD  
DIFFERENTLY











# « Twice

This porcupine of a building was in fact the British pavilion at Expo 2010 Shanghai China. Known as the Seed Cathedral, the structure consisted of more than 60,000 transparent rods, each encasing one or more seeds from China's Kunming Institute of Botany.

Famed British designer Thomas Heatherwick conceived the walk-in castle as a fiber-optic celebration of nature, illuminated by sunlight and aglow at night while the rods swayed with the breeze.

After the expo closed last fall, the castle was dismantled, but its legacy lives on. The rods, each showing life's potential, were distributed to schools across China and the United Kingdom.

# OVER & UNDER ACHIEVERS

Some people are builders, inventors, and obsessives. Others never met a problem that didn't make them want to take a nap. Whichever one you are—meet your role models.

BY LENORE SKENAZY

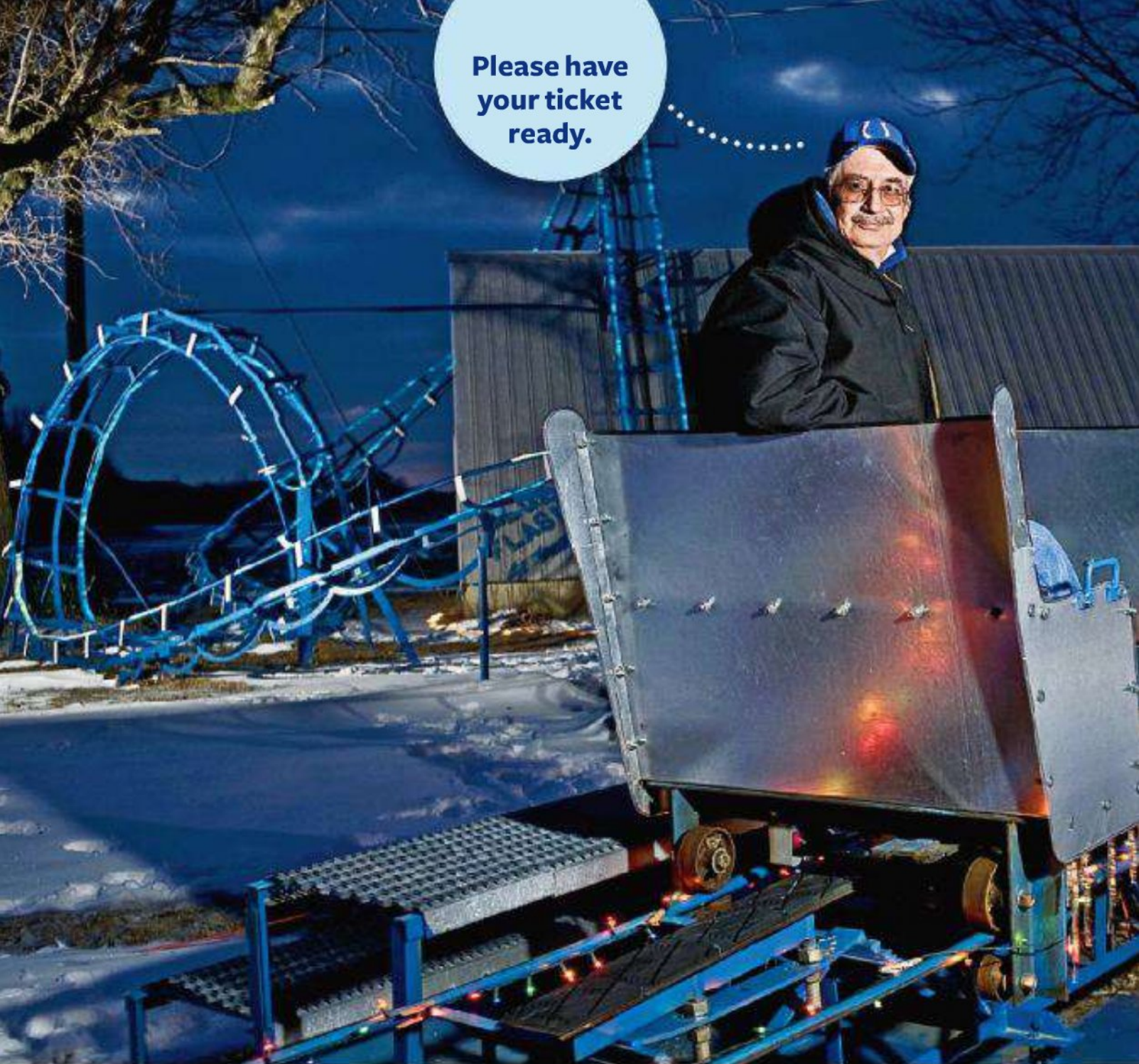
**T**om Nardone is what you might call an Extreme DIY type. You know, one of those mini Martha Stewarts who have to do everything themselves, perfectly, and then maybe even stencil it.

The author, inventor, and anal-retentive cleanliness nut from Troy, Michigan, already buffs and spit shines his entire house, and now he has figured out a foolproof method for giving his floors a little extra sheen while simultaneously supplying the next generation with a head start on a life of Felix Ungerism. How? Nardone has



That's a good  
little dust  
bunny.

Overachiever  
Tom Nardone  
and his invention,  
the perpetual-  
motion dust mop.



Please have  
your ticket  
ready.

glued and sewn microfiber dust mops onto baby pajamas. “That way,” says Nardone, “when the little tyke crawls around, she cleans the floors.”

On the opposite end of the industriousness spectrum is Anand Bhatt, a DI-Why-Try slacker from Chicago who subscribes wholeheartedly to the lazy-driven life. Bhatt, a 35-year-old rock ‘n’ roller, exhibited extraordinary loll-about acumen early on in junior high when, to sleep late and get out of

swimming lessons, he set all the clocks in the house back several hours.

His parents took him to the pool—but surprise!—the lesson was already over. They were really confused, says Bhatt, “until later on that day when they realized they were late for everything.” He got into trouble, but so what. Bhatt had tasted the power of laziness.

Fast forward to high school, when Bhatt was expected to do lawn work:



John Ivers and his backyard roller coaster.

“I got a job at Little Caesars Pizza just so I could hire our neighbor’s kid to do it.”

And now that he’s an adult, Bhatt still doesn’t let mere responsibilities get in the way of sleeping late—even when it comes to arriving on time at his friends’ weddings. “Everyone is just so excited, nobody’s paying attention,” says Bhatt. So he shows up when the rice is being thrown, “and I just say, ‘Aw, that was a beautiful

ceremony!’ They’re so into their own world, they don’t notice you,” he confides. So it’s win-win: The happy couple is still happy, and the lazy bum is happy, too, since he arrives just in time for the open bar. Cheers!

In recognition of these two men—both enterprising in their own unique ways—we looked high and low and even asked our readers for more examples of overachievers and underachievers alike. Our favorites:

## COASTING, ONE WAY OR THE OTHER

**Overachiever:** Tired of staring at a big, empty backyard, John Ivers decided it was high time to spruce it up. Some people might have settled on a pool or a garden. But the Bruceville, Indiana, steelworker decided his yard needed ... the Blue Flash! That’s right, Ivers can now look lovingly out his living-room window and onto a 180-foot-long looping steel roller coaster, which he built himself for \$1,500. But that wasn’t nearly enough fun, so Ivers ponied up \$3,000 to build an even bigger roller coaster—Blue Too!

**Underachiever:** Reader Jack K. from Oklahoma City has a friend who also has a big backyard. But fun is subjective, and after deciding to forgo the roller coaster, the friend instead chose to spray the entire lawn with Roundup so he would no longer have to mow. Mud, it seems, is easier to maintain.

Thank you  
for flying Air  
Anthony.



**Anthony Toth missed Pan Am's cabins enough to build one in his garage.**

## SIT BACK AND RELAX

**Overachiever:** Anthony Toth, of Redondo Beach, California, loves air travel, always has. In fact, he loves it so much that he got a job with United Airlines. But that wasn't enough quality aircraft time, so he spent \$75,000 to re-create a vintage first-class Pan Am cabin in his garage. To make sure that every single detail was accurate, he even traveled to Thailand to purchase several hundred original

Pan Am-branded headphones.

**Underachiever:** For her days off, Susan H., of Streetsboro, Ohio, bought a hammock that she planned to stretch between two trees. But the thought of actually hanging it up was yawn-inducing. So instead, she laid it on the ground and took a nap.

## A LOVE BUILT TO LAST

**Overachiever:** Le Trung's ideal woman is in her 20s, gorgeous, and

an eager companion who enjoys flower arranging. But ideal women can be hard to find, so the computer programmer from Brampton, Canada, built one. “Aiko” took two years and \$40,000 to create, but she’s worth it, says Trung. She gladly pours him a drink and reads the newspaper aloud every morning. “Aiko doesn’t complain or need holidays, food, or rest,” Trung told the British tabloid the *Sun*. “She is the perfect woman.”

**Underachiever:** Speaking of true love, there’s nothing more romantic than a hot tub, or at least that’s what Janet R. thought. She wrote us that when her friends bought one and it finally arrived at their Fair Lawn, New Jersey, home, it was too much of a chore for them to install. So now they use it for storage.

## HOUSE DUTIFUL

**Overachiever:** Paula Sunshine wanted to renovate her 16th-century British cottage herself the old-fashioned way—you know, using ye olde mix of plaster and animal hair. But goat hair isn’t as cheap as the human kind, so she sought out local beauty salons. “Human hair does a fantastic job,” Sunshine insisted in the *London Daily Mail*. “It’s just as good as animal hair. In some respects, it’s better because it adds real

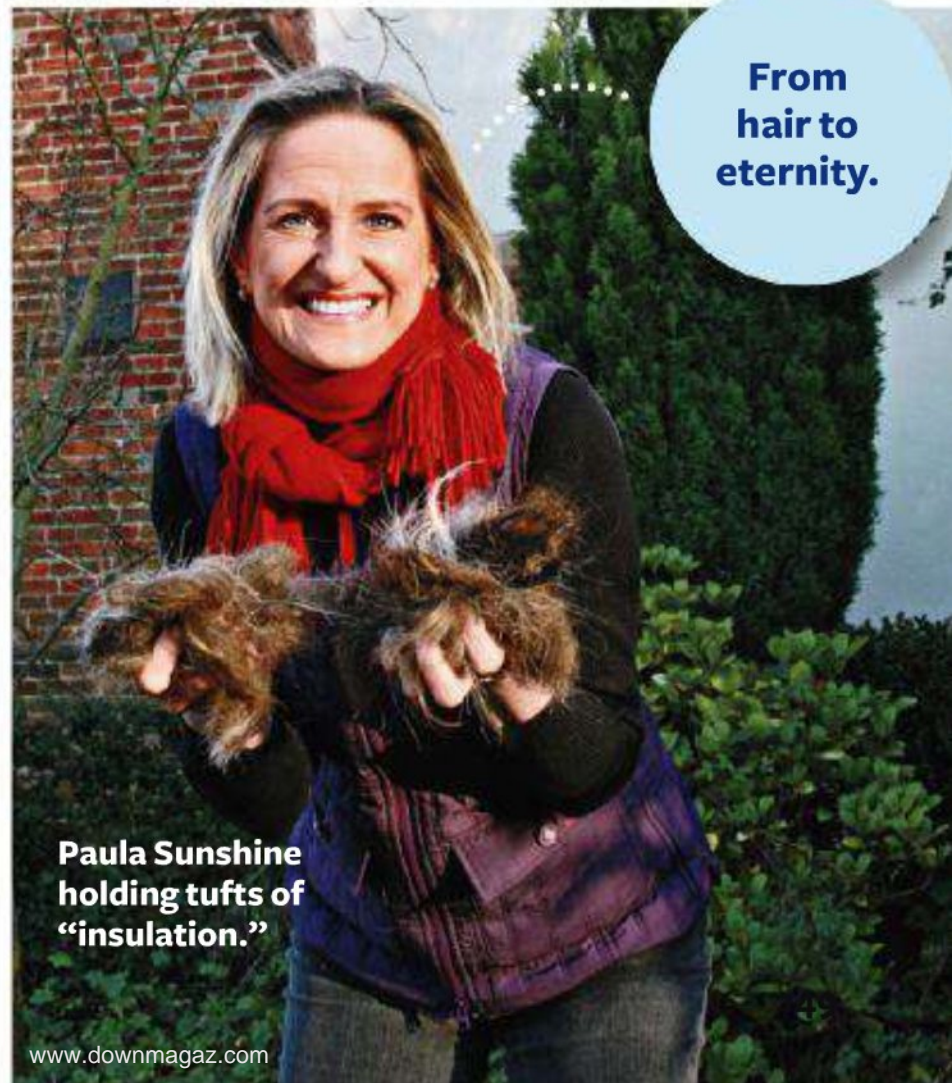
strength and texture to the plaster. It also has great insulating properties.” The downside: When it rains, the cottage gets frizzy.

**Underachiever:** Maya P., of Monroese, New York, also wanted to touch up her home, beginning with a fresh coat of paint in the living room. However, she couldn’t be bothered to move the furniture. So she painted around the couch, the chair, the artwork ... She’ll be fine, as long as she doesn’t rearrange the furniture. And obviously, there’s little chance of that happening.

## OIL’S WELL THAT ENDS WELL

**Overachiever:** Faced with mounting energy bills, Greg Losh figured that

From hair to eternity.



Paula Sunshine holding tufts of “insulation.”



the best way to beat big oil was to join it. So Losh, a property-service manager, built an oil derrick ... in his Muncie, Indiana, backyard. The well produces one and a half barrels of crude a day, or roughly 1/4,200,000th of our country's daily needs, and cost \$100,000. With oil hovering at \$88 a barrel, it will take a little more than two years for Losh and his investors to make back their money by selling the oil and using the natural gas he also taps to heat his home.

**Underachiever:** Whereas oil under your yard can be a godsend, oil of a different nature—the cooking kind—can be a pain, especially if it results in greasy and scorched pans. That's why John Wilder, a marriage coach in Jacksonville, Florida, who spends his days separating angry spouses, cuts himself some slack at home. When the bottoms of his frying pans get too greasy or crusty to use, he doesn't expend time and sweat scrubbing them clean. He takes them outside and douses them with paint stripper. Half an hour later, he returns and rinses them off.

## A LITTER OF KITTIES AND VICE VERSA

**Overachiever:** For a guy who never liked cats, Craig Grant sure has a lot of them, 600 at last count. Grant begrudgingly took in his first tabby when his son moved out of their apartment and left him his. The joke was on Grant—the cat soon had five kittens. But a bond was formed, and



**Craig Grant holding court with some neighbors.**

ever since, Grant's been adding homeless and abused felines to the brood. When he came this close to looking like a cat hoarder, he built Caboodle Ranch in Lee, Florida. The 30-acre parcel of land is filled with cat-size cottages, a "city hall," a "chapel," and even a "Walmart."

**Underachiever:** Reader Kris G. of Lynchburg, Virginia, has only one cat, but that's more than enough. Once, after allowing the kitty litter box to



My  
name is  
Mufasa.

Must kill  
hat, must kill  
hat ...

Meow.

Is it me,  
or am I a  
big cat?

I can has  
cheez-  
burger?

fill up, he didn't want to do the whole scoopy-pooppy thing. So he threw out the box and bought a new one.

## HOSPITALITY SWEET

**Overachiever:** Last winter, Jimmy Grey decided that what his Chardon, Ohio, home sorely lacked was a cool place to entertain his friends, one with a never-ending supply of ice-

cold beer. He remedied that situation by building a four-room igloo outside his home, complete with six-foot-tall ceilings and an entertainment unit.

**Underachiever:** If you, too, are eager to entertain guests and even treat them to dessert but simply can't bring yourself to bake, jot down this recipe from Ann Moreno, of Irvine, California: Take one sweet roll. Top with chocolate frosting.

Voilà! Cupcakes. ■



**Jake Silverstein,**  
editor in chief,  
*Texas Monthly*  
magazine

“How do we instill a love of and respect for the natural world in our children? That’s the subject of this remarkable essay by Rick Bass, the celebrated naturalist and novelist. Rick recalls how his mother would guide him to simple encounters with small doses of wilderness (paw prints, birdcalls) that shaped his view of the world forever.”

# Wild at Heart

---

My mother taught me to be a naturalist in our suburban backyard, one birdcall at a time

---

**BY RICK BASS**

● FROM *Texas Monthly*

**M**y mother did not keep a tally, an internal registry, called Nature Quota or Things to Do Outside Each Day for the Betterment of My Children. Instead, paying attention to nature—and I think she would have defined the term *nature* as any and all living things beyond one’s self—was simply how she lived her life. Whether by commenting on whatever bird had just arrived to spray seed from the backyard feeder or naming the different gray and fox squirrels that patrolled the yards of our Houston suburb, littering the driveways and sidewalks with sharply gnawed fragments of hickory nuts that pierced the feet of barefooted

(TOP LEFT) ILLUSTRATED BY GRAFILU



walkers, or simply by supporting my boyhood predilection for keeping as pets whatever bayou creatures I could capture—slender grass snakes, bewitching with their emerald sheen; giant bullfrog pollywogs, their bulbous heads seeming to suggest a cetacean intelligence; prehistoric soft-shelled turtles, pancake-shaped with pale bellies and periscope necks; freshwater crawfish; five-lined skinks; box turtles; catfish; topwater minnows; ramshorn snails (it must have seemed that at some point every creature in the kingdom of life had passed through and lived temporarily in our home)—my mother impressed upon me, from my earliest rememberings, the habit not just of looking beyond one's self but of being stimulated and enthused by what the world had to offer.

Folks like myself are sometimes guilty of saying things like “I wish I'd been born a hundred years earlier” or “How I would have liked to have seen this country when it was young and whole and strong,” but the truth is, I can't really complain. I had it pretty good. In retrospect, from a natural-history perspective, I think I got to inhabit the last good childhood unfreighted by that degree of awareness of loss, and I'm grateful to her and consider myself lucky. I must confess that these days I do not always follow my mother's model, and when I show my daughters some aspect of nature, whether sublime or subtle, I often do so with that confusion of self-awareness, wondering, Is this something—a warbler, a certain glacier, the sound

of a snipe in spring—that they will be able to share with their children? Knowing, sometimes, that the answer may well be perhaps not.

Surely there were days of my childhood that passed without some contact with nature, but those are not the days that remain in my memory. What I do remember is the excitement of discovering any animal's tracks in the backyard and how my mother and I would spend hours mixing up a plaster of Paris cast and, subsequently, making a wax imprint. Decades later, I saw such imprints in the offices of

---

Nothing of the grand spectacle of the living escaped my mother, yet **she allowed me my own discoveries, my own burnings.**

---

wildlife biologists—casts from the immense paws of grizzlies, wolves, mountain lions—and I would feel a kind of immediate kinship, never mind that my own childhood quarry had been basset hound, opossum, raccoon. The specificity of detail preserved in those casts—the wonder of fittedness—was no less present in the wrinkled delicate underfeet of the suburban raccoon than in the toe-padt tufts of the Canadian lynx.

A glow would heat up and incan-

desce in my mind when I saw these things and when I engaged with that outside world. I am not willing to admit yet that my middle-aged mind has grown darker or sealed over with the plaque and detritus of time, minutiae, and, perhaps worst of all, the dross of familiarity, when there is still so much in the world that by all rights should be every bit as mysterious to me now as it was then. Those neural pathways are still open in me—they may even still be illuminated—but often I don't notice the light anymore. In my vision of the boy-in-nature I was, I see the light of his mind glowing even in the darkness of nightfall, lit like a burning lantern.

What I now realize was rare about my mother's embrace of suburban nature—rare and wonderful—was the good fortune of my not viewing that embrace as either instruction or leave-taking. She didn't arise each day with a parenting checklist but instead brought me to nature more organically, without the pressure of an agenda. There was not that veil of impending sorrow that accompanies many of my own moments in nature these days, when I pause to consider the endgame, the underlying fundamentals. "She walked in beauty all of her days," we wrote of her, after her too-early death, in 1991, and the older I get, the more I realize what an accomplishment that is, in any age: seemingly the simplest thing in the world yet, paradoxically, sometimes one of the easiest to forget.

Would I have loved the deep wilder-

ness as much had she not loved our backyard? There is no telling. When she heard the snow and Canada geese fly overhead at night in the fall and winter, on their migrations to the Katy Prairie, she called us out onto the lawn. Nothing of the grand spectacle of the living escaped her notice, or her celebration. And like the best of guides, she allowed me my own discoveries, my own burnings, with the pleasure, perhaps, of the hunter-gatherer who shares his or her good fortune with those about whom she cares or loves or who brings a fellow hunter into a forest or a valley where the hunting is good.

**I**t was my father who took me to wilder places. Since the early thirties, he and his brother and my grandfather had leased a hunting camp on a thousand acres in the hardscrabble rocks and canyons of the Hill Country, up past Fredericksburg. It was a time before tourism had taken over, a time when grassfires still kept the cedar burned back, and all they could afford to lease in those hard days was the ragged land that nobody else wanted.

As rough and worthless as that country was to the economic models of the times, it was beautiful to us. The lease was too rocky even for goats, and without enough soil for cattle or crops, it was a jumble of giant eroding granite boulders in the shapes of globes and rectangles and fantastic animals—a rhino, a camel,

an Easter Island visage, a clenched fist. The Comanche had revered it; their flint knappings and arrowheads lay in the scree and granite chat aprons of the disintegrating hills, and it was not hard to imagine encampments of them in the old days, sitting up in those boulders, building their fires and making weapons with antler and stone.

**M**y father took me up there a couple of times a year, driving long distances over rough ranch roads the last few hours. In Houston I had sought out whatever wild little pockets of vacant lot woodland, cattle prairie, and oxbow bayou I could find at the farthest edge of the slowly expanding suburbs (in whose expansion, certainly, we were complicit), but there was no comparison, in terms of wildness, between those city-edge pockets of thriving and somewhat disturbed nature and the scale of ecological integrity I found in the Hill Country, back in the rocks and cacti, so far—it seemed to me as a child—from the hand of man.

The Hill Country was as wild to a ten-year-old boy as Alaska's Brooks Range or Canada's Muskwa-Kechika: It is all a question of scale. Wyoming's Wind River Range, Utah's Uintas, Colorado's San Juans, Montana's Bob Marshall Wilderness: A healthy earth needs these cores of big untouched country to help serve as wellsprings of vitality and integrity, but smaller,

initial, more moderated contracts with nature—sparrows, marsh rabbits, white-tailed deer—can help serve as a bridge from where we are now, frazzled and confused, cautious and slightly benumbed, back to the touchstone of a larger and wilder landscape, where the brushstrokes of nature were—and are—bolder and often more complex.

We would do well to remember that all the world was once wilderness. The world we entered, and which shaped and sculpted our brains as well as our bodies, and our systems of logic, was wilderness. It was, and remains, the baseline, the foundation, of whatever we choose to call “nature”—the place where all the rest of nature first came from—and on a microscopic scale, at an interesting point in history (the late fifties and on through the sixties), I was extraordinarily fortunate in my growing-up childhood, in a place that was decidedly no longer wild, to have both nature and wildness in my life: to have the daily example of my mother, as well as those farther trips with my father.

Our culture today understands that due to horrific affluence and consumption, the rest of the world—and we in it—exists in a time of increasing scarcity, paucity, and diminishment. So it is with a bittersweet feeling that I remember my childhood days of plenty. There is often a phenomenon in nature where the peak of a system's productivity occurs not in the relative stasis of midrange security and stability but instead after the system has

received its first major damage. The conifer that is struck by lightning, girdled with that distinctive spiral, summons all its energies to produce a greater crop of seed cones than ever before, casting them down onto the rich waiting ashes of the burn below. It was like that in the suburbs I inhabited at the edges of the prairie and woodland, where the bulldozers' first blade cuts and the diggers' first clawings had scratched that rich soil, summoning an even greater and more inspired outpouring of life from that initial disturbance. Everywhere I looked there was a scurrying, with the bayou bottomland sending a diaspora into the newly colonized yards and gardens, as we and our houses and homes crept, like pioneers, far-

---

## The toads gathered around streetlamps and waited for the wing-burnished insects to tumble to the ground.

---

ther into the fraying edges of what had once been a great kingdom unto its own.

What I remember in particular are the toads. Every yard in our new subdivision had a sputtering little gaslight streetlamp, so that late at night in the summer, after the sun had gone down

and the stars were silhouetting the tops of the tall pines, the streets of the new neighborhood each appeared to be like winding rivers of dull gold. The toads gathered around the streetlamps like diners crowded around a great feast and waited, not impatiently it seemed, for the wing-burnished insects to collide midflight and tumble to the ground, or to damage their wings against the hot panes of the glass, or to simply become tired of flying and flutter to the ground: a mistake.

These were big toads; they gorged every night, all night, on that suburban bounty. I cannot describe to you how many there were. Not only did they crowd around every little streetlight that stippled those lanes through the forest, they filled the sidewalks and spilled out into the streets. They emerged at nightfall from beneath every stone in every garden, hopping through the lawns of newly shorn Saint Augustine; they conquered, reclaimed, and colonized the pavement nightly.

They were, of course, flattened, out on the streets. There were no roads in the summer that were not decoupled with the tar-paper-flat legacy of what and where they had been.

They were slippery and squishy beneath the wheels at night, but the next day the summer sun quickly baked them paper-thin. Mockingbirds and blue jays carried most of them away like miniature sandwich boards, but despite the nightly reduction, there were always more. My friends and I would some nights for entertainment



walk up and down the sidewalks of our streets, collecting the living ones from beneath the streetlamps, simply to see how high we could fill our tall buckets. The buckets grew heavy and stretched our arms; the toads hopped and wriggled and writhed. It was a strange sensation to be carrying the lives of so many, a hundred or more, in each bucket.

We would have wars with them. We set up rows and columns of tiny plastic green Army men at one end of our sandboxes, then emptied a bucket of a hundred or more toads into the other end of the sandbox, and watched, like Romans observing the Christians and the lions, as the toads

galloped over the tops of the Army men, the soldiers' rifles and grenades utterly ineffective against the power of the living.

Firefly lanterns lined our bedsides in the summer back then. Cicadas whirred and crash-landed, glittering jewels spinning and buzzing at our feet. We stood in richness at the edge of loss—some would say at the edge of an abyss—and yet we did not see it. Our days were not freighted with foreknowledge. It was not so much an innocence as a blessing.

What blessings might we inhabit now, similarly unrecognized? They must be out there. They must be all around us, still.

TEXAS MONTHLY (JULY 2010), © 2010 BY TEXAS MONTHLY, P.O. BOX 1569, AUSTIN, TEXAS 78767-1569.

## APRIL

In the pastel blur  
of the garden,  
the cherry  
and redbud

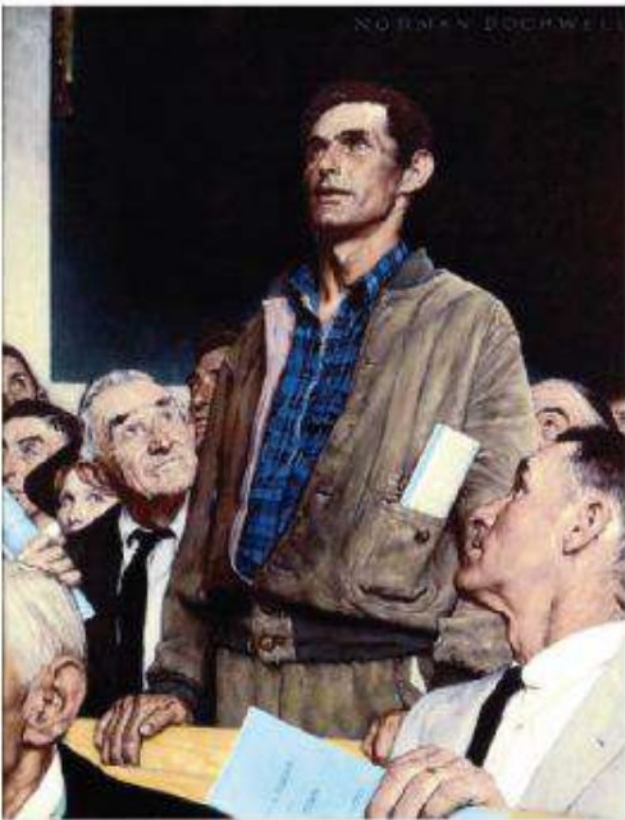
shake rain  
from their delicate  
shoulders, as petals  
of pink

dogwood  
wash down the ditches  
in dreamlike  
rivers of color.

*Linda Pastan*

FROM *THE LAST UNCLE* (W. W. NORTON, 2002).  
FOR MORE POETRY, VISIT [POETRYFOUNDATION.ORG](http://POETRYFOUNDATION.ORG).

# The Freedom That Make Us Great



Norman Rockwell's **Freedom of Speech**

In 1941, with war looming and our liberties imperiled, President Franklin D. Roosevelt reminded the nation not to lose sight of the ideals that make us strong—freedom to worship, freedom of speech, freedom from want, and freedom from fear. Artist Norman Rockwell put on canvas his own vision for each of the freedoms, including this portrait of an ordinary citizen speaking his mind at a town hall meeting.

Seventy years later, we've asked four remarkable Americans to reveal what these freedoms mean to them. This month, *Vanity Fair* columnist, author, and world-famous contrarian

Christopher Hitchens (*Hitch-22*) writes about freedom of speech. Whether he is arguing about the Iraq invasion or questioning the existence of God, Hitchens eloquently and unabashedly gives a spirited defense of the absolute right of free speech—even for those citizens who lack manners, judgment, and sanity.



**Christopher Hitchens,  
Washington, D.C.,  
January 20, 2011**

# Freedom of Speech

Don't tell **Christopher Hitchens** what he can or cannot say, write, or read. The First Amendment, he argues, is first for a reason.

# W

**e belong to a species** that loves to make lists and award rankings and then argue about which or who should be all-time No. 1. I am sure I would admire the United States Bill of Rights just as much in principle in whatever order the amendments came, but I take a special pleasure in the fact that the first of them all is the one that guarantees freedom of speech. Granted, this is in no small part due to a point of pride in that it makes my own profession seem especially significant and regards it as requiring particular protection. But it is also because I could make the case that it is the essential liberty, without which all the other freedoms are either impossible to imagine or impossible to put into practice.

Those of us who take the amendment's wording at face value—"Congress shall make no law ... abridging ..."—take it to mean *no law*.

No special circumstances, no emergency, no unforeseen contingency can dilute the plain and straightforward meaning of those words or that phrasing. We get ourselves called (and we proudly accept) a name that has a nice double meaning for me: First Amendment absolutists. Here's why I like this quasi-ironic term. It commits us to an unshakable principle while it obliquely reminds us that *absolutism* is what the freedom of speech actually makes impossible.

From the predawn of human history, despots have relied on the idea that, quite literally, their word is law, or absolute. Pre-Roman and Roman emperors sought to cloak this in the idea that they themselves were supra-human and had themselves deified in their own lifetimes. Later tyrants claimed to rule by "the divine right of kings," an assertion that didn't end until the 18th century. All modern successors, from Hitler to Khomeini to Kim Jong-il, have insisted that only one man or one party or one book represents the absolute truth, and to challenge it is folly or worse. But all it takes is one little boy to blurt out the inconvenient truth that the emperor is as naked as the day he was born, and with that, the entire edifice of absolutism begins to crumble.

Grown-ups, of course, are more "sophisticated," or the story wouldn't be as potent as it is. Hardened by adulthood, they can always think of reasons to keep quiet and to keep others quiet as well. Should we, say, be able to discuss sex in print? Or

publicly disagree with the government in time of war? Or offend the cherished ideas of others? The unfettered tongue and pen do not always produce results that make our lives easier or more comfortable. Mark Twain once observed sardonically that Americans were careful to make very sparing use of their precious and much-boasted liberty. But even he, the most popular figure in the country at the time, took care to conceal some of his more scornful views on religion and expansionist foreign policy.

**M**y own opinion is a very simple one. The right of others to free expression is part of my own. If someone's voice is silenced, then I am deprived of the right to hear. Moreover, I have never met nor heard of anybody I would trust with the job of deciding in advance what it might be permissible for me or anyone else to say or read. That freedom of expression consists of being able to tell people what they may not wish to hear, and that it must extend, above all, to those who think differently is, to me, self-evident.

Of all the things I have ever written, the one that has gotten me the most unwelcome attention from people I respect is a series of essays defending the right of Holocaust deniers and other Nazi sympathizers to publish their views. I did this because I think a right is a right and also because if

this right is denied to one faction, it will not stop there. (Laws originally passed in Europe to criminalize Holocaust denial are already being extended to suppress criticism of Islam, as a case in point.) But I could also argue it pragmatically. Hitler's *Mein*

Who's to tell me what I can read? I haven't been able to discover anybody to whom I would entrust that job.

*Kampf* is a book that is banned in some countries and very hard to get in others. But the rare translated edition I possess was published by a group of German exiles at the New School in New York in 1938. It is complete and unexpurgated, with many pages of footnotes and cross-references. The Fuhrer's enemies considered it of urgent importance that everybody study the book and understand the threat it contained. Alas, not enough people read it in time.

Almost all the celebrated free speech cases in the human record involve the strange concept of blasphemy, which is actually the simple concept that certain things just cannot be said or heard. The trial of Socrates involved the charge that his way of thinking caused young people to disrespect the gods. During the trial of Galileo, his findings about astronomy were held to subvert the religious dogma that our earth was the center and object of creation. The Scopes

Monkey Trial in Dayton, Tennessee, involved the charge that Charles Darwin's *On the Origin of Species* was profane and immoral as well as untrue. We look back on these moments when the authorities, and often the mob as well, decided to blind and deafen themselves and others, and we shake our heads. But with what right? There are many contemporary threats to the principle and the practice of free expression. I would nominate the theocratic one as the most immediately dangerous.

Ever since the religious dictator of Iran sponsored a murder campaign against a British-Indian novelist named Salman Rushdie, this time for authoring a work of fiction, there has been a perceptible constraint on the way people discuss the Islamic faith in public. For instance, when a newspaper in Denmark published some caricatures of the prophet Mohammed a few years ago, there was such an atmosphere of violence and intimidation that not a single mainstream media outlet in the United States felt able to reproduce the images so that people could form their own view. Some of this was simple fear. But some of it took a "softer" form of censorship. It was argued that tender sensibilities were involved—things like good community relations were at stake, and a diverse society requires that certain people not be offended.

Democracy and pluralism do indeed demand a certain commitment to good

manners, but Islam is a religion that makes very large claims for itself and can hardly demand that such claims be immune from criticism. Besides, it's much too easy to see how open-ended such a self-censorship would have to be. If I, for example, were to declare myself terribly wounded and upset by any dilution of the First Amendment (as indeed I am), I hope nobody would concede that this conferred any special privileges on me, especially if my claim of privilege were

Remove, by law, the “cross-hairs” from some electoral districts. Now are you confident you will have soothed the mind of a schizophrenic?

to be implicitly backed by a credible threat of violence.

Other attempts at abridging free expression also come dressed up in superficially attractive packaging. As an example, surely we should forbid child pornography? In a sense this is a red herring: Anybody involved in any way in using children for sex is already prosecutable for a multitude of extremely grave crimes. Free expression doesn't really come into it. The censor is more likely to prosecute a book like Nabokov's *Lolita* and yet have no power to challenge porn czars. And surely the spending of money isn't a form of free speech, as our Supreme Court has more than once held it is, most recently, as pertaining to politi-

cal campaign contributions. I'm not so sure: The most impressive grassroots campaign of my lifetime—Senator Eugene McCarthy's primary challenge to President Johnson in 1968—was made possible by a few rich individuals who told him to go ahead and not worry about a slender war chest. And who is entitled to make the call about who may spend how much? Again, I haven't been able to discover anybody to whom I would entrust that job.

The same objection applies to what is called hate speech. Here, again, there is no known way of gauging the influence of rhetoric on action. Try a thought experiment. Go back in time and force Sarah Palin, by law, to remove the “target” or “crosshair” symbols from certain electoral

districts. Now are you confident that you will have soothed the churning mind of a youthful schizophrenic in Tucson, Arizona? I didn't think so. Sane people can take a lot of militant rhetoric about politics. Insane people can be motivated by believing themselves to be characters in *The Catcher in the Rye*, a book I am glad is not banned.

“National security” is one of the oldest arguments here, for the good reason that it is always disputable. The purloining and dissemination of private documents written by other people, for example, is not always necessarily free expression, let alone free speech. It can also involve the exposure of third parties to danger, as appears to have been the case in

the downloading of classified documents by Army private Bradley Manning and their use by Julian Assange and WikiLeaks. We are all hypocrites here: I have myself written several articles based on Assange's disclosures, while publicly disapproving of his tactics in acquiring the material in the first place. (And I didn't need to read the list of terrorist-vulnerable facilities, including vaccine factories, that he dumped before me and who knows who else.) But in this age of ultrahacking, no law would have prevented these leaks, nor do such laws have much effect, and they never have. In a more slow-moving epoch, President Lincoln suspended habeas corpus and subjected certain editors to military censorship, though I have never seen it argued that he helped the war effort much by doing so.

**The claim to possess** exclusive truth is a vain one. And, as with other markets, the ones in ideas and information are damaged by distortion and don't respond well to clumsy ad hoc manipulation. And speaking of mar-

kets, consider the work of the Indian economist Amartya Sen, who demonstrated that no substantial famine has ever occurred in a country that has uncensored information. Famines are almost invariably caused not by shortage of food but by stupid hoarding in times of crisis, practiced by governments that can disregard public opinion. Bear this in mind whenever you hear free expression described as a luxury.

In my career, I have visited dozens of countries undergoing crises of war or hardship or sectarian strife. I can say with as much certainty as is possible that, wherever the light of free debate and expression is extinguished, the darkness is very much deeper, more palpable, and more protracted. But the urge to shut out bad news or unwelcome opinions will always be a very strong one, which is why the battle to reaffirm freedom of speech needs to be refought in every generation. ■

**IPAD EXTRA** To see an interview with Christopher Hitchens, download the *Reader's Digest* magazine app from the iTunes store.

## UNIVERSITY OF FRUSTRATED PARENTS

**Why waste your parents'** money dithering away in English 101 or Introduction to Economics when you can take these actual college courses:

The Joy of Garbage—Santa Clara University

Tree Climbing—Cornell

Queer Musicology—UCLA

Maple Syrup, The Real Thing—Alfred University

Source: *Huffington Post*







# Quotes

Experience is not what happens to a man. It is what a man does with what happens to him.

*Aldous Huxley*

Truth may be stranger than fiction, goes the old saw, but it is never as strange as lies.

*Actor-writer John Hodgman*

It would be interesting to find out what goes on in that moment when someone looks at you and draws all sorts of conclusions.

*Malcolm Gladwell*

Good judgment comes from experience, and often experience comes from bad judgment.

*Rita Mae Brown*

Treat a person as he is, and he will remain as he is. Treat him as he could be, and he will become what he should be.

*Former football coach Jimmy Johnson*

I haven't the slightest idea how to change people, but still I keep a long list of prospective candidates just in case I should ever figure it out.

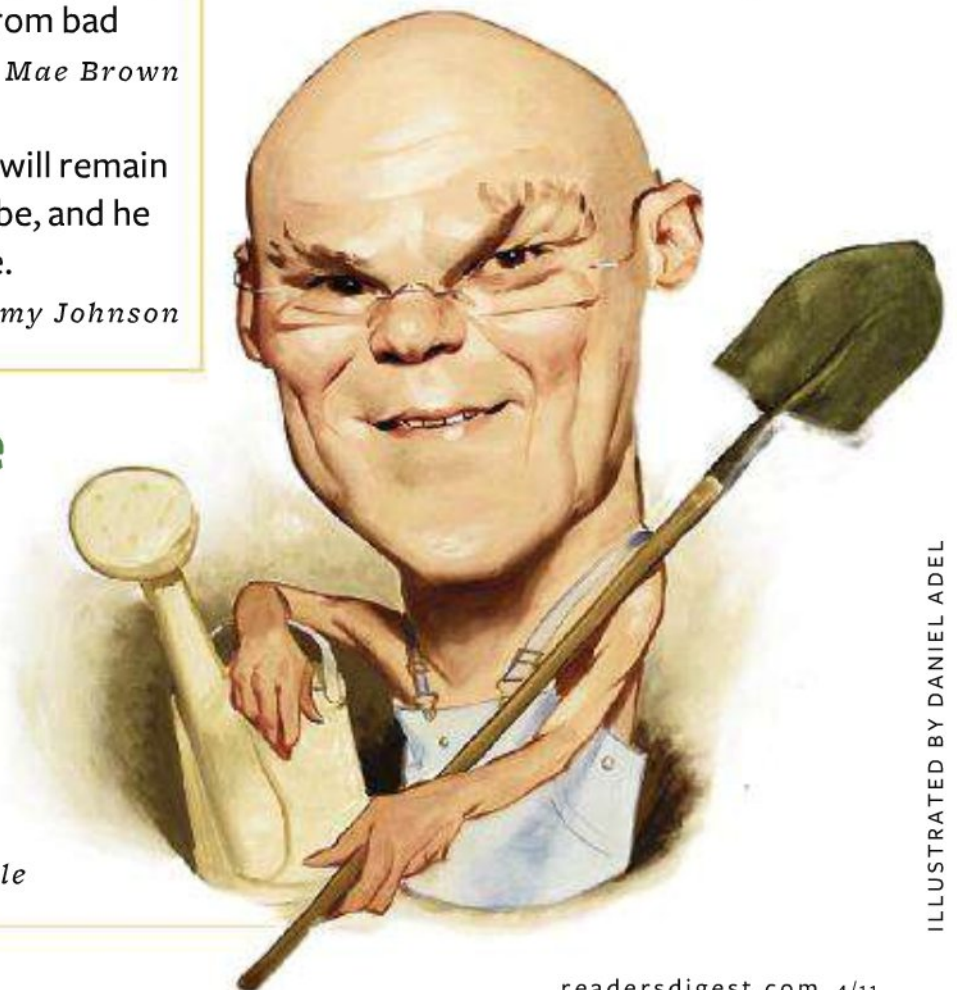
*David Sedaris*

I would be most content if my children grew up to be the kind of people who think decorating consists mostly of building enough bookshelves.

*Anna Quindlen*

**The best time to plant an oak tree was 25 years ago. The second best time is today.**

*James Carville*



ILLUSTRATED BY DANIEL ADEL



# OffBase

I stood next to a retired Marine Corps general at a military trade show, watching a cutting-edge robot navigate an obstacle course.

“I bet you didn’t have these back in your day,” I said.

“Oh, we did,” he answered. “They were called privates.”

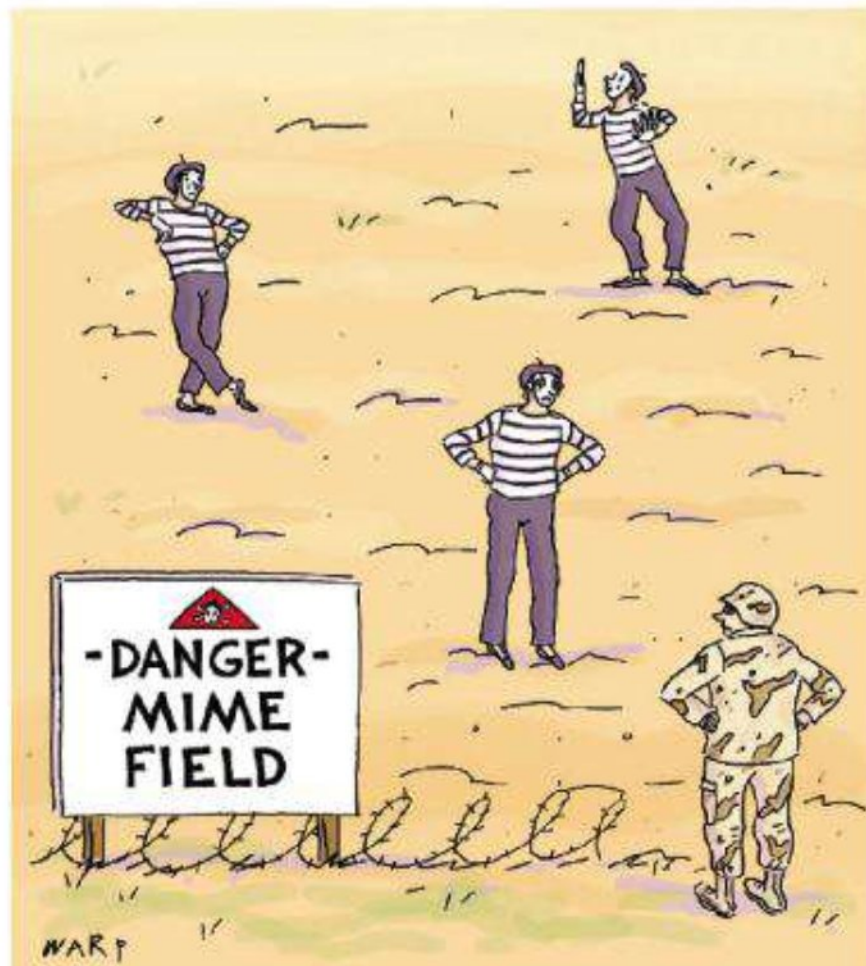
*Charlie Baisley, Alexandria, Virginia*

**After no one could** find evidence that one of our patients was a veteran, our VA hospital sent him home. That didn’t sit well with his wife, who said she’d bring in the proof. “I have a photograph of him in his Army uniform!” she insisted.

The next day, in she came with the picture of her husband ... in his Salvation Army uniform.

*Bob Walters, Hayesville, North Carolina*

**Lt. Gen. William “Gus” Pagonis** told the story of going to a movie shortly after retiring. When he and his wife walked into the near-empty theater, a young man stood up and pointed at them. Used to the attention, General Pagonis launched into a speech, thanking the young man



and saying how pleased he and his wife were to be there and how—

“Uhh ...” interrupted the confused usher. “I’m just counting customers. We need ten people before they can start the film.” *Terri Koyl, Chester, Virginia*

**Getting through boot camp** left my friend Scott feeling like a pretty big deal. So he got a vanity license plate to show exactly what he thought of himself. The plate reads: IM A STD.

*Jennifer Thiemann, Royal Palm Beach, Florida*

**Your favorite new joke, funny military anecdote, or crazy news story might be worth \$\$\$.** See page 67 for details.

# WANT TO GROW MORE HAIR?

## HairSil Accelerator™

PROMOTES HEALTHY HAIR GROWTH WITH CONTINUED USE.

**Great for both men and women.**

Before



<sup>2</sup>In a 12 week clinical-trial volunteers with thin hair:

- ⇒ 80% reported a decrease in hair loss<sup>2</sup>
- ⇒ All reported noticeable thicker hair<sup>2</sup>

Available in the  
Hair Care Section at

**Walgreens, Ulta Beauty,  
Walmart,  
Meijers & Rite Aid**

<sup>1</sup>After



Also online at:

CVS.com

RiteAid.com

Drugstore.com

Soap.com

Amazon.com

Walgreens.com

[Easybuyproducts.com](http://Easybuyproducts.com)



*"My passion is to provide affordable products that work. HairSil Accelerator promotes healthy hair growth with continued use guaranteed satisfaction or your money back."*

*- Jose Reyes, CEO,  
Universal Products*

**For more info call 1-877-778-4472**

Not everyone responds to these products. Individual results may vary. Use as directed.

Results after 9 months continued use<sup>1</sup>

# Work at Home

## Be a Medical Billing Specialist



**WORK AT HOME!**

- ✓ Be home for your family
- ✓ Be your own boss
- ✓ Choose your own hours

### SAVE MONEY!

- ✓ No daycare
- ✓ No commute
- ✓ Possible tax breaks
- ✓ No office wardrobe/lunches
- ✓ Approved for VA, GI-Bill & MyCAA benefits

**Earn up to \$40,000 a year and more!\***

Now you can train at home to work at home or in a doctor's office, hospital or clinic making great money...up to \$40,000 a year and more as your experience and skills increase! It's no secret, healthcare providers need Medical Billing Specialists. In fact, the U.S. Department of Labor projects a significant increase in demand in future years for specialists doing billing for doctors' offices!



**Experts train you step by step...be ready to work in as little as four months!**

With USCI's nationally accredited program, you learn step by step with easy-to-understand instruction, plenty of examples and *Toll-Free Hotline & E-mail Support*. Graduate in as little as four months and be ready to step into this high-income career!

**Get Color Brochure and Full Information!**

**Contact Us Today:**

**1-800-388-8765, Dept. RDDB2A31**

**[www.uscieducation.com/rdd31](http://www.uscieducation.com/rdd31)**

**Find out how you can work at home or in an office and earn up to \$40,000 a year.**



A+ Rating



**SENT FREE!**

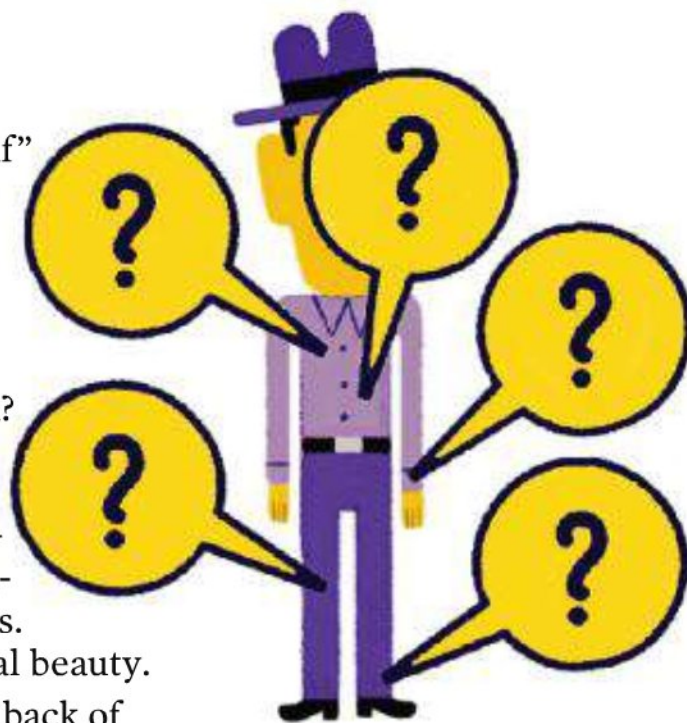
**U.S. Career Institute**

**Dept. RDDB2A31, 2001 Lowe Street, Fort Collins, CO 80525**

# Word Power

EMILY COX & HENRY RATHVON

**Body Language** When the ancient Greeks inscribed the phrase “Know thyself” at the temple of Apollo, we’re pretty sure they meant it in the philosophical sense. But how well do you know thyself in a physical sense? This month’s quiz tests your knowledge of words related to the body. Can’t put your finger on a definition? **See the next page for answers.**



**1. mental** *adj.*—of or relating to ... A: the navel. B: the chin. C: the hands or feet.

**2. visage** *n.*—A: face. B: lens of the eye. C: type of birthmark.

**3. hirsute** *adj.*—A: bent over with hands on knees. B: barrel-chested. C: hairy.

**4. pectoral** *adj.*—A: of the side. B: of the back. C: of the chest.

**5. corpulent** *adj.*—A: of or relating to the skull. B: bulky or stout. C: frail, as a bone.

**6. alopecia** *n.*—A: skin reddening. B: baldness. C: mythological beauty.

**7. nuque** *n.*—A: back of the neck. B: arch of the foot. C: tip of the tongue.

**8. hemic** *adj.*—A: of the liver. B: of the blood. C: of the stomach.

**9. gangling** *adj.*—A: infected. B: bunched, as nerves. C: awkwardly tall and thin.

**10. cerumen** *n.*—A: type of leg brace. B: essential protein. C: earwax.

**11. pollex** *n.*—A: kneecap or the tissue surrounding it. B: thumb. C: bridge between the nostrils.

**12. ventral** *adj.*—A: around the stomach. B: leaving the body, as exhaled air. C: fully developed, as a muscle.

**13. axilla** *n.*—A: network of nerves along the spine. B: long bone of the leg. C: armpit.

**14. ossicles** *n.*—A: small bones in the ear. B: nerves attached to the eye. C: eyelashes.

**15. fontanel** *n.*—A: bone in the finger. B: lower-back muscle. C: soft spot in a young skull.

## Deep Roots

Remember Mighty Mouse? Turns out, the cartoon hero’s super strength has some etymological merit to it: *Muscle* comes from the 14th-century Latin *musculus*—literally “little mouse,” a diminutive form of *mus* (“mouse”). The term was coined because some muscles resemble a mouse.



## Answers

- 1. mental**—[B] of or relating to the chin. The boxing vet gave the cocky kid a little *mental* reminder halfway through the first round.
- 2. visage**—[A] face. Harlan stared hard at the *visage* in the painting, curious about its smile.
- 3. hirsute**—[C] hairy. “That’s a great costume,” Alan admitted. “But you’re missing the *hirsute* hobbit feet.”
- 4. pectoral**—[C] of the chest. The weight lifter flexed his *pectoral* muscles in a truly Hulkian spectacle.
- 5. corpulent**—[B] bulky or stout. Tara wouldn’t call her brother overweight, just a little *corpulent*.
- 6. alopecia**—[B] baldness. Art has been shaving his head since he was 21, hoping to hide his *alopecia*.
- 7. nuque**—[A] back of the neck. Grazing Mary’s *nuque*, Hugo thought, was a subtle sign of affection. She disagreed.
- 8. hemic**—[B] of the blood. Would it be fair to say the *Twilight* characters have a slight *hemic* obsession?

## Sound Smarter

If you’re a master of grammar, does that make you **masterful** or **masterly**? If you’re pushy or bullying about it, you’re masterful. *Masterful* refers to being a superior, usually in a domineering way. *Masterly* refers to the skills of a master of a profession or trade (“she gave a masterly performance”). Easy way to remember: A *masterful* grammar teacher might very well be *full* of himself.



- 9. gangling**—[C] awkwardly tall and thin. The new teacher was a *gangling* figure from *Sleepy Hollow*, best known for another spindly pedagogue, Ichabod Crane.
- 10. cerumen**—[C] earwax. “I certainly doubt *cerumen* is keeping you from hearing me,” the instructor barked, glaring at her student’s headphones.
- 11. pollex**—[B] thumb. “That’s a thimble,” Gracie explained to her granddaughter during their sewing lesson. “It’s the best way to protect your *pollex*.”
- 12. ventral**—[A] around the stomach. His *ventral* fat, the *Biggest Loser* contestant hoped, would be the first to go.
- 13. axilla**—[C] armpit. The second grader’s favorite gag involved his cupped hand and his *axilla*.
- 14. ossicles**—[A] small bones in the ear. “For extra credit, what are the smallest bones in the human body?” Mr. Griffin asked. “The *ossicles*!” Tad shouted out.
- 15. fontanel**—[C] soft spot in a young skull. “Mind his *fontanel*,” the new mom said, handing her son to his nervous father.

## VOCABULARY RATINGS

- 9 and below: thickheaded
- 10–12: clearheaded
- 13–15: eggheaded

**IPAD EXTRA** To play an interactive version of *Word Power*, download the *Reader’s Digest* magazine app from the iTunes store.

# If You Have a Superior or Lennox Gas Fireplace

## You Could Get a Protective Screen and a Warning Sticker from a Class Action Settlement

There is a Settlement involving Superior and Lennox brand single-pane sealed glass-front gas fireplaces. The lawsuit claims that Lennox Industries Inc., Lennox Hearth Products Inc. and Lennox International Inc. ("Defendants") concealed that the glass fronts of these fireplaces get hot enough to cause serious burns. Defendants deny that they did not warn consumers and they deny they did anything wrong.

### Who's Included?

Generally, with some exceptions, you are included if you live in the U.S. (including California) and own a home you bought for personal, family or household purposes that has one or more Superior or Lennox brand single-pane glass front gas fireplaces installed between February 6, 2004 and January 11, 2011. California residents who own a home for personal, family, or household purposes that has one or more Superior brand single-pane glass front gas fireplaces installed between March 1, 2003, and February 5, 2004, are also included.

### What Can You Get?

If you qualify, you can get a protective screen for your Superior or Lennox brand gas fireplace that will significantly reduce the risks of burns by preventing direct

contact with the glass. The Settlement also provides additional information regarding the safety of your fireplace, as well as a warning sticker to be placed on your fireplace control.

### How to Get Benefits?

You must submit a Claim Form to get benefits. You can submit a Claim Form online or by mail. Claim forms are due by **August 1, 2011** or 60 days after the final approval hearing, whichever comes later.

### Your Other Rights

If you do nothing, your rights will be affected. If you do not want to be legally bound by the Settlement, you must exclude yourself from the Settlement. The deadline to exclude yourself is **May 2, 2011**. If you do not exclude yourself you will not be able to sue the Defendants for any claim relating to the lawsuit. If you stay in the Settlement, you may object to it by **May 2, 2011**. The Court will hold a hearing on **June 2, 2011** to consider whether to approve the Settlement and a request for attorneys' fees up to \$4,750,000 and expenses up to \$180,000. The Court has appointed attorneys to represent the Class. If you wish, you or your own attorney may ask to appear and speak at the hearing at your own cost.

**Call: 1-877-896-4837 Visit: [www.LennoxHearthClass.com](http://www.LennoxHearthClass.com)**

**Text "Lennox" to 41513 (Text messaging rates may apply)**

Advertisement

# **Have You Heard The Awesome NEWS**

**that the  
end of the world  
is almost here?**

**It's not the year  
2012!**

***The Bible guarantees  
the end of the world  
will begin with  
Judgment Day  
May 21, 2011***

**For free complete  
information of  
this awesome event  
you are invited  
to visit:**

**[www.familyradio.com](http://www.familyradio.com)**

**or to write:  
Family Radio,  
Oakland CA 94621**

**Or to call:  
1(800) 543-1495.**

ADVERTISEMENT

**Best You** Reader's Digest



Sign up for the **Best You** eNewsletter, our guide to looking great and staying healthy with a fresh, holistic and sane approach to health, wellness, and life. The life you want, one tip at a time. It's fun, it's useful, and it's FREE.

**Join now at  
[MyBestYou.com!](http://MyBestYou.com)**

# Laugh! :)

**A**fter Adam stayed out late a few nights, Eve became suspicious.

“You’re running around with another woman—admit it!” she demanded.

“What other woman?” Adam shot back. “You’re it!”

That night, Adam was fast asleep when he was awakened by Eve poking him in the chest.

“What are you doing?”

“Counting your ribs.”

Submitted by *William Halliday*,  
Shreveport, Louisiana

**I already regret** my choice of Juilliard to win the NCAA.

Comic *Michael Ian Black*, on comedysmack.com

**A month after** Donald MacDonald started at Harvard, his mother called from Scotland. “And how are the American students, Donald?” she asked.

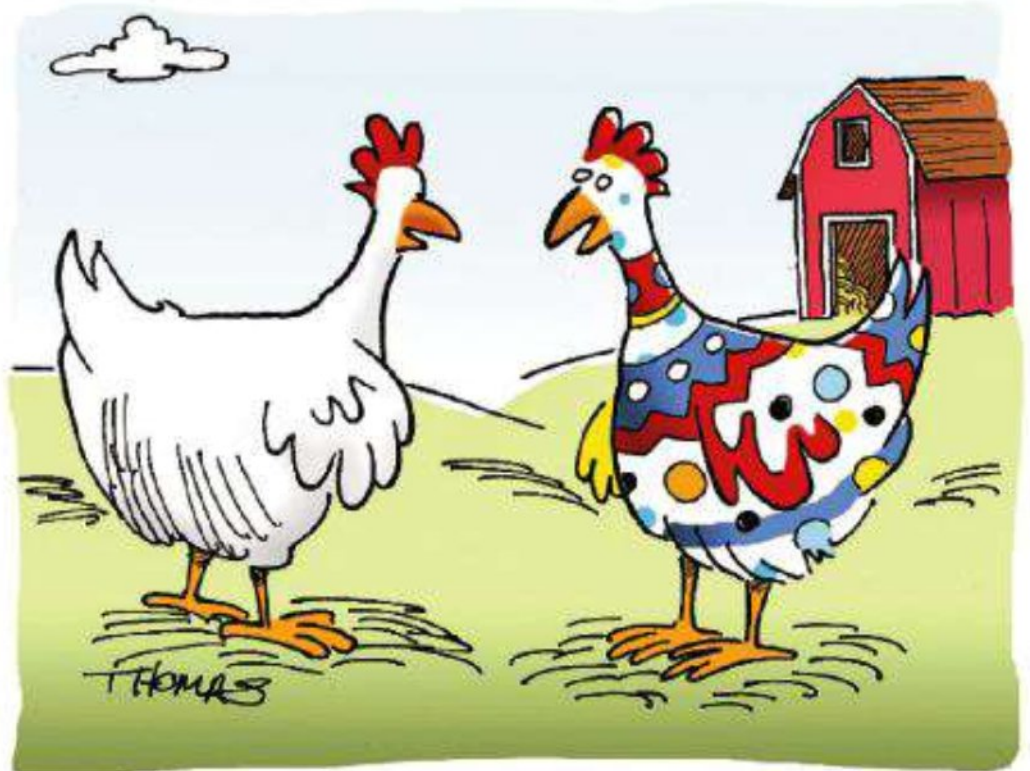
“They’re so noisy,” he complained.

**I’m coming out with a condensed phone book. It has only one number in it: 411.**

Comic *Craig Sharf*

**I wouldn’t want** to fly Virgin.

Who’d want to fly an airline that doesn’t go all the way? Submitted by *Adam J. Smargon*, Newark, Delaware



“I was an Easter egg.”

“One neighbor endlessly bangs his head against the wall, while another screams all night.”

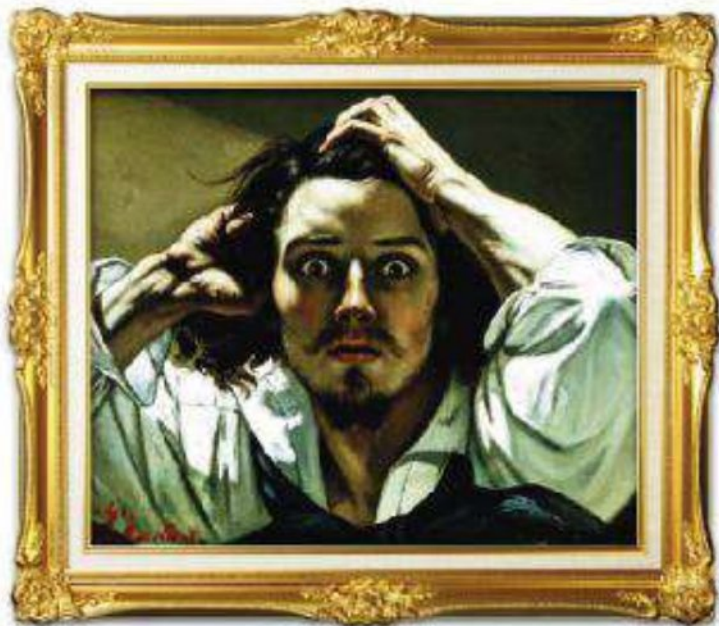
“How do you put up with it?”

“I just ignore them and play my bagpipes.” Submitted by *Marilyn Adkins*, Rackerby, California

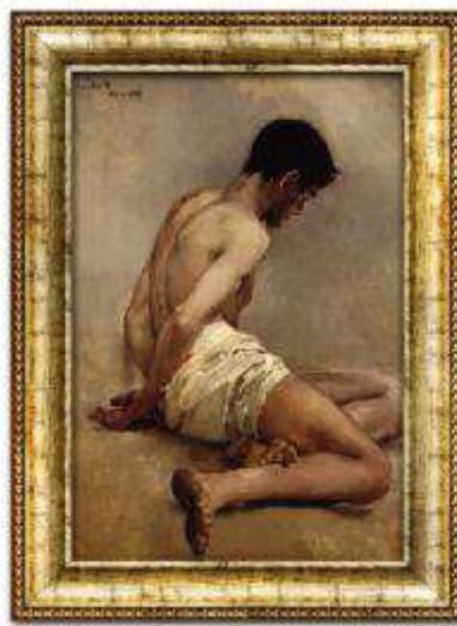
**If the customer** is always right, then why isn’t everything free?

Comic *Myq Kaplan*

**I Call It ... Umm ...** Humorist Steve Melcher says artists are lousy at naming their work. Look at these classics, *The Desperate Man* and *Academic Life Study*. Really? In *That Is Priceless* (Andrews McMeel), Melcher does some retitling.



*Johnny Depp Realizing He Left the Oven On*, by Gustave Courbet, French



*That Weird Guy at Yoga I Was Telling You About*, by Joaquín Sorolla y Bastida, Spanish

FROM THAT IS PRICELESS © 2011 BY STEVE MELCHER (ANDREWS MCMEEL PUBLISHING)

## Ahem!

Going to a party soon? Here are some icebreakers to avoid:

- “I can see you’re not one of those ‘shallow’ people who’s super-concerned about appearance.”
- “Sit back, relax, and allow me to explain the importance of composting.”
- “I don’t really see why we need art.”
- “What’s your all-time favorite coupon?”

- “What’s your dream toothpaste?”
- “I wouldn’t call them actual voices. More like hyenas scratching at the walls of my brain.”
- “These look like lice, right? Apparently, they’re just chiggers.”

From *Your Wildest Dreams, Within Reason*, by Mike Sacks (Tin House Books)

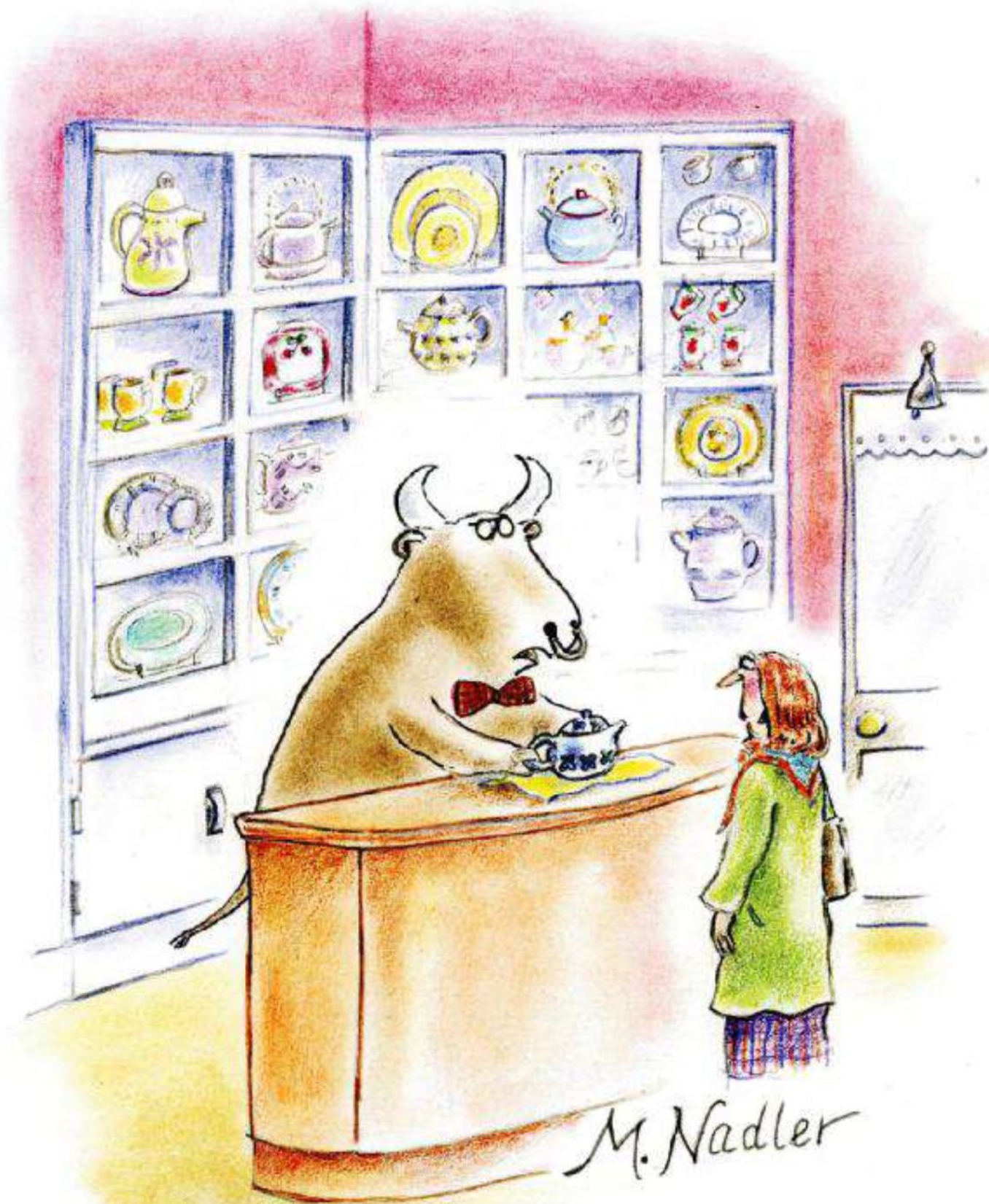
**Your favorite new joke, funny anecdote, or crazy news story might be worth \$\$\$.** See page 67 for details.

**Consumer Information** Reader’s Digest may share information about you with reputable companies in order for them to offer you products and services of interest to you. If you would rather we not share information, please write to Reader’s Digest Customer Care, PO Box 6095, Harlan, Iowa 51593-1595. *Reader’s Digest* publishes ten issues per year—subject to change without notice. We may also occasionally publish extra issues and special issues (which count as two in a subscription). Published monthly (except bimonthly in June/July and December/January) by The Reader’s Digest Association, Inc., 44 South Broadway, White Plains, New York 10601. A special Reader’s Digest Large Print with selected articles from *Reader’s Digest* is published by RD Large Edition, Inc. For details, write: Reader’s Digest Large Print, PO Box 6097, Harlan, Iowa 51593-1597. Reader’s Digest (ISSN 0034-0375) (USPS 865-820), Vol. 178, No. 1065, April 2011. © 2011 The Reader’s Digest Association, Inc. All rights reserved. Unauthorized reproduction, in any manner, is prohibited. Reader’s Digest, The Digest, and the Pegasus logo are registered trademarks, and Make It Matter is a trademark, of The Reader’s Digest Association, Inc. Marca Registrada. Printed in U.S.A. Periodicals postage paid at White Plains, New York, and at additional mailing offices. You may cancel your subscription at any time and receive a refund for copies not previously addressed. Your subscription will expire with the issue identified above your name on the address label. **POSTMASTER:** Send address changes to Reader’s Digest, PO Box 6095, Harlan, Iowa 51593-1595. **SUBSCRIBERS:** If the Post Office alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within one year.





# Last Laugh



*"Shall I break it now or wrap it first?"*

ILLUSTRATED BY MARY NADLER

ANOTHER  
INNOVATION FROM



**Sure your current underwear works just fine.  
BUT WE'VE NEVER STOPPED AT "FINE."**



Depend®

TENA® Super Plus

- SECURE CUT AND FIT
- COTTONY-SOFT FABRIC
- 40% MORE ABSORBENT THAN ORIGINAL TENA WOMEN



**TRADE UP** to underwear that gives you more: new Super Plus Underwear from TENA. Call us at 1.800.781.3298 to receive a free sample or visit us online at [www.TENA.us](http://www.TENA.us)

THE **evolution** OF  
**bladder protection**





**You can't pass inspection with pieces left behind.**

Moms know Charmin Ultra Strong can help. Its DiamondWeave texture is soft and more durable.\* Plus, Charmin Ultra Strong leaves fewer pieces behind than the ultra rippled brand — so you can get a more dependable clean. And for an extra clean finish, try Charmin Freshmates.



\*When compared to the Ultra Rippled Brand. © Procter & Gamble, Inc., 2011

[enjoythego.com](http://enjoythego.com)