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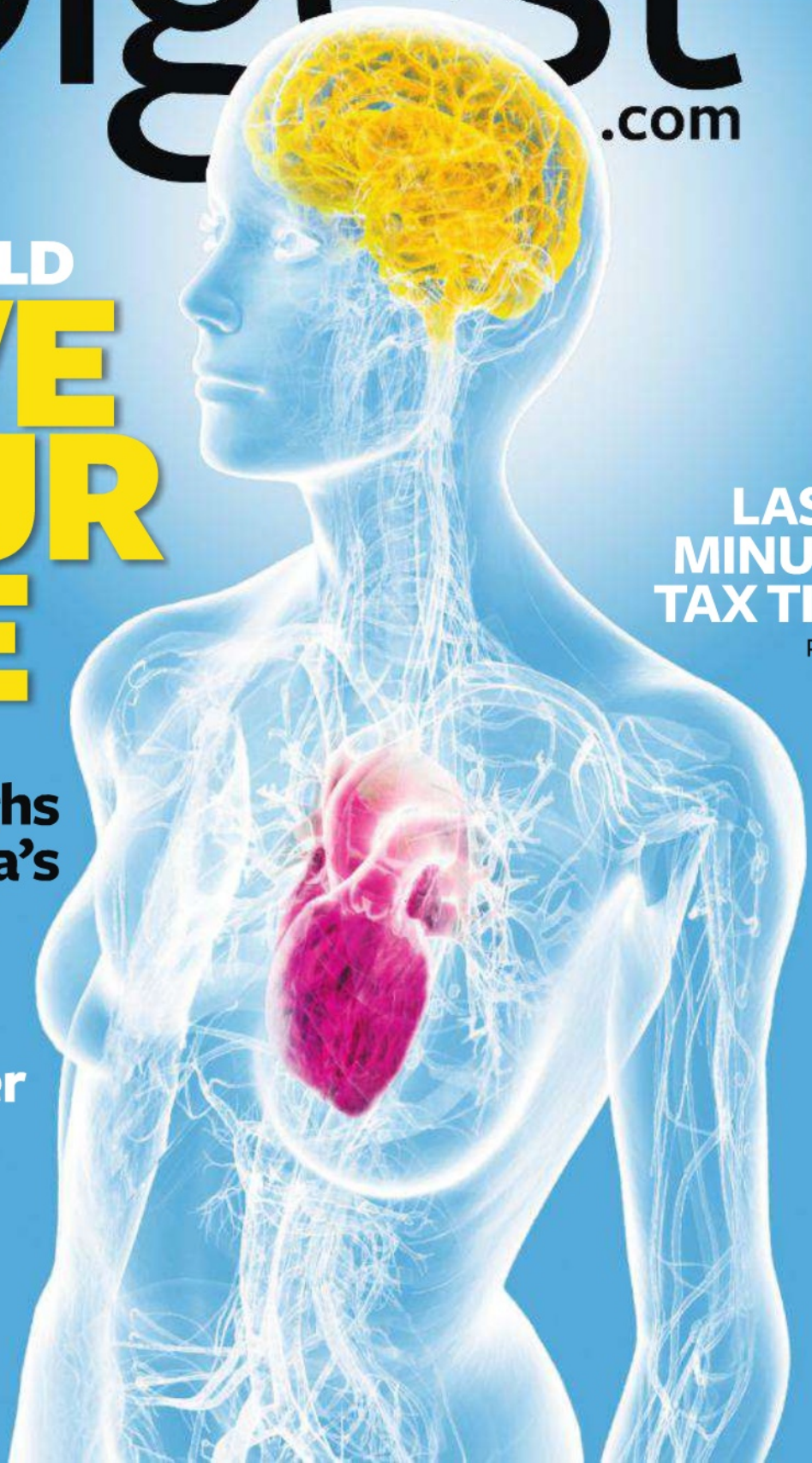
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**March
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Happiness *is* simple

Reader's Digest

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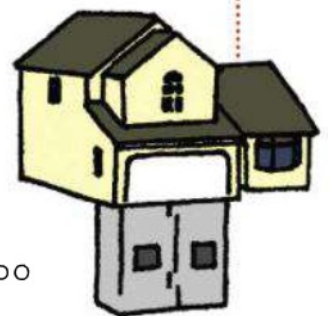
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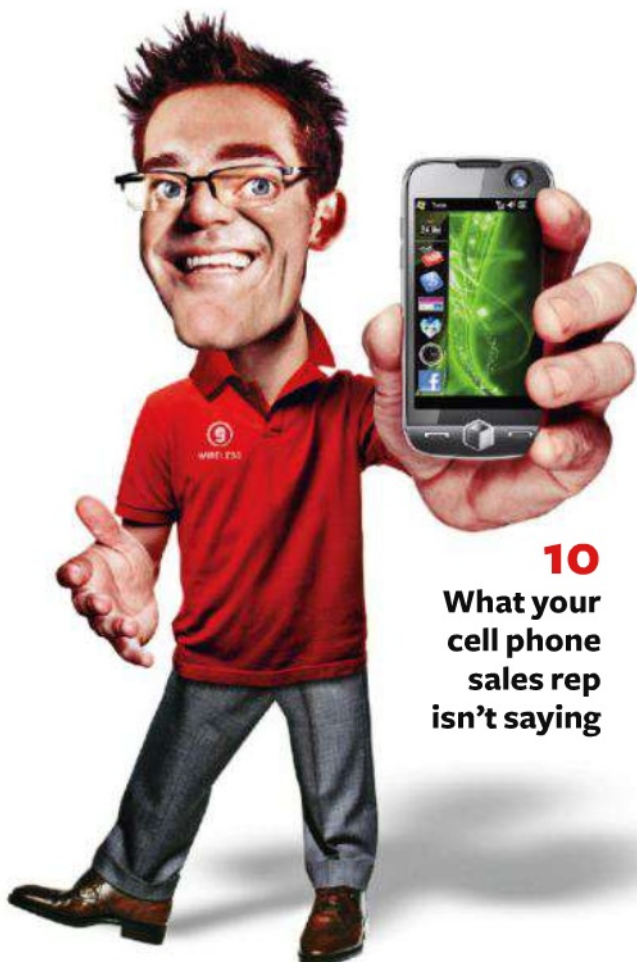
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Allison Winn and her dog, Coco, are helping kids with cancer



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Outsource Outrage

Kudos to Anna Sui for using American suppliers and to John Ratzenberger for speaking out (“Made in the U.S.A.”). Our economy will not get better until people start buying American-made products. We need to remember to ask merchants “Where’s it from?” not “How much?”

S. D., via Internet

I completely disagree with Richard Laird: I think most people *would* choose to pay the extra \$1.05 for the T-shirt—especially if they realized the extra money helps secure their own employment and our country’s financial health. I sure as heck would—and do!

Tony Palmieri, Avon Lake, Ohio

Yes, American-made products cost more, but not *that* much more. Maybe if Americans just bought a little less and realized they don’t need all that extra junk!

Gregory T. Sarafin, Center Moriches, New York

Bitter Medicine

I appreciate the courage of those interviewed for your special report on prescription drug abuse (“Little. Legal. Lethal.”). I hope the openness

readersdigest.com 3/11



It’s truly great to see companies still manufacturing items in the United States. Thanks, *Reader’s Digest*, for bringing these companies to my attention. I am switching to Merle Norman makeup. D. W., via Internet

and honesty of those who are fighting opioid addiction, and that of their parents and siblings, will help prevent others from going down this deadly road. Alexis Jetter’s article was well researched and written without judgment; it can help people understand that “good kids” from “good families” can make poor decisions that cost them greatly.

Cynthia Bucher, RN,
Boiling Springs, Pennsylvania

As a veteran police officer and deputy coroner, I’ve witnessed the rising trend of accidental overdoses of pharmaceutical drugs. These

WHAT RESOLUTION DID YOU KEEP IN 2010? ... THE READER'S DIGEST VERSION

With new resolutions in place for 2011, we asked readers to share which resolutions they successfully kept last year.

>> I stayed vertical.

T. G., Lenoir, North Carolina

>> I stopped smoking after 41 years!

J. R., New Bedford, Massachusetts

>> Kept my budget intact.

B. L., Greeley, Colorado

>> To give at least one stranger a smile each day. C. L., Cerritos, California

>> To say, "Good morning, Lord!" instead of "Good Lord, it's morning!"

C. E., Prosser, Washington

>> I got my knees healthy.

C. S., San Antonio, Texas

>> Don't procrastinate. Be positive. Learn to like myself.

M. M., Topinabee, Michigan

>> I learned to be on time.

D. C., Paterson, New Jersey

>> Didn't use charge cards.

J. R., St. Cloud, Florida

>> Lighten up—don't take things too seriously. L. E., Prior Lake, Minnesota

>> Be an aid to my relatives in need.

V. E., Aurora, Illinois

>> Stopped allowing myself to be taken for granted.

T. M., Chandler, Arizona

>> I resolved not to make any New Year's resolutions—one way to keep them.

P. H., Snohomish, Washington

drugs don't play fairly, and Dr. Nora Volkow's Russian roulette analogy is on the mark. We encourage people to treat pharmaceutical drugs in their home as they would treat a loaded gun—always locked, never accessible to kids or visitors.

Jay Frederick, Columbus, Indiana

Who (Re)moved My ... ?!

Laugh!, Quotes, and Outrageous! were missing from my issue. Please tell me you are not removing three of the best columns.

Lisa Hauser, Stow, Ohio

Why is Outrageous! missing from the issue? Michael Crowley can be a little off-the-wall with some of his judgments, but one can't deny that the situations he spotlights need public exposure and some form of correction. Outrageous! is the heart of *Reader's Digest* for me.

F. G. Woidka, El Cajon, California

Editor's note: From time to time, we hold regular departments for space or because they are similar to another story in the issue. Laugh! and Quotes were only temporarily "missing." Although Michael Crowley, who served the magazine nobly for several years, will no longer be writing his Outrageous! column (he is now a senior correspondent at Time magazine), be assured that the magazine will continue to expose the appalling, the corrupt, and the inept (see "The 2010 Blame & Shame Awards" in our February issue).

Not My Granny's Pad

The idea of a “granny pod” to store your elderly parents is ludicrous (Home Digest). It's like putting a shed in the backyard for storage because you don't want to have too much junk lying around in your garage. *Kevang Desai, Missouri City, Texas*

Fredrick Kunkle's “Backyard Granny Pods” made me smile. Thirteen years ago, my husband and I had to decide how to best care for my ailing mom. She was still fairly independent and not ready for a nursing home, but we couldn't afford to build an addition. The solution? We bought a 26-foot trailer, hooked it up to our house utilities, and placed it by our back deck. The queen-size bed, full kitchen and bath, and small living room accommodated all her needs while giving her a sense of independence.

MaryAnne Gareau, Center Moriches, New York

Be Grateful and Thrive

I had just endured a year from hell: the loss of my mother and my wife two months apart, business failure,

home foreclosure, relocation for a new career that did not last 90 days, new friendship with a woman who ultimately could not deal with my depression. I had to ask myself, Was the pain of living worth it? Then your December/January issue arrived, with John Kralik's excerpt, “Two Simple Words.” I found the answer: yes. His message was the same one I learned in Sunday school years ago: “Give and it shall be given unto you.” Thank you for the timeliness of the excerpt and for the impact of the writing. I believe it has extended my survival. *Anonymous*

What It Costs

Reading “Markup Mania” (Money Digest), I was reminded of how customers come into my store to purchase a watch battery and complain about the \$4.95 price. One day a lady said, “One dollar for the battery and \$3.95 for you.” I replied kindly, “One dollar for the battery and \$3.95 toward my \$1,850 rent. Thanks.” When you calculate markup, include the cost of operating that business.

Tania Cole, Camarillo, California

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The Digest

Simply put



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They're adorable! They're delicious! No matter what you think of pigs, it comes as no surprise that they're smarter and more personable than the cast of *Jersey Shore*. In *Extraordinary Pigs* (Abrams, \$24.95), author and photographer Stephen Green-Armytage features 38 of the pettable little porkers.

13 Things Your Cell Phone Sales Rep Won't Tell You

BY MICHELLE CROUCH

1) Resist the temptation to get a new phone the moment your contract expires. Wait a few weeks and we'll start dangling all sorts of discounts and incentives in front of you.

2) Always come in at the end of the month when we're scrambling to make our quotas.

3) Don't let us gouge you with our ridiculously high 411 fees. Use a free service like 800-FREE411 or 800-CALL411.

4) That phone advertised for \$29? You'll have to pay \$129 for it, then fill out a bunch of paperwork to get a \$100 rebate mailed to you. We make money because many of you won't go through the hassle.

5) Leaving your phone in the bathroom while you take a steamy shower is almost as bad as dropping it in the bathtub.

6) Are you way over on minutes or text messages? If the billing cycle hasn't closed yet, call us and upgrade to the next plan. It can mean the difference between paying a whopping 35 to 45 cents

for each extra minute or \$5

to \$10 for the higher plan.

7) We've got all sorts of discounts—some as big as 28 percent off

your monthly bills—that we can offer to employees of large companies and government agencies, credit union members, and more.

8) Trust me: You *do* want all the accessories



ILLUSTRATED BY EDDIE GUY

and the unlimited-texts package. I make a lot of money off those, so I'll be much more likely to give you a discount on your phone or service plan if you get them. Then, if you don't want them, bring back the accessories the next day and call to cancel the text package.

9) Want out of your contract? Tell us you're moving somewhere we don't have service. Most of us don't require proof.

10) Another way out: Watch your bill. If

we raise your nonregulatory taxes and fees without notifying you, we have to let you out. Maybe we sent you a notification by mail, but you didn't open it, or there was a text message you didn't read. Raise enough stink, and we'll let you go.

11) Thanks for buying our fancy rhinestone case for \$25. You can get the same one at a flea market for \$5.

12) When you see those commercials on TV urging you to "text now!" to get a free ring

tone or your daily horoscope, don't do it. You're almost always subscribing to a service with monthly fees ranging from \$2.99 to \$29.99. And we can't get you out of it.

13) If your phone gets static-y and seems about to drop the call, don't hang up! We track dropped calls to identify and fix dead spots. If you hang up, we won't know there was a problem. ■

Sources: Cell phone salespeople in North Carolina, Mississippi, and Michigan, and Jeff Brown, a "digital lifestyle coach" in Nashville

LIFE LESSON

More Math Skills, More Money

● FROM **Rand Corporation**

Couples in the United States who can answer three simple questions tend to be wealthier than those who can't, according to research done by the Rand Corporation, a Washington, D.C.-based think tank. When both spouses answered the questions right, family wealth averaged \$1.7 million. When neither spouse got a correct answer, that number was \$200,000. Another finding: The better the couple's math skills, the higher the percentage of stocks in their portfolios.

The Quiz

1) If the chance of getting a disease is 10 percent, how many people out of 1,000 would be expected to get the disease?

2) If five people all have the winning numbers in the lottery, and the prize is \$2 million,

how much will each of them get?

3) Let's say you have \$200 in a savings account. The account earns 10 percent interest per year. How much would you have in the account at the end of two years?

(3) \$242.

Answers: (1) 100. (2) \$400,000.



RECAP

A Bigger, Faster Tax Refund Could Be Yours! Five Last-Minute Tax Tips

BY DARRELL DELAMAIDE

They're the four words every American loves: *Pay less, get more*. Congress has helped out by extending tax cuts for the next two years, automatically adding a little more to your severely depleted pockets. And the IRS is pitching in, too, extending the traditional April 15 filing deadline to April 18 and throwing in some temporary incentives (for everything from college educations to energy-saving equipment). Many of these are limited-time offers, with further restrictions depending on your income level. Most of them are obscure, and unless you use a tax preparer (40 percent of Americans don't), you run the risk of missing out on a bigger refund.

Know the difference between a tax deduction and a tax credit (and which saves you more).

Fess up. You've been meaning to look it up ... for the past 20 years. *Tax credits* directly reduce the tax you owe and are much more valuable than *tax deductions*, which normally reduce the



amount of income on which you ultimately pay taxes. Melissa Labant of the American Institute of Certified Public Accountants admits that some of her own relatives missed out on tax savings because they didn't know the difference. "There are so many different incentives for going to college, and they're confusing," she acknowledges.

The American Opportunity Tax Credit

provides up to \$2,500 in *tax credits* for higher education—money that you can subtract dollar for dollar from the tax you owe. And since 2009, money spent on textbooks qualifies for the credit, along with tuition.

The tax credit covers 100 percent of the first \$2,000 in qualified expenses, and 25 percent of the next \$2,000, which means you need to spend at least \$4,000 to get the full credit. (Labant's relatives, mistakenly, took the

GO FIGURE

3 DAYS

The "mandatory holding pattern" that certified financial planner Carl Richards imposes every time he puts something in an online shopping cart: "It's amazing how something you absolutely had to have holds almost no interest to you after three days."

Source: *New York Times* Bucks blog

ILLUSTRATED BY HARRY CAMPBELL

\$4,000 in college expenses as an above-the-line *deduction* from their income because it seemed like a larger amount (you can't take both tax breaks).

The alternative-energy credit can apply to new homes too.

Tax advisers May & Barnhard call attention to another little-known opportunity. Many homeowners know that they can get a tax credit for up to 30 percent of the cost for installing alternative energy devices like solar water heaters and geothermal heat pumps in existing homes. But people who built a new home in 2010 can also allocate part of the purchase price for the tax credit if one of these devices came with the home; you merely need to get a cost breakdown from the builder.

Don't forget to deduct taxes when you do your taxes.

Another chance for savings that people often overlook, says Labant, is the option of deducting state and local sales taxes rather than income tax. This can be advantageous, she says, if you have a big purchase, such as a car or boat, that you paid sales tax on. In addition to the tax on that purchase, you can take another deduction for your other purchases during the year, based on which state you live in.

The Roth IRA: "a thing of beauty."

For Jeffrey May at May & Barnhard, the biggest tax tip this year (and any year, under current tax law) is the Roth IRA. "The Roth IRA is a thing of beauty," May says. "There are many, many, many advantages to doing a Roth conversion."

The traditional IRA—which allows you to deduct your contribution from your current income but requires you to pay tax when you withdraw funds—has numerous restrictions, including an income cap, an annual contribution cap, a penalty for early withdrawal, and a required distribution once you turn 70½.

The Roth IRA has you pay tax on your current contributions, but then you're home free—all dividends, interest payments, capital gains, and distributions are tax free. You can, in certain cases, use the savings in the Roth IRA for purposes other than retirement without paying a penalty. What's more, there is no required distribution at any age. Many people don't want to take a distribution at age 70, May says, because they are still working or have other income.

Starting last year, Congress allows anyone, regardless of income level to convert a traditional IRA to a Roth IRA.

A special rule exists for 2010 conversions that allows the taxpayer to report the >>

NOTABLE QUOTE

RACHEL: Do you ever feel your soul being sucked away as you try to explain injustices like this to unhappy customers like me?

TIME WARNER: Yes, lot of times."

Exchange between cable customer who questioned rate increases and company representative Source: consumerist.com

income in two equal portions in 2011 and 2012 or elect to report the full amount on their current year's return. Taxpayers who made a conversion have until they file their income tax return to decide which option to take, and now that the Bush tax cuts

E-filing is faster and more reliable and significantly reduces errors on returns.

have been extended, many will take the option of spreading it out over two years.

While conversions for the 2010 tax year had to be made by December 31, you can still convert traditional IRAs to Roth IRAs in 2011 (and afterward, for that matter), though you will not receive the special two-year deferral of the income. You

can also open a new Roth IRA (or a traditional IRA) or make contributions for 2010 anytime before April 15.

Get your refund in eight days.

Take advantage of e-filing and direct-deposit refunds. E-filing is faster and more reliable and significantly reduces the number of errors on returns, IRS spokesman Dean Patterson says. The free software for e-filing (available at irs.gov) catches errors, especially the mistakes common on paper returns: illegible handwriting and transposed numbers. More than two thirds of tax returns for 2009 were made electronically, IRS data show. "E-filing," Patterson says, "is the way to go." ■

HOW TO

Haggle Better

You, too, can get lower prices while holding your head high. Just remember what Herb Cohen, onetime arms-control and hostage negotiator, told *Kiplinger's Personal Finance*: "Always start cooperatively and amicably with a low-key pose of calculated incompetence."



- Try asking, "Do you have a coupon for this?" It usually works.
- When you pay with a credit card, it costs the merchant as much as 3.5 percent of the price. Ask for a similar discount and pay cash.
- Ask for the Internet price at the brick-and-mortar store.
- Get a salesperson from one car dealership on your cell phone while you're standing next to the car you want (and a salesperson) at another dealership. See who goes lower.
- If you ever decide to buy a nice watch, try these questions, tested by "mystery shopper" Jane Boon in 26 transactions: "Is there something more you can do for me?" "Is there any further consideration you can offer?" "Would your boss consider \$X?" The average discount Boon cadged? Eighteen percent.

Sources: Robert Frick in *Kiplinger's Personal Finance*; Jane Boon in *Bloomberg Businessweek*



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Pretty Enough to Eat

When ham and cheese on Wonder bread is more than you can bear, fantasize about lunch—and get your own ideas for sandwich upgrades—at scanwiches.com. New York City graphic designer Jon Chonko turns off the lights, scans sandwiches from around town, and then eats them. There are more than 200 on his blog.

Source: *New York Times*



Clockwise, from top left: Pastrami and provolone with hot peppers; turkey with Swiss, purple onion, and sprouts; and bacon, lettuce, tomato, and mayonnaise.

COURTESY JON CHONKO

SHORTCUTS

The Rise of Super Mayos and Mustards

BY DAVID SAX ● FROM *Bloomberg Businessweek*

We are now living in the golden age of condiments. The confluence of the recession and our ubiquitous food snobbery has touched off an arms race on shelves from Whole Foods to Walmart. Where there was once merely Gulden's and Heinz, there is now Robert Rothschild Farm's Lemon Wasabi Sauce and Melinda's Banana Ketchup. With budget-conscious consumers more likely to eat at home, a decade of exposure to fine dining and ethnic

flavors—and *Iron Chef* reruns—has created a need for spreadable flavors at affordable prices.

Condiment sales grew 9.4 percent between 2007 and 2009, making the category the second largest in the specialty foods market, behind cheese. “Condiments are probably the biggest rotation of new products we have,” says Mike McMahon, food buyer for Bristol Farms, a chain of 14 gourmet grocery stores in California. “There are always new flavor

profiles, new diets, international influences, and ideas. The sky's the limit!” Market research firm Mintel International Group notes that 36 mayonnaises had already entered the market by October 2010—nearly three times as many as in all of 2009. Mintel values the U.S. market at \$5.6 billion and predicts it will swell to \$7 billion by 2015.

Like Reaganomics, high-end condiments trickle down—from glass bottles in specialty shops to squeeze bottles in supermar- >>

A Fistful of Oomph for a Few Pennies More



Horseradish Chayonnaise



Kickin' Buffalo Mayonnaise



Jalapeño Mustard



Tarragon Dijon Mustard



Raspberry Salsa



Grilled-pineapple lime salsa

PHOTOGRAPHED BY FRANCESCO TONELLI

kets. Most make their entrance at the biannual Fancy Food Show, which bestows the equivalent of an Oscar on the best spreadable sandwich toppings. Last July, Dulcet Cuisine's

man for the National Association for the Specialty Food Trade. "Larger companies such as Kraft will then notice it and keep an eye on sales.

"The extra cost is not very much. It's not like you're buying smoked salmon or caviar."

Mild Indian Curry Ketchup took home the condiment gold medal; the Oregon company's Moroccan Mustard nabbed a silver.

A flavor will become popular, and other companies will make that same flavor for their own products, explains Ron Tanner, spokes-

Once big companies see 10 to 20 small producers doing this, they'll pick it up." On average, Tanner says, it takes three to five years for a condiment to go from niche product to mass market. "When you look at

the extra cost per serving," says Tanner, "it's not very much at all. It's not like you're buying smoked salmon or caviar."

But the current craze doesn't sit well with some condiment purists. Barry Levenson, curator of the National Mustard Museum in Middleton, Wisconsin, sees promise in newly released blue cheese and raspberry mustards. However, he draws the line at chocolate mustard. "I can't see that going into grocery stores," he says.

"It's just not going to happen." Let's give it three to five years. ■



THE LIST

Stop It—Now!

● FROM *Esquire*

From the magazine's list "Trends We'd Like to Call a Thousand-Year Ban On":

- ▶ Showing off today's bounty of local vegetables as if it's dessert on a dessert cart
- ▶ Incredibly long readings of specials
- ▶ More than two people at the hostess station
- ▶ The molten cake
- ▶ iPad wine lists
- ▶ "This morning's egg"
- ▶ Waiters named Josh
- ▶ Waitresses named Bryn
- ▶ The term *market* on the menu
- ▶ "Are you still enjoying this?"

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The Kids Aren't All Right

As parents stress about work and family, their children struggle too. Some strategies for all of you.

You've got a deadline and another working Saturday at home. Your daughter wants to spend the afternoon with you, and for the third time this month, you put her off. Your husband's mad, you're overwhelmed—and, in the end, your child pays the

most, not only because she doesn't get you but also because, face it, your work stress now trickles down to her. According to Sue Shellenbarger, the *Wall Street Journal's* Work and Family columnist, "A new generation gap is emerging between



American parents and their kids." This time the clash isn't about curfews or chores—it's about stress. According to a new American Psychological Association study of more than 2,000 children and adults, 91 percent of kids say they know

when parents are stressed because they see them arguing and complaining, or because their parents won't spend time with them.

As a result, many of the kids said they felt sad, worried, and frustrated. In fact, nearly a third of them said they had stress-related headaches or stomachaches.

"Children absolutely sense parents' stress," said pediatrician Kenneth Ginsburg, of the Children's Hospital of Philadelphia and an associate professor at the University of Pennsylvania School of

Medicine, in *USA Today*.

Yet the survey reports that nearly 70 percent of parents say their own anxiety barely affects their children. “Adults sharply underestimate how much their stress affects kids,” says Shellenbarger. Just as kids typically want to believe that everything is fine with their parents, “parents want to perceive things as being okay with kids,” said Alan Hilfer, a director of psychology at New York’s Maimonides Medical Center, in *USA Today*. “But kids are struggling more than parents are willing to acknowledge.”

Given today’s economic instability along with other stressors,

how can parents address the effects of their stress on their children?

● **Acknowledge it.**

Don’t underestimate how tension influences kids. Shellenbarger says she was “surprised to learn that my children knew I was stressed-out, even during times I thought I was doing a good job of protecting them from it.”

● **Watch yourself.**

Simon Crabb, a dad who blogs about kids and stress, says, “You have to check how you react when you feel anxious. Your kids get these negative vibes from you, and it puts pressure on them. Anxiety is contagious.”

You might be setting long-term behavioral patterns in motion that could harm their health, even putting them at higher risk of heart disease, diabetes, and depression, says the American Psychological Association.

● **Teach your kids.**

They’ll model what you do, so manage your stress by using healthy activities, such as listening to music or exercising, to calm your nerves. Even something as mild as blowing bubbles can teach little kids how to take long, deep breaths, a technique that will likely come in handy later. (All of this, of course, is predicated on the >>

GO FIGURE

3,000

Number of additional hours of quality time with parents that oldest kids get compared with their younger siblings.



Attention deficit disorder: The older one gets the lion’s share.

1/3

Amount of a child’s free time that is spent with his or her sibling(s).

20

Percent that a firstborn child is more likely to become a CEO than the last-born child.

idea that you are making an effort to deal creatively with your own nervous tension.)

for Play in Carmel Valley, California, said in *USA Today* that “play is particularly important” for stressed-

should find a way to play whenever they have a chance. Explore an activity that you and your kids both really love—other than a sedentary one, that is (TV and the Internet don’t count!)—and make a point to work it into your schedule. Your nervous system will thank you. ■

Sources: wsj.com and *USA Today*

In times of economic uncertainty, it’s important to play. Explore an activity you all really love.

● And play!

Psychiatrist Stuart Brown, founder of the National Institute

out parents today. In a time of great economic uncertainty, he suggested, parents

WHAT I’VE LEARNED

Parenting Without Your Parents



Allison Gilbert lost her mother before she was married; her father died when her first child was a toddler.

“That has been a very big parenting challenge

for me,” she says. Simple questions like “When did I learn to talk?” went unanswered, says Gilbert. With women having children later, Gilbert’s situation is increasingly common. For her new book, *Parentless Parents*, she interviewed family and mental health experts, as well as more than 1,300 “adult orphans.” Here’s what she learned:

● **Keep your parents’ legacies alive**—even if Mom and Dad are long gone. Old scrapbooks and photo albums are treasure troves, but that’s just a be-

ginning. “I’ve taken my kids, now ten and eight, to the neighborhoods where my parents grew up and introduced them to my parents’ friends and colleagues,” Gilbert says. “I believe they know their grandparents, even though they’re not here.”

● **The teen years can be tough.**

You’ll miss the “safe haven” that grandparents can provide in times of conflict, Gilbert says. At the same time, you might be comforted to see some of your parents’ traits emerge in your kids. “You get the feeling that your parents aren’t gone.”

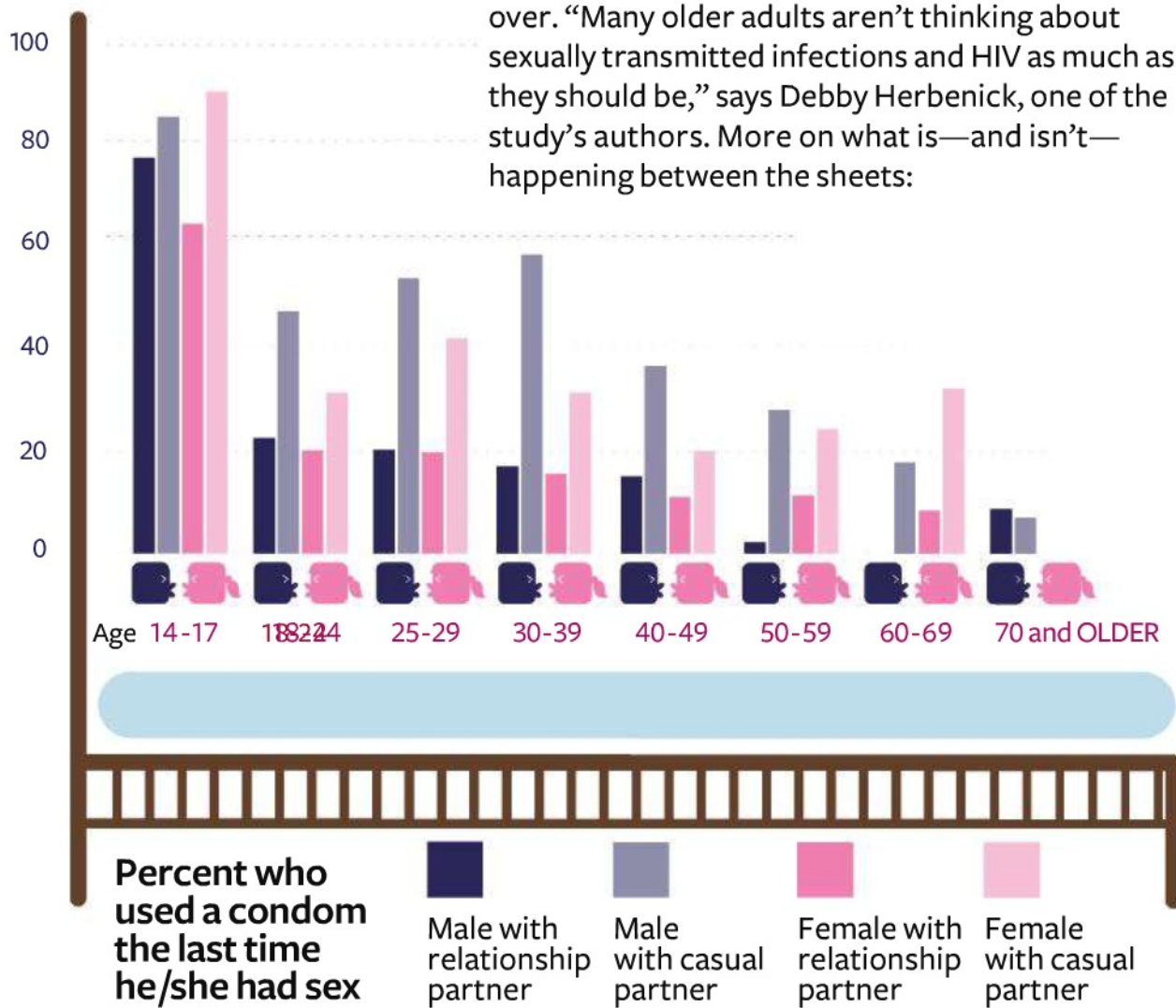
● **Make time with grandparents—you’ll never regret it.** “Carpe diem!” Gilbert says. “When my in-laws take my children someplace, I know my kids are going to remember that more than any trinket they could buy.” *Dawn Raffel*

TREND

Boomers' Bed Habits

FROM **good.is**

Baby boomers could use a sex-ed refresher course. A new report from Indiana University shows that condom use decreases with age—a troubling trend given the divorce rate among people 40 and over. “Many older adults aren’t thinking about sexually transmitted infections and HIV as much as they should be,” says Debby Herbenick, one of the study’s authors. More on what is—and isn’t—happening between the sheets:



MONEY

Young, Broke, and Moving Back In

FROM **The Atlantic**

In “What’s Really the Matter with 20-Somethings,” writer Derek Thompson looks at a recent trend and scolds its critics: “Student debt recently eclipsed total credit card debt in this country. In 2006, the average public college student owed \$17,250 from loans ... That number dou-

bled from \$8,000 in 1996. So put yourself in the shoes of a 22-year-old from a relatively affluent family. You’ve graduated with \$15,000 in debt, you can’t find a job that pays more than \$23,000 without benefits, and you don’t hate your parents. Why wouldn’t you live at home for a year?”

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 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

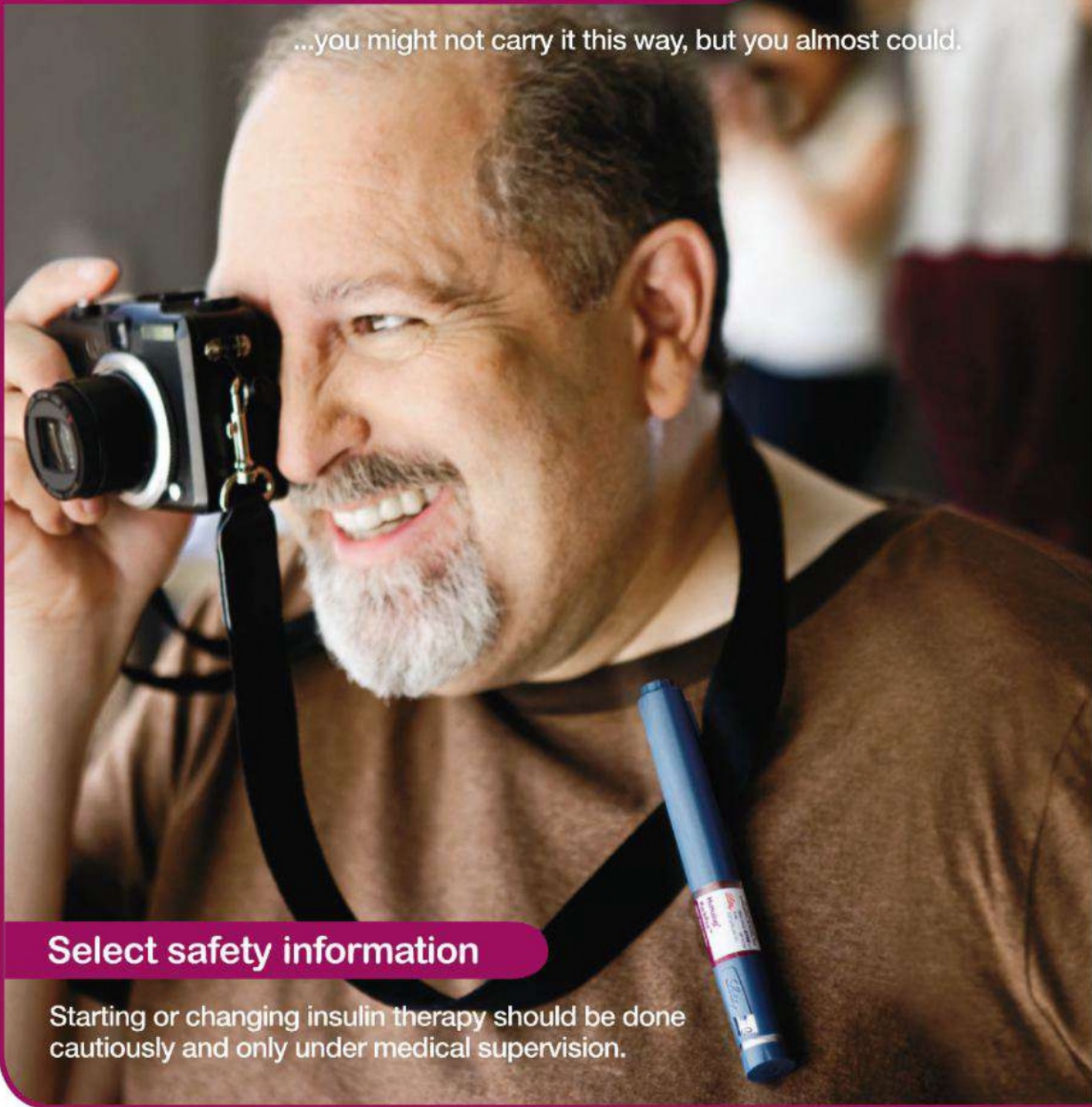
Low blood sugar is the most common adverse effect associated with insulins, including Humalog. Low blood sugar can happen suddenly, and symptoms may be different for each person and may change from time to time. Know your symptoms of low blood sugar. Severe low blood sugar can cause seizures and be life 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® 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 or call 1-800-FDA-1088.

Humalog
KwikPen™

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 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®1 Models 506, 507, and 508 insulin pumps using MiniMed Polyfin®1 infusion sets. Humalog was also tested with the Disetronic®2 H-TRONplus®2 V100 insulin pump (with plastic 3.15 mL insulin reservoir), using the Disetronic Rapid®2 infusion set.
- A Humalog cartridge used in the D-TRON®2 or D-TRONplus®2 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 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.

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.

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Patient Information revised September 2, 2009

PV 5561 AMP

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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

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Hospira, Inc., Lake Forest, IL 60045, USA or

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3 mL Vials manufactured by

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Cartridges manufactured by

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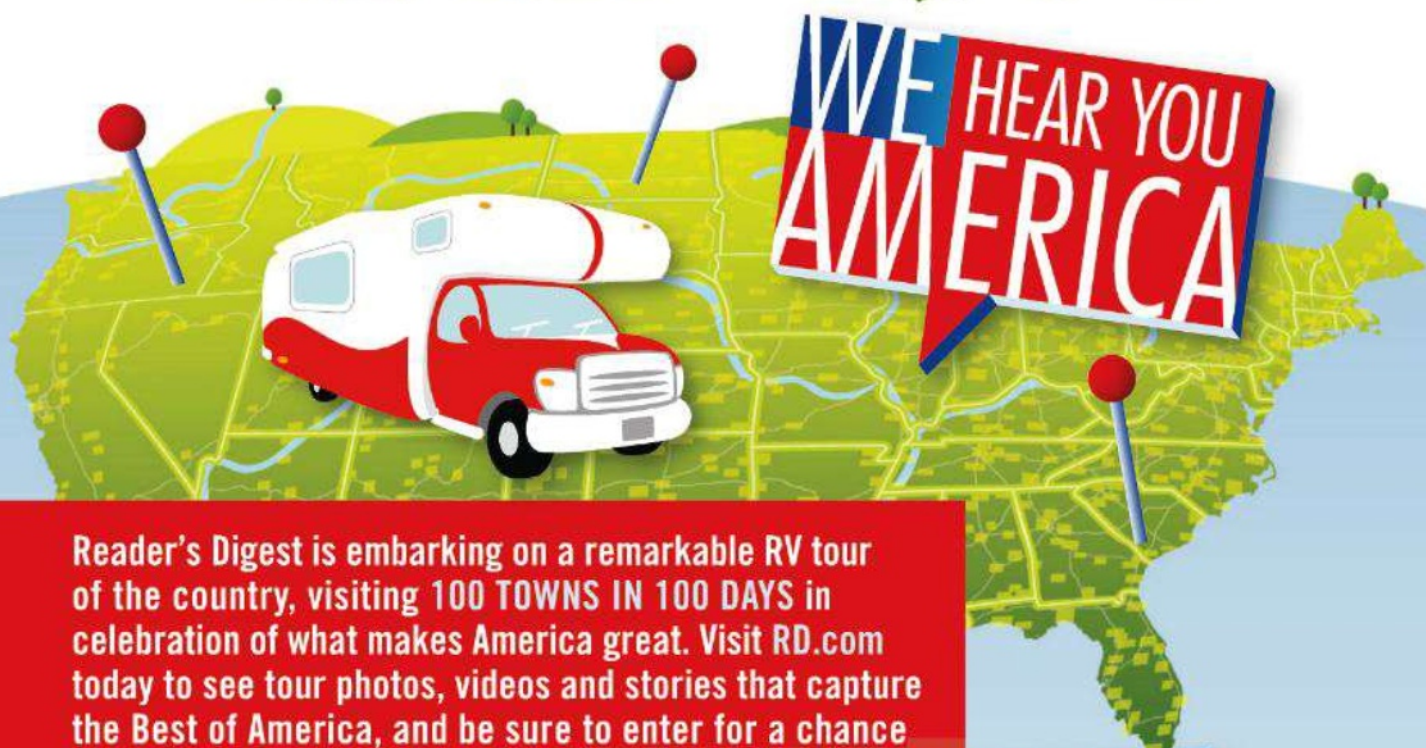
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Humalog® (HU-ma-log) insulin lispro injection,
USP (rDNA origin) PV 5561 AMP

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For a Long Life, Watch Your Attitude

An 80-year study reveals some surprising secrets to longevity **BY BETH DREHER**

It's almost impossible to pull off a study like this: follow people from childhood to old age, tracking their habits and personalities to see which are best for health over the long haul. Almost impossible, but not quite.

The Longevity Project (\$25.95, Hudson Street Press), by psychologists Howard S. Friedman, PhD, and Leslie R. Martin, PhD, distills life-extending advice from a study that began in 1921 and followed 1,500 boys and girls for as long as eight decades.

"The best way to see why some people thrive in old age while others die early is to follow individuals for their whole lives," Friedman says. The



results poked holes in many long-held beliefs. Here, Friedman shares the study's biggest surprises—and most useful advice:

● **Flash doesn't last.** "The key personality predictor of a long life was one that we never expected: conscientiousness. It wasn't always the cheerful kids

who went on to have the longest lives—it was the ones who did their homework, whose parents would say, 'She has a good head on her shoulders.' They developed healthy patterns and then maintained them. People who weren't dependable as kids but became more responsible >>

as adults did well too.”

● **Happiness is a result, not a cause.** “It’s well established that happy

ship; being involved with other people—those things cause health *and* happiness.”

The old advice—cheer yourself up, watch funny TV shows—is a terrible idea.

people are healthier. People assume that happiness leads them to be healthier, but we didn’t find that. Having a job you feel engaged in; a good education; a good, stable relation-

● **Stress isn’t so bad.** “You’re always hearing about the dangers of stress, but the people who were the most involved and dedicated to accomplishing things—they stayed

healthiest and lived longest. It’s not good if you’re overwhelmed by stress, but the people who thrived were the ones who didn’t try to relax or retire early but who took on challenges and were persistent.”

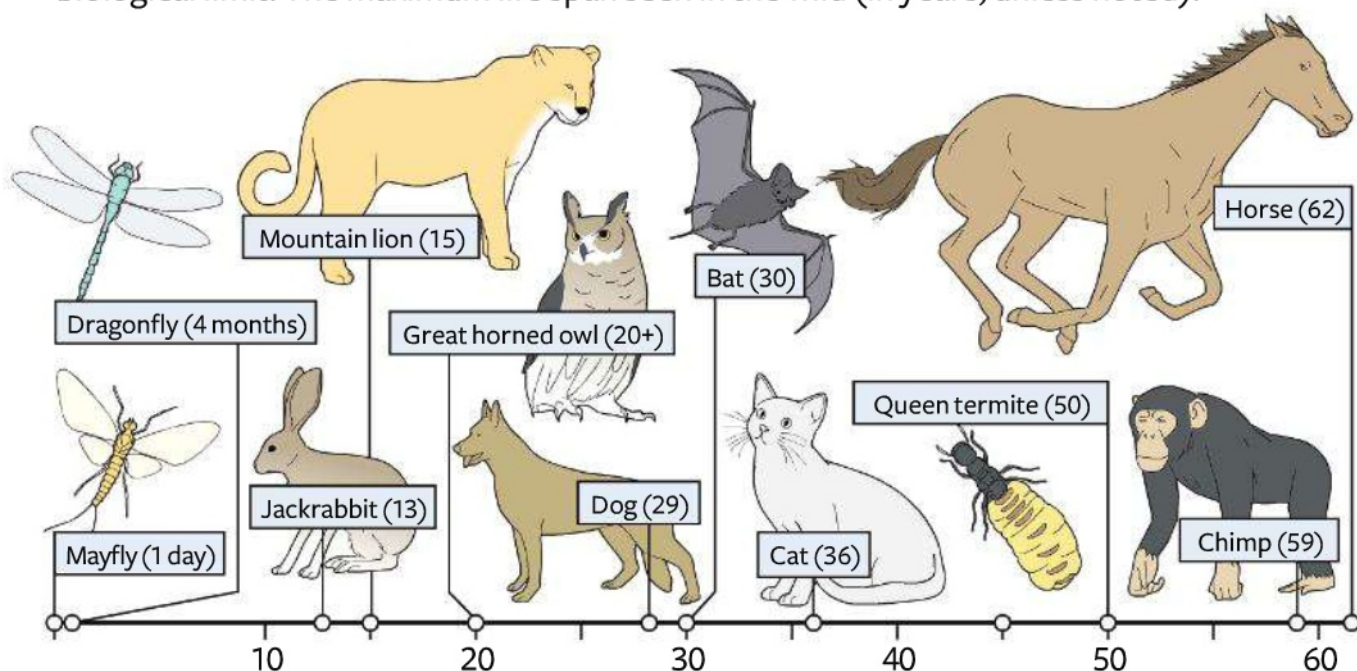
● **Run with the right crowd.** “To make yourself healthier, the best thing you can do is to think about the kinds of people you spend time with. If you’re

ILLUSTRATED BY JASON LEE FROM SCIENTIFIC AMERICAN

LONGEVITY METER

How Old Can You Go? ● FROM *Scientific American*

Average life span keeps rising—in fact, your life expectancy is a tiny bit longer now than when you began reading this sentence. But scientists think each species has a biological limit. The maximum life span seen in the wild (in years, unless noted):



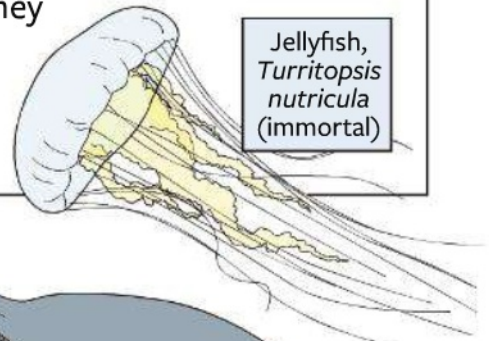
involved with the kind of people who help other people, you get more dependable yourself—you have a reason to get up in the morning, so you're not out drinking late at night. One of the secrets of longevity is to join social groups and choose hobbies or jobs that lead you naturally to healthier patterns and activities. That's a gradual but effective way to change yourself." ■

THE OUTER LIMITS

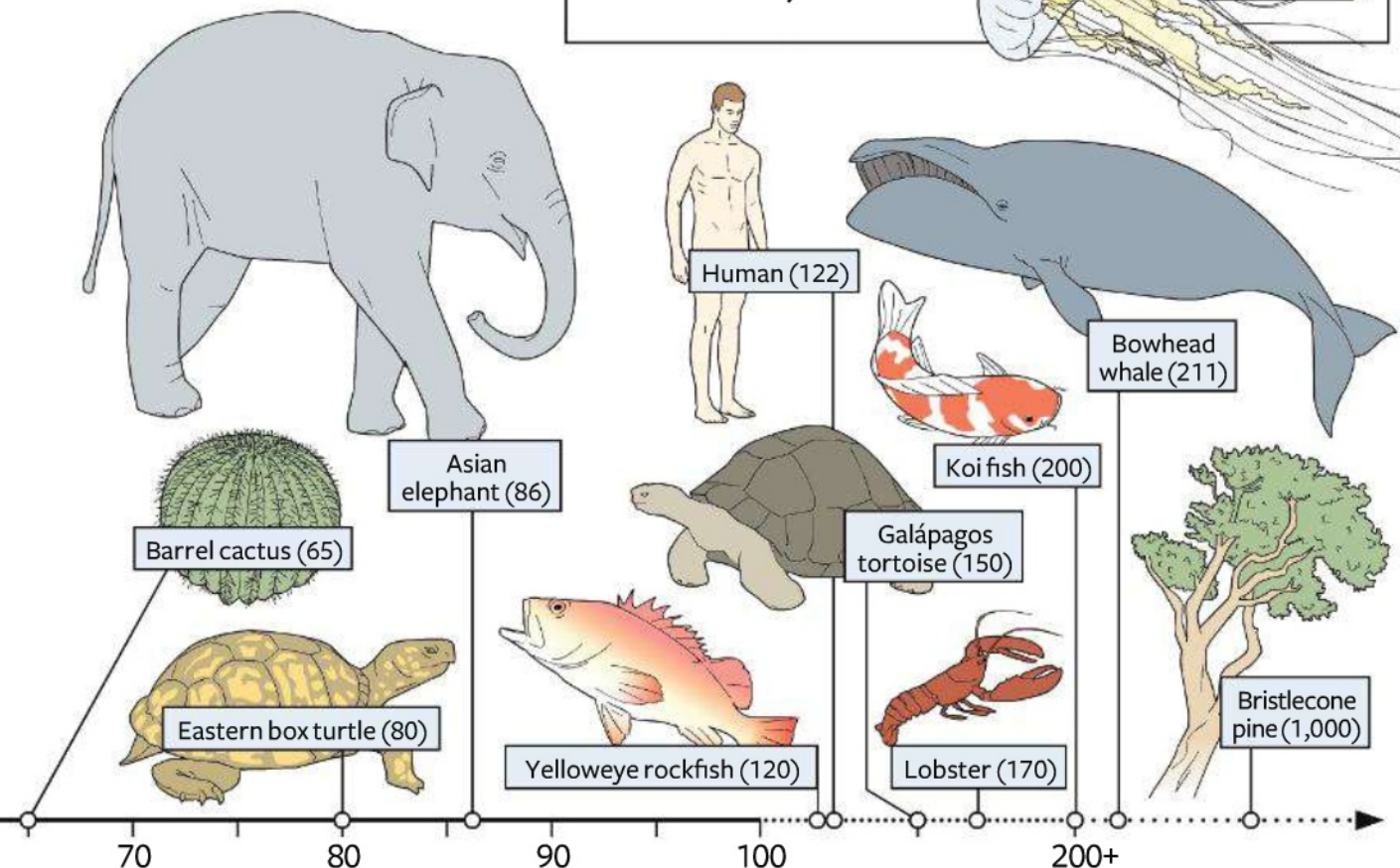
How to Be Immortal

BY KAREN RAVN

If one species of jellyfish can live forever (see chart below), why can't we? Some marine researchers are looking into that question. Jellyfish begin life as larvae "that look like swimming, fuzzy Tic Tac candies," says Chad Widmer, a Fulbright scholar studying jellyfish at the University of St. Andrews, Scotland. Soon they settle on the ocean floor and turn into polyps that resemble mini macaroni. These eventually generate baby jellyfish that grow into adults, produce more larvae, and finally die. *Turritopsis nutricula* does all of that except for the dying part; instead, adults turn back into polyps. Scientists believe they can yo-yo back and forth ad infinitum. These jellies may get eaten or washed ashore, but they don't die of old age. As Widmer says, "They're Methuselah jellies."



Jellyfish, *Turritopsis nutricula* (immortal)



REALITY CHECK

Shortcut to Youth?

BY KAREN RAVN

If it might prevent aging (or, more realistically, slow it), any small success in a research lab makes an immediate leap onto the front page. But have these much ballyhooed approaches stood the test of time and further investigation?

● Calorie restriction

A healthy but radically downsized meal plan can extend life for fruit flies, yeast, and rodents. It has even shown some promising results in humans, lowering fasting insulin levels, for instance—but only if volunteers stick to an extremely stringent diet (about 1,400 calories a day). Research continues, but it's not clear that such a diet is safe—or tolerable—for people over the long haul.

● Resveratrol

This compound, found in red wine, grapes, and some nuts, raised hopes when experiments showed it increased the life span of mice. Sadly, for you to take in an equivalent amount, you'd have to quaff more bottles of red wine daily than would be healthy over weeks or even years. High-dose resveratrol supplements are available, but scientists don't know if such pills are safe or effective.

● Human growth hormone

Injections of this hormone, which naturally declines with age, can increase muscle mass (but not necessarily strength). Unfortunately, such supplements may also have damaging side effects, possibly raising the risk of diabetes and high blood pressure, among other things. The shots will certainly drain your bank account: A year's worth can cost \$15,000 or more. ■



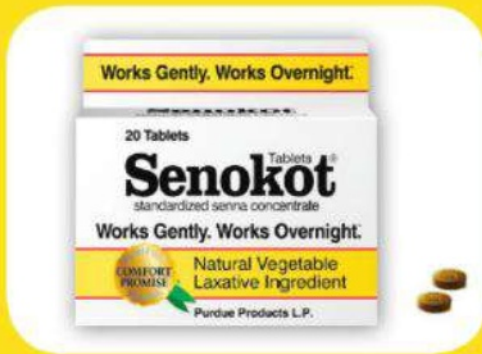
NOTABLE QUOTE

“At the molecular level, we are burning ourselves up and being reborn, almost every second of our lives. If only we could do that again and again, we would have the immortal life of the phoenix.”

Jonathan Weiner, author of *Long for This World: The Strange Science of Immortality* (HarperCollins, \$27.99), quoted in *AARP Bulletin*

CONSTIPATED?

CHOOSE RELIEF THAT'S RIGHT FOR YOU.

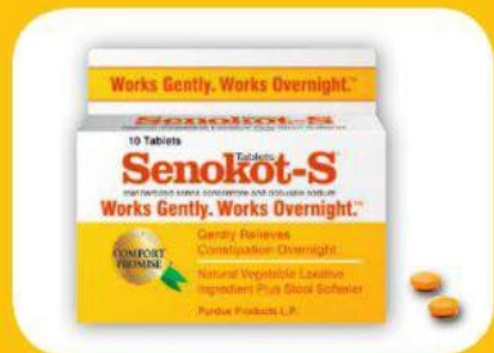


For occasional constipation associated with travel, stress, or dietary changes, a natural choice for relief is

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TEST YOURSELF

Telling the Future

What your walking speed says about your expiration date

Sometimes you're not in the mood for a physical exam, PET scan, or full genetic analysis—but you'd still like a ballpark sense of how you're holding up. For that, there's walking, says Stephanie Studenski, MD, at the University of Pittsburgh. Her study on ambulation among the elderly showed that the faster someone 65 years or older covered a short distance, the longer he or she could expect to live. "The difference was so dramatic," said columnist Derrick Z. Jackson in the *Boston Globe*, "that the chance of living another ten years for 75-year-old men, depending on their gait speed, ranged from a low one-in-five chance to a nearly guaranteed nine-in-ten. For 75-year-old women, chances ranged from one in three to nine in ten."



You can't cheat the reaper by consciously trying to walk faster, Dr.

Studenski says—speed is just a marker. But you can tune things up by picking up the pace while you're still able. For that, a few tips from *The Complete Guide to Walking*: Take smaller, faster steps, not longer ones. Swing your arms faster (but don't go crazy—keep them close to your side), and breathe naturally. Whether you choose to chew gum at the same time is up to you. ■

CORBIS

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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.
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- 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.*



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.



"Eat plenty of calcium-rich foods like yogurt, spinach, and cheese."

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, or call 1-800-FDA-1088.

Please read Patient Information on the next page.

Enroll today. Call 1-888-362-2544 or visit BONIVAFreetrial.com and try BONIVA free.

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once-monthly
Boniva[®]
ibandronate sodium
150 mg tablet





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 or call 1-888-MyBONIVA for the complete Prescribing Information, which includes the Patient Information.

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+ FISH Women in a Swedish study who ate more than three servings of fish per week were 16 percent less likely than fish shunners to have a stroke in a ten-year period. That's about as much stroke protection as you get from going on a statin drug.

+ HELP FOR IBS Two weeks on the antibiotic rifaximin provided 12 weeks of relief for a significant number of people with irritable bowel syndrome—easing cramps, bloating, and diarrhea. The results are especially encouraging because current treatments for IBS often don't work well, the researchers say.

+ BOOSTER SHOTS When it comes to protection against chicken pox, a second dose really helps. While a single shot protects about 85 percent of kids, adding the second prevents disease for nearly 100 percent. (Adults over age 60 can guard against a delayed pox complication by getting the shingles vaccine.)

- FRIED FISH Yes, fish is good for you—that is, unless you fry it. A look at the habits of people in America's "stroke belt," which includes most southern states, suggests one reason for their increased risk: They're 32 percent more likely than people elsewhere to eat fried fish at least twice weekly.

- DISTRACTED EATING If you watch TV or work at the computer while eating, your waistline may suffer. In a recent study, volunteers who played a computer game as they had lunch ate twice as many cookies a short time later as people who didn't multitask during their meal.

- LIGHT IN THE BEDROOM A new study adds to suspicion that exposure to light at night boosts breast cancer risk. Women who slept with lights on or had light shining in from outside were up to 40 percent more likely to develop the disease than those who slept in a dark room.



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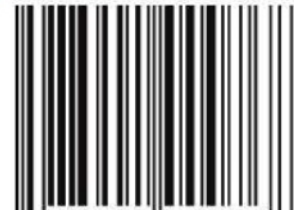
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WorkDigest

TIME-SAVER

What Are You Waiting For?

Stop procrastinating now, with these tips from all over

You've got a slide show due on Wednesday, you need to wash your son's soccer uniform before tomorrow, you haven't had your teeth cleaned in eight months, and the faucet has been leaking since last Tuesday. So what do you do? Update your Facebook status, of course! According to researcher Piers Steel, PhD, 95 percent of people put off till tomorrow what they could do today, a habit that affects friends, family, and coworkers.



A few tips for kicking a ticking habit:

Define the task. "Procrastination is driven, in part, by the gap between effort (which is required now) and reward (which you reap only in the future, if ever)," writes James Surowiecki in the

New Yorker. Paraphrasing David Allen's classic *Getting Things Done*, he points out, "The vaguer the task, or the more abstract the thinking it requires, the less likely you are to finish it."

Focus. Leo Babauta, the author of *Focus* and the blog *Zen Habits*,

ILLUSTRATED BY BARRY BLITT FROM THE NEW YORKER

suggests writing the word *focus* on an index card and putting it on your desk: simple and, he promises, effective. Too many tasks that are tough to prioritize and are competing for your time?

Having the Internet is like trying to diet with “a floating spoon of ice cream following you around.”

Babauta suggests picking the three or five most important ones, doing the one that excites you first, and focusing (that word again) on one task at a time.

Just get started. Set a timer for 25 minutes and start your task, suggests Ryan Waggoner on lifehacker.com. You can do almost anything for 25 minutes, can't you?

Let the computer police your use of the Internet. Online, you can chat, shop, and waste time by barely lifting a finger. “It's like trying to diet with a magic floating spoon of ice cream following

you around,” writes Steel in *The Procrastination Equation* (Harper, \$25.99). RescueTime, a free online time-management tool, can “nudge” you back to work as well as block the Internet (see

“Gadget Mania,” page 94). A favorite of writer Nora Ephron: Freedom Internet-blocking software (\$10, with a free trial).

Aim for “good enough.” “Any improvement,” Waggoner says, “no matter how small, is a step in the right direction.”

Bet on yourself—literally. At the online motivator stickK.com, featured on *CBS Sunday Morning*, you can post your goals, who will make sure you achieve them, and how much you'll pay if you fail. (You're encouraged to donate any money you lose to a charity you hate.)

Go to the extreme if you have to. Victor Hugo had his valet hide his clothes so he'd have to stay home and write, Surowiecki reminds us. Demosthenes supposedly shaved half his head and refused to appear in public until it grew back, giving him more time to work on his “rhetorical skills,” writes Daniel Akst in *We Have Met the Enemy: Self-Control in an Age of Excess* (Penguin Press, \$26.95). One Arizona sociologist posted an embarrassing photo of himself on Facebook until he completed an onerous task. He even admitted to Akst his ultimate work fantasy: “being tethered to an assembly line and supervised.” ■

GO FIGURE

40

Percentage of British adults with 20/20 vision who would wear glasses to a job interview to improve their odds.

Source: (London) *Daily Telegraph*

ATTITUDE ADJUSTMENT

Don't Blame the Boss

Six signs you're creating your own workplace stress

BY STEVE TOBAK

FROM **bnet.com**

Quick, by a show of hands, how many of you have workplace stress? Almost everybody, great. Now, how much of that stress do you think is self-imposed? What, no hands? Well, I'm not surprised. Most people make their own stress. Do any of these signs resonate with you?

1) Not making enough money? Join the club. Nobody—I mean, nobody—makes enough money. Work hard, be smart, do great things, learn how to negotiate, and the money will come. That's how it works.

2) Nobody loves you? Boss treats your coworker better? Did you ever think it's you? Maybe you're always whining. Maybe you never grew up. Who knows?

3) Your group gets no respect. IT is always getting dumped on. Sales and marketing has it easy. Guess what. The other group probably feels the same way.

4) You have a psycho boss? That sucks, but unemployment is at 9.5 percent, so you don't get to pick your boss. Fighting battles you can't win generates stress.



5) Too much work, too little time. Are your deadlines real and not just you feeling self-important, pushing yourself too hard because you haven't got a life?

6) Executive management doesn't listen or care. Did it ever occur to you that executive managers are people too? They have their own issues, and they're not perfect. Some companies are well managed; some are managed by idiots. On the outside chance they're not idiots, did you ever think that maybe, just maybe, they know more than you do?

Try a little experiment: If you experience an issue or two and it changes when you jump companies or groups, then you were probably in a dysfunctional workplace. But if it doesn't change, if it's always the same, then it's probably you. You might want to see somebody about that. ■

NOTABLE QUOTE

“If you were shrunk to the size of a pencil and put in a blender, how would you get out?” One of the 25 toughest interview questions of 2010, asked by an analyst at Goldman Sachs, from a glassdoor.com ranking

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Your Kitchen: Pass or Fail?

What happens when a restaurant health inspector looks behind a citizen's stove?

BY HENRY ALFORD ● FROM *The New York Times*



The night before a health inspector came to my apartment, I had a brief nightmare about a grim-faced woman in a lab coat who crawled across my kitchen floor with a pair of tweezers. So when it came time to greet the actual inspector, Beth Torin, one of the first things I uttered to her had a slightly unaccommodating air about it: “Your presence in my home terrifies me.”

Ms. Torin, a forceful, chatty woman in her late 30s, reached into her bag for her badge

and said, “My mother tells me the same thing about her kitchen.”

Using a palm-size meter, Ms. Torin checked carbon monoxide levels inside the apartment and thus made sure my exhaust hoods were working. Satisfied, she then asked if she could wash her hands. I proudly pointed to my kitchen sink, where I’d fastidiously placed canisters of antibacterial wipes and liquid soap.

I was dismayed to hear: “You’re not allowed to wash your hands in the kitchen

sink. I coughed when I came in the door. Who knows where my hands have been?” Wherever they’d been, the germs they carried with them were now in the same sink I use to rinse lettuce.

If the sleigh ride that was this inspection had just been given its initial push down the slope, it then proceeded to plunge, lugelike, down a sluice gate of detritus-flecked squalor. Most disastrously (that is to say, 38 points’ worth of disaster), Ms. Torin determined that my refrigerator was >>

warmer than the required 41 degrees, as was the food inside. I didn't know I had this problem because I don't keep a thermometer in my fridge (2 points).

These struck me as mostly legitimate viola-

My cutting board had many tiny nicks and grooves and thus could breed bacteria (2 points).

tions, as did my broken meat thermometer (8 points). But then Ms. Torin started rifling off a series of concerns I'd never thought of: The towels I use to wipe my counters were not

soaking in a sanitizing solution (5 points); my cutting board had many tiny nicks and grooves and thus could breed bacteria (2 points).

When, on seeing cat food in a cabinet, she asked if I had a cat

(5 points), I said yes but did not reveal that my boyfriend and I actually have two (6 points; animals are prohibited in restaurants). Then I stealthily whisked my appetizer—Thai shrimp

and basil summer rolls—out into the living room for my lunch guests before Ms. Torin could nail me for harboring under-refrigerated shellfish (8 points). As they say on television these days: I'm not here to make friends; I'm here to win.

Ms. Torin totted up my violations on a worksheet: 77. Flunk-adelic. (If a New York City restaurant gets a score higher than 14, an inspector returns in two weeks.) Then she offered some faint praise: "Your covered garbage can is great." ■

TIME-SAVER

How to Throw a Party



Whether you're planning an Oscar party or a low-key evening for four, consider a few stress-busting, clock-conquering dos and don'ts from *House Beautiful*:

- ▶ If it can be done the day before, do it. Create your music playlist, set the table, and freeze your candles so they will drip less.
- ▶ Start the night with an empty dishwasher.
- ▶ There's nothing wrong with takeout served on "the good dishes." Even potato chips look good in crystal bowls.
- ▶ Clear the plates too soon, and you may clear the room as well.

TREND

3 New Ways America Can Take a Load Off

THE MINIMALIST CHAIR

There's no seat, no armrest, no back—but this “sitting tool,” as the Vitra Design Museum Online Shop describes it, does have “a robust fabric strap” inspired by the ones the Ayoreo Indians of Paraguay use. The aptly named Chairless, designed by Alejandro Aravena, supports your back and legs and keeps arms and hands free—at concerts, on crowded living-room floors, anywhere you plan on sitting for a while. (design-museum.com/shop, \$28) Source: yatzter.com



THE PINCUSHION CHAIR

This Lost in Sofa piece from Daisuke Motogi Architecture, a Japanese design studio, doesn't have a cup holder, but you can wedge books, phones, remote controls, cups and bottles, and the like between its upholstered cubes. (Made to order. For price, contact mail@dskmtg.com.) Source: dezeen.com



THE MAXIMALIST CHAIR

Instead of swathing yourself in fleecewear, you can zip up in the Cocon, a sleeping-bag chair with a washable duvet, designed for Superette. One commenter at consumerist.com said it was for people with too much money who are too lazy to get up and find a blanket; another called it the new Snuggie. (Price and availability to be determined.)



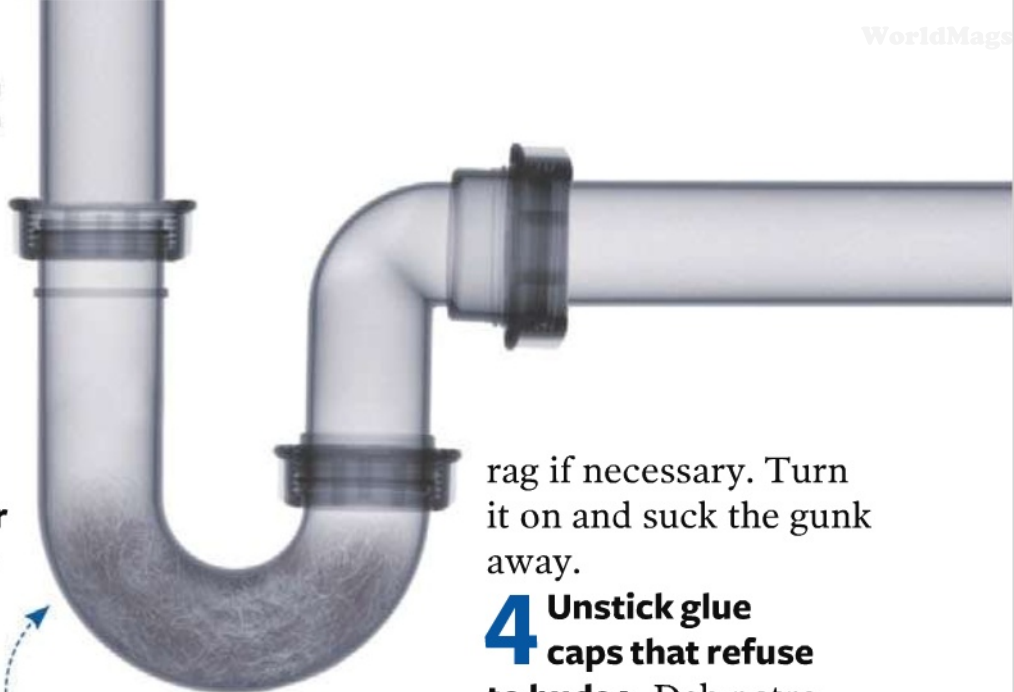
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HOW TO

SOLVE 5 STICKY SITUATIONS

1 Get rid of religious proselytizers at your door. Acknowledge intent, not content, says British *Esquire*. It's not that you don't want to hear what they have to say (though you don't—you really, really don't). It's a matter of time: Say "I appreciate your commitment to your faith in going door-to-door and spreading the word. I'm sorry I don't have the time right now to give you what you deserve."

2 Get rid of robocalls. Press the pound key (#) or the star, pound, and zero keys at the same time (*#0). That's what commenters at lifehacker.com and a *New York Times* blog suggest you do to foil annoying calls from politicians (luckily, not so prevalent after the elections) and car-warranty "providers" (why won't they just stop already?).



3 Get rid of clogged drains. *The Family Handyman* recommends a "cheap, fast, chemical-free" unclogger called Zip-it (available at Walmart, Walgreens, Ace, and Lowe's), a jagged plastic wand with "teeth" you insert to bring up hair and goop. Another *Family Handyman* tip, from a reader: To unclog a shower drain, remove the drain plate, insert the hose of a shop vacuum, and tighten the seal, using a

rag if necessary. Turn it on and suck the gunk away.

4 Unstick glue caps that refuse to budge. Dab petroleum jelly on the threads of the bottle when you first open it, one reader suggests in *This Old House*.

5 Get rid of dirt and add a seasonal scent. Ashley English of designspongeonline.com suggests this recipe for floor cleaner: 1 cup white vinegar, ¼ cup baking soda, 6 or 7 drops essential oil (cinnamon, pine, lavender, etc.)—mixed in a pail with hot water. Swish. Mop. Inhale. ■

NOTABLE QUOTE

“Honeysuckle emboldens us to face everyday troubles with verve and vigor.”

The excitable, optimistic color firm **Pantone**, naming the reddish-pink hue its **Color of 2011**

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

IMPORTANT SAFETY INFORMATION

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

Serious Infections

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

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

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

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

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

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

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

Cancer

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

Reversible posterior leukoencephalopathy syndrome (RPLS)

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

Serious Allergic Reactions

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

Before receiving STELARA®, tell your doctor if you:

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

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

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

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

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

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

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

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



Stelara[®]
(ustekinumab)

If you suffer from **moderate or severe plaque psoriasis...**
Imagine the possibilities of clearer skin

4 doses a year
after 2
starter doses

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

The safety and effectiveness of STELARA[®] have not been evaluated beyond two years.

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

Ask your dermatologist about STELARA[®]

Please read the Important Safety Information on the adjacent page.



Learn more about STELARA[®]

Text STELARA to 80800,
call 1-866-709-1050,
or visit www.STELARAinfo.com

MEDICATION GUIDE FOR STELARA® INJECTION

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

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

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

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

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

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

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

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

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

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

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

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

Cancers:

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

Reversible posterior leukoencephalopathy syndrome (RPLS):

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

- headache
- seizures
- confusion
- vision problems

What is STELARA®?

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

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

It is not known if STELARA® is safe and effective in children.

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

What should I tell my doctor before receiving STELARA®?

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

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



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

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

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

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

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

How will I receive STELARA®?

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

What should I avoid while receiving STELARA®?

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

What are the possible side effects of STELARA®?

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

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

Common side effects of STELARA® include:

- upper respiratory infections
- headache
- tiredness

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

Call your doctor for medical advice about side effects.

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

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

General information about STELARA®

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

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

What are the ingredients in STELARA®?

Active ingredient: ustekinumab

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

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

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

Revised October 2010

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

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- Share your favorite jokes with friends on Facebook
- Choose from 13 categories including Animals, Daily Life, Kids and Work

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Random Ideas from All Over



- **They're here: ads on school buses and lockers—anywhere there's a captive audience.** “As budget shortfalls continue, a growing number of school boards and legislators are making more room for advertisers.” (*Time*)
- **The CARE Package returns, in virtual form.**

March 8 is International Women's Day, but women *and* men can go to carepackage.org and donate money for education, health care, and other help for women overseas.

- **Will fewer cash transactions mean fewer robberies?**

“As credit and debit cards replace greenbacks, the odds of a petty thief leaving a job empty-handed are higher than ever.” (*Slate*)

- **Cineplex this!** Movie attendance is down about 2 percent from 2009, perhaps because ticket prices are up 4 percent. America's supersize home TV screens likely aren't helping either. (*Entertainment Weekly*)

- **The boss who laid herself off.** Lola Gonzalez owns Accurate Background Check in Ocala, Florida. When business slowed, she

laid herself off, got another job as a social worker, and kept on her nine longtime employees. (*USA Today*)

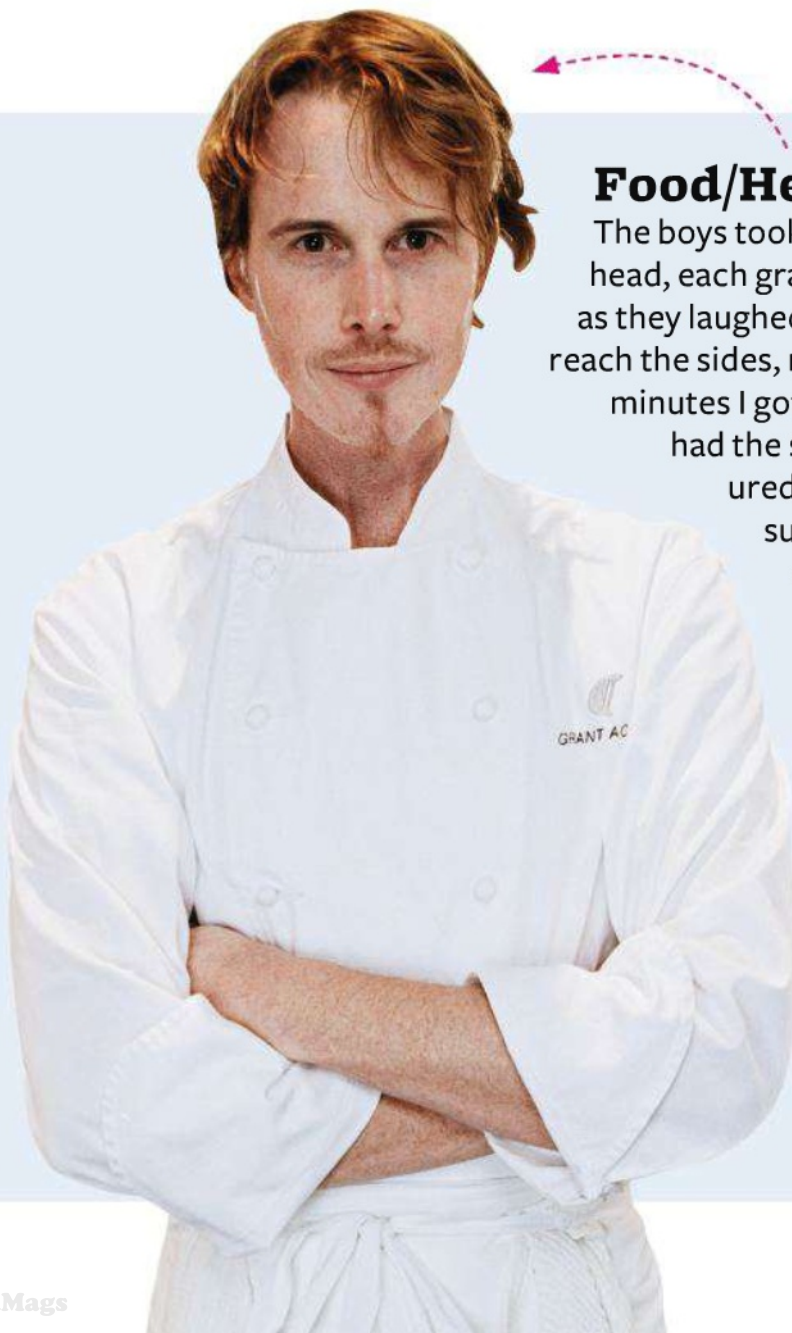
- **Internet, Schminster.** “People often talk about printed books as if they were extinct. I have been invited to so many conferences on ‘The Death of the Book’ that I suspect it is very much alive.” (Robert Darnton, *New York Review of Books*)

Mini Book Excerpts

Novel

Rains fell. Alligators dug and tenanted new lakes. It became (how?) early April. We were doing four or five shows a week, at most, for pitiful numbers of people. Some audiences were in the single digits. I read my comics and memorized the speech bubbles of heroes ... Whole islands caught fire from lightning strikes, and you could sometimes watch deer and marsh rabbits leaping into the sea of saw grass on gasps of smoke.

Swamplandia! by Karen Russell (Alfred A. Knopf, \$24.95)



Food/Health

The boys took turns yanking hair from my head, each grasp becoming larger and larger as they laughed hysterically. They could only reach the sides, right above my ears, so after a few minutes I got up and looked in the mirror. I

had the start of a Mohawk. Perfect. I figured I would take it a step further and surprise the [restaurant] staff with a cleanly shaven hawk ... I walked into Alinea the next day with a full-on Mohawk ... The staff responded in an act of solidarity and either shaved their heads or crafted Mohawks of their own ... We may have looked nuts to our high-end customers, but I have never felt a tighter bond in the restaurant.

Life, on the Line: A Chef's Story of Chasing Greatness, Facing Death, and Redefining the Way We Eat by Grant Achatz and Nick Kokonas (Gotham Books, \$27.50)

Technology

Too much information, and so much of it lost. An unindexed Internet site is in the same limbo as a misshelved library book. This is why the successful and powerful business enterprises of the information economy are built on filtering and searching. Even Wikipedia is a combination of the two: powerful search, mainly driven by Google, and a vast, collaborative filter, striving to gather the true facts and screen out the false ones. Searching and filtering are all that stand between this world and the Library of Babel.

The Information: A History, a Theory, a Flood
by James Gleick (Pantheon, \$29.95)

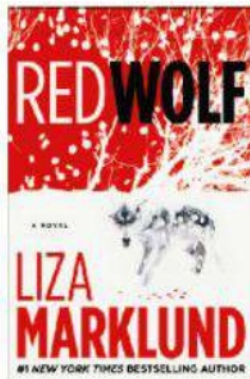
Mystery

“You’re a smart boy. Benny’s death was no accident, and you’re the only one who saw it happen. Do you think the murderer should get away with it?” The boy was staring stubbornly at his lap again.

A thought suddenly occurred to Annika. “Did you ... you recognized the man in the car, didn’t you?”

The boy hesitated, twisting his fingers. “Maybe,” he said quietly.

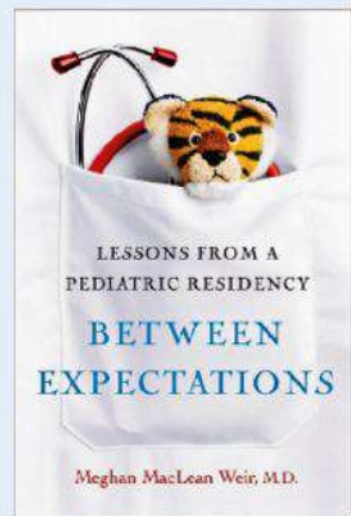
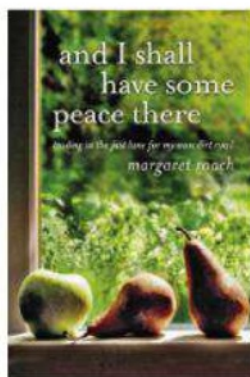
Red Wolf by Liza Marklund (Atria Books, \$25.99)



Memoir

Somehow, thankfully, deep inside my increasingly tiny, withered self, I realized that adapting to this latest incarnation of the company’s administration would only dig me in for several more years, as each previous crisis had. I would not flourish, and the chance for that was overdue. This was my moment, and I dragged myself to the finish line of my corporate career ... *I’ve decided to go live in the woods (it’s for the best).*

And I Shall Have Some Peace There: Trading in the Fast Lane for My Own Dirt Road by Margaret Roach (Grand Central Publishing, \$25.99)



Medicine

You are 68 days old and still nearly two months premature, born unforgivably soon at 24 weeks and some change. You have been given a name, Connor, after a cousin on your father’s side who was killed by shrapnel from a roadside bomb in Anbar only days after arriving in Iraq. You have been christened by a Catholic priest who rolled back his shirt cuffs to reveal slender, feminine wrists and who reached in through two opened portals on one side of your cocoon to sprinkle you with water and press holy oil on the crown of your tiny head. You have been loved, cruelly and completely, and you have not been let go.

Between Expectations: Lessons from a Pediatric Residency by Meghan MacLean Weir, MD (Free Press, \$25)

SAY WHAT?

There's a Word for That—Just Not in English

Eight expressions that ought to exist in our native tongue but don't

BY JASON WIRE

FROM matadornetwork.com

1) Toska (Russian)—Vladimir Nabokov described it best: “No single word in English renders all the shades of *toska*. At its deepest and most painful, it is a sensation of great spiritual anguish, often without any specific cause. At less morbid levels, it is a dull ache of the soul, a longing with nothing to long for, a sick pining, a vague restlessness, mental throes, yearning. In particular cases, it may be the desire for somebody of something specific, nostalgia, lovesickness. At the lowest level, it grades into ennui, boredom.”

2) Mamihlapinatapei (Yahgan, one of several indigenous languages of Tierra del Fuego)—the wordless yet meaningful look shared by two people who both desire to initiate something but are both reluctant to start.

3) Jayus (Indonesian)—a joke so poorly told and so unfunny that one cannot help but laugh.

NOTABLE QUOTE



“Everything's a failure when you compare it to music.”

Author Barry Hannah,
quoted in the *Oxford American*



4) Iktsuarpok (Inuit)—to go outside to check if anyone is coming.

5) Tartle (Scottish)—the act of hesitating while introducing someone because you've forgotten his name.

6) Cafuné (Brazilian Portuguese)—the act of tenderly running one's fingers through someone's hair.

7) Torschlusspanik (German)—translates literally as “gate-closing panic,” but its contextual meaning refers to the fear of diminishing opportunities as one ages.

8) Tingo (Pascuense, Easter Island)—It is hoped that this isn't a word you'd need often: the act of taking objects one desires from the house of a friend by gradually borrowing all of them.

WHAT I'M UP TO

Ron Reagan

The onetime dancer and the political commentator and son of the 40th president has published *My Father at 100: A Memoir* (Viking, \$25.95)

INTERVIEW BY AMY WALLACE

WHAT HE'S READING

“I just finished Bill Bryson’s *At Home*, which I thought was a diamond mine of arcana. It makes you very grateful to live in an era of indoor plumbing, where there are flush toilets and people bathe regularly. He paints a less-than-palatable picture of the mid-19th century.”

WHERE HE'S SURFING

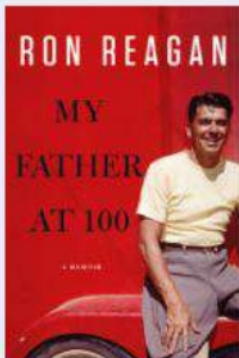
“The *Huffington Post*, *Media Matters*, *Talking Points Memo*. Occasionally I’ll get swept away by guys being strapped into an outhouse and bungee-dropped. I think that’s the *Jackass* people.”

His READER'S DIGEST VERSION of life:

“My father always used to tell me that a gentleman always does the kind thing. So I always try to do the kind thing.”

WHAT HE'S PLUGGING

“My book, which comes out February 6. I’d been talking to my mother around the time of his 99th birthday. And she said, ‘Daddy’—she calls him Daddy—‘Daddy would be 100 next year.’ I became curious not about the middle-aged father I knew—he was 47 when I was born—but about what he was like as a child, a teenager. How did he create himself?”



ILLUSTRATED BY GRAFILU



WHAT HE'S LISTENING TO

“The Anonymous 4 had a new album out, and we were all atwitter about that—not the actual Twitter but the old-fashioned *atwitter*. My wife was just introduced to Ludovico Einaudi—contemporary composition mostly for piano and strings. It’s a cross between Philip Glass and George Winston.”

IF HE RULED THE WORLD, HE WOULD ...

“I just imagine that the chairs on cable television, for both the hosts and the guests, could be equipped with a kind of lie detector/electric-shock device where anyone who doesn’t tell the truth gets a jolt. And of course, the larger the lie, the greater the jolt. Can you imagine? Glenn Beck would be a cinder by now. A little briquette!”

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STIHL didn't become number one by selling our products at big box stores. Long ago we understood that a great piece of equipment needs great people to help you get the most out of it for years to come. Namely, our exclusive network of more than 8,000 independent dealers. At STIHL, we know the key to success isn't just putting products first. It's putting you first.

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"Number one selling brand" is based on syndicated Irwin Broh Research (commercial landscapers) as well as independent consumer research of 2009 U.S. sales and market share data for the gasoline-powered handheld outdoor power equipment category combined sales to consumers and commercial landscapers.

STIHL®

@Work

I can't say my friend was heartbroken when her clueless coworker was let go. But she was confused when she saw her at her desk the next day and the day after that.

It all made sense when the "ex" colleague was overheard saying, "So I guess in two weeks, I have to quit." *Joanna Thomas, Colorado Springs, Colorado*



A bar in our neighborhood got lots of interesting traffic. Cars swerved into the parking lot, and the drivers would run inside only to reappear minutes later looking confused. One reason might have been the sign outside: "Free Beer, Topless Bartenders, and False Advertising." *Markie Reichert, Philadelphia, Pennsylvania*

Work Jerks

Meetingboy.com invites viewers to gripe about their jobs. Some of the best responses:

■ "No, I wasn't playing devil's advocate. I really think your idea is stupid."

My sister Angela was impressed by a job applicant's confidence. "How will you gain your coworkers' respect?" she asked. The reply: "Mainly through my misdemeanor."

Gretchen Duff, Bethlehem, Pennsylvania

"May I go through again? I'm trying to find something in my purse."

■ "Getting an excellent performance review but then no raise is like being told you get dessert, then learning the dessert is celery."

■ "Of course it wasn't convincing. That 60-slide PowerPoint presentation wasn't to convince people.

It was to break their will."

■ "You had me at 'meeting canceled.'"

After a day of listening to my eighth graders exchange gossip,

@ Work in the News

Hardest Application

A restaurant in China tested the skills of prospective chefs by having them slice a melon on a model's stomach. "I was nervous," the winner told a *Changjiang*, China, newspaper. "It was the first time I ever chopped something on a woman's belly."

Worst Job Interview

A job applicant's polygraph test for the Washington State Patrol came to an abrupt end after officers discovered an interesting piece of literature on the front seat of his car. The title of the book: *How to Beat a Lie Detector Test*.

Source: komonews.com

Best Job Marketing

An artist on Craigslist aimed this contest at potential employers: "Send me a week's worth of salary and benefits. I will keep and use it all. Whoever sends me the best salary package will win two days of graphic design work! Good luck!"

I decided to quote Mark Twain to them: "It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt."

After considering my words, one of my students asked, "What does it mean to remove all doubt?"

Shannon Wilson, Royal Palm Beach, Florida

Scene: A phone conversation between a client and me—an art director.

Me: Hi. I was wondering if you received the invoice I sent?

Client: Yes, I received it, but I am not going to pay you yet.

Me: Why not? Was something wrong?

Client: No, I don't need to use your design yet, so I will pay you when I use it.

Me: Well, I still need to get paid now. If a plumber fixes your toilet, you don't tell him you will pay

him as soon as you need to go to the bathroom, do you?

Client: That's disgusting! My bathroom habits are none of your business, and as soon as I use what you sent me, you will get paid!

From clientsfromhell.net



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Send us your funny stories, jokes, quotes, and news items to enter the \$25,000 sweepstakes.

Plus, if we run your item in an edition of *Reader's Digest*, **we'll pay you \$100.**

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

Important Safety Information About CIMZIA® (certolizumab pegol)

What is the most important information I should know about CIMZIA?

CIMZIA is a prescription medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA, including tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before starting CIMZIA. Your doctor should monitor you closely for signs and symptoms of TB during your treatment with CIMZIA.

Certain Types of Cancer

There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents. CIMZIA is not approved for use in pediatric patients. For people taking TNF-blocker medicines, including CIMZIA, the chances for getting lymphoma or other cancers may increase. People with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.

Before starting CIMZIA, tell your doctor if you

- Think you have an infection. You should not start taking CIMZIA if you have any kind of infection, are being treated for an infection or have signs of an infection such as fever, cough or flu-like symptoms or if you get a lot of infections or have infections that keep coming back.
- Have any open cuts or sores
- Have diabetes or HIV
- Have TB, or have been in close contact with someone with TB
- Were born in, lived in, or traveled to countries where there is more risk of getting TB. Ask your doctor if you are not sure.
- Live or lived in certain parts of country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may develop or become severe if you take CIMZIA. If you do not know if you have lived in these types of areas, ask your doctor.
- Have or have had hepatitis B
- Have or have had any type of cancer
- Have congestive heart failure

CRD057-0310A2

- Have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to receive a vaccine. Do not receive a live vaccine while taking CIMZIA
- Are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.
- Especially tell your doctor if you take: Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab), or another TNF blocker. You have a higher chance for serious infections when taking CIMZIA with these medicines. You should not take CIMZIA while you take one of these medicines.

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

What are the possible side effects of CIMZIA? CIMZIA can cause serious side effects including:

Heart Failure including new heart failure or worsening of heart failure you already have; **Nervous System Problems** such as Multiple Sclerosis, seizures, or inflammation of the nerves of the eyes; **Allergic Reactions**. Signs of an allergic reaction include a skin rash, swollen face, or trouble breathing; **Hepatitis B virus reactivation in patients who carry the virus in their blood**. In some cases, patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood; **Blood Problems**. Your body may not make enough of the blood cells that help fight infections or help stop bleeding; **Immune reactions including a lupus-like syndrome**. Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects of CIMZIA are: upper respiratory infections (flu, cold), rash, and urinary tract infections (bladder infections).

Other side effects have happened in some people including new psoriasis or worsening of psoriasis you already have and injection site reactions.

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

Please see Brief Summary on following pages.

For treatment of adults with moderate to severe Rheumatoid Arthritis

Cimzia. RA relief that can help you get a **better grip** on life.



Fast, Lasting Cimzia has been clinically proven vs. placebo to reduce RA pain, stiffness and fatigue in as little as 1-2 weeks for some patients. The majority experienced RA signs and symptoms improvement within 6 months which lasted through 1 year and prevented further joint damage. Your results may vary. Based on what you and your doctor decide, Cimzia can be injected every 2 or 4 weeks after initial dosing.

Ask your doctor about the benefits and risks of Cimzia.

Please read the Important Safety Information on the adjacent page.



cimzia[®]
(certolizumab pegol)

Visit cimzia.com/RA
Call 1-877-793-6410

WorldMags

Getting a **better grip** on RA can start with this syringe.

Guided by input from adults with moderate to severe RA, the CIMZIA syringe was designed for ease and comfort in partnership with **OXO GOOD GRIPS**

You may save up to \$500 on each CIMZIA prescription if you qualify. Go to cimzia.com/RA




cimzia[®]
(certolizumab pegol)

Anaphylaxis or serious allergic reactions may occur. Hypersensitivity reactions have been reported rarely following CIMZIA administration. Please see Brief Summary on following pages.

Consumer Brief Summary

CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION.

CIMZIA[®]
(certolizumab pegol)

Read the Medication Guide that comes with CIMZIA before you start using it, and before each injection of CIMZIA. This brief summary does not take the place of talking with your doctor about your medical condition or treatment.

What is the most important information I should know about CIMZIA?

CIMZIA is a medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA. These infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some patients have died from these infections.

- Your doctor should test you for TB before starting CIMZIA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with CIMZIA.

Before starting CIMZIA, tell your doctor if you:

- think you have an infection. You should not start taking CIMZIA if you have any kind of infection.
- are being treated for an infection.
- have signs of an infection, such as a fever, cough, flu-like symptoms
- have any open cuts or sores on your body
- get a lot of infections or have infections that keep coming back
- have diabetes
- have HIV
- have tuberculosis (TB), or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections

(histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may develop or become more severe if you take CIMZIA. If you do not know if you have lived in an area where histoplasmosis, coccidioidomycosis, or blastomycosis is common, ask your doctor.

- have or have had hepatitis B
- use the medicine Kineret[®] (anakinra), Orencia[®] (abatacept), Rituxan[®] (rituximab), or Tysabri[®] (natalizumab)

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

Certain types of Cancer

- There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents.
- For people taking TNF-blocker medicines, including CIMZIA, the chances of getting lymphoma or other cancers may increase.
- People with RA, especially more serious RA, may have a higher chance of getting a kind of cancer called lymphoma.

See the section “What are the possible side effects of CIMZIA?” for more information.

What is CIMZIA?

CIMZIA is a medicine called a Tumor Necrosis Factor (TNF) blocker. CIMZIA is used in adult patients to:

- Lessen the signs of symptoms of moderately to severely active Crohn’s disease (CD) in adults who have not been helped enough by usual treatments.
- Treat moderately to severely active rheumatoid arthritis (RA).

It is not known whether CIMZIA is safe and effective in children.

What should I tell my doctor before starting treatment with CIMZIA?

CIMZIA may not be right for you. Before starting CIMZIA, tell your doctor about all of your medical conditions, including if you:

- **have an infection.** (See, "What is the most important information I should know about CIMZIA?")
- **have or have had any type of cancer.**
- **have congestive heart failure.**
- **have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis.**
- **are scheduled to receive a vaccine.** Do not receive a live vaccine while taking CIMZIA.
- **are allergic to any of the ingredients in CIMZIA.** See the end of this Brief Summary for a list of the ingredients in CIMZIA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.

Tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements. Your doctor will tell you if it is okay to take your other medicines while taking CIMZIA. Especially, tell your doctor if you take:

- Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab). You have a high chance for serious infections when taking CIMZIA with Kineret®, Orencia®, Rituxan®, or Tysabri®.
- A TNF blocker: Remicade® (infliximab), Humira® (adalimumab), Enbrel® (etanercept), Simponi® (golimumab).

You should not take CIMZIA, while you take one of these medicines.

How should I use CIMZIA?

- If your doctor prescribes the CIMZIA lyophilized pack for reconstitution, CIMZIA should be injected by a healthcare provider.

- If your doctor prescribes the CIMZIA prefilled syringe, see the section "**Patient Instructions for Use**" at the end of the Medication Guide for complete instructions for use. Do not give yourself an injection of CIMZIA unless you have been shown by your doctor or nurse.
- CIMZIA is given by an injection under the skin, into your abdomen or thigh area. Your doctor will tell you how much CIMZIA to inject and how often to inject CIMZIA, based on your condition to be treated. Do not use more CIMZIA or inject more often than prescribed.

What are the possible side effects of CIMZIA? CIMZIA can cause serious side effects including:

See "**What is the most important information I should know about CIMZIA?**"

- **Heart Failure** including new heart failure or worsening of heart failure you already have. Symptoms include shortness of breath, swelling of your ankles or feet, or sudden weight gain.
- **Nervous System Problems** such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Symptoms include dizziness, numbness or tingling problems with your vision, and weakness in your arms or legs.
- **Allergic Reactions.** Signs of an allergic reaction include a skin rash, swelling of the face, tongue, lips, or throat, or trouble breathing.
- **Hepatitis B virus reactivation in patients who carry the virus in their blood.** In some cases patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood. Tell your doctor if you have any of the following symptoms:
 - feel unwell
 - tiredness (fatigue)
 - poor appetite
 - fever, skin rash, or joint pain
- **Blood Problems.** Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include a fever that doesn't go away, bruising or bleeding very easily, or looking very pale.

- **Immune reactions including a lupus-like syndrome.** Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects in people taking CIMZIA are:

- upper respiratory infections (flu, cold)
- rash
- urinary tract infections (bladder infections)

Other side effects with CIMZIA include:

- **Psoriasis.** Some people using CIMZIA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with CIMZIA.
- **Injection site reactions.** Redness, rash, swelling, itching or bruising can happen in some people. These symptoms will usually go away within a few days. If you have pain, redness, or swelling around the injection site that doesn't go away within a few days or gets worse, call your doctor right away.

Tell your doctor about any side effect that bothers you or does not go away.

These are not all of the side effects with CIMZIA.

Ask your doctor or pharmacist for more information.

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

General information about CIMZIA

Medicines are sometimes prescribed for purposes that are not mentioned in Medication Guides. Do not use CIMZIA for a condition for which it was not prescribed. Do not give CIMZIA to other people, even if they have the same condition. It may harm them.

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

For more information go to www.CIMZIA.com or call 1-866-4CIMZIA (424-6942).

Always keep CIMZIA, injection supplies, puncture-proof container, and all other medicines out of the reach of children.

What are the ingredients in CIMZIA?

CIMZIA lyophilized powder: Active ingredient: certolizumab pegol. Inactive ingredients: sucrose, lactic acid, polysorbate. The pack contains Water for Injection, for reconstitution of the lyophilized powder.

CIMZIA prefilled syringe: Active ingredient: certolizumab pegol. Inactive ingredients: sodium acetate, sodium chloride, and Water for Injection. CIMZIA has no preservatives.

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IPAD EXTRA To watch a video about Allison Winn, download the *Reader's Digest* magazine app from the iTunes store.



The Power of **1**

IN PARTNERSHIP WITH **AmericanTowns**

Love on Four Legs

- **Our hero:** Allison Winn, ten
- **Where she lives:** Denver, Colorado
- **How she helps:** Gives dogs to kids with cancer

When Allison Winn was eight and her family adopted a dog named Coco, they had no idea how much the little bichon frise would change her life. “Coco helped me feel better,” says Allison, who was recuperating from 14 months of treatment for a brain tumor at the time. “She would cuddle with me when I didn’t want to play.” Allison loved Coco so much that she told her parents she wanted to help other sick kids find the same kind of comfort.

She started small, raising money by selling lemonade and homemade dog biscuits in front of her house. Her first customer was the mailman. By the end of that summer, she had raised nearly \$1,000, enough to adopt, train, and spay or neuter two dogs and give them to children with cancer. Now, a little more than two years later, corporate groups and civic organizations gather to make dog treats at a Denver kitchen for Allison’s cause.

Her organization, the Stink Bug Project, named after a picture she drew commemorating the end of her chemotherapy, is run and managed in partnership with the Morgan Adams Foundation. Stink Bug helps families adopt pets from the Colorado Correctional Industries Prison Trained K9 Companion Program, where inmates teach commands to rescued dogs. To date, the program has raised \$33,000 and facilitated the adoption of ten >>

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

dogs, paying for the \$450 adoption fee plus a starter kit of a dog bed and crate, food, toys, a leash, and a collar, which gets embroidered with the pet's name and phone number. "We ask the kids their favorite color," Allison says, so she can coordinate ribbons for the dogs.

With the leftover funds, Allison's mother, Dianna Litvak, who helps run Stink Bug, hopes to extend the pet-adoption program statewide and continue donating some of the proceeds to help fund pediatric cancer research.

Her daughter is just as ambitious. "I wanted to do a million adoptions, but my mom made me lower it," says Allison. Still, she'd eventually like to get dogs to sick kids in other states.

"Allison has figured out how to help—in a way that no one else has," Litvak says proudly. "We

involve her younger sister, Emily, her friends, the adopting families, and the women at the prison. It took the love of a little girl to wrap all that together into one amazing package." *Natalie van der Meer*

Go to stinkbugproject.org to donate or to buy Allison's dog biscuits.

Helping Kids of War

- Our hero: [Richard Kitumba, 36](#)
- Where he lives: [Springfield, Oregon](#)
- How he helps: [Rescues orphans](#)

Growing up in the war-torn Democratic Republic of the Congo (DRC), Richard Kitumba often went to bed wondering if he would be alive in the morning. One night, "soldiers broke into my family's house, and we were forced at gunpoint to load all our possessions onto their trucks," he says. Kitumba and his family survived the experience—

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funds and promotional support to towns that could use a boost. To see photos and videos of the "We Hear You, America" tour, and to see if we will be visiting your town, go to readersdigest.com. It all culminates in May with our special "Best of America" double issue, which will be packed

with the bright ideas and inspiring people we find along the way. Have your own "Best of America" to share? Whether it's about the most dedicated volunteer in Versailles or the best pie in Pawtucket, we want to hear from you. E-mail us at BOA@readersdigest.com.

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‡ Compared to 1,000 mg of standard fish oil and krill oil.

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“Our children are loved,” says Kitumba.

COURTESY RICHARD KITUMBA

and he relocated to the United States as a translator in 1998—but countless children were orphaned during the five-year war.

On trips back to his country, Kitumba was overwhelmed by the crippling poverty and instability there, and he became determined to help. In 2007, he founded City of Refuge International, a nonprofit organization that, mainly through individual donations, places DRC orphans in foster homes. By the end of 2010, the group had placed 95 orphans in foster homes in Kitumba’s hometown of Kamina, covering

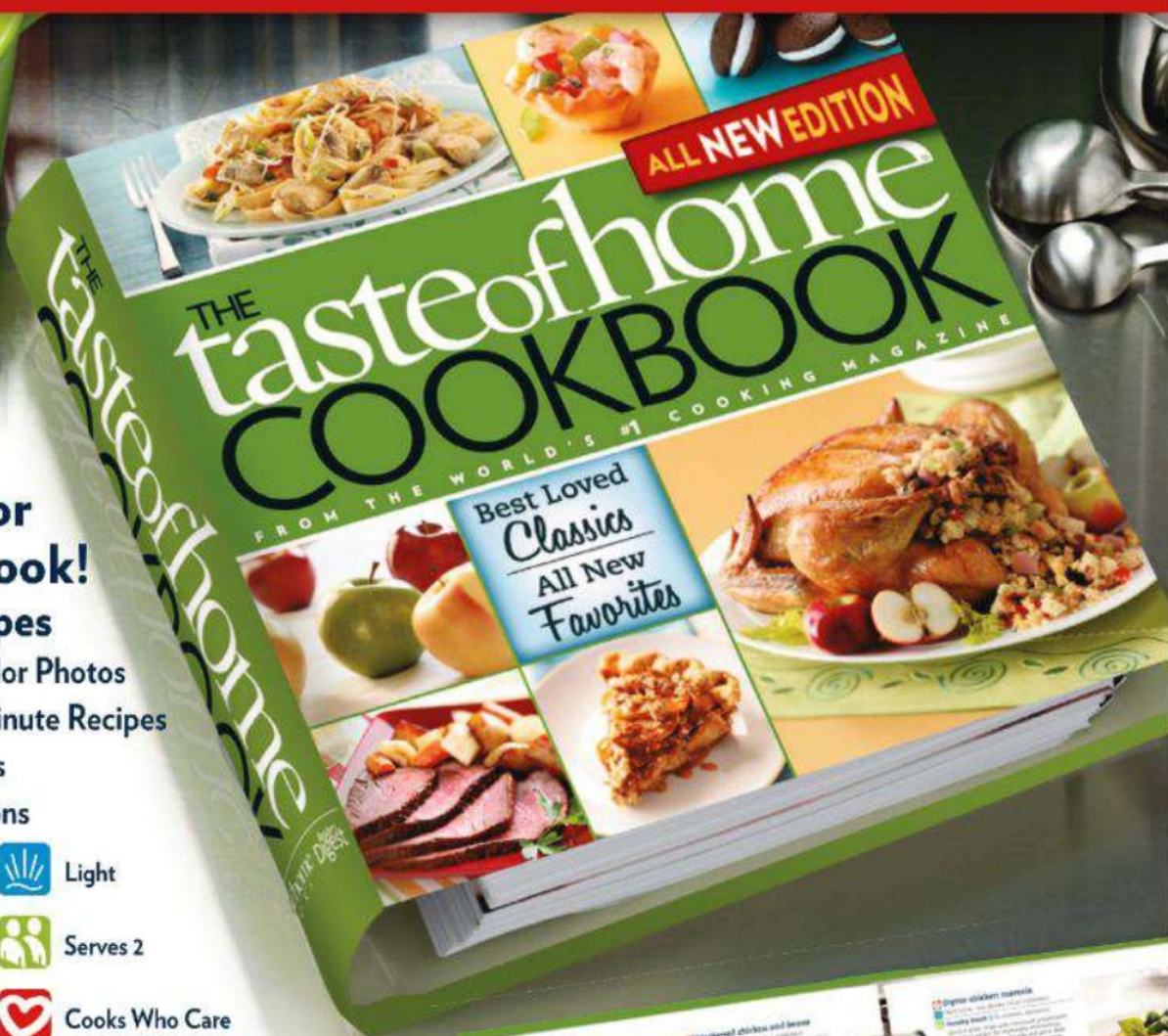
their clothing, medical, and education expenses (\$70 per month fully covers one child’s needs).

“I felt compelled to help the children of the DRC because they are so vulnerable,” says Kitumba, who lives in Springfield, Oregon, with his wife and young son. “The difference we make in the lives of these children is already having a ripple effect on the entire city. You never know—one of these children may end up being president some day.”

Beth Dreher

Go to cityofrefugeinternational.org to donate to Kitumba’s cause.

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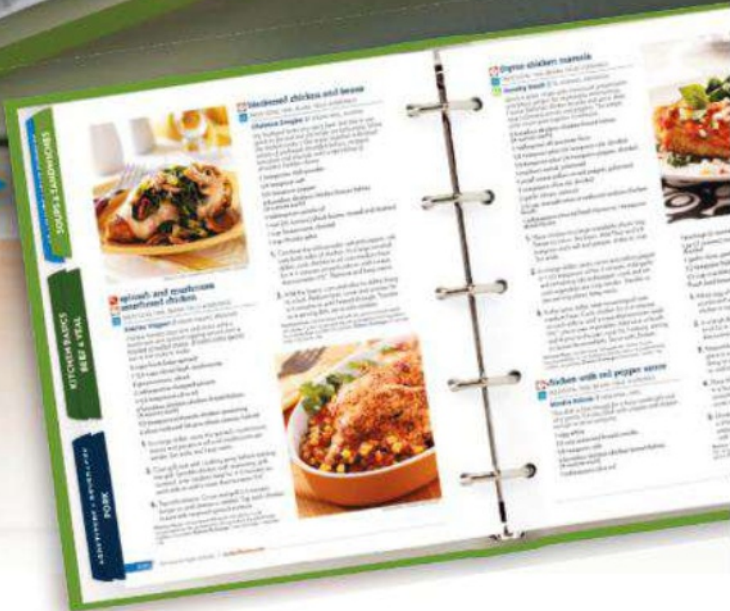
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Miller blogs and uses Twitter to share her cause.

Change Agent

- Our hero: **Laura Miller, 33**
- Where she lives: **Pittsburgh, Pennsylvania**
- How she helps: **Makes strangers smile**

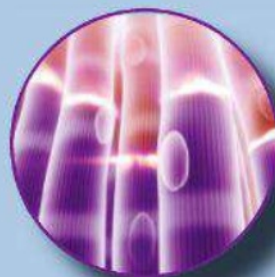
Laura Miller's first act of anonymous kindness was placing a single lavender hydrangea bloom on the windshield of a stranger's car in July 2009. Ever since, Miller has left a trail of small favors for unsuspecting residents of Pittsburgh. Nothing expensive, but delightful nonetheless: Starbucks gift certificates, uplifting messages, rolls of quarters, and other treats. "If I had the money, I would do it every single day," says Miller, who recently revealed her identity at a fund-raising party, helping to attract other well-wishers to the effort. She now counts more than 1,600 people across the world in her cause for kindness. "It sounds dramatic, but I wish for a world where we all take care of each other," says Miller.

Beth Dreher

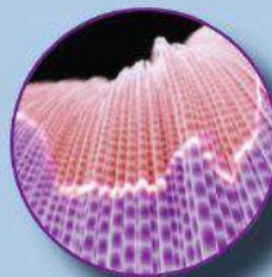
Go to **secretagentl.com** to read more about Laura's missions.

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Around the World

WITH ONE QUESTION

What Brings a Nation Together?

Of four options—shared values, language, history, religion—it's shared values by a nose. In our latest poll, seven out of 16 countries (including the United States) chose values as the great national unifier; six claimed language as the defining feature. Both choices scored high across the board, suggesting that our values and how

we express them are intimately linked. Still, the past was not lost on

some countries—particularly Mexico and Russia. Shared history also scored high elsewhere in North America, with Canada and the United States choosing national histories as the second-most important factor uniting their people. The biggest surprise? Not one country picked religion as its top choice.

People who are joined by the same past understand things without explaining them.

*Olga Yakovleva, 35,
Moscow, Russia*

If everyone speaks the same language, people communicate better and form a tighter community.

*Ria Postma, 36,
Hillegom, Netherlands*

America is a melting-pot nation. Our similar values are what truly makes us American.

Rich Disilvio, 53, New York, New York

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

Shared values won out in ...

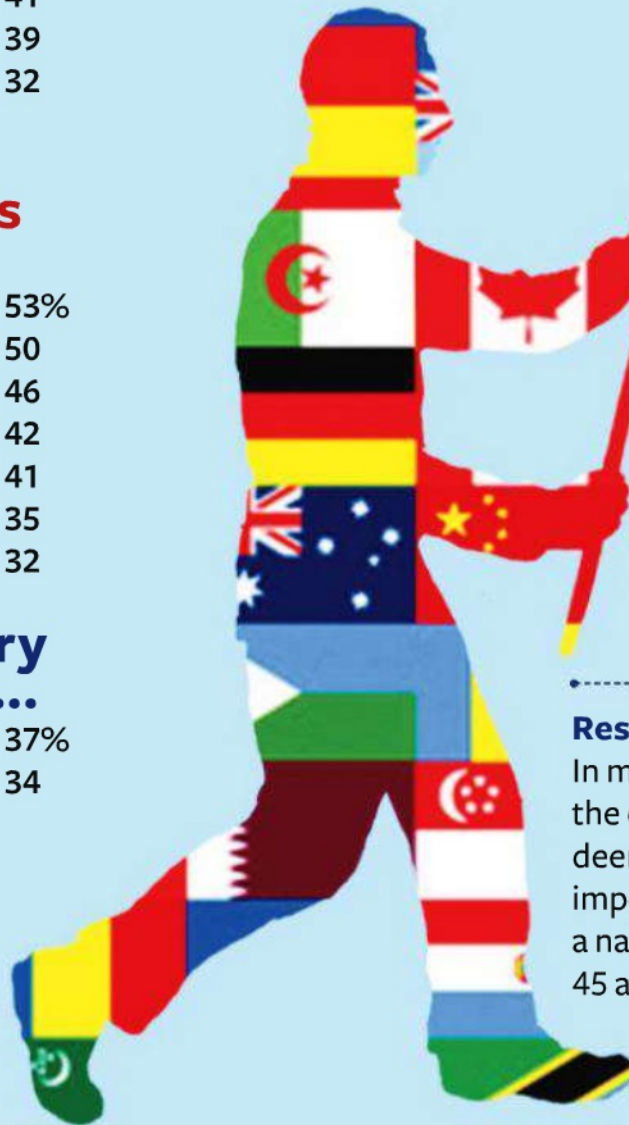
Australia	61%
Canada	56
China	51
France	48
Philippines	43
South Africa	41
United States	39
India	32

Shared language was on top in ...

Brazil	53%
Malaysia	50
Germany	46
Netherlands	42
Spain	41
United Kingdom	35
India	32

Shared history was No. 1 in ...

Mexico	37%
Russia	34



Respect your elders

In most countries, the older generation deemed values more important to defining a nation than did those 45 and under.

Gender equality

Globally, men and women see eye to eye on the effect of similar values on national identity. The difference between the genders was only 10% or less in a majority of countries.

Parlez-vous Canadian?

Language scored lower in Canada than in all other countries polled, perhaps because the country proudly boasts two official languages, French and English.

Church and state

Most people polled do not connect their religious beliefs to their national pride. Religion ranked last in 13 countries—with France scoring it at 1%, the lowest of all.

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Look for the second **Best You** book in bookstores this March. *Blessed: Living a Grateful Life* is a heartwarming collection of stories from author Ellen Michaud that opens our eyes to the little everyday wonders and relationships that bring meaning and purpose to our lives.



Ask? Laskas

JEANNE MARIE LASKAS

► *I have a son who wore only the color green all through high school (shirts, pants, socks, shoes—everything). I thought it was just a phase, but now he's in college and still does it. Is this okay? Is there something I should do?*

Worried Mom

Dear Worried,
Is it a simple fashion statement, an eccentric quirk, or a serious compulsion? I'd say if you notice any extreme anxiety around his clothing choice, you'd want to suggest he seek counseling. Otherwise, scratch your head—as all parents must do when their kids do weird things—and wish him well.

► **I am on the board** of my neighborhood association and have become frustrated by the group's refusal to deal with a deteriorating clubhouse built over a lake. We've known about it for almost two years, yet it still sits there, sinking. I anonymously

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



reported it to the city, and now the board is outraged and pointing fingers. Should I own up to it? It will damage many of my relationships, especially with the parents of my children's friends. *About to Be Ostracized*

Dear Ostra,
When in doubt, tell the truth. In this case, a little spin would help. Think of it this way: The sinking shack was a fire and safety hazard (the city has building codes for a reason), an invitation for vandals, and a lawsuit waiting to happen. Fess up with pride. Ask how anyone could take issue with your act of civic duty.

Life's Little Etiquette Conundrums

► **Is it rude to stand in one line at the supermarket checkout and have a family member stand in another to see which line is faster, then switch at the last moment?**

As a general rule, if you have to ask “Is it rude to ...,” it probably is. In this case, I’d say the question comes down to: “Do you want to be obnoxious?” Because, yeah, any kind of checkout-line strategy that involves multiple family members and multiple lines is ... obnoxious. In the interest of a happier, less stressed out society, I’m going to say pick a line, stick with it, and strike up a little conversation with the neighbors around you.

► **I often serve as a designated driver for my future brother-in-law, who describes himself as a “functional” alcoholic. If I don’t drive him, he will drive himself—endangering everyone on the road. I can’t afford a \$3,000 intervention. How can I stop enabling him but keep everyone safe?**

Unwilling Driver

Dear Unwilling,
“Functional”? The guy has a problem with booze. I’m all for designating a driver when the partyer gets out of control—once or twice. But what you’re describing is serious. You don’t need to hire some fancy guru to do an intervention. Groups like A.A. and Al-Anon cost nothing. Get the family together, and call

your pastor, the local mental health department, or a rehab center in your area. Help is available!

► **My father-in-law suffers from Parkinson’s and has been living with us since his wife died, 14 months ago. My wife’s two siblings have yet to step up and share the responsibility—not even taking him to dinner or having him to their house for a day to give us a break. I’ve urged my wife to be more vocal and assertive in getting their help, but she doesn’t want an argument. To me, her silence lets them think everything is okay. I want to respect my wife, but I feel we have to make this right.**

Sandwiched

Dear Sandwiched,
You are 100 percent correct. The long-term care of a seriously ill relative, regardless of the loving intentions of the caretaker, is an exhausting and often demoralizing task. You and your wife are in an endurance race with time: If your father-in-law lives a long time, his needs will rapidly become even more challenging, and if the sibs don’t help—and by that I mean doing a lot more than just occasionally taking him out to dinner—the relationships in the family will be ruined forever. Keep urging your wife to ask for their help. And if she’s too tired to see straight, it’s up to you.

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

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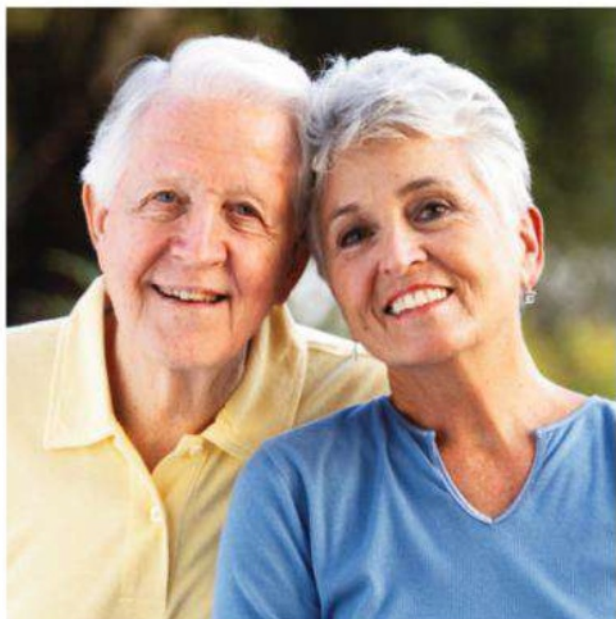
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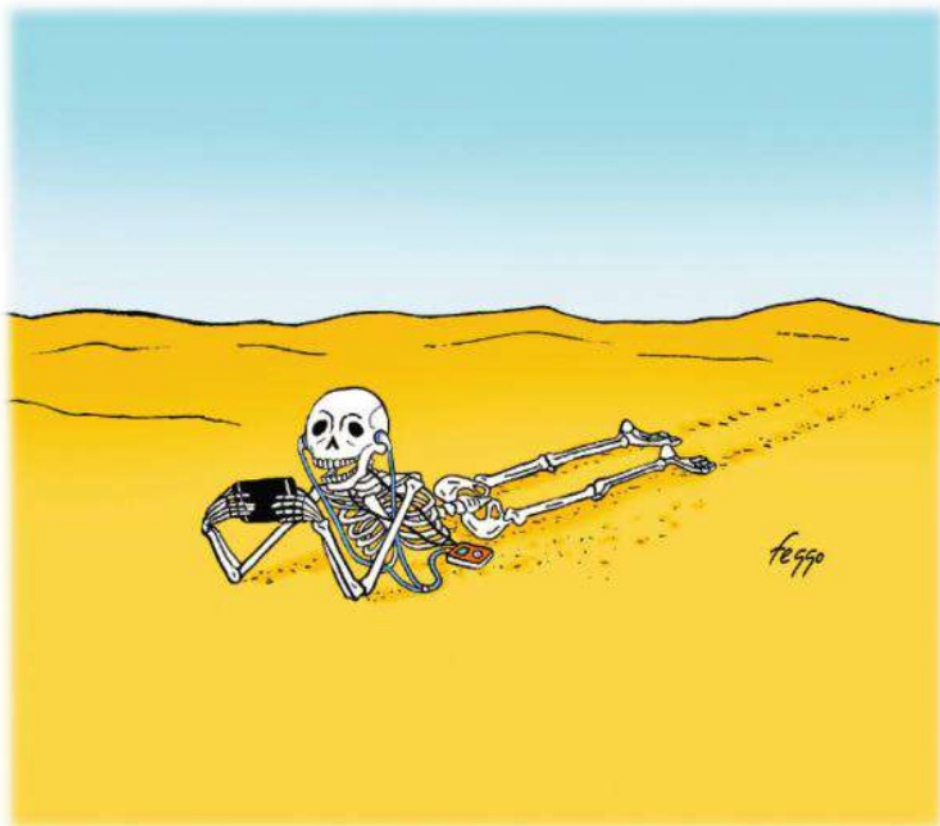
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After my ten-year-old daughter declared her disgust with cosmetic surgery, I dropped a bomb on her. “Don’t be too quick to judge,” I told her. “Before college, I had a nose job.”

She was completely thrown. “You mean,” she said, “it was bigger?”

*Tanya Scherschel,
O’Fallon, Illinois*



Observe and Report

Ruminations.com asks its users to reflect upon everyday life. Here are three observations everyone can relate to:

- Forgetting an e-mail attachment is the 21st-century version of licking an envelope shut and then realizing you forgot to put the letter inside.

- Is anyone else as apprehensive about throwing out a shoe box as I am?

- More often than not, when someone is telling me a story, all I can

think about is how I can’t wait for them to finish so I can tell my own story, which not only is better but also more directly involves me.

While attending an open house, my wife was taken with the home’s modern features, especially the central vacuum system installed within the walls. But she had a practical question: “What do you do when all the walls fill up?”

*James Sparks,
Saugus, Massachusetts*

The day after visiting a fair, my wife was in agony. “You know you’re past your prime,” she said, “when you hurt all over and all you rode was the massage chair.”

Stephen Flynt, Ennis, Texas

Our grandson’s scoutmaster must have fainted when he saw what he’d

texted to his troop's parents: "Scouts 7:00 Sharp at the Church. We will finish up Aviation, Cycling, and Gynecology Merit Badges."

That was followed by this message three minutes later: "Change of Plans. We will not be finishing up the Gynecology Merit Badge. Instead, it will be the Genealogy Merit Badge."

Carol Allinson, Cedar City, Utah

No Clue

Google makes it easy to find answers to most questions. But as these search queries show, some questions are better left unanswered.

- How to use your mind to fight evil
- Lobster fights
- Unicorn bereavement
- Proof vampires are real
- Anorexia in cats
- Potty training a dog that likes privacy
- Braille *Playboy*
- Stress relief termites
- Abraham Lincoln Gettysburg Address YouTube video

Jason Hellman on seolol.net

My husband went to the cardiologist after experiencing symptoms of a heart attack.

"I had taken our cat to the vet," he told the nurse, "and while I was there, my chest got tight, and I had trouble breathing. Later, my left arm began aching."

The nurse was clearly concerned. "So," she asked, "how was the cat?"

Gail Webster, Renton, Washington

After setting off the alarms at airport security, I was escorted behind a curtain. As two female officials "wanded" me, the senior officer gave instructions to the trainee on proper technique: first down the front of my body, then up the back of me, and—much to my embarrassment—up between my legs.

After she was done, her boss congratulated her.

"Great job," she said. "Now do it again. But this time, try turning on the wand."

Victoria Radford, Carson City, Nevada

Your favorite new joke, funny anecdote, or crazy news story might be worth \$\$\$. See page 63 for details.

I Thought That Was a Mole



Submitted by Kyle Kachman, on readersdigest.com

Time travel at the speed of a 1935 Speedster?

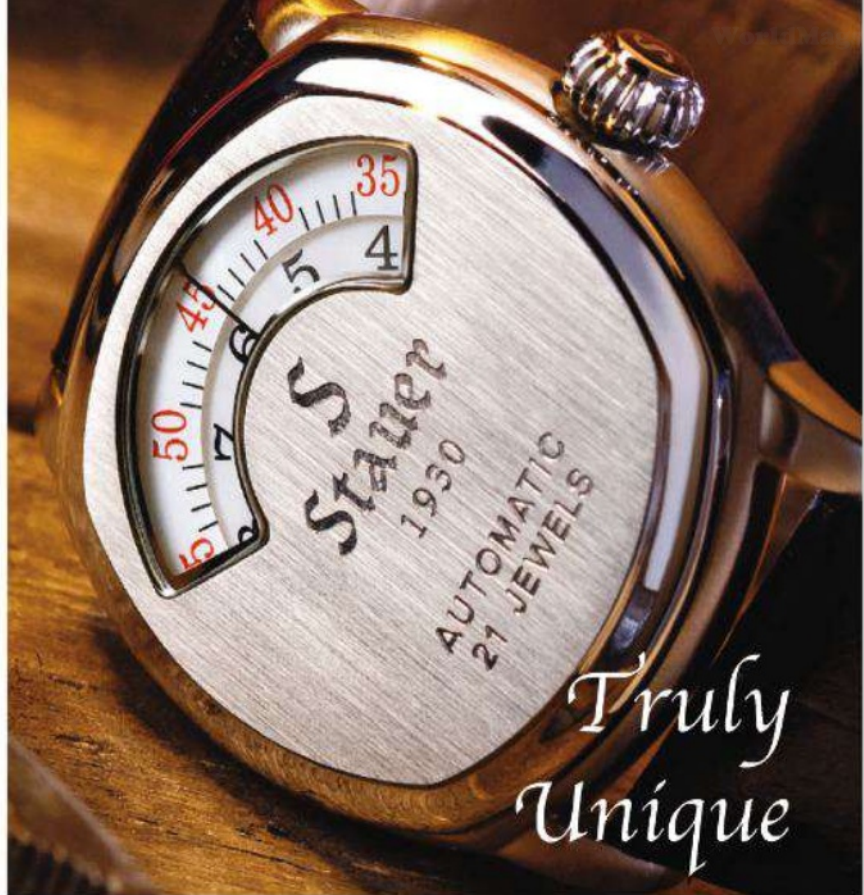
The 1930s brought unprecedented innovation in machine-age technology and materials. Industrial designers from the auto industry translated the principles of aerodynamics and streamlining into everyday objects like radios and toasters. It was also a decade when

an unequaled variety of watch cases and movements came into being. In lieu of hands to tell time, one such complication, called a jumping mechanism, utilized numerals on a disc viewed through a window. With its striking resemblance to the dashboard gauges and radio dials of the decade, the jump hour watch was indeed "in tune" with the times!

The Stauer 1930s Dashtronic deftly blends the modern functionality of a 21-jewel automatic movement and 3-ATM water resistance with the distinctive, retro look of a jumping display (not an actual jumping complication). The stainless steel 1 1/2" case is complemented with a black alligator-embossed leather band. The band is 9 1/2" long and will fit a 7-8 1/2" wrist.



True to Machine Art esthetics, the sleek brushed stainless steel case is clear on the back, allowing a peek at the inner workings.



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From Baby's first Facebook page to Great-Grandma's wisdom blog, our lives are now wired from beginning to end. You can opt out, of course, but you'd be in the minority: Ninety-five percent of American families are online, most for many hours a day.

What do all our logged-on hours get us? On one hand, "our technology allows us to be in touch with people, to be efficient, to be involved with our kids' schools," says Heather Cabot, a digital lifestyle expert and editor at Yahoo! On the other, "now dinnertime tends to be a much more harried affair," says Dr. Gary Small, a professor of psychiatry at UCLA, in *Psychology Today*. "If there is time to have a family dinner, many family members eat quickly and run back to their own computer or other digital activity." And if you think it's just the kids who can't cut the cord, think again: Mealtimes are disrupted more often by adults being online or on cell phones than by their children.

Does your home life suffer from too much time spent online, or do you have your family's digital dependence well in hand? Check out the stats in our *Reader's Digest*/Yahoo! poll, read the expert commentary we've gathered from all over, and find out how you measure up to your fellow technophiles.

20 The number of digital devices in an average household.

43%

of adults think they spend too much time online.

64%

of adults think that kids spend too much time online.

18%

of adults have organized or considered a tech-free day.

The *Readers Digest*/Yahoo! Consumer Pulse Survey of attitudes and behavior toward digital technology was conducted in October 2010 by Ipsos OTX MediaCT. The survey included 2,003 U.S. residents between the ages of 18 and 64, split evenly between men and women. Of those, 40 percent have kids under 18.



5 Average number of hours adults spend online at home every day.

WHAT THE EXPERTS SAY

“Many exciting and interesting things can happen when you’re [online], but every hour you spend on the screen is an hour not spent [with your friends and family],” said MIT psychology professor Sherry Turkle on the PBS program *Frontline*.

We must guard against the seduction of the virtual world, according to Turkle, who is also author of *Alone Together*, a new book about technology’s effect on relationships. It’s a warning that applies “not just to teenagers,” she says, “but to all of us who don’t want to do the hard things involved in having relationships with other people.”

It’s difficult to tell a colleague that he has disappointed you, or a friend

that she’s not invited to your party, says Turkle, but it’s easy to send an e-mail to that effect. “There are all kinds of things in life that are hard that virtuality smooths over,” she says. Just don’t call her a technophobe. “It’s not that technology is bad. It’s a matter of figuring out [its] place.”



1 in 16 kids under age 5 has a Facebook page.

WHY THAT’S A BAD IDEA

According to several recent studies (and an unscientific sample of our friends’ Facebook pages), most kids have a digital footprint even before they can walk. In fact, more than 9 out of 10 toddlers have an online presence, says a survey from online security firm AVG.

“Parents post photos of their kids online for the same reasons we show baby pictures to strangers—our children are beautiful, and we want the world to see that,” says Jessica Gottlieb, who blogs about parenting and privacy. But publicly posting your child’s full name, birth date, and city—or information such as the name of his school or summer camp—could put him at risk, cautions Stephen Balkam, CEO of the Family Online Safety Institute. “Parents don’t realize that

identity theft is getting easier because of all the information parents post online. It's like a ticking time bomb," Balkam says.

Luckily, protecting your child's identity and privacy takes only a few clicks. E-mail photos to loved ones, or post the images on password-protected sites such as Flickr and Snapfish, and invite only your family and trusted friends to view them. If you want to post photos on Facebook, adjust your privacy settings to the highest level or create a group of your inner circle specifically for sharing photos and news. "A little safeguarding goes a long way," says Gottlieb.

Beth Dreher

78%
have stayed up past their bedtime because they're online.

BUT YOU CAN CONTROL YOURSELF.

Do you suspect that your daughter might be more devoted to Facebook than physics, or have you been

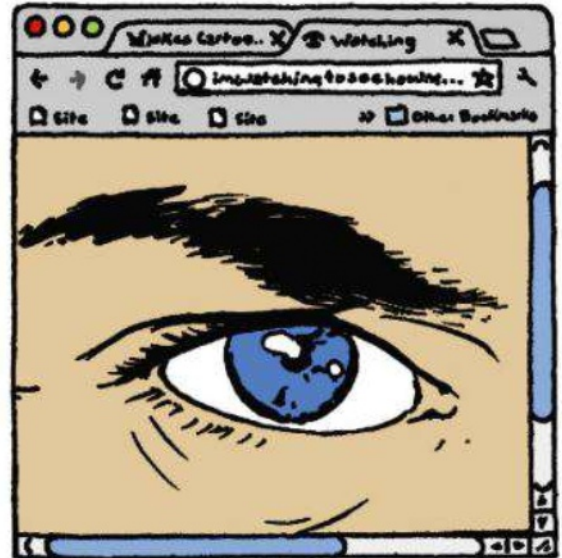
searching so avidly for cheap vacations that you suddenly realize you haven't looked up from your screen in hours?

A few handy websites can help you keep your eye on the clock. Productivity Meter, free downloadable software, is available at fruitfultime.com. You tag your favorite websites "productive" or "unproductive," and the program registers and graphs your time. Download the program onto a portable flash drive so you can track your usage on any computer.

- For about \$10 a month, Slife Web (slifelabs.com) sits in the background of your screen, quietly watching your online activities. You can restrict your time in particular areas such as news, e-mail, and games.

- The family plan on rescuetime.com tracks how each member of your clan spends time online, and it plots the data by hour, day, and week. The site, which also offers individual plans, even allows you to block distracting websites from your loved ones—and yourself.

Source: wsj.com



3 Average number of mobile phones in each household.

AND SOMETIMES WE FEEL THEM WHEN THEY'RE NOT THERE.

"I was standing in line at Starbucks when I felt it—that familiar vibration that alerts me to a new e-mail on my iPhone. Without thinking, I reached into my left front pocket to retrieve it. There was one problem: The phone wasn't there. I had left it at the office.

"That day I experienced the first of several phantom phone sensations I've since had. My digital devices had become so much a part of me that I felt their presence even when they

>>> GADGET MANIA

weren't there, like the imaginary pain felt by people who have lost a limb. I returned to my office, where my desk reverberated with a vibrating phone and the beeping noises of my PC and iPad. No wonder I was beginning to feel phantoms. So I took a page out of Thoreau's book and gave myself a little *Walden* time. I kept my devices on but turned off every alert, vibration, and visual cue I could find. Now when I finish a task, I consciously



check my e-mail—on my terms. As a result, things are much more peaceful in my office and in my head. If I can only stop my leg from tingling.” *Stephen Balkam*, founding CEO, Family Online Safety Institute, from the *Huffington Post*

86% now feel more informed and knowledgeable because of the Internet.

SO LET'S NOT COMPLAIN TOO MUCH.

“New forms of media have always caused moral panics. The printing press, newspapers, and TV were all once denounced as threats to consumers' brainpower—so, too, with electronic technology. Search engines lower our intelligence, encouraging us to skim the surface of knowledge rather than dive into its depths. Twitter is shrinking our attention spans.

“Yes, the constant arrival of information can be distracting or addictive, but



distraction is not a new phenomenon. The solution is not to bemoan technology but to develop strategies of self-control. Turn off e-mail or Twitter when you work, put away your BlackBerry at dinnertime, ask your spouse to call you to bed at a designated hour. Just don't rail at Google. It's not as if habits of deep reflection and rigorous reasoning ever came naturally. They must be acquired in special institutions, called universities, and maintained with constant upkeep, called analysis, criticism, and debate. They aren't granted by propping an encyclopedia on your lap, nor are they taken away by access to information on the Internet.” *Steven Pinker*, author of “The Stuff of Thought,” in the *New York Times*

READERS RESPOND

HOW DOES TECHNOLOGY AFFECT YOUR FAMILY LIFE?

The computer is my life support. When I'm on it, I tune out the rest of the world. I would be hard-pressed to survive without Facebook, MP3s, and YouTube.

Marie Shively, 31
Denver, Colorado

We have a pretty good balance. If anything, it has helped our communication while everyone's working.

Mashawn Mickels, 33
Columbus, Georgia

Thanks to my computer and Facebook, I can keep in touch with friends who I would have lost touch with forever when I moved. And I am able to get regular updates on my grandson, Lucas, and my two daughters. Both are keeping my family together, even when we are apart.

Deborha Mitchell, 48
Anderson, California

My boyfriend doesn't like it when I'm on my laptop. He gets mad at me, but this is [how I] connect to the world. I stay at home with my children all day long.

Samantha Gauthier, 31
Prince Albert, Canada

Our girls go to private school and are not allowed

to have phones there. We let them use the cell phone for one hour when they come home from school. The limit also applies on the weekend because they would be on all day if we let them!

Jill Mikols Etesse, 38
Leesburg, Virginia

My home life is very affected by technology. I work a regular day job, and at night I do a lot of other work on the computer and phone. It's very consuming, and since I'm a dad, I feel the need to take breaks to spend time with my family. That causes me to stay up later to finish my work, which makes me exhausted for the next day.

Len Saunders, 49
Montville, New Jersey

It's been two years since I've had a cell phone, and my life is richer without it. I spend time with my children uninterrupted. When I'm out running errands, at the library, walking, or just enjoying a coffee break, it is so peaceful.

Nanda J. Waters, 40
Maricopa, Arizona

Since I lost my first husband to cancer and was left with small kids to raise, technology has been my friend. I am a full-time CEO. Not only do my kids' phones provide me a lifeline, but here's the deal: At dinner, church, and family functions, they turn them off or they lose them.

Laura Wellington, 44
Ridgewood, New Jersey



DIGITAL DETOX



Susan Maushart unplugged her kids—and herself—for six whole months. Tempted? Here's how it worked.

● EXCERPTED FROM *The Winter of Our Disconnect*

In a distant galaxy (read, before *The Experiment*), in the space formerly known as the family room, three teenagers are doing homework—a task that requires wireless broadband, four gigabytes of RAM, a terabyte of hard drive space, five cell phones (two are just spending the night), three iPods, two printer/scanners, and a color cartridge in a pear tree.

Fourteen-year-old Sussy is ostensibly toiling away at an essay on e. e. cummings, with no fewer than nine windows active on her laptop. Six of them are online conversations that, leaving aside missing punctuation, uncertain syntax, and sophomoric self-absorption, are off the topic entirely. A seventh is illegally siphoning off the latest episode of *The Secret*

Life of the American Teenager, while an eighth is tracking an online auction for a pair of ... weirdos?

“Weiros,” she corrects haughtily. “They’re birds.”

Oh, birds. Well, that makes sense, then. On the table, her cell phone, set to Vibrate, squirms helplessly. I watch it with something akin to empathy. Sussy—along with pretty



much every other kid alive—insists that multitasking rules.

Although the latest neuroscientific reports confirm that media are changing the structure of our brains, substantive evolution, like homework itself, is a painfully slow process. If Sussy were still writing that essay on e. e. cummings in 500,000 years (and at the time, the odds looked promising), she might have a good case. But for now? In our lifetimes?

Your kids may be absolutely convinced they can work just as well

with half a dozen conversations and a couple of cyber weiros squawking in the background as they can with silence, but these are the same people who think Micronesia is a software developer. Do we really want to take their word for it?

The Greek root of the word *technology*, *techne*, means “skill” or “trickery.” Maybe that explains why I was so often in a state of high alert watching the kids doing, quote unquote, homework within the media bubble of our family room. Not that my anxiety did any good. Fretting

was my problem, or so 18-year-old Anni reminded me on those rare occasions when she broke suction, visually speaking, from her laptop.

She was a straight-A student, give or take. Okay, so maybe there'd been a bit more take in the past couple of years. Her senior year had been spent almost entirely on MySpace, but she'd still done well enough to get into the university of her choice. Quibbling that the 90 wasn't a 97 was ungracious, but I did it nonetheless. "It's not the grade that bothers me," I'd stammered. "It's the ... the effort."

Like most of us who grew up in what my kids call the Black and White Days, I work best in pure silence. My kids regard this as freakish.

"What effort?" she wanted to know. Well, exactly.

"Imagine the results you could have gotten if you took all the hours you'd spent on MySpace and poured them into lit or French."

She shrugged.

"I would have gotten higher test scores, I guess. But I would still be going to the same university."

"Can't you think of any other differences?" I asked.

Finally, I could see a light dawning in her eyes. "Oh, I see what you mean. I wouldn't have had a life."

At such moments, I reminded

myself of William Morris, the 19th-century English designer and visionary. Morris liked to stage personal and completely ineffectual protests against technological excess too. Once he sat on his top hat to show contempt for corporate greed. I'm sure it made him feel better, briefly.

Morris was no Luddite. In fact, he made a fortune mass-producing designs for fabric and wallpaper. But he was convinced that "if we hand over the whole responsibility of the details of our daily lives to machines and their drivers," happiness would

elude us. People needed to learn how to restrain themselves around technology, he believed, in fact, around all household stuff. "Have nothing in your house that you do not know to be useful, or believe to be beautiful," he

famously admonished.

On one level, most of the gadgets my children were employing fit Morris's criteria to a tee. The MacBook with its sleek lines; the twinkling, tinkling Nokias; the petal-pink Nintendo DS with a stylus as delicate as a daisy stem. Considered singly, they really were useful and beautiful. It was when you threw them all together and stirred them around that things started to get ugly and pointless. Not to mention chaotic and cacophonous.

Like most of us who grew up in what my kids call the Black and White



Susan Maushart and her children (clockwise, Bill, Anni, and Sussy) try family fun the old-fashioned way.

Days, I work best in pin-droppingly pure silence.

My children regard this as freakish. “But Mom, we need background noise,” they explain.

In his buoyantly optimistic book *Grown Up Digital*, Don Tapscott writes, “Parents have said to me, ‘How can my kid be doing homework while he’s also listening to MP3 files, he’s got three windows open on the computer—one of them Facebook—and he’s petting the dog?’” Tapscott’s answer is scarily identical to my kids’: They have “different brains.”

A Canadian business executive with an undergraduate degree in

psychology, Tapscott assures parents that today’s kids have “better switching abilities and better short-term working active memory.”

Better switching abilities? Hmm. On the remote, perhaps.

Better working memory? Well, maybe—as long as we’re not counting the number of lost cell phones.

The Experiment started as a “what would life be like if ... ” fantasy. I guess most parents have those. But toward the end of 2008, I found myself thinking about it more and more. What would my kids do and who would they be without the media that surrounded them like a cloud or a carapace? For that matter, what would I do and who would I be without my iPhone and the 24/7 e-mails, Googling, and social networking? Re-reading Thoreau’s *Walden*—which I try to do at least as often as I have a Pap smear—was my tipping point. I informed the kids we were making our home screen-free—from the ittiest, bittiest iPod shuffle to 15-year-old Bill’s souped-up gaming PC—for six months, or approximately 4,380 hours. LOL.

We started with boot camp blackout, a two-week period with no electricity at all. Sort of like Thoreau in the woods but with our own beds and flush toilets. It was my hope that by the end of this adventure in alternative living, we’d have toughened ourselves up for the privations ahead. It worked. Just opening the fridge door and seeing light and food in there kept us happy for weeks.

Many of my friends cheered us on, but almost everybody seemed to have reservations about the same thing: homework. It was a card the kids themselves had played before I'd finally gotten them to sign on: "Mom, we need our computers!" But I knew how much schoolwork they were being assigned, and I knew how many hours they were spending online, and the two simply did not compute. Plus, it was only our home that was offline. If there was actual research to do, they could use the library or go to a friend's house. I suspected

My teenage daughter learned lessons about the limits of instant gratification that no amount of hectoring from me could have conveyed.

that their education would not be compromised and that we might even see impressive dividends.

Sure enough, I watched as my kids slowly awoke from the state of *cognitus interruptus* that had characterized many of their waking hours, to become more focused, logical thinkers. Their attention spans grew, allowing them to read for hours at a stretch, to practice musical instruments intensively, to hold longer and more complex conversations, to improve their capacity to think beyond the present moment, even if that translated only

into remembering to wash out tights for the next morning.

I'm not saying anybody suddenly went from Hannah Montana to Homer. They didn't develop an unquenchable thirst for trigonometry. In fact, they probably did no more homework during *The Experiment* than before—Sussy swears she did much less, and though her grades improved significantly, this may be true. But they all completed their schoolwork far more efficiently.

Today, more than a year after we plugged ourselves back in, Anni still incarcerates herself in the university library when she has a big assignment. "It's just less distracting," she says, and I pretend to be surprised. Sussy is our most dyed-in-the-wool digital native. ("Facebook is an extension of my brain," she explains in all seriousness.) But her trip to the Old Country taught her lessons about the limits of instant gratification that no amount of hectoring from her mother could have conveyed. As for Bill, he sold his gaming computer and bought a new saxophone.

If I had any doubts before, I'm now convinced that all that spin about "different brains" has been greatly exaggerated. *The Experiment* taught my kids and reminded me that, when it comes to learning, monotasking kicks it. ■

SECOND IN A FOUR-PART SERIES

The Freedoms That Make Us Great



Norman Rockwell's **Freedom from Want**

In 1941, this country clawed its way out of the Great Depression, only to come face-to-face with totalitarianism. President Franklin D. Roosevelt rallied a weary nation to victory behind the ideals that made us strong—freedom of worship, freedom of speech, freedom from want, and freedom from fear. The inspirational speech moved Norman Rockwell to put on canvas his own vision of each of the freedoms, including the famous Thanksgiving scene here.

Seventy years later, we've asked four remarkable Americans to talk about how these freedoms have played out in their lives. This month, author Liz Murray (*Breaking Night*) writes about freedom from want.

Born to drug-addicted parents who routinely swiped her money to pay for cocaine, Murray, now 30, and her sister often found themselves homeless and starving, once even reduced to eating lip balm to satisfy their hunger. Even so, Murray found in America a land of hope, a land of plenty.

Freedom from Want

An unwavering belief in the American Dream—plus the kindness of hundreds of strangers—lifted **Liz Murray** from homelessness to Harvard

In the spring of 1997, I found myself in a situation I never thought I'd be in: alone and begging for change in Manhattan. I was 16, homeless, and desperately searching for a high school that would let me enroll after years of truancy.

My father had been estranged from our family for a while, and though I knew he was in a nearby men's shelter, he was in no position to help. My mother had recently died from complications related to AIDS, and I'd spent the few months since her death sleeping in friends' homes or on a staircase landing in some random building in the Bronx.

What I remember most about such nights is lying on the cold marble floor and using my backpack for a pillow, my worn-out flannel shirt draped over me to dim the unrelenting fluorescent lights. I'd listen as the sounds of families echoed up to me in the staircase—children calling out for their parents, televisions playing cartoons, plates clanking at dinnertime—all the





**Liz Murray,
New York City,
2010**

sounds of life that transform an apartment into a home.

To deal with the isolation, I escaped into daydreams. With my eyes shut, I would envision my family together again: snapshots of Ma alive and the way she'd get those little lines around her eyes whenever she laughed really hard, and the four of us—Ma, Dad, Lisa, and me—safe under one roof again. But the most vivid daydreams were about my future.

I would see myself sitting in school, participating in classroom discussions and diligently taking notes. My backpack is heavy with books as I return each evening to an apartment that is mine. I'd see myself walking across a college campus filled with tall stone buildings drizzled in autumn leaves, my attention focused as I walked briskly to class. The feelings of safety, belonging, and hope helped soothe me to sleep.

My life today bears no resemblance to my life then. I graduated not only from high school but also from Harvard University. I no longer wear tattered clothes or sleep in hallways. Instead, I am safe each night in my own apartment in Manhattan. And my passion for the past 11 years has been to travel around the world helping people transform their own lives. In short, I am unrecognizable from my former self.

Oddly enough, even after all that I've been through—and maybe be-

cause of it—I have to say that a certain amount of want is healthy. In fact, “freedom from want” was never my life goal. Indeed, want served as a catalyst for my dreams, not a hindrance, and my dreams have always been what motivates me.

When I was that young homeless woman struggling to find a break, I'd spend my morning hours trekking up and down the sidewalks of Manhattan searching for a school—any school—that would admit me. What would have been torturous for most was not for me. That's because I recognized that I was on the verge of enacting the very scenes I had imagined back on those frozen stairwell landings where I slept. These scenes even had their own soundtrack. In my pocket I carried an old, busted-up CD player on which I played inspirational tunes: Paula Cole's “Me” and Cake's “The Distance.” I saw my future and clearly envisioned stepping into it.

Even though I had lost my family and was carrying around nothing more than some music, a picture of my mother, a few articles of clothing, and some shoplifted food, dreaming about my future and then acting on it was as exciting as getting into Harvard. Much the way a captain orients his ship to a constellation, I realized there was a place I wanted to be, and my goals guided my daily actions as I took steps to get myself there. Regardless of what happened, there was peace in that.

While I made choices every single day to turn my life around, equally

critical to my journey were the people there to see me through. There was the alternative high school, Humanities Preparatory Academy, that was my one yes in a world filled with no. There was also the haven for home-

A stranger knitted a blanket for me. Her note read “May you warm yourself knowing that people care about you.”

less teenagers called the Door, a non-profit organization that provided me with counseling, medical care, and food, all of which kept me going while I completed my homework in train stations and under hallway lights. For me to have succeeded, there had to be people to meet me halfway, and when I searched for them—in, of all places, Manhattan—they were there.

Perhaps the most surprising help, though, I did not seek out: It found me. After I’d spent two years as a homeless student earning A’s in my courses, the *New York Times* told my story.

In the weeks that followed, dozens of strangers reached out to me from all across the United States. At my high school, I began receiving handwritten letters of encouragement. Strangers showed up bearing brownies, clothes, books, and even hugs. Since the article mentioned I was applying to Harvard, one woman knitted a blanket for me. She attached this note to the box it was mailed in: “It gets cold in those dorms. May you

warm yourself knowing that people care about you.”

Before these folks—some of them nameless—I just didn’t realize how good people could be. But now I do, and I can say that the people who helped me have forever changed me. They are the reason behind my decision to join the board at the Door so that I can be part of a small team of people opening a high school for homeless teenagers in September. They are the reason I dedicate my life to opening pathways for others.

As I see it, America has never owed me anything more than a real and solid chance to work for my dreams. It has delivered on this promise by nurturing an educational system that embraces the alternative methods of teaching that made it possible for at-risk students like me.

But it’s been up to me to choose a life that measures up to those dreams. To get there, the focus has not been on freedom from want but on a clear vision for my life, which might have proved impossible had I not lived in a country where dreams still come true. And at the heart of it all was my willingness to be grateful for the things that I already have rather than dwelling on what I don’t.

Let that be enough, and it will be all the freedom any of us need. ■

IPAD EXTRA To watch an interview with Liz Murray, download the *Reader’s Digest* magazine app from the iTunes store.

In the Jaws of a Polar Bear

BY ROBERT KIENER

When best friends Sebastian Nilssen and Ludvig Fjeld took off on a two-month kayak trip north of the Arctic Circle, they expected the adventure of a lifetime. They got that—and more.

STEVEN KAZLOWSKI/ALASKASTOCK.COM



At 11 years old,
the polar bear
was 800
pounds and
nine feet tall.

The massive polar bear lumbered along the rocky shoreline, just a yard or so from the stormy waters of the Arctic Ocean. Occasionally it raised its head to sniff the Arctic air, hoping perhaps to pinpoint an easy meal of a washed-up ringed seal or walrus carcass.

It was late July, and in this uninhabited part of the Norwegian archipelago of Svalbard, high above the Arctic Circle and just 600 miles from the North Pole, much of the drift ice had melted. This made hunting for seals—a polar bear's favorite meal—nearly impossible. Although huge, the bear was desperately hungry.

With a westerly wind at its back, the male bear continued to patrol the shore. Then, perhaps catching the scent of something unusual, it stopped dead in its tracks. It sniffed the air, and steam billowed out of its bright black snout. Following its nose, so sensitive that some say it can smell a decaying whale carcass from 20 miles away, the bear suddenly turned downwind and inland. Its paddlelike paws dragged, leaving deep tracks in the sand. The predator was closing in on its prey.

It was to be the adventure of a lifetime. For almost two years, longtime friends Sebastian Plur Nilssen and Ludvig Fjeld, both 22, had been training for

this two-month-long kayak expedition. Hoping to follow in the footsteps of other Norwegian explorers such as Roald Amundsen and Thor Heyerdahl, the two were attempting to become the first kayakers to paddle around the entire Svalbard archipelago, a trip of more than 1,100 miles through one of the world's most remote regions.

To get fit, they had donned dry suits and kayaked through the ice-filled rivers near their hometowns outside Oslo, pulled heavy kayaks over ice floes, and jumped into the freezing waters to toughen themselves.

Lifelong hunters, they honed their marksmanship by sprinting up hills, loading their rifles, and pulling the triggers. As many Arctic experts had told them, if they needed to defend themselves from a polar bear, they'd have little time to think. Each carried a rifle in a waterproof bag lashed to their kayaks. Holding steady, controlling their breathing, aiming, shooting: It all had to be second nature.



ILLUSTRATED BY 5W INFOGRAPHIC



Fjeld (left) and Nilssen hoped to be the first to paddle around Norway's Svalbard archipelago.

COURTESY ROBERT KIENER

The two pioneers set out from Longyearbyen, dubbed the northernmost settlement in the world, on July 5, 2010. They averaged about 15 miles a day, and by the end of July, they had reached the northern shore of Nordaustlandet, one of Svalbard's High Arctic islands.

With the wind picking up and the sea growing choppy, they decided to head for shore and camp on a beach near a promontory named Ekstremhuken. As Nilssen paddled alongside Fjeld, he held up the map and joked, "Funny name for a place, no? I wonder if that means something 'extreme' will happen here?" Fjeld smiled.

After pulling their kayaks onto the rocky beach, they pitched their tent and rigged up a trip-wire perimeter nine feet away, as they did at every campsite. A series of small explosive

charges would go off if an animal were to cross the wire, giving the men time to grab their rifles and scare away a bear or, if necessary, shoot it.

The two awoke the next day to ferocious winds and rough seas. After checking the weather forecast via satellite phone, Nilssen and Fjeld discussed the situation. "We'll have to stay another night," Nilssen said. "Tomorrow should be clear."

Later that day, while chasing a tarp that had blown away, Nilssen fell over the trip wire, setting off an explosive charge. He quickly fitted a new one to the wire.

"Damn," he said as he crawled back inside the tent, "I'm getting clumsy in my old age." As they did every night before they tucked in, Nilssen and Fjeld double-checked that their rifles were loaded and close at hand.

Just at the moment the bear seemed about to sink **its massive canines** into Nilssen, it turned to look at Fjeld.

As they were sound asleep, the polar bear that had picked up their scent began lumbering toward the camp.

With the wind howling, the bear burst through the trip wire, but the charge did not fire. Nilssen awoke to a crashing sound when the bear trampled the tent and ripped it to shreds with a mighty sweep of its paw. "Bear!" shouted Nilssen as he felt it lock its jaws onto the back of his skull, pulling him from his sleeping bag. All he could see was a towering mass of white fur. As the bear sank its teeth deeper into his skull, it uttered a low-pitched, guttural growling.

Nilssen was able to grab his pump-action shotgun while the bear dragged him out of the tent. Screaming, he tried to hit the bear with one hand while gripping the gun with the other. But nothing deterred the animal.

Suddenly the polar bear changed its hold on Nilssen and sank its teeth into his right shoulder. Then it shook him back and forth, each time penetrating Nilssen's flesh more deeply with its teeth. Pain shot through his body as if an ice pick were being twisted into his shoulder.

It's trying to shake me unconscious, thought Nilssen. The bear began dragging him onto the rocky beach. The shotgun is my only chance, he

thought. Just then the gun fell from his grip, and the bear stepped on it, snapping it in two. "I'm dead," Nilssen said out loud when he heard the gun break in half. "It's over."

Fjeld woke up when he heard Nilssen scream and turned to see the bear inside the tent, with Nilssen's head in its jaws. While shaking him, the bear had stomped on their gear, much of which was now crushed or buried in the soft sand.

Fjeld jumped up and reached for his grandfather's World War II rifle. It was missing. He frantically clawed at the debris in front of the tent. "Where is it?" he yelled, then felt the stock of the rifle and pulled it out of the sand. "Sebastian!" he yelled. Sebastian didn't answer.

The bear was now by turns dragging and carrying Nilssen by his wounded shoulder. I must act now to save my friend, thought Fjeld. Time was running out.

The bear dropped Nilssen some 100 feet beyond the camp. Then it roared and raked its razor-sharp claws over Nilssen's torso. Blood covered the kayaker. The bear put its two front paws on Nilssen's chest, pinning him to the ground and pushing him deep into the sand. Nilssen felt his ribs

cracking. The bear's hot breath was on his face. He looked directly into its deep black eyes. They were cold and empty.

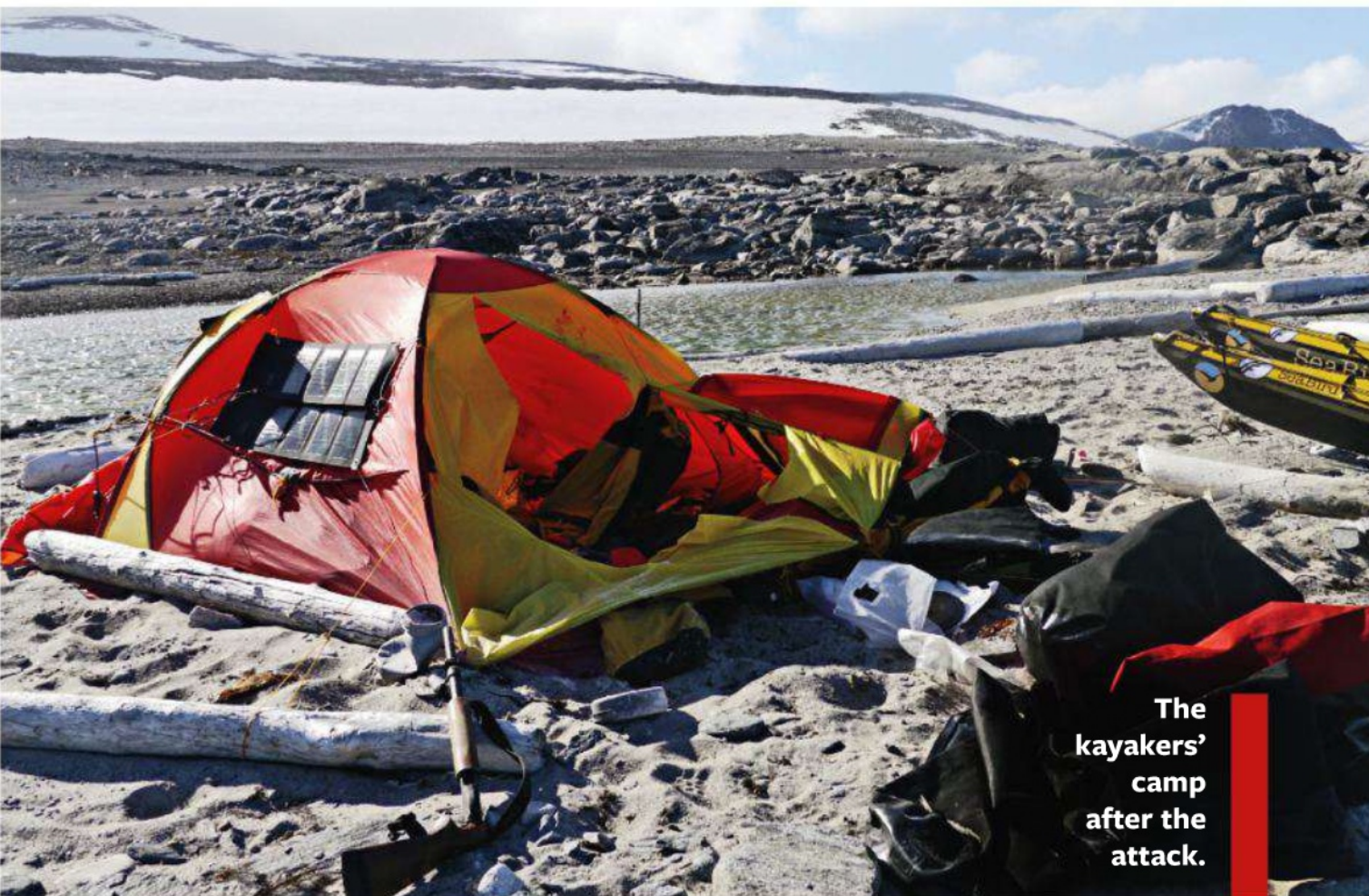
Then the bear turned and saw Fjeld standing with rifle raised outside the tent. Fjeld held his breath to still his shaking trigger finger and aimed at the bear. "Steady," he repeated to himself. He was afraid he would hit his friend. Nilssen yelled, "Shoot! Shoot!" But before Fjeld could fire, the bear climbed off Nilssen, sunk its jaws into the back of his skull again, and stood straight up, lifting Nilssen several feet off the ground.

Fjeld ran closer to them. Nilssen shouted again, "Shoot! Shoot or I die!"

The polar bear stood sideways to Fjeld; he aimed at its back and squeezed off a shot. The bullet ripped into the bear, and the animal dropped Nilssen to the sand. One last time the bear managed to sink its teeth into Nilssen's shoulder. Then Fjeld pumped four more rounds into the beast's chest. The bear fell over, dead at last.

Fearful that other polar bears might be attracted by the smell of blood, Fjeld slammed another five-shell clip into the gun. Nilssen lay crumpled on the beach. The back of his scalp hung loose and his shoulder was shredded open. His body was covered with bleeding wounds, but he was alive.

LUDVIG FJELD



The kayakers' camp after the attack.



In Norway, it's a crime to shoot a polar bear unless your life is threatened.

LUDVIG FJELD

Fjeld carried him back to the tent; he covered his bleeding scalp and shoulder with compression bandages and wrapped him in a sleeping bag. “You’ll make it,” he told Nilssen as he gently wiped blood from Nilssen’s face. “We’ll get you out of here.”

Nilssen groaned. His body throbbed with pain, and the smell of his blood filled the tent. He whispered to Fjeld, “My neck. I think the bear might have broken it.”

Fjeld knew he had to keep Sebastian warm because it would be hard to survive the frigid temperature with such devastating wounds. He punched the number of a Longyearbyen hospital into the satellite phone. The operator picked up.

“We need help,” Fjeld blurted out. “We are kayakers,” he told the hospital’s nurse manager, Aksel Bilicz. “My friend has been attacked by a polar bear. Please hurry!”

Bilicz called the local police, and about 35 minutes later, a rescue helicopter was in the air. The trip to the camp, however, would likely take almost an hour and a half.

Fjeld returned to Nilssen’s side. Nilssen was pale and shivering. Fjeld talked to him incessantly to keep him awake. “They are sending a helicopter,” Fjeld repeated. “It won’t be long.” Though Nilssen writhed in pain, Fjeld made the hard decision to withhold a dose of the morphine they carried with them because it might knock Nilssen out. Despite his suffering, Nilssen did not want to lose consciousness. Meanwhile, Fjeld scanned the horizon for other polar bears, his rifle loaded by his side.

When the helicopter touched down, two medics carried Nilssen to the chopper. He was put on a saline drip and given a painkiller, though his neck throbbed too much for a brace.

At the hospital, Nilssen underwent

“I know it’s common **for bears to crush seals’ skulls,**” says Nilssen. “**Lucky for me, I’m thickheaded.**”

a three-hour operation during which surgeons removed all the damaged tissue under his wounds. His neck was badly bruised but not broken. The next day, as Nilssen lay recuperating, surgeon Kari Schroeder Hansen visited him. “Another few millimeters and the bear’s teeth would have punctured your lung and crushed your skull,” the doctor told him. “You wouldn’t still be with us.”

“I know it’s common for bears to crush seals’ skulls,” Nilssen says now. “Lucky for me, I’m thickheaded.”

Today, at home north of Oslo, where he is raising a team of sled dogs, Nilssen sips coffee with Fjeld. Nilssen unbuttons his shirt. His shoulder and

torso are tracked with scars from the attack. “I’m not a religious person, but I know it was a miracle I survived,” he says as he buttons up. “I also know that I owe my life to Ludwig.”

Fjeld demurs, saying, “I just instinctively did what we were both trained for.”

The men are considering a return expedition to Svalbard—although their families, who initially learned of the attack on a radio program, are not keen on it. When asked about the experience, Nilssen is amazingly composed. “It is our big regret that the bear had to be killed,” he says reflectively. “I still think the polar bear is the most majestic animal in the world. It was just trying to survive.” ■

OMG!

Sometimes a shortcut is just a shortcut to disaster.

In a move that must have been unsettling for thousands of Iowa seniors, in 2009, the state changed the name of its Elder Affairs department to the Department On Aging, or DOA.

While FAA identifiers for airports aren’t technically acronyms, the three-letter codes can cause their own headaches. Just ask the Sioux City Gateway Airport, which the FAA saddled with the unfortunate designator SUX. Airport authorities petitioned for a new code and, in a nod to the *Gateway* part of the airport name, were given GAY.

Ethan Trex in Mental Floss

THE LIFE- SAVING LIST

THE NATION'S TOP HEALTH EXPERTS
NAME THE 15 DISCOVERIES,
DRUGS, AND DEVICES THAT
WILL CHANGE OUR LIVES

BY LISA DAVIS AND
REGINA NUZZO,
WITH REPORTING
BY KARYN
REPINSKI

Anyone with access to Google can come up with a list of medical advances of the week, month, or year—but headlines and hits are no guarantee of true significance. So when *Reader's Digest* set out to cover the biggest health news of the past year, we pestered the smartest, most plugged-in researchers and clinicians around the country and asked: Of all the symposia you attended and studies you read, what got you most excited? What did you find yourself discussing with colleagues in corridors and late-night e-mails? Most important, which developments are going to change the way you treat your own patients? The answers we got were surprising—and inspiring. Here, a peek at 15



advances—some in your doctor’s office now, others coming soon—that will change the way your ailments are treated and just might save your life.

1 EASIER, MORE EFFECTIVE CPR

There’s a simple reason the American Heart Association changed its CPR guidelines for bystanders from the classic push-and-breathe method to hands-only: The pared-down method saves more lives. Here’s why:

- Studies show that if your heart were to suddenly stop as you walked down the street, you’d have a less than 30 percent chance of getting CPR from a bystander.
- If someone *did* leap forward to perform effective CPR, your chance of survival would double or even triple.
- Bystanders are much more willing to help if they know they don’t have to

worry about germs from a stranger’s mouth. After an education campaign in Arizona, 40 percent of victims got CPR, compared with 28 percent before the information initiative began.

Hands-only is not just more acceptable—it’s more effective, says Anthony Komaroff, MD, editor-in-chief of the *Harvard Health Letter*. “When a person collapses, there’s enough oxygen in the blood that you don’t need to breathe for them. What you need to do is keep that blood circulating to protect the brain and the rest of the body. The time you spend breathing—when you can’t be pushing on the chest—is actually harming the patient.”

CNN medical correspondent Sanjay Gupta, MD, also put this change on his list. “Hands-only CPR is easy to learn,” he says. “And that means anyone in the room can save a life.” To find a CPR class, go to heart.org.

OUR EXPERTS

WILLIAM T. ABRAHAM, MD, chief, cardiovascular medicine, Ohio State University Medical Center

LOUIS DEGENNARO, PHD, chief mission officer, Leukemia & Lymphoma Society

JOHN A. ELEFTERIADES, MD, chief, cardiothoracic

surgery, Yale University School of Medicine

PERRY FINE, MD, president, American Academy of Pain Medicine

NIECA GOLDBERG, MD, medical director, NYU Women’s Heart Program

SANJAY GUPTA, MD, chief medical correspondent, CNN

ALLAN C. HALPERN, MD, vice president, Skin Cancer Foundation; chief, dermatology service, Memorial Sloan-Kettering Cancer Center


SAMIR HANASH, MD, chief, molecular diagnostics, Fred Hutchinson Cancer Research Center

JOSHUA HARE, MD, director, Interdisciplinary Stem Cell Institute, University of Miami Miller School of Medicine

ERNEST T. HAWK, MD, vice president, cancer prevention and population sciences, University of Texas MD Anderson Cancer Center

DAVID KATZ, MD, director, Yale University’s Prevention Research Center

ANTHONY KOMAROFF, MD, professor of medicine, Harvard Medical



PEOPLE THINK
STEM CELL
THERAPIES
ARE DECADES
AWAY. THE
TRUTH IS,
THEY'RE RIGHT
AROUND THE
CORNER.

School; editor in chief,
Harvard Health Letter

MARK KRIS, MD,
chief, thoracic oncology,
Memorial Sloan-
Kettering Cancer Center

SUSAN LOVE, MD,
breast surgeon;
founder, Dr. Susan Love
Research Foundation

**MARY JANE
MINKIN, MD,**
clinical professor of
obstetrics and
gynecology, Yale

University School
of Medicine

**POLLY NEWCOMB,
PHD,** chief, cancer
prevention, Fred
Hutchinson Cancer
Research Center

**RONALD
PETERSEN, MD,**
director, Mayo Clinic
Alzheimer's Disease
Research Center

RALPH SACCO, MD,
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Association

**STEVEN SHAFER,
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**WILLIAM THIES,
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and scientific
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Association

**RANDALL J.
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internal medicine,

University of Texas
Medical Branch
at Galveston

FRAN VISCO,
president, National
Breast Cancer
Coalition

**ROBERT WACHTER,
MD,** chief, division of
hospital medicine,
University of California,
San Francisco

THE SIGHT OF
TUMORS
SHRINKING
IN A MATTER
OF WEEKS
SPURRED
“PINCH ME”
MOMENTS FOR
RESEARCHERS
STUDYING
TWO DRUGS.



2 A BETTER BLOOD THINNER

For the nearly 2.5 million people with the heart-rhythm abnormality called atrial fibrillation, the blood thinner Coumadin, aka warfarin, is a lifesaver ... and a major problem. It's a lifesaver because it helps prevent blood clots—the increased risk of stroke is the scariest thing about atrial fibrillation. It's a problem because people taking Coumadin need frequent blood tests and dose adjustments and can be forced to delay surgery until their drug level falls. Enter dabigatran, approved by the FDA in October. At a high dose, it

appears to be better than Coumadin at preventing stroke; a lower dose seems just as good and is much less likely to cause side effects. “The cardiology community has been waiting for years to have a replacement for warfarin,” one heart expert told cbsnews.com when dabigatran was approved.

3 STEM CELLS TO HEAL HEARTS

“People think stem cell therapies are 10 or 20 years away. The reality is that they're right around the corner,” says Joshua Hare, MD, director of the Interdisciplinary

Stem Cell Institute at the University of Miami Miller School of Medicine.

Stem cells are sometimes called the body's generic cells. Because they have the ability to differentiate into most kinds of cells in the body, they could theoretically offer an infinite supply closet when body parts are damaged. In 2009, Hare and his colleagues not only proved that it was safe to infuse heart attack patients with stem cells, but they also found evidence that the treatment helped the damaged hearts recover. "This is still experimental," Dr. Hare says. "But it's very, very exciting."

Hare's group was one of several that spent last year leapfrogging past each other with advances. "In one of our studies, 45 patients were so sick, they had trouble talking," says Bob Nellis, a spokesperson for the Mayo Clinic in Rochester, New York. "Now they can easily walk the length of a football field. One took up the trumpet.

"The real story is how fast it's all happening," Nellis adds. "It's the fastest-advancing field in human biology right now."

4 HEART REPAIR WITH BARELY A CUT

Until now, there haven't been a lot of options for someone whose aortic valve (the one that lets blood go from the heart to the rest of the body) has gotten gummed up by calcium deposits. Surgeons had to crack open the sternum to get at the heart, or make do with less effective drug treatments if the patient was too

sick or too old for aggressive measures. Now surgeons can help without so much as nicking a patient's chest—by snaking a catheter up through the groin. (The technique is known as transcatheter aortic valve implantation, or TAVI.) The technique isn't just easier for these fragile patients; in the first studies, the incision-free approach helped them live longer than people getting standard treatments.

Doctors are making similar progress in using catheters to replace other kinds of heart valves—Elizabeth Taylor had her mitral valve repaired, then tweeted about it!—and cardiologists say that the way they treat heart-valve disease may never be the same.

5 NEW HELP AGAINST THE DEADLIEST SKIN CANCER

It has been 13 years since the FDA last approved a drug to treat advanced melanoma, a brutal skin cancer that can kill patients within six months. But 2010 brought the hope of two new options—with jaw-dropping results in early trials. The sight of tumors shrinking in a matter of weeks in patients on the drug PLX4032 spurred "pinch me" moments for researchers, the *New York Times* reported last year. Another drug, ipilimumab, produced equally impressive benefits.

PLX4032 zeroes in on a mutation found in many melanoma tumors, says Allan C. Halpern, MD, vice president

of the Skin Cancer Foundation and chief of dermatology at Memorial Sloan-Kettering Cancer Center. In early tests, it shrank tumors in a whopping 81 percent of advanced melanoma patients (no more than 20 percent typically respond to current drugs). Ipilimumab uses a broader approach, taking the brakes off the body's own immune system so it can fight cancer more aggressively. In one study, ipilimumab nearly doubled the number of patients surviving one year. Both drugs are in advanced trials, and the FDA may approve them this year.

6 A LIFESAVING TEST FOR LUNG CANCER

If you're a heavy smoker—or used to be—getting screened with a low-dose chest CT scan may cut your risk of dying of lung cancer by 20 percent, a major study reported in November. “There’s nothing short of stopping smoking, or never starting smoking, that has that sort of impact on lung cancer—that’s huge,” says Ernest T. Hawk, MD, vice president for cancer prevention and population sciences at MD Anderson Cancer Center.

This doesn't mean everyone should line up for a CT scan. The exam involves significant radiation and has serious downsides—including false alarms that can lead to unnecessary surgery. Still, says Dr. Hawk, “we have very few options for lung cancer once it's established. This test will likely have profound implications.”

7 PAIN RELIEF THAT HAS A STUNNING BONUS

When someone has a terminal illness, a doctor's emphasis may eventually shift from attempts at a cure to relieving pain and managing symptoms. It's not surprising that such an approach, called palliative care, improves quality of life. What was surprising in a recent study: Adding palliative care to standard treatment lengthened life for patients with terminal lung cancer. “They lived 12 months instead of nine—25 percent longer,” says Dr. Komaroff. “For someone who's not suffering, those three months can be very precious.”

The study should change people's idea of what palliative care is all about, said one expert in a *New York Times* article. “It's not about killing Granny,” said Diane E. Meier, MD, director of the Center to Advance Palliative Care. “It's about keeping Granny alive as long as possible—with the best quality of life.”

8 DOING LESS FOR BREAST CANCER, BENEFITING MORE

It has been clear for years that a woman who has a lumpectomy to treat breast cancer must get radiation too—otherwise, her risk of dying from the disease increases. But up to 30 percent skip the treatment, partly because it's so inconvenient. So it was significant when researchers finally got proof that a three-week regimen can work just as well for women

with early-stage breast cancer as one that lasts five weeks. Another study last year even suggested that some women might be able to get a single radiation treatment during surgery—and be done with it. “When it comes to cancer, we tend to think that more treatment is better,” says Susan Love, MD, breast surgeon and founder of the Dr. Susan Love Research Foundation. “But that’s not what the science is showing.”

9 TRAINING THE BODY TO FIGHT CANCER

What if you could dispense with chemo and radiation and use your immune system to destroy cancer cells? That’s the principle behind Provenge, a vaccine used to treat prostate cancer, approved by the FDA last year. The men who used Provenge in studies so far (all of whom had advanced prostate cancer) lived an extra four and a half months, on average—but some got an extra three years. Equally important, side effects were minimal. The results are imperfect and the cost high—more than \$90,000 for a full round of treatment—but Provenge is still a remarkable development, Len Lichtenfeld, MD, deputy chief medical officer for the American Cancer Society, said when the vaccine was approved. The reason: It provides evidence that the immune system can be stimulated to fight cancer. Already the FDA is considering a second cancer-treatment vaccine—this one aimed at a hard-to-treat form of lymphoma.

10 MORE CAUTION ABOUT TESTS

A CT scan is a terrific medical tool—just note its benefits for people with lung cancer (No. 6 on our list)—but last year brought a long overdue respect for its potential dangers. “A remarkable series of studies showed that CT scans are responsible for a huge number of cancers in the U.S. every year,” says Robert Wachter, MD, a patient safety expert and chief of hospital medicine at the University of California, San Francisco. What’s “huge”? More than one in 300 women and one in 600 men who undergo a single cardiac CT scan will develop cancer because of the radiation exposure, one study showed.

The FDA plans a nationwide registry that will track the radiation used in CT scans and warn institutions if they’re using too much. In the meantime, radiologists say, you should keep a record of your X-rays, CT scans, and other radiation tests and alert your doctors if you think they’re requesting a test you’ve already had.

11 A DAILY PILL MAY PREVENT CANCER

A pill in your medicine cabinet might be a powerful cancer fighter. In an analysis of four large studies, people who took a daily low-dose aspirin cut their risk of dying of colon cancer by as much as 35 percent. And that’s not the only common drug that might offer this bonus. A couple of preliminary trials suggested

that the diabetes drug metformin may protect against lung and colon cancers.

Both drugs reduce inflammation, says Susan Love, MD—and inflammation eggs on cancer growth. “We always think we have to kill every cancer cell,” Dr. Love says. “But if you can keep them asleep, who cares?”

It’s too soon to start popping either of these pills in hopes of preventing cancer, since both can have serious side effects. But if you’re already taking them for other reasons, you may be doing yourself a lifesaving favor.

12 KEEPING DEADLY GERMS OUT OF DINNER

It’s been a long time coming, but as 2010 drew to a close, the Food Safety Modernization Act was passed by Congress (President Obama signed it into law on January 5 of this year). To put it bluntly, this is important news for anyone who eats, says David Katz, MD, director of Yale University’s Prevention Research Center. Before the bill was passed, he explained: “The ‘costs’ of foodborne illness can be measured in millions of cases of suffering and thousands of deaths each year in the U.S. Frankly, that has always been enough to convince me we should be doing more to address this problem. But if it hasn’t convinced you, maybe the price tag in a more conventional currency will: more than \$150 billion a year.”

The new bill gives the FDA more power to keep food safe, Dr. Katz says. One big change: The agency can yank

a contaminated product from grocery shelves instead of having to persuade manufacturers to do so voluntarily.

13 BETTER PROTECTION AGAINST HIV

After years of disappointments and dead ends, HIV researchers reached a long-sought goal, finding a way for women to reduce their risk of contracting HIV during sex—even if their partner won’t use a condom. “This is really a game-changer,” Harvard AIDS researcher Bruce Walker, MD, told the *Washington Post*. The vaginal gel isn’t ideal—it lessened the chance of catching HIV by up to 54 percent—and needs further study. But it’s a giant success for researchers who have spent 15 years searching for a way to defend some of the world’s most vulnerable people.

14 SAVING THE BRAIN

Thanks to numerous studies—and heart-breaking stories from onetime pro athletes—we know that concussions can cause immense, even life-altering, damage. Now sports teams have started to protect athletes by penalizing risky behavior and more carefully examining players after high-impact collisions. That’s having a trickle-down effect on youth teams, where kids are being taught to tackle using their hips and shoulders, not heads. Last October, the American Academy of Neurology released a list of safety



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recommendations for adult and youth athletic groups. And in December, the Consumer Products Safety Commission said it would speed development of stronger safety standards for sports headgear—especially for children.

15 A NEW WEAPON AGAINST AN OLD SCOURGE

You should care about this while-you-wait tuberculosis test for at least two reasons. First, it will rein in one of the biggest killers in the developing world (TB caused 1.7 million deaths worldwide in 2009). Second, it will protect you too.

Tuberculosis can be cured if it's diagnosed and treated properly. But because the standard test is slow and unreliable, many people in countries across the globe (and even in Ameri-

can inner cities) go undiagnosed—or are treated ineffectively, which makes it more likely that the bacteria will become impervious to medication. In a world where air travel can speed an infected tourist or immigrant to your town, multidrug-resistant TB threatens everyone. The new test is 99 percent accurate and gives results in 100 minutes—an amazing fast-forward compared with the three months' wait standard in some parts of the world.

A rapid test could help elicit more effective treatment—even the eventual elimination of the disease, said Peter Small, MD, head of TB programs at the Bill & Melinda Gates Foundation, which helped fund the research. “You can tell [patients] before they leave the office if they have TB and if it's drug resistant,” he told the Associated Press. “It's transformational.” ■

Look >>

SEE THE WORLD
DIFFERENTLY





LEE SANG-HAK/YONHAP/REUTERS/PICTURE MEDIA



« Twice

Every winter, masses of people converge on Hwacheon, 12 miles south of the demilitarized zone separating North and South Korea, for a three-week ice festival. Here people fish for trout through holes in a frozen river.



The Men He Left Behind

SGT. FIRST CLASS CARLOS SANTOS-SILVA DIED THE WAY HE SERVED, RIGHT BESIDE HIS MEN. **BRIAN MOCKENHAUPT** VISITS THE SOLDIERS WHO KNEW HIM BEST, AND LAST.

While his men patrolled the farmland of southern Afghanistan, Sgt. First Class Carlos Santos-Silva came home to his wife, Kristen, who had bought a new blue sundress embroidered with pink flowers to greet him at the airport. They'd planned to celebrate their 12th wedding anniversary in Washington, D.C., during his two weeks of leave from the war zone. They would tour the capital and visit some of Santos's men recovering from injuries at Walter Reed Army Medical Center. Instead, Kristen wore her new dress to Dover Air Force Base and watched six soldiers carry Santos off a plane in an aluminum box draped in the American flag. "We're

COURTESY SPC. BRENDAN NEENAN

**Fallen warrior: Santos
in battle dress in the
Arghandab River Valley,
Afghanistan, 2010.**



here together,” she told me the night before the funeral and their anniversary, April 12. “This just isn’t how I thought it would be.”

Outside the funeral home in Arlington, Virginia, she gathered with friends and family and handed out balloons, 12 blue and 12 white, for each of their 12 years together. At the signal, the others released their balloons on cue, but Kristen wouldn’t let go. She gazed skyward, and her lips trembled. After a long moment, she opened her hand and watched the balloons rise. “I love you, Carlos, forever and ever and ever,” she said, then covered her face with her hands and shook with sobs. Cameron, their 11-year-old son, stood next to her and pressed his face to her hip.

The next day, under a cloudless sky, she buried Santos, 32 years old, in Arlington National Cemetery. A horse-drawn caisson carried his casket down a road lined with tall shade trees to Section 60, where the headstones chart the histories of the Afghanistan and Iraq wars. Sgt. First Class Raul Davila stepped to the casket. He and I had both known Santos for years, having served two deployments with him in Iraq. Santos had gone on to become a drill sergeant, training new soldiers, and then a platoon sergeant with Charlie Company, 2-508th Parachute Infantry Regiment, 82nd Airborne Division, leading 40 men in the Arghandab River Valley, a violent



swath of southern Afghanistan. Davila spoke about how Santos loved being a husband and a father, and a leader of soldiers. “I will forever be honored to call him my friend,” Sergeant Davila said, his voice steady and solemn. “Rest easy, Brother.”

Gunshots cracked the warm morning air, a bugler played “Taps,” and in crisp movements practiced countless times, the burial detail pulled the flag tight and folded it into a neat triangle of stars on a field of blue. A general knelt beside Kristen and handed her the flag. I looked at the crowd, at those who had known Santos at so many points during his life. But what about those who weren’t there, those who knew him best over the past

Brian Mockenhaupt, a regular contributor, served in the U.S. Army from 2002 to 2005.



seven months, those with him the day his truck rolled over a massive bomb buried in a dirt road snaking through farmers' fields? Santos's men were still working in a lush, dangerous corridor of orchards and grape furrows outside Kandahar City. As has happened thousands of times during the wars in Afghanistan and Iraq, when soldiers are killed and their bodies sent home, their friends stay behind, to mourn and remember and fight. I wanted to meet the men Santos had lived with and led. And for that, I'd have to go to them, to a place they called the Devil's Playground.

Flying into Afghanistan, I peered out the window at the vast stretches

of brown, interrupted by jagged mountains, scored by rivers, and dotted with villages. Down there, somewhere, Santos had been killed. At this height, such an explosion wouldn't even be visible. But staring at the land where he died and where his men were still fighting, his death seemed more real than it had at the funeral.

I would be staying with Santos's platoon at Combat Outpost Tynes along the edge of the Arghandab River Valley, northwest of Kandahar City. The post was named for another lost soldier, Pfc. Marcus

The men who served with Santos (from left): Lachance, Maher, Taylor, Knollinger, and Rosa, at Fort Bragg, 2010.

Tynes, who was killed November 22, 2009. To get there, I rode in the last truck of a five-vehicle convoy. We'd soon be passing over the very spot where Santos was killed, just beside a small bridge on a road where several bombs had exploded in the past six months. Looking through the windshield from the backseat, I watched a giant fountain of dirt shoot into the air 200 yards ahead. The concussion rattled my chest. "IED! IED! IED!" crackled over the radio, the same call made when Santos's truck was hit. An improvised explosive device planted in the same spot near the bridge had just exploded. But this time the insurgents

Cameron and Kristen Santos-Silva at their home in Fort Bragg.

were too hasty, the bomb went off too early, and the target truck rolled on, its crew uninjured.

After Santos's death, the region became even more dangerous. His men patrolled pomegranate orchards and vineyards where gunmen shot at them from the cover of dense foliage. The roads and trails were laced with buried bombs, making every step a life-or-death gamble, and the heat—100 degrees and humid—left them parched and exhausted. They had been ordered to begin "pacifying" a small stretch of the valley so the Taliban couldn't use it to transport and store weapons and stage attacks on nearby Kandahar City. Their progress was hard to measure. For every bomb found, or fighter captured or killed, there were many more hiding in the valley. But the soldiers kept their fears in check and patrolled the orchards, doing it with a proficiency that would have made Santos proud.



PHOTOGRAPHED BY JARED MOOSSY

At Combat Outpost Tynes, a former school, Santos's legacy was immediately apparent. When the platoon had moved into the compound in December 2009, soldiers slept in the few small classrooms, or outside, until Santos coordinated a construction project. The platoon then extended the structure and built small rooms for each soldier. During the slow, hard work of building up the rooms and the outpost's outer defenses, Santos had been beside his men, filling sandbags and lugging

materials. "He was always hands-on with us," Staff Sgt. Edward Rosa, the platoon's senior squad leader, told me. "He was always out there with us working. He did everything with us. He was about the guys." He organized movie nights with a wide-screen television powered by a gun truck's battery. And at Christmas, after Kristen and the platoon's family support group sent stockings from Fort Bragg, he played Santa at the outpost. He made each man sit on his lap before he'd give him a stocking.

Santos was born in Germany to an Army family and bounced around bases as he grew up. He enlisted in 1996 and trained as a mechanic in an aviation unit at Fort Campbell, Kentucky, where he met Kristen, who was also in the Army. But he soon switched to the infantry, where he excelled. I served with him at Fort

Drum, New York, for three years, and he impressed me as the most knowledgeable but laid-back soldier I knew. He could answer any question on tactics, weapon systems, or Army regulations, but he was also quick with wisecracks and constantly concerned about his men. The soldiers at Combat

ON FOOT PATROL THREE MILES AWAY, STAFF SGT. EDUARDO LOREDO HEARD THE EMERGENCY CALL CRACKLE OVER THE RADIO. "OUR GUYS JUST HIT AN IED."

Outpost Tynes told me the same. He played video games with them, gave professional guidance, and counseled them on problems at home. And he often made jokes when his men faced danger, to put them at ease and remind them that good could be found even during dark and fearful times.

"I heard stories about how tight people get when they deploy, but I never knew it could be like this," said Spc. Clayton "Doc" Taylor, the platoon's medic. "I called him Dad." So did many of his men. Sgt. Adam Lachance had never had a male friend like Santos. They had planned a couple of trips to Las Vegas, and Santos and Kristen had visited Lachance and his wife in New Hampshire. Lachance had even turned down a promotion to staff sergeant in February because it would mean switching platoons and leaving Santos.

Each platoon is led by an officer, a first or second lieutenant. The platoon sergeant serves as his right-hand man in administration and logistics. That means Santos could have stayed behind at the outpost while his men patrolled. But he was always with them, as he was on the morning of March 22, in the front passenger seat of a hulking, mine-resistant truck, driving down a dirt road alongside a vineyard, just about to cross that small bridge.

Three miles away, Staff Sgt. Edwardo Loredo heard the call crackle over the radio as he led a foot patrol through the farmland south of the outpost. "Our guys just hit an IED," he said. Sound takes about 15 seconds to travel that far, so another moment passed before they heard the blast. Even at that distance, it rumbled through their chests. The bomb had been huge. The radio crackled again: "Four responsive. One unresponsive."

"IF IT HAPPENED TO SANTOS, IT COULD HAPPEN TO ANY OF US," SAID STAFF SGT. EDWARD ROSA. "THAT WAS THE BEGINNING OF THE CRAZINESS."

Loredo's patrol ran toward the sound of the explosion.

Weighed down by 50 pounds of body armor, ammunition, water, radios, and weapons, they ran through farmland that may have been mined. Panting and sweating, leg muscles

and lungs on fire, they arrived just as the medevac helicopter lifted off in a wave of dust that blocked out the sun. A tan armored truck lay on its side, the bottom scorched and the rear tires blown away, next to a deep crater in the dirt road. Sgt. Dale Knollinger, still out of breath, approached Sgt. Gregory Maher, who had been in the four-vehicle patrol.

"He's gone," Maher said.

"Who's gone?" Knollinger asked.

"Sergeant Santos."

Knollinger stood in the road and cried.

For a week afterward, Combat Outpost Tynes was quiet. "There was just silence for a while," Knollinger said. "There wasn't joking around like there was before." Soldiers talked to each other in quiet voices or kept to themselves. Santos's men felt adrift without him. "They lost their rudder,"

said Cpt. Jimmy Razuri, the commander of Charlie Company at the time.

Lachance had planned to bring Santos a McDonald's double cheeseburger from Kuwait on the way back from his two weeks of leave. Instead, while he sat in

the Atlanta airport, his wife called with the news. Back at the outpost, he found soldiers in Santos's room packing everything to be sent home to Kristen. "I didn't know what to do with myself for a while," he said. He slept in silence. No more late-night



or early-morning knocks on his wall from the adjacent room, Santos summoning him to hang out. He hadn't minded coming back to Afghanistan from leave, knowing he'd see Santos.

Now what? Lachance thought.

On his first patrol after his friend's death, Lachance reached into a pouch on his body armor and pulled out a handful of Jolly Rancher candy, the small pile speckled with green apple candies. His breath caught. He always carried Jolly Ranchers on patrol, and Santos took all the green ones, every time. "Why can't you just take a few?" Lachance would ask him. And Santos would just laugh.

Lachance stuffed the green candy back in the pouch. "I wouldn't touch them," he told me.

Several weeks before, Lachance, a self-trained tattoo artist, had given Santos a tattoo. The words snaked around his right arm: "The only thing necessary for the triumph of evil is for good men to do nothing." Beneath

them, the date: 22 November, 2009, when Private First Class Tynes and another soldier in

Charlie Company, Sgt. James Nolen, died. After Santos's death, ten platoon members asked Lachance for a similar tattoo. One now wears the quote on his thigh, another on his bicep, another on his ribs, all followed by 22 March, 2010, and C.M.S., Santos's initials.

The platoon said goodbye to Santos at a memorial service at Combat Outpost Tynes several days after his death. His men filed up to the helmet resting atop a rifle propped between a pair of combat boots. They saluted and knelt and said silent prayers. And while they kept patrolling, they were rattled by the death. "If it happened to him, it could happen to any of us," said Staff Sergeant Rosa. "That was the beginning of the craziness in the Arghandab for us."

**March 22, 2010:
The truck carrying
Santos was
destroyed by
an IED.**

In the coming weeks and months, the platoon was shot at and blown up repeatedly, sometimes several times a day. Spc. Brendan Neenan died June 7 in a blast that wounded four other soldiers. A buried bomb killed Loredo on June 24, and another bomb hit Spc. Christopher Moon on July 6. He died a week later at Landstuhl Re-

throw a luau for the guys after the deployment. She figured he would have wanted her to follow through, and soldiers could share memories with her and the widows of Nolen and Loredo.

On a picnic table in an open-air pavilion, Kristen arranged framed photographs of the platoon's six dead soldiers on small stands and placed a yellow rose and a shot of Jack Daniel's in front of each. She held the large picture of Santos, standing against a gray concrete wall in Afghanistan, his rifle propped up beside him. "I miss him so much," she told me, and kissed

KRISTEN WAS THERE WHEN HIS SOLDIERS GOT OFF THE PLANE. "I WENT TO ALL THE FLIGHTS TO PROVE TO MYSELF HE WASN'T COMING HOME," SHE SAID.

gional Medical Center in Germany. Of the 42 platoon members, six were killed during the deployment and 14 injured, a casualty rate of nearly 50 percent, high even for frontline troops working in the country's most dangerous areas. By mid-July, the height of fighting season, many in the platoon were convinced their fate would be the same. But Moon's death was the last, and by mid-August, Santos's men had started boarding planes for home.

On September 11, 2010, I grilled chicken wings with Doc Taylor under a gray sky at a park on Fort Bragg in North Carolina. Country music blared from the open doors of his white Chevy pickup truck. Taylor's wife inflated a plastic palm tree as Kristen Santos opened a box of plastic Hawaiian leis. She and Santos had planned to

the photo. "It still doesn't feel real."

Such distance from the battlefields where their loved ones died leaves many family members without a sense of closure. Kristen said it was difficult for Cameron to accept that his dad was gone. He had been away a lot. He'd been deployed over Halloween and Thanksgiving and Christmas. Now the only difference was Cameron had been told that his dad would never be coming home. Kristen understood. She had last seen her husband on Thanksgiving Day, 2009, when they chatted by video for a few minutes during a rare moment of Internet access. She still couldn't quite believe she'd never see his face again. She welcomed his soldiers home when they stepped off the plane, hoping for some feeling of finality, which eluded her. "I went to all the flights just to prove

to myself he wasn't coming home."

Soldiers wearing Hawaiian shirts arrived with wives, girlfriends, and children, plates of food, and cases of beer. The pavilion filled up, and Captain Razuri stood in front of the memorial table. "Nine years ago today, you know what happened," he told the group. "It's why we're still doing what we're doing today, and why these guys behind me aren't with us."

Later Kristen sat with a half dozen soldiers and looked through pictures from the deployment, many of which she hadn't seen. Santos walking through villages, filling sandbags at Combat Outpost Tynes, drinking tea with the Afghan police, handing out stockings for Christmas. Kristen laughed and reached toward the laptop computer screen, as though to touch him. And then the pictures changed, from shots of a grinning Santos to soldiers standing on a dirt road, next to a truck flipped on its side, scorched by flame, two wheels blown off. The laughter stopped, and Knollinger and Rosa traded nervous glances with other soldiers. "I need to see this," Kristen told them. She leaned closer to the screen and stared at the pictures. "Is that the truck? I need to see where it happened. I need this."

Kristen and the soldiers told stories about Santos and, one by one, his men sat for a few moments and wrote on the big framed picture she had brought. By day's end, the border around the photo was crowded with messages to their fallen leader.

I want you to know you changed my life and I love you for that. The world will never be the same without you. But I will be the man I told you I would. I love you, Dad. Till we meet again.

Doc Taylor

Dad, I can't even describe what it was like to work for you. I learned so much and matured because of you. You were awesome to work for and truly a great friend. I love you and think about you every day. Miss you.

Sgt. Dale Knollinger

You were the quiet professional. Thank you so much for your guidance. You have no idea how much you are missed. Goodbye, Brother.

Sgt. Brian Flannery

I've never been closer to another man. You were a great friend. Until we meet again, you will be thought of every day.

Sgt. Adam Lachance

That night, after Kristen packed up the leftovers and pulled down the decorations, she and Cameron returned to their small brick house on Fort Bragg, crowded with pictures of her husband. Cameron retreated to his bedroom to play video games, as he had often done with his father and now did alone. Beside him on the bed lay the framed picture, adorned with the memories of the men his father left behind. ■

IPAD EXTRA To watch an exclusive video tribute to Sergeant Santos, download the *Reader's Digest* magazine app from the iTunes store.

FACT VS. FILM

Hollywood doesn't let a little thing like the truth get in the way of a good story, as these three recent movies prove

BY MAX GLASKIN

Whoa—don't pull up short, Jon. There's a guy right behind you, and the last thing you need now is a pileup.

FILM

Ummm, nice tie, but not really the best fashion accessory in a raid. That said, when stuff happens, the FBI's desk jockeys, dressed for office work, are likely to be pressed into action. **FACT**

Too many people in too small a space. Unless they spread out, the bad guys could find it easier than shooting fish in a barrel. **FILM**

WHO'S RUNNING THIS TOWN?

Actor Jon Hamm is so cool in *Mad Men* that he never breaks a sweat, let alone a run. But **The Town** is a different place and era, so he has to hotfoot it as FBI Special Agent Adam Frawley before all the good doughnuts are gone.



“Come in, buddy. Over. Buddy?” With no visible radio, he’ll have to rely on shouting, gestures, and sheer charisma to communicate with his squad. **FILM**

Body armor. Forgot your standard-issue bulletproof vest? Don’t show yourself to every sniper in town. Duck behind something. **FILM**

Top gun. The extended barrel of his shotgun isn’t just for show. It gives him an extra two or three cartridges before reloading. **FACT**

VERDICT: The tiny errors in this scene happen for real when adrenaline kicks in, says James J. Wedick, a retired FBI agent. “This looks pretty damn good,” he says, impressed by its accuracy. “If the FBI has a couple of days to plan, they can get everything perfect. Unfortunately, criminals don’t broadcast their schedules, so agents just have to go with what they’ve got at the time.”

ANCHORS AWAY!

Daybreak is the underfunded, understaffed, and underwatched national news show in *Morning Glory*, starring Harrison Ford, Diane Keaton, and Rachel McAdams. How much is fact? How much is fiction?

Extra, extra! Extras needed! You couldn't broadcast even a small-town local news show with just a dozen people, so this cramped room isn't too crowded. **FACT**



What's in their coffee? Big smiles and fresh faces are rare at frantic morning shows, especially this early in the a.m. **FILM**

Out of the loop. News crews are BlackBerry addicts, but here there are only two in sight—and neither is being used. **FILM**

Socks appeal. The anchor makes a hey-look-at-me statement with his ankles, as if being seen daily by millions isn't enough to satisfy his ego. **FACT**

Er, please don't file your nails during the meeting, Ms. Keaton. It's a little unprofessional. **FILM**

Gold stars for recycling, but black marks for authenticity. Only a news museum would have bulky, outdated computer monitors—flat screens rule. **FILM**

Are these VHS tapes? Really? In 2011? **FILM**

Anything and everything turns up on a morning show, so nobody bats an eyelid at the bright inflatable pool toys. **FACT**

VERDICT: “These morning news shows are a monster to put on,” says David Friedman, executive producer of *The Early Show* on CBS. The work is fast, intense, and the opposite of this film’s relaxed chirpiness.

TALES FROM THE HOOD

Ridley Scott cast Russell Crowe as **Robin Hood** in the 21st-century version of a 20th-century remake of a 14th-century legend about a 13th-century character.

Where's the boss?

Banners likely show troops where their leader is in the melee. **FACT**

If I had a hammer ... War hammers like Robin's were needed to pierce plate armor. Others preferred to use an ax. **FACT**

Clank! Ding! Clang! Metal shields make a fantastic sound in battle, especially when Robin Hood plays drums on them with his war hammer. **FACT**

Where are our uniforms, Sarge? Sorry, none existed in the Middle Ages. Soldiers wore their own clothes with linen or coarse wool underwear to keep the chain mail from chafing. **FACT**



Riding tall in the saddle with straight legs not only makes Crowe look heroic but also gives him better purchase on the stirrups and reduces strain on his horse's spine. **FACT**

Run away! A man with a crossbow would never be at the center of the fighting. He's less vulnerable and of more use at some distance, shooting into the enemy.

FILM

Horse sense. Top people rode the best warhorses, called destriers. Like Rolls-Royces, they were top dollar. **FACT**

VERDICT: Ridley Scott makes merry with history but not with battle facts, says Professor Kelly DeVries, a medieval military historian at Loyola University Maryland. The film's historical consultants are some of the best in the world, he insists, "so the arms and armor are amazingly accurate!"

COLLEGE

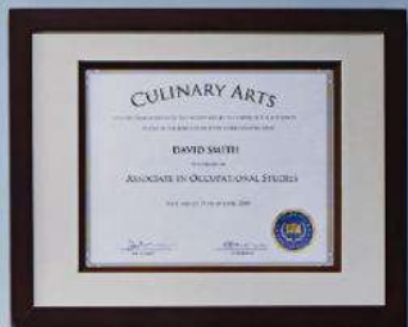
for Free

America's top professors are putting their courses online. David Hochman goes on a wild learning spree and finds the best.

MMy favorite teacher helped me fold my socks the other day. Afterward, we went jogging together, and he even did some grocery shopping with me. Absolutely brilliant guy, though the conversation was a little one-sided. I was listening to him lecture on my iPod. For weeks I had been scouring the Internet in pursuit of an education. Not the kind that comes from checking Facebook or watching cute puppy videos, but honest-to-goodness Ivy League learning. One of the unsung benefits of our wired world is that for years, the most prestigious universities have been posting complete courses on the

Web, tuition free. We have access to lectures, syllabuses, exams, charts, diagrams, whole textbooks even—all in the name of the OpenCourseWare movement that took off in the United States when the Massachusetts Institute of Technology began uploading classroom material without charge in 2002. Now you practically need a full-time course adviser to navigate the online throngs lining up for classes.

That's where I come in. I recently set out to learn as much as I could on the Web in 30 days. Physics, sociology, astronomy, gastronomy, gastroenterology—whatever I thought would make me a wiser, more complete hu-



man being. Because that's the point of education, isn't it? At the same time, I wanted to give others a road map. A Google search for free online education turns up over 320 million results, so a few guidelines were in order. Sure, YouTube abounds with amateur instructional videos, but that wasn't what this was about. Aside from a few mind-blowing exceptions, I stuck to free offerings from accredited universities, and I mostly favored video lectures over audio ones because our brains work best when we see (and write down) what we're learning.

says, holding a human brain, "yet it has the capacity to conceive of a universe a billion light-years across. Now isn't that phenomenal?" My brain certainly thought so, though Diamond lost me by lecture 7 of 39, somewhere around the finer points of glycosaminoglycans. That was the first challenge I discovered about going to school without actually showing up: Nobody's taking attendance, and nobody's grading you or offering feedback or job tips or course credit (not for free, anyway, though interactive tuition-based curricula—for

The physicist makes the great principles of motion, energy, and, indeed, quantum mechanics seem down-to-earth.

I got that useful tip from the mother, nay, grandmother, of all cyberprofs, 84-year-old Marian C. Diamond, who has been teaching anatomy at the University of California at Berkeley for 50 years. The lecture hall for Diamond's intro course, Integrative Biology 131, holds 736 students, and it's often oversubscribed. But online, you're in the front row. In beautiful blackboard cursive, Diamond writes the names of each muscle, bone, and corpuscle with good-natured sass.

"*Uterus* means 'hysteria, excess anxiety,'" she sighs. "Isn't it amazing how far we've come?" I stayed up past midnight riveted by Diamond's simple yet wondrous descriptions of what our body parts do. "This mass weighs only three pounds," she

credit—are emerging). So why sit through the boring parts?

I'm not saying it wouldn't serve me to proceed class by class, but at my age—let's just say north of 30—I've made peace with never becoming a rocket scientist. Plus, who's got time? Rather, I opted for what education professionals like to call enrichment. An eye-opening lecture by Ithaca College professor Kevin Murphy convinced me that the narrator chose the wrong path in Robert Frost's "The Road Not Taken." I love the jazz album *Kind of Blue* by Miles Davis, but it took a four-part audio lecture by Gordon Vernick, associate professor of music at Georgia State, to help me understand why I love it.

Bill Gates, Harvard's most illustri-

ous dropout, has said his life might have been different had he been able to watch the late physicist Richard Feynman lecture on physics in 1964. Being Bill Gates, he's now bankrolling that experience for all mankind. The seven lectures Feynman gave at Cornell University on "the character of physical law" demonstrate just how sophisticated online learning can be. Start the video and there's Feynman charming a hall full of students dressed like *Mad Men* extras. Maybe it's his buoyant New York accent, but the physicist makes the great principles of motion, energy, and, indeed, quantum mechanics seem down-to-earth. "Even the artists appreciate sunsets and the ocean waves and the march of the stars across the heavens," he says before explaining the law of gravitation. Meanwhile, the text of his talk appears along the bottom of the screen, and when he mentions the name Galileo, up pops a panel with Galileo's picture. Click on the picture for a biography and another panel leading you to an interactive simulation of Kepler's Three Laws—and a link to an online history of astronomy.

Someone once described the Internet to me as the world's shallowest ocean, but the deeper I dived into the top sites that curate free course offerings [see "Free Classes Are a Click Away," page 152], the more I saw how brilliant the Web is. One Sunday morning, I started with a lecture series called "The Roots of Humanity and Civilization" from Villanova University, brushed up on Spanish

on the BBC's terrific interactive language website, watched former British prime minister Tony Blair lecture at Yale on the virtues of faith, then took several popular Intro to Drawing classes from the U.K.'s Open University. Some classes were life-changing. After viewing the talk "Sugar: The Bitter Truth" by Dr. Robert Lustig, a professor of clinical pediatrics at the University of California at San Francisco, I promptly removed every

Great Online Teachers

- ▶ **Marian C. Diamond**, UC Berkeley, General Human Anatomy: The Human Brain and Muscular System, academicearth.org/lectures/muscular-system-1
- ▶ **Paul Bloom**, Yale University, Introduction to Psychology: Evolution, Emotion, and Reason: Emotions, Part I, academicearth.org/lectures/evolution-emotion-and-reason-emotions-1
- ▶ **Michael Sandel**, Harvard University, The Morality of Murder: (Part 1) The Moral Side of Murder, (Part 2) The Case for Cannibalism, academicearth.org/lectures/morality-of-muder-and-cannibalism [sic]
- ▶ **Richard Feynman**, Cornell University, Law of Gravitation, research.microsoft.com/apps/tools/tuva/index.html
- ▶ **Salman Khan**, Khan Academy, The Kidney and Nephron, khanexercises.appspot.com/video?v=cc8sUv2SuaY

Free Classes Are a Click Away

Need to brush up on Italian? Don't know a surrealist from a hole in a canvas? Take heart. Practically any academic subject you ever wanted to learn (or relearn) is available free online. Here are the best collections of free courses.

▶ **iTunes U:** Apple's well-tended education portal aims to help you "learn anything, anytime, anywhere."

▶ **Academic Earth (academicearth.org):** Browse lectures at such schools as Harvard, Stanford, and Yale; post questions and comments; see which lectures get A+ grades from fellow users.

▶ **YouTube EDU (youtube.com/education):** The site's sprawling academic collection features content from more than 300 colleges and universities from ten countries in seven languages.

▶ **The Einstein Knowledge Network (einstein.com):** Access to complete courses, including downloadable syllabuses and documents, across more than 35 categories, from 100-plus university providers.

▶ **Khan Academy (khanacademy.org):** One very wise man lecturing on hundreds of topics. Heavy emphasis on numbers and science.

▶ **Open Culture (openculture.com):** A smart guide to free audiobooks, language lessons, academic podcasts, classes, and intelligent video sites.

product in my cupboard containing high-fructose corn syrup.

At a certain point, I got so obsessed with getting smarter, my family started worrying. I watched psychologist Paul Bloom's phenomenal Intro to Psych lectures on my video iPod at the gym, learned Greek history in the car on the way home, and later streamed economics lessons on my phone while my seven-year-old was trying on new shoes. Once, my wife was horrified to catch me in the middle of the night with an open laptop watching Yale philosophy professor Shelly Kagan's 26-part lecture series on death. I know. It sounds grim. But can I just tell you how riveting and even uplifting those classes are? Shelly—that's what he asks us students to call him—sits cross-legged on a wooden desk in front of a chalkboard, contemplating the most profound questions we all grapple with. Do souls exist? What does it mean to die? And how can we go about our everyday business knowing it's all going to end? His answers are provocative and surprising, but I had to LOL when my Internet browser crashed just as Professor Kagan was wrestling with the question—I kid you not—"What is the meaning of life?"

Some of the coolest lessons came from outside the traditional classroom. Openculture.com, which curates the best free educational material on the Web, has a link to a gripping three-minute clay animation version of the Allegory of the Cave from Plato's *Republic*. It's adorable even. Or try askphilosophers.org, a mobile-phone

Khan gets e-mails nearly every day from remedial students who have become math rock stars because of his videos.

app, designed by Amherst College, that lets you ask big, lofty questions of professional sages as well as view the questions of others. Philosopher Charles Taliaferro's thoughtful response to a man wondering how to handle his own needs as his wife falls deeper into Alzheimer's disease moved me to tears. "Love is at its best when it longs for the good of the beloved," Taliaferro wrote in part, but "you may be in a position where you have done all you can for the good of your beloved." I felt comforted knowing there's a team of philosophers out there willing to lend free life advice.

Likewise, I was reassured knowing it's never too late to make up for my high school and college mistakes, such as never learning the real causes and consequences of the American Civil War (Yale historian David Blight filled me in beautifully). And let's not even talk about my math shame. For help there, I got everything I needed from the Web's most ambitious teacher, Salman Khan. Once a highly paid hedge fund analyst with multiple degrees from Harvard and MIT, Khan, 34, started teaching math for free on the Internet in 2006 and three years later quit his job to teach full-time. With an electronic blackboard and a soothing, stress-free voice, Khan makes short videos on everything from basic

addition to polynomial approximation in advanced calculus. He also illuminates physics, biology, chemistry, banking, even the rise and fall of Napoleon—nearly 2,000 videos in all. I called Khan at his home in California's Silicon Valley, where he lives with his wife and son, to ask two basic questions: How do you know so much? and Why are you doing this?

"My teachers had a tremendous impact on me and taught me a lot," he said, "but as a teacher today, it's possible to have an even greater impact." At the biggest universities, individual professors can teach hundreds of students a year. On YouTube, Khan is reaching 300,000 a month. He gets e-mails nearly every day from remedial students who have become math rock stars because of his videos. A cancer patient wrote to say she was devoting the last two months of her life to finally learning calculus. "I can make a video on the anatomy of a neuron, and my son, who is a toddler, can watch it when he's 17 or in a hundred years," Khan said. "That's unbelievably satisfying."

Oh, my brain certainly thought so too. Khan's soothing voice became the sound track to my life, as I took him with me, virtually at least, on errands, jogs, and chores around the house. Sure, he did all the talking, but the rewards were all mine. ■

The killer
held a knife
to our
daughter's
neck.
Here's
how we
fought back.

Caught in the Act

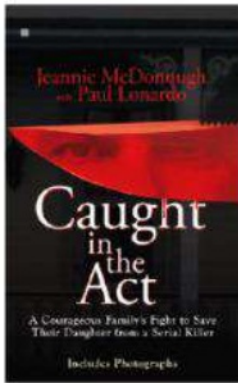
At home in
Chelmsford,
Massachusetts: Kevin,
Jeannie, Shea, and
Ryan McDonough.

BY JEANNIE MCDONOUGH
WITH PAUL LONARDO

● FROM *Caught in the Act*

PHOTOGRAPHED BY JASON GROW





On July 29, 2007, our 15-year-old daughter, Shea, came home from a friend's house shortly before midnight. My husband, Kevin, was asleep, but I was wide awake. The overhead fan in our bedroom had done little to diminish the oppressive heat. Shea told me she was going to sleep in the guest bedroom next to us, which was the only room with working air-conditioning. She said good night and started to close our bedroom door behind her.

"Shea, could you leave the door open a little? Thanks, baby. Have a good night."

Shea wasn't quite ready for bed, however. As she walked into the family room and turned on the television, she realized that her older brother wasn't home. Assuming that he'd be coming in shortly, she unlocked the back door in case he'd forgotten his key. She didn't know that Ryan was spending the night at a friend's house.

Around 3:40 a.m., the masked intruder entered our house through the kitchen, where Shea and I had left our purses. He grabbed both, took them back outside, and rifled through them using his tiny flashlight. Shea's contained a small color photo of her. I believe it was all he needed to see.

He took the cash from Shea's purse and left everything else on the porch table. Stepping back inside, he crept past our partially open bedroom, ignoring Kevin and me and the cash in

plain view on our bureau. Instead, he entered the guest room and closed the door; the drone of the air conditioner softened any sound. He leaned over our daughter and placed a gloved hand firmly over her nose and mouth. In his other hand was a large hunting knife.

Shea instantly awakened but was disoriented. Her first thought was that her brother was joking around, but even in the darkness she could tell that the hulking body was not Ryan. She felt something sharp pressed against her neck, and as her eyes adjusted, she could see that the man was wearing a mask.

"If you make any noise, I'll kill you," he said in a deep southern accent.

Shea wanted to scream, but she couldn't. The man's hand was so big that it covered almost her entire face.

I heard whimpering through the wall, and then I saw that Kevin was awake too.

“I’ll go check on her,” he said.

“No, I’ll go,” I told him, but he was already on his feet.

It was unusual enough for one of us to get up in the middle of the night, but both of us going to check on the kids was not something I remember our doing, even when they were babies. Had either of us gone alone, however, the events that followed would have been drastically different. Even more disconcerting, had our air-conditioning been working, we might never have heard Shea’s cries.

I didn’t bother to put on my robe; both of us were in our underwear, not expecting to find anything more traumatic than our daughter having a nightmare. But when Kevin opened the guest room door, we walked in on a *real* nightmare.

“Hey!” Kevin yelled at the hulking figure. “What are you doing?”

Startled, the intruder turned to face us and grazed Shea’s shoulder with the blade.

There are few words, if any, to describe my abject horror. I instinctively started to move toward the bed at the same time Kevin charged. Despite being a good 80 pounds lighter than the other man, Kevin seized his wrists, spun him away from Shea, threw him onto the twin bed opposite her, and climbed on his back. “Get the knife!” he yelled to me.

I tried to grab it, but I cut my palms badly.

Shea reached her cell phone and dialed 911. She sounded almost hysterical at first but quickly regained

her composure, telling the dispatcher where she was and what was happening. Because she had used a cell phone instead of a landline, the call had gone to the state police and had to be transferred to our local Chelmsford, Massachusetts, department. During the pause, Shea thought she’d been disconnected and hung up. Fortunately the dispatcher passed on the information, and by 3:58 a.m. Officer Robert Murphy was on his way.

Shea was about to call 911 again when the intruder managed to stand up, with Kevin clinging to his back. This was the most terrifying moment of my life. I thought for sure he was going to kill all three of us. But Kevin held on and was able to wrap an arm around the man’s neck, bulldogging him as they tumbled backward. They crashed against the wall between Shea’s bed and the closet, the intruder in Kevin’s lap, unable to move.

“Shea, go get my gun!” Kevin yelled.

“Okay, Dad!” she responded and walked quickly out of the room,

The man had two 15-inch hunting knives, a smaller knife, and three feet of choke wire.

never letting on that we did not have a gun. As soon as she left, her cell phone rang. It was the Chelmsford police, telling her to go outside so she could flag down the cruiser.

“Who are you?” I asked the stranger, as I tried again to take the knife.

“I’m nobody. Just let me leave.”

“You’re not going anywhere,” Kevin said.

“I’ll let go of the knife,” he said.

In Kevin’s choke hold, he was weakening quickly.

Now my fear was replaced by rage. “How did you get in?” I asked.

“The back door was unlocked.”

“Would you have come in if the door had been locked?”

“No,” he said, “I can’t pick locks.”

Outside, Shea was waving her arms as the police car approached

tential homicide unfolding, he wasn’t about to wait for backup.

“Don’t move or I’ll blow your head off!” Murphy yelled as he entered the bedroom.

I was beyond relief. It felt like an eternity had passed, but Shea had called 911 barely four minutes earlier.

A moment later, Sgt. Frank Goode arrived. He pulled the suspect off Kevin, then subdued and handcuffed him. By that time, Officer Bruce Darwin had also arrived.

When Goode searched the suspect, the officers were amazed at what he found: two 15-inch hunting knives, a smaller knife with a retractable blade, a three-foot length of choke wire, and a Chinese throwing star.

While this was going on, I retreated to our bedroom, where Shea had to help me get dressed because my hands were cut so deeply.

The suspect was led out of the house as the paramedics arrived to treat my hands, which would need 19 stitches. From the back of the squad car, the intruder shouted through a window, “She did that to herself!”

Next, Det. George Tyros from the Criminal Bureau arrived. Murphy had taken a risk by entering the house alone, but when Tyros looked at the arsenal, he was certain that any hesitation would have resulted in the coroner being called.

As Tyros photographed and processed the evidence, Kevin, Shea, and I were not yet fully aware just how fortunate we had been—and how our lives would change forever.

“Don’t move or I’ll blow your head off!” Officer Murphy yelled, entering the bedroom.

our house. Officer Murphy jumped out and unholstered his pistol.

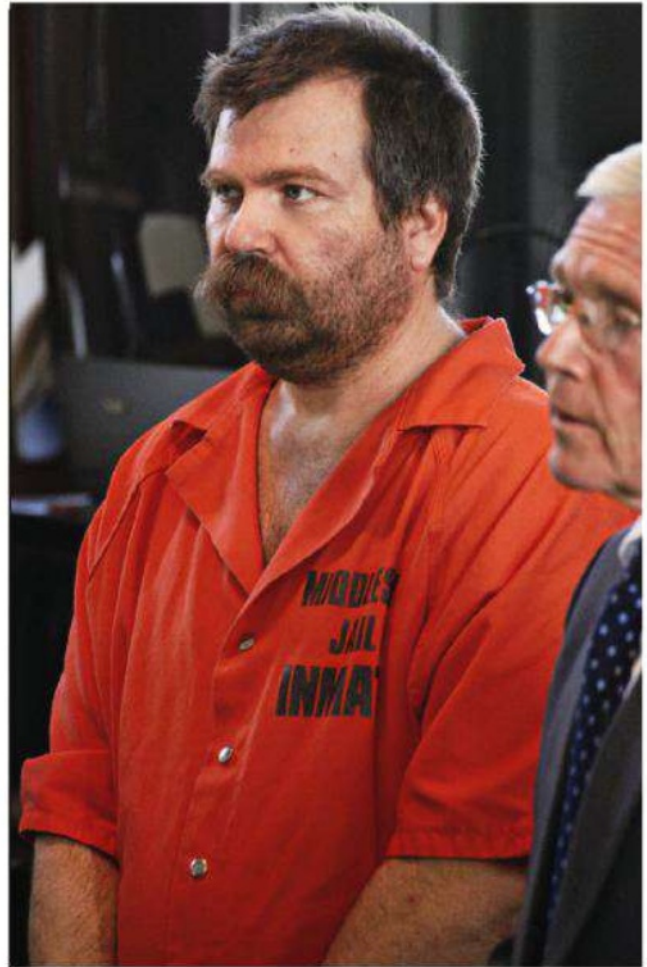
“Where is he?” he asked Shea.

“In the house,” Shea said. “Fighting with my father.”

Murphy was alone, but with a po-

During booking, police established that Shea's assailant was a long-distance trucker named Adam Leroy Lane. He was 42 years old, lived in North Carolina, and was married with children. In his truck was a copy of a DVD called *Hunting Humans*. Police suspected this wasn't his first crime and contacted the FBI. Within a month, Lane had confessed to the brutal murder of Monica Massaro, 38, in her Bloomsbury, New Jersey, home (near Interstate 78) less than 24 hours before the attack on Shea. Soon he was the primary suspect in the July 13 death of Darlene Ewalt, 42, of West Hanover Township, Pennsylvania (off Interstate 81); she'd had her throat slit while talking on the phone on her back patio at 2 a.m. Her family's tragedy was compounded by the fact that police initially viewed her husband as a person of interest; he had insisted—truthfully—that he'd been asleep upstairs. Lane was also suspected of the near-fatal stabbing of Patricia Brooks, 37, of Conewago Township, Pennsylvania (close to Interstate 83), who had been attacked in her home on July 17. She had survived by pretending to be dead. Devastated by the grief of the other families, Shea's mother vowed to do whatever she could to see justice served.

On September 12, 2007, the day after Shea's 16th birthday, Adam Leroy Lane was arraigned in Middlesex Superior Court in Lowell, Massachusetts, for the attack on her. Kevin, Shea, and I watched as Lane was brought out,



Adam Leroy Lane at his arraignment, September 12, 2007.

handcuffed and shackled, in an orange prison jumpsuit. He had lost a lot of weight and seemed exceptionally indolent, almost drugged.

“Look at him,” I said to Kevin, feeling more loathing than ever. I thought he was trying to gain sympathy. Lane pleaded not guilty to ten criminal charges, including home invasion and assault with intent to murder. Although it's standard legal procedure for defendants to plead not guilty at this stage, it was incredible to hear those words spoken by a man who had been caught holding a knife to our daughter's throat.



A police photo of Lane's weapons, mask, flashlight, and other confiscated gear.

Shea shuddered as she heard Lane's voice. I put an arm around her and held her close.

We listened as his lawyer argued for bail. If Lane posted bail in Massachusetts, he would be handed over to authorities in New Jersey to face charges in the Massaro murder.

Prosecutor Thomas O'Reilly stated emphatically that "the Commonwealth has no intention of relinquishing him to New Jersey until our case is over" and described Lane as a "complete danger to the community."

After Lane underwent further psychiatric evaluation, the prosecution was required to bring the case against him to trial within 90 days or face another bail hearing.

Three months seemed like forever to our family. We tried the best we could to go on as usual, but it was

as if we were all either walking on eggshells or in a fog.

Meanwhile, on October 30, a Hunterdon County, New Jersey, grand jury indicted Lane in absentia on eight counts, including first-degree murder, felony murder, burglary, and weapons charges related to the homicide of Monica Massaro. If convicted of first-degree murder, Lane was looking at life in prison without the possibility of parole. This was the best news I had heard in a long time.

On November 3, Officer Robert Murphy, Det. George Tyros, and Sgt. Frank Goode were honored for arresting Lane and were named Police Officers of the Year by the New England Police Benevolent Association. It was the first awards ceremony of its kind, involving 72 departments in Massachusetts and New Hampshire. A month later, our family was presented with Certificates of Apprecia-

tion for Heroism and Bravery by the town of Chelmsford. Police Chief James Murphy credited Kevin's assistance in subduing a deranged individual who would likely still be at large if not for his intervention. Kevin deflected praise: "I feel she's the real hero," he said of Shea. "She had the will to fight."

"Amazingly, she managed to maintain her composure while guiding the first responding officer to her home," Murphy said.

"She's a tough nut," I added, smiling at Shea. "She reacted and we followed. It was a real team effort."

Like her dad, Shea shunned the praise with a shrug of her shoulders and a smile.

As Christmas approached, we felt that we had already received our presents. Two weeks earlier on December 11, Lane had been sentenced in a plea bargain to 25 to 30 years for the attack in our home, and would stand trial in New Jersey next.

This ended our personal involvement with the criminal justice system. Still, the pain we were exposed to—our own as well as that of the families and friends of Lane's other victims—challenged us. We received a holiday card from Darlene Ewalt's best friends, who extended heartfelt gratitude. Similar sentiments came from the Massaro family. I realized we would be forever bound by this tragedy, and I could only hope that with time we would all find peace in our hearts.

Six months after the attack, the lingering effects of fear and anxiety reared their ugly head. One night in February, after going to a party where she drank alcohol, Shea came home displaying erratic and manic behavior and made an offhand comment to her boyfriend, threatening to commit suicide. It was terrifying and heartbreaking.

As the effects of the alcohol wore off, so did thoughts of harming herself, but I stayed up all night with her, watching to be sure she was okay. I was riddled with guilt, blaming myself for not seeing this coming. She was so precious; I worried that maybe I hadn't made that clear enough to her. I thought that if she knew how much she meant to all of us, she would never have considered hurting herself.

The next morning, I contacted her therapist and arranged for Shea to be seen as soon as possible. Shea did not think this was necessary and begrudged my actions. I could only hope she would eventually appreciate that I had her best interests in mind.

Shea struggled with her concentration and focus, as well as an inability to sleep.



Jeannie, Shea, and Kevin McDonough in court, December 11, 2007, the day Lane pleaded guilty.

Spring came, and we were still struggling as a family. It seemed that every step forward was followed by another backward.

Shea and Ryan had always been good students, but now both were failing academically.

Shea struggled with her concentration and focus, as well as an inability to sleep. Her school reduced her course load, which helped, but things were still difficult. Being a teenager is hard enough without feeling that everyone is staring and whispering behind your back. At home, Shea was around people who understood what she had gone through. In high school, it's all about fitting in, and I

could only imagine how Shea felt every day. Who could be surprised that she had lost her motivation?

Ryan hadn't fared any better. The challenges of our son's freshman year at college had overwhelmed him, and after being placed on academic probation his first semester, he wasn't able to crawl out of the hole he had dug for himself. When we received a certified letter from Wentworth Institute stating that Ryan had flunked out of school, our already heavy hearts sank lower.

Shea continued to visit her therapist, who suggested she also see a psychiatrist who could prescribe a low dose of antidepressant and anti-anxiety medication. I was apprehensive about this because of possible side effects and the unknown long-term implications. Kevin and I agreed that we would consider this method of treatment only if we saw a drastic decline in Shea's well-being.

Measuring that kind of progress is tricky, I realized, and I was afraid we might be making the wrong decision. However, we watched her closely, and luckily she began to make great strides. It wasn't necessary to prescribe medication after all. As for Ryan, he was able to continue to pursue his interest in media arts.

Although there were many challenges ahead of us as a family, we were still together, and that was the most important thing.

On September 11, 2008, Shea turned 17. Lane had been sent to New Jersey

over the summer to face charges in the killing of Monica Massaro. This September 11 was a gloriously beautiful, crisp, and clear day, not unlike the world-changing September 11 seven years earlier. Just as it is for all Americans, for me this date will forever be marked by tragedy and the reflection of how, in an instant, our nation was stripped of its innocence and sense of security. For me, however, it will also be a day of celebration. On her 17th birthday, I looked at my daughter with overwhelming gratitude that her life hadn't been snatched away, and with a sense of awe that, strong and resilient, she continued to stand before me.

No doubt, I will always pause on September 11 for all those innocent lives that were taken, and with my

next breath, I will give thanks to God that this day will also be celebrated by my family for the immense joy that it brings to our lives, marking Shea's entrance into the world.

In October 2008, Lane was sentenced to 50 years in prison for the murder of Monica Massaro, to be served consecutively with the 25 to 30 he had already been given for the attack on Shea. As part of a plea bargain, he waived the right to appeal. In June 2010, he was sentenced to life in prison for the murder of Darlene Ewalt and received another 10 to 20 years for attempting to kill Patricia Brooks. Although he avoided the death penalty, there is no possibility that Lane will ever walk free. ■

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HOPE AND LOVE

All winter
the blue heron
slept among the horses.
I do not know
the custom of herons,
do not know
if the solitary habit
is their way,
or if he listened for
some missing one—
not knowing even

that was what he did—
in the blowing
sounds in the dark.
I know that
hope is the hardest
love we carry.
He slept
with his long neck
folded, like a letter
put away.

Jane Hirshfield

FROM *THE LIVES OF THE HEART* BY JANE HIRSHFIELD (HARPERCOLLINS, 2007).
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I Recommend



Sid Evans,
editor in chief,
Garden & Gun
magazine

“Southerners have always been obsessed with their dogs, which is why we have a regular column at *Garden & Gun* called Good Dog. One of my favorites is this essay by P. J. O’Rourke. It’s an outrageous premise, but as with all good satire, it makes you laugh (and laugh) because there’s more than a grain of truth to it.”

Sit, Stay, Whoa!

Faced with conflicting and useless parenting advice, P. J. O’Rourke consulted his gun-dog training manual

● EXCERPTED FROM *Garden & Gun*

I have three badly behaved children and a damn good bird dog. My Brittany spaniel, Millie (age seven), is far more obedient than my daughters, Muffin (eleven) and Poppet (nine), and has a better nose than my son, Buster (five). Buster does smell, but in his case it’s an intransitive verb.

Millie hunts close, quarters well, points beautifully, is staunch to wing and shot, and retrieves with verve. My children ... are doing okay in school, I guess. They look very sweet—when they’re asleep.

As my family was growing, I got a lot of excellent advice about discipline, responsibility, respect, affection, and cultivation of the work ethic. Unfortunately, this advice was from dog trainers and was directed to my dog. In the matter of child rearing, there was also plenty of advice, all of it contradictory—from family and family-in-law, wife, wife’s girlfriends, pediatricians, nursery

(TOP LEFT) ILLUSTRATED BY GRAFILU



school teachers, babysitters, neighbors, and random old ladies on the street, plus Dr. Spock, Dr. Phil, and, for all I know, Dr Pepper: Spank them/Don't spank them. Make them clean their plate/Keep them from overeating. Potty train them at one/Send them to Potty Training Camp at 14. Hover over their every activity/Get out of their faces. And none of this advice works when you're trying to get the kids to quit playing video games and go to bed.

It took me years to realize that I should stop asking

ILLUSTRATED BY JOHN CUNEO

myself what I'm doing wrong as a parent and start asking myself what I'm doing right as a dog handler.

The first right thing I did was read and reread *Gun Dog*. "Start 'em young" is the message from its author, the late Richard A. Wolters. That's why, if we have another child, he's going to learn to walk pushing on the handle of a lawn mower instead of teetering around the sofa.

Although Wolters was sure that waiting until the traditional one-year

interrupted, the success rate rose to 90 percent.

It goes without saying that the idea of Seeing Eye kids is wrong—probably against child labor laws and an awful thing to do to blind people. But I take Dr. Scott's point. And so did Richard Wolters, who devised a regimen that had dogs field-ready as early as six months. That's three and a half in kid years. My kids weren't doing anything at three and a half, other than at night in their Pull-Ups.

The Start-'Em-Young program turns out to be a surprise blessing for dads. Wolters writes in *Gun Dog* of a puppy's first 28 days (equal to about six months for a kid), "Removal from Mother at this time is drastic." That's just what I told my wife about the care and feeding of our infants—*drastic* is the word for "leaving it to Dad." According to Wolters, I'm really not supposed to get involved until the kid is about one (equivalent to a 56-day-old pup). Then I can commence the nurturing (Happy Meals) and the "establishing rapport" (sitting together on the couch watching football).

Next the training proper begins. "Repetition, more repetition, and still more repetition," enjoins Wolters. I've reached the age where I'm repeating myself all the time, so this is easy. "Commands should be short, brisk single words: 'sit,' 'fetch,' 'whoa,' 'come,' 'no,' etc." In the case of my kids, the *etc.* will be "getajob" or at least "marrymoney."

Wolters points out that body language is important. "Your move-

Commands should be short, **brisk single words**. In the case of my kids, that will be "getajob" or at least "marrymoney."

mark before teaching a puppy to hunt was like carrying your kid in a Snugli until he was seven, he wasn't sure why. Then he came across the work of Dr. John Paul Scott, a founder of the Animal Behavior Society. Dr. Scott was involved in a project to help Guide Dogs for the Blind, Inc. Seeing Eye dog training was considered almost too difficult to be worthwhile. When litters were used from even the best bloodlines, the success rate was only 20 percent. Dr. Scott discovered that if training began at five weeks instead of a year and continued un-

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ments should be slow and deliberate, never quick and jerky.” Martinis work for me.

“Don’t clutter up his brain with useless nonsense,” warns Wolters, who is opposed to tricks such as “roll over” or “play Dick Cheney’s lawyer” for dogs that have a serious purpose in life. Therefore, no, Muffin, Poppet, and Buster, I am not paying your college tuition so you can take a course called “Post-Marxist Structuralism in Fantasy/Sci-Fi Film.” And meanwhile, no, you can’t have a Wii either.

Wolters favors corporal punishment for deliberate disobedience. “Failure to discipline is crueler,” he claims. I do not recall my own dad’s failure to discipline as being crueler than his pants-seat handiwork, but that may be my failing memory. In any case, a whack on the hindquarters is a last resort. Wolters prefers to use psychology: “You can hurt a dog just as much by ignoring him. For example, if you’re trying to teach him ‘sit’ and ‘stay,’ but he gets up and comes to you, ignore him.” When I was a kid, we called this “Dad working late every day of the week and playing golf all Sunday.”

The basic commands for a gun dog are “sit,” “stay,” “come,” and “whoa.” Those are exactly the four things my boy Buster will have to learn if he wants a happy marriage. My girls, Muffin and Poppet, on the other hand, seem to have arrived from the womb

with a full understanding of these actions—and how to order everyone to do them.

Wolters begins with “sit” and “stay.” Kids today are given frequent encouragement to “Stand up for this and that.” But “Sit tight ’til it blows over” is wiser counsel. Wolters employs a leash to pull the head up as he pushes the rump down. I’ve found that the collar of a T-shirt works just as well. Wolters uses praise in the place of dog biscuits. He writes, “I do not believe in paying off a dog by shoving food into his mouth.” I, on the other hand, try to make sure the kids eat their green, leafy vegetables once I’ve got them seated.

Wolters teaches “stay” by slowly moving away from the dog while repeating the command and making a hand signal with an upright palm. But I’ve found that if your kids get Nickelodeon on the TV, you don’t have to say or do anything. They’ll stay right there for hours.

Once “sit” and “stay” have been mastered, you can go on to “come.” Wolters lowers his palm as a signal, but a cell phone call will also work if your kids are properly trained. Mine aren’t. Getting a kid to come when he’s called is a lot harder than getting a dog to, probably because the dog is almost certain that you don’t have green, leafy vegetables in the pocket of your shooting jacket. Wolters suggests that if you’re having trouble teaching “come,” you should run away, thereby enticing the dog to run after you. This has been tried



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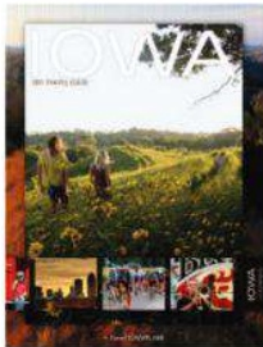
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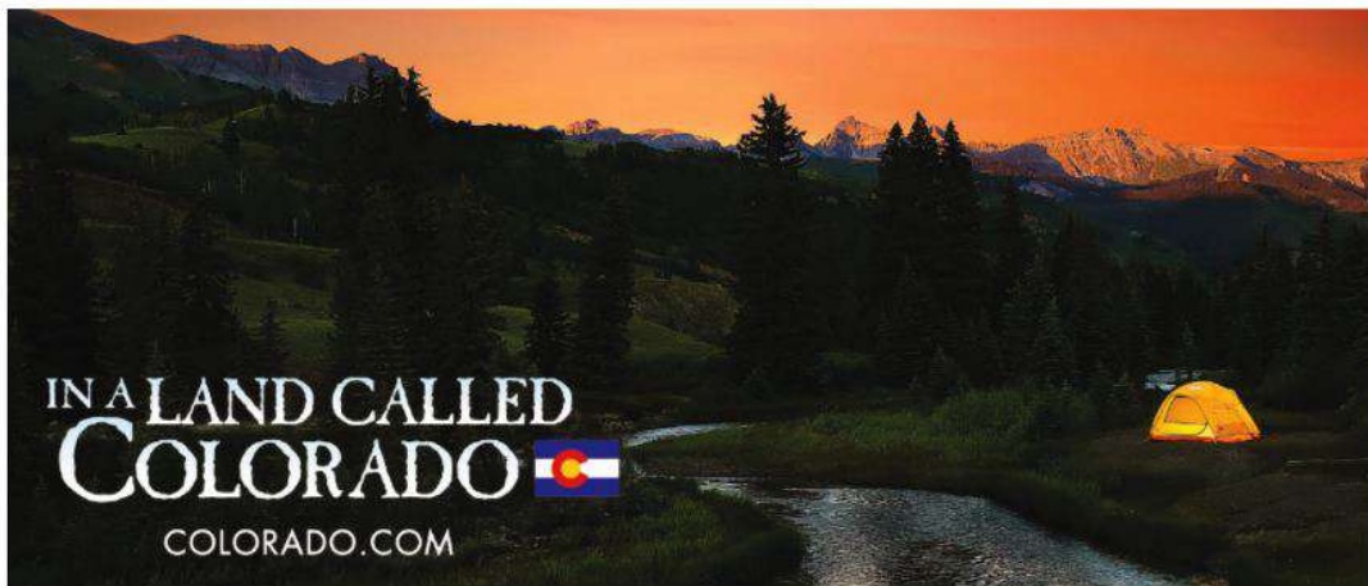


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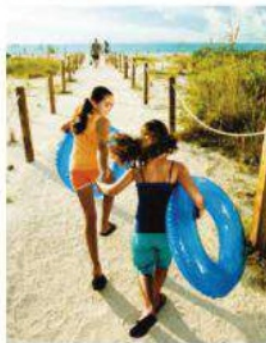
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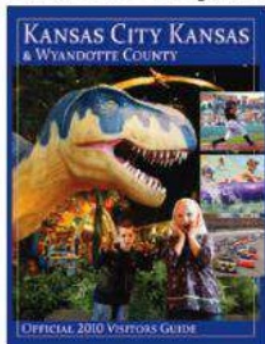
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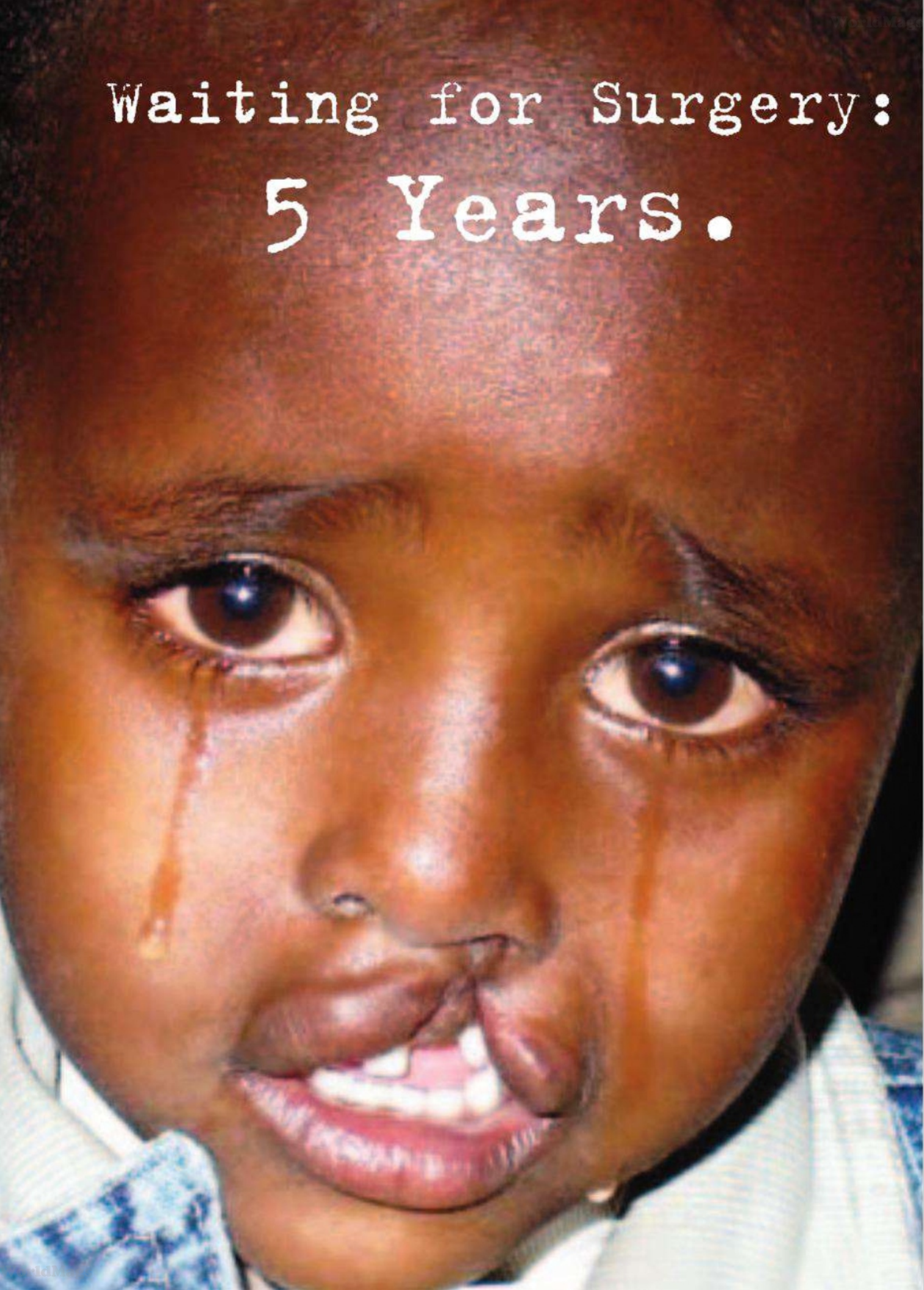
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with kids in divorce after divorce all across America, with mixed results.

The command that's the most fun to teach using Wolters's method is "whoa":

"The dog," writes Wolters, "is ready to learn 'whoa' as soon as he will 'stay' on hand signal alone and 'come' on command. When he has this down pat, my system is—scare the hell out of the dog. Put the pup in the 'sit stay' position. Walk a good distance away from him. Command 'come.' Run like hell away from him. Make him get up steam. Then reverse your field. Turn, run at the dog. Shout 'whoa.' Thrust the hand up in the 'stay' hand signal like a traffic cop. Jump in the air at him. Do it with gusto. You'll look so foolish doing it that he'll stop."

Personally, I don't have to go to this much trouble. Just my morning appearance—hungover, unshaven, wearing my ratty bathrobe and slippers Millie chewed—is enough to stop my children cold. I reserve the antics that Wolters describes for commands to this idiot computer I'm

writing on. *Gun Dog* was authored in the days of the simple, reliable Royal Portable. Thus Wolters has nothing to say about computers. Besides, dogs don't use computers. (Although, on my Visa bills, I've noticed some charges to rottenmeat.com.)

Children don't need computer training either. Muffin, Poppet, and Buster—who can't even read—have "good computing instincts." When the Internet says "come," they come. I'm the one who should be taught some basic commands to make this darned PC ...

"What's the matter, Daddy?" Muffin asks. With one deft flick of the mouse, she persuades the balky printer to disgorge all that I have composed. Reading it, she frowns. "Daddy, Millie chews everybody's shoes. She bit the teenager who mows the lawn. She killed Mom's chickens. And ..."

And here is where my Richard A. Wolters theory of parenting goes to pieces. There is one crucial difference between children and dogs. You can teach a dog to lie. Down. ■

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BURIED ON PAGE 48 ...

This obituary describes a fun party that people are dying to attend.

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This story breaks my heart every time. Allegedly, just two years after the discovery of tanzanite in 1967, a Maasai tribesman knocked on the door of a gem cutter's office in Nairobi. The Maasai had brought along an enormous chunk of tanzanite and he was looking to sell. His asking price? Fifty dollars. But the gem cutter was suspicious and assumed that a stone so large could only be glass. The cutter told the tribesman, no thanks, and sent him on his way. Huge mistake. It turns out that the gem was genuine and would have easily dwarfed the world's largest cut tanzanite at the time. Based on common pricing, that "chunk" could have been worth close to \$3,000,000!

The tanzanite gem cutter missed his chance to hit the jeweler's jackpot...and make history. Would you have made the same mistake then? Will you make it today?

In the decades since its discovery, tanzanite has become one of the world's most coveted gemstones. Found in only one remote place on Earth (in Tanzania's Merelani Hills, in the shadow of Mount Kilimanjaro), the precious purple stone is 1,000 times rarer than diamonds. Luxury retailers have been quick to sound the alarm, warning that supplies of tanzanite will not last forever. And in this case, they're right. Once the last purple gem is pulled from the Earth, that's it. No more tanzanite. Most believe that we only have a few years supply left, which is why it's so amazing for us to offer this incredible price break. Some retailers along Fifth Avenue are more than happy to charge you outrageous prices for this rarity. Not Stauer. Staying true to our contrarian nature, we've decided to *lower the price of one of the world's rarest and most popular gemstones.*



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OffBase

A soldier in my National Guard platoon became concerned when the Army insisted that he sign up for direct deposit.

"It's not going to work for me," he said, panicked.

"Why not?" I asked.

"Because I use my Guard pay for spending money."

"So?"

"For the past ten years, I've been telling my wife that I serve for free!"

Mark Palmer, Peoria, Arizona

The U.S. Army Ranger School was more arduous than my nephew had expected. He had to subsist on meager rations, hike for miles carrying heavy packs and equipment, and survive treacherous conditions in swamps, deserts, heat, and cold. I told an incredulous coworker all about it.

"Wow," she said, "I had no idea how tough it was to become a forest ranger." *Carol Elizondo, Concord, California*

I was on vacation when a boy about 15 noticed my hat, which indicated that I'd served in World War II. The boy stuck out his hand and thanked



"Lawson, bring me a saber to rattle!"

me for my service to the country.

"I was at Iwo Jima," I told him.

"Have you heard of it?"

"Yes," he answered.

"I was there for 36 days."

"Did you have fun?"

Bert Dawson, Alvin, Texas

After receiving the umpteenth late-night communication from a business associate in Asia, I grumbled to my son, "Don't ever work for a global company!"

A reservist, he said, "I already do. It's called the U.S. Army."

Kim Grenier, Marlborough, Massachusetts

Your favorite new joke, funny military anecdote, or crazy news story might be worth \$\$\$. See page 63 for details.

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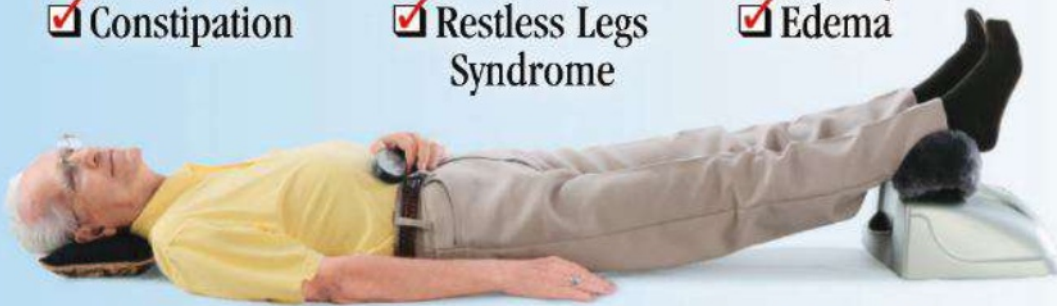
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Customer Feedback

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.



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Word Power

EMILY COX & HENRY RATHVON

Science Diction Even if you're not the world's biggest science fiction fan, you have to admit that it has given our lexicon some otherworldly words. This month, we celebrate the sci-fi genre—with some fact, folklore, and fantasy mixed in for good measure. Strap in, space cowboys! **Answers on next page.**

1. grok *v.*—A: understand profoundly. B: stun, as with a gun. C: shed, as the coat of an animal.

2. psionic *adj.*—A: having paranormal ability. B: alive but frozen. C: synthetic.

3. Chimera *n.*—A: constellation named for Greek scholar. B: mythological monster. C: *Martian Chronicles* villain.

4. chrononaut *n.*—A: space traveler. B: pilot in orbit. C: time traveler.

5. draconic *adj.*—A: of or relating to a dragon. B: alien. C: cruel or severe.

6. sapient *adj.*—A: artificially alive. B: having characteristics of multiple animals. C: keen, discerning.

7. terraform *v.*—A: destroy with heat. B: alter an environment so it can support life. C: group similar species.

8. cryonics *n.*—A: practice of freezing a dead person in hopes of later restoring life. B: artificial intelligence. C: study of sea creatures.

9. lycanthropic *adj.*—of or relating to ... A: fairies. B: werewolves. C: celestial phenomena.

10. selenology *n.*—A: study of microorganisms. B: study of Greek gods. C: study of the moon.



11. dystopia *n.*—A: cosmic chaos. B: nightmarish society. C: underwater civilization.

12. android *n.*—A: robot with a human shape. B: robot with skin. C: human with robotic limbs.

13. cyborg *n.*—A: human-like alien. B: robot with artificial intelligence. C: bionic human.

14. telluric *adj.*—A: of or relating to the earth. B: gifted with extrasensory perception. C: prone to exploding.

Deep Roots

Some robots (Robbie, Wall-E) we adore. But many others (the terminators, *Alien's* Ash, those cylons from *Battlestar Galactica*) are downright evil—with good reason: The term **robot** comes from the Czech *robota* for “compulsory labor” and the Latin *orbis* for “orphan.” Now, if you were a motherless machine forced to work against your will, wouldn't you be belligerent too?

Answers

1. grok—[A] understand profoundly; coined by sci-fi pioneer Robert A. Heinlein.

Elsbeth *grokked* the oceans and was able to manipulate their currents.

2. psionic—[A] having paranormal ability. Artie wasn't surprised to see Tara move the pen using her *psionic* powers.

3. Chimera—[B] mythological monster. "It's half man, half horse?" the student offered up. "You're thinking of the centaur," the professor said. "The *Chimera* is part lion, goat, and serpent."

4. chrononaut—[C] time traveler. Who is your favorite *chrononaut*—Wells's Time Traveller, or Marty McFly?

5. draconic—[A] of or relating to a dragon. "What was the name of Pete's *draconic* friend in that kids' movie?" Lauren asked.

6. sapient—[C] keen, discerning. "I believe it was Elliott," her *sapient* friend Jules shot back.



7. terraform—[B] alter an environment so it can support life. After graduation, Dean's room will have to be *terraformed* before anyone else can move in.

8. cryonics—[A] practice of freezing a dead person in hopes of later restoring life. Before Ted Williams's relatives used *cryonics*, they faced a legal firestorm.

9. lycanthropic—[B] of or relating to werewolves. After a series of *lycanthropic* dreams, Tom sought advice from his doctor.

10. selenology—[C] study of the moon. Perhaps you shouldn't take up *selenology* if you're *that* afraid of werewolves.

11. dystopia—[B] nightmarish society. With all its freaks and geeks, Beth compared her office to the *dystopia* of Orwell's *Nineteen Eighty-Four*.

12. android—[A] robot with a human shape. A *Star Wars* fan's favorite *android*? We'd have to guess C-3PO.

13. cyborg—[C] bionic human. Steve Austin, *The Six Million Dollar Man*, was the most famous *cyborg* of the '70s.

14. telluric—[A] of or relating to the earth. Aboard ship, the docile aliens were eager to hear Alec's *telluric* tales.

Sound Smarter

The constructions **one in [number]** and close cousin **one of [number]** always take a singular verb: "One in three doctors recommends ...," "One of every five wins ..." Some would argue for a plural verb because the sense is plural, but grammar is against them. The subject here is *one*, and you don't get more singular than that.

VOCABULARY RATINGS

- 8 and below: black hole
- 9–11: distant star • 12–14: supernova

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Laugh! :)

Louie and his wife are listening to the radio when they hear the weather report: “A snow emergency has been declared. You must park your cars on the odd-numbered side of the street.” So Louie gets up and moves his car.

Two days later—same thing. “A snow emergency has been declared,” blares the radio.

“Park your cars on the even-numbered side of the street.” Louie gets up and does what he’s told.

Three days later: “There will be a foot of snow today. Park your cars on the ...,” and then the power goes out.

“What should I do?” a confused Louie asks his wife.

“This time,” she says, “why don’t you just leave the car in the garage?”

“I’ve just been on a once-in-a-lifetime holiday. I’ll tell you what—never again.”

Tim Vine, winner of the Edinburgh Festival Fringe joke contest



Welcome Back, Potter!

After J. K. Rowling announced that she might write a Harry Potter sequel—he was last seen as a married dad—The Week asked its readers to predict the title of the next book. Here’s what they divined:

- Harry Potter and the Goblet of Fiber
- Harry Potter and the Prisoner of Ask-Your-Mom
- Harry Potter and the Financial Portfolio of Doom
- Harry Potter and the Sorcerer’s Kidney Stone

When someone tells you that something defies description, you can be pretty sure he’s going to have a go at it anyway.

Humorist *Clyde B. Aster*

readersdigest.com 3/11

■ Harry Potter and the Quest to Buy a House in the Hogwarts School District

■ Harry Potter and the Quidditch Mom

My go-getter coworker asked me, “Andrea, why put off till tomorrow what you can do today?”

I replied, “On the chance that I get fired this afternoon and don’t have to do it at all.” *Comic Andrea Henry*

A man with a huge grin approaches a priest.

“Bless me, Father, for I have sinned,” he says. “I’ve spent the week with seven beautiful women.”

“Do not fret, my son,” says the priest. “All you need to do is take seven lemons, squeeze the juice into a glass, and drink the juice.”

“Will that cleanse my sin from me?”

“No, but it’ll wipe that stupid smile off your face.”

Submitted by *Edward F. Castellanos*,
Pico Rivera, California

If you are always straightening things, you have OCD. If you are always eating things, you have OBCD.

Submitted by *Steven Hart*, Rexburg, Idaho

It Was a Dark and Stormy Night ...

The Bulwer-Lytton Fiction Contest celebrates purposely awful opening sentences to imaginary novels. Here are the “best” from the past year.

As Holmes, who had a nose for danger, quietly fingered the bloody knife and eyed the various body parts strewn along the dark, deserted highway, he placed his ear to the ground and, with his heart in his throat, silently mouthed to his companion, “Arm yourself, Watson, there is an evil hand afoot ahead.”

Dennis Pearce

Through the verdant plains of North Umbria walked Waylon OGGLETHORPE, and, as he walked, the clouds whispered his name, the birds of the air sang his praises, and the beasts of the fields from smallest to greatest said, “There goes the most noble among men”—in other words, a typical stroll for a schizophrenic ventriloquist with delusions of grandeur. *Tom Wallace*

Your favorite new joke, funny anecdote, or crazy news story might be worth \$\$\$.
See page 63 for details.

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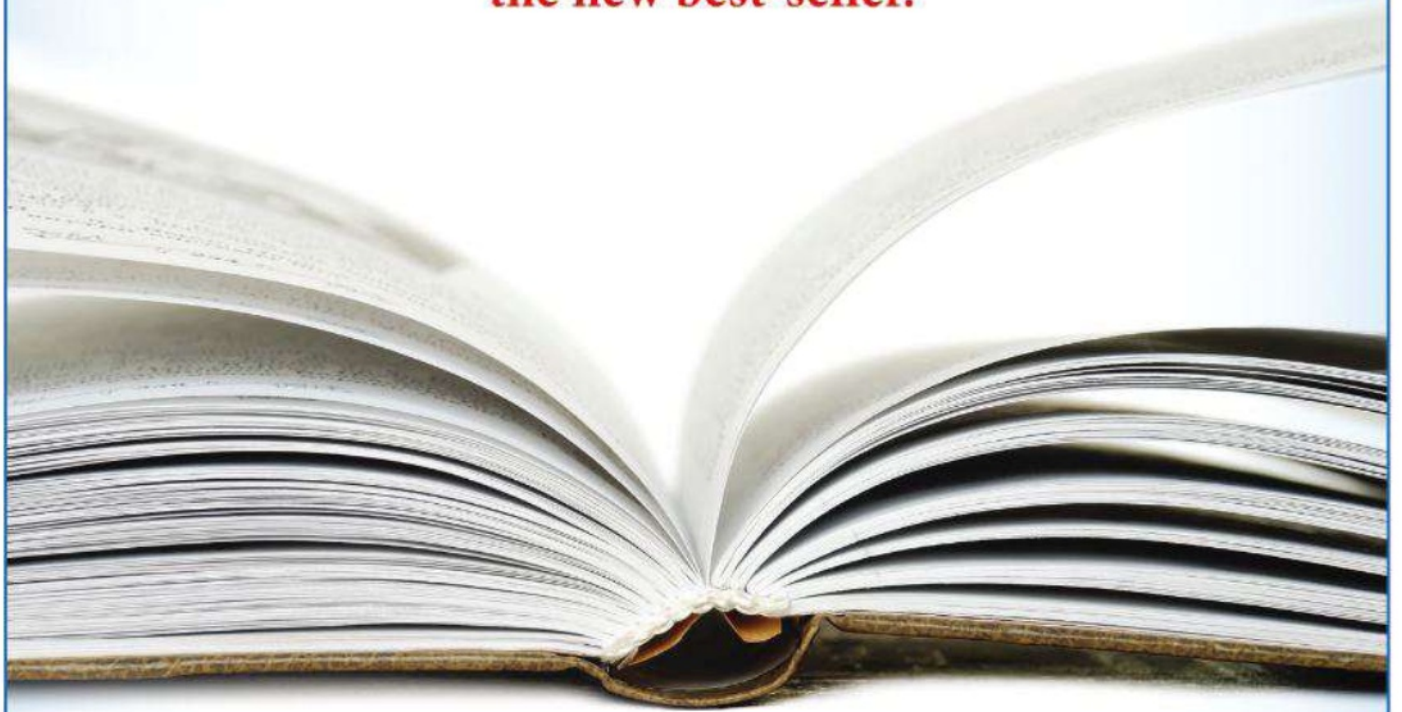
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HOME SWEET HOME

Making your home the one you've always dreamed of takes less time than you think. Whether you're just tidying up the house or remodeling a room, making the project a family activity can be fun for everyone! If the backyard is looking a little bare, plant a family garden with everyone's favorite vegetables. You'll not only enjoy a fresh supply of healthy food, but you will teach your kids an important lesson in responsibility.

LIVE WELL

Working to take care of yourself is always time well spent. Whether you choose to unwind with a leisurely walk by the lake or a more social activity like a group exercise class, your physical and mental well-being should always be a priority. If you want to spin it into family fun, go for a group bike ride or grab a soccer ball and head to the park for some friendly competition.

YOU'RE GOING PLACES

Traveling together as a family is a wonderful way to create memories that will last a lifetime. Let everyone choose the destination together for a memorable trip you can all share. You don't always have to go far to have a great vacation; visit places important to your family, such as your grandfather's old fishing spot, or make a trip to show the kids your childhood home. Don't forget to bring your camera to capture these special memories forever.

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