

**Winter  
Weight  
Watch!**

**Best Tips from TV's Biggest Losers**

PAGE 28

# Reader's Digest.com

**Oh,  
What  
Fun!**

**Gag Gifts for  
Good Friends**

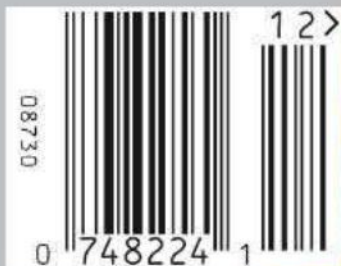
**Your To-Do List,  
Condensed**

**True Christmas  
Miracles**

**and Real  
Reindeer**



DEC. 2010/JAN. 2011  
\$3.99

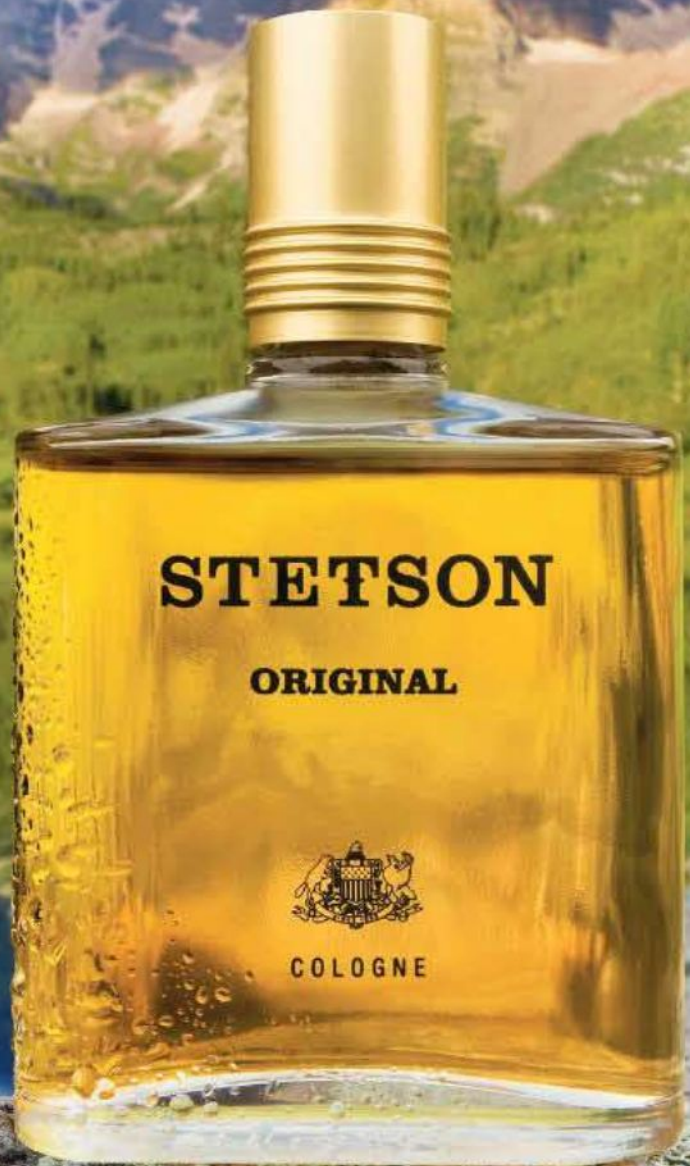


**Teens on  
Rx Drugs**  
Do you know  
the signs? PAGE 142



This holiday, give him  
the classic scent of Stetson

It's his legend to live  
...Yours to give



made of AMERICA™ **STETSON.**

## F E A T U R E S

**98 The Spirit of Giving** GARY SLEDGE

Warm coats, bicycles, and strings of Christmas lights—these five stories celebrate big hearts and small acts of kindness.

**118 Christmas Shopping: The Reader's Digest Version**

We've whittled your to-do list down to the most wanted games, gadgets, goodies, and other holiday gifts for the nice, the needy, and even the naughty.

**128 A Miracle on Christmas Eve** GARY SLEDGE

A mother in cardiac arrest. An infant in crisis. A doctor with a second chance.

**134 The New Bill Clinton** CARL M. CANNON

The vigorous, now vegetarian former president is devoting his time to convincing billionaires to care about the world's poor.

**142 Little. Legal. Lethal.** ALEXIS JETTER

Prescription drugs are more popular among teens than cocaine, heroin, and meth—combined. The scariest part: The killers may be in your medicine chest right now.

**152 Made in the U.S.A.** SUZANNA ANDREWS

As outsourcing decimates American manufacturing, a few top designers, executives, and entrepreneurs are on a mission to keep jobs at home.

**164 Two Simple Words** JOHN KRALIK

How the power of *thank you* changed a man's life.

**108 Reindeer Country**

The Sami of Scandinavia tend the herds as they have for centuries. Photographer Erika Larsen chronicles the latest generation.



# Reader's Digest

## T H E D I G E S T

- 14 Food** Top tips from five food celebrities; the nation's most popular holiday cookies
- 23 Health** The health benefits of optimism; holiday weight-loss habits from the Biggest Losers
- 32 Money** How to beat waiting in line; 13 things your salesclerk won't tell you
- 41 Family** Googling Mom; the best marriage advice we've ever heard
- 53 Home** Introducing the "granny pod"! Plus: three secrets for a quieter house
- 58 Play** Mini book excerpts; what Edward Norton is up to

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

- 5 React** Your letters
- 70 Around the World with One Question** How much are you spending on holiday gifts this year?
- 72 Ask Laskas** Commonsense advice  
JEANNE MARIE LASKAS
- 75 Here's an Idea!** The case for staying home this season  
MICHAEL IAN BLACK
- 80 Off Base** Humor in uniform
- 92 @Work** Office laughs
- 107 Poetry** "Taking Down the Tree"  
JANE KENYON
- 177 Word Power** Test yourself
- 180 Life** Your funny true stories
- 184 Last Laugh**

Get tips  
to make life  
easier at  
[readersdigest.com](http://readersdigest.com).

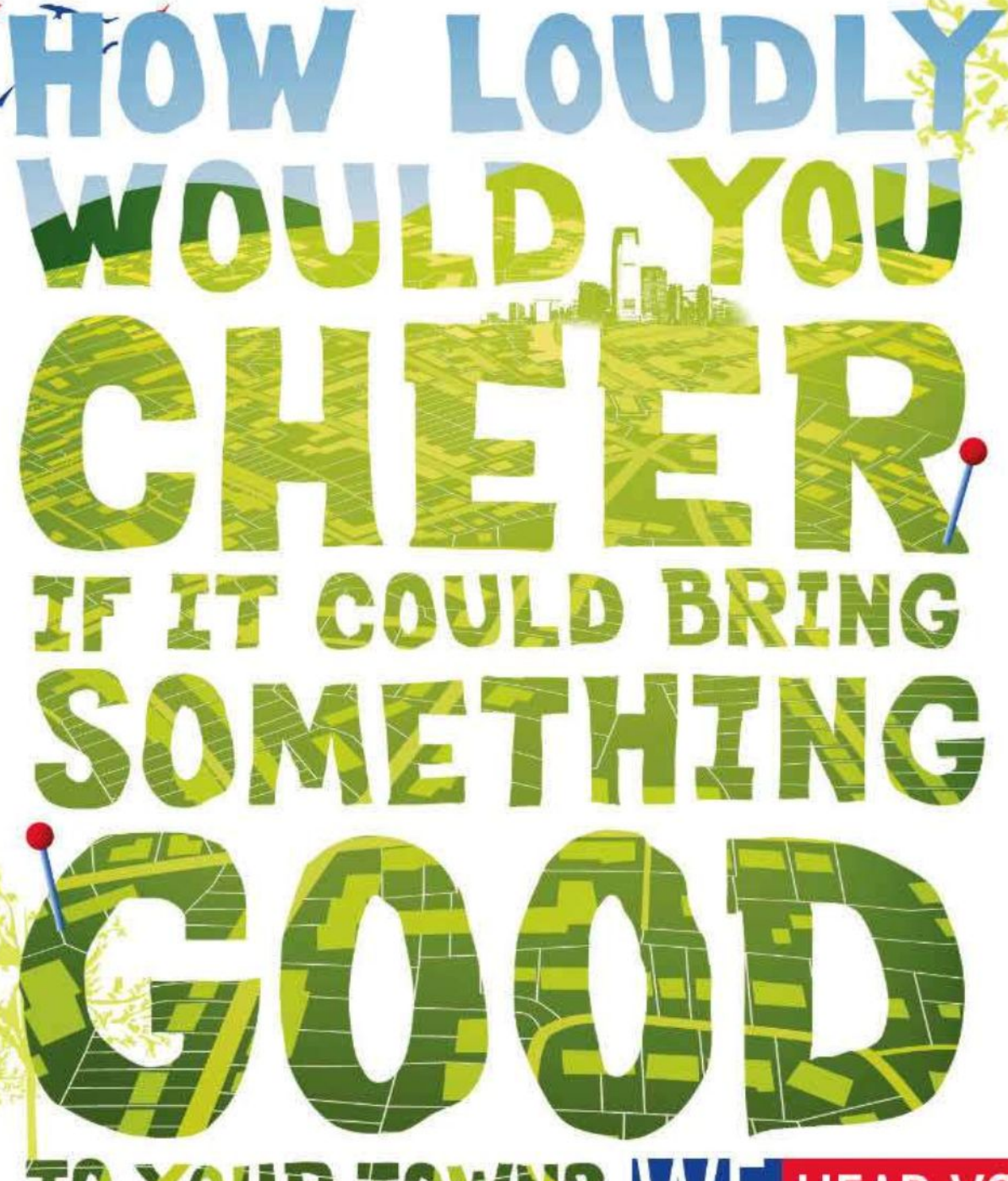
(BOTTOM) DAVID LOFTUS; (TOP) TAMARA REYNOLDS



**98**  
Santa's little  
helper: Riley  
Christensen

**15**  
Jamie Oliver's  
favorite  
Christmas  
salad





HOW LOUDLY  
WOULD YOU  
CHEER  
IF IT COULD BRING  
SOMETHING  
GOOD  
TO YOUR TOWN?

READER'S DIGEST IS DONATING FUNDS AND RESOURCES TO HELP REINVIGORATE TOWNS AND FAMILIES ACROSS AMERICA. **YOURS COULD BE NEXT.** FIND OUT MORE AT [READERSDIGEST.COM](http://READERSDIGEST.COM)

**Go. Vote. Win. @ RD.com**

**WE HEAR YOU  
AMERICA**

Reader's  
**Digest**

Reader's  
**Digest**

No purchase necessary to enter or win. Open to U.S. residents age 18 and over. Sweepstakes opens November 8, 2010 and closes February 7, 2011. Void where prohibited. Prizes will be awarded as cash. For entry details and official rules, visit [RD.com/WeHearYouAmerica/Rules](http://RD.com/WeHearYouAmerica/Rules)

“I’ve never felt  
**SO REFRESHED**  
**IN MY LIFE!”**

—beams **Monica**

**WAS IT THE CELEB SPA?  
 THE TIME OFF?  
 THE FRESH STEP®?**

**M**onica’s life has completely turned around. She’s got a fresh new start and knows the sweet smell of success isn’t far away. How did this happen? She gives a lot of credit to Fresh Step® cat litter.

“It makes me feel as fresh as a spa day,” coos Monica. According to the Fresh Step crack R&D team, they created the only clay litter with carbon\*,

which is proven to work really well at getting rid of odors. This activated carbon acts like a super sponge with an enormous capacity to absorb and neutralize litter box odors. It also works continuously. “The carbon is fabulous, especially for us odor-sensitive types,” our starlet gushes. “If you ask me, all litters are definitely not the same.”

Since Fresh Step® litter doesn’t just mask odors but

actually eliminates them, Monica’s cute little condo is fresher. So is her life. Only one problem: Monica’s feline “friends” are making a big stink. They want Fresh Step® litter, too.

Fresh Step® is the only clay litter with carbon\*. For more cat tales, visit [Facebook.com/FreshStep](https://www.facebook.com/FreshStep). Cats know what they like.



\* Activated carbon

## Doctor, Rest Thyself

I work in the medical field, and sometimes the only thing scarier than being the patient is supervising the care of that patient (“White Coat Confessions”). Too many doctors take on more than they can handle without asking for help, which can lead to an incorrect diagnosis. Asking for help is a sign of strength, not weakness.

*Tiffany Steele, Frederic, Wisconsin*

Legislation to limit the working hours of residents may reduce the clinical experience they need to be proficient physicians the day they graduate from residency. One chairman of medicine where I trained used to say, “The only good empty bed in the hospital is the intern’s,” and I believe he was right. *Jim Ulery, MD, Milan, Michigan*

Even truck drivers and airline pilots follow federal limits on the hours they work. You can’t expect high-quality medical care from an exhausted staff.

*Robert and Leslie Fitzgerald, Waynesville, Missouri*

## Schools Rule

Michael Crowley condemned zero tolerance policies in schools,



Checklists may be valuable, but what Dr. Pronovost needed was 12 hours off in the middle of that ridiculous 36-hour shift! My first question to a physician in an ER will be “When did you last sleep?”

*Paul C. McLaughlin, PE, Peoria Heights, Illinois*

calling them paranoid and hysterical (Outrageous! “Zero Judgment”). We live in a society where fear of liability and litigation rules many decisions. Categorizing school personnel as irrational is irresponsible scapegoating. Following school board or educational district procedures is something these employees must do, or they risk losing their jobs. *Roxanne Faryar, Seattle, Washington*

These rules are in place for a reason. I work in the same school district that Columbine High School is in. If we start relaxing on one issue



## WHAT WOULD MAKE THE HOLIDAYS BETTER AT YOUR HOUSE? ... THE READER'S DIGEST VERSION

This month, 29% of our reader panel said that Christmas would be better if the whole family could be together, and 9% wanted a little extra money to make the season brighter. The rest said holidays would be happier if ...

>> The prayers were bigger, the gifts smaller, the laughter louder.

R. G., Pensacola, Florida

>> I had more time off from work to enjoy them.

M. G., Pittsfield, Massachusetts

>> The television was turned off!

J. M., Hernando, Mississippi

>> I had a caterer.

M. T., Thief River Falls, Minnesota

>> It snowed about one inch. Just for fun!

M. P., Tacoma, Washington

>> All the members of my family would be thankful for whatever they receive.

P. P., Shreveport, Louisiana

>> I could convince adults that in lieu of personal gifts, we donate to a charity.

J. B., Baton Rouge, Louisiana

>> Everyone would pitch in and help out.

K. D., Cincinnati, Ohio

>> I didn't stress out trying to find the perfect gift for everyone.

M. M., Louisville, Kentucky

**Want your opinion heard?** Join Our Connection, the *Reader's Digest* Reader Panel, and take part in short surveys. Sign up at [readersdigestconnection.com](http://readersdigestconnection.com) and register to win \$30,000.

and then another, when an incident does happen, who will get blamed and sued first? The school districts and teachers.

*Don Engle, Westminster, Colorado*

My fifth grader and I were informed at orientation that "medicated lip balm" is no longer allowed!

*J. Pinney, Bristow, Virginia*

## Shore Up Our Jobs

I'm glad Rick Alden's headphone business is doing well, but I have an issue with outsourcing (Dreamers, "Now Hear This"). The economy will never get better if companies continue to move production overseas. Production in the United States may cost more, but the more people who are employed, the more money they have to spend, and the more profits companies will make in the long run. People can't buy these great products if they are unemployed due to outsourcing.

*Carole Rush, Grants Pass, Oregon*

## Smart Samaritans

As a Red Cross first aid instructor, I can understand why the appeals court's decision was so close in determining negligence on the part of the young woman who injured her friend while trying to pull her from the crashed car (You Be the Judge, "When Help Hurts"). One of the things we teach is to always get consent when dealing with a seriously injured but conscious person. In fact, a final exam question is:

What do you do with an injured conscious person who does not give consent? The correct answer is to call 911 and refrain from giving care.

*David Sarrette, MEd, Bainbridge, Georgia*

I have been a CPR instructor for 26 years. If I saw smoke coming from a crashed vehicle, I would get the passengers out. I hope the court that rendered the decision of negligence on the part of the Good Samaritan never needs a bystander to respond!

*B. B., Skagway, Alaska*

## Adopt a Better Attitude

Sometimes speaking up is the right thing to do, and I think Jeanne Marie Laskas was wrong (Ask Laskas). The letter writer who questioned Church Lady's habit of singling out one of her sons as her "adopted son" should be commended for speaking up for the boy's rights. Adopted children have enough insecurity about how they fit in. More people need to have the courage to speak up and challenge adults who are insensitive to the emotional needs of children.

*Karen Shollenberger, Fort Wayne, Indiana*

## Mixed Breeds

The picture on the first page of "The Digest" is of a komondor, not a puli. Komondors are white, and pulis are black. Both have a ropelike coat, and I believe both come from Eastern Europe. Since I show Shar-Peis, I have seen both at dog shows.

*C. V., Marietta, Georgia*

*Editor's Note: The American Kennel Club standard for pulis states that "solid colors of rusty black, black, all shades of gray, and white are acceptable." Komondors are much larger (27 inches at the withers) than pulis. We stand by our pictured puli.*

## More Poetry, Please

What happened? In the October issue, I can't find any of the poetry usually featured. I've been bragging that *Reader's Digest* now includes poetry. Okay, I'm an English major and a poet myself, but surely there are others who appreciate poetry.

*Mary Belardi Erickson, Kerkhoven, Minnesota*

*Editor's Note: Take heart! Poetry is back! See page 107.*

## How to Reach Us

### >> Letters to the Editor

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

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

### >> Submissions

For short humor items, please see page 93. We regret that we cannot accept or acknowledge unsolicited artwork, photographs, or article-length manuscripts.

### >> Customer Care

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

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

**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.

#### **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.
- receive phototherapy for your psoriasis.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if STELARA® will harm your unborn baby. You and your doctor should decide if you will take STELARA®.
- are breast-feeding or plan to breast-feed. It is thought that STELARA® passes into your breast milk. You should not breast-feed while taking STELARA® without first talking to your doctor.

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

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

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

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

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

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



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](http://www.STELARAinfo.com)

## MEDICATION GUIDE FOR STELARA® INJECTION

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

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

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

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

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

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

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

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

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

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.

### **Cancer:**

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<sup>®</sup>?**

#### **Before receiving STELARA<sup>®</sup>, 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<sup>®</sup>?”
- have recently received or are scheduled to receive an immunization (vaccine). People who take STELARA<sup>®</sup> 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<sup>®</sup> or one year after you stop taking STELARA<sup>®</sup>.** Non-live vaccinations received while taking STELARA<sup>®</sup> may not fully protect you from disease.
- receive phototherapy for your psoriasis.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if STELARA<sup>®</sup> will harm your unborn baby. You and your doctor should decide if you will take STELARA<sup>®</sup>.
- are breast-feeding or plan to breast-feed. It is thought that STELARA<sup>®</sup> passes into your breast milk. You should not breast-feed while taking STELARA<sup>®</sup> without first talking with 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.

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<sup>®</sup>?**

- STELARA<sup>®</sup> is given by injection under the skin (subcutaneous injection).
- STELARA<sup>®</sup> should only be given by a healthcare provider as directed by your doctor.
- Your doctor will decide the right dose of STELARA<sup>®</sup> 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<sup>®</sup>?**

You should not receive a live vaccine while taking STELARA<sup>®</sup>. See “What should I tell my doctor before taking STELARA<sup>®</sup>?”

#### **What are the possible side effects of STELARA<sup>®</sup>?**

STELARA<sup>®</sup> can increase your chances of having serious side effects. See “What is the most important information I should know about STELARA<sup>®</sup>?”

#### **Common side effects of STELARA<sup>®</sup> include:**

- upper respiratory infections
- headache
- tiredness

These are not all of the possible side effects of STELARA<sup>®</sup>. 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 or to Centocor Ortho Biotech Inc. at 1-800-457-6399.

#### **General information about STELARA<sup>®</sup>**

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

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

#### **What are the ingredients in STELARA<sup>®</sup>?**

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 December 2009

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

U.S. License No. 1821

© 2010 Centocor Ortho Biotech Inc.

25US10042

**IF YOUR CARD HAS AN  
ANNUAL FEE, GET RID OF IT.**

**IF IT COMES WITH A REWARD  
REDEMPTION FEE, CUT IT UP.**

**IF IT COSTS TO ADD A CARD,  
STICK IT IN A DRAWER.**

**AND SWITCH TO DISCOVER.®**

**Ranked #1 in customer loyalty.\*  
It pays to switch. It pays to Discover.**

\*According to the 2010 Brand Keys Customer Loyalty Engagement Index report



**1-800-DISCOVER | [discover.com](http://discover.com)  
Discover® More® card**

# The Digest

KENNAN WARD/CORBIS

Sometimes, when you live on an ice floe, cuddling is the best way to get through the winter. This photo of a polar bear and her cubs is just one of the 100 images of flora and fauna in *Wonders of Life: The Amazing World of Nature* (Time Home Entertainment, \$29.95). Seasonal giftworthy bonus: five removable prints you can frame and hang.



**Food**  
page 14

**Health**  
page 23

**Money**  
page 32

**Family**  
page 41

**Home**  
page 53

**Play**  
page 58



## Figgy Pudding 2.0

Five top chefs and food writers dish up new books and classic Christmas meals **BY LAUREN J. GNIAZDOWSKI**



### Nigella Lawson

*Nigella Kitchen*

(Hyperion, \$35)

#### Her Reader's Digest

**Version:** "I have cooked these recipes over the years to suit everyday life, and everyday life means very different paces and very different needs."

**Favorite recipe:** "My Mother's Praised Chicken is a recipe I've been eating since childhood. I like the feeling that I cook it for my children, and they will in turn cook it for theirs. It is the essence of what

my family food is."

#### Ultimate food

**gift:** "I'm a great believer in chutney. You just put everything in a pan at once and cook it for about 40 minutes. If I'm really pushed for time, I give vanilla sugar. Put some sugar in a preserving jar, cut up a vanilla pod,

and put the two bits in. Seal it, tie it with a ribbon, and that really does take two minutes."

#### Favorite seasonal food:

"Belgian Beer Braised Beef is a big stew and uncompromisingly meaty. It's best eaten out of a bowl, and you feel that you're warming your hands and your soul."

**Holiday recipe from family or a friend:** "A friend's turkey hash and his mother's meat loaf are

why I want to be at a table eating with people, because it's food that's unpretentious."

#### Favorite champagne:

"I have extravagant taste, and I love Taittinger champagne. But more and more, I find I prefer prosecco. It's a lovely party drink."

#### Best Recipe for Christmas

"My Guinness Gingerbread, because the smell of gingerbread baking makes it feel completely as if it's Christmas. It's fantastic with ice cream if you want to eat it warm."

**Favorite wine:** "There's an American wine that I'm mad about, a beautiful red wine, Ridge Geyserville [\$35]. It's like liquid velvet."



## Jamie Oliver

*Jamie's America*

(Hyperion, \$37.50)

**His Reader's Digest**

**Version:** "I wanted to get to the heart of great American food, past the junk and supersize portions. From New York to New Orleans, the energy of Los Angeles to the big skies of Wyoming, I found

what I was looking for."

**Favorite recipe:** "I went looking for 'quintessential American food,' but there are radically different worlds and food in this one vast country, and it's impossible to pick."

**Ultimate food gift:** "I found this artisan farmhouse bakery deep in the Cotswold countryside that makes an amazing Christmas pudding and cheeky chocolate fruitcake."

**Best recipe for Christmas:** "Candied Bacon Green Salad, the one-pan Traybaked Chicken with sage and sweet potatoes, and the Bourbon Pecan Tart."

**Most irresistible side**

**dish:** "A sexy salad is always my go-to side dish. I like the different textures and flavor combinations, depending on what's in season and what other dishes are being served."  
**Holiday recipe from family or a friend:** "Sunday

### Favorite Wine

"I prefer a nice pint of lager, to be honest."

Roast Dinners remind me of growing up in my parents' pub, the Cricketers, in Clavering [England]."



## Molly O'Neill

*One Big Table: A Portrait of American Cooking*

(Simon & Schuster, \$50)

**Her Reader's Digest**

**Version:** "Stories and recipes that taken together,

create a portrait of America and, individually, create fabulous meals."

**Favorite recipe:** "Every week it's something different. This week I'm loving a recipe from a Mexican street vendor in San Francisco. Around the holidays, I go crazy over the ways to cook and stuff a turkey."

**Best Recipe for Christmas:** "There's a lobster chowder in the book that people ask for at the holidays. I never make it at any other time, because it's so rich and expensive."

**Most irresistible side dish:** "There's a Squash Tian—just squash roasted in a clay pot—that people love. Swiss Chard Tacos work as a side dish or a vegetarian entrée."  
**Ultimate food gift:** "In the book, there's a cookie called Holly Lane's Best Cookie. People collapse from the awesomeness of it."  
**Holiday recipe from family or a friend:** "I learned how to make a great soup out of leftover turkey from Alice Waters."  
**Favorite wine:** "As much and as good as possible."

(TOP) DAVID LOFTUS; (BOTTOM) FRED CONRAD



## Rachael Ray

### *Rachael Ray's Look + Cook*

(Clarkson Potter, \$24.99)

#### Her Reader's Digest

**Version:** “*Look + Cook* is packed with 200 of my never-before-published recipes and 600 four-color photographs. The first 170 recipes have step-by-step instructive color photographs, which makes cooking foolproof. The book also has recipes that I demo online in real-time videos hosted on [foodnetwork.com](http://foodnetwork.com) and [rachaelray.com](http://rachaelray.com).”

**Best recipe for Christmas:** “Where I’m from, it’s always freezing cold around Christmastime, so when I think of a holiday meal, I think of a warm, hearty meal. There are some great

chili recipes, like my Steakhouse Chili Pot, and some hearty pasta dishes. The Cobb Pasta Toss is a winner.”

**Most irresistible side dish:** “We’re Sicilians, so it’s traditional to celebrate Christmas

Eve with the Feast of the Seven Fishes. I don’t have the patience to make seven dishes. I make a cioppino or a fish stew instead. It uses five varieties of seafood, all in one pot. For Christmas Day, I make Christmas pasta—you can’t fit another meat in the pot. It has Italian sausage, pancetta, and ground beef. And it just gets better each time you heat it. Cook only as much pasta as you need at the time—half a pound for every three people.”

**Ultimate food gift:** “I give someone a cookbook, perhaps *Look + Cook*—wink, wink—and then make a basket full of

food ingredients for one of the recipes in the book. You can get creative with it and give a pot or pan or a utensil used in the dish.”

**Holiday recipe from family or a friend:** “My mom makes this delicious Cider Beef with Cheddar Smashed Potatoes. The beef has a touch of sweetness and a tanginess that is just amazing. And nothing smells better than a pot of stew on the stove simmering during the cold months.”

**Favorite wine:** “Brunello di Montalcino wine. Not only is it a fantastic wine but it holds a special place in my heart—Montalcino is where John and I got married. We head back to Montalcino every year and take our family and friends to celebrate.”

### Favorite Recipe

“That’s gotta be like asking parents who their favorite child is. I am partial to all the recipes in [my new] book. The concept is so user-friendly that no one—I mean, no one—will have an excuse not to get cooking.”



## Amanda Hesser

*The Essential New York Times Cookbook*

(W. W. Norton, \$40)

### Her Reader's Digest

**Version:** "It's a look back at the most notable recipes that have run in the *New York Times* from the 1850s until today."

**Favorite recipe:** "Broiled Steak with Oysters is from 1945. It's kind of a steak-house classic, although it's harder and harder to find. It's great because it's a different play on surf and turf. There's also a fantastic dessert called Forget-It Meringue Torte, which ran in 1978. Basically, it's a meringue that you whip up and scent with vanilla or almond extract or however you like. You fill the pan, stick it in the oven, then turn off the heat and leave it in the oven overnight. It cooks, and the outside becomes firm and

kind of crackly. The inside is this bouncy meringue. It's just this delicious thing you can make for a dinner party. All you need is some great berries and you're done."

**Best recipe for Christmas:** "There are two really incredible egg-nogs that are very different from each other. One is a Craig Claiborne egg-nog from the '50s. It's so dense, you can actually stand a spoon up in it.

The other is a blender egg-nog. I think it ran in the *Times* maybe two years ago. It's done in a blender, so you get a terrific texture, and it's super easy."

### Ultimate food gift:

"Grapefruit Wine. You have to start 40 days in advance. But you slice up a bunch of citrus, and add wine and sugar and things like that. Just let it sit for 40 days and stir it every now and then. It becomes gently sweet with a nice acidity."

**Holiday recipe from family or a friend:** "My friend Merrill taught me

an hors d'oeuvre that everyone seems to love. You slice a baguette, toast it, and then rub it with a tiny bit of olive oil. Then on top you put ricotta cheese, a little lemon zest, a little bit of honey, and a little bit of salt. It's delicious. The challenge is to find a really good brand of ricotta. But it takes no time,

### Most Irresistible Side Dish

"Brussels Sprouts Slaw with Mustard Butter. You shred Brussels sprouts in the food processor, then sauté them with mustard butter. People who don't like Brussels sprouts always love this dish."

and everyone loves it."

### Favorite champagne:

"My preferred champagne is actually prosecco. It's good and much more reasonably priced."

**Favorite wine:** "I really like Lambrusco. It's a red that has a little bit of effervescence in it. I like that it has liveliness and spirit to it. It doesn't take itself too seriously." ■

## THE LIST

# Cookie Nation

FROM [allrecipes.com](http://allrecipes.com)

Everyone loves sugar cookies, chocolate-chip cookies, and gingerbread. But what did bakers in each of the 50 states pick for their holiday trays *besides* the straight-up national favorites? Based on page views last December at the sister site of *Reader's Digest*, the winners are ...

- Alabama:** Grandma's Old-fashioned Tea Cakes
- Alaska:** Iced Pumpkin Cookies
- Arizona:** Pumpkin Chocolate-Chip Cookies
- Arkansas:** Easy Lemon Cookies
- California:** Persimmon Cookies
- Colorado:** Ultimate High-Altitude Chocolate-Chip Cookies
- Connecticut:** Italian Cookies
- Delaware:** Pizzelles III (Italian wafer cookies)
- District of Columbia:** Rugelach 2
- Florida:** Mexican Wedding Cookies
- Georgia:** Fruitcake Cookies
- Hawaii:** Melt-in-Your-Mouth Shortbread
- Idaho:** Pumpkin Chocolate-Chip Cookies III
- Illinois:** Cream Cheese Kolacky (small filled pastry)
- Indiana:** No-Bake Cookies
- Iowa:** Peanut Clusters
- Kansas:** Peanut Clusters
- Kentucky:** Kentucky Bourbon Balls
- Louisiana:** Yummy Pecan Pralines
- Maine:** Cranberry and Orange Cookies
- Maryland:** Chewy Peanut-Butter Chocolate-Chip Cookies
- Massachusetts:** Italian Anisette Cookies
- Michigan:** Cranberry and Pistachio Biscotti
- Minnesota:** Spritz Cookies IV
- Mississippi:** Russian Tea Cakes >>



## ... AND THE MOST POPULAR COOKIE IN AMERICA LAST CHRISTMAS WAS ... EASY SUGAR COOKIE

Makes 4 dozen cookies

- 2¾ cups all-purpose flour
- 1 tsp. baking soda
- ½ tsp. baking powder
- 1 cup butter, softened
- 1½ cups white sugar
- 1 egg
- 1 tsp. vanilla extract

- 1.** Preheat oven to 375°F (190°C). In small bowl, stir together flour, baking soda, and baking powder. Set aside.
- 2.** In large bowl, cream together butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in dry ingredients. Roll rounded teaspoonfuls of dough into balls, and place onto ungreased cookie sheets.
- 3.** Bake 8 to 10 minutes in preheated oven, or until golden. Let stand on cookie sheet two minutes before removing to cool on wire racks.

©/TM® The J.M. Smucker Company, Pillsbury, The Barrel head logo, and the Doughboy character are trademarks of the Pillsbury Company, LLC, used under license.



**You're this close  
to enjoying delicious  
desserts again.**

**New Pillsbury® Sugar Free Baking Mixes**  
Welcome back to home baked desserts.

For more info call 1-800-767-4466 or visit [Pillsburybaking.com](http://Pillsburybaking.com)





## BALSAMIC ROSEMARY PORK LOIN WITH ROASTED POTATOES

### INGREDIENTS

2 ½ lbs. boneless top loin pork roast  
1 ½ c. fresh rosemary leaves  
12 cloves garlic  
3 tbsp. olive oil  
2 tbsp. balsamic vinegar  
1 tsp. salt  
2 tsp. black pepper  
2 ½ lbs. small red potatoes, cut into  
½-inch wedges

### DIRECTIONS

Preheat oven to 450°F.

In food processor, combine rosemary, garlic, oil, vinegar, salt and pepper; pulse to a coarse, wet paste. Spread ¾ paste on all sides of roast. Place roast, fat side up, in shallow roasting pan big enough to hold roast with 3 inches around all sides. Cook 15 min.

Meanwhile, in large bowl, mix potatoes and remaining paste. Reduce oven to 350°F. Place coated potatoes around roast; cook 50 to 60 min., tossing potatoes halfway. Cook roast until internal temp. reaches 150°F. If potatoes aren't done, transfer roast to cutting board and continue cooking potatoes.

Remove roast from oven, let rest 10 min. Slice and arrange on platter with potatoes.

Serves 8 to 10

TheOtherWhiteMeat.com

pork

pork  
checkoff

©2010 National Pork Board,  
Des Moines, IA USA. This message  
funded by America's Pork Checkoff Program.

**Missouri:** Goey Butter Cookies

**Montana:** Marbled Almond Roca  
(cookie bars)

**Nebraska:** Cherry Mash Bars

**Nevada:** Pumpkin Chocolate-Chip  
Cookies III

**New Hampshire:** Molasses Cookies

**New Jersey:** Pignoli Cookies

**New Mexico:** Biscochitos I

**New York:** Rainbow Cookies

**North Carolina:** Easy and Fun  
Peanut-Butter Balls

**North Dakota:** Rosettes

**Ohio:** Buckeye Cookies III (Peanut Butter  
and Chocolate Balls)

**Oklahoma:** Cowboy Cookie Mix in a Jar

**Oregon:** Marbled Almond Roca

**Pennsylvania:** Pizzelles III

**Rhode Island:** Prune-and-Raisin-Filled  
Cookies

**South Carolina:** Pecan Chewies

**South Dakota:** Seven-Layer Bars

**Tennessee:** Peanut Blossoms

**Texas:** Mexican Wedding Cookies

**Utah:** Pumpkin Chocolate-Chip Cookies

**Vermont:** Ultimate Maple  
Snickerdoodles

**Virginia:** Saltine Toffee Cookies

**Washington:** Marbled Almond Roca

**West Virginia:** Pecan Sandies

**Wisconsin:** Chocolate Toffee Crunchies

**Wyoming:** Candy Cane Cookies ■

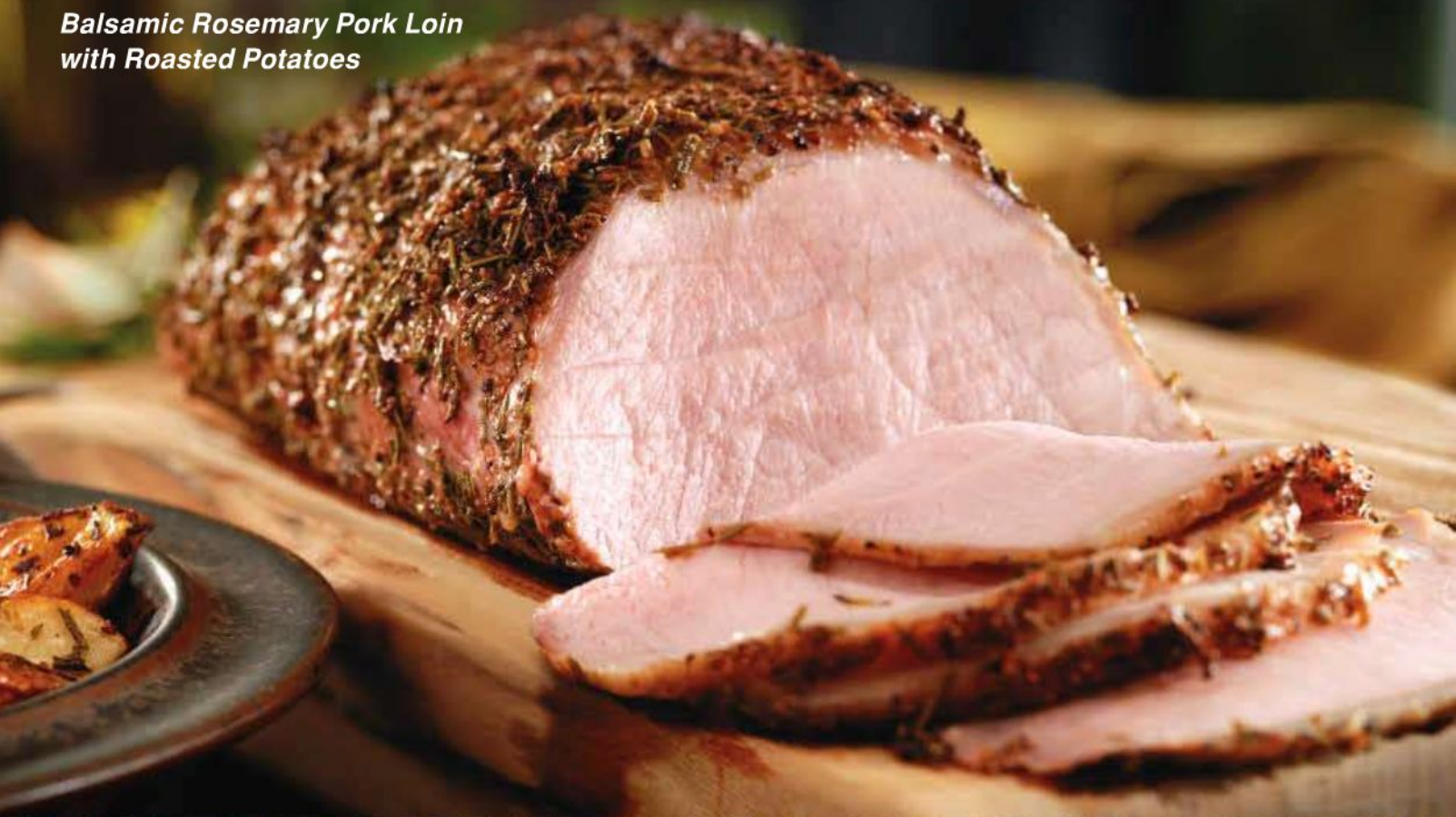
### WORD OF THE MONTH

## Obesogens

= substances, including bisphenol A, suspected of promoting obesity "by increasing fat cells in the body and altering metabolism and feelings of hunger and fullness."

Source: *New York Times*

*Balsamic Rosemary Pork Loin  
with Roasted Potatoes*



# TO ALL A GOOD BITE.

Wrapped in rosemary and garlic, then roasted to tender, juicy perfection, this Balsamic Rosemary Pork Loin is perfect for a holiday feast shared with family and friends. For more festive, flavorful ways to trim your table, visit [TheOtherWhiteMeat.com](http://TheOtherWhiteMeat.com)



©2010 National Pork Board, Des Moines, IA USA. This message funded by America's Pork Checkoff Program.





## Kathy knows 75% of all Americans don't get enough Vitamin D!

That's why she trusts Spring Valley® vitamins to supplement her diet with Vitamin D<sub>3</sub>. This Maximum Strength formula supports bone, breast, colon, pancreas and immune system health.\*

Spring Valley® vitamins and supplements are made under strict quality guidelines using the finest high quality ingredients.

So, if you're one of the millions of people who aren't getting enough Vitamin D... start supplementing with Spring Valley® Maximum Strength Vitamin D<sub>3</sub>.



Spring Valley®  
America's #1 Vitamin Brand.  
Quality. Selection. Value.

Exclusively At  
**Walmart**  
Save money. Live better.

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

<sup>1</sup>Ginde A.A. Demographic difference and trends of vitamin D insufficiency in the US population, 1988-2004. Nat Rev Rheumatol. 2009 Aug; 5(8):417-8.

©2010 Walmart 10-1018wmta

Visit [www.walmart.com/springvalley](http://www.walmart.com/springvalley)

## Why It's Smart to Be Optimistic

BY MERYL DAVIDS LANDAU

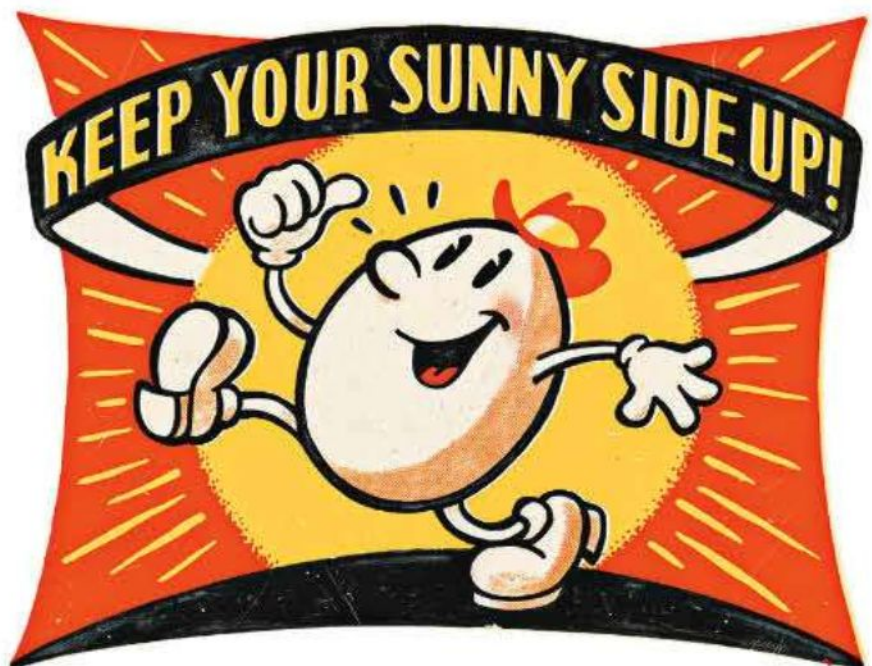
**E**xpecting good things can make you healthier and might even lengthen your life, says researcher Suzanne Segerstrom, PhD, author of *Breaking Murphy's Law*. Segerstrom is coauthor of a recent review of studies on the benefits of a positive attitude—and has experienced them herself. We asked her about optimism's principles and payoffs.

### 1) Feeling well helps when you're not well.

“When researchers look at people who have similar medical conditions, they can predict who's likely

to live longer: the one who *feels* his health is better. There's something about that feeling of wellness that's important, even—maybe especially—if you're ill. Optimism also seems to help buffer you against stress. I've been

studying first-year law students for 16 years. That's a very stressed group, but in my most recent study, each time a student's optimism increased one point on a five-point scale, his immune response to an injected virus >>



### Depending on which study you read, optimists ...

- are 9 percent less likely to develop heart disease.
- are only 77 percent as

- likely to be rehospitalized after some types of major surgery.
- have blood pressure

- that's five points lower, on average.
- live an average of 9.5 years longer.

LARRY JONES

or yeast improved by 20 percent.”

## 2) Optimism is something you do.

“Anxiety and other negative emotions are known to be detrimental to the body, especially to your cardiovascular and immune systems, and having an optimistic nature seems to protect against those effects. In addition, research shows that people who are optimistic about their future behave differently. They exercise more, are less likely to

smoke, and follow a better diet. And if they get sick, they’re more apt to actively participate in their treatment. I’ve seen that myself—I have back pain from arthritis, but I think my willingness to do whatever it takes has helped a lot.”

## 3) Not happy? Don’t worry.

“Happiness is a feeling; optimism is a belief that aspects of your future will turn out well. Happiness can fluctuate a lot, but an optimistic disposition is usually

pretty stable. If you’re not optimistic, you can try creating a ‘positive events’ log. Good things happen to everyone, but pessimists often don’t take notice; spending a few minutes every day writing about at least three positive things may help you expect them more often. Or instead of trying to be optimistic, do what optimists do: Work hard to reach your goals. Each accomplishment should make it easier to be hopeful about the next one.” ■

### ATTITUDE ADJUSTMENT

## The Myth of Negative Calories

Can adding a few celery sticks subtract calories from a hamburger? Can a side of salad shave fat from a bowl of chili? Oh, if only it were true.

The task for volunteers in a recent study: Estimate the calories in a number of high-fat entrées, with or without a healthy side dish. Participants who were concerned about their weight were a little fuzzy on the math.

Their average guess for an à la carte bowl of chili was 697 calories—but just 621 calories when it came with a salad. They thought a burger contained 115 fewer calories when it was accompanied by celery. And a cheesesteak lost 126 calories when it was served with a carrot dish.

Thinking about foods as “good” or “bad” may distract dieters from how much of either they’re eating, concludes study author Alexander Chernev, PhD.

Unfortunately, he says, even calories you don’t count add up.



**697 calories  
alone, 621 calories  
served with salad?**

**"I was reluctant to talk to my doctor  
about my unresolved depression symptoms.  
I'm glad I finally did."**

**Free 2-week  
trial offer for  
ABILIFY<sup>†</sup>**

Visit [www.ABILIFYmeplus.com](http://www.ABILIFYmeplus.com)

<sup>†</sup>Restrictions apply.

Actor portrayal.

## Many people being treated for depression still have depression symptoms.

If you've been taking an antidepressant for at least 6 weeks and still have some depression symptoms, one option your doctor may consider is adding ABILIFY.

**ABILIFY is a prescription medicine used to treat depression in adults as add-on treatment to an antidepressant when an antidepressant alone is not enough.**



Some people have had symptom improvement as early as 1 to 2 weeks after adding ABILIFY.<sup>†</sup>

### Important Risk Information about ABILIFY

- Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY, call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression
- Elderly dementia patients taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for these patients

\* Lexapro<sup>®</sup> (escitalopram oxalate), Zoloft<sup>®</sup> (sertraline HCl), Prozac<sup>®</sup> (fluoxetine hydrochloride), Effexor XR<sup>®</sup> (venlafaxine HCl), and Paxil CR<sup>®</sup> (paroxetine HCl) are trademarks of their respective companies.

<sup>†</sup> Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

- Call your doctor if you have high fever, stiff muscles, confusion, and increased heart rate or blood pressure—these may be signs of a rare but life-threatening condition called **neuroleptic malignant syndrome**
- Call your doctor if you develop abnormal or uncontrollable facial movements, as these could be signs of **tardive dyskinesia**, which may become permanent
- If you have **diabetes**, or have risk factors or symptoms of diabetes, your blood sugar should be monitored regularly. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include dizziness upon standing, decreases in white blood cells, which can be serious, seizures, impairment in judgment or motor skills, and trouble swallowing. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials (≥10%) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

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

**Please read the additional Important Information about ABILIFY on the adjacent page.**

**Take the next step—ask your doctor about ABILIFY.**

**ABILIFY<sup>®</sup>**  
(aripiprazole)  
2 mg, 5 mg Tablet

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



Bristol-Myers Squibb



Otsuka Otsuka America Pharmaceutical, Inc.

570US10AB25502 October 2010 0310A-0928 Printed in USA



## IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

### Name

ABILIFY® (a-BIL-i-fi) (aripiprazole) (air-r ĩ-PIP-ra-zall)

### What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used as an add-on treatment to an antidepressant for adults with Major Depressive Disorder who had an inadequate response to antidepressant therapy.

### What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

### What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called *Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions*.

### Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

### What is the most important information that I should know about ABILIFY?

**Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.**

**Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves**

**associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.**

Serious side effects can occur with any antipsychotic medicine, including ABILIFY (aripiprazole). Tell your healthcare professional right away if you have any conditions or side effects, including the following:

**Stroke or ministroke in elderly patients with dementia:** An increased risk of stroke and ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY is not approved for treating patients with dementia.

**Neuroleptic malignant syndrome (NMS):** Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure **may be signs of NMS, a rare but serious side effect that could be fatal.**

**Tardive dyskinesia (TD):** Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

**High blood sugar and diabetes:** Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

**Orthostatic hypotension:** Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

**Leukopenia, Neutropenia, and Agranulocytosis:** Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

**Suicidal thoughts:** If you have suicidal thoughts, you should tell your healthcare professional right away.

**Dysphagia:** Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

# IMPORTANT INFORMATION ABOUT ABILIFY (Continued)

## What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and over-the-counter medicines, vitamins, or herbal products.

### Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-feeding

## What should I avoid when taking ABILIFY (aripiprazole)?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

## What are the possible side effects of ABILIFY?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia.

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit [www.abilify.com](http://www.abilify.com). Talk to your healthcare professional if you have questions or develop any side effects.

## What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 6% and 2% for patients treated with sugar pill.

## Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines\* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

## How should I take ABILIFY (aripiprazole)?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

## General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that **ABILIFY Oral Solution contains sugar**
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), **ABILIFY DISCMELT® contains phenylalanine**
- If you have additional questions, talk to your healthcare professional

## Find out more about ABILIFY:

Additional information can be found at [www.abilify.com](http://www.abilify.com)

\* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 11/09 1239550A7.

 Bristol-Myers Squibb  Otsuka Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.

Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

U.S. Patent Nos. 5,006,528; 6,977,257; and 7,115,587.

©2009 Otsuka America Pharmaceutical, Inc., Rockville, MD

570US08CBS01603 0309L-2757 D6-B0001D-11-09-MDD November 2009

## WEIGHT LOSS

# Advice from Big Losers

The holidays don't have to be hard on your waistline. We asked past winners of NBC's *The Biggest Loser* how they keep the weight off—even when the snow is piled deep and the buffet is piled high.

BY NATALIE VAN DER MEER

### Don't let the weather stop you.

"The winter was freaking me out—I was afraid I wouldn't be able to exercise. So I'm learning to play ice hockey! To keep yourself going, find things that are fun for you." *Helen Phillips, season 7*

### Get back up after you fall.

"I lost 214 pounds on *The Biggest Loser*, but eventually the weight started to creep back on because I stopped making the effort. I had to remember: Going to the gym is not a punishment—it's something I do because I care about myself."

*Erik Chopin, season 3*

### Want it? Have it! (A little.)

"My strategy when it comes to cravings: Eat what's plaguing you, but just a small portion. Otherwise, you eat around the craving. And if you add up the calories,

it'll probably be more than if you had just eaten what you wanted." *Erik Chopin*

### Make it easy to measure.

"All my serving utensils are measured. It's not obvious, because they're really beautiful, but I have the option of tracking what I'm eating. That helps me be smart about it." *Ali Vincent, season 5*

### Remember that age is just a number.

"Before I went on the show, I sat on the couch and lived my life vicariously through the TV. Now, in addition to ice hockey, I've tried kayaking and I've become a runner—and I'm 50 years old! If you want to lose the weight, ask yourself, Is it that I can't or that I won't?"

*Helen Phillips*

### Set small goals, and celebrate when you reach them.

"I needed targets, different things to go for on a daily basis—a distance on the treadmill or a weight goal. Without them, I wasn't celebrating myself enough, and I got really good at beating myself up."

*Ali Vincent*

### Squeeze it in.

"When I'm in the grocery store, I'll do lunges up and down the aisles. In the checkout line, you could do squats. I used to worry about what people thought of me, but I don't care anymore. I know I'm going to get the last laugh."

*Ali Vincent* ■



HOW TO ...

## Find a Good Doctor

**A** good physician can be a lifesaver, while an incompetent doc can be worse than none at all. But how do you tell the difference? “The public information you can get, such as malpractice claims, doesn’t really help separate the great doctors from the crummy ones,” says Scott Hensley, who reported on a study in the Archives of Internal Medicine for Shots, NPR’s health blog.

What does matter, according to the study: being female, having a



degree from a U.S. medical school rather than a foreign one, and being board certified. Even so, these factors didn’t guarantee a top doctor. Neither did the length of time the physician had been practicing, the prestige of his or her medical school, or even the doctor’s history of malpractice claims.

So how do doctors find their doctors? We asked ophthalmologic surgeon Pamela Gallin, MD, author of *How to Survive Your Doctor’s Care*, for the Reader’s Digest Version:

- **Ask whether she is board certified.** “That guarantees a basic level of competence.”
- **Talk to your friends.** “The single best thing is to hear the same name twice.”
- **Make sure you click.** “When you need a specialist, you want someone brilliant. For a primary care doctor, you want someone you’re willing to talk to about pain in an embarrassing part of your body.” ■

### PHRASE OF THE MONTH

## Publication Planning

What separates a study in a medical journal from the drug ad that runs next to it? Maybe not as much as you think. Some pharmaceutical, biotech, and medical-device companies engage in a process called publication planning to muscle their marketing messages into medical journals. Companies have even hired writers to craft medical articles and then invited academic researchers to take credit as “author.” A recent analysis describes how this kind of ghostwriting has influenced doctors’ thinking about a number of drugs and medical gadgets. There’s nothing necessarily wrong with prescribing any of these products, writes psychiatrist Daniel Carlat in the Carlat Psychiatry blog. What is wrong: “making critical prescribing decisions based on the ‘medical’ opinions of business school graduates.”



## More This, Less That

From research labs around the world, simple **additions** and **subtractions** that just might result in a healthier life

### + BLUEBERRIES

In a recent study, obese volunteers lowered their diabetes risk by drinking a smoothie loaded with blueberries twice a day. The blueberries increased insulin sensitivity, which helps keep blood sugar levels healthy. And another study, in mice, suggested the fruit can help prevent hardening of the arteries.

### + MESSAGES

In a small study, people who got a Swedish massage showed an increase in certain immune cells, possibly giving the immune system a tune-up.

### + RINSING IN THE DENTIST'S CHAIR

A dental sealant is an effective cavity preventive for kids, say researchers at Mount Sinai School of Medicine, but some types of sealant may release bisphenol A (BPA) for a short time after it's applied. If your child gets this treatment, make sure he or she rinses for 30 seconds afterward.



### - SLEEP DEPRIVATION

Dieters who got 8.5 hours of sleep nightly lost 56 percent more body fat than they did when eating the same diet but getting just 5.5 hours of sleep a night.

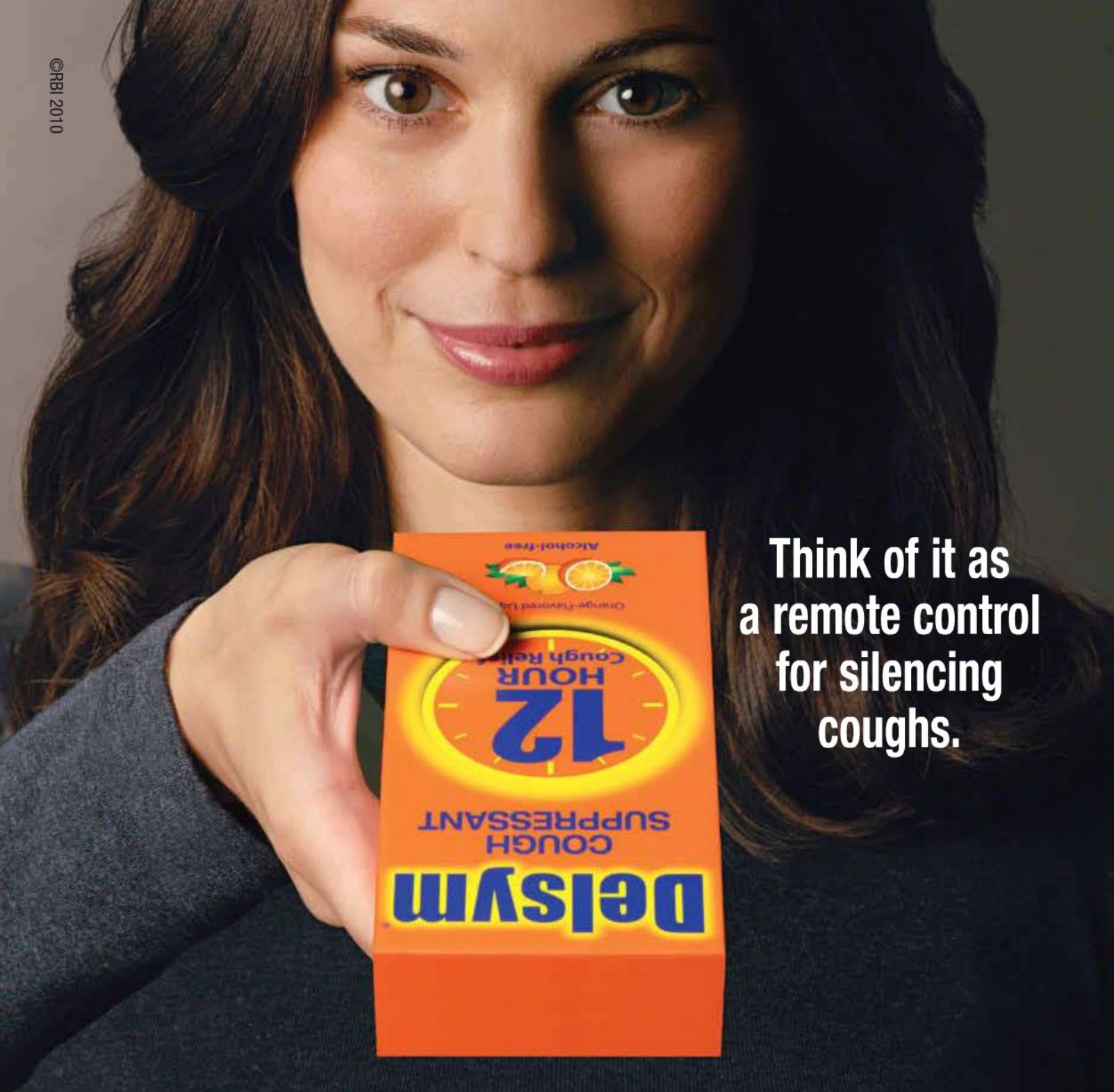
### - COCKTAILS AS YOU GET OLDER

Among older volunteers walking on a treadmill, two alcoholic drinks doubled the likelihood that they would trip over a sudden obstacle.

### - SKIPPING THE MITTENS

According to a recent British study, for every 1.8° (Fahrenheit) drop in outdoor temperature, your risk of having a heart attack in the next 28 days rises 2 percent. It's not clear whether bundling up will prevent that increase in heart danger, the researchers say (shoveling snow may account for some of it). But dressing appropriately can't hurt—and it may help.





Think of it as  
a remote control  
for silencing  
coughs.



Use as directed.



Only Delsym® cough liquid helps silence a cough for a full 12 hours. Its patented time release formula gives you all day or all night relief, up to twice as long as other cough liquids†. So, turn down your cough and turn up relief.



**Delsym®. Silence is relief.™**

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

†Among OTC liquids per dose.

\*Delsym is the #1 recommended Over-The-Counter single active ingredient cough suppressant among Internists, General Practitioners and Family Practitioners. IMS Health, NDTI, for the 52 weeks ending in 6/30/10.

## 13 Things Your Salesclerk Won't Tell You

BY MICHELLE CROUCH

**1)** The greeters who welcome you to our store aren't really there to greet you. If we look you in the eye as you're coming and going, you're less likely to shoplift.

**2)** I won't ask a yes-or-no question like "Can I help you?" Instead, it's always an open-ended

"What can I help you find today?"

**3)** Many retailers count the shoppers who come in, then calculate the percentage who actually buy something. If I don't "convert" enough browsers to buyers, I hear from my district manager.

**4)** New merchandise goes at the front of the store, bargains at the back. The endcaps on the back side of aisles at Target, for instance, usually have items 15 to 75 percent off. If you want a deal, try to figure out when your favorite retailer does its markdowns. Some do them on Thursdays or Fridays, others at the end of the month.

**5)** When you ask me if something looks good on you and I suggest a different style, take the hint.

**6)** Sure, I'll put that sweater on hold for you. But most of the time, you don't come back. So don't blame me if I sell it to someone else.

**7)** My pet peeve? Customers who paw through a stack of shirts. Now I've got to spend 15 minutes board-folding that whole pile again.

**8)** Even though most of us don't work on commission, sometimes we're given a sales goal for each customer. If we meet it consistently, we'll get bonuses and, eventually, a promotion. So when I tell you about a pair of earrings that would go perfectly with that sweater, I might have an ulterior motive.

**9)** Please don't tell the cashier no one was helping you after I brought you six different sweaters



in the fitting room. It's rude.

**10)** We do a lot more than unlock fitting rooms. We scrub the bathrooms, Windex the mirrors, dust the shelves, answer the phone, and clean up after our customers. And that includes two-year-olds.

**11)** And what is it about fitting rooms that brings out the worst in people? You stick gum to the walls and even leave dirty diapers in there.

**12)** After you buy something, keep your receipt and pay attention. Most mainstream retailers promise a refund if the

item goes on sale within a certain number of days after you buy it. Websites like [priceprotectr.com](http://priceprotectr.com) track the prices of hundreds of products from retailers such as Best Buy, Amazon, and Sears.

**13)** With savings clubs, e-mail deals, coupons, Internet discount codes, and other incentives, fewer and fewer people are paying full price.

Sources: Retail sales associates in North Carolina, Massachusetts, New Hampshire, Texas, and Florida, and a clerk in the Pacific Northwest who blogs at [blametheclerk.blogspot.com](http://blametheclerk.blogspot.com).



**More things your salesclerk won't tell you are at**

[readersdigest.com/salesclerk](http://readersdigest.com/salesclerk).

## PUT IT HERE

# Where to Invest a Chunk of Change

Five "offbeat investments that are paying off," according to the *Wall Street Journal*:

- **Student housing**
- **Self-storage facilities**
- **Railroad rights-of-way**
- **Cell-tower leases**
- **Parking lots and parking meters**

## THE PRICE IS WRONG

# Markup Mania

BY AARON CROWE

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

Know before you spend. A few helpful calculations:

**Bottled water:** 4,000 percent markup

**Text messages:** 6,000 percent markup. A typical text message costs you 20 cents and the phone company 0.3 cents to transmit, according to the *Chicago Tribune*. If the phone company applied text-message rates to a short



phone call, you'd pay \$120 for the call.

◀ **Movie theater**

**popcorn:** 1,275 percent markup

**Brand-name drugs:**

200 to 3,000 percent markup

**Hotel minibar:** 400 percent markup

**Coffee on the go:** 300 percent markup. A \$3 cup made by a barista costs 25 cents at home.

**Wine at a restaurant:**

300 percent markup

**Greeting cards:** 200 percent markup

**In-room hotel movies:**

200 percent markup

**Precut produce:** 40 percent markup

## THEY'VE GOT TO SPEND MONEY TO MAKE MONEY

What it costs the United States Mint to make coins and the Bureau of Engraving and Printing to make bills. (The pricey nickel and penny, for the record, are beholden to rising copper prices.)

**30 cents:** Sacagawea dollar coin

**11 cents:** \$100 bill, the quarter

**9 cents:** \$50 bill and \$20 bill

**8 cents:** \$10 bill and \$5 bill

**6 cents:** the dime and the nickel

**5 cents:** \$1 bill

**1.5 cents:** the penny

Source: *Newsweek*



### GO FIGURE

# 68

The percentage of American families who told Gallup they can't afford to save money for a child's college education, up from 62 percent in 2009

### PHRASE OF THE MONTH

## Paradox of Thrift

Are Americans delaying an economic recovery? Before the crash, the average savings rate was under 3 percent. Now it tops 6 percent. "Consumer spending normally accounts for about 70 percent of the nation's GDP," writes Jen Wieczner in *SmartMoney*, "so keeping wallets shut might be keeping the economy from rebounding as fast as people want it to ... 'Long term, it's best for everybody to save first, spend second,' says Gabor Nagy, a financial planner in Mendham, New Jersey." Even so, buying more could solve the seemingly intractable unemployment problem, says Mark Witte, an economist at Northwestern University.

(PENNY) MICHAEL A. KELLER/CORBIS; (QUARTER) DON FARRALL/GETTY IMAGES; (NICKEL) STACY GOLD/GETTY IMAGES; (DIME) OCEAN/CORBIS; (\$100) ISTOCKPHOTO



**TIME-SAVER**

# The Psychology of Waiting in Line

BY TARAH KNARESBORO ● FROM **Popular Mechanics**

**W**aiting in line is a universally despised experience, but scientists around the world are dedicated to making it less odious. In June, Taiwanese researcher Pen-Yuan Liao published an equation that predicts when a customer will avoid a line if he feels it's too long. Liao's formula calculates the expected length of a line and the mean arrival rate to determine the number of customers who will retreat. His research, intended to inform stores' staffing needs, represents only one niche in the growing field of queueing theory. The owners of corporations, amusement parks, banks, and fast-food chains can scan the monthly journal *Queueing Systems: Theory and Applications* for trends that suit their clientele. "There's no such thing as the perfect line," says MIT queueing theorist Richard Larson. "The trick

is to convince people they're being treated fairly." Many people's aversion stems from bad design, Larson says. "Some large companies don't even know the kindergarten basics."

But now you do. Start with the line lexicon:

## **JOCKEYING**

The act of switching to a parallel line.

## **FAFFING**

The time delay when a person gathers his things after paying at checkout—an average of 3.17 seconds.

## **RENEGING**

A customer leaves a queue he believes he has spent too much time waiting in.

## **BALKING INDEX**

An equation that predicts when someone will turn away from a long line.

## **FIRST IN, FIRST OUT**

The principle stating that the person who has waited the longest will be served first.

## **6 QUALITIES OF QUEUEING UP**

- 1) Customers waiting in parallel lines jockey, feeling sure the other line is faster.
- 2) Distractions, such as TVs and smartphones, shorten perception of time.
- 3) Without signs displaying wait time, people overestimate it by 23 percent.
- 4) The more people waiting behind a customer in line, the less likely that person is to renege.
- 5) Lines surrounded by lavender scent tend to be less annoying.
- 6) Serpentine lines look longer, increasing balking loss, but people feel they are more fair.

## Could you do this with your vial and syringe?

Mealtime insulin doesn't have to stop you from living your life. No more drawing up to measure the correct insulin dose. No need for refrigeration once it's been used. Humalog KwikPen is truly portable, so you can take it just about anywhere. And it comes prefilled with Humalog mealtime insulin. Ask your healthcare provider if Humalog KwikPen is right for you.

**Take the attached card to your healthcare provider to ask for a prescription for 5 FREE pens. Go to [KwikPen.com](http://KwikPen.com) for more information.**

### Who should use Humalog?

Humalog (insulin lispro injection [rDNA origin]) is for people with diabetes to control high blood sugar and should be used with a longer-acting insulin, except when used with sulfonylureas in people with type 2 diabetes.

### Important safety information

#### Who should not take Humalog?

Humalog should not be used during episodes of low blood sugar (hypoglycemia) or if you are allergic to anything in Humalog.

#### What is Humalog?

Humalog is an injectable, fast-acting insulin. Humalog starts working faster than other insulins that contain regular human insulin. Take Humalog within 15 minutes before eating or right after eating a meal. Check your blood sugar levels as told by your healthcare professional.

#### How should I use Humalog?

If you have type 1 diabetes, you need to take a longer-acting insulin in addition to Humalog (except when using an external insulin pump). If you have type 2 diabetes, you may be taking diabetes pills and/or a longer-acting insulin in addition to Humalog.

#### Precautions

The safety and effectiveness of Humalog in patients less than 3 years of age have not been established. There are no adequate and well-controlled clinical studies of the use of Humalog in pregnant or nursing women.

#### Low blood sugar

Low blood sugar is the most common adverse effect associated with insulins, including Humalog. Low blood sugar can happen suddenly, and symptoms may be different for each person and may change from time to time. Know your symptoms of low blood sugar. Severe low blood sugar can cause seizures and be life threatening. Follow your healthcare professional's instructions for treating low blood sugar. Talk to your healthcare professional if low blood sugar is a problem for you.

#### Other side effects

Other potential side effects associated with the use of insulins include: low blood potassium, weight gain, changes in fat tissue at the injection site, and allergic reactions. Allergic reactions can happen at the site of injection and over the whole body. Whole-body allergic reactions are less common, but may be life threatening.

Humalog® and Humalog® KwikPen™ are registered trademarks of Eli Lilly and Company and are available by prescription only.  
HI65440 0610 PRINTED IN USA ©2010, LILLY USA, LLC. ALL RIGHTS RESERVED.

**Humalog® KwikPen™ is so portable...**

...you might not carry it this way, but you almost could.



## Select safety information

Starting or changing insulin therapy should be done cautiously and only under medical supervision.

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

*Humalog*<sup>®</sup> **KwikPen**<sup>™</sup>

insulin lispro injection (rDNA origin)

See Patient Information, including storage information, on following page. For complete instructions, see full user manual that comes with your pen.



If you need assistance with prescription costs, help may be available. Visit [www.pparx.org](http://www.pparx.org) or call 1-888-4PPA-NOW.

*Lilly*



# Patient Information

## Humalog® (HU-ma-log)

### insulin lispro injection, USP (rDNA origin)

#### Important

**Know your insulin.** Do not change the type of insulin you use unless told to do so by your healthcare provider. Your insulin dose and the time you take your dose can change with different types of insulin.

Make sure you have the right type and strength of insulin prescribed for you.

Read the Patient Information that comes with Humalog before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your healthcare provider about your diabetes or treatment. Make sure that you know how to manage your diabetes. Ask your healthcare provider if you have questions about managing your diabetes.

#### What is Humalog?

Humalog is an injectable fast-acting man-made insulin. Humalog is used to control high blood sugar (glucose) in people with diabetes.

#### Humalog comes in:

- 10 mL vials (bottles) for use with a syringe or external insulin pump
- 3 mL vials (bottles) for use with a syringe or external insulin pump
- 3 mL prefilled pens
- 3 mL cartridges for use with a reusable pen or external insulin pump

#### Who should not take Humalog?

##### Do not take Humalog if:

- your blood sugar is too low (hypoglycemia). After treating your low blood sugar, follow your healthcare provider's instructions on the use of Humalog.
- you are allergic to anything in Humalog. See the end of this leaflet for a complete list of ingredients in Humalog.

##### Tell your healthcare provider:

- **about all your medical conditions.** Medical conditions can affect your insulin needs and your dose of Humalog.
- **if you are pregnant or breastfeeding.** You and your healthcare provider should talk about the best way to manage your diabetes while you are pregnant or breastfeeding. Humalog has not been studied in pregnant or nursing women.
- **about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements.** Many medicines can affect your blood sugar levels and insulin needs. Your Humalog dose may need to change if you take other medicines.

Know the medicines you take. Keep a list of your medicines with you to show to all of your healthcare providers.

Humalog® (HU-ma-log) insulin lispro injection,  
USP (rDNA origin) PV 5561 AMP

#### How should I use Humalog?

Humalog can be used with a syringe, prefilled pen, reusable pen or external insulin pump. Talk to your healthcare provider if you have any questions. Your healthcare provider will tell you the right syringes to use with Humalog vials. Your healthcare provider should show you how to inject Humalog before you start using it.

- **Read the User Manual that comes with your Humalog prefilled pen and the manufacturer's instructions that comes with your external insulin pump. Use Humalog exactly as prescribed by your healthcare provider.**
- **If you have type 1 diabetes, you need to take a longer-acting insulin in addition to Humalog (except when using an external insulin pump).**
- **If you have type 2 diabetes, you may be taking diabetes pills and/or a longer-acting insulin in addition to Humalog.**
- **Humalog starts working faster than other insulins that contain regular human insulin.** Inject Humalog within fifteen minutes before eating or right after eating a meal.
- **Check your blood sugar levels as told by your healthcare provider.**
- Look at your Humalog before using. Humalog should be clear, have no color and look like water. If your Humalog is cloudy, thickened, even slightly colored, or has solid particles or clumps in it, do not use. Return it to your pharmacy for new Humalog.
- Humalog can be mixed with a longer-acting human insulin, but only if you are told to do so by your healthcare provider. If you are mixing two types of insulin, always draw Humalog into the syringe first. Talk with your healthcare provider about how to properly mix Humalog with a different insulin.
- Humalog can be used in an external insulin pump either by withdrawing Humalog from a vial or using a 3 mL Humalog cartridge that is inserted into the pump.
- Humalog was tested with MiniMed®<sup>1</sup> Models 506, 507, and 508 insulin pumps using MiniMed Polyfin®<sup>1</sup> infusion sets. Humalog was also tested with the Disetronic®<sup>2</sup> H-TRONplus®<sup>2</sup> V100 insulin pump (with plastic 3.15 mL insulin reservoir), using the Disetronic Rapid®<sup>2</sup> infusion set.
- A Humalog cartridge used in the D-TRON<sup>2</sup> or D-TRONplus<sup>2</sup> pump, may be used for up to 7 days. Humalog in the external insulin pump reservoir and the complete infusion set should be replaced and a new infusion site selected every 48 hours or less.
- Humalog in an external insulin pump should not be exposed to temperature above 98.6°F (37°C), such as in a sauna or hot tub, hot showers, direct sunlight, or radiant heaters.
- **Inject your dose of Humalog under the skin of your stomach area, upper arm, upper leg, or buttocks. Never inject Humalog into a muscle or vein.**
- **Change (rotate) your injection site with each dose.**
- **Your insulin needs may change because of:**
  - illness
  - stress
  - other medicines you take

Humalog® (HU-ma-log) insulin lispro injection,  
USP (rDNA origin) PV 5561 AMP

- changes in eating
- physical activity changes

Follow your healthcare provider's instructions to make changes in your insulin dose.

- **Never dilute or mix Humalog with another insulin in the same prefilled pen, cartridge or external insulin pump.**
- **Always carry a quick source of sugar to treat low blood sugar, such as glucose tablets, hard candy, or juice.**

#### What are the possible side effects of Humalog?

**Low Blood Sugar (Hypoglycemia).** Symptoms of low blood sugar include:

- hunger
- dizziness
- feeling shaky or shakiness
- lightheadedness
- sweating
- irritability
- headache
- fast heartbeat
- confusion

Low blood sugar symptoms can happen suddenly. Symptoms of low blood sugar may be different for each person and may change from time to time. Severe low blood sugar can cause seizures and death. Low blood sugar may affect your ability to drive a car or use mechanical equipment, risking injury to yourself or others. Know your symptoms of low blood sugar. Low blood sugar can be treated by drinking juice or regular soda or eating glucose tablets, sugar, or hard candy. Follow your healthcare provider's instructions for treating low blood sugar. Talk to your healthcare provider if low blood sugar is a problem for you.

- **Serious allergic reactions** (whole body allergic reaction). Severe, life-threatening allergic reactions can happen with insulin. Get medical help right away if you develop a rash over your whole body, have trouble breathing, wheezing, a fast heartbeat, or sweating.
- **Reactions at the injection site** (local allergic reaction). You may get redness, swelling, and itching at the injection site. If you keep having injection site reactions or they are serious, you need to call your healthcare provider. Do not inject insulin into a skin area that is red, swollen, or itchy.
- **Skin thickens or pits at the injection site (lipodystrophy).** This can happen if you don't change (rotate) your injection sites enough.

These are not all the side effects from Humalog. Ask your healthcare provider or pharmacist for more information.

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

#### How should I store Humalog?

- **Store all unopened (unused) Humalog in the original carton in a refrigerator at 36°F to 46°F (2°C to 8°C).** Do not freeze.
- Do not use Humalog that has been frozen.
- Do not use after the expiration date printed on the carton and label.

Humalog® (HU-ma-log) insulin lispro injection,  
USP (rDNA origin) PV 5561 AMP

- Protect Humalog from extreme heat, cold or light.

#### After starting use (open):

- **Vials:** Keep in the refrigerator or at room temperature below 86°F (30°C) for up to 28 days. Keep open vials away from direct heat or light. Throw away an opened vial 28 days after first use, even if there is insulin left in the vial.
- **Cartridge and Prefilled Pens:** Do not store a cartridge or prefilled pen that you are using in the refrigerator. Keep at room temperature below 86°F (30°C) for up to 28 days. Throw away a cartridge or prefilled pen 28 days after first use, even if there is insulin left in the cartridge or the pen.

#### General information about Humalog

Use Humalog only to treat your diabetes. Do not share it with anyone else, even if they also have diabetes. It may harm them.

This leaflet summarized the most important information about Humalog. If you would like more information about Humalog or diabetes, talk with your healthcare provider. You can ask your healthcare provider or pharmacist for information about Humalog that is written for health professionals.

For questions you may call 1-800-LillyRx (1-800-545-5979) or visit [www.humalog.com](http://www.humalog.com).

#### What are the ingredients in Humalog?

**Active ingredient:** insulin lispro.

**Inactive ingredients:** glycerin, dibasic sodium phosphate, metacresol, zinc oxide (zinc ion), trace amounts of phenol and water for injection.

<sup>1</sup> MiniMed® and Polyfin® are registered trademarks of MiniMed, Inc.

<sup>2</sup> Disetronic®, H-TRONplus®, D-TRON®, D-TRONplus and Rapid® are registered trademarks of Roche Diagnostics GMBH.

Humalog® and Humalog® KwikPen™ are registered trademarks of Eli Lilly and Company.

Patient Information revised September 2, 2009

PV 5561 AMP

PRINTED IN USA

*Lilly*

**Humalog KwikPen manufactured by**

**Eli Lilly and Company, Indianapolis, IN 46285, USA**

**Pens manufactured by**

**Eli Lilly and Company, Indianapolis, IN 46285, USA or  
Lilly France, F-67640 Fegersheim, France**

**10 mL Vials manufactured by**

**Eli Lilly and Company, Indianapolis, IN 46285, USA or  
Hospira, Inc., Lake Forest, IL 60045, USA or  
Lilly France, F-67640 Fegersheim, France**

**3 mL Vials manufactured by**

**Eli Lilly and Company, Indianapolis, IN 46285, US**

**Cartridges manufactured by**

**Lilly France, F-67640 Fegersheim, France**

**for Eli Lilly and Company, Indianapolis, IN 46285, USA**

**[www.humalog.com](http://www.humalog.com)**

Copyright © 2007, 2009 Eli Lilly and Company. All rights reserved.

Humalog® (HU-ma-log) insulin lispro injection,  
USP (rDNA origin) PV 5561 AMP

**Best You** Reader's Digest

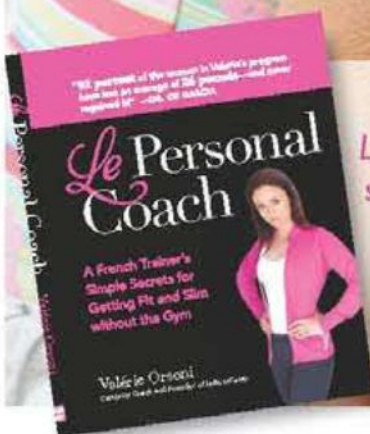
EMBRACE  
LIFE.

Sign up for the **Best You** eNewsletter, our guide to looking great and staying healthy with a fresh, holistic and sane approach to health, wellness, and life. The life you want, one tip at a time. It's fun, it's useful, and it's FREE.

Join now at [MyBestYou.com!](http://MyBestYou.com)

Look for the first **Best You** book, coming this January: *Le Personal Coach* – a renowned French personal trainer shares her simple secrets for reshaping, rebuilding, and renewing your body.

Coming to newsstands this February:  
*Instant Health Answers: A Total Guide to Wellness for Women*



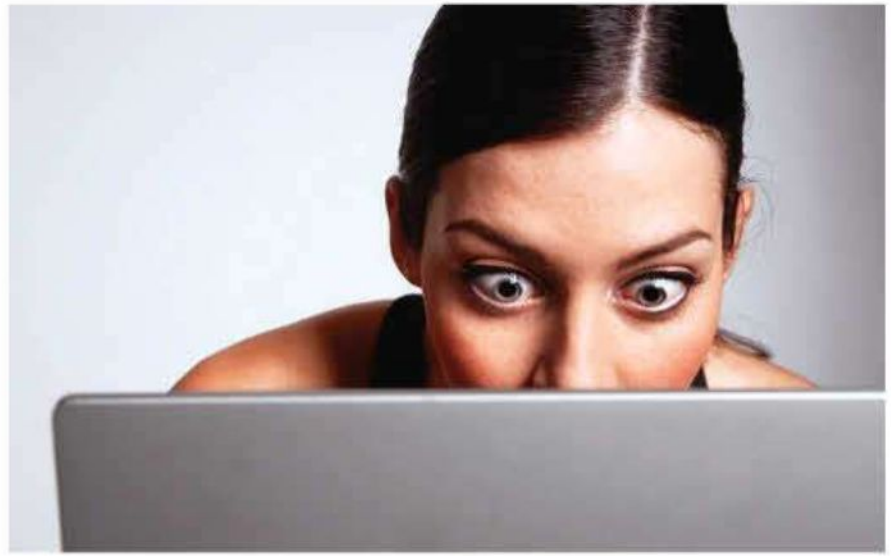
## My Mom's Secret Life

BY MELISSA T. SHULTZ ● FROM **babble.com**

I was certain I knew everything there was to know about my mother—or at least everything a daughter wants to know.

She watches the detective show *Bones* twice a day, hates board games and bland food, loves coral lipstick, Hollywood tell-all books, and George Clooney. She's prone to offering unsolicited opinions, has no qualms about telling a brain surgeon how the ganglia really work, and goes to the movies with her sidekick Marilyn. I know this stuff because we talk by phone, every week. That, and my sister fills me in.

It wasn't always this way. When I was a teenager, we spoke very little. I figured she could never understand what it was like to be a



kid. Now a parent myself, the mirror has flipped. At least my generation has tools to help bridge the gap—tools like Google and social networks—at our fingertips.

When I joined Facebook, I took every security measure possible. It was months before I added a photo, then several additional weeks before I sent friend requests. One day, I found myself looking up everyone I've ever known, including my mother.

To my surprise, I discovered she has a Facebook page with a fabulous photo that makes her look >>

### GO FIGURE

# 76

percent of parents with kids on Facebook have friended their teens. Twenty-nine percent of these teens would prefer to immediately unfriend their parents.

Source: a joint AOL-Nielsen survey, August 2010

coy, even playful!

How could this be? My mother is not playful; she is my mother. She makes chicken soup and tells me how to get stains out of tablecloths.

Who took that photo? Who are these people writing on her wall? I wanted to know, but I didn't ask. Instead,

## Now I'm certain I've been talking to someone else's mother, not mine, for all these years.

I went with the flow and Googled her.

And up came her name.

Seems my mother has finally found an outlet for her commentary. She reviews books online, where her preference for fiction surprises me, especially titles with dark, tawdry themes. Pity the authors she doesn't care for; the word *annoying* comes up more than once in her reviews, some of which are picked up by other sites and reverberate across the Internet.

But books are only

the beginning. She belongs to several "meet-up groups." What are these? On one of the sites, she answers the profile question: Which of these words best describes you? *Talker*.

*Listener*. *Icebreaker*.

She replies *All*. Then she goes on to note that in her opinion, people are defined by their

experiences. Some of which, I find on another site (which I have also never heard of), lead me to The Bomb:

My mother is registered on an online dating network.

Her code name—is that what you call it?—let's just say, think *Gone with the Wind*. Why did she pick *that*? I want to know, but I dare not ask. After all, I am spying. Instead, I go further undercover and register to read more. And there she is in living color, my mother, looking for "a date, a friend, an activity part-

ner," noting that she raised a family (finally, something I do know), has had several "vocations," and now watches her grandchildren with "great amusement." What does that even mean?

When I get to the part about how she likes "witty dialogue with dinner," I find myself wishing it weren't noon so that I could swish back a glass of wine. Now I'm certain I've been talking to someone else's mother, not mine, for all these years. The woman who thought my father hung the moon is saying, "Bring it on. I'm ready." There's more. She both coordinates classes for seniors and takes classes for seniors—on everything from psychology to art history—enters writing competitions, and answers trivia questions. Online. With the computer my brother gave her.

"Have you Googled Mom?" I asked him soon after.

"Why would I >>

ADVERTISEMENT

Don't let Dry Mouth affect your Enjoyment of Life

**Orazyme**<sup>TM</sup>

**DRY MOUTH  
MOUTHWASH**

*The 100% natural solution  
to maintaining oral health*



Do you experience excessive thirst, bad breath or difficulties in chewing and swallowing dry foods?

For many people dry mouth (or *xerostomia*) is a common side effect of over 400 medications. Your mouth may feel uncomfortable and you may not be able to pinpoint the true source, but **you just know that something is not quite right.**

**Orazyme**<sup>TM</sup> is guaranteed to help! A natural solution that selectively inhibits "bad" bacteria and stimulates natural saliva production. Its bio-active enzymes help restore moisture balance, creating a healthy microflora beneficial to oral health and systemic health, which contributes to the experience of **living a better and healthier life.**

If you suffer from dry mouth, use of mouth rinses with alcohol is not recommended. **Orazyme contains no alcohol.** Its enzyme delivery system contains several unique additives offering active bio-functions which promote healing. Just 30 seconds of rinsing with Orazyme 2-3 times per day moistens on contact and lasts for hours. It soothes and protects dry mouth tissue, reduces gum irritation, promotes healing, and helps maintain a healthy mouth.



**BUY 1  
GET 1 FREE**

Standard shipping charges apply

**To receive this special offer**

**visit [www.DryMouthRelief.com/RD](http://www.DryMouthRelief.com/RD)**

**or call 1-800-690-5590**

**Not Available in Stores**

**Advice on how to adopt a new pet from Mike Arms, president of Helen Woodward Animal Center in Rancho Santa Fe, California, and founder of the Iams Home 4 the Holidays pet adoption campaign.**

- Research is vital—visit your local shelter and utilize online resources to make the right decision.
- Volunteer at a local animal organization to help choose an animal that suits your family and lifestyle.
- Some organizations offer fostering programs, which is a wonderful way to determine if an animal is a good fit for your household.
- Ask yourself some important questions: Are you and your family ready for a long-term commitment? Can you afford a pet? Is your home pet-proof? Are you willing to train a

pet? Are you prepared to deal with an animal's health and safety?

“ Even if you're not able to adopt a pet, there are plenty of ways to help. Visit [facebook.com/iams](https://www.facebook.com/iams) to find out about participating animal shelters or rescue organizations in your area, learn how to volunteer, make a donation, and learn about other ways to help. ”

-Mike Arms,  
Helen Woodward  
Animal Center



The ladies dig my  
strong defense system.

**Iams with PreBiotics.**

**Vets agree, a healthy checkup starts inside.**

And premium nutrition like Iams ProActive Health with PreBiotics is a key part of that. PreBiotics work inside the digestive tract and are clinically proven to promote strong defenses in just 6 weeks. To learn more, visit [ImpressYourVet.com](http://ImpressYourVet.com).

I am more than just a dog

**I am an Iams dog**





Google Mom?” he answers—a man who, when Googled, fills up dozens of pages and who lives only minutes from our mother.

Thousands of miles from his home, using my computer, I show

## Can the Internet take credit for people like my mother creating new versions of themselves?

him. He laughs till he can't speak.

The thing is: Where do I go from here? Just because I can, is it right to keep tabs on my mother? Really, the whole concept behind “parental controls” on the Internet needs to be rethought. Who are the controls for? The parent or the kid with the nosy parent? What about the parent with a nosy kid?

Can you blame anyone for looking? And if you don't look and you miss something big, how awful would you feel later?

Would she have gotten out and met new people and stayed

connected to peers simply using the telephone and snail mail? I'd say, no way. And from everything I've read, the older you get, the more important it is to have communities, friendships, and hobbies. As I approach my 50th birthday, I can't help but wonder how the Internet will someday affect my relationship with my own kids.

Will we talk to one another differently? Share more? Hide less? Will they like the new me or prefer the me they thought they knew? The one who says, “Pick up your clothes, dinner's ready, and everything will be all right,” or the one who has friends from an online meet-up group?

But mostly I wonder whether the Internet can take credit for people like my mother creating new versions of themselves, or whether that new version has been there all along, and I just never thought to ask.

When she comes to visit this weekend, I will—face to face. I just hope she'll send me a friend request when she gets back home. ■



### WHO KNEW?

## Eat for Good Citizenship

A family meal beats social networking and neighborly chitchat as the No. 1 way to increase civic responsibility, says a joint study by the Corporation for National and Community Service and the National Conference on Citizenship. Those who eat regularly with their loved ones, says the report, are more likely to vote, get involved in community activities, and volunteer.

MARRIAGE

# Treat Him Like a Dog

Our pets wreak havoc, and we love them still. Do we tolerate our spouses in the same way? We ought to, says clinical psychologist Dr. Suzanne B. Phillips on psychcentral.com.



“Most pets are loved in a way that makes us minimize ... their demands.” Any animal behaviorist will tell us that when we shower our pets with positivity, we get back unconditional love. Want a more loving marriage? Learn from your pet.

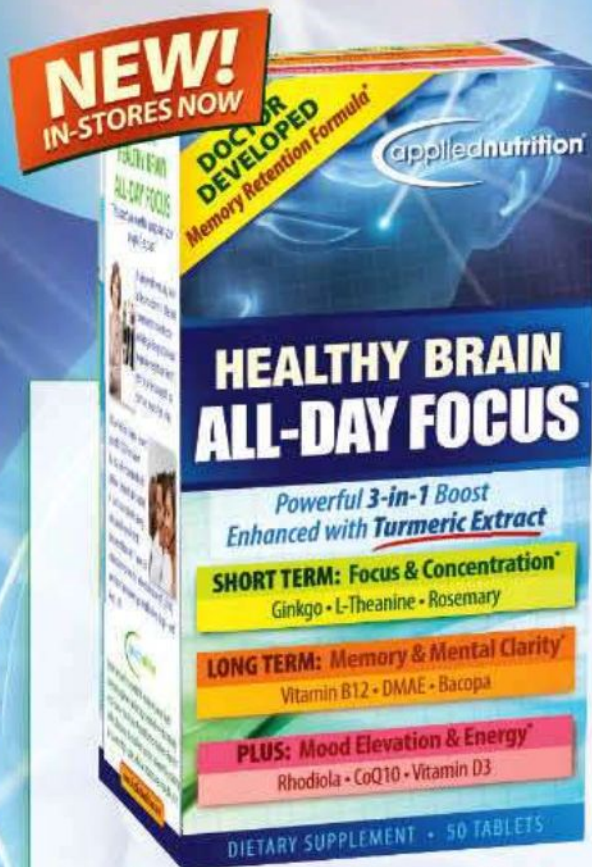
● **Lighten up.** “Whatever your mood, you will likely give your pet an animated hello and a display of affection” when you walk in the door, says Phillips. Your spouse should get the same.

● **Don't assume bad intentions.** The dog ate some of the mail. Then your husband hid the mail to keep it away from the dog. Now the mail can't be found. You know the dog wasn't trying to torture you by eating it. “While you may react to the dog's deed with a choice expletive, you'll probably choose cuddling later over holding a grudge,” Phillips says. Reality check: Your spouse wasn't trying to torture you either.

● **Rise above.** “Few owners fear their image will be tarnished by their pets' behavior,” she says. So when your husband starts in with the corny jokes at a dinner out with friends, why not just smile and scratch his head?

PPSOP/CORBIS

## Doctor Developed Powerful 3-in-1 Memory Retention Formula!



*Specially formulated to provide both short-term & long-term brain health benefits, plus elevated mood & energy boost.*

Available for purchase with coupon in fine stores everywhere or online at:

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

Enter Coupon Code: 010512

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

### HEALTHY BRAIN ALL-DAY FOCUS SAVE \$2

EXPIRES 02/28/11 MANUFACTURERS COUPON

Consumer: Redeemable at retail locations only. Not valid for online or mail-order purchases. Retailer: Irwin Naturals will reimburse you for the face value plus 8 (cents) handling provided it is redeemed by a consumer at the time of purchase on the brand specified. Coupons not properly redeemed will be void and held. Reproduction by any party by any means is expressly prohibited. Any other use constitutes fraud. Irwin Naturals reserves the right to deny reimbursement (due to misredemption activity) and/or request proof of purchase for coupon(s) submitted. Mail to: CMS Dept. 10363, Irwin Naturals, 1 Fawcett Drive, Del Rio, TX 78840. Cash value: .001 (cents). Void where taxed or restricted. ONE COUPON PER PURCHASE. Not valid for mail order/websites. Retail only.



## TREND

# The Family in Flux

“Recessions remain the one consistent predictor of American family size, with dips in birth and marriage rates immediately following,” writes *Time* magazine’s Josh Sanburn. This recession is no different from the previous three. Just two years since the economy tanked, two million fewer Americans have been joined in matrimony. According to a recent report from the Centers for Disease Control and Prevention, the birth-rate, too, has dropped dramatically: from 14.3 births per thousand in 2007 to a century low of 13.5 per thousand in 2009. Likely due to insecure financial futures, would-be parents are postponing.

The divorce rate is also down, says the National Marriage Project, falling from 17.3 per 1,000 marriages in 2005 to 2009’s 16.4. (Even infidelity has dropped, albeit modestly.) Why are more people staying put? Some might call it love; others, real estate: The prospect of buying a new home today might make a mediocre union appealing again.

**NOTABLE QUOTE**

“Govern a family as you would cook a small fish—very gently.” *Old Chinese proverb*

Join the  
**MyBONIVA® Program**  
for Sally’s Tips,  
plus one month of  
**BONIVA free!**


MyBONIVA is a free program that gives you tips from Sally, ideas, and support to help manage your osteoporosis.

You’ll get:

- One month of BONIVA free\*
- Sally Field’s tips on managing your osteoporosis and building stronger bones.
- Helpful monthly reminders to take your BONIVA, delivered by phone, e-mail, or mail.
- Quarterly newsletters filled with bone-strengthening exercises and simple, delicious recipes.



\*You must be 18 years of age or older to join MyBONIVA. The free trial offer is limited to one per patient. MyBONIVA is a registered trademark of Roche Therapeutics Inc.



*I wanted to stop my  
bone loss, but I did more.  
I reversed it with BONIVA.\**

If you have osteoporosis, like me, calcium-rich foods, vitamin D, and exercise can help. But they may not be enough to keep your bones strong. So ask your doctor if once-monthly BONIVA can help you do more. Studies show, after a year on BONIVA, 9 out of 10 women stopped and reversed their bone loss.† And my test results proved I did, too.

BONIVA is a prescription medication to treat and prevent postmenopausal osteoporosis.  
**Ask your doctor if BONIVA is right for you.**

**Important Safety Information:** You should not take BONIVA if you have certain problems with your esophagus (the tube that connects your mouth and stomach), low blood calcium, cannot sit or stand for at least 60 minutes, have severe kidney disease, or are allergic to BONIVA. Stop taking BONIVA and tell your doctor right away if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow the dosing instructions for once-monthly BONIVA carefully to lower the chance of these events occurring. Side effects may include diarrhea, pain in the arms or legs, or upset stomach. Tell your doctor and dentist about all the medicines you take. Tell them if you develop jaw problems (especially following a dental procedure) or severe bone, joint, and/or muscle pain. Your doctor may also recommend a calcium and vitamin D supplement.

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

\*Bone density measured at the lumbar spine after 1 year of treatment. Individual results may vary.

†Bone density measured at the lumbar spine, total hip, or trochanter; 3 out of 4 at the femoral neck.

**Please read Patient Information on the next page.**

**Enroll today. Call 1-888-362-2544 or  
visit [BONIVAFreetrial.com](http://BONIVAFreetrial.com) and try BONIVA free.**

**Genentech**  
A Member of the Roche Group

once-monthly  
**Boniva**<sup>®</sup>  
ibandronate sodium  
150 mg tablet

**Help Stop and Reverse Bone Loss**

BONIVA and symbol are trademarks of Roche Therapeutics Inc. © 2010 Genentech USA, Inc. All rights reserved.

10297300



## IMPORTANT FACTS ABOUT BONIVA

(bon-EE-va) ibandronate sodium 150-mg tablet

### What is BONIVA?

BONIVA, a bisphosphonate, is a prescription medicine used to treat and prevent osteoporosis in postmenopausal women, characterized by weakening of the bone.

Taken once a month in tablet form, BONIVA may stop and reverse bone loss in most women. It has been clinically proven to help build and maintain bone density, which can help reduce fractures.

### What is the most important information about BONIVA?

BONIVA may cause serious problems in the stomach and the esophagus (the tube that connects your mouth and stomach) such as trouble swallowing, heartburn, and ulcers.

### Who should not take BONIVA?

#### Do not take BONIVA if you:

- have abnormalities with your esophagus, such as restriction or difficulty swallowing
- have low blood calcium (hypocalcemia)
- cannot sit or stand for at least 60 minutes
- have kidneys that work very poorly
- are allergic to BONIVA or any of its ingredients

See Patient Information for complete list.

### Before you start BONIVA.

#### Tell your health care provider if you:

- are pregnant or plan to become pregnant
- are breast-feeding
- have trouble swallowing or other problems with your esophagus
- have kidney problems
- are planning a dental procedure such as tooth extraction

Tell your health care provider and dentist about all medications you're taking, including vitamins, antacids, and supplements.

### How should you take BONIVA?

#### You must take BONIVA exactly as instructed by your health care provider.

- Take first thing in the morning, on the same day each month.
- Swallow whole (do not chew or suck) with a full glass (6 to 8 oz) of plain water (not sparkling or mineral). Do not take with tea, coffee, juice, or milk.
- After you take BONIVA, remain standing or sitting for at least 60 minutes before you eat, drink, lie down, or take any other oral medications, including calcium, vitamins, and antacids. Some medicines can stop BONIVA from getting to your bones.
- If you take too much BONIVA, drink a full glass of milk and call your local poison control center or emergency room right away. Do not make yourself vomit. Do not lie down.

### How should you take BONIVA? (continued)

- If you miss a monthly dose and your next scheduled BONIVA day is more than 7 days away, take one BONIVA 150 mg tablet in the morning following the day that you remember. Do not take two 150 mg tablets within the same week. If your scheduled BONIVA day is only 1 to 7 days away, wait until your next scheduled BONIVA day to take your tablet. Then return to taking one BONIVA 150 mg tablet every month in the morning of your chosen day, according to your original schedule. If you are not sure what to do if you miss a dose, contact your health care provider, who will be able to advise you.

### What are the possible side effects of BONIVA?

**Stop taking BONIVA and call your health care provider right away if you have pain or trouble swallowing, chest pain, or very bad heartburn or heartburn that does not get better. Follow dosing instructions carefully to decrease the risk of these effects.**

#### **BONIVA may cause:**

- Pain or trouble swallowing
- Heartburn
- Ulcers in stomach or esophagus

#### **Common side effects are:**

- Diarrhea
- Pain in extremities (arms or legs)
- Upset stomach

#### **Less common side effects are:**

- Short-term, mild flu-like symptoms, which usually improve after the first dose

Rarely, patients have reported allergic and skin reactions. Contact your health care provider if you develop any symptoms of an allergic reaction including skin rash (with or without blisters), hives, wheezing, or swelling of the face, lips, tongue, or throat. Get medical help right away if you have trouble breathing, swallowing, or feel light-headed.

Rarely, patients have reported severe bone, joint, and/or muscle pain starting within one day to several months after beginning to take oral bisphosphonate drugs. Contact your health care provider if you develop these symptoms after starting BONIVA.

Rarely, patients have reported serious jaw problems associated with delayed healing and infection, often following dental procedures such as tooth extraction. If you experience jaw problems, contact your health care provider and dentist.

This summary is not a complete list of side effects. For a complete list, consult your health care provider or pharmacist.

### Want to know more?

This summary is not everything you need to know about BONIVA. It does not take the place of talking with your health care provider about your condition or treatment. For more complete information, talk to your health care provider or pharmacist.

Visit [myboniva.com](http://myboniva.com) or call 1-888-MyBONIVA for the complete Prescribing Information, which includes the Patient Information.

**Genentech**  
A Member of the Roche Group

**AL SAYS, "WHAT MAKES YOU  
THINK I'M OBSESSED WITH TENDER,  
JUICY, CHEWY, MEATY MORSELS?"**



Trademarks owned by Société des Produits Nestlé S.A., Vevey, Switzerland

## **AL'S THE VOICE OF REAL DOGS.**

He calls it like he sees it. Nothing complicated. Just the basics. As in the three basic food groups: ALPO With Beef, Chicken or Lamb. Mmmm, 100% complete and balanced ALPO. **REAL DOGS EAT MEAT!**



## Backyard Granny Pods

America's booming elderly population may soon live happily next to loved ones

BY FREDRICK KUNKLE

FROM **The Washington Post**



**T**he Reverend Kenneth Dupin, who leads a small Wesleyan church in Salem, Virginia, has a vision: As America grows older, its aging adults could avoid a jarring move to a nursing home by living in small, specially equipped, temporary shelters close to relatives. So he invented the MEDcottage, a portable high-tech dwelling that could be trucked to a family's backyard and used to shelter a loved one in need of special care.

Skeptics have a different name for Dupin's product:

the granny pod. Protective of zoning laws, some local officials warn that Dupin's dwellings—already authorized by the Virginia state government—will spring up in subdivisions all over the state, creating not-in-my-backyard tensions with neighbors and perhaps being misused. “Is it a good idea to throw people into a storage container and put them in your backyard?” asked one local

official. “This is the granny pod.

What's next? The college-dropout pod?”

The idea, Dupin said, came to him after years of leading humanitarian missions to developing countries, and it was encouraged by a growing sense of his own mortality. But he also said it just might make a lot of money, since the nation's elderly population is set to double in about 20 years as more and more baby boomers hit retirement age.

Surveys by AARP >>



and others also show that large majorities prefer to live in their own homes or with loved ones rather than in retirement communities.

So Dupin hit on the idea of the remote-care pod. The MEDcottage would be equipped with the latest technology to monitor vital signs, filter the air for contaminants, and communicate with the outside world via high-tech video. Sensors could alert caregivers to an occupant's fall, and a computer could remind the occupant to take medications. A video system would monitor the floor at ankle level, so the patient would have privacy, but a caregiver would know if there was a problem.

A lift attached to a built-in track in the ceiling would help a caregiver move a patient from bed to bathroom if necessary. Knee-high lighting would illuminate the floor and help occupants avoid tripping—the most common cause of falls. Technology could also provide entertainment, offering a selection of music, reading material, and movies.

The dwelling would take up about as much room as a large shed and, like an RV, could connect to the electrical and water supplies of a single-family house. The cottage could be leased for about \$2,000 a month, a cost Dupin hopes will be borne by health-care insurers. ■

## TREND

# Stay Toasty. Insulate with Hemp

● FROM **USA Today**

Growing hemp in the United States is illegal (after all, marijuana comes from the same plant), but the fiber turns out to be a tree-sparing, heat-holding form of insulation. Stalks imported from Europe are ground up, mixed with lime and water, and—presto!—you have a “nontoxic, mildew-resistant, pest-free, and flame-resistant” building material, reports *USA Today*. Asheville, North Carolina, already has one hemp house, and at least two more are planned.

## NOTABLE QUOTE

“Design substantially influences the likelihood of whether you will fall [on stairs] and how hurt you will feel when you have stopped bouncing.”

**Bill Bryson, *At Home: A Short History of Private Life* (Doubleday, \$28.95)**



David and Wendy Glass with their tornado shelter.

**JUST IN CASE**

# Stormproofing

BY GWENDOLYN BOUNDS  
AND ANNE MARIE CHAKER

● FROM **The Wall Street Journal**

Many homeowners dream of adding a walk-in closet or a home office. Some are installing versions that can withstand winds of up to 250 mph and, in some cases, the weight of a loaded tractor trailer. Often made of concrete or steel, the spaces are also aboveground storm shelters meant to replace the cellar or belowground structures long used to ride out hurricanes and tornadoes.

Sometimes dubbed safe rooms, many models boast action-movie names (“StormRoom,” “Iron Eagle II”) and lead double lives as offices, toolsheds, or wine cellars. One model even comes with bullet-resistant Kevlar walls.

After a decade of sometimes devastating storms, more homeowners are investing in the new designs, which typically cost between \$4,000 and \$15,000 and can be bolted to concrete floors in the garage or even inside the house.

While the main mission of these safe

rooms is to protect inhabitants from wind and flying debris, homeowners also pack them with such valuables as jewelry, computer data and documents, and even art and gun collections.

When a powerful F4 tornado roared through Murfreesboro, Tennessee, last year, David

Glass ducked into his newly installed TornadoSafeRoom, a \$4,300 galvanized-steel shelter bolted to the concrete floor of his garage. Glass waited out the storm in the shelter with his brother-in-law, who was visiting, and Glass’s two cats, Buggs and Lady Buggs. (His wife was at work.) They emerged to find the home battered but still standing. Five doors down, though, a neighbor’s house was flattened. Says 39-year-old Glass of his shelter, “When I bought it, I thought, This is crazy—\$4,000 just because I’m a scaredy-cat?” But squirreled away amid first aid supplies and a battery-powered TV/radio, he says, he felt like “the smartest person in the neighborhood.”

**GO FIGURE**

**5** MILLION TONS

**The amount of additional waste generated in the United States during the holidays. Four million tons of this is wrapping paper and shopping bags.**

Source: Clean Air Council

## 3 Secrets of Shhhhhhhh

FROM [unplggd.com](http://unplggd.com)



If it's too noisy at home, try these sound-deadening ideas from unplggd.com, "especially when your neighbor sings like a cat in heat" and you can't cover your walls in foam:

**Wherever air gets in, noise gets in.** Make sure the windows and doors are sealed and weather-stripped.

Everyone knows that curtains and fabric wall hangings cut down on sound, but **don't rule out rearranging the furniture.** If a shared wall or a wall facing the street is noisy, consider placing a "big upholstered couch" there to absorb sound.

**Rugs are great sound mufflers.** The plusher or shaggier they are, the better. And area rugs on top of carpeting work better still.

### TIME-SAVER

## 8 Simple Search Tricks

Instead of taking the long way around, go directly to Google. These tricks let you skip the multistep clicking and sifting that other sites require. (No quotation marks needed.)

- 1 What's playing at the multiplex?** "Movies in" + your ZIP code gets you the list.
- 2 Where's my package?** If you have the UPS, FedEx, or post office tracking code, type it in and you'll have your answer.
- 3 Is it time to pick up Granny at LaGuardia, or can I wrap another present?** Skip the unfriendly skies of an airline's website. Type in the airline and a flight number and get the status.
- 4 Am I rich yet?** The stock-ticker symbol and "stock" brings up the price of a share.
- 5 A pint is how many ounces? A dollar is how many euros? Fifteen hundred yards is how many miles? "Pint in ounces," "dollar in euros," or "1,500 yards in miles" gets you the conversions you need (16 ounces, 0.72 euros, and 0.85 miles).**
- 6 Do I need an umbrella or snowshoes?** "Weather" and your ZIP code tells you how to dress appropriately.
- 7 Who won?** Type in the name of your baseball or football team and Google lets you know the score.
- 8 What time is it in Paris?** "Paris time" tells you whether they're eating croissants at breakfast or croque-monsieurs at lunch.

# Fall Asleep Faster, Wake up Refreshed!



Available for purchase with coupon in fine stores everywhere or online at:

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

Enter Coupon Code: 010514

*3-Stage formula that promotes  
a better sleep cycle,  
without groggy side effects!  
Plus, Passionflower Extract  
to Relax the mind.*

## RAPID SLEEP PM SAVE \$1

EXPIRES 02/28/11

MANUFACTURERS COUPON

Consumer: Redeemable at retail locations only. Not valid for online or mail-order purchases. Retailer: Irwin Naturals will reimburse you for the face value plus 8 (cents) handling provided it is redeemed by a consumer at the time of purchase on the brand specified. Coupons not properly redeemed will be void and held. Reproduction by any party by any means is expressly prohibited. Any other use constitutes fraud. Irwin Naturals reserves the right to deny reimbursement (due to misredemption activity) and/or request proof of purchase for coupon(s) submitted. Mail to: CMS Dept. 10363, Irwin Naturals, 1 Fawcett Drive, Del Rio, TX 78840. Cash value: .001 (cents). Void where taxed or restricted. ONE COUPON PER PURCHASE. Not valid for mail order/websites. Retail only.

0710363-010514



5 10363 26376 4



SUPER • CENTERS

*Walgreens*

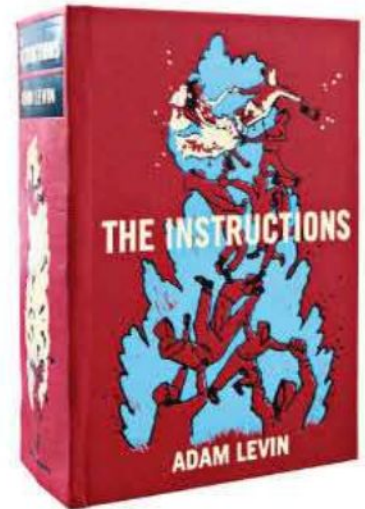


## Mini Book Excerpts

### Novel

Benji Nakamook thought we should waterboard each other, me and him and Vincie Portite. We wouldn't count the seconds to see who was bravest or whose lungs were deepest—this wasn't for a contest. We'd each be held under till the moment the possibility of death became real to us, and in that moment, according to Benji, we'd have to draw one of the following conclusions: "My best friends are about to accidentally drown me!" or "My best friends are actually trying to drown me!" The point was to learn what it was we feared more: being misunderstood or being betrayed.

***The Instructions*** By Adam Levin (McSweeney's, \$29)



### Short Stories

Her parents always gave the new kids a tambourine and stuck them back with Molly, because it was easy to play the tambourine, though there were intricacies to it that nobody else understood or appreciated, and because she was nice, though she was actually only about half as nice as everyone supposed her to be.

**"The Warm Fuzzies"** by Chris Adrian, from ***20 Under 40: Stories from the New Yorker*** Edited by Deborah Treisman (Farrar, Straus and Giroux, \$16)

### Music

"It wasn't a very happy Christmas in 1948," Big Nancy recalled, "but it was the cutest card I'd ever seen." Cute, yes: The card was a cheery cartoon of a Christmas tree, with photos of the family members printed inside globe ornaments. Little Nancy and Frankie each occupied one of the upper globes; underneath, Big Nancy and baby Tina cuddled cozily inside one ornament, and Frank—all alone—grinned from another.

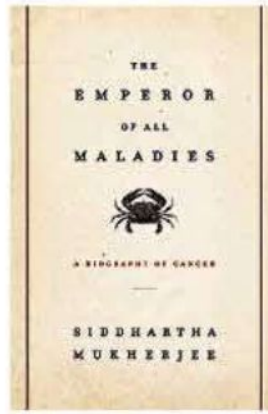
***Frank: The Voice*** By James Kaplan (Doubleday, \$35)

## Medicine

“You might read somewhere that for your particular form of cancer, there is a high chance of local recurrence or metastasis,” he said. “Perhaps even 50 or 60 percent.” She nodded, tensing up. “Well, there are ways that we will tend to it when that happens.”

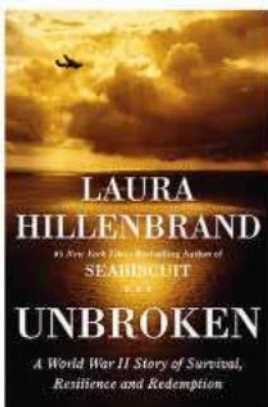
I noted that he had said “when,” not “if.” The numbers told a statistical truth, but the sentence implied nuance. “We will tend to it,” he said, not “we will obliterate it.” Care, not cure. The conversation ran for nearly an hour. In his hands, information was something live and molten, ready to freeze into a hard shape at any moment, something crystalline yet negotiable; he nudged and shaped it like glass in the hands of a glassblower.

***The Emperor of All Maladies: A Biography of Cancer***  
By Siddhartha Mukherjee (Scribner, \$30)



## Nonfiction

In the distance, the bomber swung around and began flying at the rafts again. Louie hoped that the crew had realized the mistake and was returning to help them. Flying about 200 feet over the water, the bomber raced at them, following a path slightly parallel to the rafts, so that its side passed into view. All three men saw it at once. Behind the wing, painted over the waist, was a red circle. The bomber was Japanese. Phil pulled his knees to his chest and covered his head in his hands. Mac balled himself up beside him. Louie took a last glance at them, then dropped into the water and swam back under the rafts. The bullets showered the ocean in a glittering downpour. Looking up, Louie saw them popping through the canvas, shooting beams of intensely bright tropical sunlight through the raft’s shadow. But after a few feet, the bullets spent their force and fluttered down, fizzing.

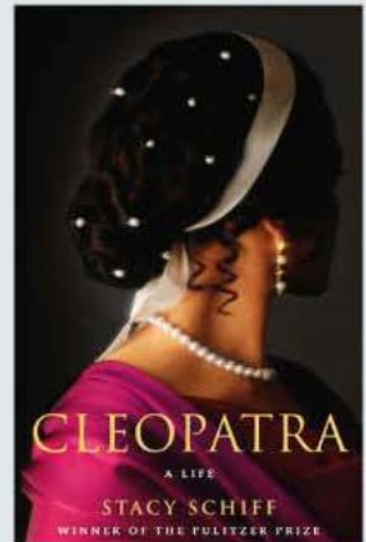


***Unbroken: A World War II Story of Survival, Resilience and Redemption***

By Laura Hillenbrand  
(Random House, \$27)

## Biography

We have hints that Cleopatra was a nervous sailor. She traveled, too, both as an institution and an individual, with physicians and philosophers, eunuchs, advisers, seamstresses, cooks, and with a full staff for [her son] Caesarion. With her went sumptuous gifts: jars of Nile water, shimmering fabrics, cinnamon, tapestries, alabaster pots of



fragrance, gold beakers, mosaics, leopards. She had an image to uphold and every reason to advertise Egypt’s wealth. That fall, a giraffe made its first appearance in Rome, to electrifying effect. It may well have sailed north with Cleopatra.

***Cleopatra: A Life***  
By Stacy Schiff  
(Little, Brown, \$29.99)



## THAT'S WHAT SHE SAID

# Oy, It's the Holidays!

Fran Lebowitz, the famous curmudgeon, explains why she loves Christmas

“It was the only time of year that was colorful, because the rest of life was a serious, black-and-white world. But Christmas was dazzling—just the look of it. The town square was decorated, and there was a Santa Claus house. I lived in a town where there were relatively few Jews. And no one loves Christmas more than a Jewish child in a Gentile town.

“As for gifts, I give old books, which some people are nice enough to call rare. I much more carefully choose these books than they are carefully read, but they get books because I hate to shop. And I don't shop online, because I don't own a computer. They haven't completed inventing them yet. If they worked, not every business in the world would have a department to fix them. They don't have a department to fix pencils.”

As told to *Andy Simmons*

***Public Speaking*, a documentary about Fran Lebowitz, directed by Martin Scorsese, is on HBO.**

## SOCIAL MEDIA

# 10 Funny Facebook Groups

No thought is too random, no grievance too petty, to keep us from organizing a group. Our favorites:

- 1) Students Against Backpacks with Wheels
- 2) When I Was Your Age Pluto Was a Planet
- 3) People Who Always Have to Spell Their Names for Other People
- 4) No, I Don't Care if I Die at 12 A.M., I Refuse to Pass On Your Chain Letter
- 5) Friends Don't Let Friends Wear Crocs
- 6) I Secretly Want to Punch Slow-Walking People in the Back of the Head
- 7) I Don't Care if the Spider Is Not Hurting Anyone, I Want It Dead!
- 8) I Am Fluent in Three Languages: English, Sarcasm, and Profanity
- 9) I Will Carry 20 Grocery Bags So I Don't Have to Make a Second Trip
- 10) An Arbitrary Number of People Demanding That Some Sort of Action Be Taken

COURTESY HBO



"...classic! The [Stauer] tanzanite are a beautiful shade of violet blue...full of color!"

— PRAISE FOR STAUER TANZANITE FROM C. OF MISSOURI

## Endangered Gem Disappearing

Tanzanite is found in only one remote spot on Earth, and it's 1,000 times rarer than diamonds. Experts say the mines will soon run dry forever, but today you can own more than 1 carat for **Better Than FREE!**

Time is running out. Geological experts predict the world's supply of tantalizing tanzanite will disappear in a matter of just a few years. High-end retailers are raising prices on this rare stone. And gem dealers are in a mad scramble to secure their claim before it's too late.

Today you can own over 1 carat of this rare vivid violet-blue color stone (1,000 times rarer than diamonds) in our spectacular **Tanzanite Cluster Ring** with a suggested retail of \$795 for only \$95. Want to learn how to get this magnificent ring for **Better Than Free**...read on.

Order the exclusive **Tanzanite Cluster Ring** (1 1/5 ctw) for \$95 and we'll give you a **\$100 Stauer Gift Coupon**. That's right. You pay \$95 and you get the Tanzanite Ring AND \$100 toward your next Stauer purchase. This is our impossible **Better Than FREE** offer.

**Better Than FREE and Guaranteed.** Our **Better Than FREE** offer is so consumer friendly that we have earned an **A+ Rating** with the Better Business Bureau. But, why a \$100 Gift

Coupon with your \$95 purchase? It's simple. We want you to come back to Stauer for all of your jewelry and watch purchases. If you are not 100% delighted with your ring, send it back within 30 days for a full refund of the purchase price. Just remember that the odds of finding this stone at this price ever again is like waiting for lightning to strike the same place twice.

**JEWELRY SPECS:** – 1 1/5 ctw tanzanite – Ring sizes 5–10

– Rhodium-layered .925 sterling silver setting

**Tanzanite Cluster Ring** (1 1/5 ctw)—

~~\$795~~ **\$95** +S&P PLUS **\*Better Than FREE—**

**Receive a \$100 Stauer Gift Coupon with the purchase of the Tanzanite Cluster Ring.**

*Call now to take advantage of this limited offer.*

# 1-888-870-7339

Promotional Code CTR179-01

Please mention this code when you call.

## Stauer®

14101 Southcross Drive W.,  
Dept. CTR179-01  
Burnsville, Minnesota 55337  
[www.stauer.com](http://www.stauer.com)



Advertisement

# Only the best for your pet



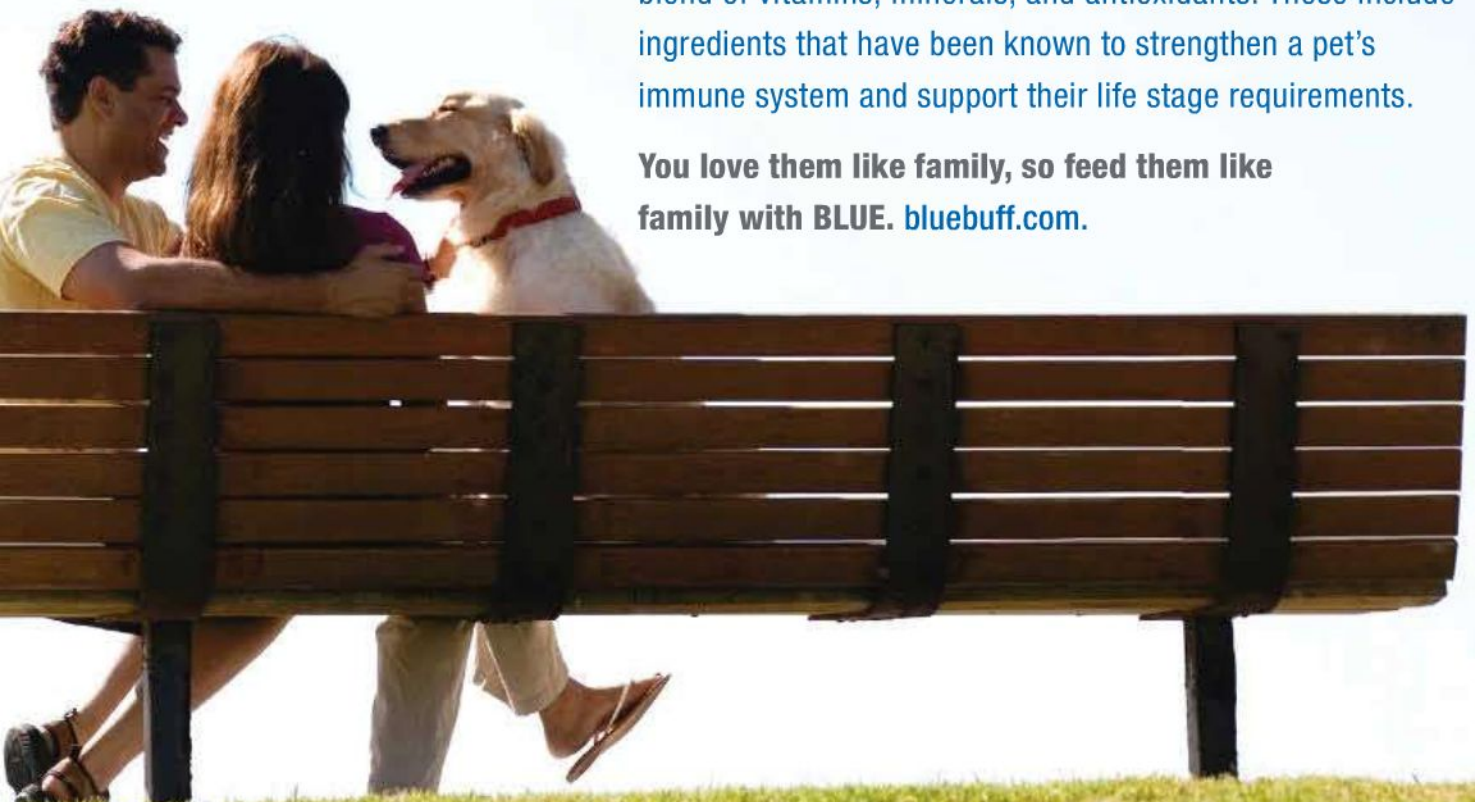
Pet parents may be tightening household budgets, but that doesn't mean cutting back on high-quality food for their four-legged friends.

For less than a dollar a day, you can feed your dog and cat healthy and holistic food from **Blue Buffalo**.

All delectable BLUE™ recipes start with high-quality protein sources like deboned chicken, lamb, or fish, followed by wholesome whole grains, garden vegetables, and antioxidant-rich fruit.

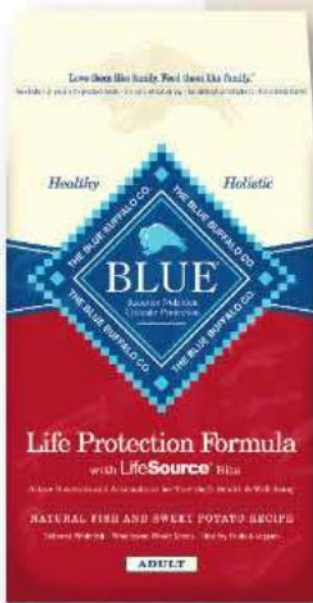
Plus, BLUE Foods have exclusive LifeSource® Bits, a precise blend of vitamins, minerals, and antioxidants. These include ingredients that have been known to strengthen a pet's immune system and support their life stage requirements.

**You love them like family, so feed them like family with BLUE. [bluebuff.com](http://bluebuff.com).**



“When I found out the first ingredient in his food wasn’t real meat I switched him to **BLUE.**”

**Is your big name dog food fooling you?** You probably didn’t know that many well-known dog foods don’t have real meat as their first ingredient. BLUE, on the other hand, always starts with real chicken, lamb or fish, followed by wholesome whole grains, garden veggies and fruit. Plus, BLUE contains our exclusive LifeSource® Bits, a precise blend of antioxidants, vitamins and minerals. And your dog can enjoy all of this **naturally healthy goodness for only pennies a day more.**



**How Does Your Brand Compare to BLUE?**

	BLUE	Your Dog's Food
Deboned Chicken, Fish or Lamb is the FIRST Ingredient	✓	?
Wholesome Whole Grains	✓	?
Garden Veggies & Fruit	✓	?
All Natural*	✓	?
LifeSource® Bits	✓	?
NO Corn, Wheat or Soy	✓	?
NO Chicken or Poultry By-Product Meals	✓	?

\*Fortified with vitamins and minerals.

Compare your dog’s food to BLUE™ at **CompareBlueDog.com**

Love them like family.  
Feed them like family.™



## WHAT I'M UP TO

# Edward Norton

Edward Norton has starred in such movies as *Primal Fear*, *The Illusionist*, *Fight Club*, and *The Incredible Hulk*

INTERVIEW BY AMY WALLACE



## WHAT HE'S READING

“I’m just finishing *Shantaram* [by Gregory David Roberts]. It’s written by a guy who escaped from an Australian maximum-security prison and lived in Bombay for many years. It’s a novel loosely shaped around the experience of his life. And it’s a great read. I’m literally pages from the end. After that, I’m going to read David Foster Wallace’s *Infinite Jest*. It’ll be my fall project.”

## WHAT HE'S WATCHING



“*Waiting for Superman* is terrific. And I liked this film *Catfish* that’s out

right now. On TV, I’ve been watching the latest Discovery Channel series called *Life*. I’m kind of a nature-film junkie. I’m looking forward to *Boardwalk Empire*. I have to admit I haven’t gotten to *Mad Men* yet, but I will. I’m also a *Modern Family* fan.”

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

“I would order Laird Hamilton to be my private surfing coach and turn me into a master.”

**WHAT HE'S PLUGGING** “Definitely check out [crowdrise.com](http://crowdrise.com). Find something that you care about and check out a project. We’re working

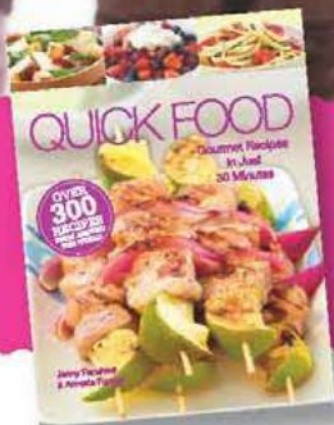
on a campaign called Give It Up for the Holidays. It’s a button on the site that you click, something you can send around to people to say, ‘In lieu of presents for the holidays, I’d like you to make a donation to this cause.’ It’s good for the times we’re in.”

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

“Keep learning new things. Keep looking for experiences that expand your sense of the world.”

# Holidays Well Shared

SAY GOODBYE TO THE STRESS OF THE HOLIDAY SEASON. Take a look at these simple, time-saving tips to throw the best holiday party in town and give unique gifts they'll never forget!



## FREE GIFT WITH YOUR PURCHASE

As our gift to you, simply enter a UPC code of a featured product, and we'll send you a free copy of *Quick Foods: Gourmet Recipes in Just 30 Minutes* (value: \$19.95). Visit [rd.com/wellshared](http://rd.com/wellshared) to enter your UPC and for more details.\*

Swiffer  
**WETJET**

*Massage Envy.*

# Holiday Pet Peeves

## SHINE ALL SEASON LONG WITH THESE PET FRIENDLY HOLIDAY TIPS

The holidays always seem to sneak up on us, and so do those spontaneous holiday get-togethers. Not to worry; you can help your home feel festive and "pet free" with these entertaining essentials that sparkle:



- \* Swiffer® WetJet® can help eliminate odors in the air with a Febreze fresh scent. Keep it handy in a coat closet or in a corner for quick fixes, and be sure to use WetJet® Antibacterial Solution which kills 99.9% of bacteria\* and helps WetJet® clean better than a mop.
- \* Spice it up with holiday-scented candles. Your guests will be wrapped in a warm glow with candles placed in gathering points and even the bathroom.
- \* Have party essentials on hand, like a chilled bottle of wine, frozen appetizers and a festive playlist for the perfect party soundtrack
- \* Release some of your pet's energy with a long walk before guests arrive. The best time to introduce your dog to new people or stimulation is when the dog is in a calm state of mind.
- \* Keep Swiffer® WetJet® close by for fast and easy clean-ups before and after. You'll have more fun and less stress with a smart clean-up routine that is fast, reliable and simple.

### SWIFFER GETS YOU READY FOR THE HOLIDAYS

Swiffer® WetJet® is an all-in-one, quick mopping system that can give you a great clean on virtually any floor in less time than a mop. Learn more at [swiffer.com](http://swiffer.com) today.



\*Kills 99.9% of *S. aureus* and *E. aerogenes*.

More at [ebook-free-download.com](http://ebook-free-download.com)



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

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

**Swiffer**  
**WETJET**



Swiffer gives cleaning a whole new meaning.™

# Melt Away Stress This Holiday Season

## 5 WAYS MASSAGE RELIEVES HOLIDAY STRESS

- \* **The gift of energy**  
The holidays can be a drain. A nice massage can put you at your holiday best.
- \* **Stay in the holiday spirit**  
Massage releases dopamine: Your body's natural feel-good chemical – joy to the world!
- \* **No more shop 'til you drop**  
Shopping can be back breaking. Massage therapy can relieve lower back pain and keep you in tip-top shape.
- \* **End shopping anxiety**  
Holiday stress can raise your blood pressure. 3-5 minute mini-massages can help lower it – and make you feel great.
- \* **Pause the holiday rush**  
Reduce stress and anxiety with some welcomed ME time.

### 'TIS THE SEASON FOR MASSAGE

With convenient hours and over 600 locations nationwide, Massage Envy makes it easy to give yourself some welcomed ME time. Visit [Massage Envy](http://MassageEnvy.com) today. And while you're there, pick up your holiday gift cards for everyone on your list. Learn more at [MassageEnvy.com](http://MassageEnvy.com) today.



For *Me*, it feels like  
someone truly cares.

The gift of Massage Envy takes away my aches and stress so I can enjoy the holiday season. Add their convenient hours and locations, and now it's a gift that keeps me stress free today, tomorrow...even into the New Year with Massage Envy.

Rates and services may vary by location. ©2010 Massage Envy Franchising, LLC.



*Massage Envy*

[MASSAGEENVY.COM](http://MASSAGEENVY.COM)

GIVE THE GIFT OF WELLNESS.



CONVENIENT HOURS | OVER 600 LOCATIONS | FRANCHISES AVAILABLE



## How Much Are You Spending This Holiday Season?

**T**he old adage about Christmas—it's about goodwill, not gifts—will be extra comforting across the world in the coming month. According to our latest global poll, shoppers in 11 of 17 countries plan to stick to last year's budget, and only three nations intend to spend more. Since a recent worldwide Nielsen survey showed that a majority of respondents feel their country is still in a recession, a little fiscal reticence seems appropriate.

### Spending the same as last year

France	69%
Netherlands	58
United Kingdom	58
Australia	57
Canada	56
Germany	55
Spain	55
United States	55
Italy	53
South Africa	51
Brazil	43

**[We'll spend] the same or less.**  
We have really cut down in the last few years. Money is tight.

*Stephanie Bond, 33, Dalton, Georgia*

**It hasn't been a good year, and I won't be able to buy gifts for all the people I want.**

*Carla Gutierrez, 31, Mexico City*



For more on our Around the World survey, watch CNN International.

get to **sleep...**  
get **back** to sleep...  
**naturally!**



Promotes Healthy Sleep



Promotes Healthy Sleep  
and Manages Minor Pain\*\*

**Take Anytime** before going to bed or even the middle of the night!

**No Morning Grogginess**

• Not habit forming • Drug Free

**Chewable** - Take right from bed



America's #1 Top Selling  
Drug Free Sleep Remedy\*

Always follow usage instructions | § See product label for full usage instructions. Allow a minimum of 3 hours for sleep.

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

†Based on IRI Sales Data ending 9/9/10

\*\*For occasional pain such as muscle pain from exercise.

DIETARY SUPPLEMENT

**SAVE  
\$1.00**

on one (1) package  
of MidNite  
or MidNite PM

QUESTIONS?

Or visit: [www.midnitesleep.com](http://www.midnitesleep.com)



MANUFACTURER'S COUPON

EXPIRATION DATE 5/31/11

RETAILER: We will reimburse you the face value of this coupon plus 8¢ handling provided you and the terms of this offer. Invoices proving purchases of sufficient stock to cover presented coupons must be shown on request. Any other application may constitute fraud. Coupon void where prohibited, taxed or restricted. Consumer must pay any sales tax. Cash value 1/20¢. Reproduction of this coupon is expressly prohibited. Mail to: Concepts In Health, Inc., CMS Dept #88901, One Fawcett Drive, Del Rio, TX 78840

00161





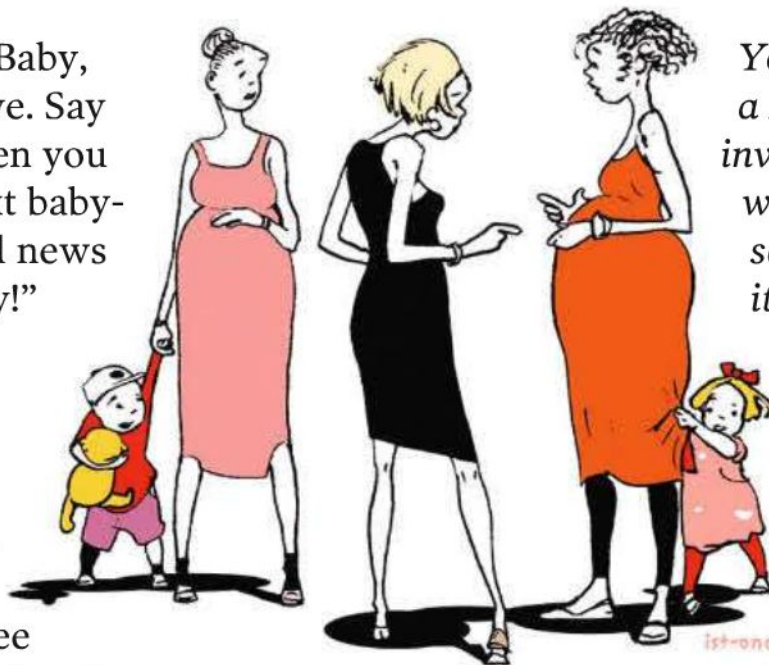
# Ask Laskas

JEANNE MARIE LASKAS

▶ **My husband and I** have been going through fertility treatments but haven't yet been able to start a family. Some of our friends avoid telling us about their new pregnancies or other baby-related news because, I assume, they don't want to upset us. How can we let them know they don't need to walk on eggshells around us just because we're struggling?

*Don't Baby Us*

Dear Don't Baby, Get proactive. Say "Wow!" when you hear the next baby-related good news and "Hooray!" about each pregnancy. Ask baby questions. Talk bottles and booties and ask to see ultrasound pics. Show your friends you want to share in their joy. It will be a relief to them and an important transition for all of you.



Yesterday I received a Facebook friend invitation from him, as well as a message saying that he hopes it's not too weird that he happened to remember my name. Even in this age of technology, I find this somewhat creepy and stalkerish. I don't think I came off as

*flirty, but now I'm not so sure.*

*Technologically Confused*

▶ **The last few times** I've stopped by my local convenience store, I've chatted pleasantly with the cashier, a man about my age or a little older.

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

Dear Tech, Nothing is more trustworthy than your own gut. Whether in the real or virtual world, when you find yourself using words like *creepy* and *stalkerish*, pay attention. The gut knows. Simply choose the Ignore button.

ILLUSTRATED BY ISTVAN BANYAI; FRANK VERONSKY

▶ **I'm an only child** in my 30s.

*Over the years, my best friend from childhood and my mother have become friends. Recently my stepfather told me that they talk and e-mail about me behind my back. I was able to hack into my mother's e-mail because I know her password. It was wrong and I regret it, but now that I've read the horrible things they've written, I don't know what to do. I've stayed quiet to keep the peace, but my heart breaks knowing how they really feel about me. My mother is planning a visit soon. Do I confront her? Both of them? Or do I keep pretending I don't know?*

*Backstabbed in Boise*

Dear Backstabbed,  
You've stumbled upon a betrayal with profound implications, which changes your relationships with both your mother and your cherished friend. (Your stepfather's decision to reveal this information to you is a sign that something is seriously wrong back home.) You're going to need guidance through this mess. You'll have to learn how and if you can stitch these relationships back together. Get help from a counselor, a member of the clergy, or a friend. Learning to trust again is your challenge.

▶ **I work out at** the local gym, where I see acquaintances from local ladies' events. I try to acknowledge them when I pass them on the track or at the exercise machines, but they don't


## Life's Little Etiquette Conundrums

▶ **We just moved into a new house. I tipped the movers and the appliance delivery people for not scratching the wood floors. Ditto for the dishwasher installers. Are cable installers to be tipped? I don't mind "paying for good service," but isn't good service their job? It seems that all service people linger a bit longer than they used to.**

Providing good service is certainly a worker's job, and appreciating good service is the reciprocal obligation of a customer. That doesn't always mean doling out cash. (It does mean saying thank you!) If your budget allows it and you want to show extra appreciation, by all means open your wallet. In general, you can't go wrong with too much generosity.

*speaking. I have no intention of joining their one-on-one conversations—I just feel it would be rude not to acknowledge them. Am I wrong?* *Fitness Fan*

Dear Fitness,  
If you think it's rude to ignore fellow exercisers, you can wave, nod, or blow kisses. Up to you. Whether people reply is up to them. For all you know, they're meditating as they work that rowing machine. Keep a smile on your face and continue with your regularly scheduled crunches.

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

# Connections

Your Guide to What's Happening Now.

## Happy New You

Look for the Happy New You section in this issue and find out how to get a FREE tote bag and makeup pouch with your purchase of one of the featured products at Rite Aid. For store locations, visit [RiteAid.com](http://RiteAid.com).



With us, it's personal.

..... sponsored by .....



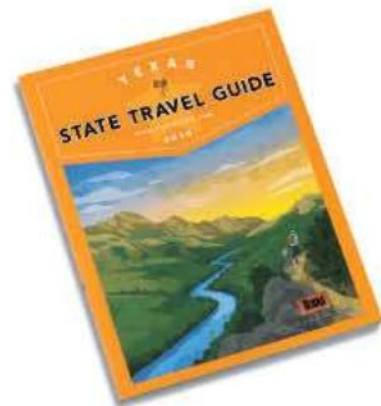
## Iams with PreBiotics

**Vets agree, a healthy checkup starts inside.** And premium nutrition like Iams ProActive Health with PreBiotics is a key part of that. Iams with PreBiotics works inside the digestive tract to promote healthy digestions and strong defenses. To learn more visit [ImpressYourVet.com](http://ImpressYourVet.com).



## Texas Tourism

With so many ways to experience Texas, vacationing here is unforgettable. And now it's easy too. We have all the information you need to create your perfect vacation. Find it all in your FREE Texas State Travel Guide. Call 1-800-8888-TEX, ext. 5803 or visit [TravelTex.com](http://TravelTex.com).



## The Evolution of Bladder Protection

Trade up to underwear that gives you more: new Super Plus Underwear from TENA. With cottony-soft fabric, a secure cut and fit, and now, 40% more absorbent, it's the next evolution of bladder protection. Go to [TENA.us](http://TENA.us) for a free sample.



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



# Here's an Idea!

BY MICHAEL IAN BLACK

## Let's Stay Home

How badly does this comedian want to skip the next Christmas bash? He's offering to massage his wife's feet.

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

**P**lease, can we not go to the party? The reason I ask is because I am not feeling very well. There's something wrong with my head. Or my stomach. Or my arm. It's kind of an all-over body ache, the sort of thing that probably would not show up on any medical exam but which I am confident is quite contagious. To be safe, I think we should probably just stay home.

I know you are excited to go to the party. You enjoy getting dressed up and drinking good wine and



making conversation with all our friends, many of whom we have not seen for a long time. They are great people, one and all. They are, without exception, terrific, and I am proud to consider them my friends. At the same time, I do not need to see any of them ever again.

I find that a lot of socializing is simply a way of communicating that we like one another. When we stand

ILLUSTRATED BY ADAM MCCAULEY; BRIGITTE JOUXTEL

around the party sloshing our wine around and catching up with each other, essentially we are just saying “I like you” over and over again. All social conversation can be reduced in this way. You say, “I like you.” I

## If we stay home, I promise to clean the bathroom and play Spanish lullabies on the guitar.

respond, “I like you too.” Then, after that person is out of earshot, we talk to other people about how much we dislike the first person.

Think about how good staying home will be for the environment.

Another problem with going to the party tonight is that you and I both

know the only thing to eat will be olives. At every party we attend, the hostess sets out a small dish of puckered olives. I don’t want any more olives. I know I don’t have to eat them, but they give me something to

do with my hands while I am standing around saying “I like you” over and over again. But then I do not know where to put the olive pits.

Sometimes the hostess puts out little bowls for the pits, but usually the bowls are nowhere near where I am standing, and I feel stupid excusing myself to dispose of my olive pits. So instead, I just end up putting them in my pocket. A couple of olive pits in my pocket is fine, but soon they grow

## Credit Card Debt got you turned upside down?

We provide the solutions that have helped thousands!

CreditGUARD of America, Inc. is an independent, non-profit credit counseling agency that has been providing debt relief to consumers throughout the United States for the past 19 years.

To qualify you must have at least two thousand dollars or more in credit card debt and are falling behind with your payments.

- ✓ Reduce your payments by up to half
- ✓ Stop the creditor calls
- ✓ One affordable payment a month
- ✓ Pay off your debt and save thousands



CreditGUARD of America received an A+ rating from the Better Business Bureau.

Certified Credit Counselors Provide FREE Confidential Debt Relief Consultations!  
CALL NOW **800-564-4514**

To calculate your interest savings and estimated monthly payment instantly visit us at:  
[www.creditguard.org/rd](http://www.creditguard.org/rd)



into a mound, with the result being that my thighs end up looking bumpy. No matter how much time and effort I put into my appearance, all that work goes right out the window with the addition of bumpy thighs.

Maybe there will be some hummus there, too, but hummus has always struck me as more of an experiment in texture than an actual food. I might wind up going hungry, which will no doubt make my sickly condition worse. I know you do not think I am actually sick, even though I have been issuing subtle coughing noises for the last several hours in the hopes that you will ask me if I am feeling well enough to go to the party, a question to which I can respond, "I hope so," which I am hoping will lead to your saying, "If you're feeling sick, we shouldn't go," followed by my saying, "Maybe you're right—darn it, I was really looking forward to that party," and your saying, "Let's just stay home," and my reluctantly going, "So be it, woman. So be it." But no

matter how subtly I cough, you do not say any of those things, leading me to believe you do not actually think I am sick at all.

Please, can we not go to the party?

If we stay, I promise to clean the bathroom. And fix that thing I told you I would fix three years ago. And maybe I will even get off the computer, although I am not making any promises about that.

Let us stay home and sit by the fire, and I will rub your back and play Spanish lullabies on the guitar. I will make the oatmeal raisin cookies you like and feed them to you while rubbing your feet. The combination of feet and cookies may not sound so appealing right now, but when accompanied by Spanish lullabies, it is wonderful. And if we stay home tonight, I promise the next time there is a party, I will go without complaint. I will be the perfect date, charming and vivacious and fun. Unless I am not feeling well, in which case I may stay home. ■

© 2010 BY MICHAEL IAN BLACK. MCSWEENEYS.COM (MAY 15, 2010), 849 VALENCIA ST., SAN FRANCISCO, CA 94110

## YULE BE FINE

**Surviving the Holidays** "The one thing that will help your holiday season is to leave the country for Thanksgiving, which is when Christmas begins with a vengeance. You know, 'The running of the bulls.' Shopping. Getting away for the first five days of the holiday season is like when a tidal wave hits. If you can avoid the beach, it makes it a lot easier to deal with."

**The Best Gift I Ever Got** "When I was five, my grandmother got me a 'horse.' When you sat on it, you would go up and down. Everyone says, 'I want a pony.' Well, I wasn't going to get a pony. That was as close as I would get, and it was great. For at least a week." Comedian *Lewis Black*.

His book *I'm Dreaming of a Black Christmas* (Riverhead Books) is on sale now.





# This Holiday Season, Give The Gift Of A Smile.

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

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

## Help children with clefts and other problems.

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

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

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

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

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

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

My check is enclosed. Z10121008ZSBY25

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

Donate online: [www.smiletrain.org](http://www.smiletrain.org)

or call: 800-932-9541



# SmileTrain

Changing The World One Smile At A Time.

A Healthy Diet During Pregnancy Can Help Prevent Birth Defects And Clefts. According to the U.S. Government, women should take sufficient levels of folic acid (400 micrograms/day) during pregnancy to help reduce the risk for cleft lip and palate. Foods to avoid may include raw or undercooked seafood, beef, pork or poultry; delicatessen meats; fish that contain high levels of mercury; smoked seafood; fish exposed to industrial pollutants; raw shellfish or eggs; soft cheeses; unpasteurized milk; pâté; and caffeine. For more information, visit [www.SmileTrain.org](http://www.SmileTrain.org). Smile Train is a 501 (c)(3) nonprofit recognized by the IRS, and all donations to Smile Train are tax-deductible in accordance with IRS regulations. © 2010 Smile Train.

# OffBase

**D**ays after we invaded Marja, Afghanistan, one of my Marines found out his wife hadn't paid the cell phone bill. He called the company and asked how he could settle up. "You can go to Western Union and place a money order," the billing agent told him.

"Ma'am, I'm in Marja, Afghanistan," he explained. "We don't have Western Unions."

"No problem. You can also go to Walmart."

*Clinton Myrick, Camp Lejeune, North Carolina*

**"I'll miss you, Great-Grandma,"** wrote my mother's great-grandson in an e-mail he sent before shipping out to Iraq.

"I'll miss you too, dear," she responded. "Stay safe. LOL, Great-Grandma."

**"We're out of crayons ..."**

Poor Mom didn't realize that LOL doesn't stand for "lots of love."

*Jeanne Hendrickson, Granite City, Illinois*

**After I spoke** at a grade school assembly about veterans, a student asked, "Were you ever in a war?"

"Yes, two," I said. "World War II and Korea."

The girl's follow-up question: "Which war did you like best?"

*William Holmes, Mertztown, Pennsylvania*



## "Humor on the Front" Contest

**Reader's Digest and Stars and Stripes\* want you!** We've linked up with the armed forces' favorite independent news source to look for laughs from the front line. If you are now serving—or have ever served—in the armed forces, send us funny stories from your days sweating at boot camp, being stuck at sea, toiling away on KP duty—whatever. Go to [readersdigest.com/front](http://readersdigest.com/front) for details. **You could win \$1,000.**

\*stripes.com

No purchase necessary to enter or win. Open to U.S. citizens 18 and older. Contest begins 11/15/10 and closes 2/15/11. Void where prohibited.



# happy new you!



Kick off the New Year right with a better understanding of your health and wellness. Remember, the products featured at Rite Aid can help you keep your New Year's resolutions throughout the year.



Purchase any one of the featured products at Rite Aid, and receive a complimentary tote bag and make-up pouch from Reader's Digest (value:\$35). Simply mail your receipt along with your name, address and phone number postmarked by January 17, 2011 to: Reader's Digest/Rite Aid GWP, 750 Third Avenue, 4th Floor, New York, NY 10017.

This offer is available to U.S. residents and only while supplies last. Original Rite Aid receipt must be dated between November 16, 2010 and January 17, 2011. Limited to the first 2,500 requests. Please allow 6-8 weeks delivery.

Note: a gift of equal or greater value may be substituted.

# save face

**HELP YOUR SKIN STAY BEAUTIFUL ALL WINTER LONG WITH THESE SIMPLE TIPS.**

- \* Moisturizing needs change in the winter. You may need to switch to a more hydrating moisturizer and use it more frequently.
- \* Hot water is drying to skin. Bathe (or better yet, shower) in lukewarm water. And always pat dry and moisturize while skin is slightly damp.
- \* Sunscreen isn't just for summer. Winter sun can also damage skin, so remember to apply sunscreen to face and hands.
- \* Dry, hot indoor air can cause more skin problems than the cold outdoors. Turn down the thermostat and turn on the humidifier.
- \* Harsh peels can strip oil from your skin, and alcohol-based toners are drying – avoid both in winter months.
- \* Don't forget your lip balm: Lips can become chapped and cracked in winter.



## BEAUTIFUL SKIN ALL YEAR ROUND

Can science and beauty agree? Yes, they can! Olay Professional Pro-X is as effective at reducing the look of fine lines and wrinkles as the leading wrinkle prescription brand regimen.\*

**OLAY**

With us, it's personal.

\* Pro-X hydrates to reduce the appearance of wrinkles. Based on an 8 week clinical comparison study. The prescription takes 24 weeks to see full results and longer term comparative results may be different.

# Olay®

## PROFESSIONAL

**CAN SCIENTIFIC STUDIES  
AND BEAUTY MAGAZINES AGREE**  
on what's effective in anti-aging skin care?



©2010 P&G

### OLAY PROFESSIONAL PRO-X

In beauty and science magazines and in a dermatology periodical, Olay Professional Pro-X is recognized as not just effective, it's been cited for cutting-edge technology. It's in line with a leading prescription brand at reducing the look of wrinkles, and has been given a Best of Beauty Award. Olay Professional. Anti-aging with expertise, science and women behind it. [OlayProfessional.com](http://OlayProfessional.com)

# PROX

POTENT. PROVEN. PROFESSIONAL.

Pro-X hydrates to reduce the appearance of wrinkles. The prescription takes 24 weeks to see full results and longer-term comparative results may be different. \*Age Repair Lotion.

# play together

## THE MOST WONDERFUL (AND ACTIVE) TIME OF THE YEAR

This holiday season, try adding a few new healthy activities to your annual traditions. Stay active with these simple ideas, which can be even more fun by involving the whole family:

- \* Take the family to a tree farm and cut down your own holiday tree. Everyone can take part, from choosing, cutting, carrying and decorating.
- \* Enjoy time with the littlest family members by collecting pine cones for a family art project.
- \* Spend a special moment with a loved one with a cozy walk in the snow and some hot chocolate to go.
- \* Spread some holiday cheer and bake a large batch of cookies for your favorite local charity.



With us, it's personal.

**JUST 2 PILLS. ALL DAY STRONG. ALL DAY LONG.** From the first day of the holiday season to the last, the one thing you don't want is for body pain or arthritis pain\* to slow you down. With Aleve, you don't have to. Just two pills can provide all day pain relief. Use as directed.



\* Minor arthritis pain



## If you could take fewer pills, why wouldn't you?

When it comes to arthritis\* and body pain relief, you can take fewer pills with Aleve.<sup>®</sup> Just two Aleve have the strength to last all day. That would take four times as many Tylenol.<sup>®†</sup>

**Two pills. All-day relief.**

For a coupon to try Aleve, visit [aleve.com](http://aleve.com)

\*Use as directed for minor arthritis pain.

†Comparison to Extra Strength Tylenol based on minimum label dosing for 24 hours.

©2010 Bayer HealthCare LLC.





# winter wisdom

## SMART, SIMPLE TIPS FOR WINTER WONDERFUL SKIN

The combination of cold air outside and dry, hot air inside can wreak havoc on your skin. These simple tips can help.

- \* Moisturize more often, especially immediately after showering and before bed.
- \* Take lukewarm showers and use a moisturizing body wash like Olay Ultra Moisture Body Wash, or try Olay Ultra Moisture Soap bar.
- \* Use a humidifier to keep inside air from becoming too dry.
- \* The skin on your hands is thinner and has fewer oil glands. Always wear gloves in cold weather, wash hands with warm, not hot, water, and moisturize often.
- \* If your hands and feet are very dry, moisturize heavily and sleep in cotton socks and gloves at night.



With us, it's personal.

### WASH AWAY DRY SKIN

Olay Ultra Moisture Body Wash has 2x the combined cleansers and moisturizers than the top-selling body wash, to leave your skin soft and smooth.



# OLAY

BODY WASH

ARE YOU PAYING FOR  
A BODY WASH THAT'S

**85%**  
**WATER?**

GET MORE FROM  
OLAY ULTRA MOISTURE  
BODY WASH.

**2X** the  
combined cleansers  
and moisturizers and  
25% less water than the  
top-selling body wash,  
to leave your skin  
soft and smooth.

OLAY. CHALLENGE WHAT'S POSSIBLE.™

©2010 P&G

# beat the heat

**HOT FLASHES DON'T HAVE TO CONTROL YOUR LIFE. CONSIDER THESE TIPS TO CONTROL HOT FLASHES.**

- \* Keep a diary of the frequency and severity of hot flashes to identify triggers.
- \* Dress in layers of breathable fabrics like cotton, linen and rayon. Avoid synthetics, silk and wool.
- \* Watch what you eat and drink. Alcohol, caffeine and spicy foods can trigger hot flashes.
- \* Carry a portable fan in case a hot flash occurs.
- \* Exercise regularly - women who exercise have a reduced incidence of hot flashes.
- \* Don't smoke. Smoking exacerbates hot flashes and may prematurely trigger menopause.
- \* Carry facial tissues and/or baby wipes to absorb perspiration.
- \* Consider taking a supplement that reduces menopause symptoms.



With us, it's personal.

**PROVEN TO REDUCE HOT FLASHES UP TO 85%<sup>1†</sup>**  
 i-cool™ contains no hormones or allergens, and relieves hot flashes with only one pill a day.<sup>†</sup> i-cool™ is clinically proven to reduce hot flashes, night sweats and other menopausal symptoms.<sup>†</sup>

**i-cool™**  
 For Menopause

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

<sup>1</sup>25% of patients taking geniVida for 12 weeks had an 85% or more reduction in hot flashes. Elliott, J., et al: Genistein reduces the number and duration of hot flashes in peri-post menopausal women in a random, double-blind, placebo-controlled, multi-center trial. Experimental Biology 2009, LB471, 4/09

More at [ebook-free-download.net](http://ebook-free-download.net) or [magazinesdownload.com](http://magazinesdownload.com)

**NEW**

*“My hot flashes have disappeared.”*



*“After learning of my sister’s positive experience with i-cool, I decided to give this product a try. Within two weeks, my ‘tropical moments’ became few and far between. It has been three months since my first tablet and I can claim in total honesty that my hot flashes have disappeared. I am willing to take i-cool indefinitely if it means there will never be another ‘hot flash’.”*

**Barbara W., Washington**



*“i-cool saved my marriage! Hot flashes and night sweats are incredibly uncomfortable. When I had a hot flash when I was around my family, I took it out on them. Now I have a more normal life with much fewer and less intense hot flashes. I’m happy and my family is happy.”*

**Amy S., California**



## ***A breakthrough in menopausal relief***

- *Active ingredient clinically proven to safely reduce hot flashes by up to 85%<sup>††</sup>*
- *Just one tiny pill a day takes the heat away and brings back the better you<sup>†</sup>*
- *Relief from hot flashes, night sweats, mood swings, sleeplessness and the other symptoms of menopause<sup>†</sup>*
- *Hormone-free, allergen-free*

<sup>†</sup> These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to treat, mitigate, diagnose or cure any disease.

<sup>††</sup> 25% of patients taking geniVida for 12 weeks had an 85% or more reduction in hot flashes. Elliott, J., et al: Genistein reduces the number and duration of hot flashes in peri-post menopausal women in a randomized, double-blind, placebo-controlled, multi-center trial. Experimental Biology 2009, LB471, 4/09

# kitchen aides

**KIDS IN THE KITCHEN CAN BE MESSY—  
BUT IT CAN ALSO BE A WHOLE LOT OF  
FUN, AND A GREAT WAY TO LEARN ABOUT  
HEALTHY EATING AND MEAL PLANNING.**

- \* Offer age-appropriate kitchen tasks. Pre-schoolers can pour pre-measured ingredients into a bowl, mix, and wash veggies. With a child-safe scissor, your little one can even mince herbs.
- \* Older kids can measure, peel, and follow simple recipes.
- \* Rushed meal prep is not the time to involve the kids. Wait until you have plenty of time.
- \* Having child-sized tools will encourage your junior chef – and don't forget the pint-sized apron!
- \* Let your children choose the menu for one or two meals a week.
- \* Try to let go of your usual worry about messes. Remind yourself that OxiClean® will take care of whatever mess your kids can cook up!



With us, it's personal.

## **CLEAN IT UP: ONE TUB, OVER 101 USES!**

Kids make messes in the kitchen and all around your home. But OxiClean® is your secret weapon in fighting tough household stains. OxiClean® Versatile Stain Remover has over 101 uses and is color safe and chlorine free. In stores everywhere or visit **OxiClean.com**.



"We're tough to beat  
just like **OxiClean**<sup>®</sup>  
is on stains!"



**OxiClean<sup>®</sup> is the ONE That Gets  
It DONE All Around Your Home!**

OxiClean<sup>®</sup> Versatile Stain Remover has over 101 uses  
and is color safe and chlorine free.

- ✓ Laundry
- ✓ Furniture
- ✓ Hard Surfaces
- ✓ Carpet
- ✓ Decks/Outdoor
- ✓ Grease, Grime & More!

Look for it in stores everywhere or to have the product shipped  
directly to you, call 1-888-OXICLEAN or visit [www.OxiClean.com](http://www.OxiClean.com).



**...Gets the Tough Stains Out!**

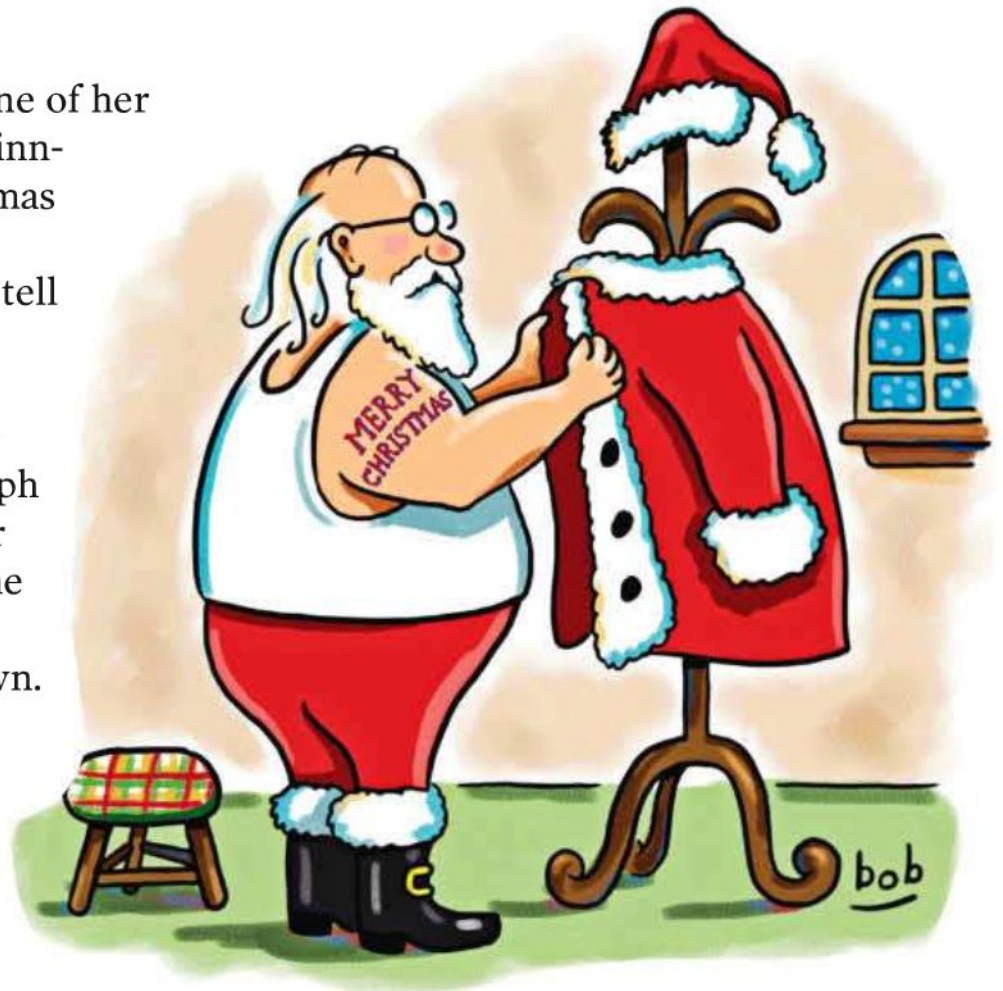
©2010 Church & Dwight Co, Inc.

**M**y mother cast one of her students as the innkeeper for the Christmas pageant. All the third grader had to do was tell Joseph, “There is no room at the inn.”

But during the performance—after Joseph begged for a room for his pregnant wife—the boy didn’t have the heart to turn him down.

“Well,” he said, “if it’s so urgent, come on in.”

*Alex Domokos,  
Winnipeg, Canada*



## Work Jerks

The Twitter account @MeetingBoy invites viewers to gripe about work. Some of our favorite responses:

■ Hey, everybody! My boss is running a special on poorly thought-out, unworkable ideas today. The discount code is YESSIR.

■ Making up new words for business jargon embiggens us all.

■ Is he replaceable? Only if there’s a 180-pound rock that can keep his chair in place.

From meetingboy.com

**As I performed** a simple medical procedure on my patient, I warned her, “After this, you can’t have sex for at least three days.”

“Did you hear that?” she asked her husband. “No sex for three days.”

“I heard,” he said. “But she was speaking to you.”

*Kathleen Howell, Overland Park, Kansas*

**I just saw an ad for a position I feel completely qualified for: “Wanted: bartenders. No exp. necessary. Must have: legal ID, phone, transportation, and teeth.”**

*Amy Goss, Daytona Beach, Florida*

**A customer** walked into our store looking for Christmas lights. I showed her our top brand, but—wanting to make sure

## Get Me Rewrite!

A sign spotted at a housing development: “This is a private road maintained by the owners of the homes which affront the street.” *Wayne Arihood, Tempe, Arizona*

A newspaper editor missed this headline: “State population to double by 2040; babies to blame.”  
11points.com

One side of the tag in my husband’s cap read “Best Quality.” The other side: “Ceptificate of Inspetion.”  
*Alice Petersen, Valley Center, California*

each bulb worked—she asked me to take them out of the box and plug them in. I did, and each one lit up.

“Great,” she said.

I carefully placed the string of lights back in the box. But as I handed them to her, she looked alarmed.

“I don’t want this box,” she said abruptly. “It’s been opened.”

*Glenn Petty, Abilene, Texas*

**The topic for** my ninth-grade class was palindromes, words or sentences that are the same read forward and backward. I asked the question “What is the first thing Adam said to Eve?”

I was expecting the answer “Madam, I’m Adam,” but one student had a better reply: “Wow.”

*Barbara Murphy, Lubbock, Texas*

### Booksmart

**Scene:** A bookstore

**Customer:** Can you help me find a book?

**Me:** Of course. Do you know the author or title?

**Customer:** Well, I was at the beach

and I saw this girl reading a purple book. She looked like she was really enjoying it. I want that book.

**Me:** Ma’am, you’re going to have to be more specific. There are a lot of books with purple covers.

**Customer:** Can’t you search on your computer for purple books?

**Me:** Unfortunately, no.

**Customer:** In that case, I’ll take my business to a bookstore that has better computers. From [stupidcoworkers.com](http://stupidcoworkers.com)

## You Can Win \$30,000!

**Send us** your funny stories, jokes, quotes, and news items to enter the \$30,000 sweepstakes. **Plus,** if we run your item in a print edition of *Reader’s Digest*, **we’ll pay you \$100.**

> To enter sweepstakes (with or without a joke) and for official rules, go to [readersdigest.com/jackpot](http://readersdigest.com/jackpot) or send your submission or entry to: The \$30,000-Winner-Take-All Prize (#102), Box 946, Newburgh, New York 12550.

No purchase necessary to enter or win. Sweepstakes closes 2/18/11. Open to U.S. residents. Rates subject to change.





**(And you're in here. Again.)**

## **Maybe today is the day to talk to your doctor about overactive bladder.**

If you're fed up with being here in the bathroom instead of out there with your family, ask your doctor if prescription Toviaz® (fesoterodine fumarate) could be right for your overactive bladder symptoms. Toviaz is a once-daily pill that significantly reduces sudden urges and accidents over 24 hours.\*

Plus, Toviaz comes with a plan, with tips on food and drink choices and exercises to help you train your bladder. Don't let your bladder keep you from being where you want to be.

Toviaz treats the symptoms of overactive bladder (leaks, strong, sudden urges to go, going too often).

*\*Results may vary*

The plan can help you manage overactive bladder symptoms:

.....

Did you know that drinking too *little* can make you have the urge to go to the bathroom *more* often?



### **Important Safety Information**

If you have certain stomach problems, glaucoma, or cannot empty your bladder, you should not take Toviaz.

Medicines like Toviaz can cause blurred vision, drowsiness, and decreased sweating. Use caution when driving, doing unsafe tasks, or in especially hot environments, until you know how Toviaz affects you. Drinking alcohol while taking medicines such as Toviaz may cause increased drowsiness.

The most common side effects are dry mouth and constipation.

Toviaz has benefits and risks. There may be other options.

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



Please see Important Product Information on back.

**For a FREE TRIAL offer, visit [Toviaz.com](http://Toviaz.com) or call 1-877-TOVIAZ-9.**

FSD00433H

# IMPORTANT FACTS

**Toviaz**<sup>®</sup>  
fesoterodine fumarate  
extended release tablets 4mg and 8mg

(TOH-vee-as)

## ABOUT OVERACTIVE BLADDER

Overactive bladder happens when the bladder muscle squeezes too often or when you don't want it to. You may have wetting accidents (urge urinary incontinence). You may have a strong need to urinate right away (urgency). You may also have to go too often (frequency).

## WHO IS TOVIAZ FOR?

Who can take TOVIAZ?

Adults 18 years and older with symptoms of overactive bladder. TOVIAZ has not been studied in children.

Who should not take TOVIAZ?

Do not take TOVIAZ if you:

- Are not able to empty your bladder (urinary retention).
- Your stomach empties slowly (gastric retention).
- Have an eye problem called "uncontrolled narrow-angle glaucoma."
- Are allergic to TOVIAZ or any of its ingredients.

## BEFORE YOU START TOVIAZ

**Tell your doctor about all your medical conditions, including:**

- Stomach or intestinal problems or problems with constipation.
- Problems emptying your bladder or if you have a weak urine stream.
- Treatment for an eye problem called narrow-angle glaucoma.
- Kidney problems.
- Liver problems.
- A condition called myasthenia gravis.
- If you are pregnant or trying to become pregnant. It is not known if TOVIAZ can harm your unborn baby.
- If you are breastfeeding. It is not known if TOVIAZ passes into your breast milk or if it can harm your baby.

**Before starting on TOVIAZ, tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal products.** TOVIAZ may affect the way other medicines work, and other medicines may affect how TOVIAZ works. Especially tell your doctor if you are taking antibiotics or antifungal medicines.

## POSSIBLE SIDE EFFECTS OF TOVIAZ

The most common side effects are:

- Dry mouth
- Constipation

TOVIAZ may cause other less common side effects, including:

- Dry eyes
- Trouble emptying the bladder

These are not all of the possible side effects of TOVIAZ. For a complete list, ask your doctor or pharmacist.

## HOW TO TAKE TOVIAZ

- Take TOVIAZ exactly as your doctor tells you.
- Your doctor may give you the lower 4 mg dose of TOVIAZ if you have certain medical conditions, such as severe kidney problems.
- Take TOVIAZ with liquid and swallow the tablet whole. Do not chew, divide or crush the tablet.
- You can take TOVIAZ with or without food.
- If you miss a dose of TOVIAZ, begin taking TOVIAZ again the next day. Do not take two doses of TOVIAZ in the same day.

Things you should keep in mind when taking TOVIAZ:

- Use caution in driving, operating machinery, or doing other dangerous activities until you know how TOVIAZ affects you. Blurred vision and drowsiness are possible side effects of medicines such as TOVIAZ.
- Use caution in hot environments. Decreased sweating and severe heat illness can occur when medicines such as TOVIAZ are used in a hot environment.
- Drinking alcohol while taking medicines such as TOVIAZ may cause increased drowsiness.

## What is TOVIAZ?

TOVIAZ is a prescription medicine used in **adults** to treat symptoms of a condition called **overactive bladder**, including:

- Urge urinary incontinence—leaking or wetting accidents due to a strong need to urinate.
- Urinary urgency—having a strong need to urinate right away.
- Urinary frequency—having to urinate too often.

## NEED MORE INFORMATION?

- This is only a summary of important information. Ask your doctor or pharmacist for complete product information.
- Go to [www.Toviaz.com](http://www.Toviaz.com).
- Call **1-877-9-TOVIAZ**.



Distributed by:  
Pharmacia & Upjohn  
Division of Pfizer Inc. NY, NY 10017

**Rx Only** ©2009 Pfizer Inc. All rights reserved. Printed in USA.

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



Registered trademarks are the property of their respective owners.

# *The* Spirit

# of GIVING

Riley Christensen (center, pictured here in St. Charles, Illinois) raised money for bikes provided by the Bike Rack to give to special-needs kids, including Ava (left) and Rose.



*Bicycles, warm coats, and strings of Christmas lights—these five stories celebrate big hearts and small acts of kindness to brighten the holiday season* **BY GARY SLEDGE**



## Special Delivery

Ten-year-old Riley Christensen and her mother, Lynn, were huddled in front of the family computer, checking out models and prices of bikes. "Let's pick one out for Dad's birthday," Christensen suggested to her daughter.

As Christensen scrolled down the home page of the Bike Rack, a shop in their town of St. Charles, Illinois, a video link for Project Mobility caught her eye. She clicked on it out of curiosity. The clip told how Bike Rack co-owner Hal Honeyman had created an organization to provide specially engineered bicycles to people with disabilities. It showed the happy faces of those who were now riding them—accident victims, injured veterans, and children with disabilities, including Hal's own son, who had been born with cerebral palsy.

"I'm going to buy a bike for one of those kids," Riley told her mother. Two days later, she showed Christensen a letter she had written asking for donations: "I think it's amazing for a guy to make bikes for kids who can't walk," the letter said. "I saw how happy a boy was when he got one ... I'm writing to ask for your help."

Christensen was blown away by her daughter's effort, but doubts quickly emerged. The cost of just one of those special bikes could be as high as \$4,000. Riley could never raise the

money. Nonetheless, her letter went out to 75 relatives and friends. Within three days, checks and cash began arriving. Then word got around about Riley's campaign, and as Christmas neared, more and more donations rolled in. The teen ultimately raised more than \$12,000, enough to pay for seven bikes.

Last Christmas Eve, Riley pulled on a Santa hat and delivered the bicycles to three of the lucky kids: Ava, a 13-year-old girl with spina bifida; Jenny, a 15-year-old girl with cerebral palsy; and Rose, a 4-year-old girl with a rare genetic disorder. "This is the best Christmas I ever had," said Riley.

She and Ava have since ridden together. "When I ride, I like to go fast, get sweaty, and feel the breeze," Riley says. "So does Ava. She pumps with her arms, not her feet, but she really flies."

Riley is determined to keep her campaign going every holiday season. "I want kids to feel the wind in their faces," she says.


## Secret Santa

For the Easter Seals Rehabilitation Center in Evansville, Indiana, the month between Thanksgiving and Christmas brings the excited anticipation of another phone call from an old friend. Last year, it came while Terry Haynie, vice president of development, was knuckling down to serious work the afternoon of

November 30. “Do you know what time of year it is?” a mischievous-sounding male voice asked. This signaled the start of a mysterious annual treasure hunt. “Yes, sir,” Haynie replied. “It’s Pete’s time!”

Every year, the caller, who identifies himself only as Pete, telephones the center with a clue-filled message that sends the staff on a search of the

Since 1990, Pete has donated nearly \$65,000 to the center, which serves 5,000 adults and children in need of physical and medical rehabilitation in a 30-county stretch of Indiana, Illinois, and Kentucky. Pete asks only that his gift help the children served by the center. “He always says to use his gifts to make Christmas merrier for the kids whose families can’t af-



*It wouldn't be Christmas without Joe's lights, thought Bill when he learned Joe was ill. "Somebody has to help." For two days, he and 100 volunteers followed Joe's diagrams to erect the holiday extravaganza.*

two-story building and its grounds to find Pete's donation to children with disabilities. In the past, this Secret Santa has stashed money in a snowman cookie jar and attached it to candy canes hung from a tree by the parking lot. Last year, his instructions led staff members out the door, around to the back of the building, and toward a Dumpster. Placed in a gift bag on the ground near the Dumpster was a miniature tin Christmas tree hung with 30 crisp \$100 bills. At the sight of the treasure, the staff members always applaud, wave, and yell, “Thank you, Pete!” in the hope that he is watching.

ford it,” Haynie reports. Last year, 70 children got new clothes and toys because of Pete. And every year, his donation comes with a note on purple paper that promises, “You will hear from me again!”

### *A Brilliant Display*

One morning last December, Bill McDonald read in the paper that a local man, Joe Day, was sick with small-cell lung cancer. That meant Day couldn't assemble the magnificently lit, handcrafted Christmas displays that had made his house in Versailles, Indiana, an annual holiday pilgrim-



age site for as many as 95,000 people.

It wouldn't be Christmas without Joe's lights, thought McDonald. Somebody has got to help this guy, he decided.

Day had made his own quick decision 33 Christmases ago when he came home one afternoon from his job as an electrician and found his five-year-old grandson, Nicholas, waiting. "What do you want to do today?" Day asked.

"Let's build a reindeer, Papa," Nicholas said. They fashioned one using wood from a fallen tree, then set it out on the lawn and lit up its cherry-red nose for the holidays.

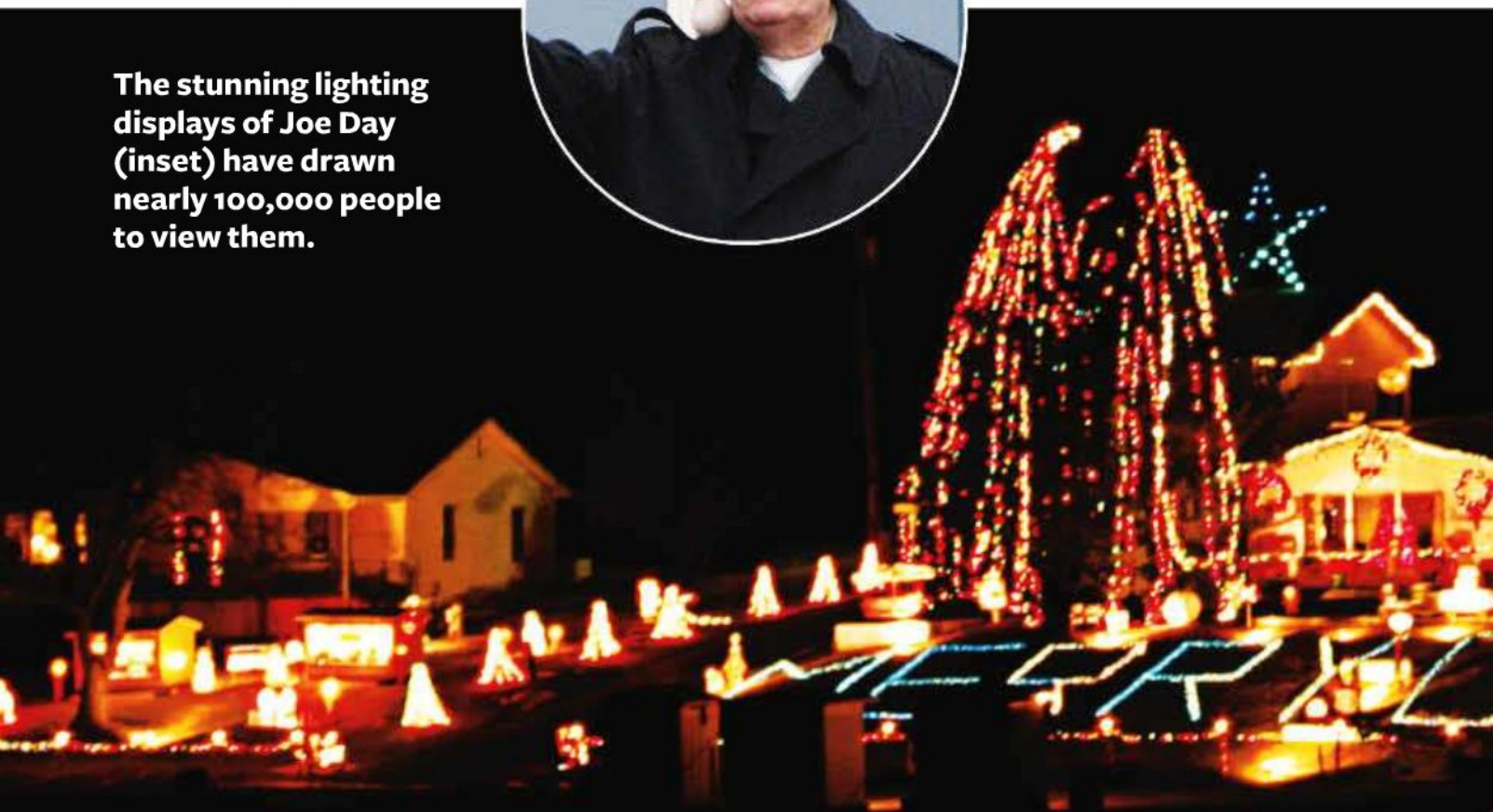
Each year, Day added to his handiwork, placing reindeer on a track above his roof and winding lights as if they were electric vines around his windows and doors. Eventually thousands of lights, figures, mannequins, and models filled his yard and spilled into his sister's property next door.

Then came December 2009. Day's cancer, diagnosed in March, had spread to his liver and spleen. After 19 rounds of chemotherapy and 43 radiation treatments, he was too tired and despondent to celebrate Christmas.

Until McDonald called. "You don't know me," McDonald said, "but I



**The stunning lighting displays of Joe Day (inset) have drawn nearly 100,000 people to view them.**



(LIGHTS) COURTESY KENNY TAPP;  
(INSET) COURTESY THE MCDONALD FAMILY

want to help you get your lights up.” Through word of mouth, McDonald and his wife, Toni, enlisted the Knights of Columbus, the Masons, the Lions, local firefighters, friends, and strangers to set up Day’s displays. For two days, more than 100 volunteers climbed in and around Day’s house and yard, following his hand-drawn diagrams that showed where everything should go.

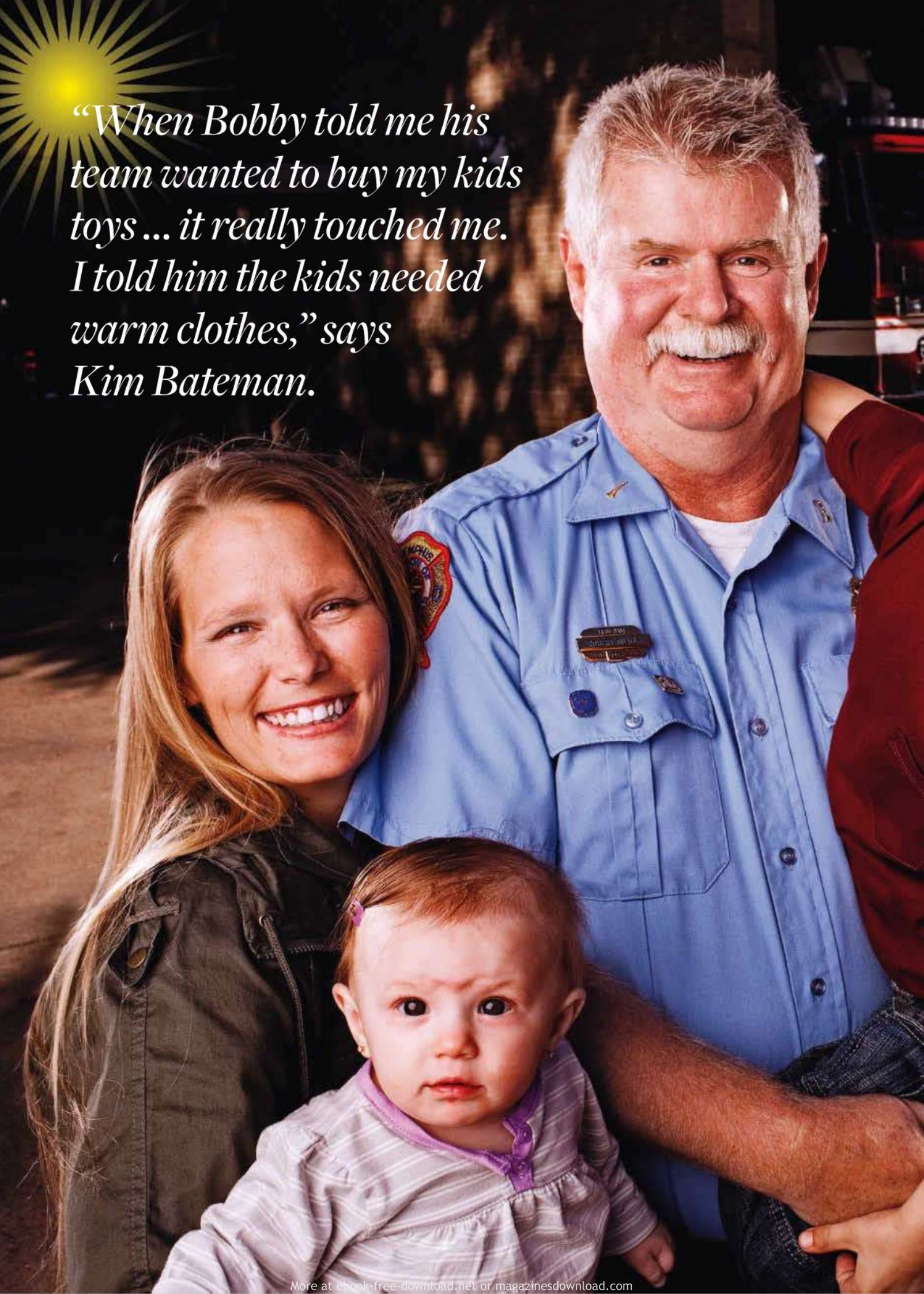
On the evening of December 12, with crowds of volunteers cheering him on, Day flipped the switch and lit up the spectacle. “This is what the Lord wanted us to do,” says McDonald, “to pull together, and be together, and help one another.”

Day’s cancer is in remission, and he looks forward to Christmas 2010. “In their hearts,” Day says, “people love to give.” He is confident that his brilliant displays will continue to light up the darkness for many years to come because Bill McDonald has promised that he’ll get the job done.

## A Family Saved

Lt. Bobby Qualls was shopping when he received a text message: *Fire on Beechmont, one-story house, child trapped inside.* “I was picking out gifts for the family our engine house adopted for Christmas,” remembers Qualls, who has been fighting fires





*“When Bobby told me his team wanted to buy my kids toys ... it really touched me. I told him the kids needed warm clothes,” says Kim Bateman.*



**Kim Bateman and her daughter Nevaeh; Bobby Qualls holds JoJo, who nearly died in a fire.**

PHOTOGRAPHED BY TAMARA REYNOLDS

in Memphis for 24 years. “I had this sinking feeling as I got in my car and headed over.”

The last time Qualls had been on Beechmont Street was to install smoke detectors at the Bateman-Tubbs home. He’d been on a secret mission to see if they needed an extra boost during the holidays. There he discovered that the four Bateman-Tubbs children were sleeping on bare mattresses, and he found two of the boys playing outside in 30-degree weather with no shoes or coats. Qualls learned that Leonard Tubbs was doing his best to make ends meet laying floors while Kimberly Bateman stayed home with the kids.

“When Bobby told me his team wanted to be Secret Santas and buy my kids toys, at first I thought we didn’t need any help,” Bateman recalls. “It really touched me. I told him what the kids really needed was warm clothes.”

That’s exactly what Qualls was shopping for on December 9, 2008: winter jackets for Christopher, seven; JoJo, four; Madison, one; and two-month-old Charles. While driving over to Beechmont Street, he dialed Bateman’s cell phone. She answered on the first ring, screaming, “The house is on fire—JoJo’s trapped inside!”

By the time Qualls reached the house, the family had gotten out, but their home was severely damaged. His coworkers had found JoJo hiding under a pile of clothes in a back bedroom. He had stopped breathing and

had been given CPR and rushed to the hospital. Qualls learned that JoJo was now on life support and might not make it through the night. He rushed to the hospital with Lt. Mark Eskew, who placed a stuffed teddy bear in a firefighter's suit on JoJo's bed.

the firefighters were ready to deliver the family their very own Christmas miracle.

"These guys aren't just firefighters," says Bateman, "they're our guardian angels. If they hadn't installed a smoke detector that first day they came to

*For 21 years, cafeteria worker Delwyn Collins has set up a Giving Tree for needy foster children in Florida's Hillsborough County. "I just want to show these kids somebody loves them," he says.*

"I just kept praying my little boy would open his eyes," Bateman recalls. "There was nothing else I could do. They were pumping soot as black and thick as tar out of his lungs and stomach for days."

After a few days, though, JoJo regained consciousness, and the tubes were taken out of his throat. While he began to slowly recover, the local newspaper and TV stations got hold of the story, and the Secret Santa mission of Qualls and his fellow firefighters snowballed. Before long, the fire station was overflowing with boxes of toys, food, toiletries, towels, and clothes. People called, wanting to donate furniture and appliances too. By December 23, Bateman and Tubbs had moved their kids into a new rental home. By Christmas Eve, JoJo was ready to leave the hospital, and

our house, we wouldn't have known when the fire started. Then they went the extra ten miles to give us a Christmas." Reported by Jennifer Haupt

## Christmas Angel

When Delwyn Collins was a kid growing up in the projects of Fort Worth, Texas, he was labeled handicapped with a learning disability and sent to a special education school. His teachers never suspected that Collins was a genius at caring: Today the 52-year-old cafeteria worker at Tampa General Hospital is nothing less than an angel to hundreds of foster children in Hillsborough County, Florida. These children—many with special needs and often moved from home to home—tug hard at Collins's heart. Christmas 2010 will mark the 21st year he has



set up a Foster Angel's Giving Tree decorated with paper angels bearing the first names, ages, and gender of foster children and the gifts each child would like to receive.

Collins is a man of modest means, but each week he sets aside a portion of his paycheck to buy gifts to put under the tree. "I just want to show these children there is somebody out there in the community who loves them." His unpretentious example has inspired the doctors, nurses, and administrators he works with to make the Giving Tree a priority. Hospital employees and visitors take an angel

off the tree and buy the present the child has requested.

As Christmas nears, bicycles, dolls, clothes, and video games begin to overflow the cafeteria. In recent years, the program has begun to receive presents from donors throughout the county. More than 1,000 kids in foster care in and around Tampa received gifts in 2009. "My job is to help and give to others," says Collins. "God doesn't care if we're rich or poor." ■



For information about making donations to Project Mobility and the Giving Tree, go to [readersdigest.com/give](http://readersdigest.com/give).

## TAKING DOWN THE TREE

"Give me some light!" cries  
Hamlet's  
uncle midway through the murder  
of Gonzago. "Light! Light!" cry  
scattering  
courtesans. Here, as in Denmark,  
it's dark at four, and even the moon  
shines with only half a heart.

The ornaments go down into  
the box:  
the silver spaniel, *My Darling*  
on its collar, from Mother's  
childhood  
in Illinois; the balsa jumping jack  
my brother and I fought over,  
pulling limb from limb. Mother  
drew it together again with thread

while I watched, feeling deprived  
at the age of ten.

With something more than caution  
I handle them, and the lights,  
with their  
tin star-shaped reflectors,  
brought along  
from house to house, their  
pasteboard  
toy suitcases increasingly flimsy.  
Tick, tick, the desiccated  
needles drop.

By suppertime all that remains  
is the scent  
of balsam fir. If it's darkness  
we're having, let it be extravagant.

SOURCE: COLLECTED POEMS BY JANE KENYON (GRAYWOLF PRESS, 2005).  
TO READ MORE POETRY, VISIT [POETRYFOUNDATION.ORG](http://POETRYFOUNDATION.ORG).

A photograph of a herd of reindeer in a snowy, mountainous landscape. The reindeer are in various poses, some standing and some partially obscured by the snow. The background shows more reindeer and a hazy, mountainous horizon under a bright sky. The overall scene is a natural, winter setting.

# Reindeer Country

The Sami of Scandinavia  
tend the herds as they have  
for centuries. Photographer  
**Erika Larsen** chronicles the  
latest generation.



**Nils Pedar A. Gaup, 53, and his family reside in the subarctic village of Kautokeino, Norway, when they're not out with the reindeer. Sami pop.: 3,000. Reindeer: 93,000.**





**Gaup, right,  
and his  
daughter,  
Sara Risten  
Sussanna, 15.  
She wears a  
traditional  
gakti outfit.**



**I**f you spend time with the Sami, who live mostly in northern Sweden and Norway, you'll be instantly struck by how enmeshed they are in their sprawling clans. Family trees are "wickedly complex, and they never even write them down," says photographer Erika Larsen, who has spent three years on and off documenting two related Sami families in these Nordic countries. "Most Sami can tell you how everybody's connected." Larsen, whose father is Norwegian, was drawn to the Sami after photographing hunters in the United States and Canada. "I began to get a deeper connection to nature," she says, "and to think about people living off the land." The reindeer are at the heart of the landscape here, and "they are the life of the people," she says. In fact, the Sami use over 400 words to describe different aspects of the deer.



**At herding time, for weeks at a stretch, the Sami head out to the grazing areas and stay in tepee-like tents called *laavos*.**

**Here, a laavo under the northern lights. “The reindeer move at night because the snow is harder,” Larsen wrote. “Therefore, so do we. We stay in a laavo ... and even though the tundra seems absent of all life, we get visitors every day ... In the vastness of the tundra, it would be foolish of me to think we are alone.”**



**The Swedish Sami, like Ellali Spik, 17, below, and Johan Kuhmunen, 15, right, are less insular than their Norwegian cousins. Spik is Larsen’s Facebook friend and wears T-shirts and jeans just like any other teenager. Still, the Sami of both countries identify first as Sami herders, then as Europeans. Says Larsen, “You learn the Sami culture by enacting it. On my first visit, I chopped wood, picked berries, cooked food. Then I went out with the reindeer”—and experienced reindeer time. “It’s a flow, based on nature and the animals’ seasonal migration, nothing like I was used to in New York!”**









**Laila Spik, 62 (with her daughter, Sunna Kati Skaltje, 26, at left), devotes her time to teaching traditional Sami cooking, Arctic plant life, natural medicine, and handicrafts. Spik’s family emigrated from Norway to Sweden some 150 years ago, and she regularly travels back and forth between the two branches of the family. “She’s a ‘culture bearer,’” says Larsen. “If there’s anyone to talk to about the Sami, it’s Laila. Everyone goes to learn something from her.”**

*Barbara O’Dair*





GIFT  
GUIDE  
2010

# Christmas Shopping

THE  
READER'S  
DIGEST  
VERSION

*We've whittled your to-do list down to 28 games, gadgets, gags, goodies, and other holiday gifts for the **Nice, the Needy,** and even **the Naughty***





**NICE My Mini Golf** (left) Start a putt-putt course for the whole family in your backyard (or in the living room) for less than the price of Dad's titanium driver. Choose your features—bridges, mazes, loop-de-loops, all in heavy-duty German plastic—and you're set. (startingtimegolf.com, 800-851-5442, sets from \$169.95 to \$299.95)

**NEEDY "Hope in a Bottle"** (above) Help bring clean water to the billion people in the world who don't have it by supporting Matt Damon's water.org. Choose a BPA-free plastic bottle (\$18.99) or an insulated stainless steel version (\$24.99). Ten dollars from each sale goes to the charity. (gift.water.org)

**NAUGHTY Marie Antoinette Action Figure** (opposite page) Thanks to "Ejector-Head Action," kids can learn French history and anatomy at the same time. What's next? The Joan of Arc cigarette lighter? (amazon.com, \$9.45)



**NAUGHTY The Giant Wine Glass**

(above) The worst part about drinking wine is having to refill your goblet four or five times. No more! This brilliant invention holds a full bottle—perfect if you're trying to cut down to one glass a night. (amazon.com, \$11.99)

**Danger Bomb Clock** (top left) Why not start your day by trying to defuse a bomb? Three minutes before the alarm goes off, the clock beeps. If you don't defuse it in time: a loud "kaboom!" (geekstuff4u.com, \$43.45)

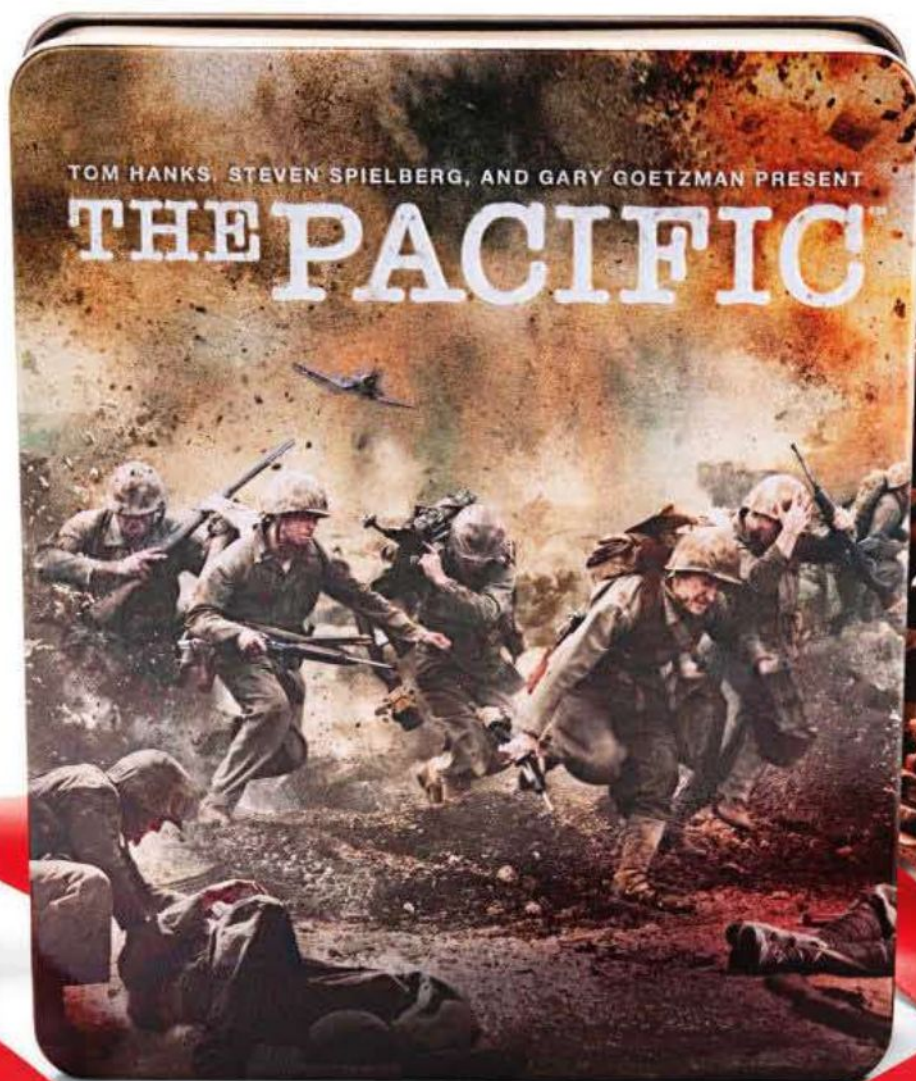
**NICE Scrabble Flash** You've got 75 seconds to create as many words as you can from these five electronic letter blocks. The dictionary is built in, and scoring is automatic. (Ages 8 and up, \$29.99)

**Moleskine 2011 Daily Planner Box Set** (left) Twelve colorful monthly booklets—each a page-a-day calendar filled with charts and lists of useful information, as well as a pocket for receipts—nestle inside a mother ship for easy reference. (moleskineus.com, \$39.95)

readersdigest.com 12/10-1/11

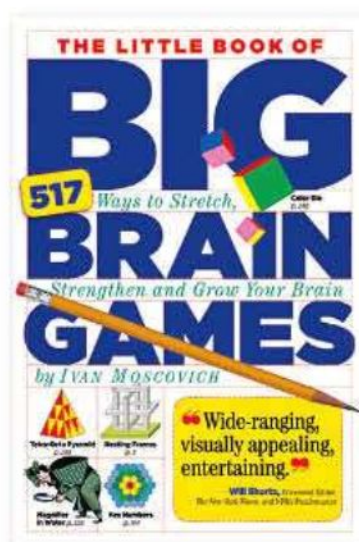
ILLUSTRATED BY INGO FAST



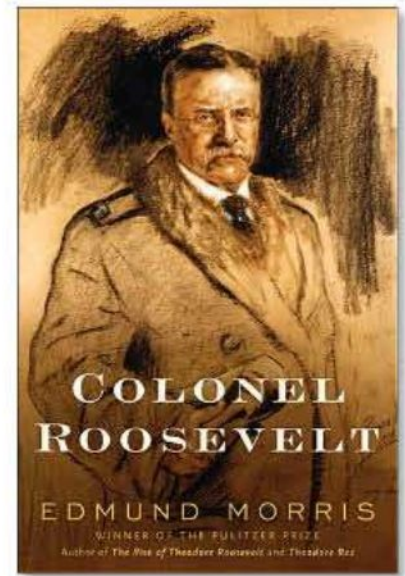
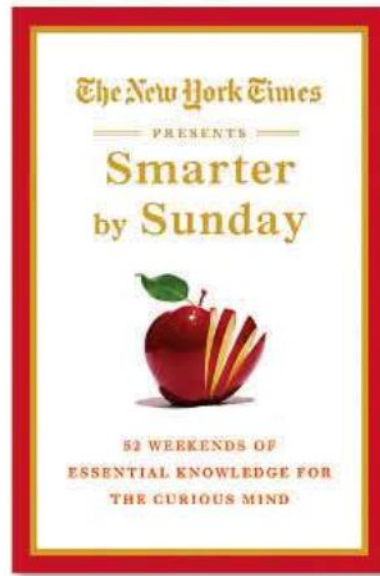


## *Mind-benders, a miniseries, and more*

**NICE** *The Pacific* (above)  
The producers behind *Band of Brothers* turn their attention to World War II's Pacific theater. Winner of the Emmy for Outstanding Miniseries, the HBO production—all ten parts, all six discs, boxed—follows three Marines through battles at Guadalcanal, Iwo Jima, Okinawa, and, finally, home. (\$79.99 DVD, \$99.88 Blu-ray)



**NICE** *The Little Book of Big Brain Games* (left) A compendium of 517 colorful, crisply designed puzzles that will “stretch, strengthen, and grow your brain.” Patterns, polygons, probability, coins, cones—there are 12 puzzle types and ten degrees of difficulty to provide a mental workout for adults and overachieving children alike. (Workman, \$9.95)



## The book on Teddy, plus shower power

### **NICE** *The Book of Leaves*

Is that a black cherry or a pin cherry in the backyard? This leaf-by-leaf guide to 600 trees is authoritative—if not exactly portable. (University of Chicago Press, \$55)

**Smarter by Sunday** The subtitle is *52 Weekends of Essential Knowledge for the Curious Mind*, and if you read a chapter a week, you'll soon be ready to discuss politics, religion, science, and more with complete confidence. (St. Martin's, \$24.99)

**Colonel Roosevelt** The last book in Edmund Morris's trilogy about the lion-hunting, rough-riding, tough-talking Teddy Roosevelt. (Random House, \$35)

### **NAUGHTY** *Giant Microbes*

Who says you can't enjoy anthrax, chicken pox, Ebola, E. coli, or staph? With germ-shaped plush dolls, the fun is catching! ([giantmicrobes.com](http://giantmicrobes.com), from \$8.95 to \$29.95)





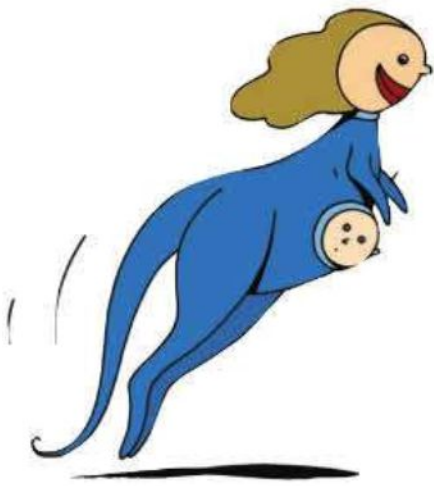
**NAUGHTY TV Hat** (above) Does anyone—even a techno-geek—need a “personal theater” so he can watch his iPod in the privacy of his hat? (asseenontv.com, \$29.95)

**NICE The Now We Are Six** gift set has bath and shower gels that are masculine enough for him, appealing enough for everybody. (moltonbrown.com, \$48)

**Looflighter** (below) Light up firewood or the grill in 60 seconds with this elegant tool that only *looks* like a curling iron. (\$79.95, amazon.com)

**NEEDY Cookies** (left) Buy a dozen Liam’s Lemon Sugar Cookies for \$30 at cookiesforkidscancer.org, and Glad will kick in \$30 for pediatric-cancer research. Or try one dozen cookies (\$19.95) or two dozen (\$35.95) at cookiesforakoz.com, and 10 percent of sales goes to the Starlight Children’s Foundation.





### **NAUGHTY Peekaru**

(above) For that parent on your list who has always wondered what it would feel like to be a marsupial. This fleece vest zips over a baby carrier, leaving only Baby's head (eerily) peering out. More fun: Pretend your long-lost twin is growing out of your sternum. (togetherbe.com, \$79.95)

### **NICE Thank-You Notes**

Every gift deserves thanks, and these "moss-leaf bundle" notes, tucked into teenagers' stockings, will remind them to put pen to paper already. (paper-source.com, set of ten, \$12.25)

### **NEEDY Organic Bouquet**

(far right) Each bouquet benefits a charity, which gets 5 percent of the price; use the code DIGEST 10 to get 10 percent off. (From \$39.95, organicbouquet.com)

**Moisturizer** (right) Kiehl's famously thick Creme de Corps comes in a bottle designed by artist Jeff Koons for the holidays. Profits go to the International Centre for Missing and Exploited Children. (kiehls.com, \$27 for 8.4 ounces, \$45 for 16.9 ounces)



COURTESY ORGANIC BOUQUET

**NICE Gourmet Caramels**

(right) The next big family fight may be over the chocolate sea salt caramels from Good Karmal. Or maybe the espresso. Or maybe the vanilla with sea salt. (goodkarmal.com, \$10 to \$140)

**Claus Porto Assorted Guest Soaps** (below)

They're from Portugal, and they say "posh," even though the set of 15 soaps is just \$19. There's shea butter in the formula, and thankfully not a strawberry-banana bar in the bunch. Best of all, the set comes gift-wrapped—one more thing you can cross off your list. (lafcony.com)



*Body lotions and bouquets that give back*





### **NICE Portrait Puzzle**

(top) It's the perfect gift for the jigsaw inclined. You submit a favorite photo and get a box of puzzle pieces in return. (portraitpuzzles.com, from \$27.99 for 15 pieces to \$59.99 for 1,008 pieces)

**Jishaku** It's Jenga without splinters. Try to place your superstrong magnets on the playing surface without upsetting the ones that are already there. Like bipartisan-ship, it's easier said than done. (Ages 14 and up, \$19.95)

### **1001 Songs You Must Hear Before You Die**

(bottom left) A compilation of essential listening, heavy on classics and up-to-the-minute music, for hipsters of all ages and tastes. (Universe, \$36.95)

### **BackTrack Point-5 GPS**

(bottom right) The perfect gift for the man (or woman) who won't ask for directions. Whether you're shopping, hunting, boating, hiking, or



*Produced by  
Lauren J. Gniadzowski,  
Elizabeth Kelly, and  
Natalie van der Meer*

## *A picture that's worth a thousand pieces*

jogging, set your starting place on this portable GPS device. When you're ready to return, you'll get an arrow pointing in the right direction and an estimate of how far away you are. The cell phone-size device records up to five starting points and also gives you the time, temperature, and altitude. (bushnell.com, \$89.99)



## YOU SHOULDN'T HAVE



Everyone has gotten a rotten gift. We asked our readers to share with us the one present that had them running to the store's returns department.

- I once received a toilet seat. — Julie K., Shellsburg, Iowa
- The book *What to Expect When You're Expecting*. I was in high school and not even dating. —Audrey A., Norfolk, Virginia
- A fifth of whiskey, even though I'm an alcoholic. —Clark H., Magdalena, New Mexico
- A very nice sweater that someone had worn, stained, and regifted to me. —Belinda M., Orangeville, Pennsylvania
- A donation in my name to a cause I don't support. —Marci E., North Richland Hills, Texas
- I got my own Christmas gift back the next year. —Carol E., Oklahoma City, Oklahoma
- A subscription to the Nutrisystem weight-loss program. —Rosemary G., LaGrange, Kentucky
- A bar of soap. —Shirley B., Macomb, Michigan
- Dental floss. —Lisa C., Alpharetta, Georgia
- A turquoise man-kini. I am 60 years old and weigh 250 pounds. —Erich P., Phoenix, Arizona
- An iron and ironing board from my (now ex-) husband. —Nancy M., South Attleboro, Massachusetts
- A book titled *101 Wines Under \$5*. —Cindy M., Greensburg, Pennsylvania
- A bag of cotton balls. —Claudia A., Columbia Falls, Montana
- A Christmas tree ornament. I'm Jewish. —Cary L., Royal Oak, Michigan
- A pill vial designed like a white elephant and filled with the baby teeth of my friend's children. —Marcia A., Carlsbad, California
- Legos. I'm 34. —Lisa A., Boise, Idaho
- I received a book on Chinese culture written in Chinese. —Phil H., Carmel, Indiana
- A doorknob. —Sweet I., Jefferson, New Hampshire
- A used spatula. —Sheila H., Grand Junction, Colorado
- One slipper. —Robin R., Smithfield, Pennsylvania
- A book of etiquette from my mother-in-law. —Maureen C., Pleasanton, California



# A **Miracle** on Christmas Eve

TWELVE YEARS AFTER  
A HORRIBLE LOSS,  
A DOCTOR GETS  
ANOTHER CHANCE

BY GARY SLEDGE

**A**t lunchtime on Christmas Eve, 2009, Dr. Stephanie Martin was conferring with a patient in her office at Memorial Hospital in Colorado Springs. Lithe, with fine bones and long limbs, Martin, 42, looked more like a ballerina in scrubs than the head of high-risk obstetrics at a major metropolitan hospital. She was, in fact, a competitive ballroom dancer with the kind of energy and precision of movement that served her well during medical crises.

Martin was expecting a busy but



not unusual day when, during the conference, an urgent message sounded over the intercom: “Code blue, East Tower, labor and delivery rooms.” In hospital terminology, code blue signals the most dire of emergencies: A patient is in cardiac arrest and needs immediate resuscitation. To a layperson, it means someone is dying; in the labor and delivery rooms, it means both a mother and a baby are in peril.

Martin ran down the hall to the labor and delivery rooms. Not on Christmas Eve, she told herself. I can’t lose anyone on Christmas Eve.

MARIAH TAUGER



**“You prepare yourself for the worst in a crisis,” says Dr. Stephanie Martin, whose specialty is high-risk obstetrics. A recovering Tracy Hermanstorfer (opposite) holds her son Coltyn.**

Stephanie Martin, MD  
Maternal & Fetal Medicine

**Tracy Hermanstorfer**, 34, had entered the labor room with her husband, Mike, a long-haul truck driver, early that day. She was in good health and was expecting a delivery as normal as her previous two. A routine amniocentesis had revealed that their baby would be a boy, and they had already picked out a name. She and Mike, 38, were excited by the prospect of a Christmas baby.

By 12:30 that afternoon, after sev-

Amniotic fluid had escaped the placenta and entered the mother's bloodstream, causing what looked like a massive allergic reaction. She began to bleed internally, a classic sign of an amniotic embolism. In minutes, the mother's heart and lungs failed, and the baby's heart rate plummeted. Despite performing an emergency C-section, Martin lost both mother and child.

The two deaths sent the young doctor into an emotional tailspin.

## MIKE PRESSED HIS LIPS TO HIS WIFE'S FOREHEAD.

eral hours of contractions, Tracy was growing tired. She had been given an epidural injection to ease the pain of labor and delivery, and her attending nurse was watching her closely. The baby's heart rate was a little slow, and a fetal monitor had been attached to his head, but there were no major problems. "Rest, close your eyes," Mike told his wife. "It looks like you're going to have a long day."

Racing down the hall, Martin felt the familiar rush of adrenaline in her veins. With it came a memory that continued to haunt her whenever a code-blue alert sounded. Her thoughts flew back to the Fourth of July, 1997, her first time as attending physician on a maternity ward. Only a week before, she had been just another resident on the ward. Seven days later, as the doctor in charge of emergencies, Martin encountered a normal birth involving a healthy 21-year-old woman that had gone suddenly, horribly wrong.

Martin took to her bed and stayed there for days. What good am I? she wondered. No one could talk her out of her depression—not even her neonatologist husband, Jeff.

Healing had been Martin's primary passion since she had decided as a child growing up in West Texas that she wanted to become a doctor. Now doubt had crippled her just as she had achieved her goal.

Martin's recovery took weeks. Only her grit and determination to know more about the causes of fetal and maternal deaths gave her the strength to return to the delivery room. "I can't give up," she decided. "I have to find a solution."

Every code blue in the labor and delivery unit became another challenge for her—and an invitation to do further research. Through her experiences over the 12 years that followed the July Fourth incident, Martin became an expert in the field of maternal cardiac arrest.

**Tracy closed her eyes** and appeared to doze. Mike felt her hand and thought it seemed too cold. He looked into her face and saw that her lips were turning blue and her skin was a translucent white. Something was wrong. “What’s going on?” he called out frantically to the attending nurses as they leaped to Tracy’s side. One began trying to revive her, while the other pulled the cord that triggers the code-blue alert. Mike

best way to save the mother was to remove the fetus and placenta in order to take the strain off the mother’s heart, which would improve her chances of being revived.

Two teams began to assemble. Martin would head the surgical group that would operate on Tracy and attempt to resuscitate her. The second team would stand ready to receive and revive the child. When a mother stops breathing, there is a five-minute

## HE FEARED HE MIGHT BE KISSING HER GOODBYE.

recalls being hustled into the hall as people converged on the room. A minute or so later, two chaplains came to meet him.

**O**nly a minute had passed since the alert sounded. Martin burst through the door of the labor and delivery room to find Tracy inert in her bed. All signs of life were rapidly fading. She had no blood pressure and wasn’t breathing. A nurse began administering rigorous chest compressions.

Tracy’s condition could have been caused by one of several culprits: an amniotic embolism, an allergic reaction to the epidural, a spontaneous irregular heartbeat, or the placenta separating from the uterus, causing it to fill with blood. In these situations, protocol demands that the baby be delivered before the mother is resuscitated. Martin knew that the

window before the baby begins to suffer brain damage. The fetal monitor already indicated that the baby’s heartbeat was fading. Medical personnel intubated Tracy, forcing air into her lungs with a manual pump in an effort to provide oxygen and help the heart start beating again.

The 12-year-old nightmare of a mother bleeding her young life away flashed in Martin’s mind. Then she cleared it away. She would perform a C-section right there in the labor room. The staff rolled in a table of surgical instruments. Martin put on gloves, and a nurse slipped a mask over her face. Then Martin poured a bottle of surgical soap over Tracy’s abdomen. She picked up a scalpel and made the first cut—a six-inch horizontal incision low on the abdomen to open a pathway. The incision did not draw blood, because Tracy’s heart was no longer pumping. Then came the second incision—a horizontal cut that opened the uterus.

Inside was the translucent tissue of the amniotic sac that contained the baby. The doctor pulled it apart. Her hand located the fetal monitor attached to the baby's head. She quickly lifted out the limp baby, cut the umbilical cord, and disengaged the fetal monitor.

**M**artin immediately saw that the baby's vital functions were severely depressed. The infant boy was pale and unmoving. Martin handed the child to the neonatologist, who took the baby to the warming table. There the child's nose and mouth would be suctioned,

passed by, Martin told him, "Give her a kiss." Mike bent and gently pressed his lips to his wife's forehead. He feared he might be kissing her goodbye.

In the OR, Martin found her patient's heartbeat to be strong and regular. Tracy was put on an automatic breathing machine to assist her. Martin removed the placenta. Before closing up the incisions, she reexamined the organs, using her physician's eye and instinct to try to figure out what had caused the cardiac arrest and what had led the heart to start up again, but she found no obvious clues.

When Martin was finished, she accompanied the unconscious but living, breathing mother into the in-

## MARTIN PUT A FINGER ON THE MOTHER'S AORTA

his body dried and rubbed, and he'd be given artificial respiration. The baby had been delivered in less than five minutes.

Martin's attention returned to the mother, who had by now turned blue. Martin began an examination of the surgical site. She placed a finger on Tracy's aorta, the large artery that courses over the abdomen, and was astonished. She felt a tiny heartbeat, as faint as the fluttering of an eyelid, pulsing against her fingertip. "Let's get her to the operating room. Now!" Martin said. If Tracy required more surgery, the team would need a fully equipped OR for it.

Mike was waiting in the hallway outside. As the gurney bearing Tracy

tensive care unit to oversee preparations for her recovery. Suddenly, Tracy woke up, opened her eyes, pulled out the breathing tube, and began to talk. "My baby's name is Coltyn," she told the stranger in scrubs who had saved her life.

Mike Hermanstorfer was still waiting. He had watched doctors and nurses running to the labor room from all parts of the hospital. He had seen his wife wheeled away. He had no idea of the condition of his son. Time seemed to stretch out forever.

Then a nurse beckoned Mike into the room, and his son was put into his arms. To the stunned father, the baby at first seemed lifeless, though he was simply exhausted after his or-



Coltyn is Mike and Tracy's third child; the other births were routine.

## AND WAS ASTONISHED TO FIND A HEARTBEAT.

deal. Then he stirred in his father's embrace. To Mike, these tiny movements were nothing short of miraculous. "He came alive in my arms," is how he puts it. Shortly after, father and son were reunited with Tracy in the ICU.

**At home that night,** Stephanie Martin recounted the astounding events of the day to her husband. She had never encountered such a case, she told him. Tracy's cardiac arrest didn't spring from typical causes. Even more inexplicable was the sudden and seemingly spontaneous revival of Tracy's heart. Only then did Martin give way to emotion. She did not have to bring a family bad news at Christmas.

A year later, the Hermanstorfer case still intrigues Martin. How and why had Tracy recovered so quickly from her ordeal? Doctor Martin keeps looking for answers. She is writing a paper about the case and continues to study maternal cardiac arrest so she can teach other doctors how to respond in such crises.

When Tracy Hermanstorfer reflects on her near-death experience, she says it teaches her to forget the petty concerns of the day and enjoy her three children. Mike simply calls it a miracle, one that happened on Christmas Eve, when a child was born, a mother was saved, and a gifted, caring physician was reconfirmed in her calling. ■



● *The Reader's Digest* Interview



The  
New

Ten years after leaving office, the vigorous, newly vegetarian former president is devoting his time to convincing billionaires to care about the world's poor

# Bill Clinton

BY CARL M. CANNON

**William Jefferson Clinton** is a man of the world, a globe-trotting celebrity as likely to show up at the World Cup in South Africa as he is at a humanitarian mission in Indonesia. As the 42nd president of the United States, he was lampooned, even by his allies, as a Big Mac-scarfing, saxophone-blowing, sly Southern lawyer. At the same time, his adversaries acknowledged his charm, intelligence, and political acumen.

Clinton still keeps tabs on politics—he pays attention to polling, as he always has, especially to the approval numbers of a certain secretary of state—but he spends time every day running the public William J. Clinton Foundation, which takes on the most pressing issues facing the planet. Its signature endeavor is the Clinton Global Initiative (CGI), which in five years has facilitated 2,000 “commitments to action” (it awards no grants) by

RUVEN AFANADOR/CORBIS OUTLINE

its members—governmental bodies, nonprofits, and individuals—valued at \$63 billion. CGI programs have helped nearly 300 million people in over 170 nations gain better access to health care, safe drinking water, and job training, and its members have underwritten reforestation efforts and medical research and made thousands of small loans. Nelson Mandela has praised the initiative for its ability to have “a direct impact on the lives of millions of people across our planet.” President Barack Obama has called Clinton’s efforts “a remarkable record of achievement.”

This year’s annual meeting featured a star-studded guest list that included the current president and first lady, 60 current and former heads of state, along with Bill Gates, Katie Couric, Ben Stiller, and other celebrities. As the world came to his door once again, it was clear that Bill Clinton and his foundation had not only helped redefine global antipov-erty efforts but had also set a new standard for what U.S. presidents can do after they leave office.

President Clinton sat for an extended interview in his hometown of Chappaqua, New York, with Carl Cannon, a former White House correspondent and executive editor of *politicsdaily.com*.

**Reader’s Digest:** *It’s been ten years since you left office, and you look more physically fit now than you did then. Is the secret not having to deal with the White House press corps?*

**Bill Clinton:** *[Laughs]* No. I’m working as hard as ever. But after my heart surgery and my stent, I decided I had to try a radically more heart-friendly diet, and I started watching what I ate. And I try to walk a lot and do some work in the weight room. I feel great.

**RD:** *Your daughter, Chelsea, got married this summer. Are you having any trouble adjusting to her new status?*

**BC:** It’s a real life passage, you know, but I’ve known this guy [new son-in-law Marc Mezvinsky] for half his life. They never went out until three years ago, and they’ve been friends a long time. I admire him, I love him, and I think it was time for her to do it. I trust my daughter. She has always had good judgment about life.

**RD:** *Have you started to think about being a grandfather?*

**BC:** Oh, it’s up to them, but I’ll tell you this: Hillary wants to be a grandmother much more than she ever wanted to be a president.

**RD:** *Let’s talk about the Clinton Global Initiative. You have your “four pillars”—health security, economic empowerment, citizen service, leadership development. But even when you narrow all the world’s problems to those four areas, there are still more needs than you could ever address. How do you choose the specific issues you’re going to tackle?*

**BC:** One of the things we try to do is modulate them and shape them every year based on what our members

want. This year we will introduce commitments specifically designed to perform some good thing like making a country or community more energy independent but also job intensive. Or how can we improve education opportunities for women and girls who are likely to be left out of the educational systems—and the economic systems—of their countries? How can we use technology that benefits not just people like our kids but also low-income kids in the United States and around the world?

**RD:** *You've been involved with Haiti for 35 years. You've visited there, you sent the armed forces of the United States there to stabilize things when you were president—you obviously care about the Haitian people. But Haiti seems to have failed to provide*

this commission—it's half Haitians and half donors—is to build the capacity of Haitian society and the capacity of the Haitian government to make Haiti a self-supporting country over the long run. Whether or not we can do it, I don't know, but we're trying, and at least they know that's the issue, and so do I.

**RD:** *In Haiti one of the big problems is that the forests were cut down many years ago and never replaced. This situation reminds me of the forest summit in Oregon the first year you were president, when you were grappling with the false choice between jobs and environmental protection. Why are we still having that conversation?*

**BC:** For most poor people in the world where deforestation is a problem—and not just in Haiti—it's *not* a false



The old world is organized;  
the new world is disorganized.  
The old world is certain;  
the new world is uncertain.”

*that “leadership development” quotient that CGI deems so important. To most Americans, it seems that Haiti won't get back on its feet unless it has a political system that works better.*

**BC:** I'm convinced they know that without a political and governance system that can produce good decisions, they cannot build a sustainable country. What I'm trying to do with

choice. It's a real choice because nobody's really come to them in their area and helped to create jobs. Nobody has given them a chance to participate in a sustainable society. All they know is their kids gotta eat tonight, and if they cut this tree down and sell it for charcoal, they can stay alive for a couple more days ... You have to give them another way to make a living.



**RD:** *The same choice was posed after the oil spill in the Gulf of Mexico—while the oil was still leaking: “You can’t regulate, because it will cost jobs.” Are we stuck in an old way of thinking?*

**BC:** Look at Louisiana, which was getting battered. There was an immediate blowback when people

started talking about maybe having a moratorium on offshore drilling. Why? Because those people make a living doing that, and they have no idea how they can make a living doing anything else—and because nobody sketched out what their role would be ... I still believe the American people have not been adequately

A photograph showing Bill Clinton in a green polo shirt standing in a field with several children and other men. They are surrounded by rows of young plants, likely corn, in a field. The background shows a corrugated metal roof and a wooden structure. The caption is overlaid on the top right of the image.

Clinton in Phuket, Indonesia, in 2006, with survivors of the 2004 Asian tsunami.


sold on the fact that we can create a zillion times more jobs by maximizing our solar and wind capacity. Last year there was a survey of the capacity of various major countries to develop solar and wind energy, and we ranked, I think, second in wind and third in solar. That doesn't even scratch what we could do in building

efficiencies. We've got to build a new world here. The old world is organized, and the new world is disorganized; the old world is certain, and the new world is uncertain. That's why normally the people against change defeat the forces of change, and we have to overcome that—and do it in a very specific way.

**RD:** *The CGI is now five years old, and it has helped raise \$63 billion. How do you do it? Let's say you're on an elevator with Mexican billionaire Carlos Slim or some other wealthy potential donor. What's your pitch?*

**BC:** I always tell them that we live in an interdependent world, and therefore all these good things I've tried to get people to do are actually in their self-interest. It's interesting that you mentioned Carlos because he's one of our biggest supporters. Carlos is a couple of years older than I am—we're fine, but we're over 60. How long can we live, 20 years, 30 years, outside? So we live 30 years and have a fine time. But if you think about your children and your grandchildren, it is clearly not sustainable to have this much wealth concentrated in so few hands with a weak middle class where people can easily drop out and be plunged into poverty. I try to convince all these wealthy people of the same thing: that it's in the interest of not only you but also your children and grandchildren.

**RD:** *Jimmy Carter is said to have set the standard for being a productive former*



The older I get, the more I want to keep score. Will people be better off when I quit than when I started?”

*president. When you left office, did you consult with him?*

**BC:** I'd been in almost constant contact with Carter since I'd been in office. I went down to the Carter Library, and I followed very closely what he did with monitoring elections and promoting human rights and agricultural self-sufficiency. I had also studied the careers of other successful former presidents, like William Howard Taft, who went to the Supreme Court, and Theodore Roosevelt, who started a new political movement. Herbert Hoover oversaw the reorganization of the federal government ... Thomas Jefferson never gets credit for this, but he was actually an immensely successful former president. He went back to Monticello and supported Madison and Monroe, and he started this dynasty.

**RD:** *When you and George H. W. Bush went down to the South Pacific after the 2004 tsunami, you both witnessed the U.S. Navy playing a role that had nothing to do with making war and was instead all about humanitarian assistance.*

**BC:** One of the things we saw in the tsunami when we got there was [the benefit of] this grief counseling being

done for the children. These kids were asked to draw what they were feeling or thinking or the nightmares they were having. We saw the succession of the kids' drawings through various phases, but the first thing the kids did was draw very dark pictures—death, destruction, whatever—and the last thing they did was draw typical kid pictures: sunshine, flowers, and people playing. At some point, all these kids would draw salvation pictures, and every one of them had something to do with the American military, saving the lives of them or their parents. Bush and I were looking at that, and it was all we could do not to cry.

**RD:** *While we're talking about former presidents, George W. Bush picked up on what you had done to fight AIDS in Africa and got Congress to appropriate much more money for that cause. Then you get out of office and start CGI. It seems that it's almost a friendly competition to do good in the world ...*

**BC:** I strongly supported George W. Bush in his PEPFAR [President's Emergency Plan for AIDS Relief] program—for AIDS and, increasingly, malaria—and I'm grateful for it. And then he was interested in working together in the aftermath

of Haiti the way I had done after the tsunami with his father. I wish the congressional leaders and party leaders while they are in office could trust people the way the former presidents do.

**RD:** *For those of us who were never president, what are the universal lessons here?*

**BC:** Find something you care about where you can make a difference with whatever time or money you have. The older I get, the more I want to keep score: Are people better off when I quit than when I started?

**RD:** *You talk about giving advice to kids coming out of college today. Would you tell them to enter politics, journalism, or philanthropy?*

**BC:** I would say first of all, they have

something that most human beings in history didn't have: the ability to make such a choice. The vast majority of people who have lived since we first stood up on the African savanna thousands of years ago had no choice whatsoever in how to make a living. So it's a great privilege to be able to choose what you do. So I would say, find something you care about; that's most important. And then I would say, if you go into the military, teaching, inherently serving others—give it all you've got. And if you go into a profession you find interesting that has no connection to other people except indirectly, where you can acquire some financial success, then take some part of your life to do something for other people because the world is interdependent, and it's too unequal and too unstable. ■

## A BIRD IN THE PAN IS WORTH TWO IN THE TRASH

*For 30 years, frantic chefs have called the Butterball Turkey Talk-Line for tips on how to save their Thanksgiving dinner. Here are some of the less appetizing calls.*

**A disappointed woman phoned** in wondering why her turkey had no breast meat. After a conversation with a Talk-Line operator, it became apparent that the woman's turkey was upside-down.

**A gentleman called to** tell the operator he cut his turkey in half with a chain saw and wanted to know if the oil from the chain would adversely affect the turkey.

**One caller told the** operator she had always cut the legs off the turkey before putting it in the oven, thinking that was the method everyone used. She later learned that her mother had been doing that because it was the only way to get the bird in their small oven. Source: Butterball Turkey Talk-Line



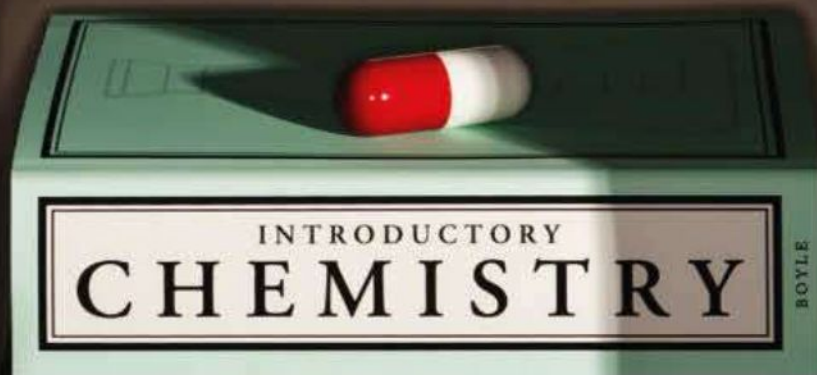
**PRESCRIPTION DRUGS ARE MORE POPULAR WITH TEENS THAN COCAINE, HEROIN, AND METH—COMBINED. THE SCARIEST PART: YOU PROBABLY HAVE THESE KILLERS IN YOUR MEDICINE CABINET RIGHT NOW.**

**LITTLE.  
LEGAL.  
LETHAL.**

**BY ALEXIS JETTER**

**Whitney Lizotte was easily one of the liveliest people** in her sleepy hometown of Berwick, Maine. Dishing out ice cream at the Dairy Delight, belting out songs from the musical *Rent*, or diving into social work classes at York Community College, Whitney, 20, lived boldly: She was impulsive, spontaneous, and bighearted.

So her silence on the morning of April 21, 2009, was unnerving. Whitney had spent the night at a friend's house in nearby Dover, New Hampshire, playing video games and horsing around with two childhood pals. She seemed fine, the two young men said later. But at 11 a.m., one of them found Whitney lying on a mattress on the floor of an upstairs bedroom, pale and unnaturally still.



When he shook her, she didn't stir.

Paramedics tried to resuscitate Whitney, but there was little they could do: She had stopped breathing sometime during the night. Whitney was pronounced dead an hour later.

Detectives decided to get in touch with Whitney's roommate, Brandy Sewall, 22, who had spent the night in the girls' shared apartment in nearby Rochester, New Hampshire. Whitney had taken the shy, somewhat anxious girl under her wing,

## **ONE METHADONE PILL WASHED DOWN WITH TWO GIN AND TONICS CAN BE FATAL. "YOU ARE PLAYING A GAME OF RUSSIAN ROULETTE YOU DON'T UNDERSTAND."**

and they had become inseparable. Police hoped that Brandy, who had spent the previous day with Whitney, could shed light on what had stricken her.

But en route to the apartment, the detectives got a stomach-churning call: "Get there as fast as you can," Dover police captain David Terlemezian told them. A relative had just found Brandy in the apartment bedroom, motionless and unresponsive. The officers sped to Pine Street, but they were too late. Brandy, a soft-spoken young woman who loved the ocean and the Boston Red Sox, had stopped breathing too.

The next morning, Dover police got yet another grim call, this time from a boardinghouse just up the street. Matty Rix, 19, an outgoing and popular former high school wrestling star, had been found dead in his bed.

"It was a terrible few days," says Terlemezian, who directed the investigation. "You can't imagine how bizarre it is to think you're investigating one death—and suddenly there's another. And then another.

"Now you have three dead, all young and all from southern Maine," says Terlemezian. "You had to ask yourself: Are these cases related?"

It would take several more weeks for the full answer to emerge. When it did, families and friends in these

close-knit Maine communities were stunned. There had been no suicide pact, no tainted street drugs, and no fatal intruder. Whitney, Brandy, and Matty had all accidentally overdosed on prescription drugs—legal, widely used, and extraordinarily dangerous.

**"Kids think prescription** drugs are safer than street drugs because you can buy them in a drugstore," says Nancy Coffey, a U.S. Drug Enforcement Agency official for New England, one of the nation's hot spots for prescription drug abuse. "But they're more powerful. And that's where kids get into trouble."

Lots and lots of kids. Nearly one in five teens has used prescription drugs to get high; one in ten high school seniors reports having abused a prescription drug in the past year. And that's just what teens are willing to admit. They say they like the woozy, light-headed feeling that drugs like Vicodin, used in excess, can induce. "It takes everything away," says Jack,\* 17, from rural Maine. "You don't feel hurt; you don't feel stress. Nothing bothers you."

Accidental fatal drug overdoses have soared by 500 percent since 1990, and federal officials say prescription medications—primarily painkillers such as OxyContin, Vicodin, and methadone, all synthetic versions of opium—are largely to blame. According to the U.S. Centers for Disease Control and Prevention (CDC), opioid painkillers now cause more lethal overdoses than heroin and cocaine put together. Most alarming: The rate of fatal overdose among 15- to 24-year-olds has spiked 300 percent in recent years.

---

\*Names changed to protect privacy



**Whitney Lizotte was just having fun, but “kids can get hold of more dangerous things now,” says her mother, Tammi, here with Whitney’s sister Abi.**

Young people simply don't understand that even legal prescription drugs have a “wild-card factor,” says Thomas Andrew, MD, New Hampshire's chief medical examiner. Methadone, the biggest prescription drug killer in New Hampshire, kicks in slowly, then lingers at full strength. That long “half-life” is dangerous for anyone not used to the drug, Dr. Andrew says. “They'll

take 40 milligrams, which is a big dose, and a little while later, they'll say, 'I'm really disappointed. I thought I'd get a buzz on from this. I'm just going to take another 40.'

"But by the time the full 80 milligrams kicks in, it's not going to make them feel the way they want to feel," Dr. Andrew says. "It's going to stop their respiration."

Nora Volkow, MD, director of the National Institute on Drug Abuse (NIDA), is most worried by the growing trend among teens of sampling a variety of prescription drugs and then drinking alcohol. "Kids are not pharmacologists," she says. "They may say, 'Fentanyl, OxyContin—what's the difference?' So they take a bunch of things and may combine them with alcohol."

That's a deadly miscalculation, Dr. Volkow says. The amount of opioid painkiller needed to induce euphoria is already frighteningly close to the amount that can kill you. That margin virtually disappears if you add alcohol or tranquilizers like Klonopin, Valium, and Xanax, which also depress the brain's respiratory center. One 40 mg methadone pill, washed down with two gin and tonics, can be fatal. Says Dr. Volkow, "You are playing a game of Russian roulette you do not understand."

**"Honestly, Whit was just** being a kid," says her mother, Tammi Lizotte, a vibrant woman with short red hair and startlingly blue eyes. "She was not popping a million

pills." Indeed, the medical examiner told Lizotte that Whitney hadn't taken a large drug dose. But she and her roommate Brandy had mixed methadone, an addiction-treatment drug also widely used to control pain, with Klonopin and washed them down with a few beers. That's a popular combination for kids looking for a quick high, police say.

Matty had taken fentanyl, an opioid that in some formulations is hundreds of times more powerful than heroin. Used properly, fentanyl can enable patients to cope with cancer pain. Taken in excess, it creates euphoria—then can shut down the respiratory center of the brain.

Matty Rix wouldn't fit anyone's idea of a hardened drug addict, friends and family say. Mischievous and affectionate, Matty was a gentle boy, despite his 100 wrestling victories. "He was always the kid behind other kids' laughter," says Matt Edwards, 18, a close friend and wrestling buddy.

"He wasn't afraid to give me a hug or a kiss goodbye or to say 'Dad, I love you,'" recalls his father, veteran high school wrestling coach Matt Rix. "He wasn't ashamed to say that in front of anybody."

But the sweet-faced youth had become addicted to OxyContin in his junior year in high school, after he broke his hand taking jumps in an ATV. Surgery left him with steel screws in his hand and a three-month prescription for painkillers

## PAINKILLERS: HOW THEY HOOK YOU

Nora Volkow, MD, understands all too well why teenagers get hooked on prescription drugs—and it's not just because she's a world-renowned researcher into addiction and the brain.

Fifteen years ago, during an ice storm on Long Island, New York, she was pulled from a car wreck. Volkow's leg was shattered; she was in agony, and doctors were afraid she would go into shock. "So they gave me an opiate, and it was an extraordinary experience," Volkow says. "I was supposed to be in great pain, but instead I felt an incredible sense of well-being."

After three days on Demerol, Volkow said, "Enough."

"I'm sensitive about the potential for addiction," she says—she is, after all,

the director of the National Institute on Drug Abuse. "But it did give me insight into why people would want to take these drugs."

The human brain is the biggest drug pusher of them all, Volkow explains. It produces natural opioids that reward you for activities like breast-feeding, bonding with a baby, eating, sleeping, and having sex. "Pain medications with opioids are re-creating that state of well-being," she says.

Your genes determine the sensitivity of your brain's built-in opioid receptors, Volkow says, and not just to drugs. Those same receptors flood the brain with pleasurable sensations when triggered by alcohol. So it's no coincidence that people addicted to opioids might also have a drinking problem.

Depression or anxiety can also ratchet up risks for opioid addiction.

Once opioid addiction takes hold, "we have to treat it very aggressively," Volkow says. Medications such as naltrexone, which blocks the drugs from attaching to receptors, and buprenorphine, which eliminates withdrawal symptoms after quitting, can be very effective. Counseling has been shown to help too.

But Volkow cautions that parents should be prepared for a long haul and for relapse. "To send someone to rehab for one month, even three months, and expect that's going to cure them—that's magical thinking. Your child isn't cured. He needs help fighting the tremendous urges to take the drug once he's outside."

in his wallet. Soon Matty started taking risks to enhance the drug's effects, crushing the OxyContin pills to remove their slow-release coating and snorting them. Ultimately he tried heroin.

After narrowly surviving a heroin overdose in January 2009, though, Matty vowed to stay clean. "He was

scared to death," says his father. "But it seemed like a big weight had been taken off his chest."

Matty moved into his own apartment, attended Alcoholics Anonymous meetings, and woke early every day to work with his father on electrical jobs. "It was about trust," recalls Rix, who says he misses his

son's goodnight calls and companionship. "He wanted to earn it back."

But Matty, depressed after breaking up with a girlfriend, faltered when he spotted a fentanyl patch, still in a drugstore bag, atop a refrigerator in a house where he and his father were doing work for a local contractor. The patch—infused with three days' worth of painkiller—was intended for the homeowner's dog, who'd just had surgery. No one is sure whether Matty chewed the

## **PRESCRIPTION DRUGS ARE EASY TO PILFER FROM THE FAMILY BATHROOM. MEDICINE CABINET EMPTY? NOT A PROBLEM. "IT'S WAY EASIER TO BUY PILLS THAN BEER."**

patch or scraped off the drug and snorted it. But once he did, his battle was lost.

**"People think of drugs** as coming into the United States from another country," says David Pavlik, a senior intelligence analyst at the Justice Department's National Drug Intelligence Center. "But increasingly, these drugs are coming from inside our own medicine cabinets."

Americans used to grab an aspirin for a sore back or a toothache. Now we're much more likely to select from an array of leftover prescription painkillers on our bathroom shelves, says Dr. Volkow. Doctors

write 180 million prescriptions for opioids every year, a fourfold increase in the past 20 years, she says. (The CDC, using a different calculation, cites a tenfold spike since 1995.)

Why so many opioid prescriptions? Experts say that after years of undermedicating pain, even for cancer patients, doctors now understand that pain thwarts the healing process. "Now people don't fear cancer as much as they used to, because of opioids," explains

Seddon Savage, MD, a New Hampshire anesthesiologist and an addiction expert, who is president of the American Pain Society.

But the pendulum may have swung too far. Many opioid prescriptions are written

to ward off discomfort from minor medical procedures, Dr. Volkow says. Half of those pills don't get used.

Even children barely into adolescence are routinely prescribed powerful painkillers. Dr. Volkow was astonished when she took the helm at NIDA seven years ago and saw the statistics: Painkillers like OxyContin, Percocet, and Vicodin are now the most commonly abused pills among 12- to 13-year-olds.

"It just blew my mind," she says. "Adolescents are being prescribed opioids by dentists and oral surgeons. They're sent home after molar extraction with many more pills than they need." In fact, a

recent NIDA study found that 30 percent of teen prescription drug abusers have a doctor's prescription for their medication.

Of course, teens get hurt just like adults do, and opioids relieve their pain. But doctors sometimes prescribe pills for too long or lose track of how many their young patients are taking. Greg,\* 18, a high school athlete in rural Maine, got a prescription for Vicodin after he tore a rotator cuff in his sophomore year. He started by taking one pill a day, but at a party, he heard that Vicodin was an easy high. Soon he was taking four or five pills a day. Greg's doctor, unaware that he had gotten hooked, renewed the prescription for two years.

Greg ultimately stopped taking Vicodin cold turkey and suffered through a harrowing week of withdrawal. Now he has strong advice for parents. "If your son or daughter is prescribed Vicodin, you should be watching the pills," he says. "You should count them. Because some kids will take five or six in an hour."



**"I tell the kids I coach, 'You're not alone,'" says Matt Rix, with daughter Brittany. "I tell parents, 'Know what your kids are doing. Get into their business.'"**

**Even if you don't have** a prescription, pills aren't hard to find. More than three out of five teens say that prescription pain relievers are easy to pilfer from the family bathroom, according to a recent survey by the Partnership for a Drug-Free America.

"Kids will text their friends," says Jeff Upton, a police officer stationed in South Berwick's Marshwood High School. "I'm at my grandma's



house. I can snag a few Oxys from her hip surgery.’ ‘My buddy’s brother has a prescription for Ritalin.’”

Medicine cabinet empty? Not a problem. “It’s way easier to buy pills than beer,” says Jack, the 17-year-old from rural Maine. “Beer, you have to buy from somebody who’s 21, and the store has to be open.” At school, pills can be exchanged for money in a handshake or by swapping jackets. You don’t need a pipe, rolling papers, or even a match. “It’s just one small white pill,” Greg says. “A lot of kids do it for the convenience.”

Another advantage: An opioid high isn’t immediately detectable. “If a kid has just smoked marijuana, I can smell it,” Upton says. “If he drank alcohol, I can smell it. If he takes some prescription drugs—I won’t know it.”

**On the winding** back roads of rural Maine, parents feel increasingly desperate. “Prescription drugs are an epidemic out here,” says Kim,\* Jack’s mother. “Three, four, five kids on the road we live on are struggling with it right now. It’s so scary and so sad, and it happens so fast.”

## 6 STEPS TO SAFETY

Parents have an enormous impact on their children’s attitudes toward prescription drugs—and the risk that their kids will abuse them. Here’s what experts suggest you do: **Don’t be shy.** Many teens believe that parents won’t care as much if they’re caught abusing prescription drugs because the meds are legal. Tell them that you do care and that you want to help if they’re in trouble.

**Keep track of quantities.** Even a few missing pills could be a red flag.

**Store your drugs**—and those of your children—in a secure location in your home, under lock and key if you have reason for concern.

**Properly dispose of old**

**or unused medicine.** Some experts advise against flushing drugs down the toilet because doing so pollutes the water supply; instead, you can put them in a bag or container with coffee grounds or kitty litter to discourage pill hunting. Or check with your local police, sanitation department, and pharmacies. Increasingly, towns are sponsoring prescription-pill drop-offs to help families dispose of unused pills.

**Talk to other family members** (especially grandparents) and parents of your child’s friends about safeguarding drugs in their homes as well.

**Go to [theantidrug.com](http://theantidrug.com)** for more information.

## THE PILLS THEY TAKE

In 2009, high school seniors admitted to abusing these five commonly prescribed drugs.



**Vicodin, 9.7%**



**OxyContin, 4.9%**



**Xanax, 3.6%**



**Valium, 1.9%**



**Klonopin, 1.5%**

Kim knew her son had been experimenting, but she never guessed that he was taking a whopping 80 mg of OxyContin every few days. That secret spilled out after Jack stole a check from his stepmother.

Kim pulled her son out of school, sent him to a counselor, and helped him break his drug habit. "Parents need to realize the severity of prescription drug abuse," she says. "When they see it, they need to jump on it. Because it's a killer."

The day after Matty Rix died, his grief-stricken father systematically searched every bookshelf, closet, cabinet, and toolbox in the house they had shared. Behind the wrestling trophies and family photographs were pill bottles. But it was the addresses on the vials that shocked Rix and his best friend, Mark Moriarty, who helped him sift through the pile. "We know these people. They're our neighbors. They're the parents of our kids' classmates," Moriarty says. "When a kid asks, 'Can I use your bathroom?' your antenna should go up."

Rix decided to hold his son's funeral at the high school where he had been so beloved. "We're trying to turn this loss into a lesson," Moriarty told the large crowd

gathered in the gym. "The greater the loss, the greater the lesson that must come from it."

After a short hiatus, Rix returned to coaching and helping other troubled teens. A year to the day after Matty died, a letter appeared on his grave. It was a call for help. "I miss you and our long talks," the writer had scrawled. "I'm struggling with Oxy addiction. There are times when I want to kill myself." Rix called the boy and talked to him for nearly an hour. "You're not alone," Rix told him.

For Tammi Lizotte, every day holds a reminder of her daughter. Pictures of the laughing young woman line her walls. "Whit had a wicked sense of humor," she says. "And she was very comfortable in her skin."

Lizotte, who has some of her daughter's ashes in a sand dollar pendant around her neck, has also decided to turn her loss into a call for action. At Whitney's memorial, Lizotte dispensed with formalities. "Everybody here knows Whitney," she told the gathering that overflowed a local church. "So I'm just going to tell you about her last day.

"She was doing what all of you do. It was a party gone wrong," she said. "And it could kill you." ■

---

## FEAST OR FAMILY

**I was a vegetarian** until I married a proud meat eater. On Christmas, as our children gathered around the table, my husband announced, "Your mother didn't know what a turkey was until she met me." *Lorraine Larkin*

# As outsourcing decimates American executives, and entrepreneurs are


**Local hero:**  
Anna Sui (in her  
New York City  
studio), an  
American designer  
who is fighting to  
keep her collections  
made in the  
United States.

**manufacturing, a few top designers,  
on a mission to keep jobs at home**

**Made  
in the U.S.A.**

BY SUZANNA ANDREWS

PHOTOGRAPHED BY  
MELANIE DUNEA/CREATIVE  
PHOTOGRAPHERS INC.



**n a jumble** of sunlit rooms in New York City's garment district, seamstresses stitch together Anna Sui's latest collection while the final shipments of her spring line are boxed for the delivery trucks downstairs. Surrounded by three assistants and eight pattern makers, the designer focuses her gaze on a purple silk dress.

Sui wants some changes—the sleeves shortened three quarters of an inch, the shoulders taken in an eighth of an inch. “Too bulky,” she says, as she pulls at the ruffling and re-pins it. She stands back and says, “That’s much better.” She will put the dress through at

least one more fitting before sending it off to be hand-sewn at one of the three local factories she has used since the 1980s.

Sui is that increasingly rare designer who depends on—and supports—American labor. In a factory loft just blocks from her studio, 87 garment workers turn out her dresses, coats, and blouses season after season. But theirs aren't the only jobs that hinge on Sui's dedication to her

hometown turf. Counting the pattern cutters, textile dyers, and creators of her trims and pleats, Anna Sui Corp. supports another 125 jobs—in addition to her in-house staff of 38.

“Without Anna, we would not exist,” says Tony Lee, whose company, Greenland NY, depends on Sui for nearly 70 percent of its business. The designer's passionate support of American industry makes her not just a hero in her hometown but also a leader in the small resistance army of American executives fighting the forces that have swept millions of these jobs overseas.

In her studio, Sui brightens as she describes the inspiration for her fall line: the American Arts and Crafts Movement that flourished from 1910 to 1925. She brings out a dress in stained-glass hues—“like Frank Lloyd Wright windows”—and a silk tunic woven in a landscape pattern of mountains and valleys. “A great many immigrants came here during that period, and they made a conscious effort to show off ‘America the Beautiful,’” says Sui, whose parents emigrated from France after World War II. “People were just astounded at how vast and beautiful the United States was.”

Sui loves her country, but making her clothes here isn't just about that. Her peers in the fashion world may be satisfied to check samples in China or view their designs digitally, but Sui needs to see her work up close to feel it. “You can draw a beautiful drawing, but it doesn't mean it's going to be a

beautiful dress,” she says. “The only way you can tell is when you see it here in the workrooms.”

“For many designers, this is the long-lost dream,” says Stan Herman, a former president of the Council of Fashion Designers of America, whose company mass-markets loungewear sold on QVC. “But there is just no way that you can be competitive.” For Herman, the only route to profitability is to manufacture cheaply in Asia, mainly in China. As he sees it, Sui is among a handful of designers—including Oscar de la Renta, Carolina Herrera, and Nanette Lepore—who are able to make a patriotic choice because their customers are willing to pay several hundred dollars for a dress. Designers who sell their clothing to big-box stores like Walmart and mainstream retailers like JCPenney cannot afford to make clothing here.

It’s a complicated story, but some of it can be reduced to simple math. American garment workers must compete against their Honduran counterparts, who are paid 31 cents an hour, or Bangladeshi workers, who make 17 cents an hour. In China, workers typically earn 50 cents an hour, toiling in government-subsidized factories. These low wages—combined with old and inefficient U.S. factories, open markets for imports here, and tax incentives for American firms to outsource—have contributed to the demise of the American garment worker.

How bleak is the picture? In 1985, 80 percent of the clothes Americans

wore were made in the United States. By 2009, that figure had plummeted to 5 percent.

Behind these statistics is a story that reaches far beyond the fashion business. As the clothing manufacturers closed down, so did the once-great American textile mills: the wool manufacturers of New England and huge cotton mills that dotted the Southern states. According to some estimates, more than one million American textile and apparel jobs have been lost to overseas production in the past 16 years alone. And this was just a “microcosm,” as Herman puts it, “of what happened to industries across America.” During the past three decades, nearly 40 percent of the nation’s manufacturing jobs have vanished—in industries as diverse as steel, cars, toys, and electronics—gone first to Japan, Taiwan, and Korea, then China, Pakistan, and Central America, and more recently, Eastern Europe and Africa. Five million American factory jobs—usually well paid, with full benefits—have vanished, and with them a big chunk of the middle class.

**When Sui first came** to New York in the 1970s, the garment district was still a bustling, thriving neighborhood. Delivery trucks clogged the streets, pedestrians dodged runners pushing rolling racks of clothes, and wherever she looked, there were stores selling buttons, trims, and zippers. Moving to Manhattan had been the culmination of a childhood

dream for Sui, whose father was an architectural engineer and mother a Sorbonne-trained artist. After a stint at Parsons School of Design, Sui worked for large clothing companies for a decade; then in 1981, with \$300 to her name, she started her own company in her living room.

Today Anna Sui Corp. is a global operation, worth, by some estimates, more than \$200 million, with over 300 sales outlets in 30 countries, including 50 store franchises in Japan, Korea, Taiwan, Hong Kong, Kuwait, Dubai, Turkey, and the United States. Some 80 percent of her merchandise is made in the United States, includ-

**American inspiration:** Anna Sui's fall 2010 line took its cues from the colors and patterns of the American Arts and Crafts Movement (left to right, from drawing board to runway).



ing the foundation of her empire, the runway fashions she presents every season.

The question is, How long can she hold out? About 12 years ago, her Massachusetts wool maker went out of business, forcing her to go overseas for her fabrics for the first time. “My beginning collections were always 100 percent domestic,” she says. “It’s in the past ten years that wool and cotton have disappeared. Those used to be among the biggest industries in this country.

“It’s very sad,” she adds softly. “We always used American manufacturers for our velvet—until last year, when they closed down. And

**“How can the U.S. economy survive on just service?” asks Joe Wells III. “There’s a need to manufacture in the United States.”**

they made the best-quality velvet in the world.”

As part of a struggling made-in-the-U.S.A. movement, her story echoes those told by executives from century-old companies to start-ups. Joe Wells III, the fourth-generation CEO of Homer Laughlin China Co. of Newell, West Virginia, employs 800 men and women, who turn out 24 million pieces of tableware a year. “My father and grandfather told me that we had a responsibility to the community to provide local jobs,” says Wells, whose company was founded in 1873. “It’s been a battle to stay afloat, but we are doing it. We reinvest and modernize. We can’t compete with foreign competition on scale, but by finding niche areas, and by doing that well, we have been able to preserve jobs—and we no longer have any U.S. competition.”

Wells believes that consumers are finally becoming more aware of the value of products made in America, and it bothers him that politicians seem to have given up on domestic manufacturing. “How can the U.S. economy survive on just service?” he says. “We have to create things here. It’s valuable to work hard, use

your brain, develop better ways to do things, improve quality—and beat the competition. We can do it. I’m tired of all the hogwash; there’s a need to manufacture in the United States.”

Exactly, says Jim Poss, 38, president of Big Belly Solar, a green start-up company that makes solar-powered trash compactors in Needham, Massachusetts. Poss’s products, which help cities and other public institutions reduce labor and energy costs, are now found in 40 states and 25 countries, and sales have doubled in recent years. “We are proud that the Big Belly is made almost entirely of American-made materials with 100 percent American labor,” says the patriotic Poss. “If we could, we would go with all American goods, but essential components like small solar panels are not mass-produced here anymore. I’d pay more for an American-made panel, but I can’t pay double the price.”

Buy cheaper or buy American? That’s what it comes down to in the view of Richard Laird, 65, founder of buyamerica.com, a website that represents some 600 U.S. companies. Whether you are a small-business owner or a mom on a budget, “when



you can get a \$2.95 T-shirt made in Vietnam or an American T-shirt for \$4, which one are you going to buy?” he asks. “In today’s economy, you’re going to buy the cheaper one. But if you were a factory worker who’s just lost his job, and you were shopping for a T-shirt, which would you buy? You’d want to buy the American one.”

There are about 75 websites that claim to lead consumers to American-made products. Some are sprawling databases, such as [madeinamerica.com](http://madeinamerica.com) (300,000 companies). Others resemble Stephanie Sanzone’s [stillmadeinusa.com](http://stillmadeinusa.com), which has 800 carefully updated listings—for both single products and companies—and attracts about 60,000 unique visitors a month. Sanzone, 50, started her website in 2004 as a graduate student, “trying to buy basic American-made sweatpants for my kids.” After she struck out at the mall, she came home and started Googling. Five months later, she launched her website, which has morphed from an obsession to a hobby that she tends to when work and family allow.

Sanzone, who calls herself the Dear Abby of the buy-American community, also fields questions and offers advice. And after six years of e-mail, she has heard lots of reasons why consumers want American-made products. “People are concerned about the conditions under which things were made, concerned about

the environmental consequences of making something halfway across the world and then shipping it over here. And plenty of folks are concerned about jobs and communities and what it does to a community when a major employer closes and goes away.”

**hough Anna Sui** takes great pride in her homegrown designs, she made an exception

last year when she produced a line for Target. She agonized over the decision, she says. “Because of Target’s prices [which ranged from \$19.99 to \$149.99 for her collection, compared with the \$300 to \$800 for her designer garments], everything had to be manufactured in China,” she says. But Target was also offering a multimillion-dollar national television ad campaign for Sui’s line, something that she could not afford to do herself. Sui ultimately decided to abandon her strict standards “because it was a one-shot thing,” she says, but not before she cajoled Target into giving her New York suppliers a chance to match Target’s prices, which, she says, resulted in work for several of her longtime partners.

The lure to go offshore isn’t just about price. “If you go to a garment factory in Pakistan or China, you’d be shocked at how beautiful they are,” says Stan Herman, who blames domestic companies for failing to reinvest. “We don’t have new garment factories here; they’re all 50

years old.” Unions are a scapegoat for many in the business. State and local governments should be faulted for not encouraging more investment, too, adds Herman. And the federal government has failed to articulate a coherent manufacturing policy (aside from arcane rules for “domestic content” in federal buying policies) but continues to provide lucrative tax breaks to companies that operate offshore.

Can the hemorrhaging of America’s manufacturing jobs be stopped? David Huether of the National Association of Manufacturers is among the many economists who say no, at least for those workers with a high school degree or less. Those jobs—the ones that helped propel millions of American families into the middle class—are not coming back. But the United States, says Huether, still has “the largest manufacturing base in the world.” Nearly 21 percent of the world’s manufactured goods are made in America, a percentage that has not changed in some 40 years. It’s just that the nation has shifted from industries that produced consumer goods, such as clothes, toys, and electronics, to industries like pharmaceuticals, heavy machinery, high-tech communications, and aircraft—jobs that require highly skilled and educated workers.

But in the garment industry, some experts say that change is not impossible, although it would depend heavily on American consumers’ willingness to pay a few extra dol-

## The American Way?

**C** Manufacturing is the backbone of the middle class. Manufacturing jobs pay higher wages and stabilize communities.”

*Nicole Y. Lamb-Hale*, assistant U.S. secretary of Manufacturing and Services

**C** **This used to be a country where you could have a job with a high school degree and be set. Those jobs don’t exist anymore.”**

*David Huether*, chief economist, National Association of Manufacturers

**C** American businesses need consumers to buy U.S.–made products to be able to add jobs and continue this recovery.”

*Mark Zandi*, chief economist, Moody’s Analytics

**C** **We should stop pining after the days when millions of Americans stood along assembly lines and continuously bolted, fit, soldered, or clamped what went by. Those days are over.”**

*Robert B. Reich*, professor of public policy at California State University, Berkeley, former secretary of the Department of Labor

lars to bring the jobs home. “Fashion is a consumer-driven business,” says Steven Kolb, executive director of the Council of Fashion Designers of America. “If the customer wants something, that is what we are going to make and sell. I think if there’s a consumer movement that says, ‘We want to buy “Made in the U.S.A.,”

view. With some 375 jobs at stake, opposition turned fierce. The actor Danny Glover joined the campaign, publicly urging his fellow movie stars to boycott Hugo Boss clothing at the 2010 Academy Awards ceremony. Then some of the country’s largest pension funds—including California’s and New York City’s—got on

**“Fashion is a consumer-driven business,” says Steven Kolb. “If customers want ‘Made in the U.S.A.,’ that’s what designers will sell.”**

that definitely is going to influence the way the designer makes his or her clothes.”

American consumers have the clout. We are the biggest consumers in the world, and every year we spend more than \$1,000 per capita on apparel. But according to recent studies—and the marketplace—Americans care far more about price than they do about style.

“It’s all about prices,” says Sui. “There needs to be some consciousness raised about that.”

When Americans do care about where things are manufactured, however, it can make a difference. Take the case of the German fashion house Hugo Boss, which announced in 2009 that it was closing its factory in Cleveland because it was not “globally competitive,” in the company’s

the bandwagon, threatening to withdraw their multimillion-dollar investments in Hugo Boss if the plant was shut down. In late April, Hugo Boss’s owners announced a change in plans. Although there would be pay cuts—from \$13 to \$10 an hour—300 American workers would keep their jobs.

Stories like this give Anna Sui hope. Standing in her sample room, surrounded by seven seamstresses bent over their machines, and two pattern cutters expertly snipping away, she flashes a rare smile of unabashed joy. “To me, this is the most exciting thing,” she says, “when you see what happens with the fabrics.” Every time she has considered giving up, she says, “I would see an interesting fabric or print, and suddenly I would see the beginning of a new collection. I guess that’s why I’m still here.”

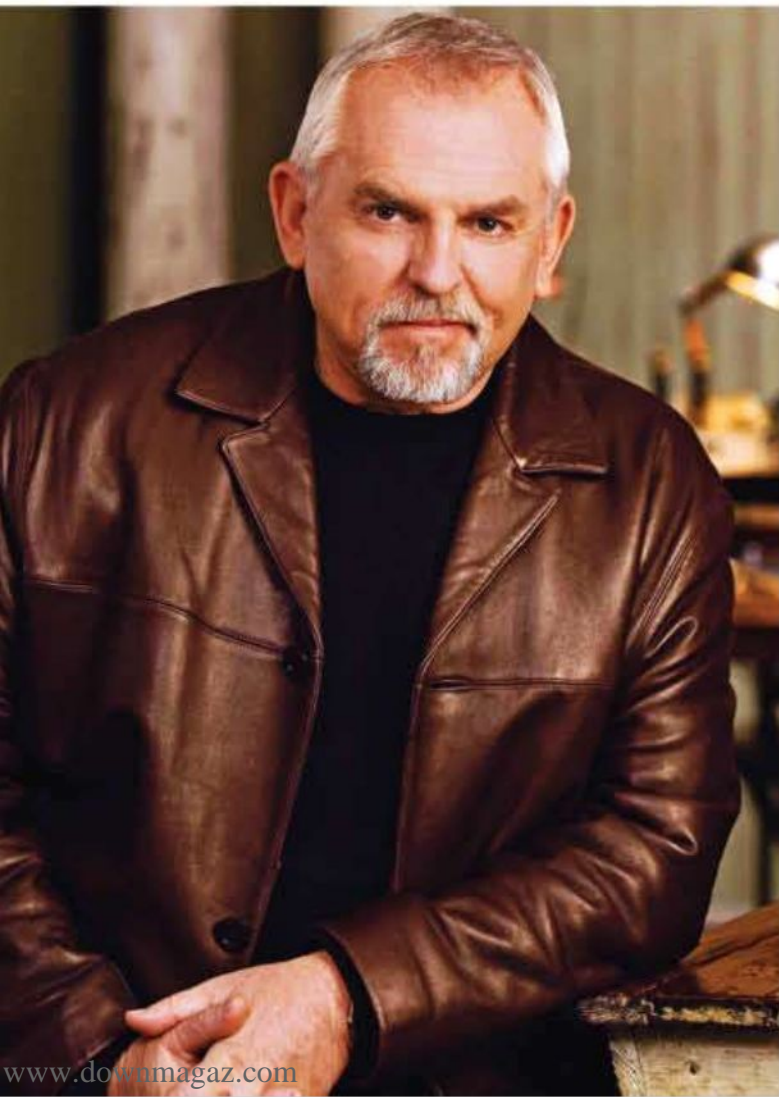
PAGES 162–163: (AIRSTREAM) COURTESY AIRSTREAM, INC.; (MERLE NORMAN) COURTESY MERLE NORMAN COSMETICS; (KOHLER) COURTESY KOHLER CO.; (ANCHOR HOCKING) COURTESY ANCHOR HOCKING; (SLINKY) COURTESY POOF-SLINKY, INC.; (STEINWAY) COURTESY STEINWAY & SONS; (INDIAN) COURTESY INDIAN MOTORCYCLE CO.; (REGAL WARE) COURTESY REGAL WARE, INC.; (SLUGGER) COURTESY HILLERICH & BRADSBY CO.

# What You Can Do

BY NATALIE VAN DER MEER

Actor John Ratzenberger (below), perhaps best known as the barfly postman Cliff Clavin on TV's *Cheers*, now plays an even more engaging role off-screen as an activist. He has spoken out for American manufacturers at congressional hearings, and in 2004, he created, produced, and hosted *Made in America*, a show for the Travel Channel, in which he visited 200 iconic U.S. companies to celebrate the men and women still making products on American soil. He is also completing an independent film about the current job crisis, *Industrial Tsunami*. Here, his recommendations for keeping jobs at home.

COURTESY JOHN RATZENBERGER



**Buy American.** “Everyone who’s out shopping should just go into a store and say, ‘Where’s your made-in-America section?’ If they say they don’t have any, then say, ‘Thanks, I’ll find it somewhere else.’ They’ll get the message. Go to my website, [ratzenberger.com](http://ratzenberger.com), for updates about the shortage of skilled American laborers and more tips on what else you can do.”

**Support hands-on training.** “We need to reinstate vocational training in skilled manual crafts. Ask about adding shop classes to your local school curriculum. If you’re experienced in a trade, offer an apprenticeship to students to learn your skill. It’s alarming that the average age of industrial workers today is 55, and the younger generation isn’t being equipped to take their place.”

**Change perceptions.** “A lot of people think that manual labor is demeaning, that if you don’t have a college degree you’re a lesser human being. High school guidance counselors should be telling students that factories today are immaculate, and some people in manufacturing make good money. Within two years, there will be a need for over 500,000 welders in the United States. Look around at all the things that need welding: bridges, water systems, sewer systems, ships, railroads. One of the reasons the Roman Empire collapsed is that roads fell into disrepair and there weren’t enough stonemasons to repair them. The same thing could happen here.”

# Still Made Here—

## Proudly!

Nine of our best  
homegrown products

BY TARA CONRY



### ◀ AIRSTREAM

Jackson Center, Ohio

Employees: 200

Passionate owners include  
Johnny Depp and Steve Carell

### KOHLER ▼

Kohler, Wisconsin

Employees: 6,500

Nearly all of its fixtures  
made from recycled  
and reclaimed iron



### MERLE NORMAN ▶

Los Angeles, California

Employees: 500

Makeup company  
launched in the 1920s  
by Merle Nethercutt  
Norman, inventor of  
the before-and-after  
makeover



### ◀ ANCHOR HOCKING

Lancaster, Ohio, and  
Monaca, Pennsylvania

Employees: 1,700

Glassware company sold  
tumblers “two for a nickel”  
in the Great Depression





**STEINWAY & SONS ▲**

New York, New York

Employees: 400

The last major piano maker still making music here

**REGAL WARE ▼**

Kewaskum and West Bend, Wisconsin

Employees: 400

Cookware company has made more than five million canteens for the Boy Scouts



**POOF-SLINKY, INC. ▲**

Hollidaysburg, Pennsylvania

Employees: 115

Popular toy made of American steel since 1945

**INDIAN MOTORCYCLES ▼**

Kings Mountain, North Carolina

Employees: 45

Each bike hand-assembled by a team of two craftsmen



**LOUISVILLE SLUGGER ▼**


Louisville, Kentucky

Employees: 300

Takes 40,000 trees to make enough bats for one baseball season ■







# TWO

## Simple Words

How the power of  
*thank you* changed my life

BY JOHN KRALIK ● EXCERPTED FROM **365 Thank You**

**I**n December 2007, my life was at a nadir. My law firm was losing money and losing its lease, I was being sued, and I was going through a difficult divorce. • I still remember the lowest day: December 22. On my way to work, I got a call from my friend Bob,\* who had gone to law school with me. He asked how I was doing. This was a mistake. Poor Bob. “Not good,” I said, in a tone that was desperate and bitter. Bob asked if I wanted to go to breakfast. • Later he would tell me that he had never seen me so upset.

That morning, Pasadena was entering its famous seductive New Year’s beauty. With businesses and schools closed for the holidays, the smog clears from the mountains, revealing, just four miles up Lake Avenue from where I stood, the fresh winter brush of the San Gabriel foothills, each ridge a different shade of misty gray. But I wasn’t in the gorgeous foothills. I was

\*All names changed to protect privacy

meeting Bob at a decaying chain restaurant, near the dust and the vagrants of Pasadena’s downtown. Although the restaurant was Bob’s choice, I couldn’t afford to eat any place nicer; in truth, I couldn’t even afford to eat there.

The man Bob saw across the chipped Formica table was 52 years old, 40 pounds overweight, pasty and tired, with a terrified sadness in his eyes. After 28 years of work as a law-



Then I heard a voice. “Until you learn to be grateful for the things you have,” it said, “you will not receive the things you want.”



yer, I had little more to show than I had when I started—and the little I did have was in jeopardy.

First, a pair of clients for whom I had recovered more than a million dollars that year had stopped paying me. When I brought this to their attention, one of them started writing me e-mails with the subject heading “Your ‘Bills.’” Together, they owed me \$170,000, which I needed to make payroll and pay Christmas bonuses and maybe have something left over for myself. Although they could not agree on much else, these clients decided to work together to avoid their attorney fees. They jointly ordered the money I had recovered for them to be transferred to Texas, where I couldn’t put a lien on it.

**Then there was the case** of the sweet woman who had asked me to sue a gentleman she believed was helping her brother hide money from her. After my client gave up the case, it became apparent she’d had a brief affair with the defendant before suing him. Something about the way the affair ended, combined with getting sued, left this defendant dissatisfied with a mere dismissal. So he sued me for having taken on her case.

When I sat down to breakfast with Bob, I had just paid a retainer to the lawyers who would defend me, and I had begun the process of going through every document, every e-mail, and every pleading in the case to formulate my defense. The suit against me was a plain example of how legal proceedings can become a circle of hatred, in which each vicious move is countered with an even more malevolent one until everyone is out of money. In my darkest moments, I worried that my client’s ex-suitor’s desire for revenge would not only leave me broke but would also call my reputation into question, effectively ending my career.

Seven years earlier, I had idealistically started my own small law practice. I had written a mission statement, which I shared with my associates. It included the promise to be “true to our beliefs in right and wrong, both as lawyers and as human beings.”

I signed up clients at low rates outlined in simple one-page retainer agreements because I wanted to avoid the lengthy mumbo jumbo that most lawyers use to cover their backsides. My fees were modest because I wanted to “do no harm,” which my father, a surgeon, had always preached

to me as the foundation of his ethics. Unlike a doctor's care, a lawyer's treatment often does, in Hippocrates' words, "injure or wrong" a client. I didn't want my bills to become the clients' biggest problem.

But during 2007, I learned, in a painful way, that such idealism had serious limitations as a business model. When you run a small law practice, much of what comes in also goes out—to rent, employees, insurance, and other expenses. What's left is your salary, so to speak. For me, in 2007, this salary was going to be nothing. In fact, it was less than nothing: I had lost \$12,652. Clients had failed to pay nearly \$400,000 in bills. I had worked 60 hours a week all year. My last vacation had been in 2003.

My personal life provided no respite. After my second wife and I separated, she had remained in our house while I was living in a small, cheap, poorly ventilated apartment that became an oven in summer and cost hundreds of extra dollars in winter because of inefficient electric heaters. Several nights each week, my seven-year-old daughter lived with me in this plaster box.

In addition to my daughter, I have two sons from my first marriage, who were then 22 and 26 years old. During the previous year, my older son had become largely self-sufficient, though there were still occasional cash flow crises, and the tension from past calamities of this sort had left us distant. "Loans" had often turned into cash infusions. Sometimes clubbing

and skiing had seemed to me to take precedence over gainful employment. Meanwhile, my younger son required help with tuition, rent, car insurance, and food.

In sum? My business was a shambles. I was paying mortgages or rent for three households—my second wife's, my younger son's, and my own—when I couldn't afford one.




**A**s the year progressed, there had been days when I was so preoccupied with my problems that I walked into the street without checking for a Walk sign. When a car missed me with a honk of the horn, I wondered whether everything might work out better if I had been hit. I started to envy people who had heart attacks. I did not want to die exactly, but I began to think about the peace I could get in a hospital room. When I shared this with Bob, he really started to worry. "Come on, John. It's not that bad," he said. Then he asked about Grace, the woman I'd been dating.

Well, Grace had broken up with me the night before. We had been out to dinner, and when she asked about my plans for Christmas, I had been vague. I was still trying to make plans with my ex that would allow my daughter to be with me for some portion of that day. After I knew those plans, I needed to make arrangements to see my sons. After I had these arrangements in place, I tried to explain, Grace and I could make plans. Grace concluded that this made her too low

in my order of priorities. "I can't do this," she said, and asked to go home.

As I dropped her off, she insisted on walking up her driveway alone. I called up the darkened path after her, saying I would be waiting if she changed her mind. Even if she didn't want to go out with me again, I asked, could we at least exchange Christmas gifts? "I don't want a present from you," she called back. And with that, the only door in my life that seemed to offer hope closed.

Bob reminded me that he had my cell phone number, and he was going to check up on me. Neither of us knew how dramatically my life was about to change.

 **O**n **New Year's Day**, I took a hike on Echo Mountain, with no company but the inner voice that kept saying, "Loser." At one point, I became completely lost. As I grew more tired, I despaired of getting home before dark. I imagined falling into one of the ravines. If that happened, how would I survive the night?

Then I heard a voice. "Until you learn to be grateful for the things you have," it said, "you will not receive the things you want." I do not know who said this to me. I could not explain this voice, but I knew it was important. I sat down to catch my breath and think about this before I continued on.

By the time I made it home, I had walked more than 15 miles. I also had an idea: Every day, I'd find one person to whom I could write a thank-you note.

**On January 3**, about the date most of my past New Year's resolutions had been abandoned, I wrote the first note, acknowledging the Christmas gift my older son had given me:

*Thanks so much for the single-cup coffeemaker. It's perfect for my office, where we can offer everyone a different kind of coffee with every cup. Nevertheless, I'm toying with the idea of just keeping it for myself.*

*See you soon, Dad*

"See you soon." I looked at the page. What did I mean by that? When was the last time I had gone out of my way to spend time with him, aside from a major holiday? As I sealed the envelope, I realized I didn't even have his address. He lived on the west side of Los Angeles, but I did not know precisely where. He had a roommate I had never met. I believed he had a girlfriend. I had never met her either.

I had closed myself off from my son in a way that was inexcusable. I told myself I had done this in part because he needed to be more independent, but I had gone too far. All children deserve to know that their parent is there for them. Any good parent would know exactly where a son or daughter was living.


So I called him.

"Hey, I was just trying to get your address in my new system, and I wanted to check the zip code."

"Oh, yeah. Hey, Dad," he said. "Maybe we could go to lunch."

This was highly unusual. But perfect, I thought.

I suggested we go to a hamburger



If I could find gratitude in such  
a sore spot of **my existence as**  
**my money-losing business**, that  
would be a miracle, I thought.

restaurant within walking distance of my office. We had gone to this kid-friendly place every week when he was younger, until he and his brother had told me they were sick of it. Now we sat at a table made to look like a surfboard. After ordering and making our usual small talk, my son brought out a bulging envelope. He handed it across the surfboard. Looking inside, I saw a pile of crisp \$100 bills. Forty of them. "It's for the loan," he said.

I had forgotten about this "loan" and had no idea I had lent him so much money.

When the overly cheerful waitress in a Hawaiian T-shirt came by with the check, my son reached for it.

"I asked you to lunch," he said.

This was nearly as disorienting as the loan repayment. For once, I did not fight for the bill. This was his moment, and I felt the need to let him have it. Then we started talking about some real things. He told me how he was enjoying selling real estate, a job he had spent a year learning. I had financed some of this, and he was repaying me with his first big commission. I opened up to him about my business difficulties. I explained how payroll and rent could consume the revenue from the few clients who

paid on time. Even so, I told him, it was fulfilling to be your own boss. He might want to consider it sometime.

Recovering my equilibrium after this strange and wondrous visit from my son, I wrote him again:

*Thank you for paying back the loan. It was a great day for me because, actually, I really needed the money at this moment. More importantly, it built trust in our relationship. It showed me you were growing up as a man, and that you could be true to your word.*

*Love, Dad*

**Before that second note** to my older son, I had also written to his brother, who had given me a book for Christmas. On January 31, he, too, handed me a repayment for a forgotten "loan." So I wrote him again:

*Thank you for paying back the loan of \$120. By being true to your word, you are building trust with others, and I am glad to see that. I am also thankful for the other positive changes in your life, your new job, the order you have brought to your apartment. It is very gratifying to see.*

*Love, Dad*

By February, I was sending thank-yous in every direction. I even sent

work-related notes—to clients who paid, to clients who might pay, to friendly lawyers who referred cases, to opposing lawyers who battled me, to court clerks, expert witnesses, real estate agents, loan brokers, and mediators. If I could find gratitude in such a sore spot of my existence as my law practice, that would be a miracle. But the events in January had persuaded me to try to plant the seeds of appreciation everywhere. If I couldn't summon hope while writing thank-you notes about my work life, I could at least summon "Well, write them, then wait and see."

**Over time, I realized** how many people I had neglected to appreciate. One of these, most surprisingly, was my apartment manager, Mr. Robert.

I suffered from insomnia, and although it was surely caused by my emotional disquiet, I blamed external stresses—the heat, the noise, the light, the cold. In February, I blamed the toilet, which would not stop running.

I viewed Mr. Robert as an odd and rather spooky presence as he lumbered about. He always seemed to be looking at you sideways. He often knocked on the door out of the blue with his latest concern.

Still, I had to approach him.

Mr. Robert responded with a squadron of plumbers who couldn't find the problem. But when he stopped by to give an endless explanation, something he said gave me a flash of insight: I could stop the noise by turning off the flow of water at night. For

a couple of nights thereafter, until I could latch onto another external influence to blame, I slept well.

I wrote to Mr. Robert:

*Thank you for responding so promptly to my concern. It always seems a little ridiculous when the concern is about the toilet, so thank you for taking it seriously. With the water turned way down, everything is fine, and it sure is a lot easier to sleep.*

*Best, John (Apartment X)*

The next week, a neatly printed note appeared in the hall, just above the mailboxes, explaining that Mr. Robert had died. It turned out he'd had liver cancer and had been waiting for a transplant that never came. When he was trying to fix my toilet, he was in the last days of his life.

I decided to go to his funeral the next day at Rose Hills, on the smoggy east side of Los Angeles County. This guy probably didn't have any friends, I thought, so maybe I needed to be there so someone would pay respects. I was surprised to find a crowd of over 100. "He was really a people person," his wife said. I had misjudged this dying man. At least my last words to him had expressed gratitude.

**L**ater that month, my daughter persuaded me to adopt a cat. We found Brody in a pet-supply store, where a local woman who rescued cats had set up a row of cages. "He really seemed to want to be with me," my daughter explained when asked why she chose Brody over the other homeless kittens.

I wrote to the woman who had cared for our cat before placing him with us:

*Thank you for fostering Brody, and then working with us on the adoption. He is a delightful cat, extremely playful, loving, and affectionate. We are hoping to give him a good home that will confirm for you the effectiveness of your altruistic efforts to save him.*

By this time, I had written more than 50 notes.

**One day I could think** of nothing for which to be grateful. I had been struggling for days with the lawsuit against me. That day, instead of writing a thank-you note, I sent a lengthy letter to my lawyers, refuting every argument and accusation against me in elegantly turned phrases. I knew from experience that my lawyers would only pretend to read this material. I pictured the meeting where they dismissed my memo, saying, "He's way too close to this." I had said that myself many times after reviewing similarly tortured writings from clients.

Two days later, I lost my tenuous cool and mouthed off to the young lawyer who was delegated to ask me if I wanted anything else in the statement they gave me to sign. "Nothing," I replied, "other than the pages of material I labored over." When she said she had written the brief I had asked the partners to write, I demanded to speak to them. I could sense, in the ensuing conversation, how their patience was wearing thin. I knew what they were thinking because I'd had

# **Have You Heard The Awesome NEWS**

**that the  
*end of the world*  
is almost here?**

**It's not the year  
2012!**

***The Bible guarantees  
the end of the world  
will begin***

***MAY 21, 2011.***

**For free complete  
information of  
this awesome event  
you are invited  
to visit the web page:  
[www.familyradio.com](http://www.familyradio.com)**

**or to write:  
Family Radio,  
Oakland CA 94621**

**Or to call:  
1(800) 543-1495.**

those same thoughts about clients. Yet I was different, I told myself, because I was a member of that tiny club of people who really knew what they were doing.

In my view, my lawyers were too proud to accept my advice. I was frustrated and depressed, thinking that I was probably going to lose a case that should have been won.

But then I picked up my daughter, and as almost always, she was cheerful. She'd had a great day because she'd had her favorite after-school program, Animal Invasion, where she got to meet and pet unusual animals. At my apartment, she practiced piano, and we had pizza. We talked that night about the things she didn't have that she wanted, including a flat-screen TV, which wouldn't be happening on my budget. Then I asked her about the things she did have that she wanted, and her face lit up. She talked about her cats and her dog and her stuffed animals.

That night after she went to sleep, I left a thank-you note on her bed. In the morning, I had to read it aloud

because she didn't yet read cursive very well:

*Thank you for being cheerful and happy when I pick you up in the evening. Sometimes I don't have a very fun day, but when I see you and we talk about things and have fun, I feel better. Thank you for being the best daughter ever.*

*Love, Dad*

She kept this note behind the drapes of the window by her bed, with some special rocks and coins.

I will never forget writing that note to my sleeping daughter. I had discovered something that made me richer than all the people I had envied.

As the year went on, I would have my share of highs (the case against me was dismissed; my ex and I reached a settlement) and lows (the economy tumbled; staying afloat was tough). But I would never again question whether life was worth living. I started paying attention when I crossed the street, even when the Walk sign was on. No matter what else happened to me, there was something I didn't want to miss. ■

365 THANK YOUS: THE YEAR A SIMPLE ACT OF DAILY GRATITUDE CHANGED MY LIFE, COPYRIGHT © 2010 BY JOHN KRALIK, WILL BE PUBLISHED AT \$22.99 BY HYPERION, 114 FIFTH AVENUE, NEW YORK, NY 10011

Statement required by the Act of August 12, 1970, Section 3685, Title 39, United States Code, showing the ownership, management and circulation of READER'S DIGEST, published ten times a year at Reader's Digest Road, Pleasantville, NY 10570-7000, as filed on October 1, 2010.

The names and addresses of the publisher, editor-in-chief, and managing editor are: Publisher, Dan Lagani; Editor-in-Chief, Peggy Northrop; and Managing Editor, Ann Powell, of 750 Third Avenue, New York, NY 10017.

The owner is Reader's Digest Association Inc.; Pleasantville, NY 10570, and the names and addresses of Bondholders, Mortgages and other Security Holders owning one percent or more of the total amount of Bonds, Mortgages or Other Securities are RDA Holding Co., Reader's Digest Road, Pleasantville, NY 10570-7000.

Annual subscription price: \$24.95.

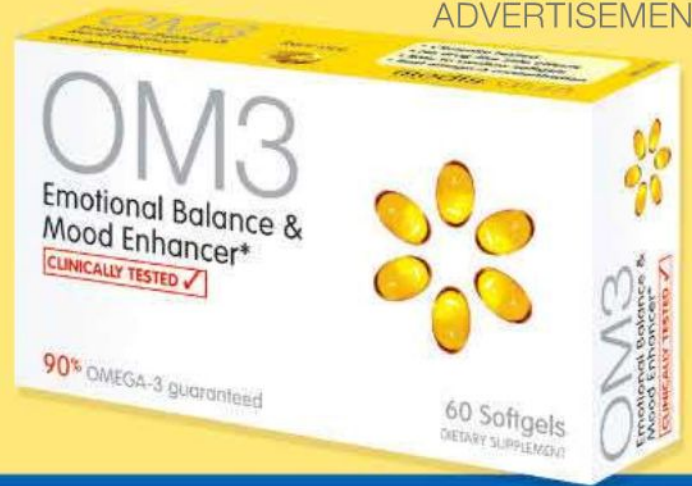
Average number of copies of each issue during preceding 12 months, and of the single issue nearest to filing date, respectively, are as follows: Total number of copies printed (net press run) 6,865,561—6,165,718; paid distribution—sales through dealers and carriers, street vendors and counter sales 247,202—216,962; paid mail subscriptions 5,719,244—5,165,528; total paid distribution 5,966,446—5,382,490; free or nominal rate distribution 226,084—204,682; total distribution 6,192,530—5,587,172; copies not distributed 673,031—578,546; percent paid: 96.35%—96.34%.

I certify that the statements made by me above are correct and complete.

Jim Woods  
VP Planning, Consumer Marketing



ADVERTISEMENT



**OM3 Emotional Balance**  
Guaranteed 1 gram of EPA per day

# I beat that funk!

## Test your emotions

I am...

- Tense .....
- Unhappy .....
- Confused .....
- Sad .....
- Agitated.....
- Unable to concentrate .....
- Tired .....
- Distracted .....
- Lack confidence and am indecisive.....

## This is why OM3 is so popular

I now feel...

- I'm happier in the day .....
- It's easier to look at the bright side of things....
- I now tend to open myself up more to others...
- I'm not as shy as I used to be .....
- I don't get as angry as I used to.....
- I have fewer symptoms of panic attacks.....
- I have more energy throughout the day .....
- I can concentrate for longer periods of time .....
- I no longer put off doing what I must do.....

**Take the OM3 Emotional Balance test online at: [www.isodisnatura.net](http://www.isodisnatura.net)**

If you decide to take OM3 Dietary Supplements to promote your emotional well being and encourage positive emotions, we recommend you take the test before starting and take it again in 3 months\*... **notice the difference.**

\* Improvements are often noted during the first weeks.

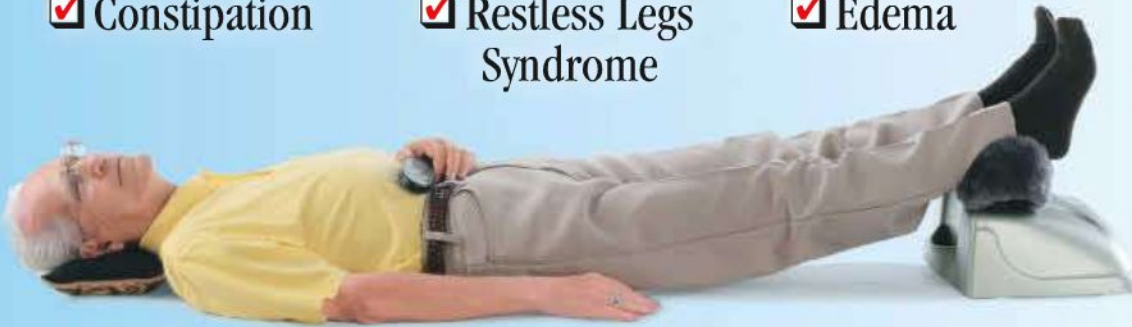
**OM3 Emotional Balance** is now available in the vitamin sections of CVS, Albertsons and Rite Aid pharmacies.





# If you suffer from...

- |  |  |  |  |
|--|--|--|--|
| <input checked="" type="checkbox"/> Lack of Energy | <input checked="" type="checkbox"/> Back Pain              | <input checked="" type="checkbox"/> Poor Circulation | <input checked="" type="checkbox"/> Insomnia           |
| <input checked="" type="checkbox"/> Fibromyalgia   | <input checked="" type="checkbox"/> High Blood Pressure    | <input checked="" type="checkbox"/> Obesity          | <input checked="" type="checkbox"/> Neuropathy         |
| <input checked="" type="checkbox"/> Joint Pain     | <input checked="" type="checkbox"/> Restless Legs Syndrome | <input checked="" type="checkbox"/> Edema            | <input checked="" type="checkbox"/> Diabetes           |
| <input checked="" type="checkbox"/> Constipation   |  |  | <input checked="" type="checkbox"/> Arthritis          |
|  |  |  | <input checked="" type="checkbox"/> Multiple Sclerosis |
|  |  |  | <input checked="" type="checkbox"/> Knee Pain          |
|  |  |  | <input checked="" type="checkbox"/> Spinal Stenosis    |
|  |  |  | <input checked="" type="checkbox"/> Lymphedema         |
|  |  |  | <input checked="" type="checkbox"/> Stress             |



81 year old with pacemaker using the Exerciser 2000 Elite®

## You owe it to yourself to own the **Exerciser 2000 elite**®

Receive some of the benefits of aerobic exercise without stress or impact on the joints!

Passive exercise is becoming more and more popular in the United States. Studies indicate passive exercise can be extremely beneficial, especially to those who are unable to do aerobic type exercise. Exercising on a regular basis is essential to our overall well-being.

The Exerciser 2000 Elite® is a passive exercise machine capable of providing positive results to the complex human body. It does not take up a great deal of space and is low maintenance. Operating the machine is simple... just lie down and relax. The machine creates a gentle, right to left movement, which cycles up through the whole body.

People of all ages, with a wide variety of health issues, are using the Exerciser 2000 Elite® on a daily basis and receiving wonderful results.

The Exerciser 2000 Elite® comes with a standard **2 year parts and labor warranty!** It will provide many years of in-home therapy, as well as peace of mind knowing you own the highest quality machine available.

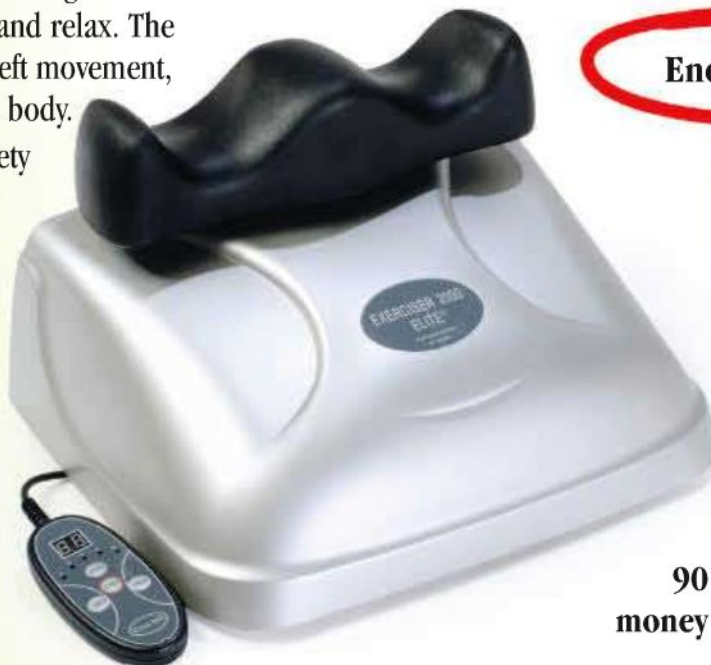
**Tone muscles**

**Increase mobility**

**Relieve stiffness from head to toe**

**Increase circulation throughout the body**

**Energize the body**



### Features

- Built in an ISO-9001 CERTIFIED facility
- FDA Class Registered
- ETL Approval
- Weighs only 15 pounds
- 15" wide x 13.5" deep x 9.5" high

**90 day no risk  
money back guarantee**

# Customer Feedback

I have had such lower back pain that I could hardly stand it. I saw your ad two years ago and thought it wouldn't help me. But, I ordered one anyway. I have used it for four months now. I have very little back pain, am more regular, and I sleep much better thanks to the Exerciser 2000. —*C. Cordes*

Little did I know when I ordered the Exercise 2000 Elite® that it would prove valuable to my wife of 62 years. I got it for the stiffness in my legs and it works perfectly to get me loosened up after playing tennis in the morning. When I come home I immediately get on the Exerciser 2000 Elite® for ten minutes and I feel great! My wife suffers from restless leg syndrome at night. Instead of walking the floor for a long period of time, she just gets on the Exerciser for ten minutes and the symptoms subside. —*Dick P.*

I am 76 years old, heavy, stiff with arthritis and a leukemic for the past nine years. Using your machine twice a day has made me feel ten years younger. I also have a great deal more energy. When you say that your company is in the business of "helping people feel better", it is no fib! —*Kate B.*

I am 97 years old and have edema in my left foot and leg. My daughter saw the Exerciser 2000 in an ad and encouraged me to try it. It is helping a lot and I feel alive again. Thank you! —*Grace R.*

After using the Exerciser 2000 Elite® twice a day for one week the swelling in my ankles went away. It has also helped my breathing, as I can get out and walk without having to stop and catch my breath! Thank you. —*Shirley H., Florida*

I am an 88 year old woman with multiple health problems. After seeing the ad for the Exerciser 2000 Elite® I ordered it and use it daily. I can tell it has improved circulation in my legs and by doing that it has helped my balance and walking problems. To those of you that think that you can't do regular exercise anymore, try this piece of equipment and you will be amazed how much better you will feel. —*Mildred F.*

As a Chiropractor, I would say the Exerciser 2000 enables people to benefit themselves at home. It is a valuable asset in moving lymph fluid, oxygenating the blood, increasing immune system function, maintaining mobility in the spine, and freeing up a spine that had become stiff and arthritic. —*Garry G., D.C.*



**Do you have trouble getting down on the floor?**

The Clark Exerciser Elite Table is specially designed to use with the Exerciser 2000 Elite® and is sold separately.

**Improve the way you feel with minimum effort!**

**Makes an excellent Christmas gift.**

**FACTORY DIRECT PRICE**

**\$349.95 and FREE shipping**  
in the lower 48 states.

Use code **B800** when ordering.

*Save on reconditioned units when available.*

220/230 volt model available for International use

To view **product video** and customer feedback, visit  
**[www.clarkenterprises2000.com](http://www.clarkenterprises2000.com)**

**1-800-748-7172**



**Clark** ENTERPRISES 2000 INC  
*The helping people feel better company*

Family owned since 1959  
240 Berg Road • Salina, KS 67401

Price, terms and conditions subject to change without notice.  
These statements have not been evaluated by the FDA.  
Not intended to treat, cure or prevent any diseases.



A+ Rating

# Work at Home!

## Be a Medical Billing Specialist

10 Years	
5 Years	
Now	

Train at home to earn up to \$40,000 a year and more!\*

Train in the comfort of your own home to work at home or in a medical office making great money...up to \$40,000 a year and more as your experience increases! Medical Billing Specialists are in demand. In fact, the U.S. Department of Labor projects a significant increase in demand for specialists doing billing for doctors' offices!

**Nationally accredited training... be ready to work in as little as four months!**

Our experts train you step by step. You learn exactly what to do and how to do it! You can graduate in as little as four months and be ready to take your first step into this in-demand, high-income career.

### Be Home For Your Family



*"I would like to thank you from the bottom of my heart for the WONDERFUL course of Medical Billing... I want to encourage others who are thinking about taking the course. Go ahead! IT'S THE BEST DECISION YOU'LL EVER MAKE!"*  
Sincerely, Scarlet M.

### No Previous Medical Experience Required.

We make it easy to learn how to prepare medical claims for Medicare, Medicaid and private patients. You'll make great money working with doctors as a part of the medical team, doing a job that really helps people.

### Work-at-Home Advantage Check List

- ✓ Be home for your family
- ✓ Be your own boss
- ✓ Choose your own hours
- SAVE MONEY!**
- ✓ No daycare ✓ No commute
- ✓ Possible tax breaks
- ✓ No office wardrobe/lunches



A+ Rating

**Get Color Brochure and Full Information!**

**Call Toll-Free:**

**1-800-388-8765, Dept. RDDB2AB0**

**Find out how you can work at home or in an office and earn up to \$40,000 a year.**



**SENT FREE!**

**U.S. Career Institute**

Dept. RDDB2AB0, 2001 Lowe Street, Fort Collins, CO 80525

\*with experience, based on figures from U.S. Dept. of Labor's BLS website

# Word Power

BY JOAN PAGE MCKENNA

**Ritual and Rebirth** The sun has long played a role in our celebrations, and as the winter solstice—the day with the fewest hours of sunlight—approaches, the Northern Hemisphere prepares once again to pay homage. Names vary for these “sun days,” but the universal themes of feasting and rebirth abound. See how brightly you can shine on our quiz about the sun and sky and the rituals they signal. **Answers on next page.**



**1. pantheism** *n.*—

A: crossing of social boundaries. B: burying of the dead. C: belief that God and the universe are identical.

**2. propitiate** *v.*—A: honor. B: appease. C: revive.

**3. celestial** *adj.*—A: ghost-like. B: fleeting. C: relating to the heavens.

**4. ascension** *n.*—act of ... A: rising. B: offering. C: deferring.

**5. perigee** *n.*—A: layer of an atmosphere. B: point where an orbiting object is nearest to the earth. C: shift of seasons.

**6. divination**

*n.*—A: split of harvest. B: immortality. C: supernatural insight into the future.

**7. druid** *n.*—A: Celtic priest. B: astrological society. C: blind follower.

**8. hallowed** *adj.*—A: mystical. B: respected. C: untouchable.

**9. renascent** *adj.*—A: warming. B: of the heart. C: rising again.

**10. saltation** *n.*—A: leaping or dancing. B: elaborate greeting. C: deep sleep.

**11. declination** *n.*—A: end of a season. B: diminished daylight. C: distance of a heavenly body from a point on the same plane as the earth's equator.

**12. exuberate** *v.*—A: plan precisely. B: eat with gusto. C: overflow.

**13. bacchanal** *n.*—A: wild, drunken revelry. B: monk's garment. C: inscription.

**14. cache** *n.*—A: storage place. B: prestige. C: awkward position.

**15. synodic** *adj.*—relating to ... A: ancient writings. B: family bonds. C: alignment of stars and planets.

**16. quondam** *adj.*—A: formal. B: former. C: penitent.

## Deep Roots

A time of celebration for sure, the winter solstice may also leave you longing for those **dog days** of summer—the period between early July and early September when Sirius, aka the Dog Star, rises and falls with the sun (and temperatures follow suit). The term *dies caniculares* (“dog days”) was coined in the 1500s.

## Answers

**1. pantheism**—[C] belief that God and the universe are identical. *Pantheism* demands a deep connection to nature.

**2. propitiate**—[B] appease. The villagers offered bushels of grain to *propitiate* the gods.

**3. celestial**—[C] relating to the heavens. The sparkling stars accentuated the evening's *celestial* majesty.

**4. ascension**—[A] act of rising. The morning crowd marveled at the sun's *ascension*.

**5. perigee**—[B] point where an orbiting object is nearest to the earth. With the moon at its *perigee*, the night sky was awash in light.

**6. divination**—[C] supernatural insight into the future. Lela's powers of *divination* proved eerily accurate.

**7. druid**—[A] Celtic priest. Mist swirled as the *druids* gathered near Stonehenge at daybreak.

**8. hallowed**—[B] respected. During



the ceremony, even the wildest children quieted near the *hallowed* burial grounds.

**9. renascent**—[C] rising again. Every year, we suffer through a gray and bitter winter, eager for spring and its *renascent* light and warmth.

**10. saltation**—[A] leaping or dancing. Celebrants in the throes of *saltation* were silhouetted against the bonfire.

**11. declination**—[C] distance of a heavenly body from a point on the same plane as the earth's equator. Tiberius used astronomy and *declination* values for navigation.

**12. exuberate**—[C] overflow. Vegetables *exuberated* from storage cellars after the harvest.

**13. bacchanal**—[A] wild, drunken revelry. The streets were thronged as prayer gave way to *bacchanal*.

**14. cache**—[A] storage place. The townspeople stocked *caches* with grain in anticipation of a long winter.

**15. synodic**—[C] relating to alignment of stars and planets. Early calendars were based on the moon's *synodic* cycle.

**16. quondam**—[B] former. Spying her *quondam* beau at the party, she felt relieved that he was in her past.

### VOCABULARY RATINGS

- 10 and below: sunbaked
- 11–13: enlightened
- 14–16: brightest under the sun



Challenge a friend to beat your score in our online game at

[readersdigest.com/wordpowergame](http://readersdigest.com/wordpowergame).

## Sound Smarter

Your English teacher probably told you, “Never use *etc.* It just means you’re too lazy to say everything you need to.” Sage advice (“and others” is better), but when you can’t avoid it, at least get the usage right: Go with the abbreviation plus the period, reserve it for things (use the phrase *et al.* when you mean “and other people”), pronounce it correctly (there’s no *x* or *k* sound in there, and it has four syllables—*et ’cet-e-ra*), and *never* say “and *etc.*”

# If You Acquired a Gillette M3Power Razor between May 1, 2004 and October 31, 2005

## You may Be Entitled to Benefits From a Class Action Settlement

There is a proposed settlement with The Gillette Company in a class action lawsuit, *In re M3Power Razor System Marketing & Sales Practices Litigation*.

### What is the Class Action Lawsuit About?

The lawsuit challenges the accuracy of Gillette's advertisements for the M3Power Razor ("M3P"). Plaintiffs claim Gillette's advertisements that the M3P "raises or stimulates hair up and away from the skin" were false and misleading and violated consumer-related laws in the USA and Canada. In mid-2005, Gillette deleted those representations from its ads. Gillette denies all the allegations but has agreed to the proposed settlement to resolve this class action.

### Who Is A Class Member?

Settlement Class Members include all persons in the USA or Canada who obtained an M3P in the USA between **May 1, 2004** and **September 30, 2005**, or in Canada between **May 1, 2004** and **October 31, 2005**. Persons who purchased the M3P for re-sale are **excluded** from the Class.

### What Does The Proposed Settlement Provide?

Gillette has agreed to make \$7,500,000 available to a Settlement Fund. The fund will be used to provide Settlement Class Members who submit a valid, timely claim with **either** a refund (a minimum of \$13 US or \$16.25 Canadian, depending on the place of purchase) for their M3P, **or** up to two \$5 US rebates (up to a total of \$10 US, or the equivalent in Canadian dollars) for any M3Power blades and/or any Fusion or Fusion ProGlide razor purchased before **May 2, 2011**, **or** a new Gillette manual men's razor as a replacement, and other relief.

Claims are limited to one per person and three per household. If claims exceed the amount available for settlement benefits, claimants for replacement razors will not receive a benefit and the refunds and rebates will be reduced pro-rata. If claims do not exceed the amount available for

settlement benefits, class members may receive additional benefits.

### Who Represents Me?

The U.S. District Court for the District of Massachusetts has appointed Ben Barnow, Barnow and Associates, P.C. and Robert M. Rothman, Robbins Geller Rudman & Dowd LLP as Settlement Class Counsel. Subject to Court approval, Gillette will pay fees, costs, and expenses of Settlement Class Counsel, as well as incentive awards to the individual plaintiffs who brought the lawsuit. These amounts will not be deducted from the settlement fund. You may hire your own attorney, if you wish, at your own expense.

### What Are My Legal Rights?

If you do not want to be legally bound by the proposed settlement, you must exclude yourself in writing, postmarked by **March 4, 2011**, and sent to the Settlement Administrator at the address below. If you stay in the Settlement Class, you may file a claim. Your claim must be postmarked by **May 2, 2011**. You may object to any aspect of the proposed settlement. Your written objection must be postmarked by **March 4, 2011**. You also may request in writing to appear at the Final Fairness Hearing. The Court will hold a Fairness Hearing on **March 25, 2011** at 2:00 p.m. to consider whether the proposed settlement is fair, reasonable, and adequate and the motion for attorneys' fees, costs, and expenses. If objections have been received, the Court will consider them at this time.

### How Do I Obtain Further Information?

This is only a summary of the proposed settlement. For a more detailed Notice on the proposed settlement, a copy of the Settlement, and how to file a claim:

**Call: 1-877-506-4030 (Se Habla Español)**

**Visit: [www.m3powersettlement.com](http://www.m3powersettlement.com)**

**Write: M3Power Settlement, P.O. Box 2302,  
Faribault, MN 55021-9002**



**A**s we were putting out cookies for Santa on Christmas Eve, I accidentally dropped one. “No problem,” I said, picking it up and dusting it off before placing it back on the plate.

“You can’t do that,” argued my four-year-old.

“Don’t worry. Santa will never know.”

He shot me a look. “So he knows if I’ve been bad or good, but he doesn’t know the cookie fell on the floor?”

*Kelly LeDoux, Duluth, Minnesota*

## Muddied Gene Pool

*Sometimes after you hear what comes out of a parent’s mouth, it’s hard to believe you’re related. Crazythingsparentssay.com has the proof:*

- “You shouldn’t be eating candy so early. We have doughnuts.”
- “The key is to put the mousetrap outside the house. That way, the mice don’t come in.”
- “Your aunt couldn’t make it, so I brought the cat.”
- “Don’t do drugs. They’re hell on



“No, it’s really a cell tower.”

your body, and I may need one of your organs someday.”

**Dad passed away** recently, and among the messages received by my mother was this e-mail from a great-niece: “Our thoughts are with you, Lucy. You and Chas are the last of an error.” *Sandra Eckert, Levin, New Zealand*

**I always thought my friend was disorganized, but after helping her move, I stand corrected. The label on a box I carried read “Stuff off the floor.”**

*Ting Sun, Monument, Colorado*

**Retirement is the best** thing that has happened to my brother-in-law. “I never know what day of the week it is,” he

# To: Santa. Re: Where Are My Gifts?!

If you fear that letter to Santa won't get to the North Pole in time, try e-mailing him. [Emailsanta.com](http://Emailsanta.com) sees more than a million missives every year, and each one gets a response, including these:

■ I'm sorry, but I don't have a chimney ... I'll leave the cat flap unlocked for you, but please watch out for the litter box! *Jon, 4*

■ Do you have elves that help or elves that sit on the sofa all day long? *Jenny, 8*

■ Mommy & Daddy say I have not been very good these past few days. How bad can I be before I lose my presents?  
*Christian, 7*

■ Did you really run over my grandma?  
*MacKenzie, 11*

■ I'm sorry for putting all that Ex-lax in your milk last year, but I wasn't sure if you were real. My dad was really mad. *Bri, 7*

■ Do you know Tim Allen?  
*David, 8*

■ You really don't need to send me the motor home. I know that you won't be

able to fit it in your sleigh. I know that the elves won't be able to reach the pedals, and anyway, my mom said I can't get my driver's license yet. *Kyle, 5*

■ Please! Don't bring me any new clothes. *Kayla, 9*

■ Thank you for the remote control car last year, even though it broke the day after. I know you tried, and that's what counts. *Alex, 8*

■ Do you know Jesus is the real reason of Christmas? Not to be mean, but he is. *Rosanne, 11*


gloated. "All I know is, the day the big paper comes, I have to dress up and go to church."

*Donald Reichert, Duncanville, Texas*

I arrived home from work to find all the windows and doors wide open. Apparently our puppy had had an accident.

"Yeah, it really stank," my daughter told me. "In fact, when we first walked in, I thought you had come home early and were cooking dinner."

*Timothy Scott Foubert, Reno, Nevada*

 **Your favorite new joke, funny anecdote, or crazy news story might be worth \$\$\$.**  
See page 93 for details.

**Consumer Information** Reader's Digest may share information about you with reputable companies in order for them to offer you products and services of interest to you. If you would rather we not share information, please write to Reader's Digest Customer Care, PO Box 6095, Harlan, Iowa 51593-1595. Reader's Digest publishes ten issues per year—subject to change without notice. We may also occasionally publish extra issues and special issues (which count as two in a subscription). Published monthly (except bimonthly in June/July and December/January) by The Reader's Digest Association, Inc., 44 South Broadway, White Plains, New York 10601. A special Reader's Digest Large Print with selected articles from Reader's Digest is published by RD Large Edition, Inc. For details, write: Reader's Digest Large Print, PO Box 6097, Harlan, Iowa 51593-1597.

Reader's Digest, (ISSN 0034-0375) (USPS 865-820), Vol. 177, No. 1062, December 2010/January 2011. © 2010 The Reader's Digest Association, Inc. All rights reserved. Unauthorized reproduction, in any manner, is prohibited. Reader's Digest, The Digest, and the Pegasus logo are registered trademarks, and Make It Matter is a trademark, of The Reader's Digest Association, Inc. Marca Registrada. Printed in U.S.A. Periodicals postage paid at White Plains, New York, and at additional mailing offices. You may cancel your subscription at any time and receive a refund for copies not previously addressed. Your subscription will expire with the issue identified above your name on the address label.

**POSTMASTER:** Send address changes to Reader's Digest, PO Box 6095, Harlan, Iowa 51593-1595.

**SUBSCRIBERS:** If the Post Office alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within one year.





# HARBOR FREIGHT TOOLS

Quality Tools at Ridiculously Low Prices

100% Satisfaction Guaranteed! • Lifetime Warranty On All Hand Tools!

## FACTORY DIRECT TO YOU!

How does Harbor Freight Tools sell high quality tools at such ridiculously low prices? We buy direct from the factories who also supply the major brands and sell direct to you. It's just that simple! Come see for yourself at one of our 330 STORES NATIONWIDE and use this 20% OFF Coupon on any of our 7,000 products, plus with any purchase of \$19.99 or greater, pick up a FREE 7 Function Digital Multimeter, a \$9.99 VALUE with our compliments. We stock Automotive products, Shop Equipment, Hand Tools, Tarps, Compressors, Air & Power Tools, Material Handling, Woodworking Tools, Welders, Tool Boxes, Outdoor Equipment, Generators, and much more.

**NOBODY BEATS OUR QUALITY, SERVICE AND PRICE!**

**FREE!**  
WITH MINIMUM PURCHASE OF \$19.99

**CEN-TECH**  
7 FUNCTION  
DIGITAL  
MULTIMETER  
ITEM 90899/98025



Item 90899 shown

**REG. PRICE \$9.99**

49378995

**HARBOR FREIGHT TOOLS - LIMIT 1** Free item only available with qualifying purchase. Cannot be used with any other discount or coupon. Coupon not valid on prior purchases. Offer good while supplies last. Shipping & Handling charges may apply if free item not picked up in-store. Coupon cannot be bought, sold or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the offer. Valid through 3/16/11. Limit one coupon per customer and one coupon per day.

**20% OFF**  
ANY SINGLE ITEM!

**HARBOR FREIGHT TOOLS - LIMIT 1** Use this coupon to save 20% on any one single item purchased when you shop at a Harbor Freight Tools store. Cannot be used with any other discount or coupon. Coupon not valid on any of the following: prior purchases, gift cards, Inside Track Club membership, extended service plans, Compressors, Generators, Tool Cabinets, Welders, Floor Jacks, Campbell Hausfeld products, open box items, Parking Lot Sale items, Blowout Sale items, Day After Thanksgiving Sale items, Tent Sale items, 800 number orders, or online orders. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store in order to receive the offer. Valid through 3/16/11. Limit one coupon per customer and one coupon per day.

93200731

**CHICAGO**  
Electric Power Tools

**OSCILLATING MULTIFUNCTION POWER TOOL**  
LOT NO. 67256

**SAVE 50%**

**REG. PRICE \$59.99**

**\$29.99**

**HARBOR FREIGHT TOOLS - LIMIT 1**

17 DIFFERENT ATTACHMENTS AVAILABLE IN OUR STORES!

CUT METAL CUT DRYWALL CUT PLASTIC

SANDING SCRAPE CONCRETE

PLUNGE CUTTING CUT FLOORING

91610113

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 3/16/11. Limit one coupon per customer and one coupon per day.

**AUTOMATIC WRIST BLOOD PRESSURE MONITOR**  
LOT NO. 67212/97742

Requires 2 AAA batteries (sold separately).  
Item 67212 shown.

**\$11.99** REG. PRICE \$29.99

**SAVE 60%**

15085509

**HARBOR FREIGHT TOOLS - LIMIT 1** This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 3/16/11. Limit one coupon per customer and one coupon per day.

**7 FT. 4" x 9 FT. 6" ALL PURPOSE WEATHER RESISTANT TARPULIN**  
LOT NO. 877

**\$259** REG. PRICE \$6.99

**SAVE 62%**

**BIG TOP**

27319136

**HARBOR FREIGHT TOOLS - LIMIT 1** This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 3/16/11. Limit one coupon per customer and one coupon per day.

**HEAVY DUTY HAND TRUCK**  
HAUL-MASTER<sup>®</sup>

LOT NO. 95061  
600 LB. CAPACITY

**\$29.99** REG. PRICE \$49.99

90171422

**HARBOR FREIGHT TOOLS - LIMIT 1** This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 3/16/11. Limit one coupon per customer and one coupon per day.

**CENTRAL PNEUMATIC 2 HP, 8 GALLON, 115 PSI PORTABLE AIR COMPRESSOR**  
LOT NO. 95386/40400/67501

**\$89.99** REG. PRICE \$139.99

**SAVE \$50**

Item 95386 shown

23338619

**HARBOR FREIGHT TOOLS - LIMIT 1** This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or catalog). Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in store, or with your catalog order form or entered online in order to receive the coupon discount. Valid through 3/16/11.

# HARBOR FREIGHT TOOLS

Quality Tools at Ridiculously Low Prices

100% Satisfaction Guaranteed! • Lifetime Warranty On All Hand Tools!

**SUPER COUPON!**

**US★GENERAL**

**11 DRAWER  
ROLLER  
CABINET**

INCLUDES:

- 6 Drawer Top Chest
- 2 Drawer Middle Section
- 3 Drawer Roller Cabinet

LOT NO.  
67421

**SAVE  
\$160**

**\$139<sup>99</sup>**

REG.  
PRICE  
\$299.99



**HARBOR FREIGHT TOOLS - LIMIT 1**

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 3/16/11. Limit one coupon per customer and one coupon per day.

**SUPER COUPON!**

**3000 LB. CAPACITY  
LIGHTWEIGHT  
ALUMINUM  
RACING JACK**

LOT NO. 91039/67408

**U.S. GENERAL**

Item  
91039  
shown

**SAVE  
\$40**

**\$59<sup>99</sup>**

REG. PRICE \$99.99



**HARBOR FREIGHT TOOLS - LIMIT 1**

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 3/16/11. Limit one coupon per customer and one coupon per day.

**SUPER COUPON!**

**WEATHERPROOF COLOR  
SECURITY CAMERA  
WITH NIGHT VISION**

LOT NO. 95914

**SAVE  
37%**

**\$24<sup>99</sup>**

REG. PRICE \$39.99



**HARBOR FREIGHT TOOLS - LIMIT 1**

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 3/16/11. Limit one coupon per customer and one coupon per day.



**SUPER COUPON!**

**18 VOLT CORDLESS DRILL  
AND FLASHLIGHT KIT**

LOT NO. 91396

**\$18<sup>99</sup>**

REG. PRICE  
\$29.99

**DRILL  
MASTER**



90170812

**HARBOR FREIGHT TOOLS - LIMIT 1**

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 3/16/11. Limit one coupon per customer and one coupon per day.

**SAVE  
36%**



18V battery  
and charger  
included.

**4-1/2" ANGLE GRINDER**

**DRILL  
MASTER**

LOT NO.  
95578

**\$9<sup>99</sup>**

Grinding  
wheel sold  
separately.

REG. PRICE \$17.99

**HARBOR FREIGHT TOOLS - LIMIT 1**

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 3/16/11. Limit one coupon per customer and one coupon per day.

**SUPER COUPON!**

**CHICAGO POWER  
ELECTRIC SYSTEMS**

**45 WATT SOLAR  
PANEL KIT**

LOT NO.  
90599

**SAVE  
\$100**

**\$149<sup>99</sup>**

REG. PRICE \$249.99



40891053

**HARBOR FREIGHT TOOLS - LIMIT 1**

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 3/16/11. Limit one coupon per customer and one coupon per day.



**SUPER COUPON!**

**SUPER COUPON!**

**MOVER'S  
DOLLY**

LOT NO. 93888

**\$7<sup>99</sup>**

REG. PRICE  
\$14.99

**HAUL-MASTER**

**SAVE  
46%**

1000 LB.  
CAPACITY



46701462

**HARBOR FREIGHT TOOLS - LIMIT 1**

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 3/16/11. Limit one coupon per customer and one coupon per day.



**3 EASY WAYS  
TO SHOP!**

**1. VISIT!  
330 Stores Nationwide**

**2. GO TO!  
www.HarborFreight.com**

**3. CALL!  
1-800-423-2567**

# Last Laugh



ILLUSTRATED BY MARY NADLER

# 100% COMMITTED



Jillian Michaels



Alison Sweeney



Bob Harper

Ford has been making a difference in the fight against breast cancer for 16 years, dedicating over \$105 million to the cause. How can you help? Be informed and stay healthy. And gear up at [fordcares.com](http://fordcares.com). When you buy Warriors in Pink® apparel like Jillian, Alison and Bob are wearing, **100% of the net proceeds goes to Susan G. Komen for the Cure®.**



Tune in to *The Biggest Loser*, Tuesday, November 23, at 8/7c on NBC, to see the special Ford Warriors in Pink episode.

Enter for a chance to win the 2011 Edge at [nbc.com/warriorsinpink](http://nbc.com/warriorsinpink).

NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. MUST BE LEGAL RESIDENT OF THE 50 UNITED STATES (D.C.), 18 YEARS OR OLDER TO ENTER. Void where prohibited. Sweepstakes ends 12/31/10. For entry and official rules with complete eligibility, prize descriptions, odds disclosure and other details, visit [www.nbc.com/warriorsinpink](http://www.nbc.com/warriorsinpink). Sponsored by Ford Motor Company, One American Road, Dearborn, MI 48126, U.S.A.



WARRIORS IN PINK®  
POWERED BY FORD



**DREW BREES**  
NFL Saints Quarterback



**COLD SYMPTOMS TACKLED.  
QUARTERBACK SACKED.**

Vicks NyQuil. The nighttime, sniffing, sneezing, coughing, aching, fever, best sleep you ever got with a cold...medicine.



**NFL PLAYERS**

© 2010 NFL Properties LLC. Team names/logos/indicia are trademarks of the teams indicated. All other NFL-related trademarks are trademarks of the National Football League. NFL PLAYERS is a trademark of National Football League Players Incorporated.

© Procter & Gamble, Inc., 2010. Read each label. Use as directed. Keep out of reach of children.



Official Sponsor of the NFL