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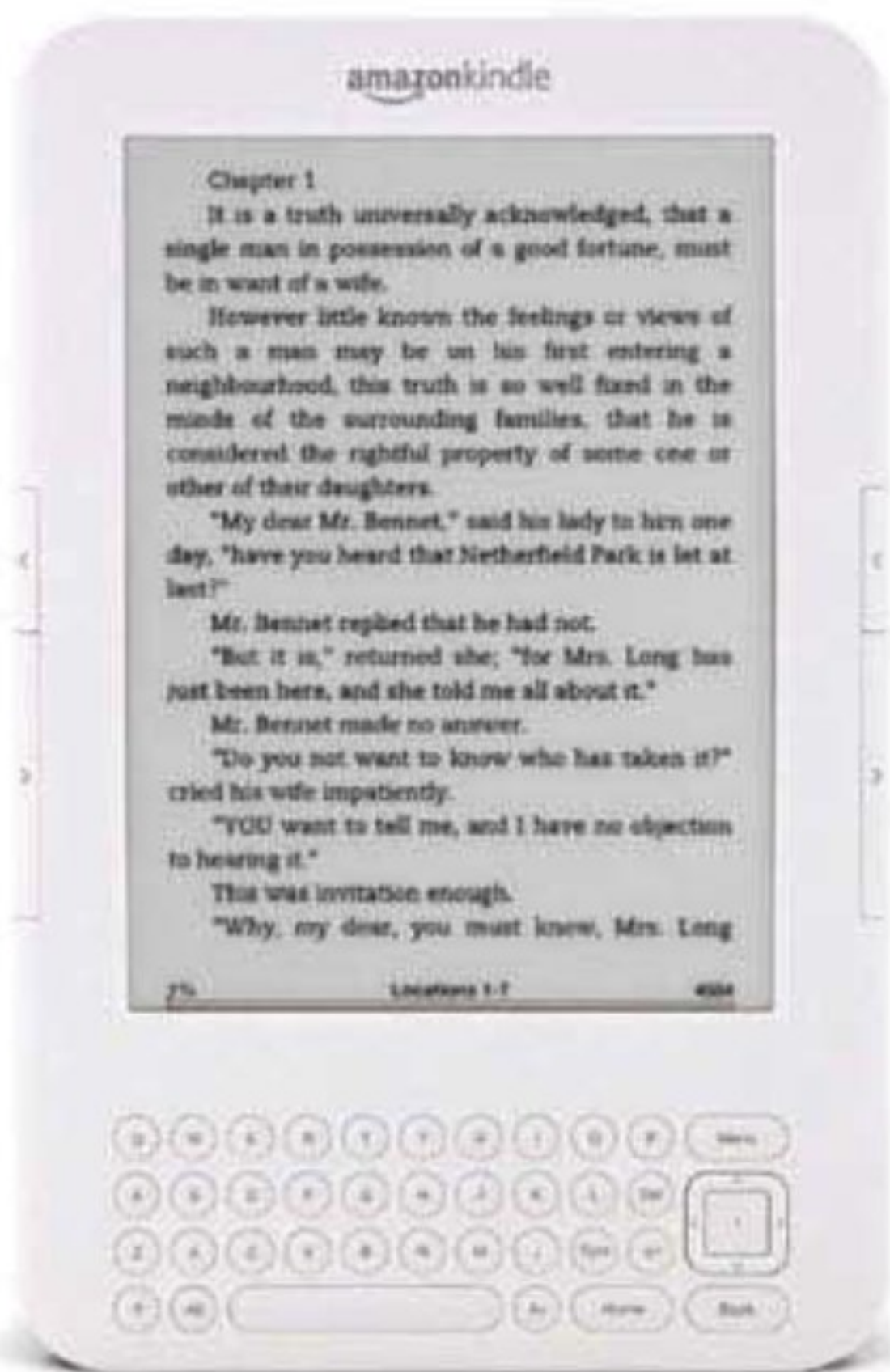
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Reader's Digest

AUGUST 2011

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We have the safest drinking water in the world—except for the pesticides that sometimes sneak in. And the rocket fuel. And the antibiotics ...

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When faced with evidence of blatant wrongdoing, some people take a deep breath, put their hands on the Bible, and deny, deny, deny!

132 The Wrong Man JACOB BAYNHAM, FROM CINCINNATI MAGAZINE

After serving 29 years in prison for a crime he didn't commit, Ray Towler was freed by DNA evidence and the tireless efforts of a Cincinnati law professor. Recommended by Barry Scheck, codirector of the Innocence Project.

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146 Outrageous! Kicked to the Curb MICHAEL CROWLEY

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No magic pill can make Piper Breinholt well. The only thing her parents can give her is the strongest medicine of all—love.

160 My Chinese Basketball Season

The Peace Corps sent author Michael Levy to teach—but he had plenty to learn, especially about shooting hoops on a foreign court.

114 America's Hero Pets

GARY SLEDGE

These best-in-breed creatures risked their own lives to protect their two-legged friends. Plus: amazing war dogs and silly (but fun) pet tricks.

(THIS PAGE) HORSE: PHOTOGRAPHED BY TAMARA REYNOLDS; SKY: GETTY IMAGES
(ON THE COVER) WATER: PHOTOGRAPHED BY JAMIE CHUNG; DOG: PHOTOGRAPHED BY TOM SPITZ



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BOTTOM: PHOTOGRAPHED BY LORI STOLL



12
Sipping
pretty: the
best summer
cocktails



86
Lisa Klein (right)
helps new mothers
in need



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Patriot Raves

Three cheers to *Reader's Digest* for its Best of America issue! The media give enough attention to everything that's wrong or troubling in our country. As I read these uplifting stories and profiles, I couldn't have been prouder of my nation.

Sarah Sumsion, Springville, Utah

It blew me away to read the story of Owen Phariss, who has special needs and became the homecoming king of Free State High School in Lawrence, Kansas. His classmates are wonderful high school kids and should be very proud of themselves. Wouldn't our world be a better place if everyone were as selfless and generous as these kids?

Diane Taber, Port Orchard, Washington

Paper Money

I was disgusted by Ed Dante's account of his ghostwriting career, fueled by college students paying him to do their work ("The Cheating Epidemic," reprinted from the *Chronicle of Higher Education*). Besides putting ill-gotten gains in his pocket, he's also helping to put ill-prepared graduates with false credentials into our workforce. I know I don't want to be



I travel thousands of miles to help others, but nothing I've done compares with young Drew Johnson, who journeyed to 48 states in 48 weeks, volunteering 20 hours a week wherever he was needed. He has set a new standard for me. Thanks for this heart-lifting article about an outstanding young American.

Lolly Hellman, Los Angeles, California

treated by the nurse or counseled by the pastor who made it through college using his services.

Bonnie Nicholson, Omaha, Nebraska

Simply the best article I have read in a magazine.

Jing Zheng, Santa Clara, California

Dante is right about one thing: We need to fix our broken education system. Unfortunately, this needs to start in the home—well before

WHAT ADVICE WOULD YOU GIVE YOUR 20-YEAR-OLD SELF? ... THE READER'S DIGEST VERSION

Supposedly we get wiser with age. So we asked our Facebook followers to share some advice they wish they'd received when they were 20.

- >> Make mistakes. There's no greater thing that prepares you for life. *R. S., Patna, India*
- >> Save for the future, when it really matters. *J. G., Okotoks, Alberta, Canada*
- >> Love yourself first. No one else can make you happy. *G. D., Prineville, Oregon*
- >> Be a glass-half-full kind of guy! *A. P., Newark, Ohio*
- >> Take a pass on that tattoo. *A. C., Los Angeles, California*
- >> Study when you study; play when you play. *R. M., Chennai, India*
- >> Don't name your kids something you'd be embarrassed to yell out the door at dinnertime. *D. P., Pittsburgh, Pennsylvania*
- >> Potbellied pigs do not make good house pets. *E. H., Oakland, New Jersey*
- >> Buy a lot of Apple stock! *L. H., Memphis, Tennessee*
- >> Be tolerant of other people's opinions, and you will learn a lot! *I. H., Islamabad, Pakistan*
- >> Some things you'll figure out. Some you won't. That's life. *S. S., Scott, Ohio*
- >> Dump that loser and stay in school! *A. S., Thomaston, Connecticut*

school age. We have a lot of work to do if we want our country to continue to produce individuals with values and merit—not ignorant puppets with no communication skills.

Kimberly Gabel, Lockport, New York

Wounded Warriors

The Caregivers and Veterans Omnibus Health Services Act of 2010 that Sarah Wade helped pass (“The Brain Fixers”) is supposed to provide a stipend for people like her who care full-time for an injured military family member. But it does not cover injuries sustained before 9/11, and there are thousands of caregivers who have devoted decades to helping family members injured while serving their country. I continue to hope that Congress will do the right thing and amend this bill to include all families in this situation.

Mary Sovey, Phoenix, Arizona

Congressional Reading

Please send copies of “Cents and Sensibility” (Money Digest) with the nine tenets of financial management to the U.S. Congress. Thank you.

Ronald D. Stamps, Pendleton, Indiana

Who Pays for the Green?

Brian Mockenhaupt's article presents Greensburg, Kansas, as an ecological utopia (“The Greening of Greensburg”). But I have to ask: Who paid for this? Most insurance policies cover rebuilding only “as was.” Building green always costs more. Who paid for the windmills and

latest environmental construction? My guess is that my tax dollars were used, giving Greensburg residents the benefit of lower utilities and passing the cost on to taxpayers like me. *Jim Shaughness, Tyrone, Georgia*

Editors' note: *Although the civic leaders of Greensburg don't have a breakdown of private/public funding, the rebuilding was accomplished with insurance money, private donations, personal savings, local tax dollars, FEMA aid, and Department of Agriculture (USDA) aid for farmers. The city also tapped federal programs that offer rebates for green technology.*

Love Lost and Found

Tears streamed down my face as I read about the loss Artis Henderson and her mother-in-law shared: the death of a soldier, a husband, and a son (Family Digest). I have not had to endure such loss. But I understand the bond that grows between mother and daughter-in-law and what a great blessing it is.

Marianne Hauser, Lake Mills, Wisconsin

PSA: Second Opinion

My husband and I wonder whether your item on worrying less about PSA scores (Health Digest) is misleading. After my husband's physical, our internist wrote the usual letter reviewing test results, noting that his PSA was slightly higher than it had been. Because of this letter, we contacted a urologist, who found evidence of cancer. Thanks to the PSA tests, my husband is scheduled for treatment.

Patricia A. Thrasher, Clayton, Georgia

Editors' note: *More and more experts are urging caution when it comes to routine prostate-specific antigen (PSA) testing. In fact, the inventor of the test recently called universal screening of men over age 50 a "public health disaster." The problem is that the test sometimes misses cancer when it's present—and at other times leads to unnecessary (and life-disrupting) treatment. Research holds the promise of better detection methods. In the meantime, we wish your husband all the best.*

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The Digest

Simply put



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Sip, Sip! Cheerio!

Once quaffed during Raj-era cricket matches, the classic British cocktail/health tonic known as the Pimm's No. 1 Cup is less fusty (and more drinkable) when spiked with sweetened pomegranate juice. Simply pour a shot of Pimm's No. 1 liqueur into an ice-filled cocktail glass with two ounces of juice, then top it off with ginger ale and a cucumber slice. For more drinks, check out ***Porch Parties: Cocktail Recipes and Easy Ideas for Outdoor Entertaining*** (Chronicle Books, \$16.95), by Denise Gee, as well as one famous mixologist's fresh takes on five classic summer drinks, on page 12.

Bottoms Up

Classic cocktails with a twist—complete with warm-weather shortcuts and flavor boosters

BY LAUREN GNIAZDOWSKI

Dale DeGroff is the master mixologist who poured and garnished his way to bartending stardom at New York's Rainbow Room.

Here the author of *The Craft of the Cocktail* (Clarkson Potter, \$35) and president of the Museum of the American Cocktail in New Orleans stirs and muddles five American favorites.

MARGARITA

What's in it: 2 ounces tequila, 1 ounce Cointreau, $\frac{3}{4}$ ounce fresh lime juice

His tip: "I really like the flavor of a well-made shaken one with *puro de agave* tequila. With slushy ice, that flavor can get lost. But if I am sitting on a beach basking in the sun, the charms of a frozen margarita loom a bit larger! Natural fruit purees add flavor and work in both shaken and frozen drinks. These fruit purees are now avail-

able in Whole Foods and similar stores from companies like Perfect Purée of Napa Valley. Some are slightly sweet, but you can add less sugar or add lemon or lime juice. Passion fruit, even with 10 percent sugar added, can be very tart and needs agave nectar or [another sweetener]."

MARTINI

What's in it: 3 ounces gin, 1 dash dry vermouth

His tip: "I drink gin martinis year-round. And the gin martini

has evolved to an older style. What they're doing with martinis these days is two thirds gin, one third vermouth. Many people are also drinking what is essentially a 19th-century wetter martini with a dash of orange bitters, which were off the market for a long time and are just now back in several varieties."

CAIPIRINHA

What's in it: $\frac{1}{2}$ lime (quartered and crushed), 1 teaspoon sugar, 2 ounces cachaça (a distilled liquor made in Brazil but widely available in the States)

His tip: "Crush the limes and sugar together, add the cachaça, shake it all together, and dump



MARGARITA
Natural purees—including passion fruit—are the perfect addition.

MOJITO
Muddle pieces of your favorite fruit with mint for a refreshing twist.

MARTINI
A dash of orange bitters brightens up this classic cocktail.

the whole thing into a glass with ice, including the mashed-up lime. I also mash the limes up with sour and/or sweet cherries, pineapples, grapes—all kinds of fruit to give it additional flavor. Leave all the fruit in there and

dump everything in the glass after mashing.”

MOJITO

What's in it: 1 ounce simple syrup, $\frac{3}{4}$ ounce fresh lime juice, mint leaves, 2 dashes of bitters, $1\frac{1}{2}$ ounces white rum, soda

His tip: “Mojitos are a lot of fun to play with. I start with a sugar [or simple] syrup. Mix a cup of sugar with a cup of water and dissolve it. Put three quarters of an ounce each of the sugar syrup and the lime juice in the bottom of a >>

tall glass and about five or six mint leaves. With the mint, add any other flavor you would like, such as a couple dashes of bitters or chunks of fruit—melons, cherries, peaches. Use whatever's fresh and seasonal, and you're going to get a good drink. Muddle the ingredients, then add rum and ice, and top with soda and another sprig of mint and a pineapple wedge. When you add fruit, if it's tart, you might need to add another half-ounce of sugar syrup."

IT'S NOT LIKE BURNING THE ROAST

Don't stress over making a cocktail, advises DeGross: "You can't really make a mistake. It either tastes good or it doesn't. And if it doesn't, start over."

TOM COLLINS

What's in it: 1½ ounces gin, ¾ ounce fresh lemon juice, 1 ounce simple syrup, 4 ounces soda

His tip: "Mint brings another dimension to a Tom Collins. Or use thyme, since gin likes thyme. You could shake some lemon juice, sugar, and gin together with a piece

of thyme or mint. Pour it in a tall glass over ice; top with soda. The traditional garnish would have been a cherry or an orange, but for this, you could put in a sprig of thyme or mint as a garnish along with a piece of lemon or lime."

GO FIGURE

51

Percentage of men who are now the primary grocery shoppers in the family

Source: Advertising Age via Yahoo

THE LIST

5 Essential Condiments

FROM *Food & Wine*



Soy Sauce

Add a few drops to brothy soups or steamed vegetables. Stir into mayonnaise for sandwiches.



Tomato Paste

Squeeze into sautéed onions and cook for 30 seconds before adding other ingredients to a stew.



Grainy Mustard

Whisk into oil and vinegar to make a salad dressing, or mix with stock and cream for a luscious sauce.



Harissa

Rub this fiery Tunisian chile paste on meat before roasting, spread on grilled cheese, or stir into seafood stews.



Anchovy Paste

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HOW TO

... PREVENT TEARS WHILE CHOPPING ONIONS

Obviously, don't watch the Lifetime channel in the kitchen. And try keeping a slice of bread in your mouth as you wield that knife. Jules Clancy of thestonesoup.com swears by it.

... CHOOSE THE PERFECT HAMBURGER BUN

According to Serious Eats, finding the right hamburger bun for your patty can make a delicious difference. Big, juicy burgers are best served on a sturdy roll that can handle all the juices and toppings. Small, thin burgers are best paired with potato rolls or standard soft hamburger buns. In any case, try to avoid



anything that is crusty, chewy, or overly seasoned because these buns can make your burger tougher to enjoy.

... TELL WHEN OIL IS HOT ENOUGH

When is the right moment to sear that steak in the pan? Get out the popcorn. A kernel of corn pops at 350° to 375°F, the temperature you and your steak are looking for. Drop, pop, and sear.

... EAT ASPARAGUS

Rather than blanching or sautéing the stalks, try eating them raw. Katie Sweeny of yumsugar.com recommends shaving raw asparagus with a vegetable peeler into paper-thin slices for a salad or a side dish.



SEASON'S BEST

Tomatoes

They're ripe on the vine and multiplying like zucchini. How can you save them for savoring in winter? Simple: Freeze them whole. Here's how:

- 1) Start by choosing firm, ripe, deep red tomatoes.
- 2) Blanch them in boiling water for 30 seconds to loosen the skin.
- 3) Shock them in a bowl of ice water to stop them from cooking.
- 4) Remove the peel, place the tomatoes in airtight bags or containers, and store in the freezer.
- 5) Thaw and use in your favorite recipes, especially in soups and sauces.

Sources: finecooking.com, National Center for Home Food Preservation

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GOING GREEN

Trim Your Waste

BY JONATHAN BLOOM ● FROM *Audubon*

From farm to fork, Americans waste 40 percent of their food. In addition to the economic and ethical ramifications, our widespread squandering has far-reaching environmental impact. Each person creates at least a half-pound of food waste a day. To reduce it, try these five tips:

- ▶ **Shop smartly.** Plan a week’s worth of dinners and make a detailed shopping list to prevent overbuying. Leave a few nights free for leftovers or changing plans. Stick to your list and be honest with yourself—don’t buy produce that often goes unused.
- ▶ **In sight, all right.** Keeping food visible works wonders. That means avoiding the cluttered fridge and cabinets where items get pushed to the back. Take a tip from supermarkets: Put the newer groceries behind the older ones.
- ▶ **Avoid portion distortion.** Don’t dish out too much. It’s easy to take seconds, but we don’t often save what’s left on the plate. And beware—today’s massive plates make a reasonable amount look tiny.

- ▶ **Love your leftovers.** It’s easy to keep the remains of your dinner, but that’s no help if you don’t eat them. They’re ideal lunches, and they’ll save you time and money. If leftovers leave you cold, halve recipes, and order from the appetizer menu at restaurants.

- ▶ **Expiration exasperation.** Trust your senses before you rely on the package date. Sell-by dates are aimed at retailers and leave about a week for consumers to enjoy an item at home. And best-by is less stringent than use-by.

WORD OF THE MONTH

“bestovore”

● FROM **thefoodsection.com**

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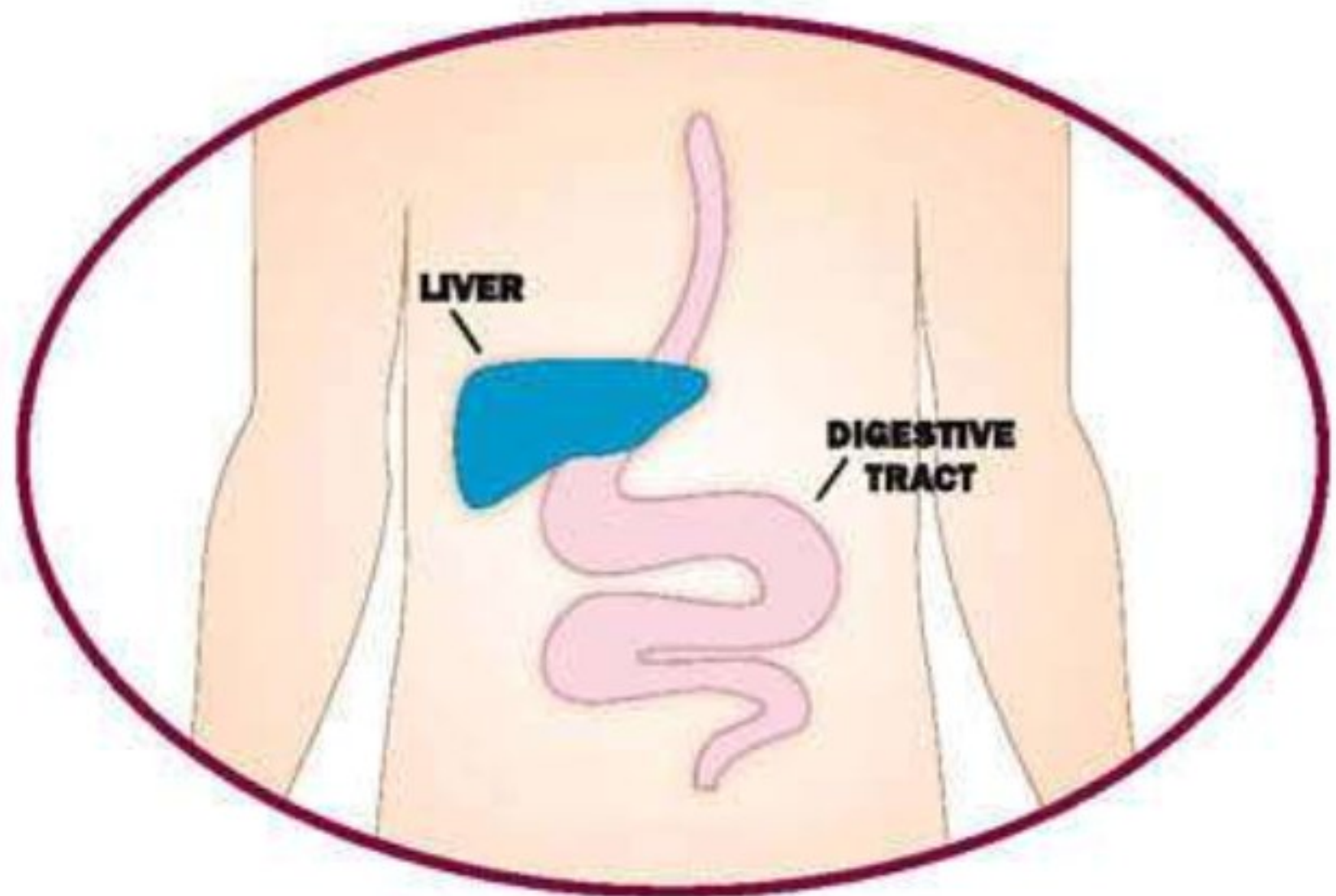
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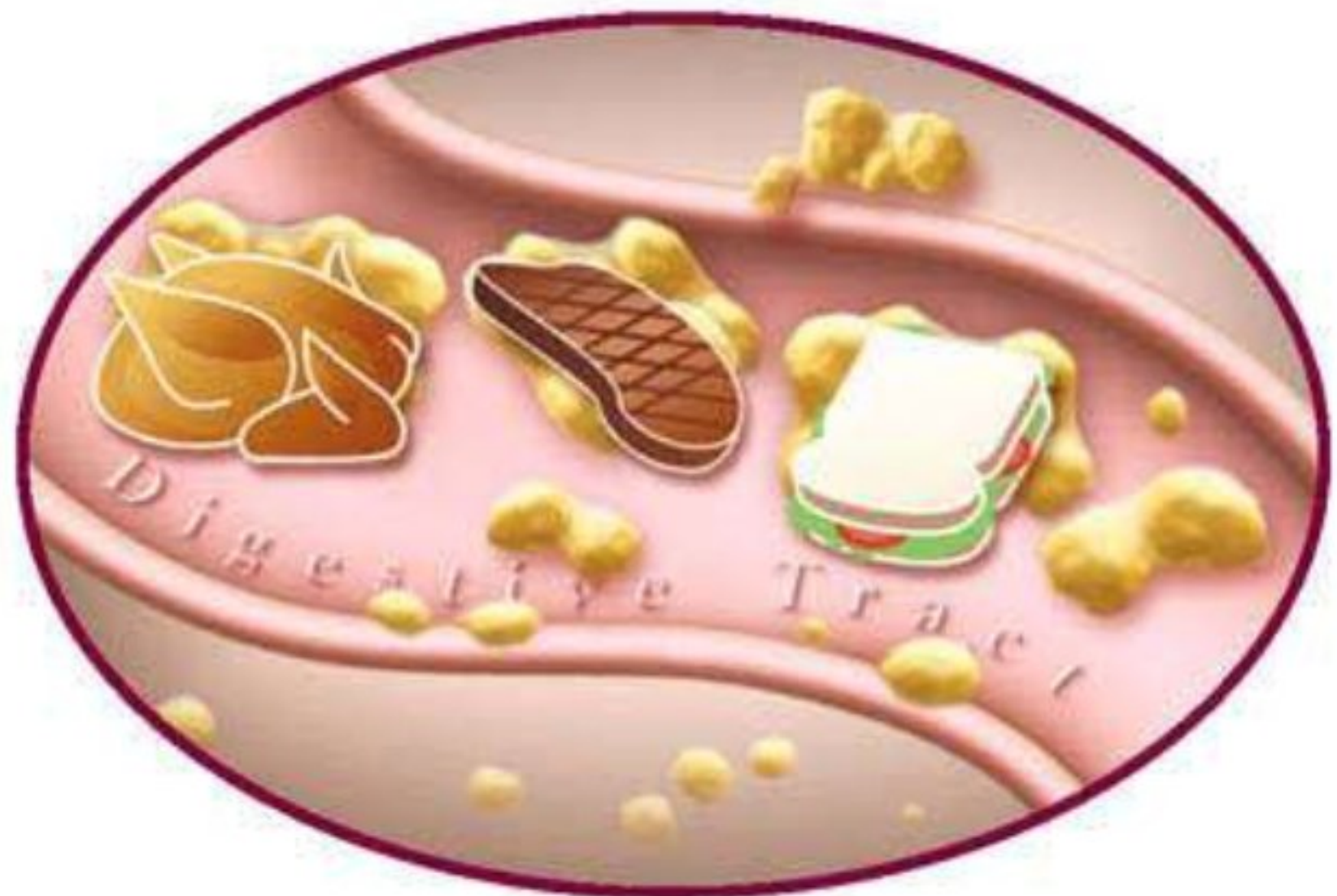
If you diet and take a statin, ZETIA can help

Statins, a good option, work mainly with the liver.

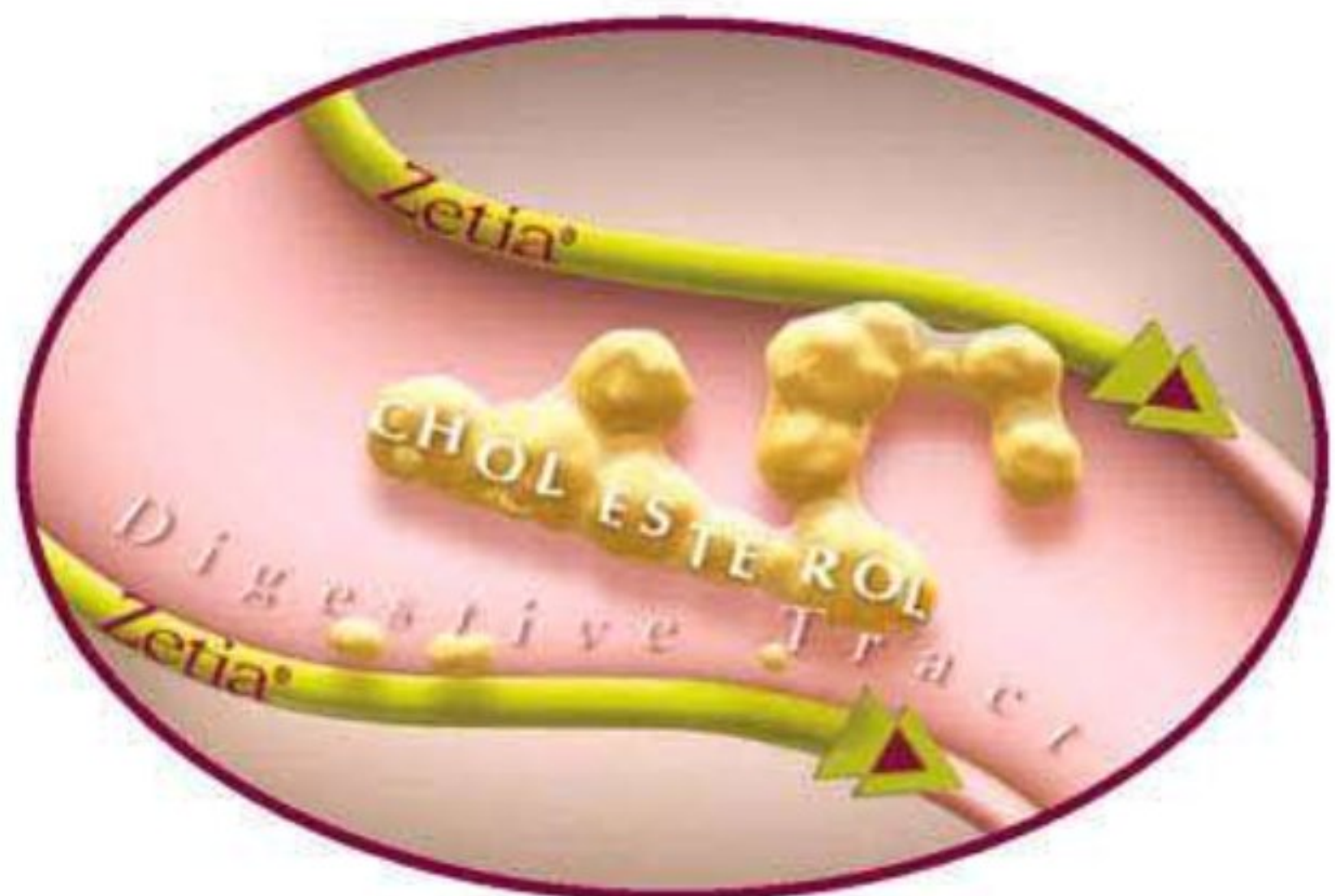
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Important Risk Information About ZETIA: ZETIA is a prescription medicine and should not be taken by people who are allergic to any of its ingredients. ZETIA can be taken alone or with a statin. Statins should not be taken by women who are nursing or pregnant or who may become pregnant, or by anyone with liver problems. If you have ever had liver problems or are pregnant or nursing, your doctor will decide if ZETIA alone is right for you. Your doctor may do blood tests to check your liver before you start taking ZETIA with a statin and during treatment.

Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. In clinical studies, patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and tiredness.

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PATIENT INFORMATION ABOUT ZETIA (zět'-ē-ă)

Generic name: ezetimibe (ě-zět'-ě-mīb)

Read this information carefully before you start taking ZETIA and each time you get more ZETIA. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about ZETIA, ask your doctor. Only your doctor can determine if ZETIA is right for you.

WHAT IS ZETIA?

ZETIA is a medicine used to lower levels of total cholesterol and LDL (bad) cholesterol in the blood. ZETIA is for patients who cannot control their cholesterol levels by diet and exercise alone. It can be used by itself or with other medicines to treat high cholesterol. You should stay on a cholesterol-lowering diet while taking this medicine.

ZETIA works to reduce the amount of cholesterol your body absorbs. ZETIA does not help you lose weight. ZETIA has not been shown to prevent heart disease or heart attacks.

For more information about cholesterol, see the "What should I know about high cholesterol?" section that follows.

WHO SHOULD NOT TAKE ZETIA?

- Do not take ZETIA if you are allergic to ezetimibe, the active ingredient in ZETIA, or to the inactive ingredients. For a list of inactive ingredients, see the "Inactive ingredients" section that follows.
- If you have active liver disease, do not take ZETIA while taking cholesterol-lowering medicines called statins.
- If you are pregnant or breast-feeding, do not take ZETIA while taking a statin.
- If you are a woman of childbearing age, you should use an effective method of birth control to prevent pregnancy while using ZETIA added to statin therapy.

ZETIA has not been studied in children under age 10.

WHAT SHOULD I TELL MY DOCTOR BEFORE AND WHILE TAKING ZETIA?

Tell your doctor about any prescription and non-prescription medicines you are taking or plan to take, including natural or herbal remedies.

Tell your doctor about all your medical conditions including allergies.

Tell your doctor if you:

- ever had liver problems. ZETIA may not be right for you.
- are pregnant or plan to become pregnant. Your doctor will discuss with you whether ZETIA is right for you.
- are breast-feeding. We do not know if ZETIA can pass to your baby through your milk. Your doctor will discuss with you whether ZETIA is right for you.
- experience unexplained muscle pain, tenderness, or weakness.

HOW SHOULD I TAKE ZETIA?

- Take ZETIA once a day, with or without food. It may be easier to remember to take your dose if you do it at the same time every day, such as with breakfast, dinner, or at bedtime. If you also take another medicine to reduce your cholesterol, ask your doctor if you can take them at the same time.
- If you forget to take ZETIA, take it as soon as you remember. However, do not take more than one dose of ZETIA a day.
- Continue to follow a cholesterol-lowering diet while taking ZETIA. Ask your doctor if you need diet information.
- Keep taking ZETIA unless your doctor tells you to stop. It is important that you keep taking ZETIA even if you do not feel sick.

See your doctor regularly to check your cholesterol level and to check for side effects. Your doctor may do blood tests to check your liver before you start taking ZETIA with a statin and during treatment.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF ZETIA®(EZETIMIBE)?

In clinical studies patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and feeling tired.

Patients have experienced severe muscle problems while taking ZETIA, usually when ZETIA was added to a statin drug. If you experience unexplained muscle pain, tenderness, or weakness while taking ZETIA, contact your doctor immediately. You need to do this promptly, because on rare occasions, these muscle problems can be serious, with muscle breakdown resulting in kidney damage.

Additionally, the following side effects have been reported in general use: allergic reactions (which may require treatment right away) including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing, rash, and hives; raised red rash, sometimes with target-shaped lesions; joint pain; muscle aches; alterations in some laboratory blood tests; liver problems; stomach pain; inflammation of the pancreas; nausea; dizziness; tingling sensation; depression; headache; gallstones; inflammation of the gallbladder.

Tell your doctor if you are having these or any other medical problems while on ZETIA. For a complete list of side effects, ask your doctor or pharmacist.

WHAT SHOULD I KNOW ABOUT HIGH CHOLESTEROL?

Cholesterol is a type of fat found in your blood. Your total cholesterol is made up of LDL and HDL cholesterol.

LDL cholesterol is called "bad" cholesterol because it can build up in the wall of your arteries and form plaque. Over time, plaque build-up can cause a narrowing of the arteries. This narrowing can slow or block blood flow to your heart, brain, and other organs. High LDL cholesterol is a major cause of heart disease and one of the causes for stroke.

HDL cholesterol is called "good" cholesterol because it keeps the bad cholesterol from building up in the arteries.

Triglycerides also are fats found in your blood.

GENERAL INFORMATION ABOUT ZETIA®(EZETIMIBE)

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use ZETIA for a condition for which it was not prescribed. Do not give ZETIA to other people, even if they have the same condition you have. It may harm them.

This summarizes the most important information about ZETIA. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about ZETIA that is written for health professionals.

Inactive ingredients:

Croscarmellose sodium, lactose monohydrate, magnesium stearate, microcrystalline cellulose, povidone, and sodium lauryl sulfate.

Issued July 2009
REV 21

29480885T


Zetia[®]
(ezetimibe) Tablets



MERCK / Schering-Plough Pharmaceuticals

Manufactured for:
Merck/Schering-Plough Pharmaceuticals
North Wales, PA 19454, USA

CARD-1003742-0008

13 Things Your Marriage Counselor Won't Tell You

BY MICHELLE CROUCH



1) I love couples who fight in the waiting room. At least they still care about each other. If one or both of you seem indifferent, my job is a lot harder.

2) When you say your feelings “just aren’t there anymore,” I know you’re probably cheating.

3) Sometimes I’ll tell a couple “no sex until the next session. Don’t touch each other, period.” What I’m really hoping is that they’ll fail and feel a sense of unity from their mutual rebellion.

4) It may make you feel better to talk about your marriage issues with a good friend, but it will just make things worse. Never talk to outsiders about things in your marriage that you haven’t already talked about with your spouse.

5) I’m not going to tell a couple that I have no idea why they’re together. But take the hint if I say something like “You both have to make a decision about

whether this is going to work long term.”

6) What do I wish I could say? “Grow up!” “Stop whining!” “Get a life!” When I feel this way, I know I need a vacation.

7) Don’t try to convince me you’re the

good one. In most marriages, there isn't a good one.

8) Yes, you should go to bed angry. If you try to resolve everything before you hit the sack, you'll both be sleep-deprived and cranky the next day. Instead, get a good night's sleep and talk once you're rested.

9) Three signs that a couple is not going to succeed: name-calling, finger-pointing, and when one or both partners fail to accept even the tiniest bit of responsibility for the situation.

10) Sometimes two people love each other but have such different styles of living that I recommend they live together in a duplex. It sounds strange, but it works for some people.

11) I've seen couples I thought didn't stand a chance end up staying together. Often it's because they're both willing to try. But sometimes it's just that they are too dysfunctional to leave each other.

12) The big thing most women don't under-

stand: Men are not mind readers. If you don't tell him how you feel, he's not going to know. The big thing most men don't understand: If you hardly acknowledge your wife all day, she's not going to want to get intimate with you at night.

13) If I ask you how long you've had problems and your answer is "ten years," you're

not going to change things in ten minutes or ten sessions.

Sources: Jeff Palitz, a marriage and family therapist in Chula Vista, California; Susan Fletcher, PhD, a psychologist in Dallas; Tina B. Tessina, PhD, a psychotherapist in Long Beach, California; Nancy Mramor, PhD, in Pittsburgh; Karen Sherman, PhD, in New York; Lawrence J. Levy, PsyD, a licensed psychologist in Boca Raton, Florida; Meghan L. Reitz, LCPC, NCC, in Schaumburg, Illinois; and a marriage counselor in Pennsylvania.

For more things your marriage counselor won't tell you, go to readersdigest.com/marriagetips.

LIST

Good News About Teens

For all the gnashing of teeth about kids today, teens appear to be getting their acts together. Look at the evidence.

- Teen pregnancy is down. According to a recent study by the National Center for Health Statistics, 39 of every 1,000 girls ages 15 to 19 gave birth in 2009, a historic low.
- Since 1990, the percentage of high school students who smoke or drink has declined.
- Fewer teenagers drink and drive or ride with drivers who have been drinking. More students report wearing seat belts, and significantly fewer are involved in fatal car crashes.
- Gun-related deaths involving teens have declined. So has the percentage of high school students who fight or carry a weapon.
- The percentage of high school students who have seriously considered suicide has declined.

Source: Centers for Disease Control and Prevention

RELATIONSHIPS

Please Don't Hug Me!

Juliet Lapidos explains why she's embrace-averse

FROM *Slate*

The word *hug* is of uncertain origin. The *Oxford English Dictionary* cautions against confusing it with *hugge*—a variant of the Middle English *ug*, meaning “to inspire with dread, loathing, or disgust.” Nevertheless, I find myself drawn to the possibility that *hug* does, in fact, have some kinship with *ug*. It seems apt to me. At the prospect of a tight embrace, dread and loathing, if not disgust, do come to mind. So does the sound *ug*.

Granted, with the right person—blood relations, my boyfriend, close friends—I enjoy a well-placed hug. By *well-placed*, I mean before or after a lengthy separation, as a form of congratulation (“You’re getting married!”), as a means of consolation (“You’re getting divorced?”), or to ward off hypothermia. That’s about it.

So why is it that when I go over to your house for dinner, you wrap your arms around me, even though I saw you last Friday at the movies? And why do you come at me again after the meal is over, even though we hugged not three hours ago and I’ll probably see you next week?



It’s not that I don’t like you—I do—but it’s such an awkward interaction. One arm or two? Should there be space between us? How much? Should I brush my cheek against yours? Maybe even kiss your cheek? And for how long, exactly, should we be touching?

I’m willing to believe that some people really love to hug. They rush to enfold not only family and friends but also friends of friends and near strangers. Yet most people are just going through the motions; they’re looking for a way to say hello or goodbye, and so they open their arms wide. Not wanting to seem rude, I submit to this ritual of friendship. That, or I make sure I’m carrying something bulky.

After one particularly confounding interaction (Me, in a goofy voice: “How about a handshake?” Acquaintance: “Awww, just come here!”), I looked for expert counsel. *Slate*’s advice columnist, Emily Yoffe, offered her sympathy: “I’ve become a non-hugger who hugs. Recently after breakfast with a new friend, I went in to hug her goodbye, and I could see a

kind of horror in her eyes, but it was too late to back off and say, ‘I’m really not a hugger either.’” That’s me: the girl with the look of horror in her eyes.

The Emily Post Institute, which specializes in manners, explains that when greeting someone, you should look him or her in the eyes and smile, speak clearly, say the person’s name, add a “glad to see you” or “how’s it going?” and then shake

A nod can be effective, especially when executed with one hand on the door handle.

hands with a firm grip, pump two or three times, and then release. The institute suggests adding a hug “if it’s a relative or close friend.” No mention of friends of friends or friends’ dates. Nor any specific information on what a proper hug entails. When I pointed this out to the extremely well-mannered Daniel Post Senning (great-great-grandson of Emily Post

and the institute’s manager of online content), he mused that unlike the handshake, there is no standard hug format. He did suggest some basic guidelines: Don’t squeeze too hard, don’t sneak a kiss, and don’t linger. Crucially, for my purposes, he also noted that greetings should be preceded by a moment when you ask yourself, “Is this appropriate?” If I’m the intended recipient of your hug, the answer is probably no.

There are several hug alternatives, among them: the handshake, the cheek kiss, the wave, the arm squeeze, and the nod. Handshakes seem formal, cheek kisses un-American, waves rather odd. Arm squeezing would be a good solution if it weren’t for the danger of getting pulled into something more full-bodied. The nod, though, can be very effective when combined with a smile, especially when executed with confidence and with one hand already grasping the door handle.

HOW TO

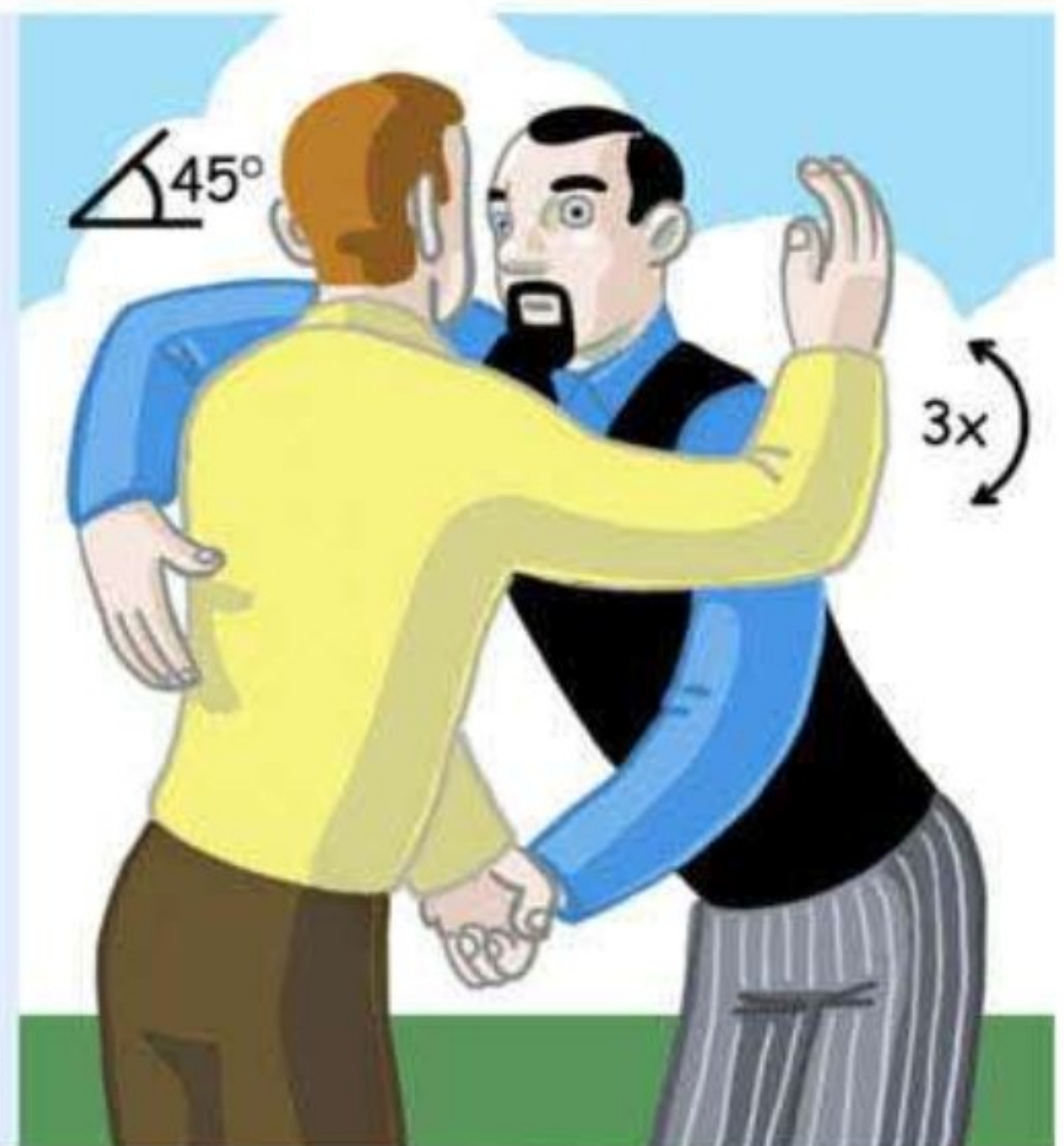
Hug Man-to-Man

Step 1: Clasp his hand as if to arm-wrestle. Pull him toward you.

Step 2: Quickly turn your face 45 degrees to the left. He should do the same.

Step 3: Give him at most three hearty pats on the back, as if you’re burping a baby. Keep all body contact above the waist.

Step 4: Push back, release your grip, smile with embarrassment, and pretend it never happened. *Andy Simmons*



IPAD EXTRA To see video of the man-hug in action, download the *Reader’s Digest* magazine app from the iTunes Store.

STRATEGY

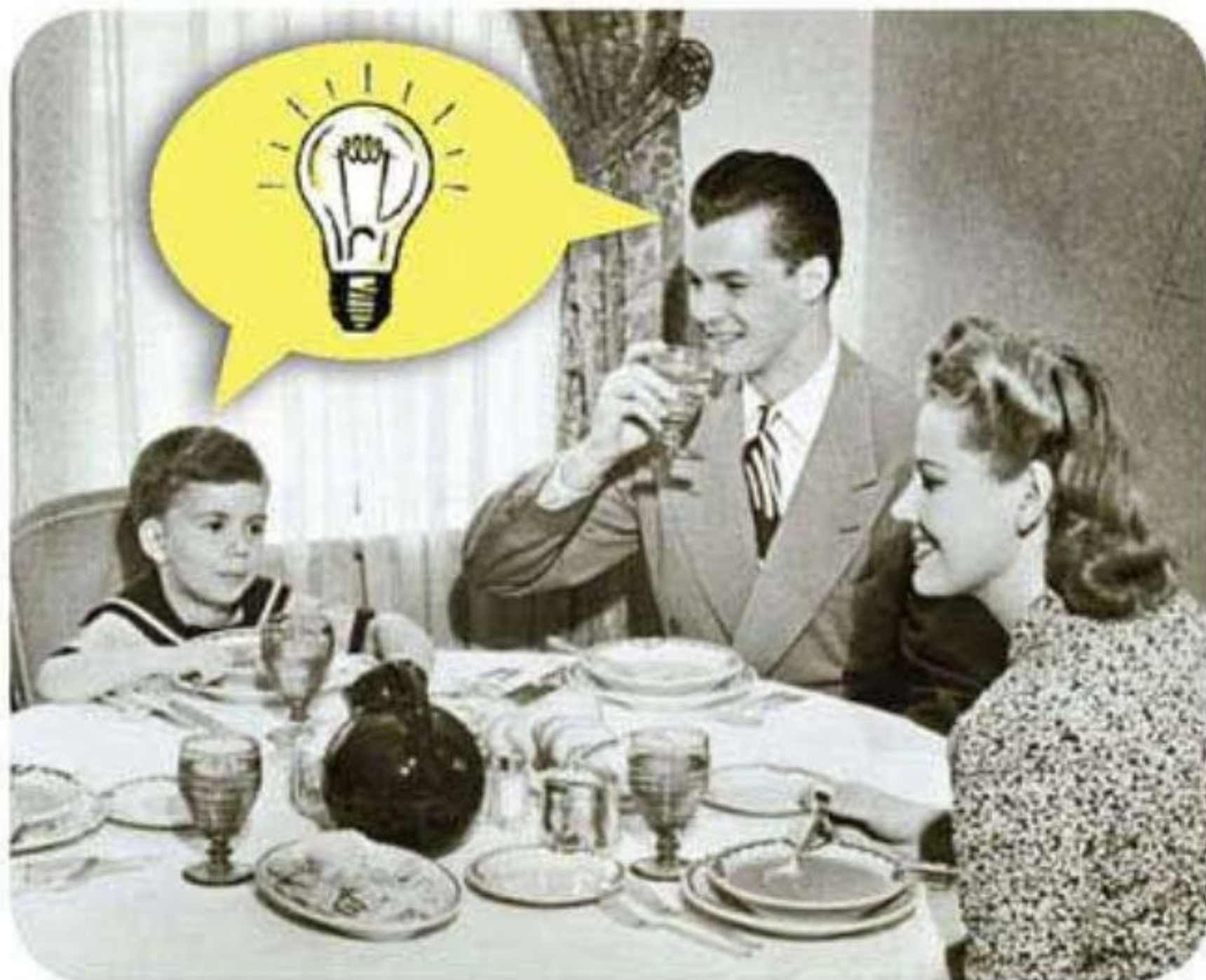
Keep in Touch

Worried that technology is hurting your family life? Then make it work for you with three new ways to stay connected.

● “HUFFPOST FAMILY DINNER DOWNLOADS”

is a free weekly e-mail newsletter from the *Huffington Post*. Inspired by *The Family Dinner: Great Ways to Connect with Your Kids, One Meal at a Time* by Laurie David and Kirstin Uhrenholdt, the newsletter draws from events of the day to create mealtime conversation starters. Says *HuffPost* cofounder Arianna Huffington, “It’s a great way to learn how your kids see the world.”

● **READEO.COM** lets Grandma in North Carolina read a bedtime story to the grandkids in California. Via webcam, loved ones can read along with one another



from among 175 titles (suitable for children up to age eight). Tech blogger Jonathan Liu says his kids “had a blast” on Readeo with their out-of-state grandmother. His daughter “loved it so much that she kept picking more books to read.”

● **FLICKR, PICASA, and PHOTOBUCKET** are picture-sharing sites that let you post personal photo journals for your faraway family and friends. Check out flickr.com/groups/adayinthelife.

PHRASE OF THE MONTH

“serenity parenting”

“Once I became a dad of twins, I noticed that parents around me had a different take on the power of nurture,” writes Bryan Caplan in the *Wall Street Journal*. “I saw them turning parenthood into a chore—shuttling their kids to activities even the kids didn’t enjoy, forbidding television, desperately trying to make their babies eat another spoonful of vegetables. Parents’ main rationale is that they’re sacrificing now to turn their kids into healthy, smart, successful, well-adjusted adults. But according to decades of research, their rationale is wrong. Parents should lighten up. I call it ‘serenity parenting.’ Focus on enjoying the journey with your child instead of trying to control his destination. Accept that your child’s future depends mostly on him. Realize that the point of discipline is to make your kid treat people around him decently—not to mold him into a better adult.”

*Bryan Caplan is the author of *Selfish Reasons to Have More Kids* (Basic Books).*

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Find more forms at



You Need a Vacation

Be a better employee, not a martyr.
Here are a few reasons you should get out of Dodge.
PLUS: How to sneak away for just a few hours.

Are we so worried about keeping our jobs that we're refusing to leave our desks? Are we so busy picking up the slack for our downsized coworkers that we don't dare think about a trip to the beach/lake/Hogwarts School? Maybe so, but vacations make us bet-

ter people—and better employees. Here's how to look at it:

We're slackers when it comes to time off.

Almost half of all American workers didn't take all their vacation days last year. A full 89 percent of the French took their time off—and they get more than a month of it.

A more stressful workplace makes vacations more important than ever.

"The research is clear that failing to take a vacation creates higher levels of stress and greater levels of disengagement at work," Douglas J. Matthews, of Manpower/Right Management, tells forbes.com. >>

We've forgotten what a vacation feels like.

That week off takes some getting used to. "Keep vacationing, and it will feel right," says *Psychology Today* blogger (and psychologist)

You'll be a better problem solver with time off: "Our surroundings constrain our creativity."

Ian Newby-Clark. Though it may be "excruciating" the first few days, he adds, you'll stop checking e-mail and start feeling unthethered soon enough.

Forgoing a vacation doesn't make you more important. "Take your vacation, and let them miss you," advises vault.com's Connie Thanasoulis-Cerrachio on forbes.com.

You'll be a better problem solver. That's what Jonah Lehrer explains on wired.com. One experiment—"Lessons from a Faraway Land: The Effect of Spatial

Distance on Creative Cognition," done at Indiana University—found that students tackled problems better after they were told the conflicts originated in Greece or California, instead of in Indiana. "Our surroundings constrain our creativity," concludes Lehrer. "It's not until we're napping by the pool with a piña colada in hand—when work seems a million miles away—that we suddenly find the answer we've needed all along."

A MINI-VACATION TIP SHEET

How to leave work early, undetected, and get a few *hours* of vacation:

- Take a page from the magicians' playbook and use misdirection. Disable the copy machine or spread a rumor that there's some sort of HR computer inspection in a few hours, writes *Bloomberg Businessweek's* Eric Spitznagel. People won't get caught up in your business, because they'll be too concerned about their own.
- Make a mess. Spill coffee on your desk or the floor, then leave a note that you've gone to look for a mop. "Nothing makes people scatter like the possibility of helping a coworker," explains Spitznagel.
- If you don't want to run into anyone in the elevator before you get to the lobby (and freedom): Try pushing the L and Close Doors buttons *simultaneously*, suggests Gina Trapani on lifehacker.com. On some models, this will let you skip all the floors that stand between you and the shortened workday you're creating for yourself.



BBS UNITED/GETTY IMAGES

ATTITUDE ADJUSTMENT

We Can Work It Out

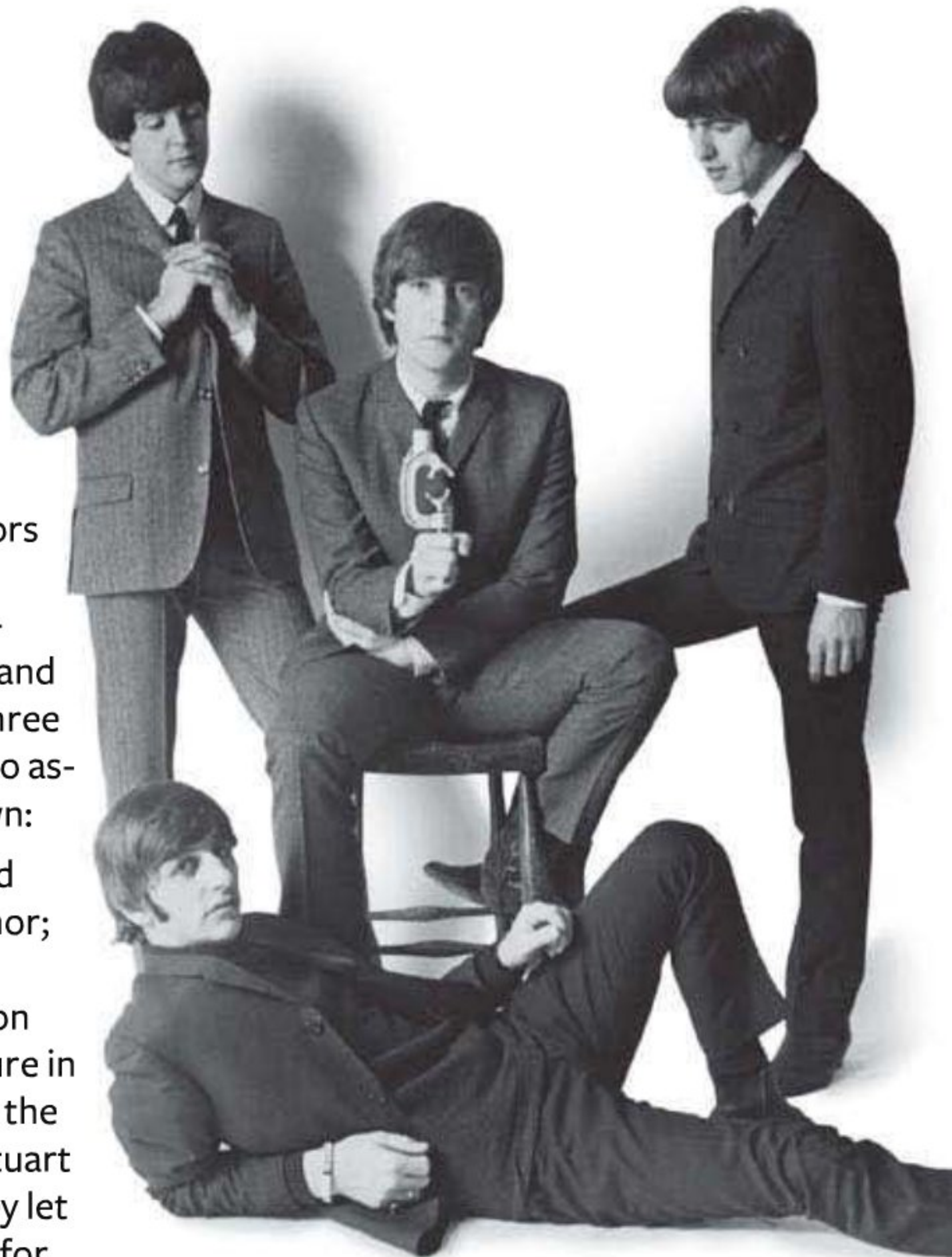
BY BETH DREHER

The Beatles as a business model? You may not think of the Fab Four in Fortune 500 terms, but George Cassidy and Richard Courtney, authors of *Come Together: The Business Wisdom of the Beatles* (Turner Publishing), say there's a lot about the band that translates to the office. Here, three ways to use the Mop Tops' wisdom to assemble a top-notch team of your own:

● **Get the right mix.** McCartney had guitar chops and a reserved demeanor; Lennon excelled at songwriting and craved the spotlight. George Harrison and Ringo Starr completed the picture in their stellar backup roles. And when the Fab Four decided that bass player Stuart Sutcliffe was holding them back, they let him go. "The band was much better for having that combination of talents," says Cassidy. In the professional world, surround yourself with people of different strengths, and recognize when other people can do things better than you can.

● **Find inspiration.** Between tours, McCartney attended plays and read poetry, Harrison learned the sitar, and Lennon studied the music of Brian Wilson and Bob Dylan. When they reconvened, each brought creativity to the task at hand.

● **Embrace your role—or go solo.** McCartney and Lennon rarely allowed Harrison to contribute much in the way of songwriting or singing, but Harrison found other ways to expand his role. "He was the first one to introduce Indian instrumentation and bring in outside



musicians like Eric Clapton," says Cassidy. If you find yourself working for a Paul or a John, channel George and find out-of-the-box ways to express strengths, and if all else fails, keep a list of your good ideas. Case in point: Harrison released a chart-topping triple album in 1970, the year the Beatles broke up.

NOTABLE QUOTE

“You will be happier if you work, even if work sometimes doesn't make you very happy.”

TODD G. BUCHHOLZ, *RUSH: WHY YOU NEED AND LOVE THE RAT RACE* (HUDSON STREET PRESS, \$25.95)

HOW TO

Get Your Boss Fired

BY SUZANNE LUCAS

FROM **bnet.com**



Donald Trump famously fires fake employees on NBC.

It's one thing if your boss doesn't deserve you.

It's another thing if you and your coworkers don't deserve your boss. Getting rid of a poor-performing over-ling isn't easy, but start here:

► **Document, document, document.** If you have a host of complaints about your manager, document them—not

just as a list of faults but as a list of examples. So you don't write "Manager is rude." You write "On March 1, Manager interrupted Tanya six times in a five-minute discussion. She raised her voice and called three people idiots."

► **Talk directly to HR.** Don't rely on an aggrieved coworker to relay information. And don't assume the HR person will come to you if she wants to hear your side. Make your own appointment, or grab the HR person in the hall, but go talk to her now.

► **Encourage your coworkers to do the same.** If all of you explain what's going on, the powers that be will have a better understanding of the true problem.

► **Make sure you are direct and clear.**

People tend to downplay the problem when asked directly. So when you go to the HR person, say clearly, "This is not about a conflict between the boss and Tanya." Then refer to your documented list of problems. Do not sugarcoat it with words like *sometimes* and *I feel* and *maybe*. Don't say "I feel like the deadlines she gives are unrealistic, and that causes stress." Say "The deadlines she gives are unrealistic. For instance ..."

► **Be prepared for nothing to change.**

The manager's manager isn't taking care of the problem. If she acknowledges that this manager is an idiot, she has to acknowledge that she made a poor hiring decision. People don't like to admit their faults, so they tend to ignore this type of problem as long as possible.

WISHFUL THINKING

The Ideal Boss

FROM **meetingboy.com** and contributors

Doesn't try to have a conversation with you while in the bathroom.

Will do something about his breath come 3 p.m.

Doesn't ask you for a "sit-down" to "get your ducks in a row" or ever ask you to "push the envelope" while "thinking outside the box."

Is always on the road with bad cell reception and no Wi-Fi.

Never traps everyone in his office past 6 p.m. with "one more thing."

Moisturizing Shave Cream

PURE SILK®

Shaving with soap and water won't get you this soft or this smooth. Enjoy soothing aloe and emollients to help prevent nicks and cuts. And magnificent moisturizers for legs that look and feel like pure silk!



For legs like Pure Silk.

Rust-proof bottoms!

With COPD, there are mornings when it's hard to breathe. But today, I can keep my plans.

SYMBICORT helps me breathe better because it improves my lung function, starting within 5 minutes.*

SYMBICORT doesn't replace a rescue inhaler for sudden symptoms.

I have COPD. If you have it too, you know there are times that can be tough. I was worried I wouldn't be able to make my favorite family tradition, opening day at the ballpark. Then my doctor prescribed SYMBICORT. It's a twice-daily maintenance medication that helps make a significant difference in my breathing.* And today I'll be out there rooting for our team.

* Results may vary.

Talk to your doctor about SYMBICORT.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information about SYMBICORT 160/4.5 for COPD

Call your health care provider if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems. People with COPD may have a higher chance of pneumonia.

SYMBICORT does not replace rescue inhalers for sudden symptoms.

Be sure to tell your health care provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines, as using too much LABA may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, and nervousness.

Patients taking SYMBICORT should call their health care provider or get emergency medical care:

- if you experience serious allergic reactions including rash, hives, swelling of the face, mouth and tongue, and breathing problems.



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Call 1-877-717-4314 or visit MySymbicort.com

† Subject to eligibility rules. Restrictions apply.



- if you think you are exposed to infections such as chicken pox or measles, or if you have any signs of infection. You may have a higher chance of infection.
- if you experience an increase in wheezing right after taking SYMBICORT, eye problems including glaucoma and cataracts, decreases in bone mineral density, swelling of blood vessels (signs include a feeling of pins and needles or numbness of arms or legs, flu like symptoms, rash, pain and swelling of the sinuses), decrease in blood potassium, and increase in blood sugar levels.

If you are switching to SYMBICORT from an oral corticosteroid, follow your health care provider's instructions to avoid serious health risks when you stop using oral corticosteroids.

Common side effects include inflammation of the nasal passages and throat, thrush in the mouth and throat, bronchitis, sinusitis, and upper respiratory tract infection.

Approved Uses for COPD

SYMBICORT 160/4.5 is for adults with COPD, including chronic bronchitis and emphysema. You should only take 2 inhalations of SYMBICORT twice a day. Higher doses will not provide additional benefits.

Please see Important Product Information on adjacent page and discuss with your doctor.

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

Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

**For more information, call 1-866-SYMBICORT
or go to MySymbicort.com**

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit www.astrazeneca-us.com

Symbicort[®] 160/4.5
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

AstraZeneca 

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

People with asthma who take long-acting beta₂-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT. If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Get emergency medical care if:

- breathing problems worsen quickly, and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

What is SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long term, two times each day, to help improve lung function for better breathing in adults with COPD.

WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

Visit www.MySymbicort.com
Or, call 1-866-SYMBICORT



WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- have eye problems such as increased pressure in the eye, glaucoma, or cataracts
- are allergic to any medicines
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant. It is not known if SYMBICORT may harm your unborn baby
- are breast-feeding. Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. **Do not use SYMBICORT more often than prescribed.** SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed
- While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row

Visit www.MySymbicort.com
Or, call 1-866-SYMBICORT



- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason, such as:

- Serevent[®] Diskus[®] (salmeterol xinafoate inhalation powder)
- Advair Diskus[®] or Advair[®] HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil Aerolizer, Brovana[®], or Perforomist[®]

WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

SYMBICORT can cause serious side effects.

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue; and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms
- Immune system effects and a higher chance for infections
- Adrenal insufficiency—a condition in which the adrenal glands do not make enough steroid hormones

- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.

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Rev 7/10 305805

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Or, call 1-866-SYMBICORT





From Liquor to Lantern

Wait, wait, don't toss that! Danny Seo, the “crafty Mac-Gyver” of the ecochic movement, is always thinking of ways to transform trash into treasure. In *Upcycling: Create Beautiful Things with the Stuff You Already Have* (Running

Press, \$18), he makes an oil lamp from a Patrón bottle (with a few hardware-store materials)—perfect for a cookout under the stars. **Here's how to do it:** Funnel three inches or so of lamp oil into the empty bottle. Insert a ¾-inch fiberglass wick; trim it so a half inch

emerges from the mouth. Rest a 1½-inch washer with a half-inch opening atop the mouth, and thread the wick through. Make sure the wick stays exposed a half inch above the mouth, and never leave your new oil lamp unattended. Let there be light.

HOW TO

Organize Your Bookshelves

Arrange your treasures so they say *homey*, not *hoarder*, with these step-by-step tips

If your bookshelves are where you park Pottery Barn catalogs, it's time for an overhaul. Beyond their practical role—organizing those things we used before we had Kindles and iPads—bookshelves can serve as handsome display cases that let you decorate entire walls with objects you already own. The trick is finding a happy medium between the lonely shelves of a “style-challenged loser” and those of an “uptight freak show,” as designer Sara Ruffin Costello writes in the *Wall Street Journal*. Here's how:

EMPTY THEM OUT

Start by pulling everything off the shelves, then sort books by subject, size, or color, suggests Loi Thai, who owns the Bethesda, Maryland, antiques shop Tone on Tone and shared his ideas in the *Washington Post*. Weed out shabby-looking paperbacks and anything that reads *Chemistry 101* on the spine. Ditch all gewgaws that aren't worthy of display (including that *Star Wars* action figure collection). Be ruthless. Scour the house for nicer knickknacks: trays, vases, wooden boxes, and the like.

CREATE A BACKDROP

Consider painting the backs of the shelves to add depth as well as a pop of color. Go with a shade that's darker than that of the shelves themselves to get the most impact.

REPLACE THE BIG STUFF FIRST

Return your now-curated objects to the



shelves, starting with the largest ones and using a zigzag approach. In other words, set a large accessory—such as a chunky box, a plate on a stand, or a pair of candlesticks—at the upper far left of the top shelf. (“Items with rounded edges are a nice contrast to all the books,” Thai says.) Then place another large object or a group of them on the far right of the shelf immediately below. And so on. You'll create symmetry and balance by working from side to side like this. If you have two sets of shelves side by side, reverse the process on the matching case, putting a large item on the upper right and working downward in the opposite direction.

COURTESY LOI THAI



FILL IN

Add books and smaller objects to the empty spaces, alternating horizontal and vertical stacks of books, placing the biggest ones on the bottom shelves and smaller ones up top.

BEWARE OF OVERSTUFFING

The basic rule of thumb is one third books, one third accessories, and one third empty space per shelf. If you're short on storage, fill the bottom shelf with identical boxes or baskets.

LET BOOKS DO DOUBLE DUTY

Use vertical stacks to buttress horizontal ones or to hold small objects. (Try books in a pyramid shape.) Rely on a mix of

interesting shapes, textures, and materials, such as leather, wicker, horn, shell, metal, and ceramic. Try to balance dark with light, matte with shiny, round with square. If you don't trust your taste, limit the number of colors and items you choose and simply vary the shapes. Thai displays like-toned collections of antique creamware, silver pieces, and marble objects on his shelves (left). "If you have too much going on," he says, "it can be overwhelming."

THINK SCALE

Don't display items that can't hold their own. When grouping objects, remember that odd numbers of items tend to be more pleasing to the eye than even ones.

ADD DEPTH

Don't just line the shelves from side to side. Think about layering objects from back to front, says Thai.

EVALUATE

Costello advises you to step back and ask, Are there three big moments—top left, middle right, and bottom center (the golden triangle of styling)? Do the shelves look generally full? Is it too busy in one area and too empty in the others? (Rearrange.) Does one item stick out like a sore thumb? (Remove.)

NOTABLE QUOTE

“Ironing—it’s an art, and I think it’s dying out. It takes half a brain to do it, and the other half is free to roam.”

BUTLER CHRISTOPHER ELY, WHO HAS WORKED FOR BROOKE ASTOR AND BUCKINGHAM PALACE, QUOTED IN THE *NEW YORK TIMES*

LIFE LESSON

Charity Begins at Home

How one town furnishes the lives of its needy residents

When formerly homeless families in San Rafael, California, moved from shelters to housing, they hung blankets over windows and dangled bare lightbulbs from fixtures, Celia Shatzman writes in *Family Circle*. Then Project Home Sweet Home (projecthomesweethome.org) got off the ground. Ricki Syufy, 44, and Paula Beritzhoff, 51, started the nonprofit in 2006 and collected chairs, lamps, and kitchen tables. Donations bought a moving van as well as new mattresses and linens for each family. The town gave Syufy and Beritzhoff ware-



Beritzhoff and Syufy deliver the goods.

house space, and neighbors like knowing their donations are being put to use nearby. “People who give things to us are so happy knowing they’re going directly to someone who needs them,” Syufy told *Family Circle*. “Then we deliver to a family who’s delighted to get them, too, so it’s a win-win.”

THE LIST

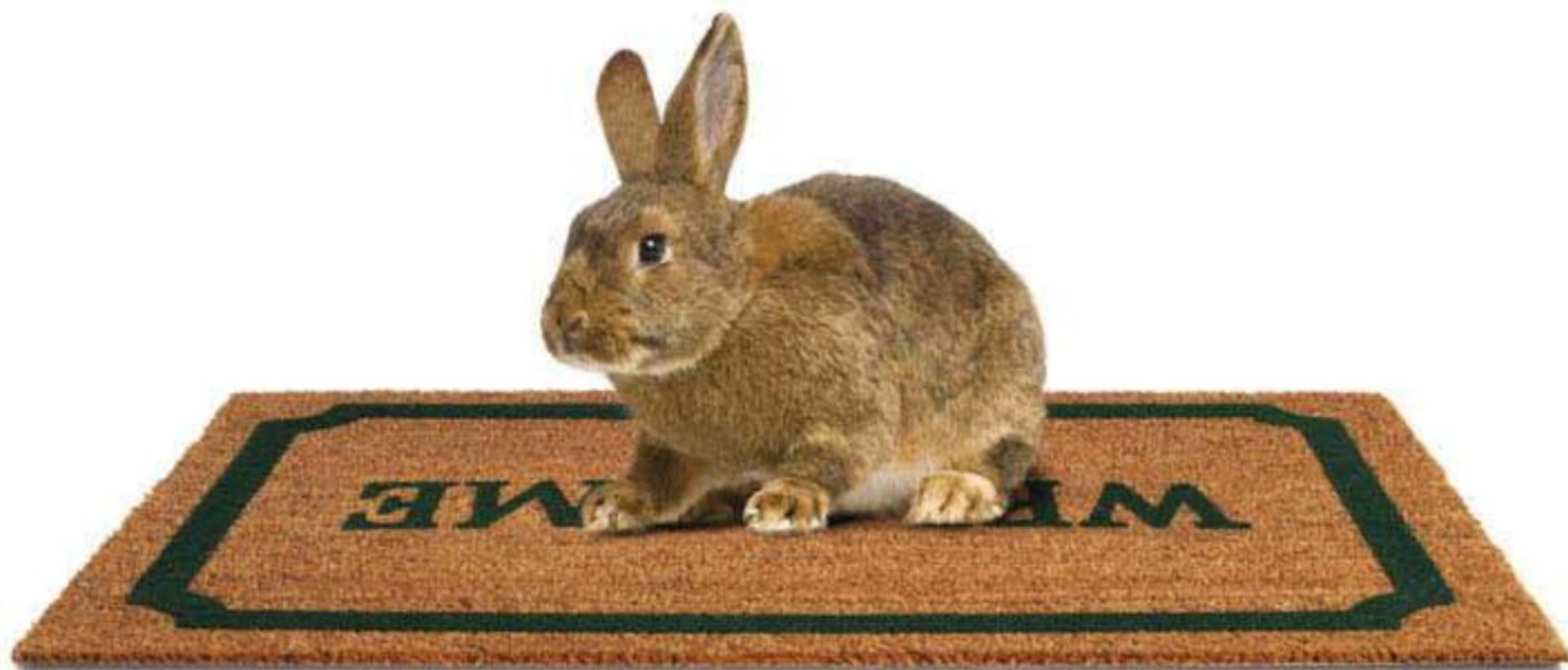
Online Bargains

Interior designer and blogger Holly Becker has her sources. The woman behind decor8blog.com and a new book called *Decorate* told *Good Housekeeping* where she shops online and for what:



- **Three Potato Four** (threepotatofourshop.com) has “unique vintage furniture” in what is essentially “an amazing online flea market.”
- **Spruce** (spruceaustin.com) re-covers chairs and other pieces at reasonable prices.
- **Etsy** (etsy.com) is, of course, a marketplace, but Becker especially likes Little Bird Vintage and Hindsvik.
- At the **Curiosity Shoppe** (curiosityshoppeonline.com), Becker finds quirky “statement pieces.”
- **HSN** (home-decor.hsn.com) has Nate Berkus and Jonathan Adler—“high style at low prices.”

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GEAR AND GADGETS

Stick-and-Flick Switches and More

What's new and noteworthy in home building, safety, and general convenience

Portable light switches. A company called Verve has created a remote-controlled light switch that you can stick anywhere and then move and reattach, reports AOL's Walletpop. Lower it for a toddler. Keep a switch by the bed to control outdoor lights. Put a switch where the boneheaded electrician should have put one. Price depends on system; vervelivingsystems.com.

Walls that heat and cool your home.

National Gypsum has built ThermalCORE wall panels with a wax core. When it's above 73 degrees in a room, the paraffin absorbs the heat and cools the room, reports *Fast Company*. When it's below 73, the panels release the heat they've absorbed and warm the room.

A cleaner, sleeker fire extinguisher. Go ahead and unleash it on an electrical fire, suggests *Wired*. The chrome-plated steel HalGuard HG250C extinguisher contains an "EPA-approved non-conductive liquefied gas"



that won't fry the wires or leave a cloud of residue (like the one you remember from your freshman dorm). Yes, it's \$206, but think of the electrician's bills you may avoid.

A better bungee cord. When you have to tie something down—to the roof of the car, to a wall of the garage—you

sometimes need a bungee cord without a rough metal hook at either end. Avoid the scraping and gouging with fasteners from the Perfect Bungee, which has an impressive array of cords with tough, gentle hooks and loops of molded nylon and polyurethane. From \$3.22 to \$7.52; justduckypromote.com.

A dryer-lint alarm. It's no substitute for cleaning out the dryer duct, but LintAlert's device helps you monitor the airflow (and lint buildup) during the big laundry season (beach towels, bathing suits, more towels, and more suits). *Consumer Reports* has tested the device; \$39.50 plus shipping; find stores at lintalert.com.





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Dirty Sport Uniforms

Pre-Soak Tough, Dried-In Stains!

- Mix **OxiClean® Versatile Stain Remover** powder with water (as directed on packaging). Be sure that powder is completely dissolved.
- Add stained item and soak for 1–6 hours.
- Begin filling washer with proper temperature water for your load (see garment care tag).
- Add detergent **AND OxiClean®** (as directed on packaging) before adding laundry.
- Add item with laundry load and wash as normal.



Juice on Carpet

Get Out Tough Carpet Stains!

- Remove as much of the excess stain as possible.
- Mix **OxiClean® Versatile Stain Remover** powder with water (as directed on packaging). Be sure that powder is completely dissolved.
- Apply only enough solution to completely saturate the stain. Wait 1–5 minutes. Do not allow to dry.
- Blot well to remove excess moisture with a clean, dry white towel. Repeat as necessary.
- Rinse well with clean water and blot-dry thoroughly.
- Allow to dry, then vacuum.



Ice Cream on Shirt

Pretreat for Success!

- Remove as much of the excess stain as possible.
- Mix **OxiClean® Versatile Stain Remover** powder with water. Be sure that powder is dissolved.
- Apply solution to stain, making sure to completely saturate the stain. Rub & wait up to 10 minutes. Do not allow to dry on fabric.
- Begin filling washer with proper temperature water for your load (see garment care tag).
- Add detergent **AND OxiClean®** (as directed on packaging) before adding laundry.
- Add item with laundry load and wash as normal.



Dingy Patio Furniture

Fight Messes on Hard Surfaces!

- Mix **OxiClean® Versatile Stain Remover** powder with water in a bucket (as directed on packaging). Be sure that powder is completely dissolved.
- Apply solution to surface with mop or sponge. Allow solution to stand 5–30 minutes (but not dry).
- Scrub as necessary.
- Rinse with cool water.

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What Drowning Really Looks Like

It's not the flailing, wailing, *glug-glug* drama of *Baywatch*. Here's how to prevent the No. 1 water danger.

FROM mariovittone.com

The captain of the new sport-fishing boat jumped from the deck, fully dressed, and started swimming fast toward the boat's owners in the water. "I think he thinks you're drowning," the husband said to his wife. They had been splashing each other, and she had screamed, but now they were just standing, neck-deep on the sandbar. "We're fine!" the husband yelled, waving him off.

But the captain kept swimming hard.

"Move!" he barked. Not ten feet away, the couple's nine-year-old daughter was drowning. Once she was safely above the surface and in the arms of the captain, she burst into tears. "Daddy!"

How did this captain know from 50 feet away what the father couldn't recognize from just ten? The captain was trained by experts and years of experience to recognize drowning. The father learned by watching television. But drowning is not the violent, splashing call for help that most people expect, says water safety expert Frank Pia, PhD. It's almost always a quiet event.

Drowning is the second-most common cause of accidental death in children ages 1 to 14 (just behind motor vehicle accidents). In a 2004 study by a national safety group, 90 percent of children who drowned did so while under the care of an adult or a teenager. In many cases, the study suggests, that person had a momentary lapse of attention. But the fact is that often those watching don't know what to look for—because drowning doesn't look like drowning.

To ward off a tragedy in the making, watch for the signs detailed at right.

8 Quiet Signs of a Person in Trouble

1 A drowning person can't call for help—she has to be able to breathe before she can speak. When a person is drowning, her mouth sinks below and reappears above the surface of the water. There isn't time for her to exhale, inhale, and call out.

2 She can't wave for help either. A drowning person instinctively extends her arms to the sides and presses down to lift her mouth out of the water; a child may extend her arms forward. She can't use her arms to move toward a rescuer or reach for rescue equipment.

3 A drowning person remains upright in the water, with no evidence of kicking. She can struggle for only 20 to 60 seconds before going under.

4 Eyes are glassy, unable to focus, or closed.

5 Hair may be over forehead or eyes.



6 Head is low in the water, with mouth at water level; head may be tilted back with mouth open. A child's head may fall forward.

7 Sometimes the most important indicator that someone is drowning is that she *doesn't* look like she's drowning. She may just seem to be looking up at the sky, shore, pool deck, or dock. Ask her, "Are you all right?" If she can answer at all, she probably is. If she returns a blank stare, you may have less than 30 seconds to get to her.

8 Children playing in the water make noise. *When they get quiet, you need to get to them and find out why.*

HEALTHY SHOPPER

Whiter, Brighter Teeth

Get a megawatt smile at home

A dentist might use strong bleach or the latest teeth-brightening lights and lasers—but drugstore whiteners can take the dingy out of your grin without sucking the cash from your wallet.

Here's a shopping guide.

STRIPS

Apply them to your top and bottom front teeth; they're coated with peroxide gel. **What's to like—or not:** Strips are easy on sensitive teeth and, starting at about \$30 for a two-week regimen, they're relatively inexpensive. But they whiten only your front teeth and can be goopy and hard to position. **Best if:** you have sensitive teeth.

TRAYS

Fit mouthpieces filled with peroxide gel over your top and bottom teeth; wear the trays at least 30 minutes a day for about a week. **What's to like—or not:** The trays whiten teeth that strips can't reach and stay on better too. But they can feel awkward and are more likely to cause tooth sensitivity. Prices for most are \$30 to \$40. **Best if:** you want the most complete whitening.

PAINT-ON GEL

Use the applicator to coat your teeth with peroxide solution twice a day after brushing. With most brands, you'll need to wait 20 to 30 minutes before you eat or drink. **What's to like—or not:** The approach is easy and cheap (some pens



are under \$10) and allows you to target specific teeth. But the gel is easily wiped off by food or beverages—or saliva—so it doesn't have the whitening power of trays or strips. **Best if:** you don't want to spend much—and don't expect much.

Before bleaching:

- Have your teeth professionally cleaned to remove surface stains. Your dentist can alert you to potential problems—fillings or crowns, which won't whiten, or gum disease, which would be painful.
- If you have sensitive teeth, reduce discomfort by using a toothpaste containing potassium nitrate (such as Sensodyne ProNamel) for two weeks before you bleach.

Chris Woolston

NOTABLE QUOTE

“A flurry of small studies suggest that sex is as good for your health as broccoli.”

MELINDA BECK, DISCUSSING THE PAYOFFS OF PLEASURE, IN THE *WALL STREET JOURNAL*



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*Ryan, AS et al. *Prostaglandins Leukot Essent Fatty Acids*. 2010 Apr-Jun;82(4-6):305-14.

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**At risk for melanoma:
young, white,
wealthy, female**



CANCER REPORT

Melanoma

Good news: People with melanoma may be less likely to have their cancer spread if they're taking a beta-blocker (for high blood pressure or migraines, for instance), a recent small study suggests.

Bad news: Young women are continuing to tan, increasing the odds of developing this deadly disease, says the American Academy of Dermatology. In one survey, 32 percent of young, white females said they sometimes use a tanning bed—which can boost the risk of melanoma by 75 percent. The incidence of melanoma has risen sharply over the past 30 years.

GO FIGURE

84

Percentage of nurses who say coworkers take shortcuts that could be dangerous for patients

Source: survey conducted by two nursing associations and a corporate-training company

SIMON WILKINSON/GETTY IMAGE

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MOTIVATION

Why Exercise? You Get These Extras

The sun's out, and the tennis court beckons—but so does the chaise longue. Andy Wadsworth, author of the new *Complete Practical Encyclopedia of Running, Cycling & Fitness Training*, suggests you consider the unexpected benefits of summer sports, then haul yourself out of the reclining position.

TENNIS

Surprise payoff: Stronger glutes and abdominal muscles. Building up these muscles helps prevent lower back pain by stabilizing the spine and hips. “While you play, you’re doing lots of squats and lunges, which target your butt and abs,” Wadsworth points out.

GOLF

Surprise payoff: Better balance. Each year, one in three adults over age 64 trips and falls; injuries from falls are a leading cause of death in that age group. “Hitting a golf ball requires a great deal of hand-eye coordination, which translates into your muscles knowing what to do when,” says Wadsworth. “If you have that muscular awareness, you’re less likely to fall down if you do trip.”

SWIMMING

Surprise payoff: A stronger upper body. After age 30, you start to lose muscle mass, which can lead to weight gain and weaker bones. “Most people don’t do anything to strengthen the upper body,” says Wadsworth. “Water offers resistance to keep those muscles working.” *Beth Dreher*

PHRASE OF THE MONTH

“surgeon enthusiasm”

The measure of how likely a surgeon is to recommend an operation for a condition that can be treated in other ways. A recent study suggested that this eagerness helps explain why surgery rates for back problems and other tough-to-treat ills vary widely across the country: You’re almost 25 times more likely to get spinal fusion in Idaho Falls, Idaho, for instance, than in Bangor, Maine.

Source: study in the journal *Spine*

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+ PEPPERMINT

It contains an ingredient that quiets pain-sensing nerves in the colon and may help relieve irritable bowel syndrome.

+ PURÉED VEGETABLES

Subbing these for higher-calorie ingredients in an entrée can help you lose weight. In a recent Penn State study, volunteers tended to consume about 350 fewer calories of a veggie-laden casserole or other dish than they did of a traditional version but rated both as tasty.

+ YOGA

Among women with breast cancer, those who did yoga had a steeper daily drop in cortisol levels than women who just stretched. Some studies suggest that if levels of the stress hormone stay high throughout the day, a woman's cancer is more likely to worsen.

+ COFFEE

Men who drink plenty may have a substantially lower risk of lethal prostate cancer, a recent analysis suggests.

- LONG HOURS AT WORK

They may raise your risk of heart disease. People who regularly worked 11-hour days were almost 70 percent more likely to develop heart disease than those who put in eight-hour days.

- FLAXSEED FOR HOT FLASHES

The small seeds are a good source of fiber, but they don't appear to ease hot flashes for postmenopausal women or those being treated for breast cancer. Though research a few years ago suggested crushed seeds might help, a recent, more rigorous study showed no decrease in hot flashes among women taking flaxseed compared with others on a placebo.

- SELENIUM

Researchers once thought that taking supplements of this mineral might cut the risk of cancer, but a review of studies found no support for those hopes. And the analysis hints that the pills may increase the odds of developing some kinds of skin cancer.



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 or call 1-800-FDA-1088.

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



Stelara[®]
(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[®] 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[®] have not been evaluated beyond two years.

Discover a convenient psoriasis therapy. STELARA[®] 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[®] 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[®]

Please read the Important Safety Information on the adjacent page.



Learn more about STELARA[®]
Text STELARA to 80800,
call 1-866-709-1050,
or visit 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

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Inside the Cheesecake Factory

Founder David Overton tells how he turned his parents' business into a billion-dollar restaurant chain

BY DINAH ENG

● FROM *Fortune*

“**W**hen I was growing up in the 1950s, my father, Oscar Overton, managed retail stores in Detroit. My mother, Evelyn, found a recipe for cheesecake and made one for my father's boss. He liked it so much that he asked if she could make 12 cheesecakes that he could give to friends as Christmas gifts. That gave her the idea of going into business. So she made cheesecakes in the basement during the day, and in the evening, my father delivered them to two restaurants in town. I got a penny per box for folding the cake boxes.

“I loved music, and



from the time I was 15, I played drums and was in a band that made money. In 1967 after college, I moved to San Francisco for the music

scene. My parents wanted to live closer to me, and since Los Angeles was bigger than San Francisco, I convinced them that there

GREGG SEGAL

was an opportunity there for their cheesecake. So in 1972, they sold their house, drove across the country with my sister, and started a small wholesale cheesecake business.

“When I realized I wasn’t going to be a rock star, I moved to L.A. to help. It was



1975, and we had the Cadillac of cheesecakes, but the business wasn’t progressing fast enough. I thought if we opened a restaurant, it

would help sell the cheesecake. I chose Beverly Hills for our first location to give the cake the reputation it deserved.

“I had never worked in a restaurant before, so I talked to Bill Kling, our accountant at the time. He thought our cheesecakes were some of the

“It’s all location, location, location. But once you grow, it’s all people, people, people.”

best baked goods he’d ever tasted, and he believed in me. So he said the four magic words—*I’ll raise the money*—and got his clients and family members to invest \$125,000.

“Beverly Hills already had upscale dining, so we developed a menu of casual fare around the cakes. I didn’t want to worry about a chef walking out on me, so I made up the first menu with things that were simple enough to cook myself, like macaroni and cheese. We opened on February 25, 1978, with no sign or grand opening. Still, people lined up out-

side, and the restaurant was full in ten minutes.

“After five years, we opened three more restaurants in California and one in Washington, D.C. Our investors were making a lot of money, and my parents were able to semiretire. In September 1992, we went public, and from

1992 to 2005, our compound annual growth rate in revenues was 27 percent. Despite the recession, revenue was up 4 percent last year over 2009. This year, we’ll open six to nine restaurants. It cost \$256,000 to open that first restaurant. Today it costs \$6.5 million to \$7.5 million to open a new Cheesecake Factory.

“My father was here to see the success, and my mother was here to see us go public. It’s really the great American success story. You come up with a good product, work hard, and bring your family together to do it.”

RECAP

A Dozen Ways to Save a Dollar

Clark Howard is a down-to-earth, self-made millionaire with a syndicated radio show and a popular website (clarkhoward.com). He's the one you see on HLN in a simple studio, standing with a boom microphone as he takes calls from viewers and tells them how to save money and make money. Now, in Howard's *Living Large in Lean Times* (Avery, \$18), he puts his advice between two covers. Our favorite tips:

1) Buy your teen a Peek, the "poor man's Blackberry," and get unlimited texts and e-mails for \$10.

2) Order prescription eyeglasses for as little as \$7 a pair at zennioptical.com.

3) Fire your cable provider and watch cable television for \$7.99 a month on Hulu or Netflix.

4) If you're an occasional movie watcher, rent through redbox.com, which—unlike Netflix—charges you by the rental (\$1 to \$8), not per month.

5) Shop item-a-day deal sites for electronics, where some gadgets are discounted up to 75 percent off retail. Looking for a computer? Go to dealnews.com, which aggregates deals from more than 2,000 dealers.

6) Buy perishable groceries only as you need them, and buy nonperishables once a month. Howard insists people can save big—even get out of debt—by following this one rule.



Clark Howard

7) Join a hospital gym, and you most likely will pay month to month with no fee to join.

8) Never finance a car for longer than 42 months.

9) Let online pharmacies bid for your business at bidrx.com.

10) Never pay for phone service again. If you have Internet service, you can plug your landline into a device called an Ooma, which retails for between \$200 and \$249, and pay no more than \$11 a year in FCC charges.

11) Use seatgeek.com, a good alternative to Stubhub, to find the best discounts on tickets to concerts and sporting events.

12) Apply for a Fidelity Retirement Awards American Express card. It deposits 2 percent cash back on all purchases directly into your IRA, 529 college savings plan, or Fidelity brokerage account. No games, no gimmicks, no limits on what you can earn, and no annual fees. (This is Howard's pick for the best credit card out there.)

Proactiv Really Works!

Get beautiful, clear skin with the #1 acne system

Try Proactiv for just \$19.95
Save 50%

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 with Doctors' secrets to flawless skin



REAL RESULTS



You could have clearer skin in just days
Time and degree of results will vary by individual.

Breakthrough micro-crystal benzoyl peroxide is designed to penetrate pores instantly!

Also get FREE SHIPPING through this exclusive offer!

Exclusive Offer! Act now and also get FREE SHIPPING!

Call **1-888-312-2786** | Visit proactiv.com/buynow

UPDATE

Grading the Better Business Bureau

Is the BBB a consumer watchdog or a toothless lapdog? What's really behind those charges that businesses have to pay to play.

BY HILARY STERNE

Long considered an impartial arbiter of who's scamming whom (and who's not), the Better Business Bureau—a “federated association” of locally run bureaus—has been facing questions lately about its very mission. Among them:

● **Can anyone pay dues (\$300 and up) and become a highly rated member?**

The ABC news program 20/20 reported late last year that a group of disaffected Los Angeles business owners and a man who started an anti-BBB blog called bbbroundup.com banded together and paid dues for fake companies in a “sting” of the BBB. They named one Hamas, after the pro-Palestinian organization classified as a terrorist group by the U.S. government. The BBB gave Hamas a rating of A—within 12 hours of processing the group’s credit card, according to the blogger, a former CBS newsman known by the pseudonym Jimmie Rivers. Daniel Steiner, a trade practice analyst in the BBB’s Los Angeles area office, says the applicant pronounced the group “HAY-mas,” not “ha-MAS,” throwing off staffers trying to check out what they were told was “a youth counseling organization.” Adds Steiner, “It was a campaign to discredit us, and we were duped.” Interviewed by



walletpop.com’s Consumer Ally, Rivers described the organization’s accreditation process as a “boiler room,” where, according to former employees, representatives are expected to fill quotas and earn commissions of up to 40 percent. Today, Susan Kearney of the national BBB says, the CEO of that bureau has left, “and the sales process is uniform now.”

● **If a business doesn’t pay dues, does it get a lower grade?** That’s what bbbroundup.com claims, pointing out that Starbucks in Seattle was slapped with a BBB grade of F. (It is not a member of the BBB.) Disneyland, another non-member, also received an F. After bloggers questioned both grades, they were eventually changed to a B and an A+, respectively. (Steiner says Disneyland had “a lot of unanswered complaints,” which

lowered its grade temporarily until the park changed its procedures. The Seattle BBB bureau says Starbucks raised its grade last August by answering complaints at the corporate instead of store level.) The Nevada-based business InCorp Services, Inc., went so far as to sue its local chapter of the BBB, claiming it had been graded poorly after refusing to pay the accreditation fee. The suit has since been settled, says Kearney, and InCorp Services has been accredited.

● **Do customers have to pay the BBB to have complaints resolved?** David Segal wrote recently in the *New York Times* about PC Drivers Headquarters, a software seller in Austin, Texas, which had over 312 complaints filed against it with the BBB. Nevertheless, the agency gave the seller an A+ rating. The BBB says that 312 complaints are not too many, because the company is categorized as a giant business. The BBB's policy is to offer mediation services to customers whose complaints can't be resolved through talk, e-mail, and reason. But the Austin area's BBB charges \$70 for those services—more than one dissatisfied customer was trying to recoup.

WHAT'S A CONSUMER TO DO?

● **Look for changes at the BBB.**

Kearney says, "The coming months may see some changes. We're not perfect, but we try to be because people expect it of

us ... We're hoping this is old news now." George Gombossy of ctwatchdog.com, a Connecticut-based consumer website, still recommends lodging complaints with the BBB "because if there's a pattern in the complaints, it'll show up," he told *AARP the Magazine*.

● **Tap other sources for company reviews.** These days, it's easy to turn to a customer-driven site like yelp.com to see whether a firm is worth your business. Or head to the company's Facebook page if it has one. Many will now let you see negative feedback as well as positive. And be sure to check out ftc.gov and the new complaint database at saferproducts.gov, where you can get the lowdown on product recalls.

● **Rely on social networking to voice dissatisfaction.** A new location-based mobile app called Gripe gives merchants 48 hours to address or resolve your complaint before simultaneously posting your bad review of a product or service to your Facebook page, Twitter account, and the company's customer-service department. Just make sure to tweet for what you want. "Get the company's attention and request their help," author Guy Winch (*The Squeaky Wheel*) tells the blog flooringtheconsumer.com. "Tweeting 'Help @Company! The shoes u sent are the wrong size. Wedding is in two days!' is far more productive than '@Company sucks! I'm never ordering from you again!'"

NOTABLE QUOTE

“The bigger the media profile of an expert, the less accurate his predictions are.”

DAN GARDNER, *FUTURE BABBLE* (DUTTON, \$26.95)

#1

Prescribed*
COPD
Maintenance
Medication

DOES BREATHING WITH

If you have COPD (chronic obstructive pulmonary disease), which includes chronic bronchitis and emphysema, you know how difficult it can be to breathe. SPIRIVA can help you breathe better, and is the only once-daily inhaled treatment that:

- **Helps control COPD symptoms by keeping airways open for a full 24 hours**
- **Helps reduce COPD flare-ups**
- **Is steroid-free**

While nothing can reverse COPD, SPIRIVA relaxes your airways to help you breathe better. Talk to your doctor about lifestyle changes and SPIRIVA.

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.

Please see Important Safety Information on following pages.

**Source: IMS Health, NPA Market Dynamics Custom Study, December 2010.*



COPD WEIGH YOU DOWN?

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.

INDICATION

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

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Ask your doctor about breathing better with SPIRIVA.

Learn more at SPIRIVA.COM, or call 1-877-SPIRIVA.

BREATHING WITH COPD IS NO SMALL THING.



Once-Daily

SPIRIVA[®] HandiHaler[®]
(tiotropium bromide inhalation powder)

SV91322CONS/SAR00555D

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.

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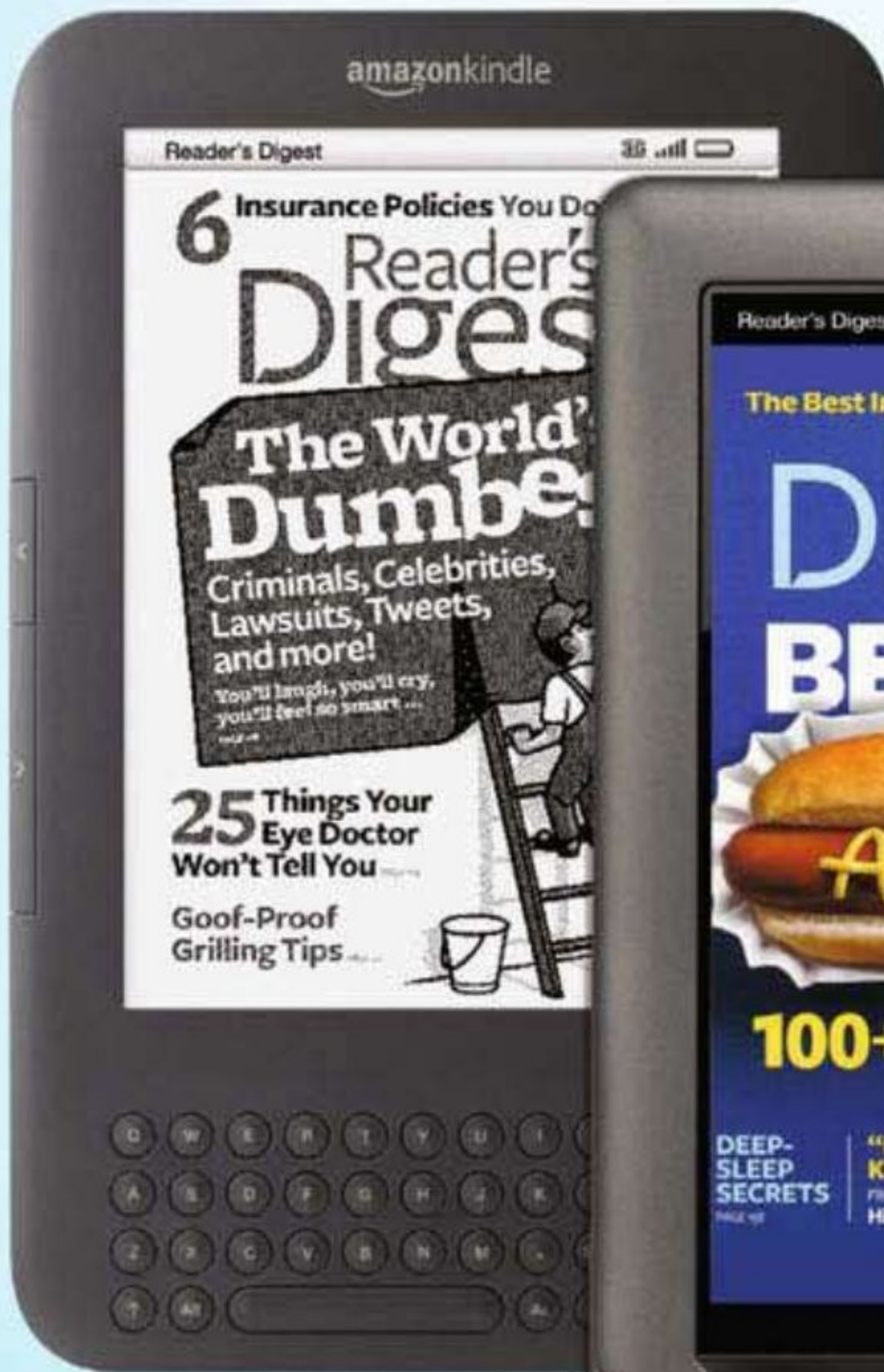
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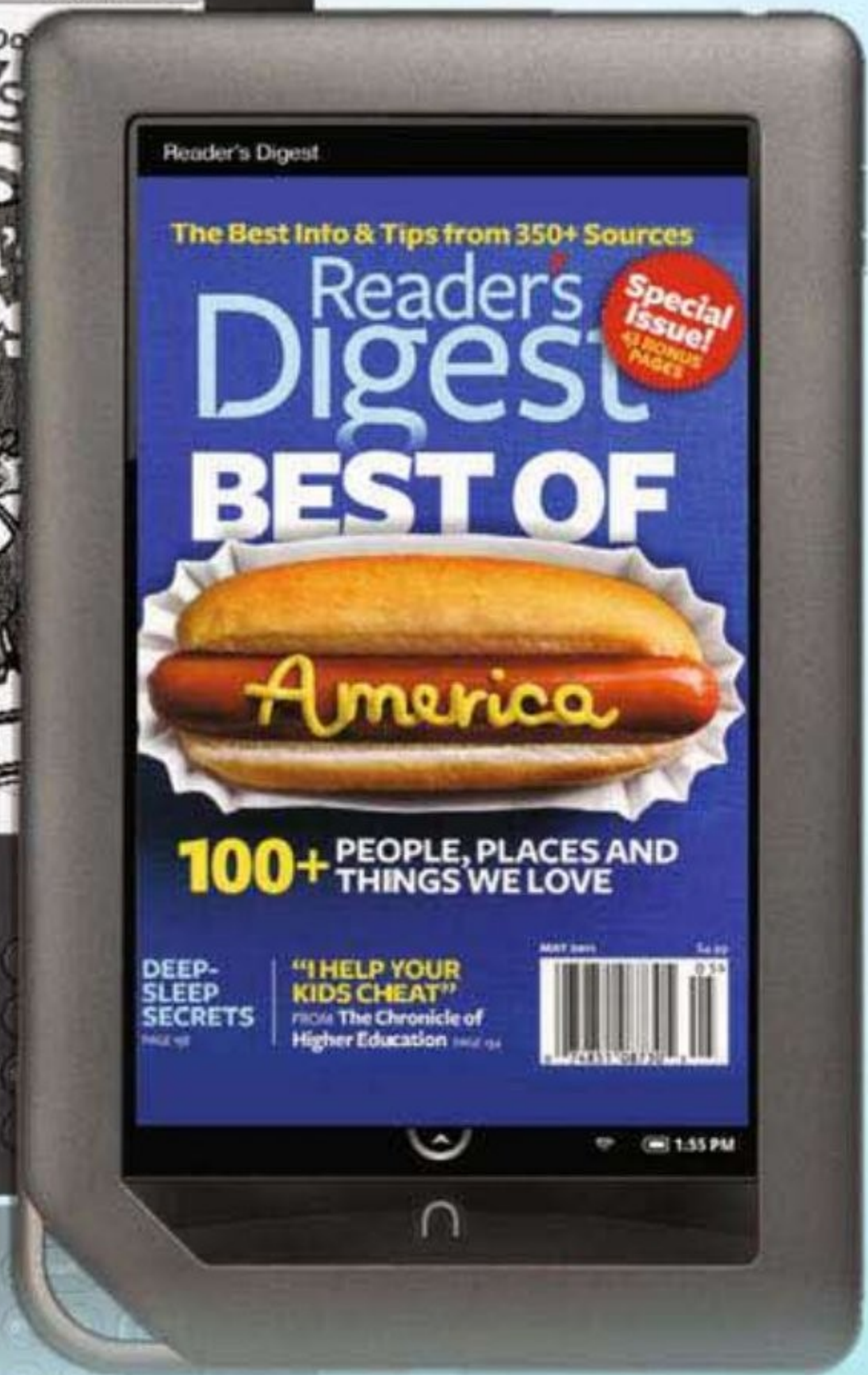
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Random Ideas from All Over



● **Banana peels are for more than slipping on.** Brazilian scientists have found that proteins in the peel bind with copper and lead in contaminated water, providing an inexpensive, reliable ingredient for future filtration systems. (*Popular Science*)

● **And if you need to clean a pond ...** Take a “loofah-like mesh” of recycled plastic, add soil and seeds, and float it, and the plants will clean the pond. Floating Island International has sold more than 4,000 of the rafts, which essentially deny nutrients to pond and other scums, restoring the ecosystem. (*Wired*)

● **Soft toilet paper may be harder to come by.** Nowadays, with

less newsprint and traditionally recyclable paper, sources for softer bathroom tissue are fewer and farther between. It’s gotten so bad that chemists have been called in to address the problem. (*Chemical & Engineering News*)

● **Putting commas and periods outside the quotation marks.** “‘That is barbaric’, the reader said to herself”. But the British, or “logical punctuation,” style is gaining traction in the computer age, as commenters, bloggers, and all the other rushing communicators ignore tradition (as well as all that is right and good in American stylebooks). (*Slate*)

● **Is your chocolate bar airier than usual?** The price of cocoa is soaring, and candy makers are stretching ingredients by adding air. They say the chocolate is creamier, with fewer calories. “You can actually sell that,” says one consultant. (*Bloomberg Businessweek*)

● **America: Yessirree!** “In England, people enjoy having very precise opinions,” says playwright Wallace Shawn. “In the States, people are much more into agreeing ... In England, people will say, ‘That’s rubbish!’ In the States, that almost never happens.” (*The Believer*)

Mini Book Excerpts

Nordic Thriller

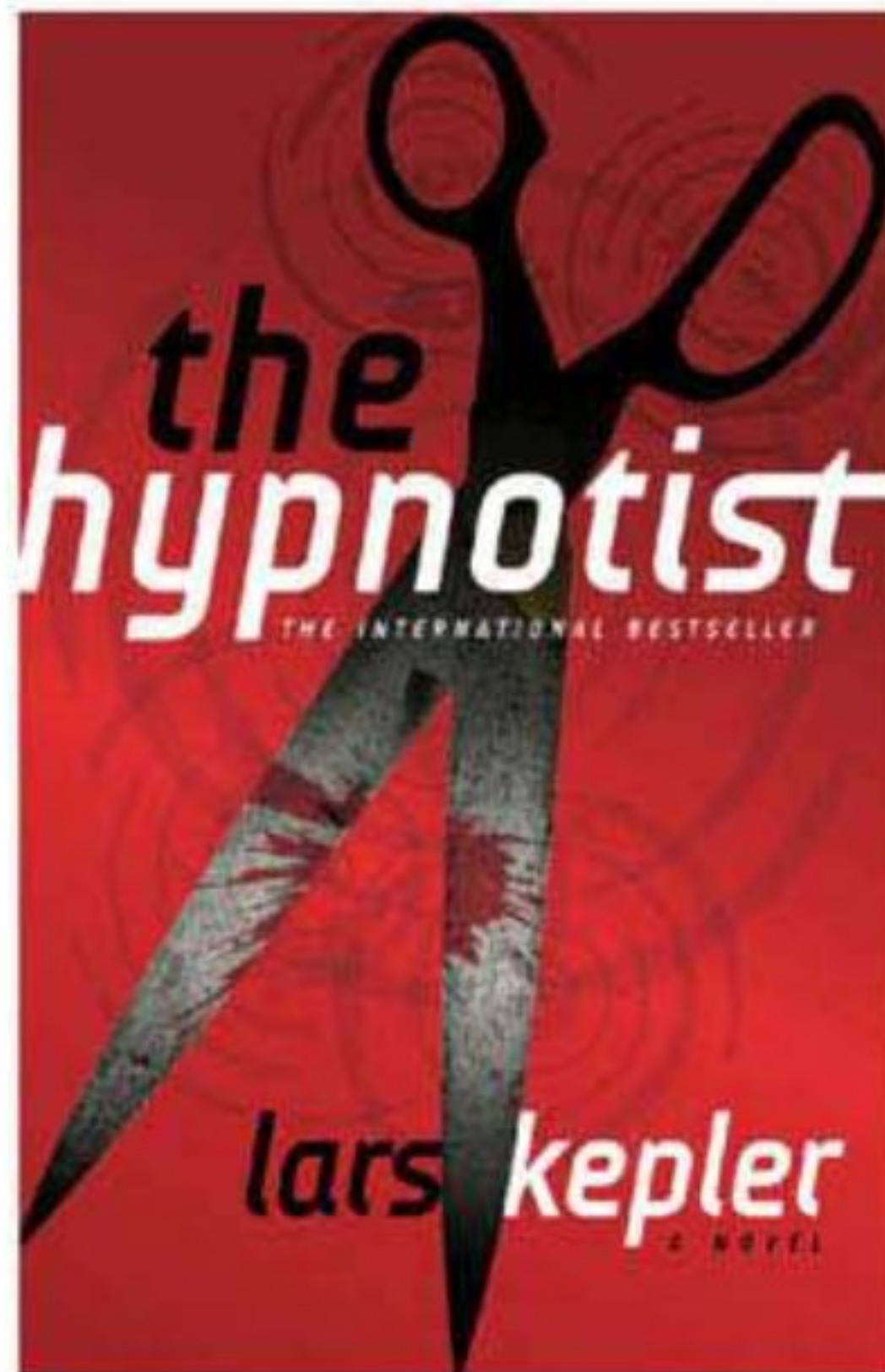
She feels her father's arms around her, but tries to break free.

"He isn't here, Simone."

"Let go of me!"

She lurches forward and looks into a room with a mattress on the floor, piles of old comics, empty bags of potato chips, cans and cereal boxes, pale blue overshoes, and a large, shiny ax.

***The Hypnotist* by Lars Kepler (Sarah Crichton Books/Farrar, Straus & Giroux, \$27)**



Memoir

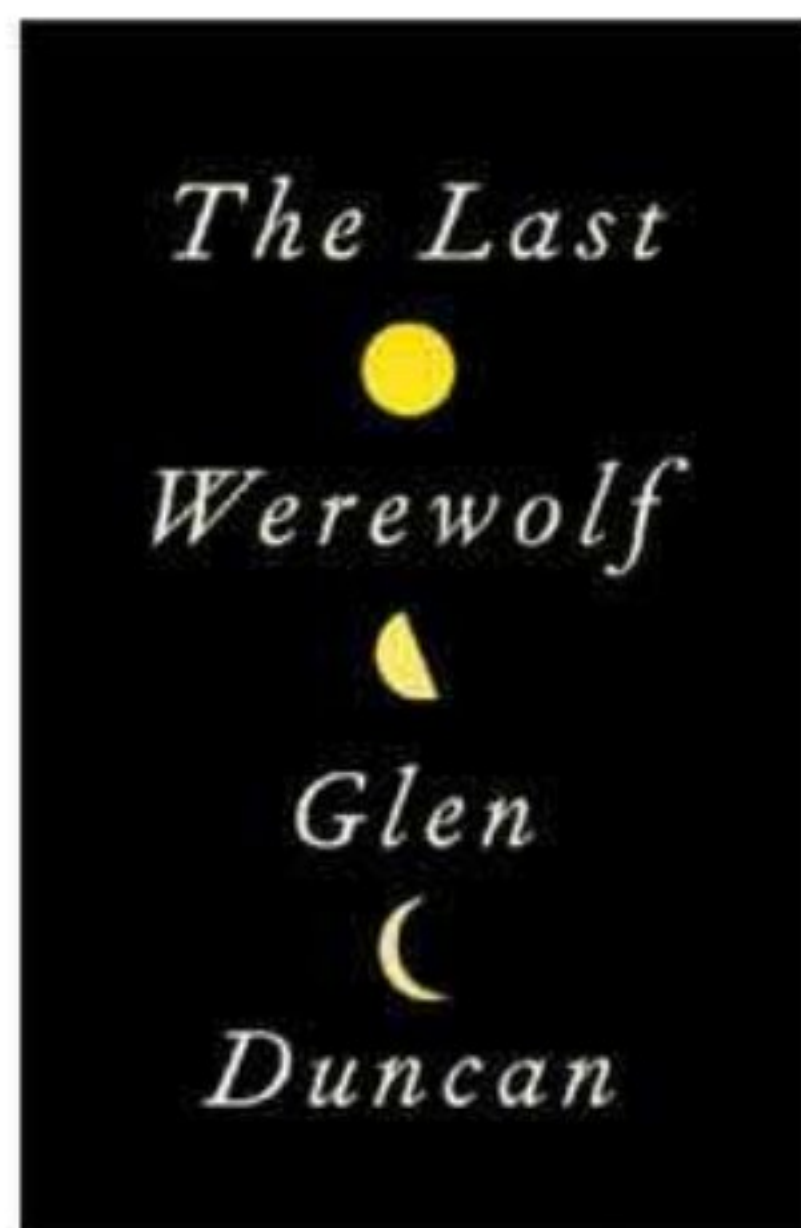
The police did not receive the immediate slew of tips they were hoping for in the wake of the newscast. Our phones, however, rang off the hook. Family friends and acquaintances—some so distant they had to remind us how we knew them—called to say they were shocked to see us on TV. Did we need anything? A home-cooked meal or an extra set of hands? Everyone wanted to tell us about the last time they had been with our mom and how routine it had been. We said thanks because we couldn't say they were making it worse. Mom raised us not to air our dirty laundry, and now it was out on the line for all of New England to see.

***Missing* by Lindsay Harrison (Scribner, \$25)**

Legend

If, then ... If, then ... This, aside from the business of monthly transformation, the inestimable drag of Being A Werewolf, is what I'm sick of, the endless logistics. There's a reason humans peg-out around eighty: prose fatigue. It looks like organ failure or cancer or stroke but it's really just the inability to carry on clambering through the assault course of mundane cause and effect. If we ask Sheila then we can't ask Ron. If I have the kippers now then it's quiche for tea. Four score years is about all the ifs and thens you can take. Dementia's the sane realisation you just can't be *doing* with all that any more.

***The Last Werewolf* by Glen Duncan (Alfred A. Knopf, \$24.95)**



Sociology

The woman is now heading toward the exit. A camera zooms in. She cuts through the shoe department. She seems to be hurrying toward the plate-glass doors. Another camera zooms in, this time on her back. Another picks her up from the front and another from her side ... She is outside. Like windup toys set in motion by the department-

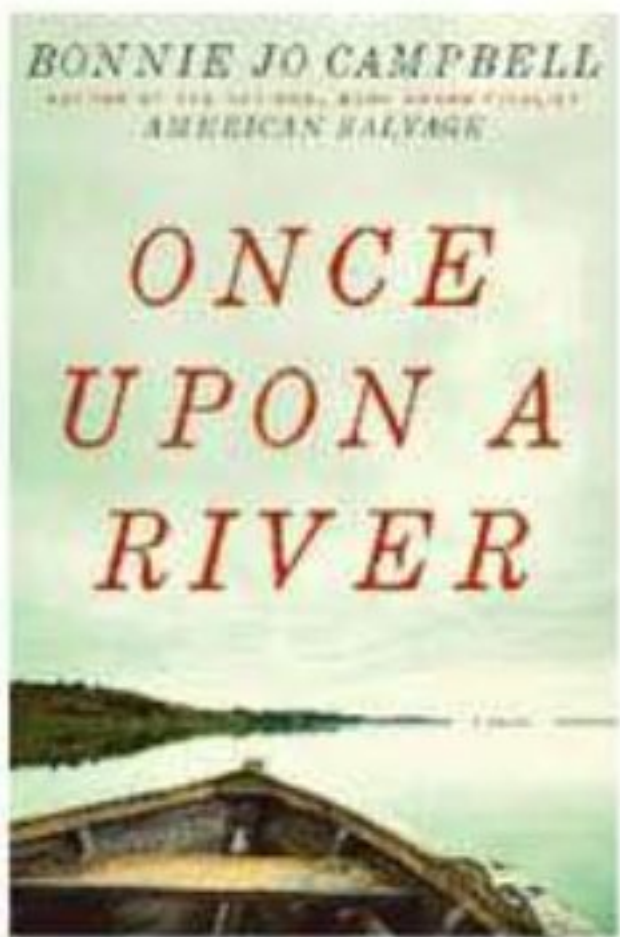


store Oz, two security guards—a stocky man and a woman in a long, dark skirt—walk stiffly after the woman into the parking lot ... It's 5:37 p.m. in Saks Fifth Avenue, Beverly Hills. Winona Ryder is about to join that notorious category—the celebrity shoplifter.

***The Steal: A Cultural History of Shoplifting* by Rachel Shteir (Penguin Press, \$25.95)**

Novel

The Stark River flowed around the oxbow at Murrayville the way blood flowed through Margo Crane's heart. She rowed upstream to see wood ducks, canvasbacks, and ospreys and to search for a tiger salamander in the ferns. She drifted downstream to find painted turtles sunning on fallen trees and to count the herons in the heronry beside the Murrayville cemetery. She tied up her boat and followed



shallow feeder streams to collect crayfish, watercress, and tiny wild strawberries. Her feet were toughened against sharp stones and broken glass. When Margo swam, she swallowed minnows alive, she felt the Stark River move inside her.

***Once Upon a River* by Bonnie Jo Campbell (Norton, \$25.95)**

IPAD EXTRA To read chapters from all six of these books, download the *Reader's Digest* magazine app from the iTunes Store.

Music

As children, they'd lived within three blocks of each other [in Queens, New York] ... Simon had taken note of Garfunkel's singing during a school talent show. "I saw you on that stage and I thought, 'That's how you get popular,'" Simon told him after they'd become friends. Garfunkel took note of Simon's sense of humor, and they finally met during a sixth-grade production of *Alice in Wonderland*.

***Fire and Rain: The Beatles, Simon & Garfunkel, James Taylor, CSNY, and the Lost Story of 1970* by David Browne (Da Capo Press, \$26)**



WHAT I'M UP TO

Dr. Drew Pinsky

is an internist, a psychiatrist, an addiction specialist, and the host of *Dr. Drew's Lifechangers*, premiering September 19

INTERVIEW BY AMY WALLACE



WHAT HE'S READING

"I am a serious nerd, so this will be embarrassing. I'm a nut for biographies, particularly of Lincoln and the Founding Fathers. And on my nightstand right now is a book by Antonio Damasio called *Self Comes to Mind: Constructing the Conscious Brain*. As I said, it's embarrassing."

IF HE RULED THE WORLD, HE WOULD ...

"... get people to understand the importance of intimate connection. Spending time in close, attuned, connected relationships is really the source of change."

His
READER'S DIGEST VERSION
of life and work:

"One is 'Use your time wisely.' The other is 'Change is important, and change is hard.'"

WHAT HE'S PLUGGING

"A half-hour daily talk show [on the CW Network]. I want it to be a place where people are inspired and learn how to change. It's about what's important to our viewers, whether it's security or losing weight or financial matters. I want to get across to people what's healthy. And that idea cuts across all parts of life."

WHAT HE'S LISTENING TO

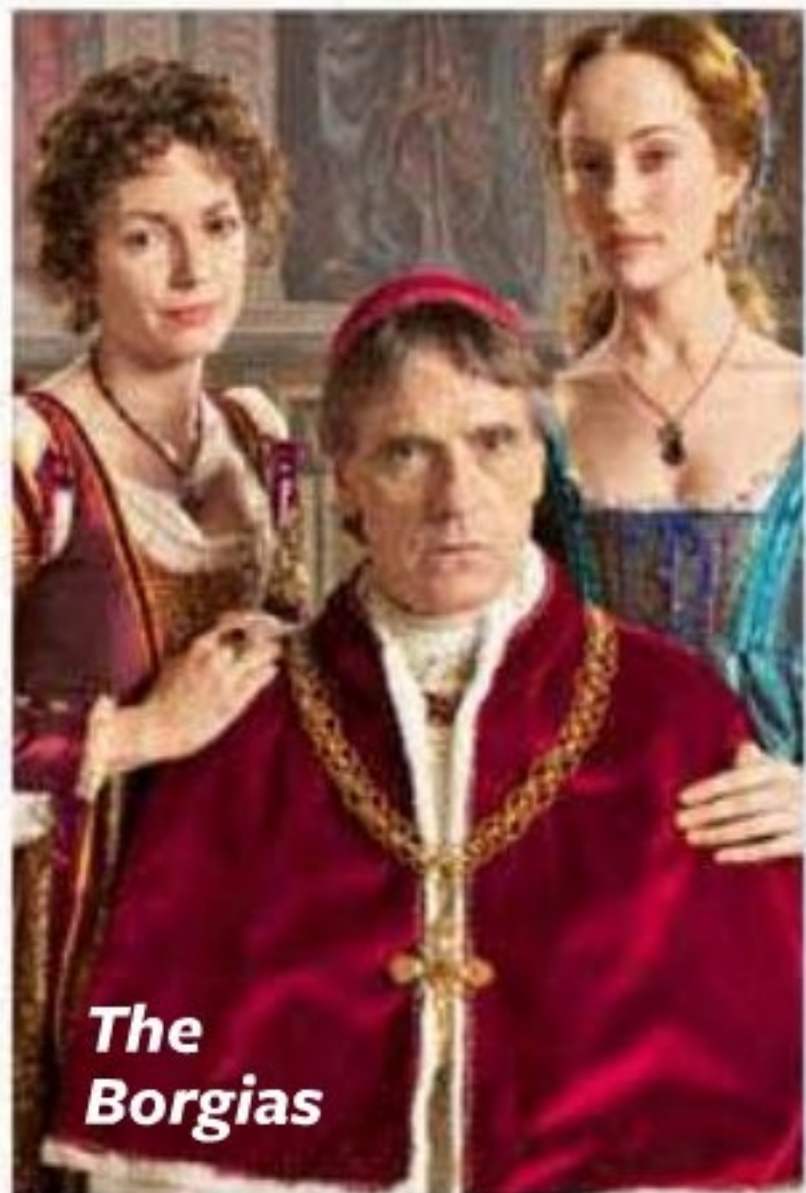
"I listen to lectures from iTunes U. I lift weights and run to lectures."

WHERE HE'S SURFING

"I don't really surf too much on the Internet—I'm really targeted. I do research."

WHAT HE'S WATCHING

"I've been glued to *The Borgias* and *Boardwalk Empire*. But my very favorite is *Mad Men*, which is literally my patients plunked down in a different historical context: 1963. Alcoholics and sex addicts—that's all the show is about."



The Borgias

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Choose the Best Food for Your Best Friend

We love our pets like family and want to be sure that we're giving them a healthy diet. But with so many pet foods touting themselves as healthy and showing pictures of meat and veggies on the front of their bags, you really have to read the ingredients on the back or side of the bag to get to the truth.

To help determine exactly what your dog or cat is getting from their food, simply follow these tips from Blue Buffalo:



EVALUATING THE INGREDIENT LIST

The top 10 ingredients make up 80% or more of a pet food's entire formula, so make sure that these are natural, high-quality ingredients like real meat, whole grains and vegetables.

Ingredients are listed by weight, which means there is more of the first one on the list than anything else. Look for real meat at the top of the list, not corn or by-products.

INGREDIENTS TO LOOK FOR IN A QUALITY FOOD

Real meat, such as chicken, fish or lamb provides proteins that are essential for growth, muscle maintenance and overall well-being.

Whole grains like brown rice, barley and oats supply the complex carbohydrates that provide your pet with much-needed energy.

Fruits and vegetables contain healthy fiber and deliver the antioxidants, vitamins and minerals your pet needs to stay healthy.

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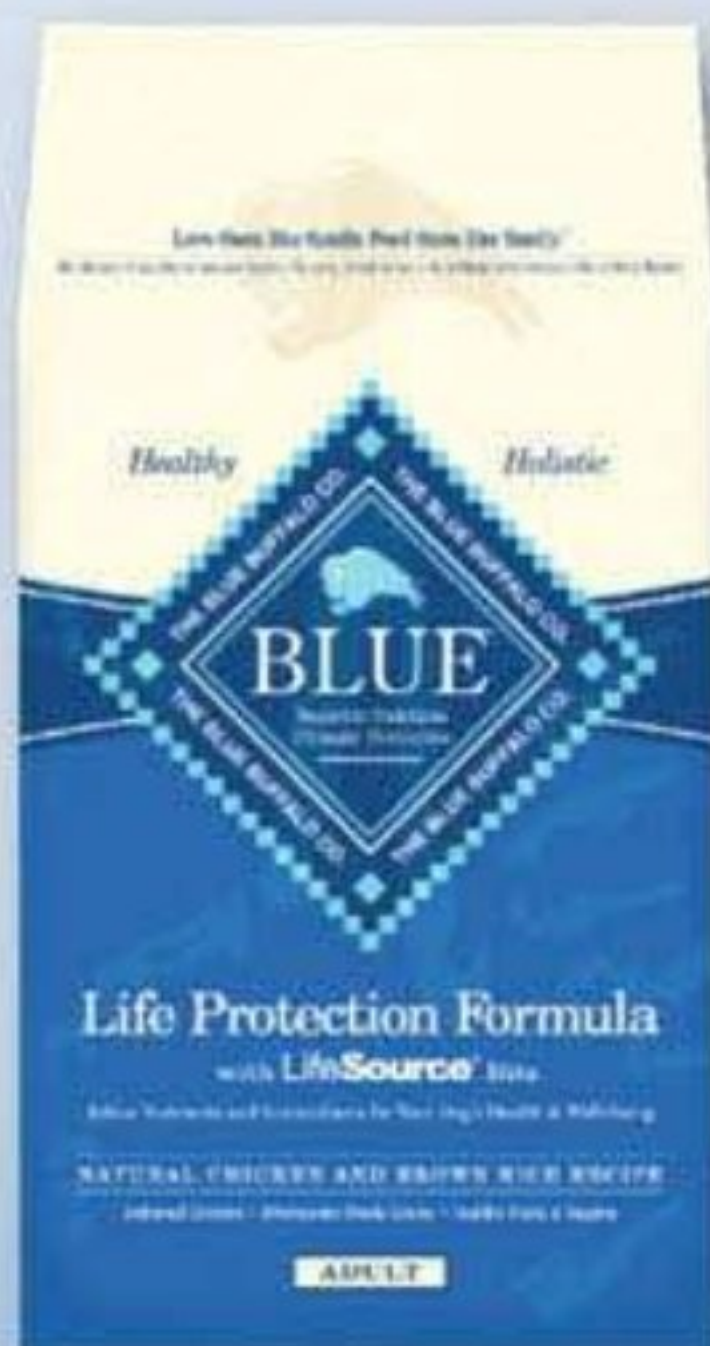
BLUE pet foods are formulated with carefully selected, high-quality ingredients – because we think of our pets as family members.

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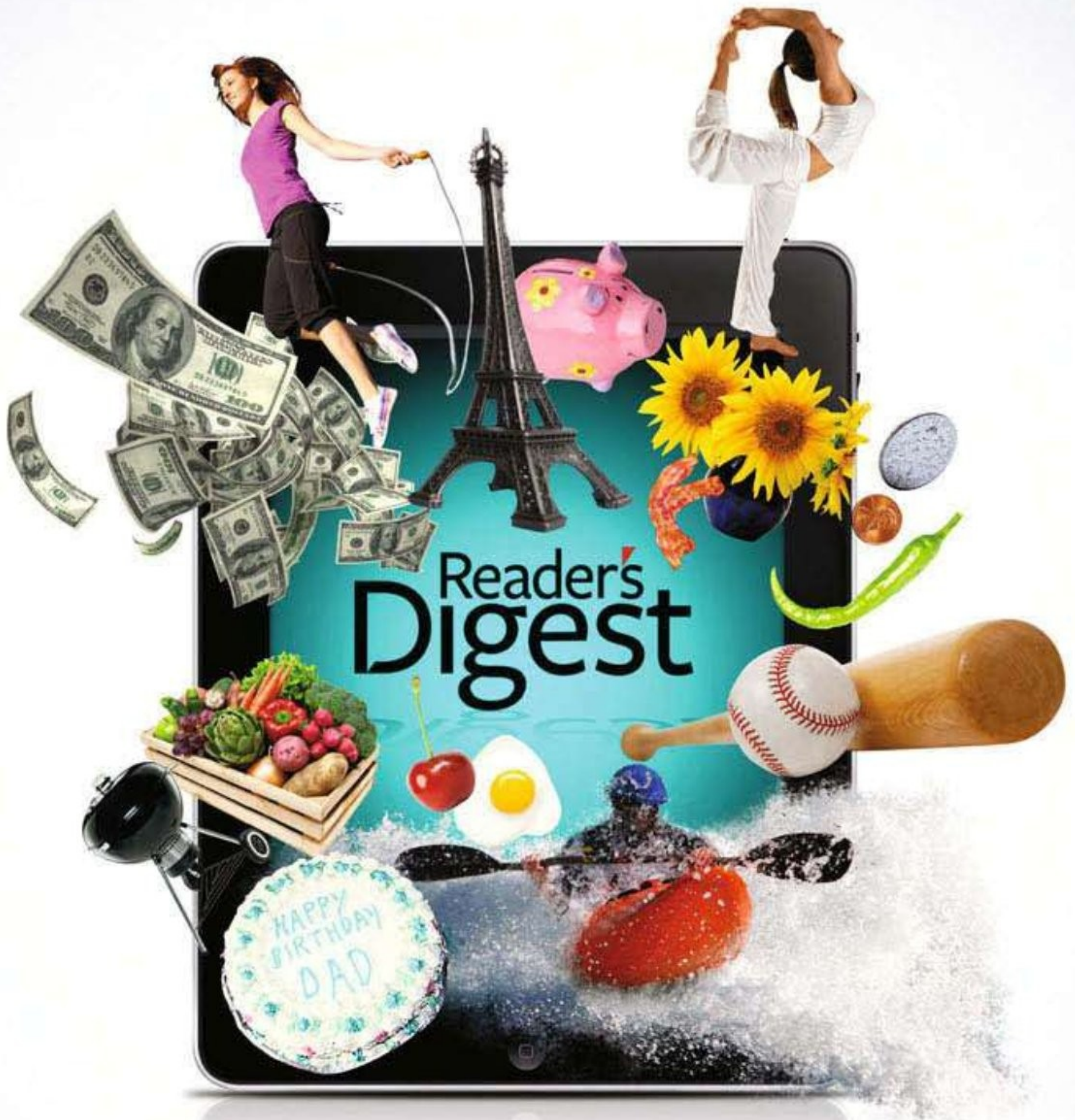
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I was working with a doctor as he explained to his patient and her concerned husband what would happen during and after her upcoming surgery. Then the doctor asked if there were any questions.

"I have one," said the husband. "How long before she can resume housework?"

Jonathan Jacob, Surprise, Arizona

Too Much Information

According to our April article "50 Secrets Your HR Person Won't Tell You," many hiring managers don't read cover letters. Sadly for these job seekers, some do.

■ "Although I trained as an accountant and for the past eight years I worked for a major accountancy firm, I am no good at my job and get bored very easily."

■ "My dream is to be a meteorologist. But since I possess



"There appears to be a whistle-blower in our midst!"

no training in meteorology, I suppose I should try stock brokerage."

■ "So I'm looking for something different and wondered if you have any opportunities that may be of interest to me."

■ "My ultimate goal is to become a doctor, but since I was not able to get into medical school, I would like to work for your company."

*From The Office Book, by Chloe Rhodes
(Reader's Digest Books)*

**How bad is
business in our area?
A sign on an office building
declared, Buy One Building,
Get One Free.**

Jan Pearson, Goshen, Indiana

Our colleague,

a frequenter of pubs, applied for a vanity license plate that would cement his reputation

Just Plane Crazy

Virgin Atlantic asked its cabin crew to list some of the odder requests they've entertained from passengers. No.1: "Can you please open a window?" Here are some runners-up.

- "An elderly gentleman who couldn't sleep asked if the captain could turn down the noise. 'Do you mean the engine?' I asked. 'Yes, yes, the engine!' 'Sir,' I replied, 'we need the engine.'"
- "I was once offering a family their meals. The mother said her children would prefer McDonald's, so could I please get them a Big Mac and fries."
- "A woman in first class was wearing a tiny pink crop top and mint green miniskirt. She had also booked the seat next to her for her Barbie doll, which was wearing the same outfit and was sitting upright with its seat belt on. The woman then requested a cup of tea and a massage for the doll." From blog.vtravelled.com

as the "bar king." A week later, he arrived to work with his new plates: BARKING. *Nancy Send*, Interlochen, Michigan

A customer walked into our electronics store and asked, "Can you

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show me an ovulating fan?"

I was tongue-tied, but another clerk wasn't. "You don't want one," he told her. "They only work once a month." *James Richards*, Omak, Washington

My boss at the warehouse told the new guy not to stack boxes more than head-high. "If the inspector shows up," he said, "we'd get in trouble. So, questions?"

"Yeah," said the new guy. "How tall is the inspector?"

Cynthia Franklin, Grenada, Mississippi

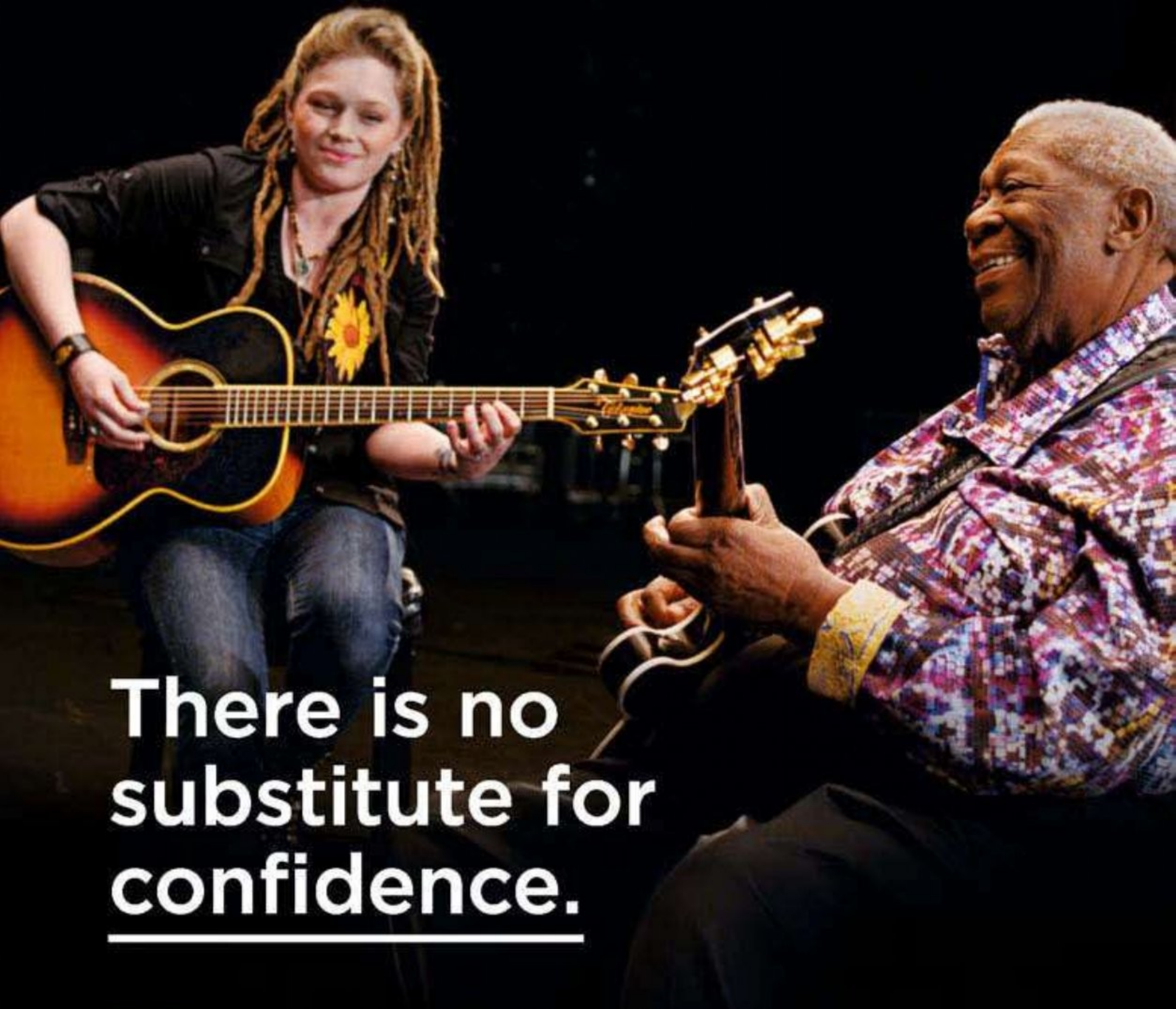
Coworker 1: My son just turned 18 months old.

Coworker 2: So is that like a year and a half old?

Coworker 1: You really aren't sure if 18 months is a year and a half?

Coworker 2: How am I supposed to know that? I don't have kids.

Adam Frederick, Mason City, Iowa



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**Lisa Klein (right)
and new mom
Crystal Blanca Villa**

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The Power of **1**

IN PARTNERSHIP WITH **AmericanTowns**

Dressed for Success

- **Our hero:** Lisa Klein, 42
- **Where she lives:** Oakland, California
- **How she helps:** Collects baby clothes

Lisa Klein spends much of her time surrounded by mountains of brightly colored baby clothes, folding tiny T-shirts. For most parents, this is pretty routine, but Klein has a larger purpose: She's getting infant clothing to mothers in need.

She was inspired a few days after Hurricane Katrina, when she read that a Louisiana church was asking for baby clothes for displaced families camped out on the church's front lawn. "I instantly knew I'd found a way to help," Klein says. She pulled together all the boxed-up outfits that her daughter, then one, had outgrown, and spread the word to a handful of friends. Within days, 200 pounds of onesies, booties, caps, sweaters, and other little items were piled up on her porch, ready to be shipped to New Orleans. Klein thought, If that's what I can do in four days with a few friends, what if I really put my mind to it?

Not long after her second child was born, in 2007, Klein started the nonprofit group Loved Twice to collect donations of gently used baby clothes for distribution to hospitals, prenatal-care clinics, and shelters in the San Francisco Bay area. "You're going through so much when you have a child. But these women also have to worry about having the finances to feed the baby, buy diapers, and pay rent. We try to alleviate some of that stress, hoping it will give the mothers more time to bond with their babies."

Know a local hero? Visit **AmericanTowns** to submit your nomination: americantowns.com/powerofone.

Now Loved Twice supplies baby clothes to 40 social service agencies assisting new mothers. Fifty more want to sign up. The group's six collection bins fill up quickly, landing roughly 1,000 pounds of clothing in Klein's basement every month. "My husband has been very tolerant!" she says with a laugh.

Volunteers sort the garments into boxes, each of which holds 75 items of clothing, sizes zero to 12 months, along with kid's books and tips on child-care resources. To date, Klein's group has sorted and delivered over 28,000 pounds of clothing to newborns in need—and the clothes keep on coming, she says. Her dream is to raise enough money to rent a warehouse as a headquarters, allowing her to handle even larger amounts of clothing and more volunteers.

"I'm so happy to be able to spread awareness," she says. "These babies deserve to be warm and clean."

Natalie van der Meer

To donate or volunteer, go to
lovedtwice.org.

Paying It Forward

- **Our hero:** Carolee Hazard, 44
- **Where she lives:** Menlo Park, California
- **How she helps:** Raises money for a food bank

"Am feeling both good and a little stupid." This is the comment Carolee Hazard posted on Facebook after a woman ahead of her in the grocery line said she'd lost her wallet. The woman was so upset



Hazard (left)
with her children
and Ware

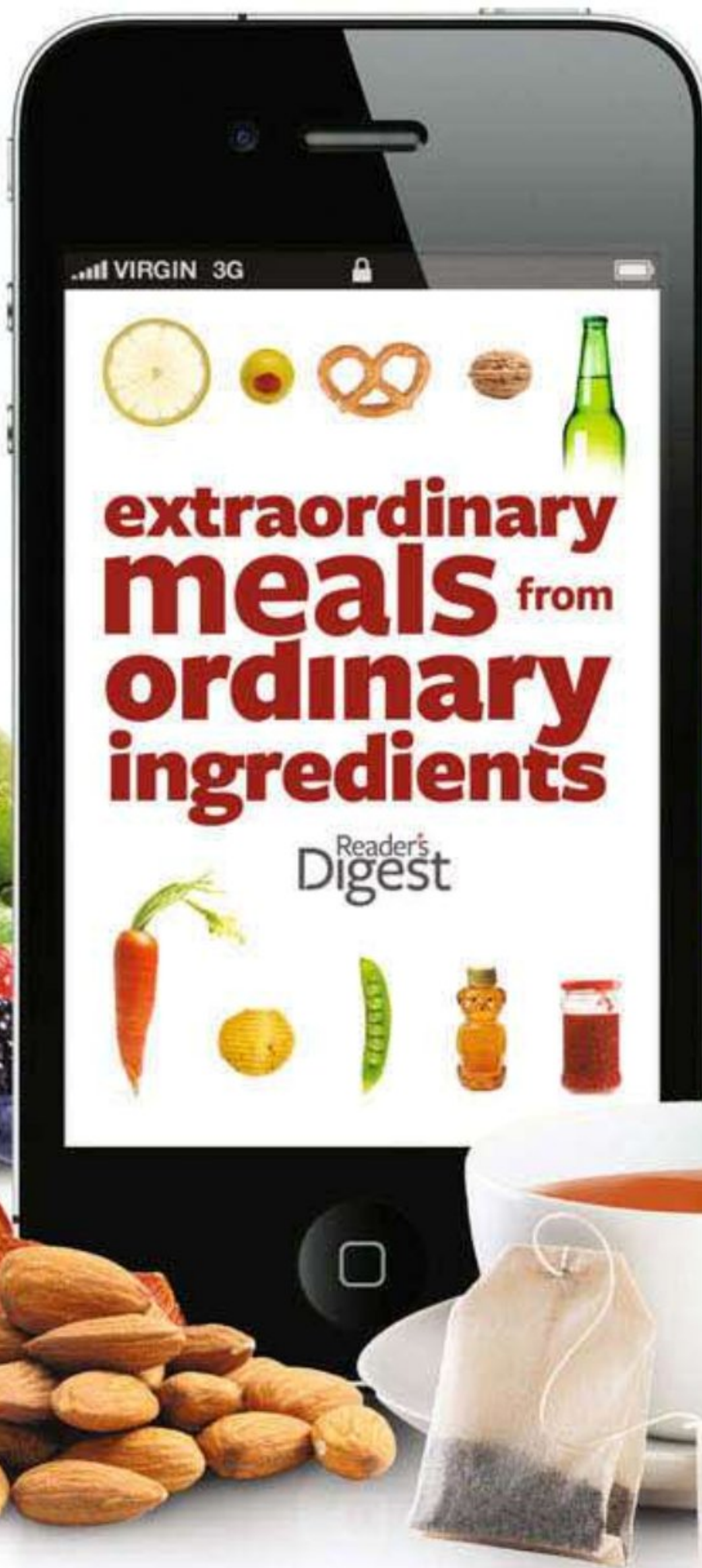
that Hazard paid her \$207 grocery bill "and just asked her to send me a check," Hazard says. She figured now the money was as good as gone.

But a day later, a check arrived in the mail for \$300, along with profound thanks from Jenni Ware, 45. Ware suggested that Hazard use the extra \$93 for a nice massage.

Instead, Hazard went back online and asked her friends to recommend a better use for the money. Times are tough, one friend wrote back, and suggested a donation to Second Harvest, a Bay-area food bank.

Hazard agreed and then matched Ware's original \$93 with her own. Word spread. A little kid gave 93 cents. A single mother donated \$9.30 from the last \$25 in her monthly budget. By the end of its first year, the newly christened 93 Dollar Club had bequeathed \$100,000 to Second Harvest.

But the story doesn't end there. "We want to raise \$200,000 this year," says Hazard. And they just



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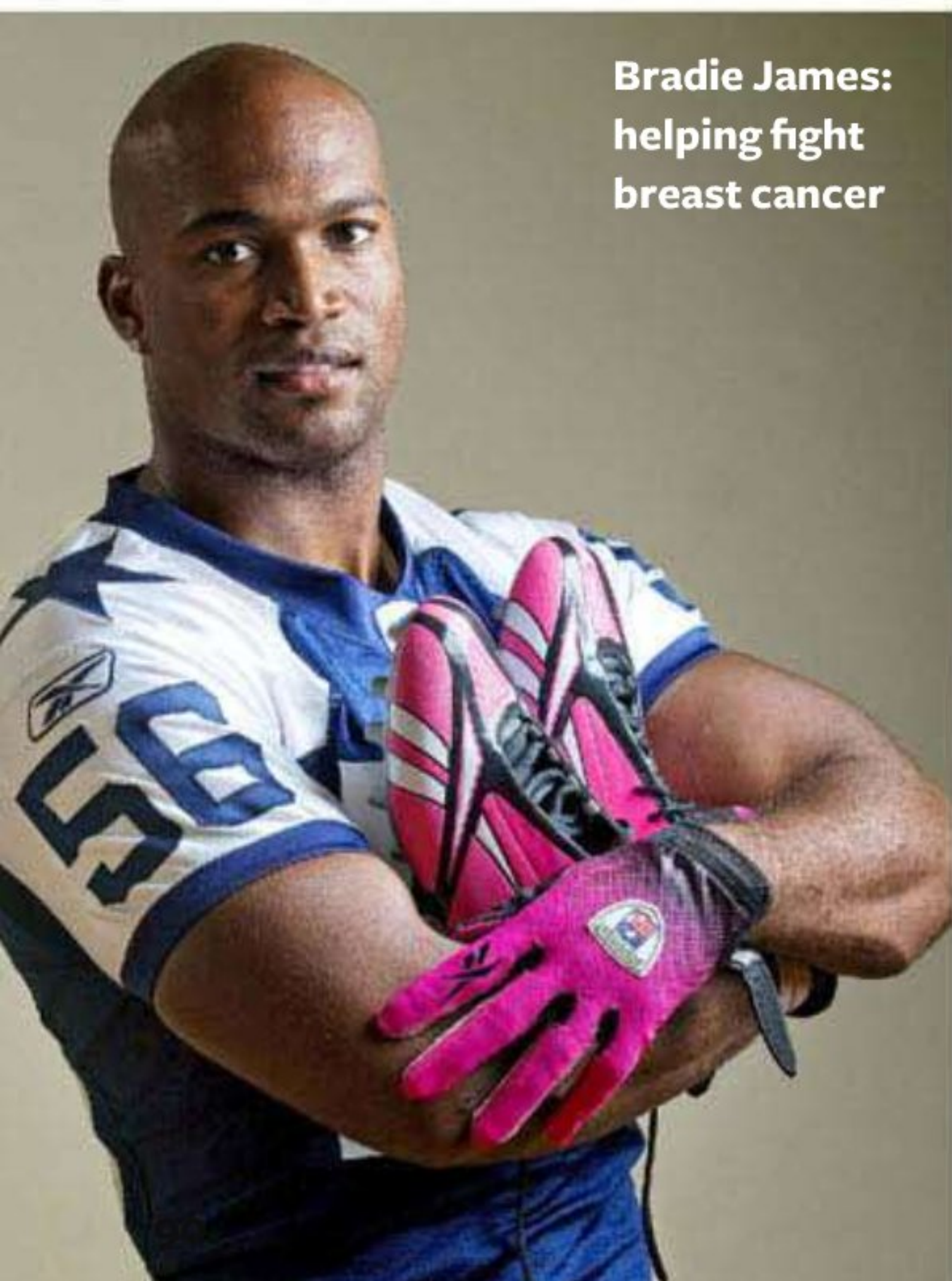
might. The 93 Dollar Club recently received a second donation for \$9,300—its largest yet. *Gary Sledge*

To participate, go to
facebook.com/93dollarclub.

Tackling Cancer

- **Our hero:** **Bradie James, 30**
- **Where he lives:** **Dallas, Texas**
- **How he helps:** **Funding breast cancer services**

Dallas Cowboys linebacker Bradie James isn't making a flashy fashion statement when he hits the field every October in pink cleats, gloves, and wristbands. Rather, he's memorializing his mother, Etta James, who died of breast cancer in 2001 when Bradie was playing football for Louisiana State University. "My mom's cancer was detected too late, and



Bradie James:
helping fight
breast cancer

we didn't know what treatment options were available," James says. In 2007, he created Bradie James' Foundation 56 (his player number) to "help families [avoid] going through what my family went through."

Since then, the Dallas-based foundation has raised about \$500,000 from an annual gymnastics meet at LSU, a casino night in Dallas, and personal donations. Intended to provide education, therapy, and other services for breast cancer patients, survivors, and their families, grants have been made to Louisiana and Texas breast cancer facilities like the Methodist Dallas Medical Center. The facility used its \$71,000 grant to fund yoga and art therapy classes, a resource center for early detection and treatment options, and a mobile mammography van that has screened 4,000 women a year in Dallas and Fort Worth communities. At James's request, Methodist is also developing a men's support group, which will begin in the fall.

"Bradie doesn't just want to give money," says Allison Vo, cancer program manager at Methodist. "He wants to make the patients' and the families' experiences better."

During football season, James, a nine-year pro, says his mother is never far from his mind. "I carry my mother's strength on and off the field," he says. "Breast cancer doesn't have an off-season."

Dorothy Foltz-Gray

To learn more about Foundation 56 or to donate, go to bradiejames.net.



Can a protein from jellyfish give you a better memory? Scientists say, "Yes"!

Advertisement

Can a simple sea protein hold the key to preserving your memory?

Researchers have discovered a protein from the depths of the ocean that actually protects our brain cells as we age.

Robert Pastore, Ph.D., a member of the New York Academy of Sciences explains, "As you age, you lose about 30,000 brain cells a day and that impacts every aspect of your life...how you think and how you feel."

Recently, scientists made a significant breakthrough locating a calcium-binding protein (CaBP) called "apoaeguorin" that can contribute to a healthier brain, sharper mind and clearer thinking.

Protects brain cells and memories

According to Dr. Pastore, "CaBPs are vital and found naturally throughout the body. They bind with excess calcium in our cells and keep it from rising to toxic levels.

At around age 40, these vital CaBPs start to decrease. This is known to lead to cell damage and even cell death. This may be one of the factors that results in loss of memory, forgetting names, etc."

The jellyfish connection

Apoaequorin is in the same family of proteins as those found in humans, but it comes from one of nature's simplest organisms — the jellyfish.

Recently, researchers formulated this vital protein into a product called PrevaGen®. Available without a prescription, it's the first and only supplement that restores CaBP levels and protects brain cells.

Healthier Brain, Sharper Mind, Clearer Thinking

Just how well does PrevaGen® work? In a computer assessed, double-blinded, placebo controlled study, PrevaGen® reduced the number of memory errors by a significant 29%.¹

Try PrevaGen® for yourself and feel the difference.

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With us, it's personal.

Call toll-free 877-671-4321
to learn more.



¹ "Madison Memory Study." Quincy Bioscience. ct. 2010 www.prevaGen.com/science

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

What Should Your Kids Learn First?

Parents all over the world agree with Aretha Franklin: R-E-S-P-E-C-T is what they need. People in 13 out of 16 countries—including the United States—say teaching respect and obedience should come before coaching kids on patriotism, kindness, or having a sense of humor. Meanwhile, China, Germany, and Russia place kindness above the rest. Humor was a distant third for most countries, while patriotism came in dead last nearly everywhere—even here.



Kindness as well as a sense of humor. With these qualities, my kids will get along well with others.

*Connie Cheung, 28,
Hong Kong, China*

Respect and obedience are important. Kids need to know where their rights begin and where they end.

*Emanoel de Souza, 37,
São Paulo, Brazil*

Respect for themselves and others. I think self-respect is the foundation for everything.

*Eileen Z. Wolter, 39,
Summit, New Jersey*



Respect and obedience come first in ...

Brazil	82%
Philippines	76
Spain	75
Mexico	70
South Africa	65
India	58
France	57
Malaysia	57
Netherlands	52
United States	49
Australia	47
United Kingdom	47
Canada	46



Make them laugh

Parents in Germany prize a sense of humor more than those in any other country.

Respect your elders

Globally, more poll takers over age 45 chose respect and obedience for their children than younger ones did. This is especially true in the Philippines, where 100 percent of older respondents say teaching respect and obedience is their main concern.



Kindness wins in ...

China	63%
Germany	56
Russia	45



Wave the flag

While China and Russia both chose kindness as tops for kids, they also gave patriotism higher percentages than any other country did.

Be naughty and nice

Across the globe, more men than women are teaching their kids humor first. More women than men are making kindness a priority.

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



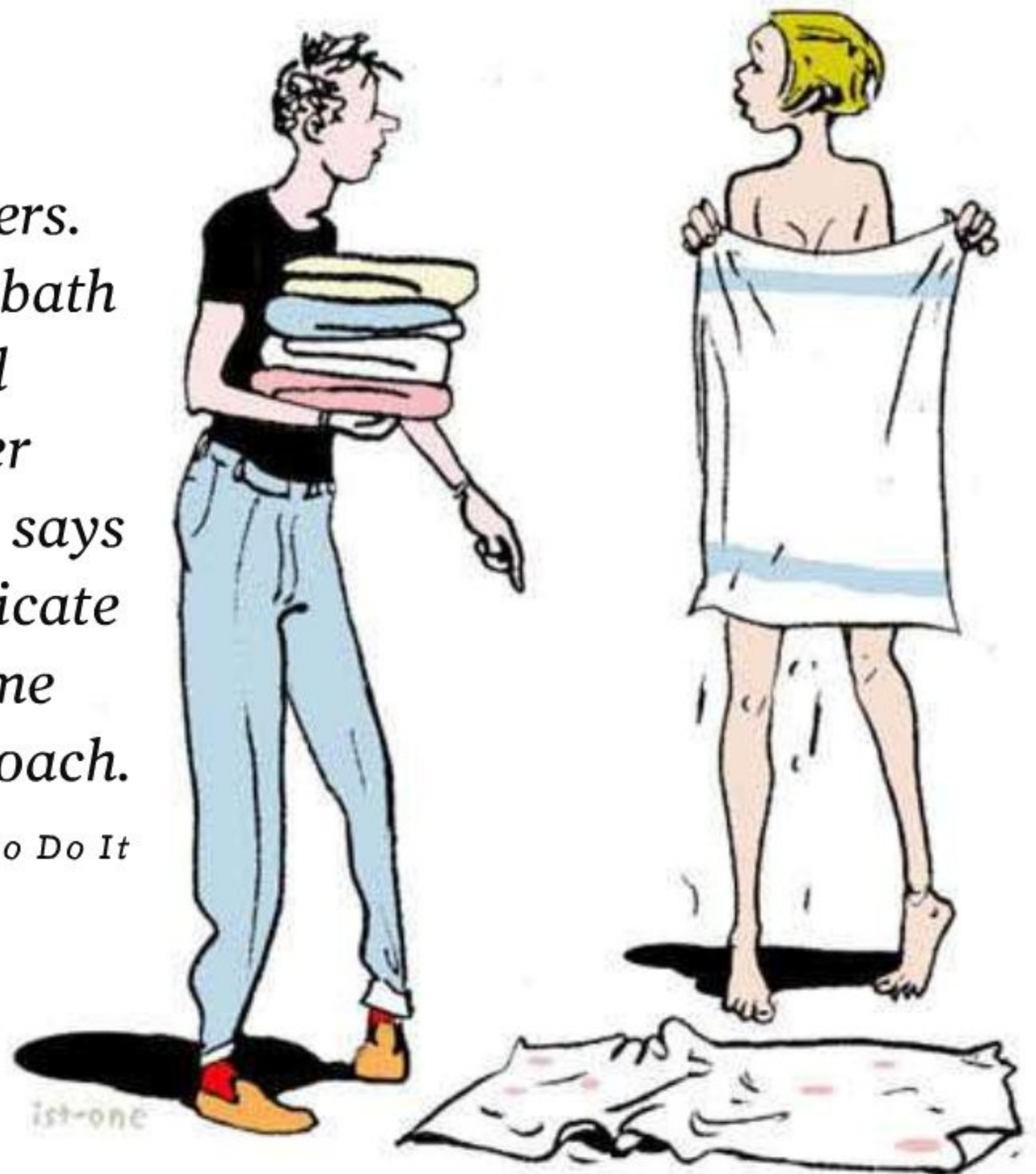
Ask Laskas

JEANNE MARIE LASKAS

► **My wife and I** have many disagreements about manners. Our current dispute is over bath towels. I say hang wet, used towels across the tub or over the shower curtain rod. She says put them on the floor to indicate they have been used. At home or in hotels, this is her approach. What do you say? *How to Do It*

Dear How,
Towel-on-floor is hotel lingo for: Please replace with a fresh towel. There's never a reason to leave a damp towel on the floor at home. (If Ms. Clean is expecting a fresh towel after just one use, she needs to at least throw the used one in the hamper!) This misunderstanding should not warrant an argument. In fact, this would seem like a good time for you two to congratulate each other for having such an otherwise conflict-free relationship.

► **My sister got married** a few years ago to a guy I didn't know well. I began to notice that whenever I talked to her on the phone, her



husband would be listening in the background (I was always on speaker-phone, which was odd enough). Over time, I called her less often. They also have a shared e-mail address—monitored mostly by her husband as well. My sister uses a personal e-mail account for work, and this is how I communicate with her. Lately, however, the sentence construction and grammar in “her” replies seem very different, and I am certain that he

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

ILLUSTRATED BY ISTVAN BANYAI; FRANK VERONSKY

is writing those e-mails as well. I'm starting to feel uncomfortable—not to mention annoyed! Needs Privacy

Dear Needy,
Icky, icky, creepy. This is *not* normal—especially if he's pretending to be her via e-mail. Your sister appears to be under the thumb of a vigilant, intrusive husband; your uncomfortable feeling might be a warning bell. Take her to lunch. Tell her you miss her. Tell her of the growing distance you've felt since her marriage, and ask if it's something you've done. (Could be!) Your goal is to reopen the lines of communication. She might need you now more than ever. If you leave that meeting unsure of her safety, seek the guidance of a counselor trained to understand and intervene in cases of domestic abuse.

▶ **I'm a fortysomething mom** trying to reenter the business world. To promote myself, I go to networking and business events. Trouble is, I'm sometimes shy. I'm a great writer and have no trouble communicating online, but if I have to telephone or meet someone, I sweat profusely and become tongue-tied. I just know I look stupid and inexperienced, when I am neither. How can I get past this and feel confident in these situations? Bashful

Dear Bashful,
Survey anyone who's been working as a full-time parent for more than a decade, and you'll hear many tales

Life's Little Etiquette Conundrums

▶ **I feel like I talk too much. I listen when friends want to discuss their problems, but sometimes what they say starts me off on a rant about myself. I feel like this annoys my friends, but how else do I talk to them about what's going on in my life? Am I being rude? Are there some guidelines I can follow to keep from being seen as a self-obsessed chatterbox?**

Yeah, you're being rude. But it's good that you caught yourself. Guideline No. 1: Listen. Look the person in the eye as he talks. Ask questions to elicit more information, or simply say "Is that right?" a lot. Paraphrase what they are talking about a few times to help yourself listen even better. Guideline No. 2: Wait until you are asked about yourself. Guideline No. 3: No, really—wait!

of social anxiety upon reentering the world of suits and heels. Give yourself some time. Get a new outfit made of gorgeously soft fabric, a string of cool beads, an awesome pair of shoes, and a hip, new haircut. Go to a few events and allow yourself the freedom to be a wallflower. Observe and listen to folks before trying to join in. If that doesn't loosen you up, you can seek professional help, but I suspect that won't be necessary.

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

Life's Funny That Way



"I want more communication, and you want less."

"So let's compromise and communicate more or less."

visited my daughter bearing gifts: summer squash from my garden. "What should I do with them?" she asked.

"Whatever you would do with zucchini," I said.

"All right, we'll give them to our neighbor." *Harold Silver, Neenah, Wisconsin*

Scene: Coffee shop

Businessman: Can I get a decaf cappuccino?

Waiter: Actually, we only sell regular cappuccino.

Businessman: Okay, I'll have one

of those. Just give me your phone number so I have somebody to talk to when I can't sleep tonight.

From overheardintheoffice.com

On the way to a funeral home for the viewing of a friend's father, I reminded my three-year-old daughter to be quiet and respectful. And she was—right up to the end, when she asked, "Mommy, who's the man in the treasure chest?"

Jennifer Turk, Ooltewah, Tennessee

Feeling some discomfort, I complained to my wife: "My wedding ring is cutting off my circulation." "Good," she said. "That's what it's supposed to do."

Larry Trotter, Hartselle, Alabama

We were headed to a resort when my

readersdigest.com 8/11

father got hopelessly lost. Spotting a farmer in a field, Dad pulled over and asked for directions to Lake Ronkonkoma.

“Never heard of it,” said the farmer. “But you’re going the wrong way.” *Nick DeMartino, Coral Gables, Florida*

At the Social Security office, I eavesdropped on an interview between a staffer and someone who was applying for benefits.

Staffer: Married or single?

Applicant: Single.

Staffer: Previous marriages?

Applicant: Two.

Staffer: Did either of them end in death?

Applicant: No. Both times I got out alive. *John K. Cole, Clinton Township, Michigan*

Two letters arrived from my nine-year-old daughter, who was away at camp. One was addressed to Mom, the other to Dad. The sweet, short note to me said, “Dear Mom, I am having a lot of fun at camp. Tell Eddie [our cat] I miss him. I miss you. Love, Kenna.”

The even shorter note she sent to her father: “Dear Dad, Read Mom’s note. Love, Kenna.”

Robin Holt, Portland, Oregon

I am a lousy bowhunter, a fact that was driven home to me by my ten-year-old niece. Handing me an arrow that she found in the woods, Gina explained, “I figured it was yours. There’s no deer on the end of it.” *Mark Ruszala, Buffalo, New York*

When my dad, a good ol’ boy from the South, visited me in Manhattan, I treated him to dinner at an elegant French restaurant. Since he was out of his element, I ordered for him, choosing the beef bourguignonne with a side of polenta, which he loved. That night, I overheard him on the phone with my stepmother.

“Dinner was great,” he raved. “But you won’t believe how much they charge here for pot roast and grits.”

Julie Wehmeyer, Kingston, New York

Your favorite new joke, funny anecdote, or crazy news story might be worth \$\$\$. See page 84 for details.

The Road Less Traveled

In an effort to encourage green transportation, the city of Cardiff, Wales, spent \$3,300 on a new bike lane, the shortest in Great Britain and possibly the world. The lane is eight feet long and takes one second to traverse.

Source: *Telegraph* (London)



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

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

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**Lyrica studies showed that patients
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*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 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 or call 1-800-FDA-1088.***

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® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (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 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.



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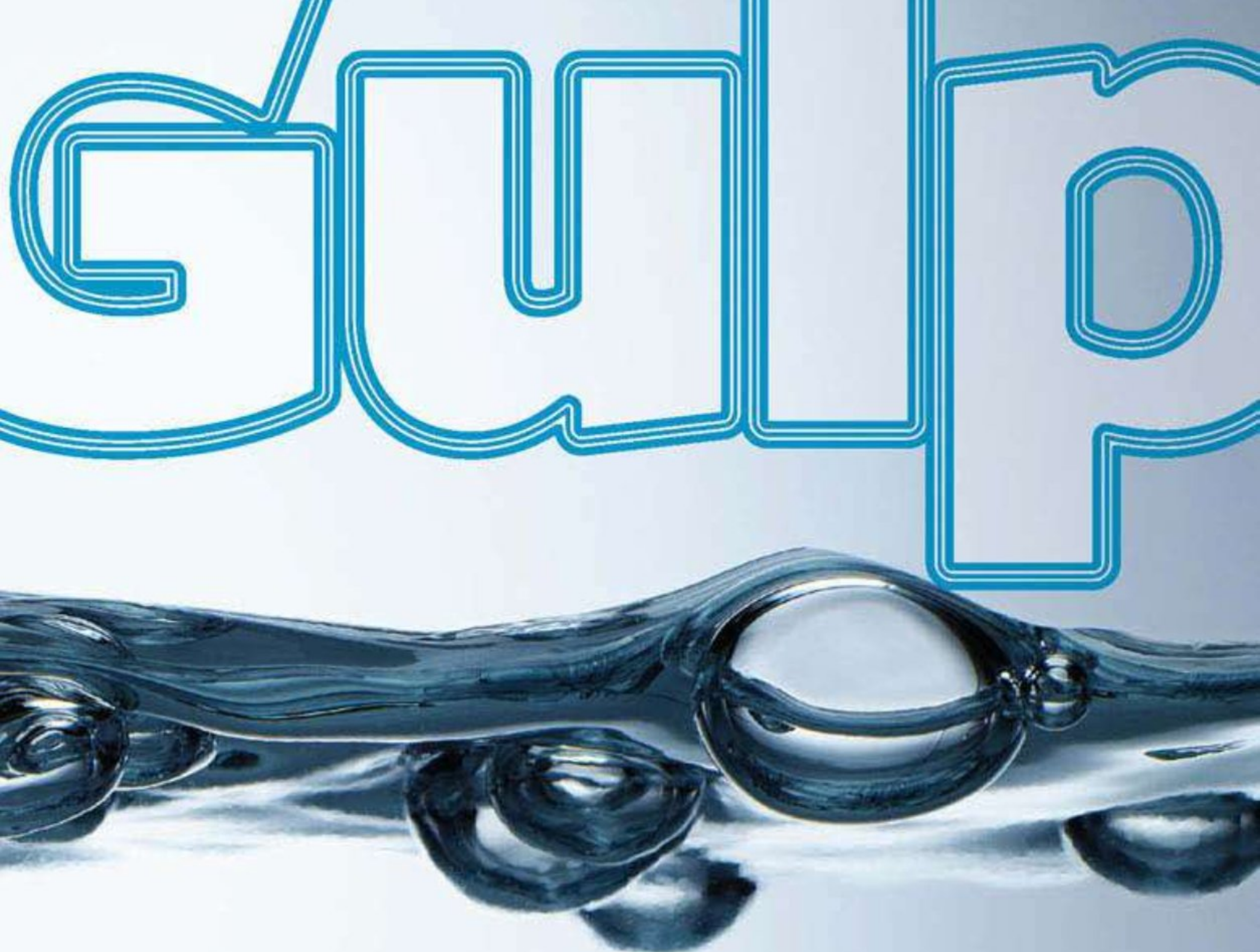


SPECIAL REPORT

We have the safest drinking water in the world—except for the pesticides that sometimes sneak in. And the rocket fuel. And the antibiotics ...

BY DAVID FREEMAN AND TIMOTHY GOWER

Additional reporting by Christie Aschwanden and Beth Dreher



Sparkling, flat, or flaming?

We've been flooded with scary information lately about the water we drink. Newspaper stories have pointed out that more than 60,000 chemicals are used across the country—and can get into our drinking water—though the EPA enforces limits on fewer than 100. Other reports have warned of perchlorate, an ingredient in rocket fuel, which has been found in water systems in 26 states. And then there are the stories of families who can actually light their water on fire as it comes from the tap, not something you generally look for in your liquid refreshment.

We had questions. We wanted answers. What's risky, what's not, and what's just plain hooey? Is bottled water really any better than tap? How can you make water safer in your home—and around the world? And how *does* water burn, anyway? To find out, turn the page.

“Our Water Was Spurting and Bubbling Like Alka-Seltzer”



Jimmy and Victoria Switzer's dream home has a

nightmarish problem: They can't drink or cook with the water that comes out of its taps.

Jimmy built the house in Dimock, a small town in northern Pennsylvania, from timber he split himself.

“We wanted it to be the place for our daughters to come with their families,” says Victoria, 59. But a couple of years ago, they began noticing that their water seemed ... strange. At first, there was just an orange tint and sediment in the bottom of a glass. Then, periodically, the washing machine would fill up with black sludge. Soon, Victoria says, “our water was spurting and bubbling like Alka-Seltzer.”

On New Year's Day, 2009, a neighbor's wa-



Victoria Switzer says methane gas makes her water undrinkable.

ter well exploded. The Pennsylvania department of environmental protection determined that methane from a natural gas well had seeped into the water supplies of several Dimock families, including the Switzers'. A spark from a motorized pump is thought to have set off the blast. Several of the Switzers' neighbors had so much gas in their water, they could actually light it on fire.

Dimock sits atop a rock formation called the Marcellus Shale,

which stretches from New York State to West Virginia and contains huge amounts of natural gas. Gas companies have long known about the deposits, but only in the past couple of decades have improvements in a drilling method called hydraulic fracturing—or fracking—allowed them to tap these reserves. Fracking involves drilling a deep hole and then injecting about a million gallons of water, sand, and chemicals under high pressure. The jet of

material breaks up rock, releasing gas that's captured at the wellhead.

Environmental groups worry that toxic chemicals used in fracking (often a trade secret), along with the potential migration of methane gas, pose a threat not only to private water supplies but also to rivers and other sources of drinking water. Yet fracking has its share of fans in high places, including Pennsylvania governor Tom Corbett, who argues that with the right environmental protections, it can provide jobs and clean energy. Cabot Oil & Gas Corporation, which owns the wells on the Swit-

zers' property, says the process is safe and that water in the area naturally contains methane.

Nevertheless, the Switzers and other families with contaminated wells now receive free weekly water deliveries courtesy of Cabot. And the state of Pennsylvania has ordered the company to pay \$4.1 million to the families with methane in their water. However, several of them, including the Switzers, refused the payout and are suing Cabot. "We have been living a nightmare," says a defiant Victoria. "I will not let the gas company destroy my dreams."

Timothy Gower



What the Big Thinkers Drink

We asked researchers, regulators, authors, and activists what they pour for themselves: bottled or tap, filtered or straight?

☞ Tap water. I also drink seltzer from a home delivery service."

Michael Pollan, food activist and the author of *The Omnivore's Dilemma*

WHY WE NEED CLEAN WATER

Plain water is powerful stuff. Medical experts say getting enough lowers your risk of a number of ailments and unpleasanties.

● **Blood clots.** Being properly hydrated makes clots less likely and offers some protection against stroke.

● **Heart disease.** Drinking five glasses of water a day halved the risk of fatal heart disease for men in one large study.

● **Kidney stones.** Keeping things diluted helps prevent kidney stones and wards off urinary tract infections.

● **Cancer.** If you get plenty of water, you're less apt to develop bladder cancer. All

that water may flush out cancer-causing compounds before they do any harm.

● **Mental fuzziness, crankiness, and fatigue.** Mild dehydration can affect your thinking and mood.

● **Excess weight.** Down a couple of glasses before a meal and you'll consume fewer calories.

David Freeman

An Imperfect Safety Net



Should reports of purity problems make you feel good?

(“Somebody’s paying attention!”) Or worried? (“What *else* is out there?”) Here’s what the experts say about the fear factor.

We used to have rivers of fire.

“Back in the 1970s, contamination came out of the end of a pipe. You could see it—we actually had the Cuyahoga River on fire. We’ve made progress on that, but now we have to worry about what happens when it rains. Water runs over city streets, suburban lawns treated with fertilizer and pesticides, and agricultural lands that may also have been treated or have animal feeding operations, and into our rivers and streams. Runoff is now thought by most folks to be the biggest source of water pollution.” *Lisa Jackson*

THE EXPERTS

Head of the Environmental Protection Agency, **Lisa Jackson** is charged with keeping the nation’s public water systems safe.

Peter Gleick, PhD, is president of the Pacific Institute, which analyzes environmental issues, and the author of *Bottled and Sold: The Story Behind Our Obsession with Bottled Water*.

Olga Naidenko, PhD, is a staff scientist at the Environmental Working Group, an activist research organization.

We’ve been playing whack-a-mole.

“We’re trying to figure out whether we can address contaminants as groups rather than one at a time. Can we look at perchlorate together with other solvents that might act like it? That might help us break the cycle where

every time we decide we need to regulate a chemical, we find out there’s a different one we need to worry about.” *Lisa Jackson*

Worry uncaps the water bottle.

“Sales of bottled water have skyrocketed from around a gallon per person per year in the early 1970s to over 30 gallons today. There are four main reasons: We’ve become increasingly fearful of tap water, we don’t like the taste, and it’s become easier to find bottled water at the same time that it’s become harder to find water fountains. A football stadium in Florida was built with no water fountains—the day it opened, 60 people got heat stroke because they ran out of bottled water. The fourth reason is that we’ve been bombarded with ad campaigns telling us that bottled water will make us skinnier or sexier or

healthier. But no one should assume that bottled water is better than tap water. Some bottled water isn't monitored at all." *Peter Gleick*

Our drinking water system helped make this country great.

"Building a good tap water system is how we got rid of cholera, typhoid, and dysentery in the early 1900s."

Peter Gleick

But it needs help.

"A lot of the infrastructure for drinking water is very old. In the District of Columbia, some of it predates the Civil War. Lead pipes used to be standard back then! But updating it is expensive, and nobody is sure how we're going to pay the bill."

Olga Naidenko

There are a lot of known unknowns.

"We know perchlorate is out there. Now we need to know how much or how little is acceptable. Detection methods for contami-

nants are progressing really fast. But toxicology tests, which tell us how dangerous a contaminant is, take years to develop."

Olga Naidenko

The Reader's Digest Version:

"If you live in a big city in the United States, you should be confident of your tap water. If you live in a small rural community with a little water system, you're much more likely to be at risk.

These small systems are more vulnerable to things like agricultural runoff and septic tank leakage." *Peter Gleick*

"Almost 290 million people in this country depend on 50,000 water systems for safe water. We don't pay attention to this system, because it works—about 92 percent of Americans drink water that meets federal safety standards.

Where we don't meet the standards, we know what we have to do to get there." *Lisa Jackson*



What the Big Thinkers Drink

☞ At home, we're insistent on tap water. Our kids carry refillable containers to sports and things like that. Our offices at the EPA are in a historical building where we've had some concerns about the pipes, so we filter."

Lisa Jackson,
head of the EPA



What the Big Thinkers Drink

☞ Tap water. This nation has sunk incredible amounts of money and talent into making sure everyone has access to clean drinking water. Now people prefer to buy water that's been sitting on a shelf in a plastic bottle. To me, this is folly defined."

Bill McKibben,
environmentalist and the
author of *Eaarth: Making a
Life on a Tough New Planet*

WHAT YOU'RE BUYING

Claims That Are Hard to Swallow



Liter for liter, bottled water costs hundreds of times as much as the stuff that gushes from the tap, but otherwise it isn't so different—except that it's subject to a good deal less monitoring, says Peter Gleick, author of *Bottled and Sold*. In fact, between 25 and 45 percent of the bottled water sold in the United States originates as tap water. Maybe that's why some manufacturers make such extravagant claims:

● **It's "oxygenated."** Some bottled brands supposedly contain up to 40 times as much oxygen as conventional water; ads say the extra oxygen improves athletic performance. But scientists who tested five brands of oxygen-enriched water found no performance boost—not surprising, the researchers say, since a single breath contains more oxygen than a

whole bottle of oxygenated water. All you get from oxygen-enriched water is an expensive burp, says Gleick.

● **It's "structured."** For years, the manufacturer of Penta water claimed its water had "30 percent smaller molecular water clusters" that hydrate you better. The company has backed off on some of those claims after being challenged by British regulators, but Penta still says its water may help prevent disease and lengthen life—with no accepted scientific evidence to support that idea, Gleick points out.

● **It's a "diet aid."** Can drinking bottled water help you shed unwanted pounds? Yes and no. Drinking lots of water can promote weight loss. But you get that advantage with any kind of water—whether or not it's enriched with vitamins, minerals, or other ingredients. D. F.

6 Reasons Bottled Is All Wet

Yes, bottled water is sometimes the most convenient option. It can also be ...

Intellectually bewildering

H2Om: "While you drink in the delicious spring water, you are living in the 'now,' and you are naturally in a grateful state of being."

Holy Drinking

Water: "If you are a sinner or evil in nature, this product may cause burning, intense heat, sweating, skin irritation, rashes, itchiness, vomiting, bloodshot and watery eyes, pale skin color, and oral irritations."

Semantically confusing

These bottled waters are drawn from the tap. In some cases, bottlers add minerals and filter or distill the water.

- Alaska Premium Glacier**
- Aquafina**
- Dasani**
- Glacéau Smartwater**
- Nestlé Pure Life**
- Yosemite**

Geographically challenged

From natural springs? Maybe. But Gleick points out that the springs aren't where you'd think.

- Arctic Clear** (source of water: Tennessee)
- Arctic Falls Bottled** (New Jersey)
- Arctic Springs** (California)
- Arctic Wolf Spring** (New Jersey)
- Glacier Mountain Natural Spring** (New Jersey)
- Glacier Mountain Bottled** (Ohio)
- Everest** (Texas)



Calorically enhanced

Vitaminwater: 125 calories, 33 grams of sugar per 20-ounce bottle. (In response to a lawsuit, lawyers for Coca-Cola said, "No consumer could reasonably be misled into thinking that vitamin-water was a healthy beverage.")

O.N.E. Coconut

Water: 60 calories, 14 grams of sugar per 11.2-ounce container.

SoBe LifeWater

(antioxidant flavors): 100 calories, 24 grams of sugar per 20-ounce bottle.

Financially demanding (but shipping is free)

Bling Water: "The Ten Thousand" is a 750-milliliter bottle of water that sells for \$2,600. The bottle has more than 10,000 hand-applied Swarovski crystals.

Acqua di Cristallo Tributo a Modigliani: A 1,250-milliliter gold-plated bottle of water costs \$3,600.

Ecologically challenging

Fiji: bottled and shipped from Viti Levu, Fiji (7,800 miles to New York City)

Voss: bottled in Southern Norway

Perrier: bottled in Vergèze, France

Evian: bottled in the Rhône-Alpes region of southeastern France

Antipodes: bottled in Whakatane, New Zealand

Who Drinks What Where (and Who Can't)

Biggest Imbibers

The top consumers of bottled water in 2010:

California
Texas
New York
Florida
Arizona
Massachusetts
Illinois
Pennsylvania
Maryland/District of Columbia
Louisiana

Totally Tap

Some cities are trying to ban bottled water. Of course, in most cases all they can do is stop using municipal money to buy it.

Cambridge, Massachusetts
Chico, California
San Francisco
San Jose, California
Santa Barbara, California



Three Towns Where the Water Isn't Safe to Drink

● Pavillion, Wyoming

Last August, the EPA recommended that many residents use bottled water for drinking and cooking because wells are contaminated, possibly from hydraulic fracking, a technique used to drill for natural gas.

● Porterville, California

Thanks to agricultural runoff, there's excess nitrate in the water here and in other towns in the San Joaquin Valley. High levels can kill an infant, but many residents continue to use tap water because they can't afford bottled.

● Hinkley, California

It's been over a decade since Erin Brockovich's lawsuit against PG&E over groundwater contaminated with hexavalent chromium, but last year, tests showed that contamination is still spreading. Last March, the company agreed to provide bottled water to residents near the power plant and to the Hinkley School and Senior Center.

... To Filter Your Water



Our tap water system may be good, but it's far from flawless. There are many circumstances that might make you want extra protection.

For instance: Water that's perfectly drinkable at the treatment plant could be dirtied on its way to your sink. "If your pipes are old, a problem can start at the curb and come out the tap," says EPA administrator Lisa Jackson. "Lead and copper can leak out of old pipe solder. If you're concerned, ask your local health department about testing." It's also possible that your water company is falling short. Request a consumer confidence report (each water utility is required to issue one annually), or check the Environmental Working Group's tap water database at ewg.org/tap-water/whats-in-yourwater. If you're on well water (more than 13 million U.S.

homes are), the National Ground Water Association recommends annual testing by a certified groundwater contractor.

Thinking about filtering? Here are three options:

● **Cheap and easy**

A basic carbon filter—the kind in Brita-style pitchers and faucet-mounted units—can improve taste and do a fair job of removing common contaminants, including lead and “disinfection by-

products”—the cancer-causing toxins that can form when chlorinated water mixes with high levels of plant or animal debris. But if your family uses more than two gallons of water a day, you might find the approach too slow.

● **Works harder but is pricier**

A filter that combines carbon and reverse-osmosis technology can remove perchlorate and many other toxins. These filters, typically mounted under the sink, process water faster, but they can cost several hundred dollars to install.

● **For the water worrier**

If you want to drink your bathwater (or just brush your teeth with filtered water), consider getting a whole-house system. These systems treat all the water in the household and can be customized to target specific contaminants. Typical cost: several hundred to a few thousand dollars. D. F.

FOR BEST RESULTS

- Pick a filter or system certified by NSF International, which sets recognized standards in this field.
- Follow the manufacturer's instructions for installation and use.
- Replace filters on schedule. Bacteria can grow on outdated filter elements and make you sick.



What the Big Thinkers Drink

☞ Filtered tap water. I use a whole-house filter to cut down on disinfection by-products—the chlorine that disinfects water sometimes creates other dangerous compounds.”

Jane Houlihan,
senior vice president
for research at the
Environmental
Working Group

WHAT YOU CAN DO

... To Safeguard Our Water Supply



Our rivers and streams contain tiny traces of contraceptives, antidepressants, blood pressure medicine, even antibiotics given to livestock. How do they get there? Whenever you take a drug or apply one to your skin, some active ingredients eventually go down the toilet or the bathtub drain. Unused medication often gets flushed, too, and runoff containing pharmaceuticals given to animals can end up in streams and rivers. Treatment facilities aren't designed to remove these kinds of contaminants. We asked EPA scientist Christian Daughton, PhD, about the consequences.

● **Should you worry?** Not too much. The concentration of active drug ingredients is generally so low—in the parts per trillion—that scientists couldn't even detect them until fairly recently, says

Daughton, one of the first researchers to raise awareness of the issue. The biggest concern, most scientists agree, is for fish and other aquatic creatures. “They can't get away,” says Daughton. In one study, researchers put low levels of synthetic estrogen—the kind used in birth control pills—in an experimental lake full of fish. Many of the males failed to develop sex organs, nearly wiping out the population.

● **What can you do?** Don't flush meds down the toilet unless you're told to do so by your doctor or pharmacist. Instead, ask your hospital or police department if your community has a “take-back” program for unneeded medicine. To reduce your own exposure, filter your drinking water. The more sophisticated the filter, the more pharmaceutical traces you'll eliminate. T. G.

WHAT YOU CAN DO

... To Help a Thirsty World



The leading cause of death and illness around the world isn't malaria, tuberculosis, or AIDS—it's diarrhea. It's an ever-present threat for nearly 900 million people across the globe who drink, bathe, and cook with contaminated water. But environmental engineer David Manz, PhD, developed a remarkably cheap and easy way to purify water—and now he's helping to slash the risk of cholera and deadly dysentery-causing diseases in villages throughout Latin American, Africa, and Asia.

Manz was a professor at the University of Calgary in 1988 when, during trips to South Africa and the Philippines, he kept meeting people sickened by their local water. As soon as he got home, he began searching for affordable solutions. "You don't have many

opportunities in life to make a real difference," Manz says. "I decided to champion this idea as long as it took."

On his own time and using his own money, he began experimenting with

Do More

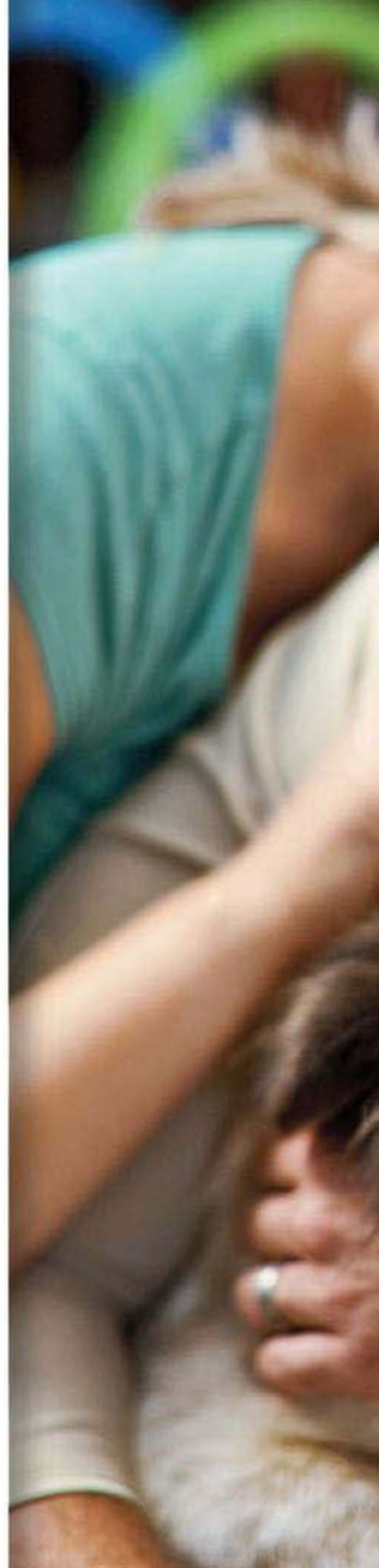
If you want to help provide a BioSand Filter to a family in Latin America or Haiti, go to purewatertheworld.org/donation. Cost per filter, plus installation, instruction, and more: \$150.

sand, long used in the developing world as a crude water filter. The problem: Pouring water through packed, fine grains removes large particles, making it less hazy, but doesn't always eliminate disease-causing bugs. Manz's brainstorm was to figure out a way to create a permanent "biofilm"—a layer atop the sand full of germ-

eating microorganisms. About the size of an office water cooler, the BioSand Filter can supply household water that's free of up to 99 percent of bacteria and parasites that cause diarrhea.

Roughly 750,000 BioSand Filters, provided free by Manz, are now in use in the developing world. "We know this filter works," says Carolyn Meub, executive director of Pure Water for the World. A recent study found it can reduce rates of diarrhea among small children by 45 percent.

Village doctors have told Meub that in the past, they couldn't keep enough diarrhea medicine in stock; now they barely need it. Thanks to Manz's filter, one woman in the hills of Honduras told Meub, her family was no longer plagued by illness. "Clean water," the woman said, "is medicine." T. G. ■

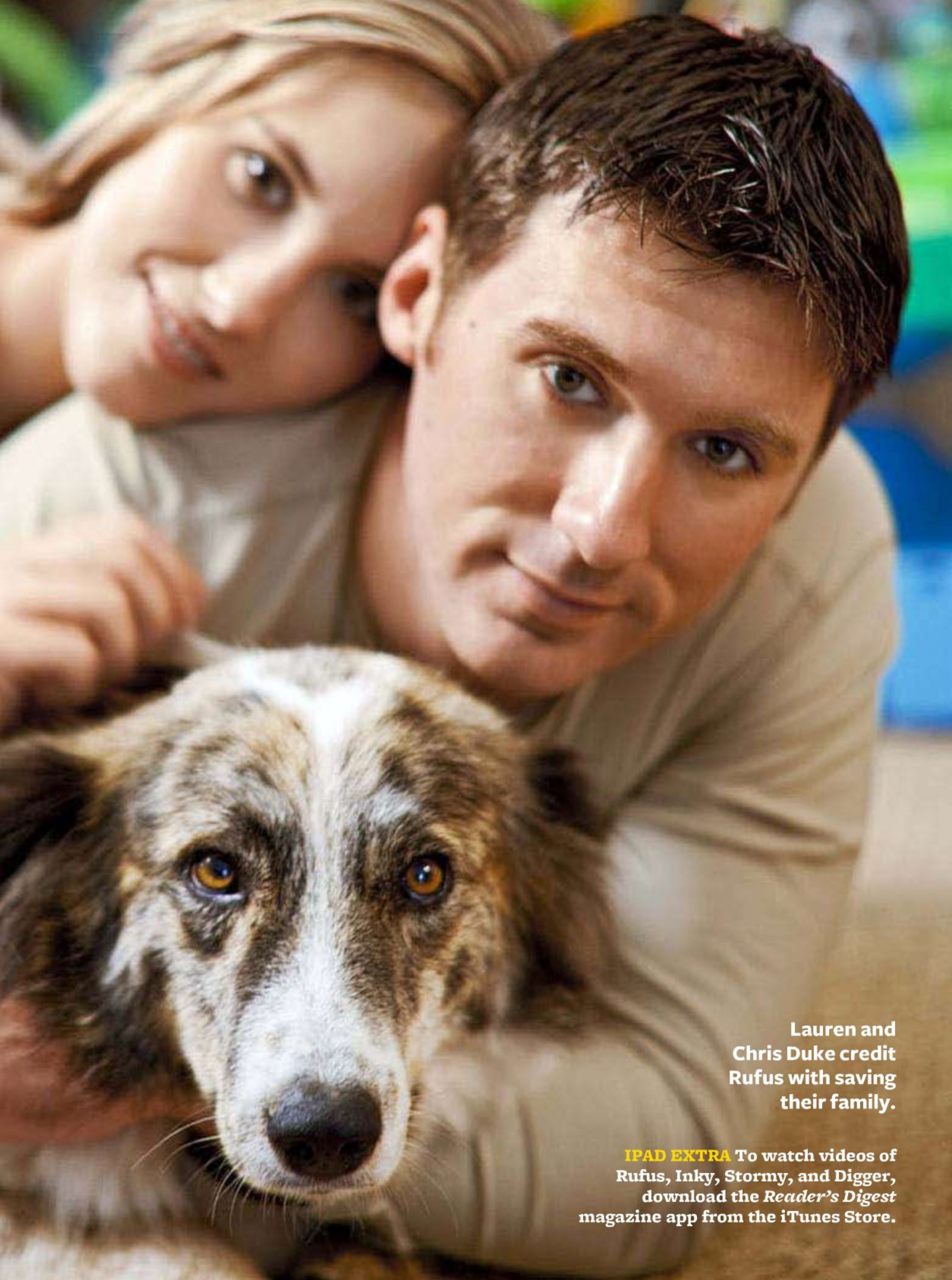


These best-in-breed creatures lay down and risked their own lives to protect their two-legged friends **BY GARY SLEDGE**

★ Rufus

“He has a mind of his own,” Sgt. Chris Duke, 28, says proudly of the mongrel dog he found roaming his outpost in Afghanistan. “He likes to run in the woods and stay out all night. He was just a good old country boy.”

Until one night, when he also became a hero. “I owe my life to him,” says Duke.



Lauren and
Chris Duke credit
Rufus with saving
their family.

IPAD EXTRA To watch videos of
Rufus, Inky, Stormy, and Digger,
download the *Reader's Digest*
magazine app from the iTunes Store.

In 2009, Duke was stationed at a desert fortress in Paktia Province, a desolate and dangerous place. A pack of feral dogs prowled the area, and Duke, homesick for family and his own dogs back in Franklin, Georgia, befriended one of them, a brindle-and-white male he dubbed Rufus. The dog ran with a ragtag female the soldiers named Target because the Afghan border police, who believed that dogs



Rufus took several months to recover from his shrapnel wounds and burns.

were unclean, liked to use her for rifle practice. A puppy the Americans called Sasha rounded out the trio.

Duke fed Rufus scraps from his plate, and the two quickly became buddies. “When you’d come back from a mission,” Duke remembers, “you just wanted something familiar to get your mind off what you’d seen. I’d go play with Rufus.”

On the night of February 11, 2010,

however, Duke’s safe haven was shattered when an enemy intruder penetrated the compound. Between 40 and 50 GIs were settling down in their barracks for the night, laughing and talking in their rooms. Duke was in the main hallway on a computer when the other men heard frenzied barking outside. Some of the men got up to quiet the dogs. Suddenly, the main door to the barracks was flung open, revealing a stranger dressed in local garb struggling with Rufus and Target, who had sunk their teeth into his legs. Little Sasha was leaping around the intruder, yelping and snapping.

Trapped in the doorway by the dogs, unable to move forward or escape, the trespasser blew himself up, sending metal shards down the 75-foot-long hallway. “I took shrapnel all down my left side,” Duke recalls.

Miraculously, while five men were wounded in the attack, none died or were permanently injured. The dogs who had stopped the intruder did not fare as well: The day after the attack, the men found Rufus and Target gravely hurt with lacerations and shrapnel. Rufus was singed on 90 percent of his body, and Target, who gave birth to a litter of four puppies just a few days after the incident, had most of her fur burned off. Sasha died from her wounds.

From that day on, Rufus and Target were heroes to the men. After his unit was sent home in March 2010, Duke decided to try to bring the two dogs to the United States. He wrote a letter to Hope for the Warriors, a nonprofit

★ Target in Memoriam

“Target was a goofy, happy dog,” Sgt. Terry Young, 38, says. “One day I was playing quarterback on the parade grounds of our compound in Paktia Province. I dropped back to pass, and this dog rushed me, dancing all about.”

When Target and Rufus were wounded in the suicide bomb attack, it was Young, a medic, who nursed them back to health. He adopted Target when she came to the United States. “She was getting used to our house and to our little male Pomeranian,” Young recalls. But on Veterans Day, November 11, 2010, Target, accustomed to ranging around the desert of Afghanistan, wandered off from Young’s backyard in San Tan Valley, Arizona.

Target was picked up by animal control. Young found her picture on the shelter’s website and paid the fee online to claim her. But when Young went to pick her up, he discovered that Target had been mistaken for another dog and euthanized. “I was an absolute wreck,” Young says.

Young heard from people all over the world who had followed Target’s progress on her Facebook page. Her death became a focus of the No Kill Advocacy Center’s attempt to raise awareness about the millions of dogs and cats annually put to death in this country. The Puppy Rescue Mission, which had brought Target to the United States, now encourages owners to fit their pets with microchips so they can be traced if missing.

Target, who helped save the lives of almost 50 soldiers in Afghanistan, continues to help save the lives of pets in this country.



Young is writing a book, *Target the Wonder Dog*, with coauthor Pat Jordan, due out in December.



A canine jumps alongside its handler during water training.

★ **Fierce Guardians of Our Forces**

Among the Navy SEAL Team Six members who met privately with President Obama after taking out Osama bin Laden last May was a fearless four-legged warrior with a distinguished European pedigree. According to Rebecca Frankel, an editor at foreignpolicy.com and a veteran reporter on the war-dog beat, the sole canine commando on the mission was a Belgian Malinois that goes by the name of Cairo.

One of some 3,000 dogs currently deployed in the U.S. military around the world, Cairo upholds a long and noble tradition: Dogs have fought alongside U.S. soldiers for over 200 years, having first seen action during the Revolutionary War. Surely those 18th-century military canines would be amazed by their modern counterparts' skills, such as the ability (and eagerness) to parachute from a plane at 30,000 feet.

They might also slaver over the special equipment now available, including Doggles (protective eyewear), bulletproof armor, gas masks, long-range GPS-equipped vests, infrared night-sight cameras, and communication systems that can penetrate concrete walls. Despite all their high-tech accessorizing, however, military working dogs are most highly prized for one superior talent: their olfactory power, which still outperforms expensive bomb-detector technology—a crucial asset in IED-plagued Iraq and Afghanistan.

Same goes for another legendary trait: their loyalty to man. During months of intensive training, a military dog develops a deep attachment to its handler. Though trained to attack and, at times, kill, canine commandos remain, in their hearts, man's most trusting friend.

group that grants wishes to wounded servicemen and -women and veterans, and appealed for transportation money. Funds were raised by several organizations, including Puppy Rescue Mission, started by two women who had heard about the dogs' heroism. On July 29, 2010, Rufus and Target were flown to Atlanta, where Duke picked them up and brought them home with him to Franklin. A week later, Target was flown to Arizona to be adopted by another soldier (see "Target in Memoriam," page 117).

Rufus now lives with Duke and his family. Sometimes as dark comes on, Duke looks outside to the perimeter of his property in rural Franklin and sees a dark shape moving in the shadows. He knows it is Rufus, the vigilant sentry, guarding the periphery, strong, courageous, and free.

★ Inky

When Glen Kruger picked a kitten from the Allegany County SPCA in upstate New York, he expected little more than lap time and the usual amount of feline disregard. Yet right from the start, eight years ago, there was an uncanny connection between him and the small black cat with the white bib and white paws. He named her Inky.

"I grew up on a hundred-acre dairy farm and had only kittens and cats as playmates," says Kruger, 61, a former building maintenance mechanic. "My hearing was damaged by chain saws



Kruger says that he and Inky were able to communicate without words.


and the noise of farm equipment, so I learned to connect with animals. They respond to what they see and what you do."

Inky liked to roam outdoors during the day but went inside at night to escape foxes and coyotes. Indoors, she was a typical tuxedo, sharing the house with five other spayed and neutered cats. But on a January night in 2009, Inky did something that would set her apart from ordinary cats forever.

Kruger had gone down to the basement to shut off the wood stove for the night. When he was finished, he climbed to the top of the stairs and reached to turn off the lights. In doing so, he knocked aside a board that propped up a broken spring-action ladder leading to the attic. The heavy wooden contraption came crashing down. It slammed against his right shoulder and sent Kruger headfirst down the stairs. He felt bones crack.

Lying in a pool of blood on the basement floor, Kruger felt himself





Emma, Liam, and their parents believe that Stormy protected the children out of love.

going into shock. He yelled for help, but his wife, Brenda, was asleep in their bedroom at the opposite end of the house. Then Kruger noticed Inky watching from the top of the stairs.


“Go get Brenda,” Kruger said to Inky. In the past, Inky had responded only to the simplest commands when food was offered. So when the cat dashed away, Kruger thought, I’m sunk.

But Inky was on a mission. She ran to the bedroom door and scratched and yowled until Brenda opened it. Then Inky led her to the basement. Brenda found her husband at the bottom of the stairs and called 911. Kruger was rushed to the hospital, where he was diagnosed with head lacerations, a shattered right arm, and fractured vertebrae in his neck and back. “I spent six months recovering and, due to spinal compression and curvature, actually lost height,” says Kruger. “But I was blessed.” Since the accident, Inky never leaves Kruger’s side.

★ Stormy

The auburn-colored quarter horse, Stormy, has always been special. Originally a rescue horse, she’d worked as a therapy animal for kids with disabilities for three years—until the stable that hosted the program needed to move her out to make room for younger horses. The Leonard family, of Sulphur, Louisiana, had been looking for a horse for their daughter, Emma, nine; the 30-year-old steed seemed the perfect match. Soon Emma was giving Stormy pedicures, painting her hooves hot pink with glitter, and riding her almost every day.

Last September, Emma went bareback



riding on Stormy. Her brother Liam, seven, accompanied them on foot, carrying his rubber-band gun in case they met any bad guys. The trio headed down a rough-mowed country road crisscrossed by deer trails leading into a forest of oak and pine. Emma guided Stormy up one narrow trail tangled with vines and underbrush, while Liam marched behind. But as they walked, the typically calm Stormy became skittish and fretful. Suddenly, Emma heard something thrashing in the woods behind her.

As she turned in the saddle to look, a feral boar crashed through the underbrush. It was a huge, filthy-looking beast with sharp tusks jutting out of its mouth and ridged black bristles up its back. It stomped and snorted, pawing at the earth just six feet from Liam. “Run, Liam!” Emma cried. But the boy stood still, frozen in fear.

Stormy turned and trotted directly past the wild pig, putting herself between the boar and the boy, then gently nudged Liam to safety. The boar became agitated, but when it charged, Stormy was ready. As Emma hung on, Stormy lashed out with her hind legs, slamming her ironclad hooves into the animal’s face. With a squeal of pain, the boar shot off into the woods.

When the kids got home, “they were white with fright and crying so much that I could barely understand them,” their mother, Cathy Leonard, 38, recalls. Between sobs, Emma and Liam described the terrifying incident and how Stormy had saved them.

Why didn’t Stormy instinctively startle and run? For Stormy’s owner, the answer is simple: “She was very brave,” Emma says, “and she loves me.”

★ Digger

Teresa Oney’s ten-month-old beagle, Digger, stirred at the foot of the bed and began whining to go outside. It was past 2 a.m., 27 degrees outside, and snowing in Lexington, Kentucky. Oney was of no mind to get out of bed. Digger had already gotten her up once at midnight.

But Digger kept pleading. So Oney, who lives alone, stumbled into the kitchen and out into the garage to let him out. Then the 59-year-old high school physics teacher watched him through the kitchen window as he sat down on the covered porch, facing the backyard. He stayed perfectly still. When Oney called him, he wouldn’t budge. She tiptoed gingerly through the cold garage. “Digger,” she called out the back door. The normally obedient dog did not respond. She went to him and grabbed his collar, but he got away and hunkered back on the porch, staring at the fence that separates Oney’s property from her neighbor’s.

Then Oney heard a muffled cry. At first, she thought it might be kids playing. But the voice called again and again. “Help. Somebody help me.” Oney dashed back into the house and phoned 911. Then she pulled on boots and a coat and went out to the



**Digger's
instinct was to
sit still and not
make any
noise.**

backyard. Now she could clearly hear a woman's voice, and it was coming from the yard of the neighbor behind her. She got in her car to drive around the block and met up with a police car at the neighbor's house.

Oney led the cops to the backyard. There they found her, an 83-year-old woman on her hands and knees next to the fence, conscious but disoriented. She was dressed only in a short-sleeved nightgown and soaking wet from the snow. Blood stained the snow. She told the police, "I reckon I been out here pretty near an hour."

Oney believes the elderly woman had wandered outside, slipped on ice, and in her confusion crawled away from the house. Emergency workers

later reported that the woman, who suffers from Alzheimer's, had been in critical condition when she was discovered. Without Digger's vigilance, she would have frozen to death. (She has since recovered from her fall.)

When Oney drove back to her house, Digger was still on the porch, patiently waiting. "If Digger had barked or done anything but sit silently, I never would have heard those faint cries," Oney says. Today, Digger, once just a pup abandoned in a Walmart parking lot, has been inducted into the Kentucky Veterinary Medical Association's 2010 Animal Hall of Fame. To Oney, however, he is still just "a big ol' puppy—one with dogged determination."

Your Dog Can Do What?!?

Four canines with a knack for human tricks



Tillman

Meet Tillman, the world's fastest skateboarding dog. The runt of a litter of bulldogs, Tillman rose above his stature to take top dog by covering 100 meters in 19.678 seconds in a 2010 competition. Owner Ron Davis explains, "We are a Southern California family. We all skate.

So Tillman started too. First he'd push his board around. Then one day, he jumped on. After that, you couldn't get him off." Now Tillman, six, has his own website and boards in the Rose Bowl parade.

Chaser

For many years, John Pilley, 83, taught psychology at Wofford College in Spartanburg, South Carolina. His specialty was animal learning. After he retired in 1996, Pilley continued his research by focusing on his own pet, named Chaser. Now this black-and-white Border collie, age seven, knows more than 1,000 words. (Most Americans know between 10,000 and 20,000.)

Pilley worked with Chaser four or five hours a day. He'd show her an object, a soft toy, for example, give it a name, and repeat it until Chaser understood the





association. Chaser learned one or two proper nouns a day and in time could distinguish between more than a thousand objects. Pilley's experiments showed that Chaser was capable of a rudimentary "language"—and understood the relationship between nouns and verbs like *fetch*, *paw*, and *nose*.

Maty

In 2006, Maty became the first handicapped canine to compete in the Skyhoundz World Canine Disc championship. Two years later, the three-legged competitor placed seventh out of 28 dogs. The black-and-tan Australian shepherd with the odd, loping gait and a way with a Frisbee had been found as a three-week-old puppy discarded in a motel room. At the Humane Society of Central Oregon, she developed a staph infection that destroyed her tendons and ligaments, and vets had to amputate her left hind leg. Lynne Ouchida, a Society employee, brought Maty home to heal.

To keep the dog fit, Ouchida played Frisbee with her on the front lawn of her house in Bend, Oregon. "She was very

fast and an amazing catcher," Ouchida recalls. Now, at ten years old, Maty has become a goodwill ambassador for the Humane Society, sometimes visiting schools costumed as a peg-legged pirate. "Maty shows kids that disabilities don't have to hold you back," Ouchida says.

Halo

Five years ago, Josh Kuhn, 29, bought a pool table and installed it in the basement of his Baxter, Minnesota, home. Every time he went down to play, his bulldog, Halo, followed right behind him: She'd put her paws on the table, bark at the balls, and run from one end of the table to the other. So Josh just let her play. He would set up a rack for Halo and place the cue ball within her reach. Soon Halo



discovered that with a flick of her paw, she could send the cue ball arrowing across the green baize to knock it into another ball or send one into a pocket. While Halo does have a talent for billiards, it's not her only passion. After all, "she's a dog, not a shark," Josh contends. "However, if there is another dog out there who plays, Halo is looking for some action." G. S. ■

Liar, Liar

When faced with evidence of blatant wrongdoing, some people take a deep breath, put their hands on the Bible, and ... deny, deny, deny!

Would you fall for these whoppers?

BY ANDY SIMMONS

“Of course I complete the Saturday New York Times crossword puzzle ... in pen!”
“I never check out my exes on Facebook.”
“No, I don’t mind sitting outside the ladies’ changing room in Macy’s while you try on the entire spring collection.”

Admit it. You lie. And if you say you don’t, you’re a liar. We all lie, as often as two or three times every ten minutes, says one study (if it can be trusted). Sounds pretty reprehensible, right? But consider the alternative.

“You can’t stop lies entirely,” University of Massachusetts psychologist Robert Feldman told *U.S. News & World Report*. “Society would grind to a halt.” That’s because most of us fib to spare feelings—ours and others’. Too much truth hurts. Case in point: When *Cosmopolitan* asked readers for dates-from-hell stories, a guy named Don revealed the pain he felt when

WHAT DOES A LIAR LOOK LIKE?

“It is always the best policy to tell the truth, unless, of course, you are an exceptionally good liar,” humorist Jerome K. Jerome wrote about 100 years ago. Exceptionally good liars know they shouldn’t avert their eyes when telling a fib. They know that’s a telltale sign that honest people always look for. (Who hasn’t heard the old canard “Liars never look you in the eye”?) Here are a few more clues on how to detect a liar, even if he is staring right at you.

Nose

Flared nostrils, deep breathing... chances are someone's anxious, especially if that tale he's spinning is spinning out of control.

Pulse

Telling a lie puts color in your cheeks. The anxiety can cause you to blush.

Blinking

Is there something in your eye or on your mind? Rapid blinking indicates that your brain is working overtime.

Lip Nibbling

Your mouth has a big mouth—it often rats you out whenever a lie passes its lips.

Hiding Hands

Liars often shove their hands behind their back because those fidgety digits might give them away.

Contradictory Behavior

When your husband says "I loved the tie you bought me" while he's wearing a tight smile that doesn't reach his eyes, expect to see him in a turtleneck.

Shrinking

Like an animal avoiding detection, a liar may pull his arms and legs inward or keep his movements to a minimum—anything to appear smaller.





What the Fashionable Criminal Is Wearing

When Eugene Todie pulled up to the New York–Canada border, guards noticed that he was sporting the latest in criminal haute couture, an ankle monitor. Intrigued, they asked Todie, “What’s the occasion?”

The lie Todie explained that a friend urged him to wear it as a show of solidarity with Lindsay Lohan, who was following a court order and wearing one herself.

Were there any suckers?

After a background check showed that Todie was on probation for criminal contempt and not allowed to leave the country, he was arrested and is now awaiting sentencing.

his blind date announced, “Your brother is so hot ... you guys look nothing alike.”

But while most of us fib to avoid such hard-heartedness, others lie ... like rugs. Take the Brazilian soccer player who claimed he’d been kidnapped just so he could avoid a fine for being late to practice. He was arrested for falsely reporting a crime.

What was this dolt thinking?

He wasn’t, says Cornell University professor Jeff Hancock. Consider this mathematical equation:

Desperation + Lack of Time = Idiotic Lie. People like him, says Hancock, “should never again put themselves in the position of having to lie on the spot,” for the simple reason that they stink at it. And these fibbers should follow the same advice:

NSF(W)

A few years ago, several staffers at the National Science Foundation (NSF) in Washington, D.C., were investigated for watching porn on their computers at work. The biggest perpetrator: an executive who’d spent 331 days chatting online with naked women, reported the *Washington Times*. But government money—up to \$58,000—was not wasted, insisted the man.

The lie By clicking on the various porn sites, our executive provided these women with a living. “He explained that these young women were from poor countries and needed to make money to help their parents, and this site helped

them do it,” an investigator reported. **Were there any suckers?** His altruism notwithstanding, the official has since “retired.” In light of his actions, the foundation has tightened controls to filter out inappropriate Internet addresses.

Pork, the Other Banned Substance

Clenbuterol is a drug used by farmers to keep their animals from getting too chubby. Because athletes don’t want to waddle across the finish line, some are tempted to try it, even though the International Olympic Committee has banned its use. But when Tong Wen, China’s Olympic judo champion, tested positive for clenbuterol last year after an event, her coach had an explanation for how it ended up in Tong’s system.

The lie She ate “a lot of pork chops,” the coach told the BBC. And that pork was tainted by clenbuterol.

Were there any suckers? Olympic officials are famously vigilant. Ten years ago, when track star Dennis Mitchell made the claim that lots of sex and beer were responsible for his high levels of testosterone, the International Association of Athletics Federations banned him from racing for two years. But Tong’s blame-the-pig defense panned out, sort of. She was cleared by the Court of Arbitration for Sport due to a technicality: She wasn’t present when a

Just Desserts

Two years ago, an Iowa bar was cited for serving alcohol to a minor, specifically, a vodka-infused Jell-O shot.

The lie Jell-O shots are not alcoholic beverages, the bar owners insisted. Once they become gelatinous globs, the “shots” are a dessert.

Were there any suckers? In her ruling, the judge, an apparent Jello-O-phile, opined: “While there might be some debate as to whether Jell-O is a food item or a beverage, the Jell-O shots served by the licensee were alcoholic beverages.” In other words, the dessert has one thing in common with booze—it’ll get you blotto.





Is It a Dat or a Cog?

Landlord Barry Maher has a strict rule against dogs in his Santa Barbara, California, building. Cats? Fine. Dogs? Nope. So when neighbors complained about a barking dog, Maher called the tenant.

The lie “Oh, I would never have a dog,” she told him.

The bigger lie “What I have is a special breed of cat.”

The whopper “It’s a dog-cat. A mix of a dog and a cat.”

Were there any suckers? Almost. “It was so crazy that I actually wondered, Is there really such a thing as a dog-cat?” Maher told realestate.msn.com. There isn’t. So tenant and dog-cat were evicted.

backup urine sample was tested. The International Judo Federation blasted the ruling, insisting it would have “a very negative influence” on the sports world.

Deceit 101

While running for a seat on the Birmingham, Alabama, Board of Education, 23-year-old Dr. Antwon B. Womack said he’d graduated from West End High School and received a bachelor’s degree in elementary education from Alabama A&M. Impressive, except that Womack was 21, didn’t have a doctorate, didn’t attend college, and never graduated from high school. Other than that, he told the *Birmingham News*, he was honest.

The lie “My campaign is not based on a foundation of lies,” he insisted.

The truth “It’s just that the information I provided to the people is false.”

SEX, LIES, AND AWKWARD NEWS CONFERENCES

Match the lying public servant to his lie.

- 1) “I was hacked.”
- 2) “That’s just crass Louisiana politics.”
- 3) “I have a ‘wide stance.’”
- 4) “I did not have sexual relations with that woman.”
- 5) “Tabloid trash”
- 6) “The only time [I] posted something online was to sell old furniture.”
- 7) “I was hiking the Appalachian Trail.”

The honest-to-God truth

The revelations are “really going to hurt my career.”

Were there any suckers? Yes, 117 of them. That’s how many people voted for Womack, landing him in fourth place out of five candidates.

A Crash Course in Lying

When Jayson Williams’s Mercedes-Benz SUV crashed in Manhattan, officers found the former basketball star sitting in the passenger seat. When asked by police who’d caused the crash, Williams deflected all blame.

The lie It wasn’t me, he insisted. “Someone else was driving.”

Were there any suckers? The fact that witnesses had seen Williams behind the wheel, not to mention the absence of anyone else in the car, led authorities to conclude that he’d switched seats. And yes, alcohol was involved.



Plane Stupid

Sergei Berejnoi raced through Denver International Airport trying to catch his SkyWest Airlines flight. Unfortunately, he arrived just after the plane had left the gate with his luggage onboard. With his pleas to bring back the plane falling on deaf ears, he offered the gate agent a not-so-subtle reason for doing as he said.

The lie “There’s a bomb in my suitcase.”

Were there any suckers? The aircraft was checked for explosives. When none were found, Berejnoi took a trip of another sort, to the police station. He’s now on probation for six months. ■

- A)** Senator Larry Craig
- B)** Representative Anthony Weiner
- C)** Governor Mark Sanford
- D)** Senator John Edwards
- E)** President Bill Clinton
- F)** Representative Christopher Lee, via a spokesperson
- G)** Senator David Vitter

Answers: **1) B** (on how he became an underwear model on Twitter); **2) G** (on claims he’d visited the other oldest profession); **3) A** (denying he was playing footsie with a cop in an airport bathroom); **4) E** (oh yes he did); **5) D** (on news he’d fathered Rielle Hunter’s baby); **6) F** (he also posted his bare chest); **7) C** (where the married governor should have been instead of in Argentina with his girlfriend)



**“Nothing is
free, not even
freedom,” says
Ray Towler.**



Barry Scheck, attorney and codirector of the Innocence Project, Cardozo School of Law in New York City

“Ray Towler’s 29-year journey to prove his innocence is a story that’s all too common. But thanks to the work of Mark Godsey and the many lawyers like him around the country, more than 250 people have been exonerated by DNA evidence since 1989, and America has a renewed thirst for justice that is paving the way for much-needed reforms.”

The Wrong Man

After serving 29 years in prison for a crime he didn’t commit, Ray Towler was freed by DNA evidence and the tireless efforts of a Cincinnati law professor

BY JACOB BAYNHAM

● FROM *Cincinnati* magazine

On a Sunday in May, 30 years ago, two cousins bicycled into Cleveland’s Rocky River Reservation for a picnic. Josh, 12, and 11-year-old Kate (not their real names) followed the park’s winding bike trail for six miles into an area called the valley before stopping to eat. Kate talked about a place she’d found where a log had fallen across the river and you could sit and skim your toes in the cool water below. After lunch, they set out to find it—Kate leading the way, Josh pushing his bike behind.

As they walked, a man came out of the trees toward them. He said he had found a deer in the woods with a broken leg. He asked if they would help him.

Josh followed him into the woods. Kate hesitated, then ran after them. After they had walked 152 feet from the bike trail—the police would measure it later—the man turned and unwrapped a revolver from the jacket under his arm. “Lie down!” he ordered. The kids froze. He grabbed Josh’s arm and pushed him into a tree. Josh fell to the ground on his

a stop sign. The driver was a 23-year-old bearded black man named Raymond Daniel Towler. As Ferrini wrote the ticket, he checked the composite picture of Kate’s rapist, drawn up from Josh’s description. He asked if Towler would come in for some photographs.

“Here we go,” Towler said to himself. He’d heard about the park rangers hassling black people, and now, he figured, it was his turn. He politely answered the ranger’s questions and agreed to the photos. He had no reason not to. A quiet, peaceable man, he lived in a small house nearby with his

He never let his hopes falter as his appeals were repeatedly denied. “I’ve seen guys fall apart,” he says.

stomach. Then the man dragged Kate a few feet away. “What do you want me to do?” she asked.

Still holding the gun, the man untied Kate’s yellow jumper. Then he sexually assaulted her. Josh kept his face buried in the dirt.

The entire “incident,” as it would later be referred to in court, lasted less than 15 minutes. When the man had gone, Josh ran terrified from the woods. He found a park ranger, who took Kate to the hospital and radioed other rangers to comb the area. They found no trace of the man.

Thirteen days later, Officer Frank Ferrini pulled over a metallic green 1970 Monte Carlo after it rolled through

mother, younger sister, and niece. He was a musician and an artist, and that day, he had been sitting in the park with his sketchbook.

At the station, Towler was photographed in front view and profile. When he left the camera room, he noticed his name had been written on a board, next to the word *suspect*. He didn’t know what it meant, but he departed feeling nervous.

He had reason to worry. The snap of the shutter that day set into motion a chain of events that would irrevocably change the course of his life. Three months later—on September 9, 1981—he went on trial for raping Kate. The prosecution’s case relied entirely

on the word and memory of Kate and Josh as well as two witnesses who had seen a black man in the park that day. Neither of the kids had said that their assailant had a beard, yet two weeks after the rape, both picked the mug shot of a bearded Towler from an array of 11 photos.

The prosecution also admitted physical evidence—Kate’s underwear, her yellow jumper, fingernail scrapings, and two hairs that the ER doctor had lifted from her. A forensic scientist could find no trace of body fluids on her clothing but concluded that the hairs were “of Negro origin.” That was enough for the jury to find Towler guilty of rape, two counts of felonious assault, and two counts of kidnapping. After the sentencing, Assistant Prosecutor Allan Levenberg called Towler an “animal” and added, “Anyone who preys on children should be put away and the key lost.”

Towler, just 24 years old, was handcuffed and led from court to start his life sentence. But the key to his freedom wasn’t lost. It was imprinted in the fabric of Kate’s clothes, which would sit on an evidence room shelf for almost three decades.

Towler’s first stop was the Ohio Penitentiary in Columbus, a 150-year-old facility with no hot water and broken windows that birds flew through. He was given a thin wool blanket, an inflatable pillow,

and two sets of clothes; he slept in a cell with four other men. The prison was crowded, and fights were frequent. Three months later, he was transferred to the maximum security Southern Ohio Correctional Facility in Lucasville, where he spent 23 hours a day in lockdown. During the one-hour recreational period when prisoners mingled outside, he saw men kill each other with homemade knives over gambling debts and love triangles. Most Lucasville prisoners were serving life sentences, sometimes double or triple life. “There was no hope,” Towler says. “Guys had charges stacked up so high, they couldn’t make any sense.”

In his first years of incarceration, Towler filed appeals and legal challenges. He applied to the governor for commutation, he wrote letters to the parole board, but he never let his hope falter as his appeals were repeatedly denied. “I’ve seen guys just fall apart,” Towler says. “And then they go do something stupid, hurt somebody or hurt themselves. Give up on themselves.” So he tried to find a way to face his situation dispassionately but still pursue his freedom. If the system had put him here, he thought, the system would have to get him out.

Towler mostly kept to himself through seven hard years at Lucasville, despite having to live in at least 20 different cells with more than 50 different cell mates. His good behavior paid off; he was moved to Marion Correctional Institution, where his security level was eventually dropped to

“medium” and his freedoms grew. Now he could spend his free time painting, playing guitar and keyboard, and studying. He earned two associate’s degrees, in arts and business.

After his fifth year at Marion, Towler became eligible for parole for the first time. With his impeccable record, he allowed himself some hope that he would be released. The parole board not only turned him down but also declared him ineligible for another 15 years. “I think the wording was, ‘Because of the seriousness of the crime, releasing you at this time

“That was almost worse than getting the 15 years from the parole board,” he says.

When O. J. Simpson went on trial in 1995, Towler paid close attention to the use of DNA evidence and began tracking advances in forensic science. Hoping a judge would allow retrospective DNA testing for his case, he saved money for lab fees by painting more, selling pictures to guards and inmates, and sending portraits to his sister to sell on the outside. In 2001, DNA evidence freed Anthony Michael Green, also from Cleveland,

The more his lawyer learned about Towler’s case, **the more he thought DNA science would catch up with it.**

would not reflect justice,’” Towler says. He knew what they really meant: “You’re not going anywhere.”

In 1994, he was transferred to Grafton Correctional Institution, where he would spend the next 16 years, still serving his time quietly, painting portraits and writing songs. In 2006, he wrote two tunes for a kids’ album, produced by the prison’s inmates, called *Wings of Hope*. When word of his contribution got out, his photograph and the charges against him were splashed across the media again. “Sex Offender Credited for Children’s Songs CD in Ohio,” the headline read on Fox News. Reliving that humiliation opened fresh wounds for Towler.

who had spent 13 years in prison for a rape he didn’t commit. Days before he was released, Green gave Towler the phone number and address of the Innocence Project, which had helped win him his freedom.

The Innocence Project was created in 1992 by Barry Scheck and Peter Neufeld as a legal clinic at Yeshiva University in New York. Its mission was to apply the rapidly advancing field of DNA science to possible cases of wrongful conviction. Scheck and Neufeld used law students to research case histories and draft court motions under the guidance of staff attorneys who represented the inmates in court. When the New York



Innocence Project exonerated several long-serving inmates—some of whom were on death row—law schools throughout the country began adopting the model. Ohio started its own project in 2003.

That year, the Ohio Senate passed a bill allowing DNA testing for convicted felons. Towler submitted the paperwork, and a judge approved his request and appointed a defense attorney named John Parker to represent him. Parker, seeking greater expertise, called Mark Godsey, the founding director of the Ohio Innocence Project (OIP).

At 43, Godsey, a professor of criminal law at the University of Cincinnati, is boyishly handsome, with a dry sense of humor and a penchant for karaoke—he knows every lyric

This year, a very special resurrection: Towler playing bass guitar with the choir at the Mount Zion Baptist Church in Oberlin, Ohio, on Easter Sunday.

of Sir Mix-a-Lot’s “Baby Got Back.” His thumbs are seldom far from his iPhone, tapping out e-mails and texts at all hours of the day, and his car is as messy as his office.

In September 2004, he and Parker arranged for Kate’s underwear, the fingernail scrapings, and the two hairs to be sent to a DNA lab in New Orleans. But the lab found no trace of semen or male DNA in the underwear, and the envelopes containing the fingernail material and hairs were empty. Whether the evidence disappeared by accident, sabotage, or some other means remains a mystery, but for Towler, the result was the

same: He had just lost another round.

The more Godsey learned about Towler's case, the more he thought science would eventually catch up with it. "I knew that the technology was advancing," Godsey says, "so I kept the file nearby."

In 2008, Godsey arranged for the underwear to be retested. The science of DNA identification had improved, but the likelihood that it could turn up definitive new evidence was still remote. "We're talking about 30-year-old panties that had been sitting on a shelf with, at

a solution to draw sperm cells out of fabric. He sent the underwear there in the summer of 2009. Testing was delayed until April 2010, but the test results finally arrived by e-mail on May 3, at 6:50 p.m., when Godsey was alone in his office. He will never forget the moment he saw them. "We have now reached a point where testing can be stopped," wrote Rick Staub, the director of the forensic lab in Dallas. The DNA they analyzed from the sperm, he said, is clearly "NOT RAYMOND TOWLER."

When Towler got the news in

Towler's adjustment to life on the outside hasn't been easy. "I still feel like a tourist," he says.

most, trace amounts of semen from the attacker," Godsey says.

Technicians at a Cincinnati lab tested Kate's underwear for free. They did find semen in the fabric and DNA from a male that was not Raymond Towler but weren't able to locate any sperm cells. The prosecution claimed that the DNA could have resulted from contamination of the evidence—a man opening the evidence bag and sneezing, for example. "It was a dumb argument," Godsey says, "but we couldn't disprove it." The result was ruled inconclusive, and Towler remained behind bars.

Then, within months, Godsey heard about a Texas lab that had developed

Grafton prison, a crowd gathered around his bunk. He packed a few things to take with him—his electronic keyboard and paints—and gave away his TV, CDs, stereo, and other belongings. The next day, he was in court wearing the clothes a deputy sheriff had given him—a pair of pants, a black sweater, and shoes. Towler recalls his agony in the Justice Center in Cleveland, listening to Judge Eileen Gallagher go through the painstaking proceedings.

"I wanted her to hit that gavel real bad," he says. "I kept saying in my head, 'Hit the gavel now so we can leave!'"

Then the judge surprised him by

stepping down from the bench and giving him a hug. It was the first affectionate touch he'd received in almost 30 years.

"Mr. Towler, it's a long day coming," she said, and then recited the traditional Irish blessing: "May the road rise to meet you, may the wind be always at your back ..."

"I started smiling right there," Towler says. Then the judge slammed down her gavel, flashbulbs exploded, and officials opened the door for him to leave. It was May 5, 2010, and after 28 years, 7 months, and 19 days behind bars, Raymond Daniel Towler, 52, descended the courthouse steps into the fresh air of the free world.

The grin has remained a permanent fixture. "I've been smiling so much, my jaw's hurtin'," he says, "but somehow I'm just finding the energy to keep smiling."

Towler's adjustment hasn't been easy. "I still feel like a tourist," he says. He's had to relearn the intricacies of social interactions outside prison. Common courtesy has served him well so far, and he learns a lot just watching.

An executive at Medical Mutual of Ohio in Cleveland overlooked the 29-year gap in Towler's résumé and offered him a job delivering mail in one of the company's offices. He spends his earnings on rent for his small apartment and payments for a

2010 Ford Focus. Recently he went down to an electronics store with his tax rebate and bought a television. The freedom to do something like that, whenever he wants, thrills him. "It don't take much to be happy," he says. "It's crazy how many times I say in a day, 'Man, I'm glad I'm not in prison.'"

When he's not working, Towler paints and plays the guitar for Mount Zion Baptist Church in Oberlin, Ohio. He has formed a band called Spirit and Truth with other exonerated men that has played a couple of Innocence Project fund-raisers and plans to record an album. He has also returned to Grafton prison to perform for the inmates, who greeted him with a mixture of warmth, pride, and desperation. Towler heard later that when news of his release was broadcast on TV at the prison, the inmates responded with celebratory whoops.

This past May, Towler received compensation money from the state, whose actuaries have determined the value of one year of freedom to be \$47,000 and change. He was owed more than \$1.3 million—he could also have sued for lost wages—and actually received considerably more, although he's reluctant to divulge just how much. It's nobody's business, but he also finds inquiries about how much he "won" from the state absurd: No amount is fair compensation.

"I wouldn't have done it for any amount of money. I don't know anyone with their sanity who would. Money ain't the beginning or the



end. It's not what makes you live and breathe. I can't do everything I want to do right now, but I have the opportunity to. The pursuit of happiness—that's a big statement. When those old white dudes wrote that, they knew what they were talking about. That's human nature, to have a dream and go after it without having a chain on your ankle holding you back."

Among the people periodically checking in on Towler is Mark God-

Towler is the tenth wrongfully convicted person (and the longest serving in Ohio) whom the Ohio Innocence Project has helped free in the past seven years.

sey. The two have become friends; Godsey says that witnessing his release in the Cleveland courtroom that day was one of the most satisfying experiences of his life. "It's the ultimate sense of joy," he says. "There are so few who are lucky enough to get to this stage, where the evidence

Towler relates his story with the **same equanimity that helped him survive the past 29 years.**

still exists and the DNA catches up to the case.” Back in Godsey’s office are boxes and boxes of case files for other OIP clients awaiting the research, court decisions, or scientific advances to confirm or deny their claims of innocence.

Towler still has a beard, thicker now than when he went in and flecked with white. It sets off his broad jaw in a way that makes him look biblical, ageless, even though he is acutely aware of the passage of time: His sis-

ter, Priscilla, with whom he lived before his arrest, is now a grandmother, and his niece, Tiffany, is now a mom. His mother passed away while he was in prison. Dressed in a red polo with black stripes, Towler relates his story with the same equanimity that helped him survive the past 29 years. For this peaceful man, it’s painful to look back at some of the things that happened. “But believe me, it doesn’t outweigh the stuff to look forward to,” he says, smiling. “Not even close.” ■

CINCINNATI MAGAZINE (NOVEMBER 2010). © CINCINNATI MAGAZINE, OHIO.

I’LL TAKE IT!

Here are five deals—from classified ads—that are impossible to pass on.

- For sale: Bye-Bye Buggy. Seats 6 kids. Canopies and 2 infants are included.
From the York Daily Record (Pennsylvania); submitted by Christy Guadagnino, York, Pennsylvania
- Free oil changes for a year by mail.
From a Sears advertisement; submitted by Dale Wierschke, Green Bay, Wisconsin
- Cemetery lots: Crypt for 2, facing Forest Drive. Never used.
From the Capital (Maryland); submitted by Sherree Bolyard, Edgewater, Maryland
- Permanent hair removal: 1st time free!
From the Herald (Pennsylvania); submitted by Diane Clayton, Mercer, Pennsylvania
- For sale: Grand Marquis 1998. 32,000 mile, exc. cond., loaded lady too old to drive big car.
From the Auburn Journal (California); submitted by Peggy Reiches, Auburn, California

Look >>

SEE THE WORLD
DIFFERENTLY







An aerial photograph showing a large group of people swimming in clear, turquoise water. Many of the people are wearing yellow life jackets. Several large, dark stingrays are visible swimming among the people. The water is shallow and clear, allowing the stingrays to be easily seen.

<< Twice

They look otherworldly at first, but the aquatic inhabitants of what is now known as Stingray City, Grand Cayman, get along swimmingly with humans. People speculate that the stingrays arrived decades ago, when fishermen used the calm, shallow waters and sandbars as a place to clean their catch, then threw the guts overboard. For stingrays, the sound of fishing boats signaled a feast on its way.



KICKED TO THE CURB

Banks are making a mess of foreclosures and, even worse, targeting some fully paid-up homeowners. Here's how to protect yourself.

BY MICHAEL CROWLEY

In 2005, Charlie and Maria Cardoso of New Bedford, Massachusetts, used their life savings to buy a \$139,000 three-bedroom retirement home with a pool in Spring Hill, Florida.

Charlie, a construction worker, and Maria, who is disabled, rented out the house to pay for upkeep and expenses until they could move in. When the economy tanked in 2008, the Cardosos had no reason to worry—they had paid cash for their Florida home and didn't have a mortgage.

Then in June 2009, a bombshell: The Cardosos learned that Bank of America intended to foreclose on their home. Stunned, Charlie called the bank. "You have the wrong house. I have all the papers. I will give you all the information. You are making a big mistake," he recalls saying.



Despite Charlie's protests over several months, Bank of America sent representatives to clean out the house, cut the lawn, and turn off the utilities. When Charlie showed up at the house in January 2010, the doors were padlocked, and the pipes had burst.

A Bank of America spokesperson says that "a third-party vendor received inaccurate information and went to the house in error." In other words, they had the wrong address.

The Cardosos' outrageous story is but one of thousands of cases in which American homeowners have, through no fault of their own, found themselves battling a bank. How





do responsible mortgage holders become targets? Often through sloppy recordkeeping and unethical moves by greedy bankers. “The mortgage-servicing industry is making mistake after mistake,” says Ira Rheingold, executive director of the National Association of Consumer Advocates (NACA).

A November 2010 NACA survey of about a hundred attorneys nationwide identified more than 1,800 homeowners who had been subjected to foreclosure despite making all their payments; the full number is suspected to be many times larger. “It’s an epidemic,” says Diane Thompson, a lawyer with the National Consumer Law Center. “Errors [by the

lending institution] are probably implicated in at least half of the foreclosure actions I represent.”

Think of wrongful foreclosures as the latest aftershock of the housing meltdown. Banks looking to repair their balance sheets rush to foreclose, and many lack adequate staff and safeguards to handle the loans properly. As a result, documents get lost, names are misspelled, and accounting errors are made.

In the time it takes to sort out the confusion, homeowners can find themselves facing the loss of their house, good credit ratings, and life savings. “A lot of these happen because the person misses one payment, and the [bank] makes it impossible for them to get caught up,” Thompson says.

That’s what happened to Marcus Downen, a truck driver from Wagoner, Illinois. Downen, tight on cash after he and his wife had a baby in 2008, missed one mortgage payment. The next month, he went online to make a double payment so he could catch up. But his payment didn’t process. When Downen called his loan servicer, the now-defunct American Home Mortgage (AHM), an opera-

tor and a supervisor told him they couldn't find his account. "They said, 'Are you sure you have a loan with us?'" Downen recalls. Finally, AHM called back with an explanation: That summer, they had sold his mortgage to another lender, American Home Mortgage Servicing, Inc. (AHMSI), and changed his account number without notifying him.

Technically, now nearly three months behind on his payment, Downen faced foreclosure. Desperate, he eventually worked out a payment plan, which included late fees, to bring his account up-to-date—but not before AHMSI filed for foreclosure, putting a lethal black mark on his credit record. It took an attorney from a nonprofit legal services foundation to save his home, though he says that men still knock on his door claiming he owes the mortgage company money.

"I didn't know if I would wind up living in a cardboard box on the side of the street with my wife and children," Downen says. "It's not fair."

Keon Williams, an ex-Marine and a single dad, suddenly found himself on the brink of eviction for no apparent reason. In 2007, Williams took out a loan to buy a \$98,500 Milwau-

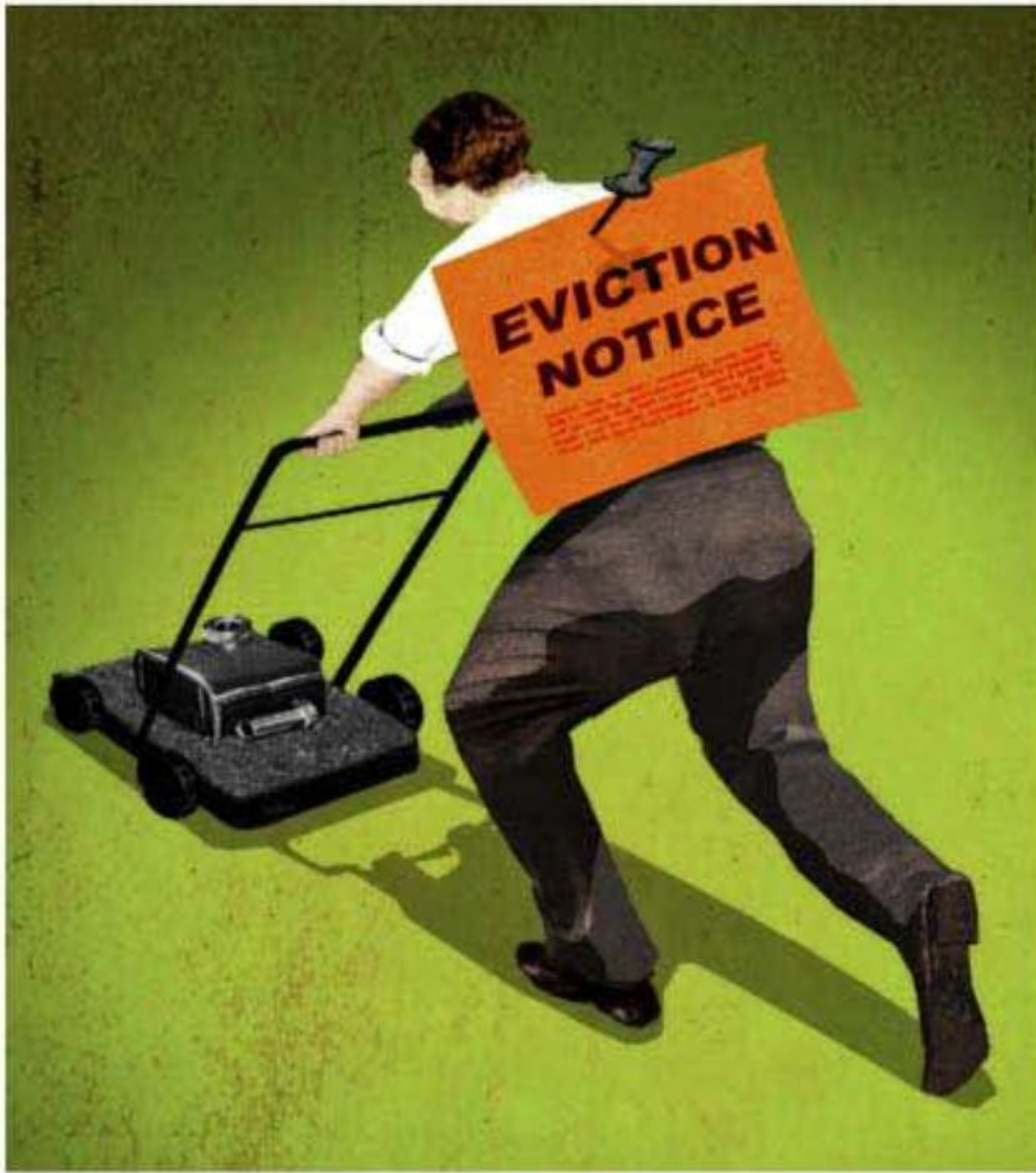
kee home. A year later, he refinanced at a lower rate with his mortgage holder, Central States Mortgage Co. What he didn't know: A subsidiary company handling the refinance used his money to pay off other lenders rather than Williams's original mortgage. That left Williams with an additional mortgage on his home he knew nothing about.

He found out the truth last year when his house was suddenly scheduled for auction by the bank. "I did everything I was supposed to do, but I'm being evicted," Williams told the *Milwaukee Journal Sentinel*. "It's been very hard for me to sleep at night. To know that you may be kicked out of your own house that you've been paying on is just ridiculous."

Williams's lawyer, Geoffrey Gnadt, says the banks are making his client a fall guy: "The fact is, he paid off that mortgage. It shouldn't be his problem. I consider it to be a creditor dispute between banks, and it's just wrong."

In January 2011, the house was auctioned off for a measly \$66,200. A judge delayed the transaction and is allowing Williams to stay in his home until November. The case is still winding through the court sys-

"The mortgage modification program has been an absolute nightmare for families," says Sen. Jeff Merkley.



In some of the worst cases, lending institutions advised families to stop making payments in order to qualify for a loan modification—a shady move that contradicts HAMP guidelines. Then the families are denied modification on the grounds that they're behind on their payments.

Case in point: Faiz and Khadija Jahani, a California couple who claim that JPMorgan Chase representatives told them they could qualify for a modification only if they were behind with their payments.

tem—and at least four similar cases are active in the Milwaukee courts.

Williams is just one of many homeowners to get tripped up after refinancing, which can open new opportunities for error and deception. Ironically, many of these problems started in 2009 after the government enacted the Home Affordable Modification Program (HAMP), a plan designed to help struggling homeowners by lowering interest rates and extending loan terms.

In a suit filed in federal court, the couple say they skipped three months of payments in 2009 and were told they qualified for the modification—only to learn in January 2010 that the bank had foreclosed on and sold the house out from under them without notice.

According to the Jahanis, during one conversation, a Chase representative told the couple that, at that very moment, she was sending e-mails throughout the company to rectify

“You have to watch your mortgage like a hawk,” says Congresswoman Marsha Blackburn’s spokesperson.

“You are your only advocate.”

the situation and to please allow her ten days to clean up the mess.

The mess was never cleaned up.

During months of back-and-forth, several real estate agents even knocked on the couple's door saying they were there to look at a bank-owned property. JPMorgan Chase has filed a motion to dismiss the lawsuit.

Oregon senator Jeff Merkley says he often hears similarly awful stories. "The mortgage modification program has been an absolute nightmare for families," says Merkley, who believes loan institutions sometimes intentionally mislead homeowners for profit.

"They make more in fees if the homeowner is in trouble, so they have an incentive to tell the homeowner to stop making payments."

When it comes to false foreclosure, almost no one is safe—even a member of Congress. In January 2009, Tennessee congresswoman Marsha Blackburn and her husband read a notice in the local newspaper that their house was scheduled for foreclosure. The bewildered couple knew that the bank handling their loan had been bought, but in

the shift to the new bank's automatic bill-paying system, their payments hadn't been processed—triggering Tennessee's speedy foreclosure procedure. (The bank quickly took responsibility and reversed what it called a computer glitch.)

"It is a cautionary tale for everybody that you have to watch your mortgage like a hawk," says Blackburn's spokesperson, Claude Chafin. "You are your only advocate."

As for the Cardosos, the couple settled their lawsuit with Bank of America and got their home back—after more than a year of wrangling. ■

Protect Your House

- **If you're in financial trouble, don't try to get a loan modification on your own.** Contact a HUD-approved housing counselor for help. If you do modify a loan, consider buying an owner's title insurance policy. Avoid using a title company or closing company that has a financial relationship with the lender.
- **Keep good records.** Consumer rights groups are pushing for more homeowner protections in Congress. But real help may not come soon. Meanwhile, keep records of all dealings with your loan servicer, including a journal of every phone call you make. "Do not rely on anything the servicer tells you over the phone," says National Consumer Law Center attorney Diane Thompson. "Get it confirmed in writing."
- **If your house is scheduled for a foreclosure auction that gets canceled, show up anyway to make sure it's not still on the block.** It's "extremely common," Thompson says, for people to find out that their home has been sold in error.

The Best Medicine

No magic pill can make Piper Breinholt well, but her parents are giving her the strongest treatment of all. A lesson about love for everyone. **BY LIZ LEYDEN**

Reagan Breinholt scours the ground outside Blythedale Children's Hospital for things to hand to her daughter—little things she can touch for the first time. Pinecones, acorns, fallen leaves.

The sun is warm but not too bright, perfect for Piper's eyes. The toddler rests on a blanket, playing with the giant watch her father, Jake, wears especially for her. *Tap, tap, tap.* She looks up at him, and a smile stretches across her tiny chin.

Jake picks up a pebble. Piper studies it for a moment and then slowly rolls it back and forth across his palm, nimbly brushing aside the tubes that reach from her neck to the ventilator beside her.

“Reagan”—Jake's voice rises with excitement—“she likes playing with the rock.” His wife abandons her search for pinecones and rushes over.

“Pip-squeak, look what you've got!” she says.

It is not a place meant for picnics, this narrow strip of grass sandwiched

IPAD EXTRA To watch video of Piper, Reagan, and Jake, download the *Reader's Digest* magazine app from the iTunes Store.



**Piper
Breinholt has
never known a
home outside
a hospital's
walls.**



There are fewer
than 80 cases
like Piper's
worldwide. There's
**no cure for
CCMS, no
website.**

Piper's symptoms
were so severe, it
was a miracle she
survived birth.

between the hospital and a highway in Westchester County, New York. The roar of traffic beyond the pine trees ebbs and flows. But none of this matters, not in the sunshine and fresh air. Not with Piper, outside for just the fifth time in her life, discovering the feel of a pebble against her skin.

When Piper was born, it was all she could do to breathe.

Instead of 24 ribs, she had 13. Her lower jaw was severely malformed; her tongue partially blocked her throat. Pulmonary hypertension—high blood pressure in the arteries of her lungs—strained her heart.

Within a week, doctors at NewYork-Presbyterian Hospital diagnosed her with cerebro-costo-mandibular syndrome (CCMS), a genetic disorder

with fewer than 80 reported cases worldwide. It affects the ribs and jaw and often other parts of the body, manifesting itself differently in every child who has it. Piper's symptoms were so severe, it was a miracle she survived birth.

There is no cure for CCMS, no website where the Breinholts can devour stories of survival. Piper turned four in May, but they've never been able to take her home to their small apartment in Manhattan. Instead, they have structured their lives around whatever hospital she's in. They travel three small highways to see her, as many days a week as their work as a hairdresser (Reagan) and an attorney (Jake) allows.

Early on, Reagan and Jake came to a decision: Though they couldn't make

their daughter well or give her the life they'd pictured, their family would be happy. But as Piper's health improves, they face a dilemma. The healthier she becomes, the more likely she'll end up at a hospital far away. A shortage of pediatric nursing homes may do what Piper's condition could not: break this family up.

Despite the tubes in her neck, despite the scoliosis that twists her back, Piper moves like a ballerina. With each step, she stretches her long, muscled legs, balancing on one foot for a thoughtful moment before she points her toe and lets it land.

Reagan narrates with a steady stream of pep. "Go, Piper. Look at those big steps! You can do it, Piper!"

For Piper, learning to walk was a long, difficult process. She withstood uncomfortable stretches on her belly, struggled over an exercise ball to strengthen stomach muscles, and cried through sessions while strapped to a wooden standing board so she could discover what it was like to put her weight on her feet. Reagan calls each of these achievements a *marathon-stone*. Under the circumstances, *milestone* is just not big enough.

Passing nurses and doctors marvel at Piper's progress and coo over her pig-tails and her navy high-top sneakers. Piper stares solemnly. Reagan beams.

At every visit, Reagan dresses Piper and fixes her hair, no matter what

she is wearing when they arrive, as if the day begins only when they are together. Skinny jeans and red suspenders, bloomers with elephants wagging across the bottom. It doesn't matter that Piper can't leave except by ambulance—Reagan dresses her daughter for the life she should have.

Tall and exuberant, Reagan brims with nicknames for Piper: Pip, Pipsy, Pip-pip-hooray. It is not hard to picture her as the cheerleader she once was. But her optimism was sorely tested by Piper's desperate illness.

Seventeen weeks into Reagan's pregnancy, an ultrasound revealed a sac of fluid on Piper's neck. Despite weekly ultrasounds that sometimes lasted hours as doctors puzzled over what they saw, Reagan pushed the worry from her mind. She rejoiced that their baby was a girl, dreaming of the outfits she'd sew for her.

Piper arrived nine weeks early, delivered by emergency cesarean. The Breinholts met their daughter in intensive care, her face blocked by thick orange tape holding in place the mask and tubes that allowed her to breathe.

Reagan was 23; Jake, 30. Each came from close-knit Mormon families, but their relatives lived far away—Utah, Georgia. They were alone, and they had no answers for their questions except the incomprehensible name of Piper's mysterious syndrome.

In the weeks that followed, Reagan and Jake felt as if they were standing outside their daughter's life. They watched, helpless, as Piper's oxygen levels crashed three or four

times each day, blue seeping across her skin, alarms clanging—one doctor called them her death dives. They cringed when efforts to find veins in Piper’s hands, feet, and groin failed and nurses shaved her fuzzy blonde hair to find one on her head.

They feared touching her and accidentally jostling the equipment she needed to stay alive. It felt like she barely belonged to them. “Piper would sometimes look like a little speck in a web of tubes and wires,” Reagan says. “It was really sad to feel so disconnected from my baby when she was so completely connected to everything else in the room.”

All their friends had the same questions: When will Piper be able to breathe on her own? When will she go home? Reagan stopped answering her phone.

Late at night, she would call her oldest sister, Kelly Baker, in Atlanta. Kelly remembers Reagan sobbing, sure that she was to blame for Piper’s problems: They were a punishment for her lightly held happiness, for appreciating superficial beauty too much, for the whimsy that had defined her life. “She was inconsolable,” Kelly says. “I think half my sympathy was for Piper and half was for my sister, who was in such pain.”

A turning point came three weeks into Piper’s life. She still weighed less than three pounds; doctors had just started to allow Jake and Reagan to hold her. One afternoon, Reagan ran home to shower. Jake was alone when suddenly, Piper kicked off her boo-

ties. Something in the force of those feet struck him.

“We didn’t know what to expect. Was she going to be a vegetable? Would she ever do things on her own?” Jake says. “And now I could tell she was thinking, This sock is bugging me, and I’m going to get it off. There was something going on in her head, and she acted on it. It was amazing.”

He grabbed his phone and texted Reagan, who raced back to the hospital. “It was spunk,” she remembers. “A sign of life.”

In that moment, they made a decision. Happiness wouldn’t happen to them by accident, so they would seek it out. “I could say ‘Why me?’” Reagan says. “But I’d never know why she was chosen for this. And so I decided just to try to be strong and happy for all the little tender mercies.”

They forced themselves to stay longer in Piper’s unwelcoming hospital room. Reagan sewed tiny clothes that wouldn’t swim on Piper’s body and dressed carefully herself, making sure something stood out for Piper—bright buttons, nerdy glasses. When Piper reached to rub her fingernails, Reagan began to paint them a new color each visit: Coral Canyon, Clambake, Fiesta Pink. She and Jake played ukulele music on their phones and read Dr. Seuss as if onstage, with accents and sound effects and cheers.

“I started to feel like a real mother,” she says. “It was really nice to feel

Reagan and Jake began to stay longer in the unwelcoming hospital room. They played ukulele music on their phones and read **Dr. Seuss as if onstage,** with sound effects and cheers.



like I was doing something right.”

When Piper was four months old, doctors inserted a tube directly into her windpipe so she could be permanently attached to a ventilator. The surgery was risky but would get her more oxygen. And it had an unexpected payoff: For the first time, the Breinholts could see their daughter’s face, free of tubes and tape.

Reluctantly, they started to pick up their lives away from Piper. Reagan went back to work part-time, and Jake, who had already returned to his job, began taking photos in the evening. Together they began to train for half-marathons and ate late-night dinners with friends.

“In the NICU [neonatal intensive care unit] support groups, they drill it into your head that a baby’s illness puts

a lot of pressure on your marriage,” Reagan says. “We both felt guilty, but we tried hard to not let it swallow us.”

Serious illnesses continued to punctuate Piper’s first two years. The Breinholts spent many nights watching her chest rise and fall while she fought pneumonia and other infections. They sat beside her as she slept through medically induced comas, dozens of tiny red pricks from old IV lines dotting her skin.

Still, they clung to every hopeful sign: the moment she handed them a block, the first time she reached out for them. And one day, Reagan realized she wasn’t pretending anymore, that she didn’t have to look so hard to find happiness. It was there.

“She’s still a very sick little person, but I wonder if she would’ve grown



“She’s still very sick, but I wonder if she would’ve grown so much **if we hadn’t gone crazy over the little things,**” Reagan says. “It’s a chain reaction.”

so much if we hadn’t gone crazy over the little things,” Reagan says. “It’s a chain reaction. You start making a fuss over the small stuff and eventually, real happiness follows.”

Piper’s progress comes at a cost. Blythedale Children’s Hospital is not a long-term-care facility, and to keep its beds available to the children most in need, patients are transferred as soon as doctors deem them ready. Jake and Reagan don’t have final say over where she goes: Although the Breinholts’ insurance, in combination with Medicaid, covers Piper’s care, she can be transferred to any New York facility with an open bed (appeals are possible, but success isn’t guaranteed). There isn’t much to choose from. Medical advances

are allowing more children to survive once-fatal conditions, yet there has been little growth in the capacity to care for them. There are just five facilities in the state, with a total of 78 ventilator beds, for pediatric patients like Piper. Only one of the facilities is in Manhattan.

When Piper was three, the Breinholts thought she might get a spot at the Manhattan center. For a few days, they imagined Piper living just blocks away. They could see their daughter every day; when she got sick, they wouldn’t have to fight traffic in a panic. But ultimately, the bed went to another child.

In late March, they were told that Piper was ready to be moved. There was a suitable bed available in a facility in Albany—150 miles away.

In shock, Reagan and Jake begged their social worker for help.

“I can’t imagine a system that’s okay with moving a child so far from her family. I’m already tired of living so far from her,” Reagan says. “I just want things to be easy for a while.”

They went home and cried and yelled and cried some more. By the end of the weekend, Reagan and Jake were able to talk about Albany without breaking down. Reagan, they decided, would take the train up every Friday morning; Jake would join her on Saturday. Piper would be okay, they told each other.

And then the unexpected happened. Blythedale agreed to put off the move. The Manhattan facility is scheduled to move to a bigger building in nearby Yonkers in the winter of 2012. If Piper were sent to Albany, she might no longer be considered for a bed there. So Piper’s clinical team decided to allow her to stay until the new facility opens.

Again, there were tears. And though there is no guarantee Piper will eventually get a spot in the nearby facility, the Breinholts are grateful. For now, their life together is intact.

Piper snuggles against Reagan’s chest, eyes heavy. Reagan wonders if her daughter fights sleep for fear she will wake to find her parents gone. It is a sad thought but one that reminds Reagan of how far Piper has come. Piper misses her parents, another sign of their growing life together.

Money concerns hang over the

Breinholts. They’re paying off Jake’s student loan, and the car lease that allows them to get to Blythedale is a financial burden. They worry that if Jake ever switched jobs, a new insurance company might consider Piper’s problems to be a preexisting condition and deny coverage. Still, they let themselves dream of places they’d take her if they could: to Utah for sleepovers with her grandparents, to the beach to feel sand between her toes. Though they don’t know how they’d ever afford an apartment that would be safe for her (with an elevator, medical equipment, and a backup generator), they imagine that too.

“If I could have one day without machines, I’d take Piper on a bike ride, and then we’d have a picnic,” Reagan says. “Maybe we’d go to the zoo and then have dinner in our apartment with all our friends—a party for Pip.”

It is quiet except for the whoosh of machines that keep Piper alive. Her eyes close. Reagan leans down to kiss her, breathing in the smell of fresh shampoo from the bath they gave her hours ago.

For now, it is enough, another day with much to be grateful for: pebbles and walking and the sounds of Piper herself. Tiny chirps rise from beneath her tube.

“Oh, Jake, listen,” Reagan says. “She’s making these little noises. She’s probably dreaming about something really sweet.”

And they both lean in to watch her sleep. ■



My Chinese Basketball Season

The Peace Corps sent **Michael Levy** to teach—but he had plenty to learn, especially about shooting hoops on a foreign court

● ADAPTED FROM *Kosher Chinese*

ILLUSTRATED BY MARCOS CHIN



甄健儒

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The first official basketball game I ever played in China ended with my ejection from the court, removal from the stadium, and near deportation. Within a few hours, I went from momentary elation (I'm the same five-foot-eleven I've always been, but I'm still the tallest basketball player in a province of 40 million people!) to utter dejection (I am the worst Peace Corps volunteer in history). As I sat in the back seat of the police cruiser "escorting" me back to my apartment, I went over a few key phrases in my head: *dui bu qi* ("I'm sorry"); *zai mei-you wei CIA gong zuo* ("I do not work for the CIA"); *qing buyao shuiban wo* ("please do not waterboard me"). I also wondered how I had gotten myself into such a mess.

Some background: In 2005, I was one of a handful of Peace Corps volunteers sent to teach English in one of China's poorest provinces. I was given a Chinese-English dictionary, a few rolls of toilet paper, and a stipend of \$100 a month (enough to put me right around the provincial average). At Guizhou University, a school constructed with Soviet-style mess halls

and dormitories that housed ten students to a room, my primary responsibility was to teach pronunciation and vocabulary to freshmen, most of whom had never met a foreigner and many of whom were the first in their village to attend college. During summer vacation, they would head home to harvest sorghum, eggplant, and tomato—crops that grew with the assistance of copious amounts of night soil (human waste applied to the fields).

My students treated me with respect and a little bit of awe. They introduced me to a part of China far beyond American headlines. In Guizhou province, deep-fried scorpion is a staple food; squat toilets are the norm; and chickens, cows, tractors, and motorcycles share the highway with buses and cars.

Along with these differences from American life, there were surprising similarities, none more obvious than the prevalence of NBA basketball. My students were simply crazy for the NBA. And although I found plenty of ways to keep busy (I taught a cooking class where we made pizza and matzo ball soup; I played Santa Claus at a local Walmart; I helped start a tutoring program for kids in a nearby village), it was joining the university basketball team that taught me the most important lessons about China and ultimately about myself. I learned that all business deals must begin and end with shots of rice wine. I learned that relationships mean everything. And I learned that a skinny Jewish

guy from Philadelphia can be at once stereotypically American and authentically Chinese.

But before gaining this wisdom, I had to pull a Dennis Rodman and get myself thrown out of a stadium.

Things began innocently enough when I was recruited by the Guizhou University basketball coach. I had been at the school for almost a year, teaching my classes and playing daily pickup games on the dilapidated courts at the edge of campus. The courts were rock-strewn, with rusted rims hanging limply on rotted backboards. Nevertheless, they were full of students who were always happy to pull me into their games. I would plant myself under the basket and receive lob passes far above the outstretched hands of diminutive undergraduates. They would cling to my torso, laughing and chanting *Xia Ke, Xia Ke!* Only in Guizhou could I earn the nickname Shaq.

The head coach of the university team watched me silently for a few months before finally approaching me and inviting me to dinner. “Each team in the province is allowed to have one foreigner,” he told me over a meal of spicy pulled noodles and cold beer. “Most schools can’t even fill this quota, but I’ve been watching you, and you’re pretty good. Why don’t you join us?” We sealed the deal with a shot of *baijiu*, a 100-proof predecessor of Japanese sake.

Later that week, I met my teammates, and before long I was good friends with our jovial point guard, Ah Ge, and our taciturn center, Da Bao. The meaning of his name fit his girth: Big Dumpling.

My Chinese language skills had gaps in basketball terminology, but the physical language of the sport was not lost in translation. During our daily practices, I was never more than a half step behind Coach’s instructions. Or so I thought. Ultimately, I was just nodding and hoping that once our official games got started, I could figure out how to be part of our offensive and defensive schemes.

When game day finally arrived, I was feeling excited and nervous. I hadn’t played anything but pickup

“Number 11 is high up in the Communist Youth Party,” Coach said. “So he must be allowed to score.”

basketball since high school. Yet there I was at 30 years old, donning a yellow college uniform with the number 00 on its back.

We were on the court of the Guizhou Number One Military College, a two-year school on the outskirts of Guiyang, the capital city of the province. The gym was adorned with life-size pictures of Chinese basketball star Yao Ming and posters of China’s

political all-star team: Chairman Mao, Deng Xiaoping, and Karl Marx glowered down at us.

My team began warming up by running laps, stretching, and shooting free throws. Eventually Coach called us over. “Take a look at the other team,” he told us. “We will not be covering number 11.” Coach looked at me to be sure I understood, and he spelled it out clearly for me: “He is high up in the Communist Youth Party, so he must be allowed to score.”

“I got it,” I said. “Be friendly with number 11.” Coach nodded and gave me a thumbs-up. Big Dumpling patted my butt.

Number 11 would have clear paths to the hoop as a consequence of playing basketball in a place where

“The American military supports Taiwan. So you are not allowed to play here at the military college,” Coach said.

guanxi ruled. Guanxi, which literally means “relationship,” is the invisible, ever-present force that guides all interactions in China. If you have the right *guanxi*, things get done quickly. If not, no reference to law or logic can help you. Business cannot get done without the right *guanxi*, political problems disappear or intensify depending on your *guanxi*, grades in school are determined by *guanxi* (a

fact I learned the hard way when I tried to withhold credit from a student who had cheated on an essay; she turned out to be the daughter of a wealthy businessman in town, and my grade was overturned). On the basketball courts, *guanxi* took precedence over winning. It was the first rule I had to learn, and I had to learn it well.

I had already been told to expect a *guanxi*-based sliding scale from the officials. Older players would be given more leeway than younger players and Communist Party members the most leeway of all. If I were ever to foul a party member—or even guard one with too much diligence—I could expect to be removed from the game.

Coach went on to explain our strategy (aside from allowing Communists to score) and then announced the starting lineup. I prepared to take the court.

As I stepped toward the center circle for tip-off, the previously noisy gym fell silent. The air seemed to thicken. Fingers pointed at me and brows furled. I began feeling acutely self-conscious, which was nothing new for me in China, though at that moment, there was something sinister about the way the officials and the players on the other team were staring at me. The crowd seemed happily curious, but my opponents seemed downright hostile.

The two referees quickly held a private conference. After a few moments, they called over the coaches. A few more moments passed before they called over the captains from both teams. Big Dumpling waddled over to join them. What was amiss?

Finally, after more than ten minutes, my coach broke from the growing huddle and walked in my direction. He put his hand on my shoulder.

“You cannot play here,” Coach said, looking mildly embarrassed. “You must leave.”

“Why?” I asked.

His response, delivered after a pause and with a long breath ... “The Taiwan Problem.”

I was taken aback. “I don’t understand,” I said with genuine confusion. I was, of course, well aware of the Chinese contention that Taiwan, a fully independent island nation off China’s east coast, was a renegade secessionist province. I was also aware that this was a sensitive diplomatic issue and was one of the “Three T’s” Peace Corps volunteers were warned to steer clear of in conversation (along with Tibet and the Tiananmen Square Massacre). Still, I didn’t have a clue why Taiwan was coming up as we were preparing to tip off.

Coach explained: “You are American, and the American military supports Taiwan. So you are not allowed



The author at a restaurant on campus with two of the team’s fans and two teammates, including Ah Ge, far right.

to play here at the military college.” As he spoke, his mild embarrassment was turning to full-blown shame. He seemed to realize how petty this sounded.

“Oh,” I said, trying to maintain a smile. “You know, I’m not in the military. I’m in something called the Peace Corps.” I emphasized the word *peace*. Coach just shook his head.

And that was that. I was escorted to my apartment by a chain-smoking police officer with a crew cut.

It was an inauspicious beginning to the season, especially since our team lost to the military college by 19 points. But things quickly improved. I was never again ejected, and we went on to win all the other games

we played, most by double digits. Ah Ge proved to be a whirlwind of energy and was ultimately named the best point guard in the province. Big Dumpling was a strong back-to-the-basket scorer. I was a wild card. Coach would play me for the first half of most games, during which time we would build up a comfortable lead. He would then send me to the other team's bench to "build guanxi." This mostly involved posing for pictures with each member of the opposing team. They would often ask to see my chest hair as well. Asian men are smooth; Jewish men of Eastern European extraction are, comparatively, part yeti.

Eventually these trips to the opposing bench earned me a new basketball nickname. I was no longer Xia Ke. I was Youtai Youhao: The Friendship Jew.

As summer turned to fall, Coach invited the team to his house for dinner. I arrived late and could see that everyone was buzzing with excitement. Coach greeted me with a high-five and quieted the team.

"Each of you has worked hard," he began as everyone fell silent. "To reward you, the city leaders have decided to let us play in the final game of the season." Ah Ge gave a yell of excitement, and coach continued. "If we win, we will certainly bring a lot of happiness and praise to our school and

to our team. If we lose, it will be no major problem, but it will mean we did not work hard enough. I hope we can win. The game is tomorrow afternoon," coach concluded. "Be ready to leave on the team bus at 2 p.m."

Ah Ge leaped up from his stool and pumped his arm in the air. "*Jia you*," he yelled. The phrase literally means "add oil," but its figurative meaning falls somewhere between "let's go," "booyakasha," and "who's your daddy?" The team leaped up and joined Ah Ge in a chant.

"*Jia you, jia you, jia you!*" I joined in as well, hopping from my stool and locking arms with Ah Ge. We leaped up and down in place. The others crowded around, moshing together in the center of the living room. Da Bao gave me his usual butt slap. Another player did a little Michael Jackson dance, complete with a crotch grab and a moonwalk. Michael Jackson was very popular in Guizhou, along with Celine Dion, Michael Bolton, and John Denver. For some reason, China loves easy listening.

Those who weren't dancing were furiously sending text messages on their knockoff Nokia phones. This game was big news.

But what kind of game would it be? Would we still play by the rules of guanxi? Were Communists still allowed to foul others without penalty? Would I have to play nice? Or would this final championship game be a no-holds-barred, honest match of skills? If so, I was sure we would win.

There was, however, a catch. Coach

sent a few of the youngest players out to buy rice wine for the team, handing them money. He then pulled me aside. "This is a great honor for the team," he told me. "But the city leaders have decided we will play against the military school." I groaned.

"I don't know if you'll be able to play," Coach said, shaking his head. I took a deep breath and felt blood rising to my face. Coach massaged my shoulders. "*Mei banfa*," he told me. Don't worry about it. "We just have to wait and see. The game is not at the military school, so they might let you play. It's not up to us."

The rice wine soon arrived, and coach poured everyone a small glass. "Just one toast tonight because I want you all to rest," he said. "We can celebrate properly tomorrow after the game."

Ah Ge offered the toast. "I have been happy to be the team point guard this year," he said with his usual smile. "Whatever happens tomorrow, we can be proud of ourselves. *Gan bei*." We downed our shots. I wasn't sure if I'd be a spectator or a power forward, but it wouldn't be long before I would find out.

The next afternoon, I laced up my sneakers, put on my double-zero jersey, and headed for the front gate of Guizhou University to board the team bus. The team was silent as we rode north on Huaxi Highway, each player engaged in his own version of medita-

tion. Some listened to MP3 players; others had their eyes closed. Some just stared out the window. I didn't know what to do. Coach had given me no indication of my status.

The ride from campus to the gym would take about an hour. I gazed out the windows at the Guizhou countryside. Single-story cinder block houses dotted the banks of an algae-and-garbage-filled river. Old women were washing dishes in the shallow water along the far

My presence on the court seemed to jar them. They missed open shots and even blew a few layups.

bank. Men were casting fishing lines over their heads, occasionally pulling out tiny fish. The women wore the blue embroidered headdresses of the Bouyei, a small ethnic group concentrated in central China. The Bouyei, like their Tibetan cousins to the west, were once autonomous, living out of reach of China's emperors. They were technically inside China's boundaries, but, the local saying went, The mountains are high, and the emperor is far away. They were free to worship their gods and observe their traditions.

Chairman Mao changed all of that. He rose to power in Guizhou, taking control of the Communist Party at the famous Zunyi Meeting, a few

miles north of Guizhou University. He rewarded the local inhabitants by bringing them his version of Marxism. The Bouyei were given cinder block houses. In exchange, they were forced to abandon their traditions, their language, their religion, and their autonomy. It wasn't a deal any Bouyei wanted, but refusing the Chairman was never an option.

The bus ride passed quickly, and we soon pulled into the parking lot of the city's largest gymnasium. We marched inside in single file. The team was

**“We love Americans,”
one player told me
after fouling me.
“America can support
our peaceful rise.”**

feeling loose, but I could sense more tension than usual. I kept looking over at Coach, waiting for a clue about my fate. I got no indication whether Taiwanese-Chinese relations would once again stand in my way. We walked up a flight of stairs and paused at the doorway that led onto the court.

“Do your best today,” Coach said, walking from player to player and shaking hands with each of us. When he reached me, he held my hand firmly and looked directly into my eyes. I waited for the verdict. He moved on without a word.

When he reached the front of the line, Coach threw open the doors, and

Ah Ge ran out into the gym, leading the team in a few laps. The other team was already warming up. I was last in line and jogged with my head down. We did three laps. We did our layups. We sprinted. We stretched. Still nothing from Coach.

After warming up, I sat on our team's bench and looked out into the stands. There were perhaps a hundred people in attendance. I noticed my top student, Kevin, sitting in the stands, holding hands with one of his classmates, a lovely girl who had chosen the English name Kitten. They

waved at me and blushed.

The military college finished warming up, and both teams were huddled for some last-minute instructions. I hopped up off the bench and leaned into our team circle. Coach was squatting in the middle

over a small whiteboard. He was diagramming our defensive scheme and reminding everyone of their assignments. I peeked outside the huddle and looked for any signs that I would not be allowed to take the court. Before I could spot anything out of the ordinary, one of the referees blew his whistle. The game was about to begin.

I took the court as I normally would. I looked out of the corners of my eyes at the officials, at Coach, at the other team's bench, at the crowd. I tried to make myself as inconspicuous as possible. Each step I took toward center court made me more certain I

would be ejected from the game. Our center lined up for the tip-off. I stood nearby, feet set wide apart. This was as far as I had gotten against the military team in our last meeting.

One official went to the center of the court, ball in hand. The other looked at each player. When his eyes rested on me, he put his whistle in his mouth. When he blew it, I felt a guillotine of frustration drop. I lowered my head helplessly.

But I was the only one who wasn't moving. The whistle hadn't been for me; it had been blown to start the game. My head shot up. The ball was already halfway downcourt toward the opposing team's basket. I sprinted into defensive position. An opposing player immediately blew a layup. I jumped and pulled in the rebound.

I held the ball and took a deep breath. We were off and running.

The military team was good, but my presence seemed to jar them. They missed open shots and even blew a few more layups. Through it all, however, they were kind to me, giving me a wide berth. "We love Americans," one told me after fouling me and sending me to the free throw line. "America can support our peaceful rise." He flashed a smile and shook my hand before I took my free throws.

For my part, I was careful not to foul anyone or even box anyone out with much gusto. I avoided contact. It was more of a pickup game than a championship game, and I played even less than my usual half. Coach

gave me an apologetic look when he took me out about five minutes into the second quarter. He sent me to the opposing bench for my customary meet and greet. After some pictures, I decided to mention the first game our teams had played. I wanted to know what the players thought about my ejection.

"That had nothing to do with us," said the military team's center. He wore the same jersey number I had on, and he was drenched in sweat. He was, by far, the best player on the court and had scored nearly 20 points. He played seriously, but like everyone else, he played respectfully, making sure to help up those who had fallen. He never took advantage when our coach put in some of our smaller, weaker players. "You were ejected because of that strange referee. He's crazy! But what can we do about it—he's in charge, so we must obey."

"So there's no real rule about foreigners playing against your team?"

"Of course not," he replied, laughing. "That would be ridiculous. He made it up to show you he is powerful."

I nodded. The center asked if he could see my chest hair. The Taiwan Problem had been solved.

My Peace Corps service lasted 27 months. I stayed in China, traveling and teaching for a few months more, then returned home to



Philadelphia. I went back to teaching high school, eating bagels and burgers, and playing point guard instead of center.

Last summer, I had the chance to go back to Guizhou. I met up with Ah Ge for a game of one-on-one on the court where we'd first met. It was a blazingly hot day. We played a few quick games, then sat in the shade of a nearby tree sipping Coca-Cola. Ah Ge gave me an update on the team.

Coach had returned to his home in Shanghai to be with his wife. I was shocked to learn that he had been married all along. "He never really wanted to be sent far away from his wife, especially to come to this poor school," Ah Ge explained as he wiped the cold bottle of Coke on his sweaty forehead. "China is changing quickly, but you still have to move when the government tells you."

Da Bao, meanwhile, had gotten married and was working in a factory in Guangdong. He had escaped life on the farm and was finally happy.

"His English skills are really helping him!" Ah Ge told me with a huge grin. Da Bao was helping translate manuals sent out with the electronics his factory shipped to America. "English is a precious skill," he added. It made me feel happy about the work I had done in China and reminded me that the Peace Corps lives up to its catchphrase, *The Toughest Job You'll Ever Love*.

The most surprising news came from Ah Ge himself. He had joined the Communist Party and was thinking of a life in politics. "I'm good with people," he said with a nod and a modest blush. "You know I don't really care about ideology, and Marx and Mao don't matter as much anymore." He slugged down the rest of his Coke. "I promise you that if I have authority, no American will ever be ejected on behalf of the Taiwan Problem."

He winked, stood, and invited me to lunch. We went off for noodles and beer, two former teammates and lifelong friends. ■

ADAPTED FROM *KOSHER CHINESE: LIVING, TEACHING AND EATING WITH CHINA'S OTHER BILLION*, COPYRIGHT © 2011 BY MICHAEL LEVY, PUBLISHED IN PAPERBACK AT \$15 BY HENRY HOLT & CO., NEW YORK.

AT LEAST THEY HAD A GOOD EXCUSE

After making numerous calls to 911, a Lundar, Canada, man was warned that the next one would land him in jail. That prompted him to give his real reason for calling: "If you're coming to get me," he told the dispatcher, "can you bring me some smokes?"

Source: *Winnipeg Free Press*

Robert Edward Tyrell, of Villa Rica, Georgia, was arrested on charges of aggravated assault and false imprisonment. The victim: his mother. What caused him to blow up: She refused to do his ironing.

Source: *Orange News* (England)

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The first rule of holes: When you're in one, stop digging.

Molly Ivins

Marriage is very difficult. It's like a 5,000-piece jigsaw puzzle, all sky.

Cathy Ladman, comedian

Put yourself in their shoes before you decide on the best way to take their shirts.

David Sklansky, poker player

It's in the democratic citizen's nature to be like a leaf that doesn't believe in the tree it's part of.

David Foster Wallace

A superior pilot uses his superior judgment to avoid situations that require the use of his superior skill. Aviation proverb

The test of a book's quality is not if it reflects my life, but if it reflects yours.

E. L. Doctorow

If you think you have it tough, read history books.

Bill Maher

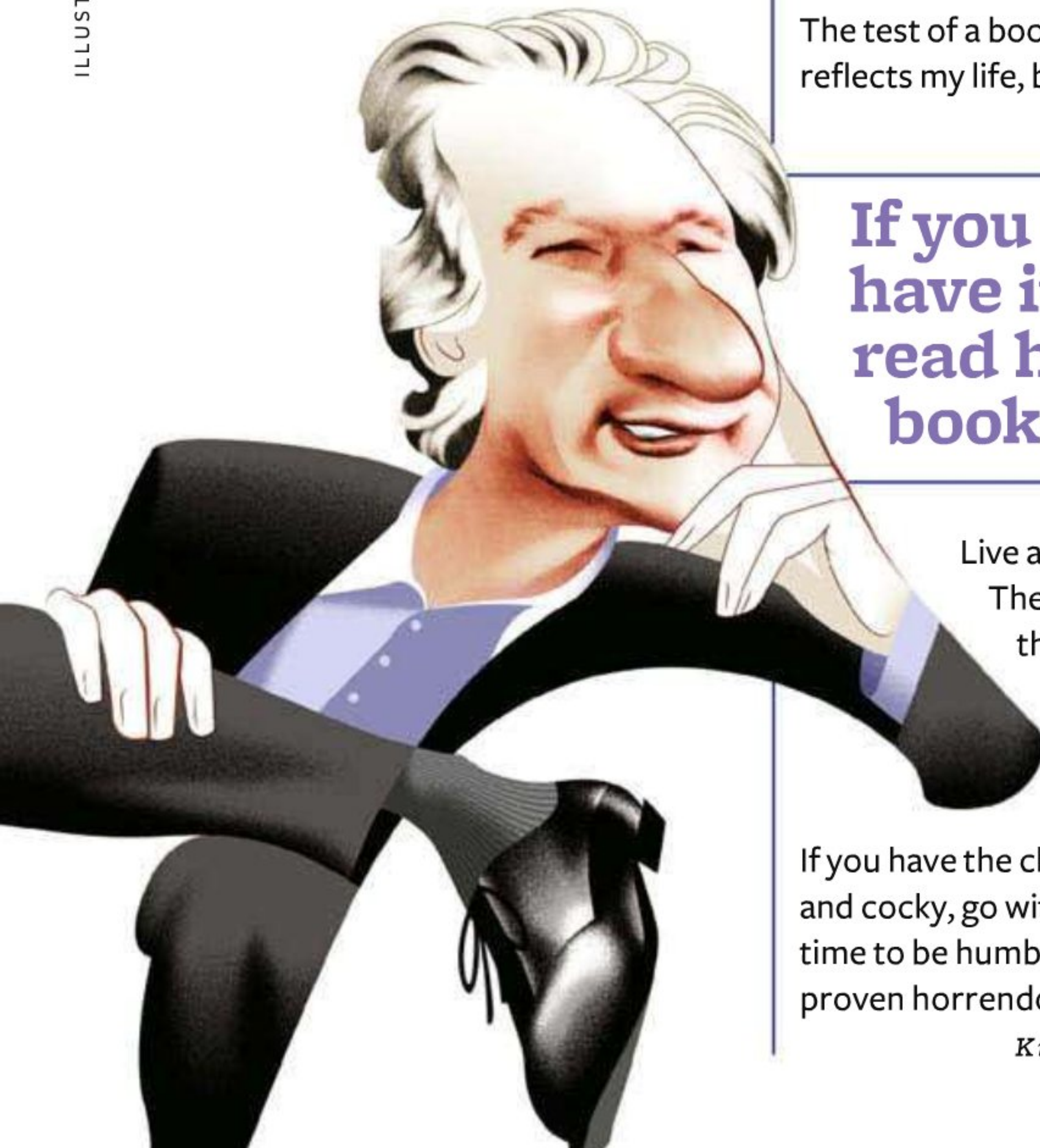
Live a good, honorable life.

Then when you get older and think back, you'll get to enjoy it a second time.

H. Jackson Brown Jr., author

If you have the choice between humble and cocky, go with cocky. There's always time to be humble later, once you've been proven horrendously, irrevocably wrong.

Kinky Friedman, singer/writer



OffBase

Soon after my son, a Marine, was deployed to Afghanistan, he called and spent much of the time describing the abject poverty of the people who lived there. When he calmed down, I asked what I thought was a simple question: “What time is it there now?” That set him off again.

“I’m ten and a half hours ahead of you,” he replied. “That’s how poor this country is. It can’t even afford a full time zone.”

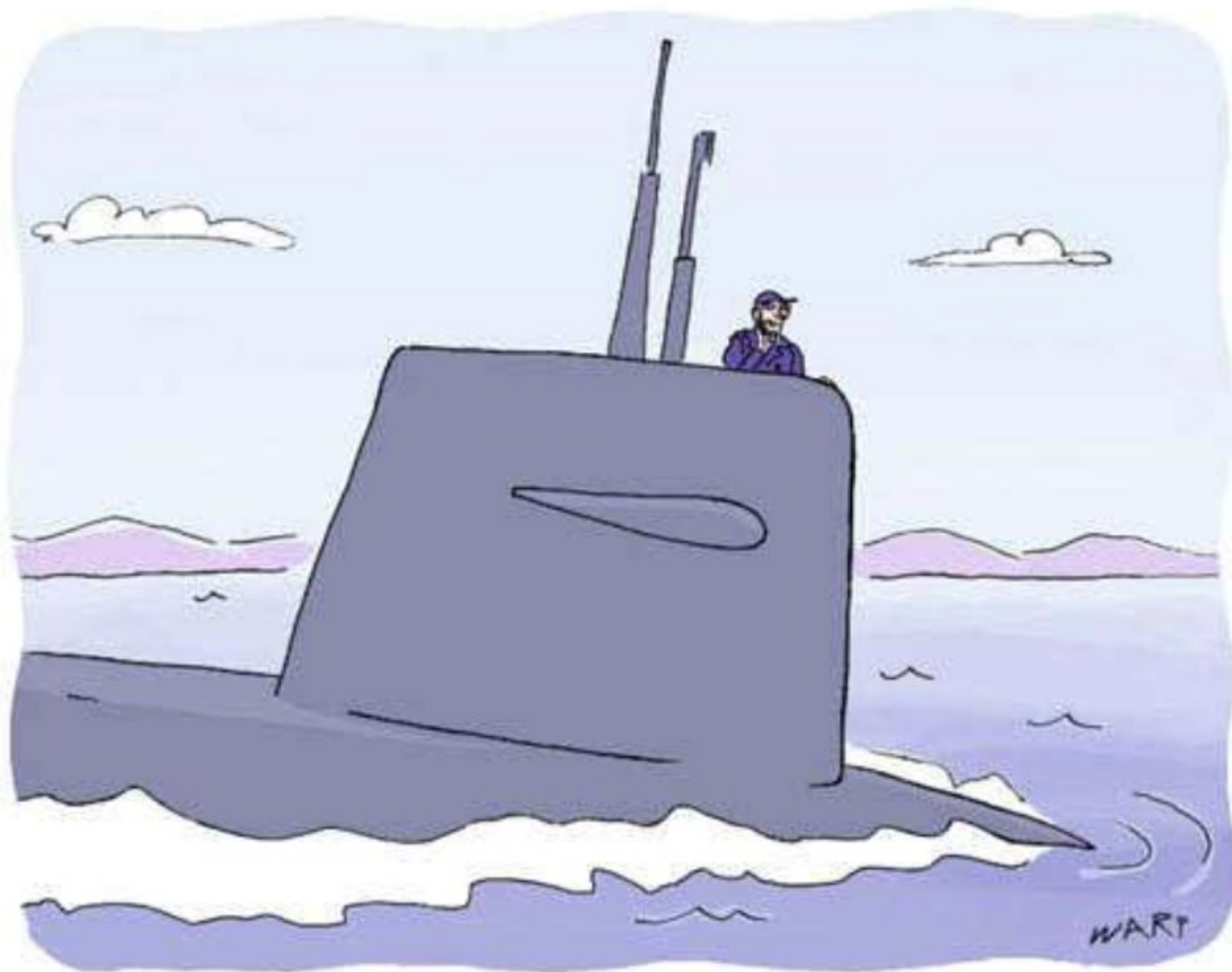
Robin Lynn Mull, Parker, Colorado

Our friend was describing a couple he befriended at the Pentagon. “They’re good people,” he insisted. Then, by way of illustration: “They both have security clearance.”

Valerie Munns Gathright, Alexandria, Virginia

During World War II, my friend and I were in a nightclub when two men in uniform asked us to dance. Feeling it was our patriotic duty, we joined them on the dance floor.

“So,” I asked my partner, “what



“Hey, it’s been great talking to you, Mom, but I really have to go.”

branch of the service are you in?”

He mumbled, “The Greyhound bus service.” *Margie Schatz Sheehan, Midland Park, New Jersey*

Ketchikan, Alaska, gets more than 12 feet of rain every year. But the day we visited our grandson Josh, who is stationed at the Coast Guard base there, the sun decided to shine.

“It’s so sunny,” I marveled.

“We don’t say it’s sunny here,” corrected Josh. “We refer to it as ‘cloud failure.’”

Patricia Harper, Nevada City, California

Your favorite new joke, funny military anecdote, or crazy news story might be worth \$\$\$. See page 84 for details.

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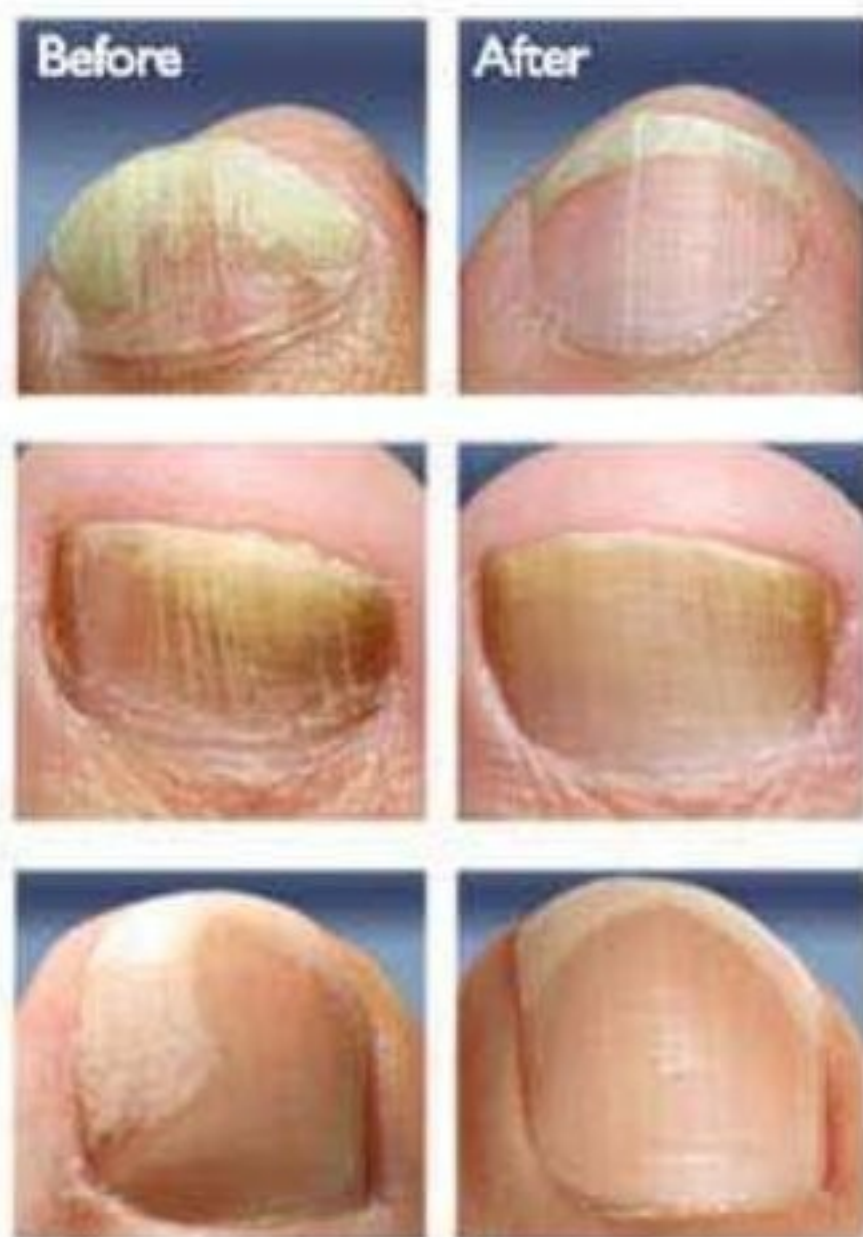
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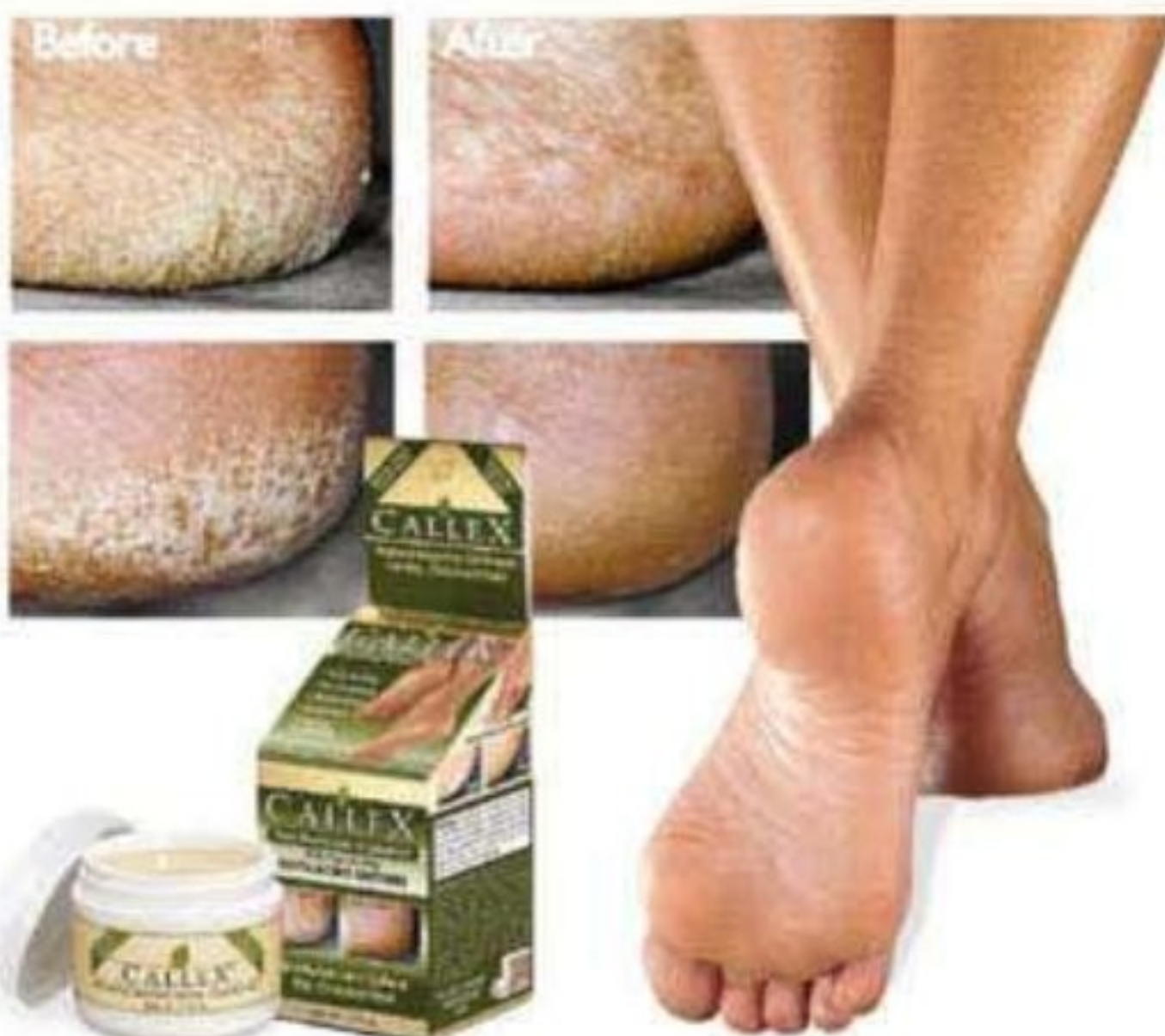


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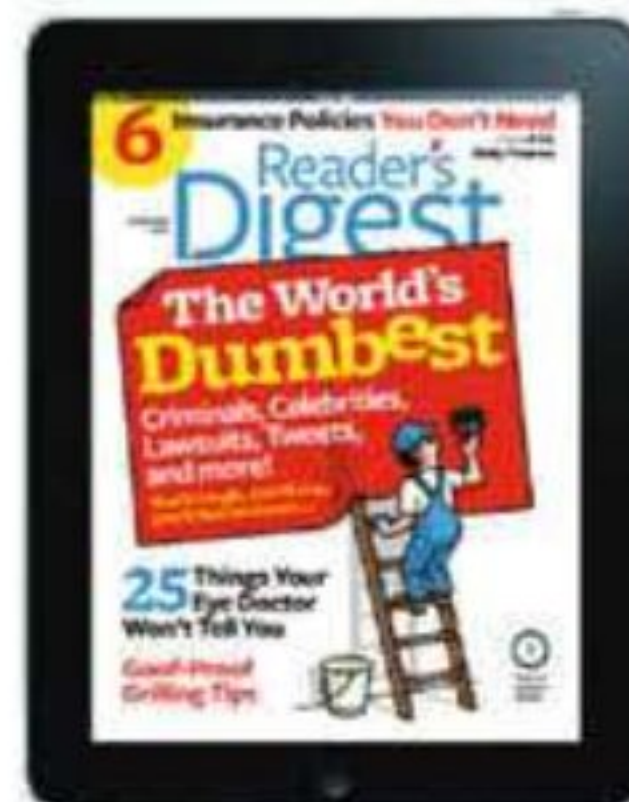
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Word Power

BY EMILY COX & HENRY RATHVON

Animal Instincts Do you know your budgies from your whippets? Your alpacas from your yaks? This month, we separate the mice from the men by testing your knowledge of all creatures great and small. How many of these wild words can you tame? **Answers on next page.**

1. ailurophile *n.*—A: lover of cats. B: one who is afraid of animals. C: collector of snakes.

2. leporine *adj.*—of or relating to ...
A: a parrot. B: a goat. C: a hare.

3. komondor *n.*—A: Hungarian sheepdog. B: mythical lizard. C: trained falcon.

4. Komodo dragon *n.*—A: Chinese miniature dog. B: Indonesian lizard. C: North American toad.

5. caudal *adj.*—A: having pointed ears. B: born as twins. C: taillike.

6. stridulate *v.*—A: shed a coat.

B: mate. C: make a shrill noise by rubbing together body structures, as a cricket does.

7. clowder *n.*—A: fish food. B: group of cats. C: old-fashioned wooden dog toy.

8. brindled *adj.*—A: streaky, as a coat. B: vaccinated. C: on end, as neck hairs.

9. card *v.*—A: breed for docility. B: brush or disentangle fibers, as of wool. C: demand to know a dog's pedigree.

10. zoolatry *n.*—A: animal worship. B: system for grouping animals. C: study of animal communication.



11. vibrissa *n.*—A: whisker. B: horse's hoof. C: tortoise's lower shell.

12. grimalkin *n.*—A: frog pond. B: hip injury in dogs. C: old female cat.

13. feral *adj.*—A: rabid or otherwise diseased. B: pregnant or in heat. C: not domesticated.

14. cosset *v.*—A: pamper or treat as a pet. B: selectively breed. C: grow more docile.

15. ethology *n.*—A: proper treatment of animals. B: science of genetics. C: study of animal behavior.

Deep Roots

You might think the **Canary Islands** were named for the bird, but the original Spanish label, *Islas Canarias*, was actually inspired by the large dogs found there (note the form of the root *caninus*, as in *canine*, in *Canarias*). The canary is related, though. The songbird borrows its moniker from the French name for the islands: *Îles Canaries*.

Answers

1. ailurophile—[A] lover of cats. Being an *ailurophile* is one thing, but building an entire wing for your feline friend is another.

2. leporine—[C] of or relating to a hare. “So much for the judges’ *leporine* bias,” boasted the tortoise as he studied the instant replay.

3. komondor—[A] Hungarian sheepdog. “Maybe I’ll have your *komondor* do double duty as a kitchen mop!” Ms. Gulch growled.

4. Komodo dragon—[B] Indonesian lizard. The *Komodo dragon*’s name is justified: This carnivore is the heaviest living species of lizard in the world.

5. caudal—[C] taillike. Waving her arms in a ludicrously *caudal* fashion, Ann did her best to illustrate the puppy’s excitement.

6. stridulate—[C] make a shrill noise by rubbing together body structures, as a cricket does. The insects continued to *stridulate*, forcing sleep-deprived Fran to don earplugs.



7. clowder—[B] group of cats. Testing a new catnip recipe, Leslie fled the room pursued by a crazed *clowder*.

8. brindled—[A] streaky, as a coat. Camouflaged in her costume, Marti hid among the *brindled* barnyard cows.

9. card—[B] brush or disentangle fibers, as of wool. At the rate Beth is *carding* that yarn, she’ll have half a sweater by Easter!

10. zoolatry—[A] animal worship. Do you think naming your cocker spaniel Your Majesty is taking *zoolatry* too far?

11. vibrissa—[A] whisker. Constantly hurrying, the nervous White Rabbit still took time to fuss over each *vibrissa*.

12. grimalkin—[C] old female cat. We weren’t sure who was creepier: the old lady or the bedraggled *grimalkin* that always sat on her lap.

13. feral—[C] not domesticated. When Liz said, “Smile for the camera,” her son bared his teeth like a *feral* hound.

14. cosset—[A] pamper or treat as a pet. Uncle Paul *cossets* his nieces. They don’t have to lift a finger.

15. ethology—[C] study of animal behavior. Natalie needs to complete her *ethology* degree before she can join the monkey expedition.

Sound Smarter

This month, we revisit *lay* and *lie*, specifically in the phrase *lay/lie low*. **Lie low** is the correct present-tense form. Why? Standard usage still applies: *Lie* doesn’t require an object (“go lie down”); *lay* does (“lay your head down”). In the past tense, *lie* becomes *lay*; *lay* becomes *laid*. So a wily predator might lie low as it stalks its prey.

VOCABULARY RATINGS

- 9 and below: something the cat dragged in
- 10–12: big fish
- 13–15: king of the forest

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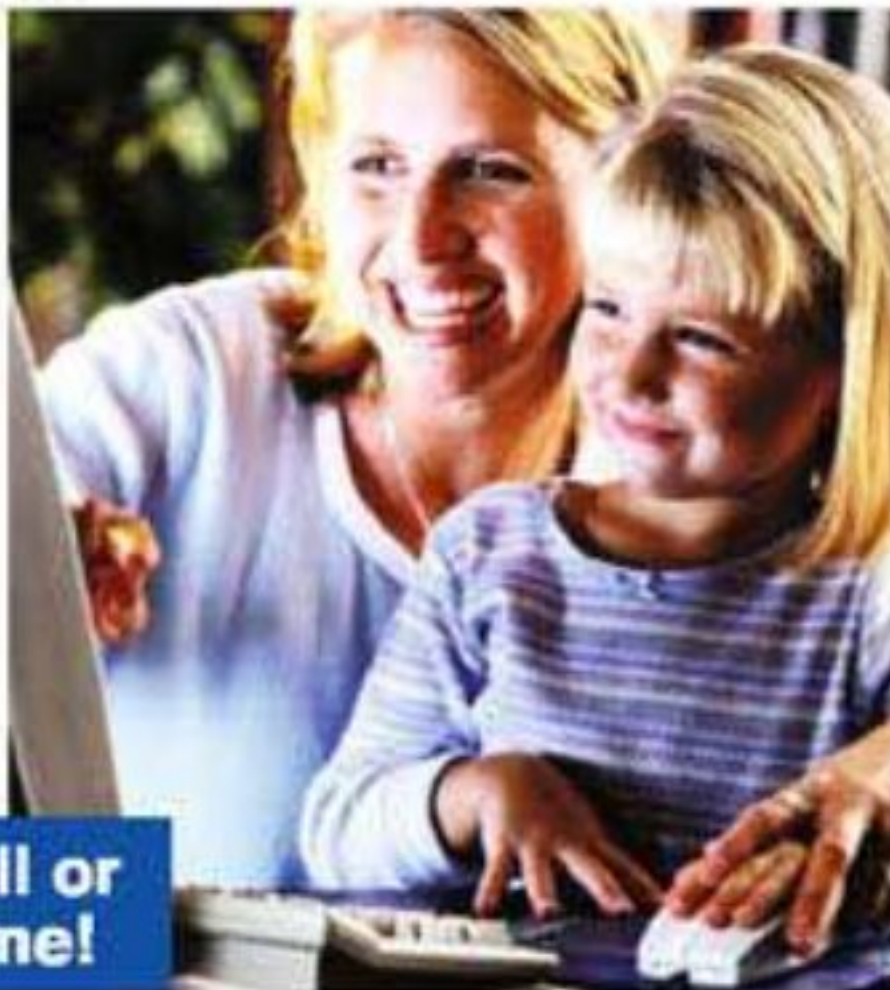
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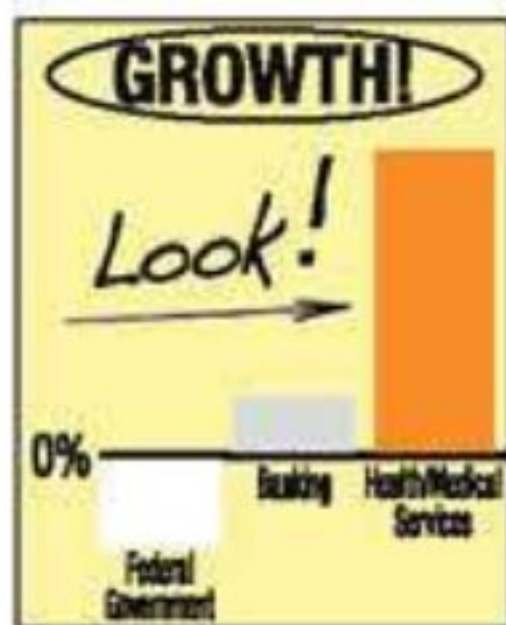
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Laugh! 😊

A man is drinking with his wife when out of the blue he announces, “I love you.”

“Is that you or your beer talking?” she asks.

“It’s me,” he says, “talking to the beer.”

From planetproctor.com

I’m Hating It

Some cities may ban McDonald’s from offering toys in Happy Meals unless the meal is low in sodium and fat. The readers of The Week created new names for the meals:

- Tantrum in a Box
- No Child Left with a Behind
- McGoody Two Chews
- Mean Cuisine

What is my relationship deal breaker? Being broken up with.

Jennifer Estlin, Annoyance Theatre, Chicago

Moved by the church service, the richest man in town stood up and addressed the congregation.

“I remember the day I earned my first dollar,” he said.

180



“That night, I went to a church meeting, and the speaker told us about his missionary work. I had only that single dollar bill, and I had to make a decision: Give it to his worthy cause or keep it. So I gave him all the money I had. I believe that God blessed that decision, and that is why I am a millionaire today.”

As he sat down, a woman shouted, “I dare you to do it again.”

Submitted by *Debra Miteff, Lafayette, Indiana*

I was too poor to afford nice sneakers as a kid. When I asked for Air Jordans, my mom said, “What other players do you like?”

Comic *Matt Ritter*

Hugh Hefner turned 85. His 25-year-old fiancée said she

readersdigest.com 8/11

Selluloid Dreams

Sometimes the best part of a film is the tagline on the poster:

- **This Is Spinal Tap** (1984):
“Does for rock and roll what *The Sound of Music* did for hills.”
- **The Toxic Avenger** (1984):
“The first superhero ... from New Jersey!”
- **Naked Gun 33⅓: The Final Insult** (1994):
“From the brother of the director of *Ghost*.”
- **The Royal Tenenbaums** (2001):
“*Family* isn’t a word. It’s a sentence.”
- **The Simpsons Movie** (2007):
“See our family. And feel better about yours.”

Tim Nudd, adweek.com

doesn’t love him 4 his money; she loves him 4 his articles.

Sklar Brothers, Twitter

In honor of National Tell an Old Joke Day (July 24), here’s an old joke:

“Great news!” the psychiatrist says to his patient. “You’re cured!”

“Cured?!” shouts the patient.

“I used to be Julius Caesar. Now I’m nobody!”

Submitted by *Blythe Ellen Curtis*, Bend, Oregon

A stark-naked woman jumps into a taxi and gives the cabbie an address. The cabbie just looks at her, making no attempt to drive.

“What are you staring at?” the woman asks. “Haven’t you seen a naked woman before?”

“I’m not staring,” he replies.

“Well, if you’re not staring, what are you doing?”

“Wondering where you’re keeping the money to pay me.”

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Groupon offers discounts for everything. Here are some extras I’ll agree to throw in free for my friends.

- Four reasons I’m actually angry when I claim there’s one.
- Two feelings when you tell me about your promotion.
- Two highway exits I’m absolutely sure are the ones we want.
- The feeling that 20 minutes have passed when we’ve been chatting for only five.

Cara Gillotti, mcsweeneys.net

Your favorite new joke, funny anecdote, or crazy news story might be worth \$\$\$.
See page 84 for details.

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90 AMP FLUX WIRE WELDER

CHICAGO WELDING



SAVE \$60

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Item 47077 shown

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drillmaster



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PITTSBURGH 12" RATCHET BAR CLAMP/SPREADER



LOT NO. 46807

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SAVE 77%

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3-1/2 PUMPS LIFTS MOST VEHICLES!

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2000 LB. ELECTRIC WINCH WITH AUTOMATIC LOAD-HOLDING BRAKE

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7" WET CUTTING TILE SAW

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