

13

Things a Debt Collector Won't Tell You

PAGE 44

Readers' Digest

HUMOR SPECIAL!



↖ Dogs who do yoga!

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THE SPY'S KID
Shocking true story PAGE 154



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Reader's Digest

OCTOBER 2011



HUMOR SPECIAL

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Forty-one words and 114 jokes that will expand your humor vocabulary.

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Two views of the evidence.

BILL MCKIBBEN AND MAGGIE KOERTH-BAKER,
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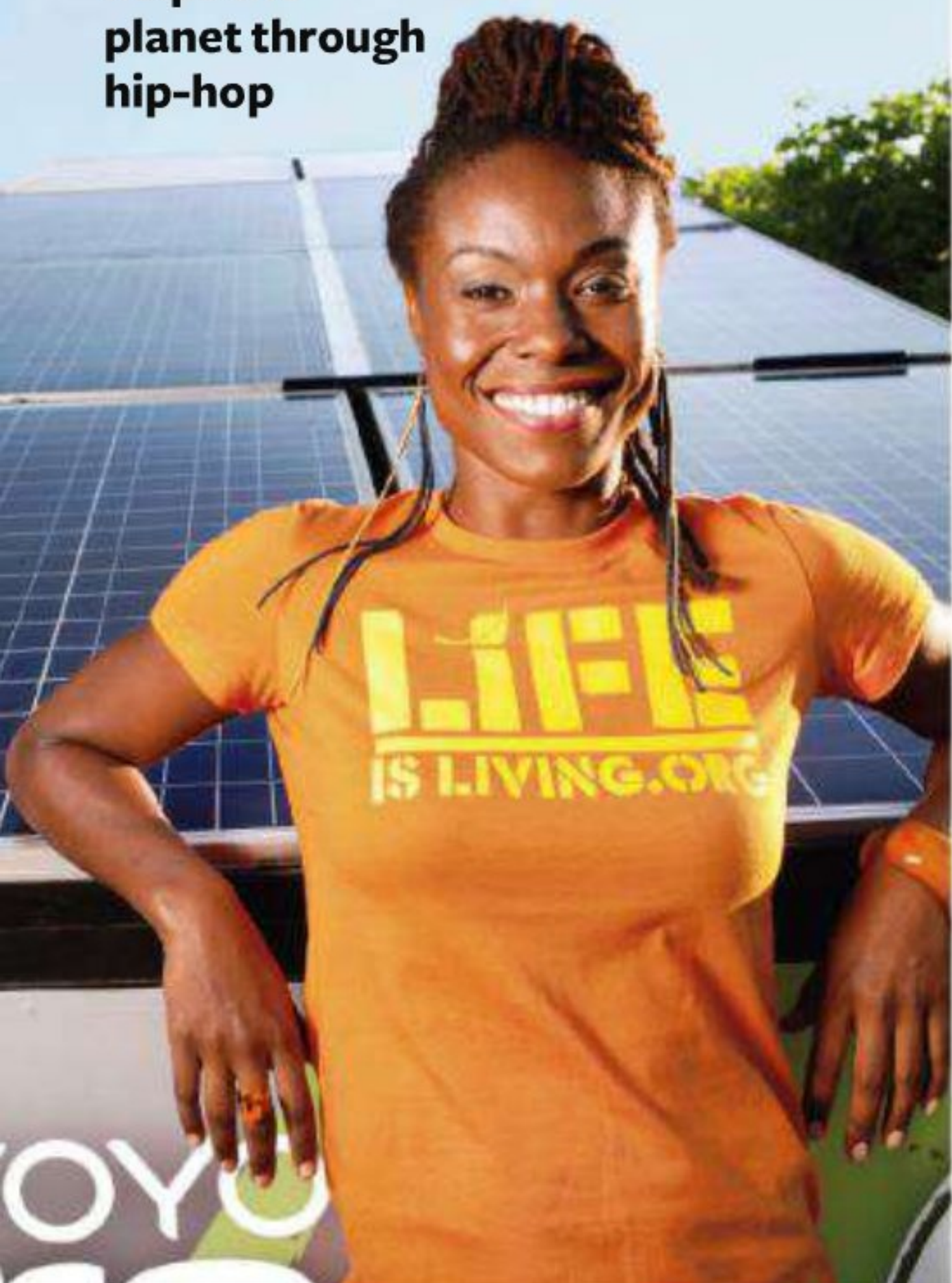
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Find the right
brand of noodles
for you

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Zakiya Harris
helps the
planet through
hip-hop





*I hate heartburn.
I hate thinking about
it almost as much.*

Jennifer – endures heartburn 3 or 4 days a week.

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ONE PILL A DAY.
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Crest Pro-Health Clinical Gum Protection.

Unlike ordinary toothpaste, it helps eliminate plaque at the gumline, helping prevent gingivitis. And it's even been clinically proven to help reverse it in just four weeks. It also protects these other areas dentists check most: cavities, sensitivity, tartar, whitening, and freshens breath.

life opens up when you do

Crest

**PRO-HEALTH
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Water Works

Hydraulic fracturing is an issue that I've only recently become aware of, and it is horrifying ("Big Gulp"). In Harrisonburg, Virginia (I'm a student at James Madison University), many local people have leased land to gas companies without fully understanding the consequences. Our community has been great about banding together to fight the gas companies, but on the national level, not enough is being done to stop them—primarily because people just don't know or understand.

Emma Gage, Harrisonburg, Virginia

I'm tired of people looking down on those who pay for bottled water. I live in a suburb of San Francisco, and our tap water is disgusting. It tastes chlorinated and dirty. I have tried using various filtration systems—in the fridge, on the sink, in a pitcher—but nothing can get rid of the nasty taste. It's easy to criticize those who drink bottled water if you live in a place with delicious water. Some of us are not so fortunate.

Meghan Klebanov, Antioch, California

Correction: In "Big Gulp," we misidentified Porterville, California,



I'm just glad that this country has running water at all. There are so many people in the world without any. When you put things in perspective, it's not so bad. I'm perfectly happy to buy a filter for our tap water.

Laura Mortensen, Kalamazoo, Michigan

as a town with unsafe drinking water. While nitrate levels are dangerously high in well water at one of Porterville's schools and in two adjoining communities (including East Porterville), the municipal water supply for Porterville itself is safe. We regret the error.

Saving Lives

Thank you for running the article "What Drowning Really Looks Like." This is arguably the most important piece you have ever printed and will absolutely save lives. The accompanying graphic "8 Quiet Signs of a

WHICH PERSONAL GROOMING TASKS ARE A MUST? ... THE READER'S DIGEST VERSION

We all have our standards—and our pet peeves. Here are the grooming concerns at the top of readers' lists:

>> Nose hair! I'm short, and I never fail to notice and marvel at other people's neglect of nose hair!

A. H., Palm Beach Gardens, Florida

>> Brushing your teeth and wearing clean underpants.

L. D., New York, New York

>> Using a tongue cleaner to prevent bacterial buildup.

T. R., New York, New York

>> I detest the overly perfumed. Why should I have to choke on their fumes?

L. I., Dublin, Ohio

>> Consistent grooming of fingernails and toenails.

C. D., Redondo Beach, California

>> Nicely shined and maintained shoes.

H. N., Dallas, Texas

>> Check your breath. If someone offers you gum or a mint, take it!

A. P., Sugar Land, Texas

>> Not picking your nose in public.

L. R., Novato, California

>> Washing hands after using the toilet.

A. T. H., New Orleans, Louisiana

>> Flossing. A few minutes saves decades of periodontal ills and bills.

D. C., Lebanon, New Hampshire

>> My roots! I hate facing the mirror when I'm too busy to get my hair colored.

P. S., Oklahoma City, Oklahoma

Person in Trouble," should be a poster hanging near every pool and beach. *Tami Carter, St. Clair, Pennsylvania*

Hugger Muggers

I share concerns about hugging, but from the opposite side ("Please Don't Hug Me!"). I used to hug shamelessly, but after a non-hugging friend was honest about her discomfort, I now refrain unless hugs are offered. Hats off to Juliet Lapidos and to all the non-huggers who speak their minds. (No hugs, though.)

Sara Williams, Chula Vista, California

It's so beautiful to see people hugging. I will offer people a hug and respect their choice to accept or not. Manners are just ways to keep us apart. Why not promote love and acceptance? *David Manos, Roseburg, Oregon*

Borrowing Trouble

I was shocked and surprised at the revelations about mortgage foreclosures in "Kicked to the Curb." You'd think banks would keep better track of their accounts. If this is the way they treat their own borrowers, it's no wonder they brought this country to the verge of financial ruin!

Christine Jeffords, Scranton, Pennsylvania

Even though Michael Crowley cited specific atrocities by Bank of America and two servicing companies, he used the term *bank* in a way that will have readers believe that all banks are out to get the homeowner. Throughout the mortgage crisis, the

media have never differentiated the many types of financial institutions: community banks, investment banks, mortgage companies, money center banks. Each is very different in scope, purpose, and function, yet they have all been painted with the same brush. It is unclear if this has been done for convenience or to sensationalize, but as president of a community bank that makes and services home loans, I strongly object to being portrayed as similar to Bank of America. To date, we have not lost any paperwork, foreclosed on the wrong address, or thrown anyone out of a home.

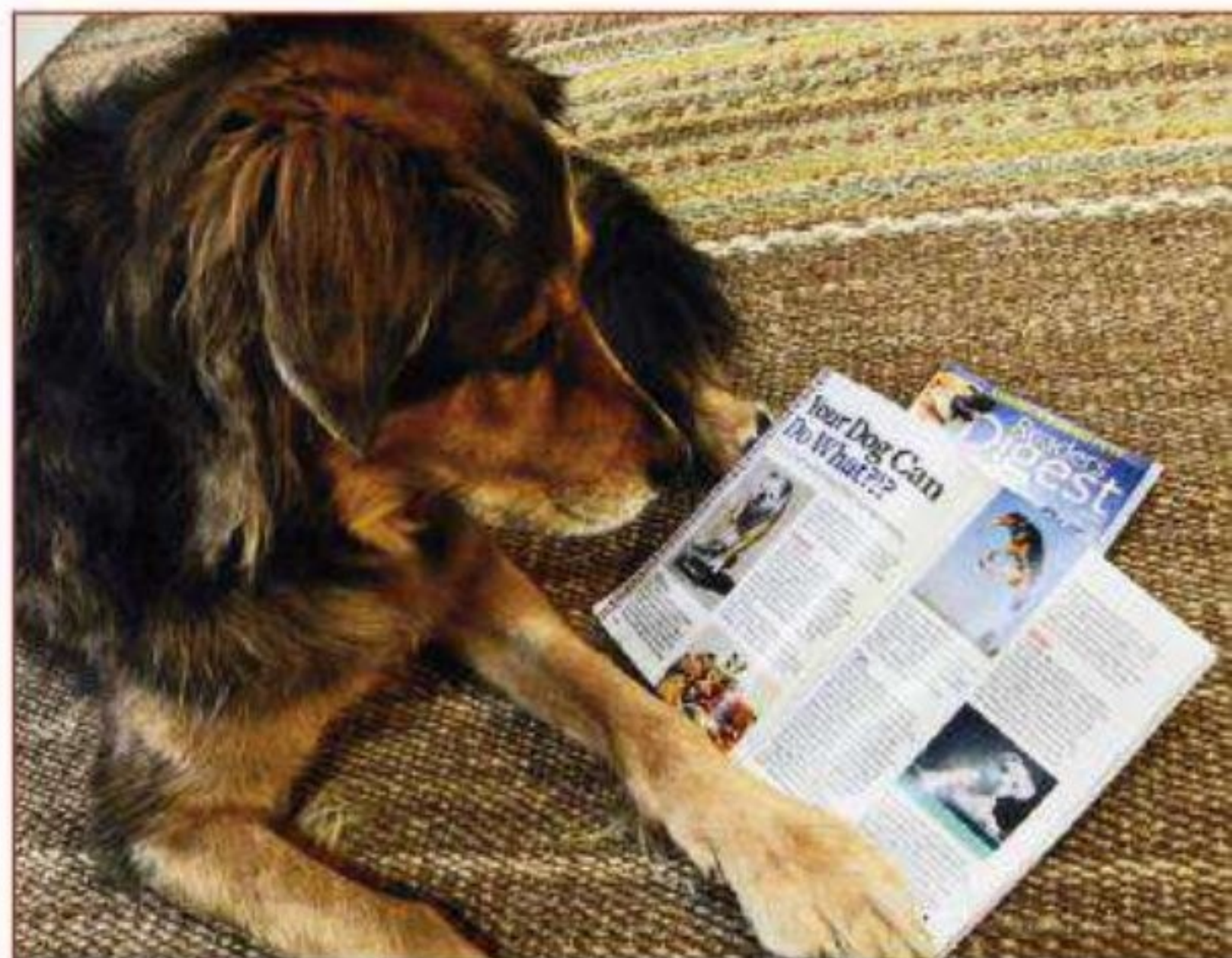
John A. Sneed, Fort Morgan State Bank,
Fort Morgan, Colorado

Courageous Canine

I had the opportunity to meet Rufus while deployed to Afghanistan (“America’s Hero Pets”). I visited the base where he was injured the day after the attack, and I was fortunate to witness the teamwork, compassion, and efforts of Army medics as they performed surgery

to remove shrapnel from this brave dog. Over the next few months, each time I visited the base, I saw Rufus getting healthier. I was happy to hear during my last visit that Rufus would be going to a safer place where he would be loved and spoiled for his heroic behavior.

Kim Floyd, Medical Lake, Washington



Thank you for the August issue. Maty really enjoyed reading the amazing pets article and truly seemed surprised when she saw herself in *Reader's Digest*!

Lynne Ouchida and Troy Kerstetter,
Bend, Oregon

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Digest

Simply put



Leaf Peeps

Tree viewing is the new bird-watching, says Timber Press, which has just published *Seeing Trees* (\$29.95), a roots-to-treetops approach to ten classic North American species. Author Nancy

Ross Hugo and photographer Robert Llewellyn examine the bark, buds, leaves (including the red maple, above), and more in close-up, creating vivid, fascinating botanical biographies.

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His Last Meal

The author created a dream menu from his favorite restaurant dishes. Here's what he'd put on his plate.

BY RICK BRAGG

● FROM *Southern Living*

How many times have I looked at a plate of food and thought, If this is the last thing I eat, I can die happy? It happened over sausage gravy and biscuits at Skyway Jack's in St. Petersburg, Florida, beignets and café au lait at Panini Pete's in Fairhope, Alabama, and grilled shrimp and onions on sweet corn bread at Upperline

in New Orleans. I do not like to think too much about a last meal or how many hymns it might take to sing me into the hereafter when that last chicken liver puts me in my grave. Still, I wonder. What would my dream plate be? The doomed man in Grisham's *The Chamber* wanted coffee and Eskimo Pies. I have a good bit more ambition than that:



Dessert at Miami's Versailles

Fried chicken Gus's, Memphis

It was my Last Supper the night before my wedding to a woman who insists on low fat and no joy. Even my mother and aunt loved it enough to forgive Gus's for serving beer—while quietly lamenting the fact so many in the wedding party were going straight to hell.

I asked Mama what made it good. "It's cooked right," she said.

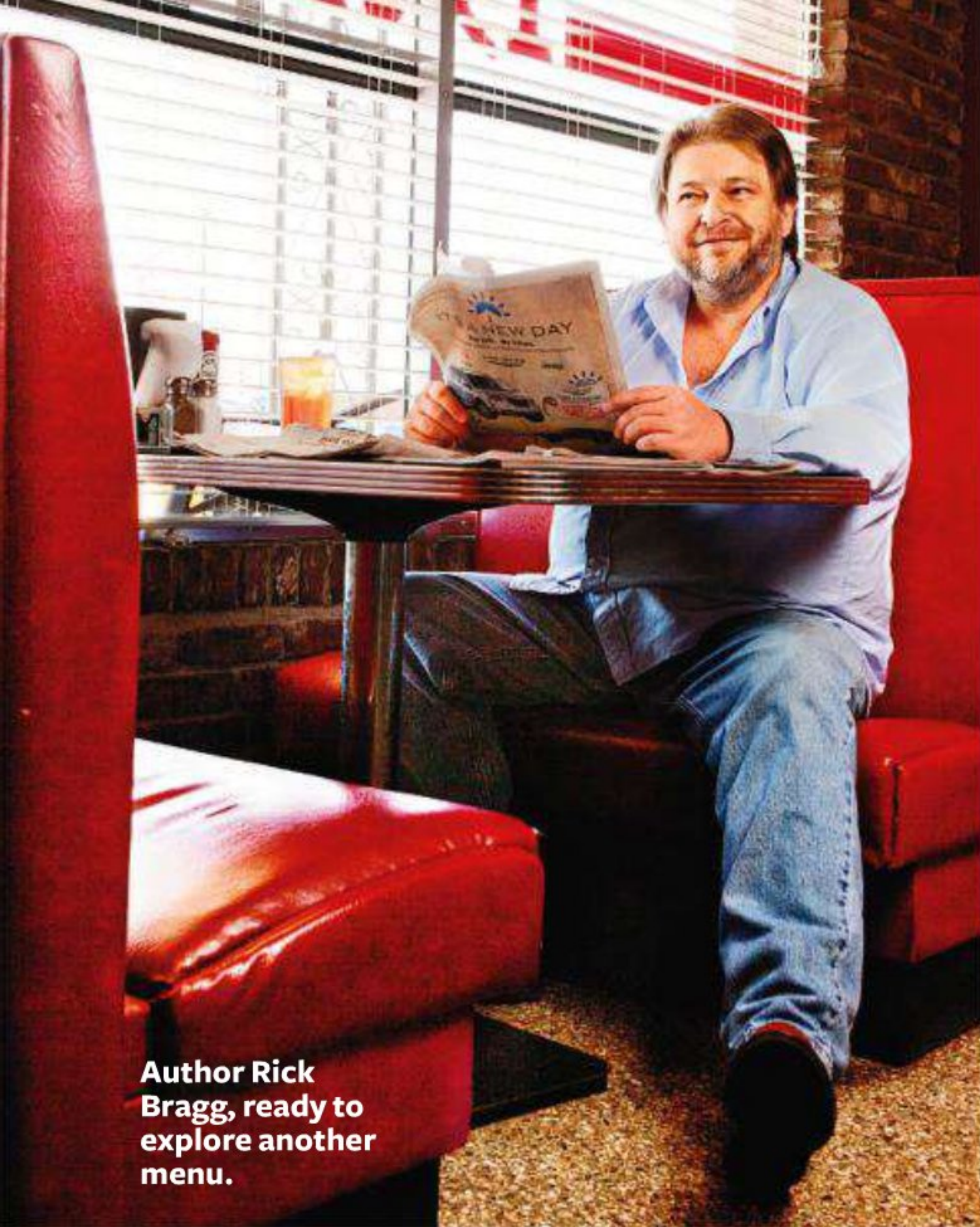
Most restaurant chicken is still pink in the thigh, while the breast is cooked

to the consistency of a Baptist hymnal. Gus's chicken comes hot enough to burn your fingers and seasoned to singe your tongue, but never too much. The thin crust cracks between your teeth. The flesh on every piece is juicy but done.

"They got people," my mother said, "who know."

White beans flavored with ham shank Betsy's Pancake House, New Orleans

This is cheating, since "flavored with" really means a molten pool of creamy beans poured around a fist-sized shank of roasted pork. But this is my dream plate, so we will call it a side. I like to just look at it, at the fat that trickles down, down to mingle with perfectly seasoned beans.



Author Rick Bragg, ready to explore another menu.

It is not for people who slice fat and gristle off their meat and push it delicately aside. It is pure love, on a melamine plate.

Collards

Niki's West, Birmingham

I have had bad collards, just boiled weeds. I have had collards that were turnip greens, cooked by people who didn't know. They know better at Niki's. Here, the collards taste like the soul of the South, the essence of home, dense but tender, leaf after dark leaf.

No overpowering pepper sauce, no sugar masks the flavor. I was disappointed to learn they were good for me. "They're probably salty," my wife later told me. I was happy again.

Potatoes au gratin

Crescent City Steak House, New Orleans

They make a fat rib eye merely a ride-along, an afterthought. Molten cheese bubbles through a crisp, brown top as thin-sliced potatoes steam in cream. It is a dangerous

dish, so hot you can only pick at the crust as it cools. Staring at it, waiting, might be the longest five minutes of my life.

Jalapeño corn bread from the long-lost Morrison's Cafeterias

Once, it was as much a part of us as pulling over to let a funeral pass by.

Coleslaw

Mike Anderson's, Gonzales, Louisiana

The best dish on earth served in a Holiday Inn. Fresh, simple, shredded cabbage in a seasoned mayonnaise, this is an antidote to a lifetime of slaw that should have been thrown out before it got close to us.

Leroy Hill tea

from the Gulf Coast

I am not a tea snob. My family's iced tea is as dark as night and strong. Leroy Hill is crisper, cleaner. What a bell sounds like ringing is what that tea tastes like going down.

Tres leches

Versailles, Miami

Plain yellow sheet cake cooked in a puddle of three milks, with light, whipped vanilla icing. Simple. Perfect. I guess I could die happy. I would rather just take a nap.

RECIPE

Roast Pork Loin with Gingerbread Stuffing

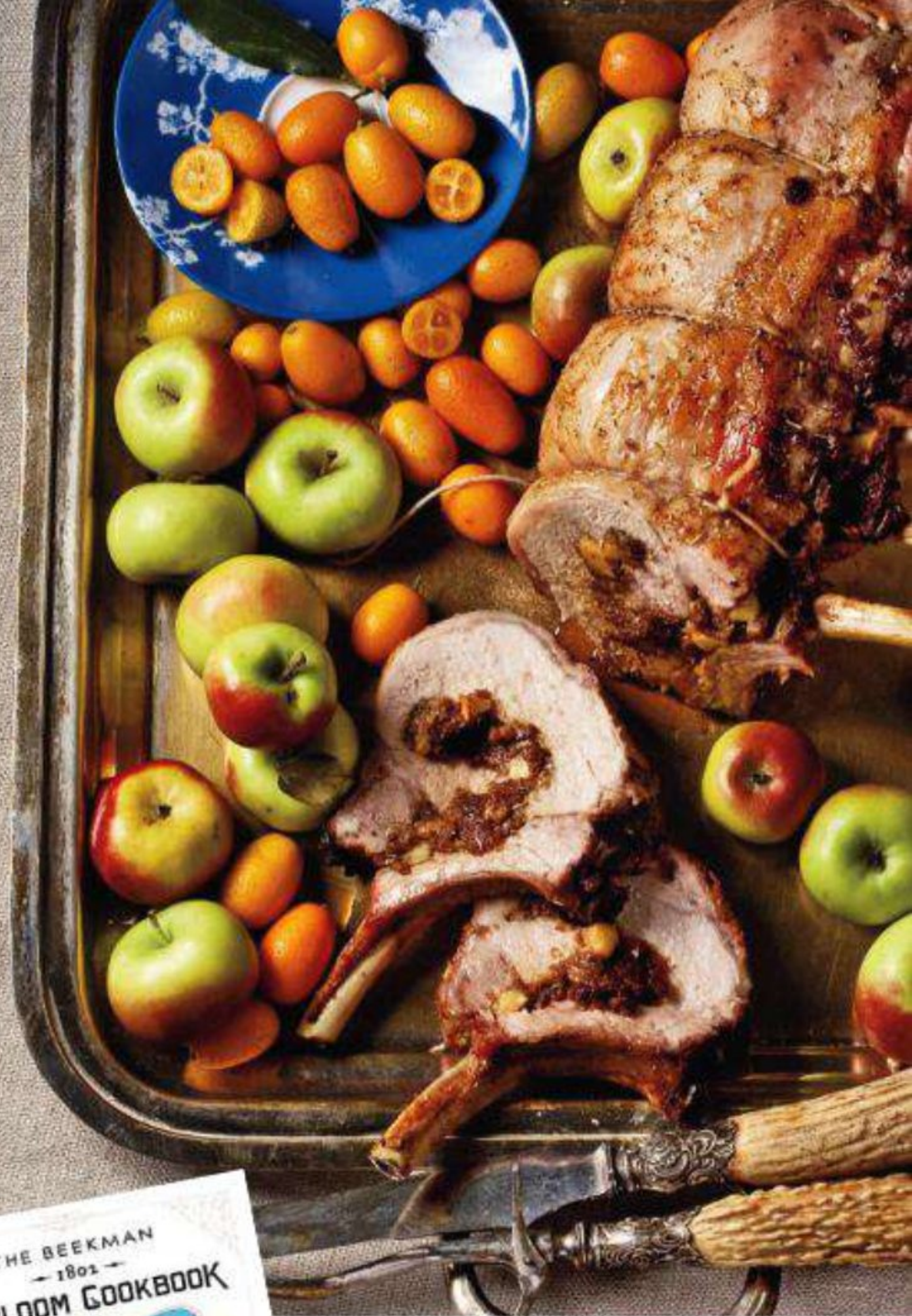
BY BRENT RIDGE & JOSH KILMER-PURCELL WITH SANDY GLUCK

FROM *The Beekman 1802 Heirloom Cookbook* (Sterling Epicure, \$25)

The stars of Planet Green's *The Fabulous Beekman Boys* have done what every cable star must do: publish a cookbook. The roast in this recipe features unusual stuffing, and keeping the meat on the bone makes it especially juicy.

Serves 8

- 5 lb. bone-in pork loin, hinged and butterflied (have the butcher do this)
- 1½ tsp. salt
- 1 tsp. rubbed sage
- 1 tsp. dried rosemary, crumbled
- ½ tsp. freshly ground black pepper
- 2 tsp. extra-virgin olive oil
- 1 medium onion, finely chopped
- 1 apple, peeled and coarsely chopped
- 3 garlic cloves, minced
- 2½ cups crumbled Orange Gingerbread (recipe follows)
- 1 large egg



1. Open pork like a book. Season with 1 tsp. salt and with sage, rosemary, and pepper, rubbing all over on both inside and outside. Preheat oven to 425°F.

2. In small skillet, heat oil over medium heat. Add onion, apple, and garlic. Cook, stirring frequently, until onion is tender, about 7 minutes. Transfer to bowl, add gingerbread, and toss together. Add egg and remaining ½ tsp. salt; mix again.

3. Pack stuffing onto open pork. Roll up toward bone side to enclose stuffing. Tie in several spots to secure. Place in roasting pan. Roast for 30 minutes.

COURTESY PAULETTE TAVORMINA



MARIE KEYES/GETTY IMAGES

4. Reduce oven temperature to 350°F and roast for 30 to 35 minutes longer or until instant-read thermometer reads 145°F. Tent with foil and let stand 10 minutes before slicing.

Orange Gingerbread

Serves 8

- 2¼ cups all-purpose flour, spooned and leveled
- 1½ tsp. baking soda
- 1½ tsp. ground ginger
- 1 tsp. ground cinnamon
- 1 tsp. mustard powder
- ½ tsp. ground cloves
- ¼ tsp. salt
- 1 stick unsalted butter, melted and cooled
- ½ cup packed dark brown sugar
- 1 large egg
- 1 cup molasses
- 1 tsp. grated orange zest
- 1 cup orange juice

- 1.** Preheat oven to 350°F. Grease and flour 9-inch-square baking pan.
- 2.** In large bowl, whisk together flour, baking soda, ginger, cinnamon, mustard powder, cloves, and salt.
- 3.** With mixer, beat together butter and brown sugar until combined. Beat in egg, molasses, and orange zest. Alternately beat in flour mixture and orange juice, beginning and ending with flour mixture. Scrape batter into baking pan. Bake 35 minutes or until toothpick inserted into center comes out clean. Let cool 10 minutes in pan, then turn cake out onto a rack to cool completely.



COMFORT FOOD

Ramen, Rated

Instant ramen noodles can be a cheap and tasty meal—if you buy the right brand. So forget those ten-cent packs, and spring for one of these, taste-tested by food writer Ruth Reichl for *Lucky Peach* magazine.

Myojo Chukazanmai Japanese Style Noodles Reichl deemed this brand the best for the “sprightly, bouncy texture” of the noodles and their “pleasant, very restrained flavor.” **\$2.05, [amazon.com](#)**

GreeNoodle These noodles are made with Moroheiya, a nutritious leafy green that gives them their color. “The noodles are not fried and contain no artificial colors, no preservatives, no cholesterol, and no MSG. And, in spite of all the health claims, they actually taste good,” Reichl notes. **\$24 (pack of 12), [amazon.com](#)**

Nong Shim They come from the fun-to-say city of Rancho Cucamonga, California, and Reichl has only this comment: “Decent.” **\$20.70 (pack of 20), [amazon.com](#)**

Kamfen Instant Ramen It has a “funkily fishy aroma,” writes Reichl, but “when I poured boiling water into the little foam cup, I found myself transported to the back alley of a large Chinese city.”

Available online and at Asian markets

THE LIST

Essential Cookware

FROM *Food & Wine*



Nonstick pan

Even eggs don't stick to Bialetti's Aeternum scratch-resistant ceramic coating. **From \$20, bialettishop.com**



Baking sheet

Nordic Ware's sturdy aluminum half-sheet pan is great for baking and roasting. **\$15, nordicware.com**

Roasting pan

Le Creuset's flameproof enameled cast-iron roasters are superversatile. **From \$130, lecreuset.com**



Pasta pot

Calphalon's hard-anodized aluminum pasta pot comes with two strainers. **\$100, pans.com**

12-inch skillet

All-Clad's kitchen-workhorse skillets can be used on the stove top or in the oven. **\$140, metrokitchen.com**



GO FIGURE

\$29.39

The cost of a can of Cheez Whiz in Arctic Bay, Nunavut, in the Canadian Arctic (it's \$4.39 in Des Moines)

Source: eater.com

FROM TOP: COURTESY (5) BIALETTI USA; NORDIC WARE; LE CREUSET; CALPHALON; ALL-CLAD METALCRAFTERS

The #1 ingredient in soup is broth.
So why not use the #1 broth*?



SENSATIONAL CHICKEN NOODLE SOUP

Prep: 10 min. Cook: 25 min. Makes: 4 servings (about 1 1/4 cups each)

4 cups Swanson® Chicken Broth (Regular, *Natural Goodness*® or Certified Organic)

Generous dash ground black pepper

1 medium carrot, sliced


1 stalk celery, sliced

1/2 cup uncooked extra wide egg noodles

1 cup shredded cooked chicken or turkey

1. Heat broth, black pepper, carrot and celery in 2-qt. saucepan over medium-high heat to a boil.
2. Stir noodles and chicken in saucepan. Reduce heat to medium. Cook 10 min. or until noodles are tender, stirring occasionally.



The secret is 

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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25ST10222

Where the Germs Are

Cold and flu season is coming.
How to duck the bugs that can cause all kinds of ills.

BY CHRIS WOOLSTON



Good news: Most microbes are harmless (including the vast majority of the billion or so on your skin). Bad news: There are some nasty ones close by. Here's where they're hiding.

- **Kitchen sponges and dishrags**

The sponges people use to wash their dishes carry more germs

than a toilet bowl, a recent study found. Even worse (if that's possible): Up to 7 percent of sponges and dishrags in another study harbored methicillin-resistant *staphylococcus aureus* (MRSA), aka flesh-eating bacteria. The fix? Sanitize the sponge in the dishwasher whenever you run it, or microwave it daily (wet it first). Throw the dishrag in the washer.

● **Kitchen sinks, toothbrush holders, and countertops** These are also bacterial hot spots, so make sure to clean them regularly. Use a diluted bleach mixture (one tablespoon bleach to a quart of water) for sinks and counters. Run the toothbrush holder through the dishwasher once or twice a week (or wash it by hand in hot, soapy water, then give it a once-over with a disinfecting wipe).

● **Bathroom faucets, TV remotes, refrigerator handles, and doorknobs**

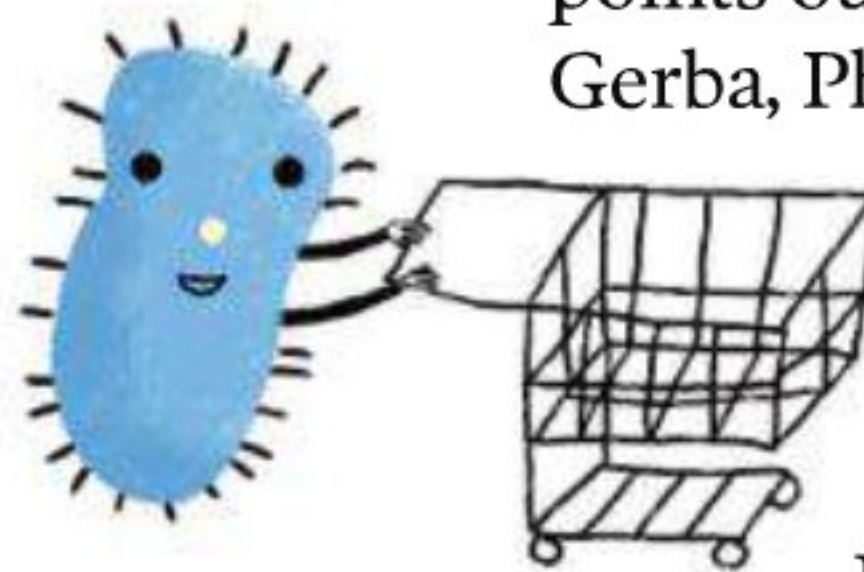
Cold viruses linger as long as 24 hours on these surfaces, researcher Birgit Winther, MD, found last year. (And flu viruses may live even longer.) Dr. Winther, an ear, nose, and throat specialist at the University of Virginia, now cleans frequently handled surfaces daily when someone in her house is sick.

● **Public “touch spots,” such as ATM keypads** British researchers recently discovered *staphylococcus*

on 95 percent of the spots they swabbed in Central London.



● **Shopping carts** An investigation earlier this year found *E. coli* or similar bacteria on more than 70 percent of shopping carts in four states. “Packages of meat tend to leak,” points out the researcher, Chuck Gerba, PhD, a microbiologist at the University of Arizona. “And babies put their bottoms where you put your broccoli.” Protect yourself: If you eat it raw, don’t place it in the top part of a shopping cart.



The takeaway You’ve heard it before, but as we approach another season of sniffles, aches, and worse, it bears repeating: Wash your hands often and well. That means lots of lather. And rub for about 20 seconds—long enough to hum “Happy Birthday” twice.

Other sources: Elizabeth Scott, a microbiologist at Simmons College, in Boston; safety-advocacy group NSF International; infection specialists at King’s College London

TREND WATCH

The Bug-Drug Problem

The bad news just got worse: Antibiotics are less and less effective against more and more bacteria, and now the development of disease-fighting drugs has practically stalled. The Food and Drug Administration approved 16 new antibiotics between 1983 and 1987. Since 2008, the agency has OK’d only two.

Source: *Archives of Internal Medicine*

WHO'S RIGHT?

Should Mammograms Start at 40?

BY CHRIS WOOLSTON

WHAT YOU'VE ALWAYS HEARD

Mammograms save lives. But after that simple statement comes a lot of arguing. The big question: Should women start getting mammograms at age 40 or wait until they turn 50? The National Cancer Institute and the American Cancer Society recommend starting at 40; the U.S. Preventive Services Task Force says the evidence isn't strong enough for a blanket recommendation.

THE HEADLINES NOW

Mammography saves even more lives than we thought, according to the

longest study ever (it followed more than 100,000 Swedish women for nearly 30 years). Its conclusion? Women whose doctors offered regular mammograms cut their risk of dying of breast cancer by 30 percent. "That's a really big deal," Loretta Lawrence, MD, chief of breast imaging at North Shore University Hospital in Manhasset, New York, told the *Los Angeles Times*. "It translates to 15,000 to 20,000 lives saved each year."



BUT WAIT

The study didn't attempt to determine whether mammograms between 40 and 50 are useful; data from that age group were simply combined with the rest. **Some researchers even believe that a mammogram is more likely to harm a woman in this age group than help her.** That can happen if the exam leads to aggressive treatment (including mastectomy) for something that wasn't really dangerous, says Joann Elmore, MD, at the University of Washington School of Medicine. "In a great many cases, mammograms find slowly growing tumors that were never going to kill anyone," says biostatistician Donald Berry, PhD, at MD Anderson Cancer Center in Houston. "But women who have had breast cancer often say that their mammogram saved their life. I've given up telling them that, judging from the statistics, that's most unlikely."

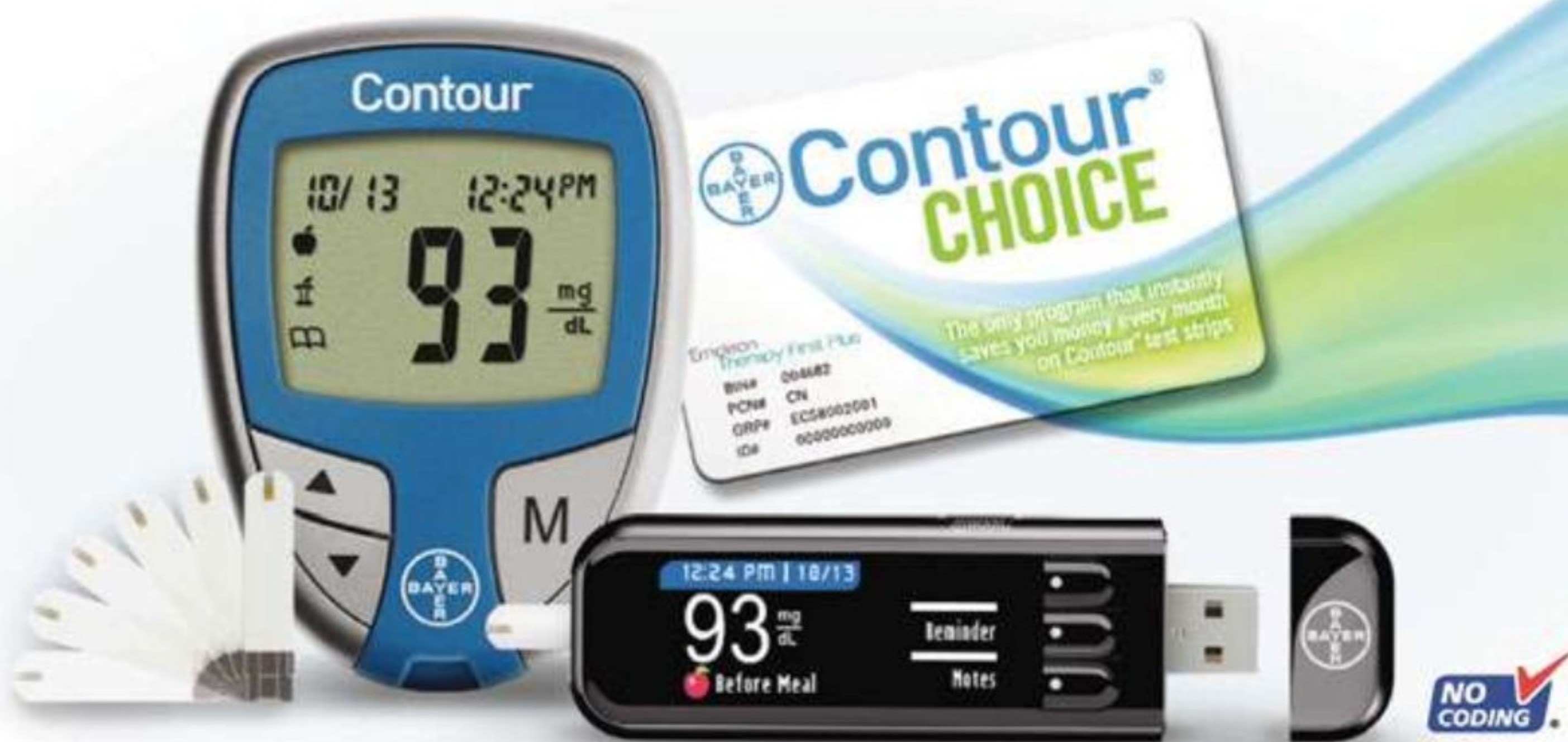
SO WHAT SHOULD A WOMAN DO?

If she's over 50, most experts recommend

yearly or biannual mammograms. But **if a woman is in her 40s, it's reasonable to get a mammogram—or to skip it,** says Barnett Kramer, MD, editor in chief of the *Journal of the National Cancer Institute*. "It's a close call, which explains why the experts are tearing at each other."

When it comes to screening for breast cancer, the answer may be "it depends."

Get an easy, proven accurate meter. **SAVE** on test strips all year.



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*Patient pays the first \$15 in co-pays and can receive savings up to \$35 per month using the CONTOUR® Choice card. Savings vary by state and health plan. Not valid in the states of MA and VT or for patients covered by federal and/or state government programs (e.g. Medicare, Medicaid). This card is valid toward out-of-pocket expenses only and void where prohibited by law. Card is valid for 12 months of refills. Card expires 12 months after first use. Limit one (1) savings card per patient for use across select Bayer HealthCare diabetes supplies. Bayer reserves the right to cancel this program at any time without notice.

More This, Less That

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

+ FISH OIL

Omega-3 fatty acids may relax you. Medical students who took 2.5 grams of fish oil supplements daily for three months felt 20 percent less anxious than those who took a placebo.

+ MASSAGE

Go ahead, indulge. In a new study, it eased lower back pain better than pain relievers.

+ NUTS

People with diabetes who ate two ounces of mixed nuts (raw or dry roasted) every day, instead of carb-heavy snacks like muffins, significantly improved their blood-sugar levels in recent studies. Bonus: Levels of bad cholesterol went down too.

+ BROWN RICE

You might slash your risk of colon polyps by 40 percent by eating brown rice once a week, say scientists. For the nearly 3,000 study volunteers, eating beans or other legumes three times a week reduced risk by a third.

- BLOW-DRYING WHILE PREGNANT

Power lines and appliances like microwaves, hair dryers, and vacuum cleaners all generate magnetic fields. A recent study suggests that a pregnant woman may lower the odds of her child developing asthma by avoiding such appliances or keeping her distance while they're being used.

- SLUMPING

Sitting or standing up straight or puffing out your chest seems to make pain more bearable than if you curl up in a ball.

- IGNORING STD RISK

Older women are more likely than younger ones to have the most common curable sexually transmitted disease, trichomoniasis—and it's not something their doctors routinely look for. Women 40 and older should be screened at routine checkups, the researchers say. Physicians should be alert to the possibility of infection in men too; in a study last year, about 10 percent were infected.



FROM LEFT: GETTY IMAGES; RITA MAAS/GETTY IMAGES

I'm a rock star
inside and out.

(Itching and scratching
just isn't good for my image.)

Introducing Iams Sensitive Naturals.™
Works inside for healthy skin and coat.

Itching and scratching could be a food problem. That's why Iams Sensitive Naturals has protein-rich ocean fish as its first ingredient and limits other ingredients that may cause problems with sensitive dogs. You'll like what's in it, and love what's not.



NO CHICKEN



NO CORN



NO WHEAT



NO SOY

**I am more than just a dog.
I am an Iams dog.**



SAFETY CHECK

Don't Be a Medical Victim

How to sidestep doctor-delivered disaster

BY REGINA NUZZO

If you add up all the errors that occur in prevention, diagnosis, and treatment, health-care mistakes kill 500,000 people in the United States every year, say Joe and Teresa Graedon, of the People's Pharmacy books and website. In their new book, *Top Screwups Doctors Make and How to Avoid Them* (Crown Archetype, \$26), they discuss the most common mistakes people face in doctors' offices, pharmacies, hospitals, and their own homes. Here, their top stay-safe rules.

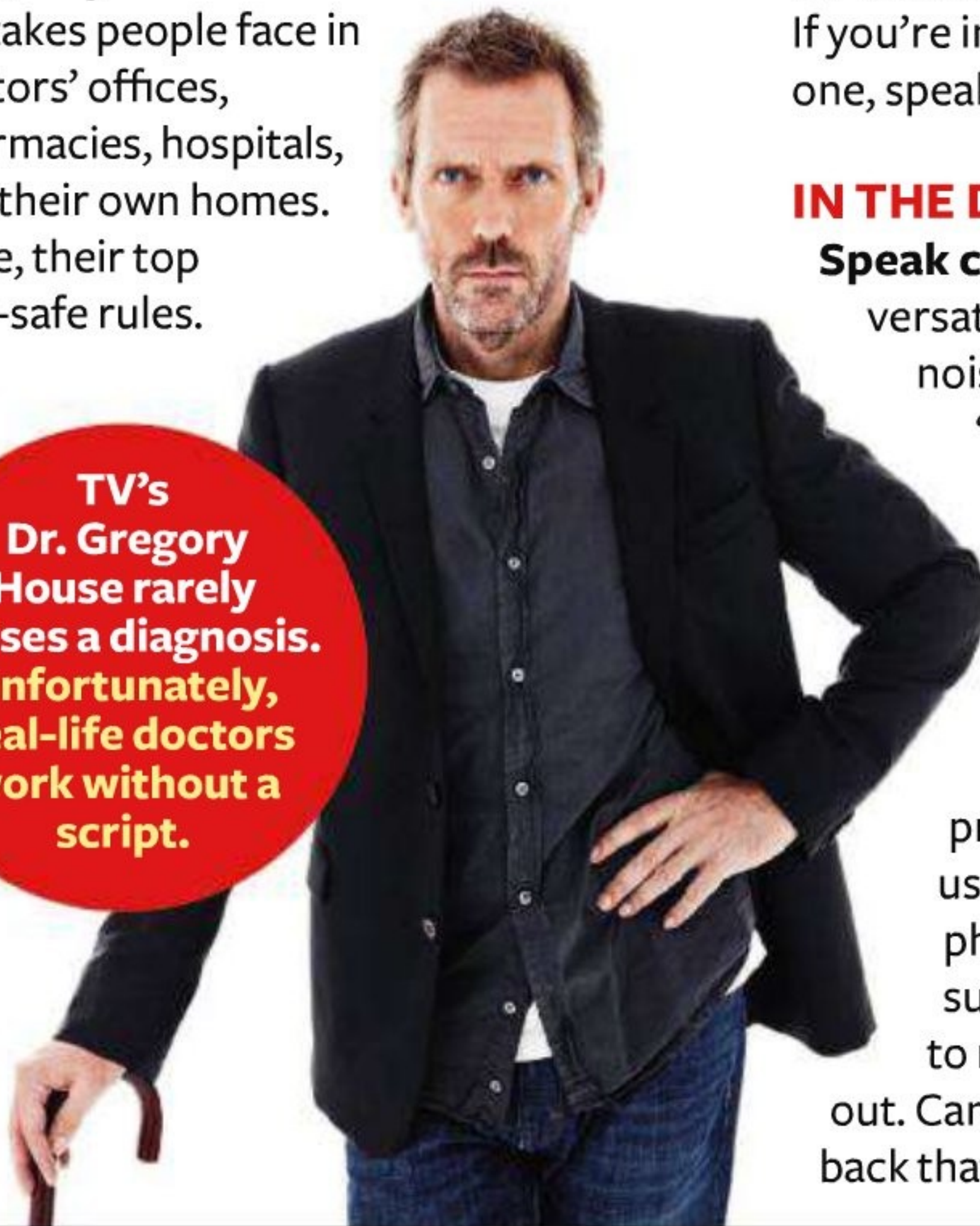
IN THE HOSPITAL

Trust but verify. "Hospitals are very complicated places, so it's likely that something will go wrong," says Teresa Graedon, PhD. In fact, studies suggest there's at least one mistake per person for each day in the hospital, whether minor (wrong dessert for dinner) or life-threatening (an overlooked drug allergy). If you're in the hospital or visiting a loved one, speak up if you suspect an error.

IN THE DOCTOR'S OFFICE

Speak clearly, then repeat. Your conversation with your physician is like a noisy cell phone call: Information "dropouts" can occur if your doctor is distracted or if you get interrupted. You typically have only about 20 seconds to describe your symptoms before the doctor starts asking questions. So come with a prioritized list of concerns, and use the "teach-back" method, pharmacologist Joe Graedon suggests. "You might say, 'I want to make sure I didn't leave anything out. Can you repeat the symptoms back that seem important to you?'" >>

TV's Dr. Gregory House rarely misses a diagnosis. Unfortunately, real-life doctors work without a script.



NOTABLE QUOTE

“Medicine is like life—no ‘always’ and no ‘never.’”

WESTBY G. FISHER, MD, ON DRWES.BLOGSPOT.COM



Help maintain healthy blood sugar levels and improve digestive health with Dreamfields®



- With only 5 grams digestible carbs per cooked cup, Dreamfields helps you maintain healthy blood sugar levels.
- Only Dreamfields has inulin, a natural prebiotic fiber, to help balance energy and improve digestive health.
- Dreamfields tastes like traditional pasta—your entire family will love it!

For \$1.00 Off Coupon visit
www.TryDreamfields.com/2



Whether enjoying Dreamfields pasta or other foods, consumers with diabetes must carefully monitor blood glucose and have frequent contact with their physician to maintain good health.



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

Support for growing brains.

Most kids don't get enough DHA Omega-3,* an important nutrient that helps support healthy brain development. So we made Horizon with DHA to give kids pure, organic goodness with an extra boost of essential nutrition.



HorizonOrganic.com



And after your doctor discusses your treatment plan, say, “So what you’re asking me to do is ...” That way, you’re both understood.

AFTER THE DIAGNOSIS

Play House (MD). Figuring out what’s wrong with a patient can be challenging and doesn’t always go as well as on TV, Teresa Graedon says. That’s one reason misdiagnosis leads to at least 40,000 deaths in U.S. hospitals every year. Adopt Dr. Gregory House’s skepticism, she suggests. “After you get your diagnosis, say, ‘Thank you. What else could it be? And which of my symptoms don’t fit this diagnosis?’”

WHEN YOU GET A PRESCRIPTION

Check for drug interactions. Now do it again. Avoid a dangerous mix by taking a list of all your medications to your doctor, including over-the-counter drugs, herbs, and supplements, Joe Graedon says. (Shortcut: Throw all the bottles into a paper bag and take it along.) When you fill a new prescription, ask your pharmacist to use the computer system to check for potentially serious interactions. When you get home, double-check by going to mediguard.org, a free medication monitoring site.

GO FIGURE

570

Number of extra calories adults ate every day in 2006, on average, compared with 1977.

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**Fat-Free DHA Omega-3.
New from Horizon Organic.**

A smart nutritional choice,
with a smooth, delicious taste.



YOUR STORY

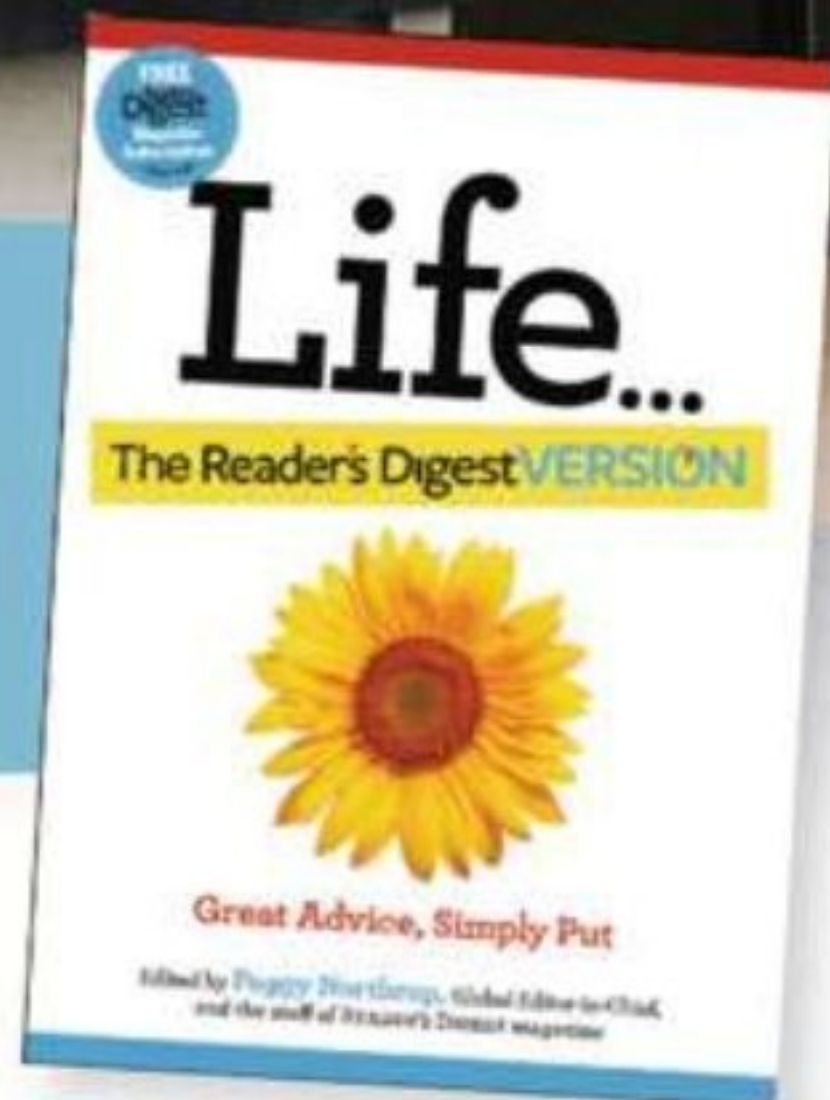
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We are celebrating the release of our new book with a nationwide search for the best life stories. Share yours in 150 words or fewer for a once-in-a-lifetime chance to be published and win \$25,000!



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No purchase necessary to enter or win. Contest begins 08/16/2011 and closes 11/01/2011. Open to U.S. residents 18 and over. Void where prohibited. Each entry must be 150 words or fewer. One grand-prize winner will receive \$25,000 and be published in *Reader's Digest*. Eleven other stories will earn \$2,500 each and receive national exposure. For entry and other details, including rules, visit facebook.com/ReadersDigest.

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FIX-IT GUIDE

CARE AND FEEDING OF ... YOUR KNEES

“Knee pain is one of the top complaints in my clinic,” says John R. Tongue, MD, vice president of the American Academy of Orthopaedic Surgeons. But he knows what will help keep you out of his office.



BEST MONEY-SAVING MOVE

Not buying glucosamine and chondroitin A recent review of ten studies found that the supplements didn't ease knee pain any better than a placebo. Still, Dr. Tongue says, some patients swear the pills help. “The good thing is that I don't know of any side effects other than thinning your wallet.”

BEST FOOTWEAR Cushioned shoes

“With every step you take, the impact on your knees is two to three times your body weight,” says Dr. Tongue. “The more cushioning your shoe has, the better it absorbs the shock.” Replace walking shoes every 500 miles or at least once a year.

BEST EXERCISE Cycling Your kneecap should slide smoothly in a groove at the bottom of your thighbone; if it doesn't track right, it'll rub the side of the groove. Try a stationary bike to safely strengthen the muscle on the inside of your knee and keep your kneecap centered. *Beth Dreher*

GETTY IMAGES

— If you're —

GOING TO SIT ON IT ALL DAY

it better be soft.

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The Good Fight

A married man argues for conflict



BY TOM JUNOD

● FROM *Esquire*

You fight. You don't want to, but you do. You fight because of things she does that you don't like and things you do that she doesn't like. The things themselves are not important; what's important is that you both always do them. You may say you are fighting about her habits, and she may say she is fighting about yours—that you are fighting over

the nearly daily discovery that habits are inextinguishable. But really, you are fighting because you are married, and fighting is as intrinsic to marriage as sex.

What do you fight about? Simple: You fight about what you always fight about. You fight about what you have always fought about.

If you want to stay married, you don't have to be able to stop fight-

ing; you have to be able to keep fighting, in the same way.

Fights are not just arguments that don't end. They are arguments that enter a dimension different from the one in which they started. They're volatile, often imaginative, and always terribly personal. They are, in other words, what sex should be.

People know a lot more about your

If your marriage is healthy, you will fight to restore the balance of power rather than destroy it.

fighting than you think they do. Your children are especially unfooled, for though you don't have sex in front of them, you fight in front of them, or at least within their earshot, and your fights will forever serve as their introduction to the complexities of adulthood. You think that some fights are trivial because they are over trivial matters. Your children understand that there are no trivial fights, because each fight has the potential to grow into the kind of fight that ends your marriage.

What kind of fight is that? The kind of fight you win. The question is not who can win, because anyone can win if they're willing to win at the cost of love and respect. The question is who can abstain from winning, who can resist the temptation of winning, which, like any other marital temptation, is always there.

But how do you do that? Well, you don't go to sleep angry, as the old saying goes. And you don't say what can't be unsaid. And you don't fight drunk. And you never end a fight by having sex with someone else instead of each other. Infidelity is the final measure of victory and defeat.

What do you fight for, if you can't

fight to win? You are fighting for power, of course—but if your marriage is healthy, you will fight to restore the balance of power

instead of fighting to destroy it. You are fighting as a way of voicing your objections to the person you have chosen to live your life with—but if your marriage is healthy, the fight will end in surrender rather than loss. Sex matters to a marriage. Fidelity matters to a marriage. But fighting matters to a marriage because what matters most to a marriage is forgiveness, and forgiveness doesn't come free. You have to fight for it.

GO FIGURE

61

Average number of days before Halloween that adults start preparing. In the past three years, nearly two thirds of them dressed up for the big night.

Source: Savers, a retail thrift-store chain



Today is the day
I rethink how
I control my
blood sugar.

Once-daily 24-hour steady release to help control blood sugar is worth asking your doctor about. If you have type 2 diabetes, sometimes pills, diet and exercise are no longer enough to control blood sugar. Insulin is an effective way to help control your blood sugar. And insulin comes in an easy to use pen. It's worth asking your doctor about.

Rethink insulin.



Indications and Usage

Prescription Lantus[®] is a long-acting insulin used to treat adults with type 2 diabetes and adults and children (6 years and older) with type 1 diabetes for the control of high blood sugar. It should be taken once a day at the same time each day to lower blood glucose.

Do not use Lantus[®] to treat diabetic ketoacidosis.

Important Safety Information for Lantus[®] (insulin glargine [rDNA origin] injection)

Do not take Lantus[®] if you are allergic to insulin or any of the inactive ingredients in Lantus[®].

You must test your blood sugar levels while using insulin, such as Lantus[®]. Do not make any changes to your dose or type of insulin without talking to your healthcare provider. Any change of insulin should be made cautiously and only under medical supervision.

Do NOT dilute or mix Lantus[®] with any other insulin or solution. It will not work as intended and you may lose blood sugar control, which could be serious. Lantus[®] must only be used if the solution is clear and colorless with no particles visible. Do not share needles, insulin pens or syringes with others.

The most common side effect of insulin, including Lantus[®], is low blood sugar (hypoglycemia), which may be serious. Some people may experience symptoms such as shaking, sweating, fast heartbeat, and blurred vision. Severe hypoglycemia may be serious and life threatening. It may cause harm to your heart or brain. Other possible side effects may include injection site reactions, including changes in fat tissue at the injection site, and allergic reactions, including itching and rash. In rare cases, some allergic reactions may be life threatening.

Tell your doctor about other medicines and supplements you are taking because they can change the way insulin works. Before starting Lantus[®], tell your doctor about all your medical conditions including if you have liver or kidney problems, are pregnant or planning to become pregnant, or are breast-feeding or planning to breast-feed.

Lantus[®] SoloSTAR[®] is a disposable prefilled insulin pen. Please talk to your healthcare provider about proper injection technique and follow instructions in the Instruction Leaflet that accompanies the pen.

Please see brief summary of prescribing information on the next page.

**Learn more about 24-hour blood sugar control help
at WhyInsulin.com or call 1.888.833.4722.**

**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.**

BRIEF SUMMARY OF PRESCRIBING INFORMATION

HIGHLIGHTS OF PRESCRIBING INFORMATION

These highlights do not include all the information needed to use LANTUS safely and effectively. See full prescribing information for LANTUS.

LANTUS® (insulin glargine [rDNA origin] injection) solution for subcutaneous injection

Initial U.S. Approval: 2000

INDICATIONS AND USAGE

LANTUS is a long-acting human insulin analog indicated to improve glycemic control in adults and children with type 1 diabetes mellitus and in adults with type 2 diabetes mellitus. (1)

Important Limitations of Use:

- Not recommended for treating diabetic ketoacidosis. Use intravenous, short-acting insulin instead.

DOSAGE AND ADMINISTRATION

- The starting dose should be individualized based on the type of diabetes and whether the patient is insulin-naïve (2.1, 2.2, 2.3)
- Administer subcutaneously once daily at any time of day, but at the same time every day. (2.1)
- Rotate injection sites within an injection area (abdomen, thigh, or deltoid) to reduce the risk of lipodystrophy. (2.1)
- Converting from other insulin therapies may require adjustment of timing and dose of LANTUS. Closely monitor glucoses especially upon converting to LANTUS and during the initial weeks thereafter. (2.3)

DOSAGE FORMS AND STRENGTHS

Solution for injection 100 units/mL (U-100) in

- 10 mL vials
- 3 mL cartridge system for use in OptiClik (Insulin Delivery Device)
- 3 mL SoloStar disposable insulin device (3)

CONTRAINDICATIONS

Do not use in patients with hypersensitivity to LANTUS or one of its excipients (4)

WARNINGS AND PRECAUTIONS

- Dose adjustment and monitoring: Monitor blood glucose in all patients treated with

insulin. Insulin regimens should be modified cautiously and only under medical supervision (5.1)

- Administration: Do not dilute or mix with any other insulin or solution. Do not administer subcutaneously via an insulin pump or intravenously because severe hypoglycemia can occur (5.2)
- Do not share reusable or disposable insulin devices or needles between patients (5.2)
- Hypoglycemia: Most common adverse reaction of insulin therapy and may be life-threatening (5.3, 6.1)
- Allergic reactions: Severe, life-threatening, generalized allergy, including anaphylaxis, can occur (5.4, 6.1)
- Renal or hepatic impairment: May require a reduction in the LANTUS dose (5.5, 5.6)

ADVERSE REACTIONS

Adverse reactions commonly associated with Lantus are:

- Hypoglycemia, allergic reactions, injection site reaction, lipodystrophy, pruritus, and rash. (6.1)

To report SUSPECTED ADVERSE REACTIONS, contact sanofi-aventis at 1-800-633-1610 or FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

DRUG INTERACTIONS

- Certain drugs may affect glucose metabolism, requiring insulin dose adjustment and close monitoring of blood glucose. (7)
- The signs of hypoglycemia may be reduced or absent in patients taking anti-adrenergic drugs (e.g., beta-blockers, clonidine, guanethidine, and reserpine). (7)

USE IN SPECIFIC POPULATIONS

- Pregnancy category C: Use during pregnancy only if the potential benefit justifies the potential risk to the fetus (8.1)
- Pediatric: Has not been studied in children with type 2 diabetes. Has not been studied in children with type 1 diabetes <6 years of age (8.4)

See Full Prescribing Information for PATIENT COUNSELING INFORMATION and FDA-approved patient labeling

Revised: 04/2010

GLA-BCPH-GD-APR10

Rx Only



KIDS

... THEY'RE BAAAACK

With 85 percent of the college class of 2011 moving back home, you might think of this group as **Generation B**, for **Boomerang**. We asked Carl Pickhardt, a psychologist and the author of *Boomerang Kids*, for three wise words on how to see kids off, take them back, and move them out.

1) TEACH Before your kids take off for college, teach them the three B's: That's banking, budgeting, and bill paying. "Parents get preoccupied by school performance, and they don't think about their preparation responsibility," said Pickhardt.

2) CLARIFY If they do return home, consider what their presence will now mean for the household. How will they

contribute? Will you support them financially? You may need to make a written agreement that both of you will sign.

3) REMEMBER When kids leave high school or even college, they are not adults. Between 18 and 23, they're entering the last and most difficult stage of adolescence: trial independence. Sometimes they need to come home and regroup.

In other words, taking the word *failure* out of the equation when they land on your doorstep will probably go far in getting them on their feet. *Dawn Raffel*

D For a contract you can use with your boomerang kid, go to readersdigest.com/contract.

LIST

IHNIWYTA*

*I have no idea what you're talking about!

For all those with a need to know, a texting cheat sheet

***\$:** Starbucks
B4N: Bye for now
BCNU: Be seeing you
BG: Be good
DQMOT: Don't quote me on this
HMU: Hit me up
IDC: I don't care

IDK: I don't know
IMHO: In my humble opinion
IMNSHO: In my not so humble opinion
ILY: I love you
IMY: I miss you
IRL: In real life

JK: Just kidding
KWIM: Know what I mean?
LQTS: Laughing quietly to self
MYOB: Mind your own business
NMU: Not much ... you?

ROFL: Rolling on floor laughing
TTYL: Talk to you later
UW: You're welcome
W/E: Whatever
WYWH: Wish you were here

LIFE LESSONS

Betty White

On love, failure, and meeting Mr. Right

I've had two bad marriages, and they were traumatizing to go through. You really feel like a failure when your marriage doesn't work. But they did make me appreciate it when the perfect one came along.

Back in those days—I'm pushing 90—you didn't sleep with a fella unless you married him. It was during World War II, and I met this P-38 pilot, which was terribly romantic, and we were going to live just up the coast from Los Angeles. He didn't tell me he got mustered out, so instead of going up to our apartment in Santa Maria, we had to drive to Belle Center, Ohio, a town of 800 people. Belle Center was a chicken farm. We were living with his mom and dad, and they would send me out to kill a chicken to bring it in for dinner. I said, "No way!" That was a real trauma



White's television career has spanned more than 70 years.

because I'm such an animal nut. I couldn't hack it, so I split and went back to California. We were married eight months, and it was a very bad mistake early on.

Then I met a wonderful man, Lane Allen. He was a theatrical agent, and we had a couple of very good years. But he wanted me to stop working. He didn't want me to be in show business. When you have a calling, you have to follow it, so I made the choice, blew the marriage, and I've never regretted it.

I have a tendency to take everything as my fault, and I kept kick- >>

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Connections

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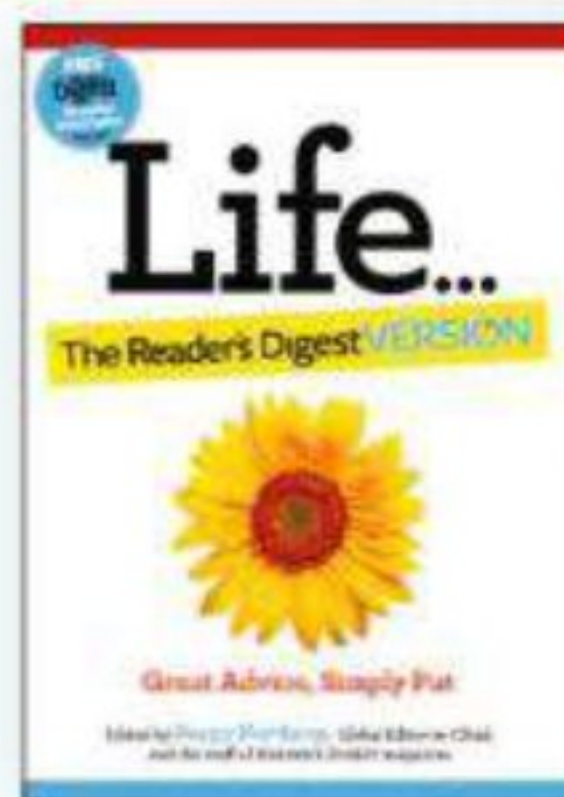
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ing myself for agreeing to marry them in the first place. Then I met Allen Ludden. He was enthusiastic about everything. He was intellectually wonderful. He was silly. He was romantic. He knew how to court a lady. Eventually, he wouldn't even say hello—he'd say, "Will you marry me?" And I'd say, "No way!" He was hosting the game show *Password* in New

When I answered the phone, I didn't say hello ... just, "Yes."

York, and I was living in California, and I said, "No way will I get married again." I kept saying no for a year. Finally, Easter came along. He sent me a white stuffed bunny with diamond earrings clipped to its ears and a card that said "Please Say Yes?" So when I answered the phone that night, I didn't say hello, I just said, "Yes." Even long after we were married, he'd call me up during the day and ask me out on a date. He'd barbecue a chicken. We'd have a glass of wine, put on a stack of records, and dance. Now, that's silly for an old married couple—and a far cry from my first marriage, in terms of chickens—but it worked.

Source: *Newsweek*


IPAD EXTRA To see a video of Betty White and Allen Ludden, download the *Reader's Digest* app from the iTunes Store.



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Scrubbing Bubbles® Presents: Smart Bathroom Cleaning Tips

If cleaning the bathroom is not one of your favorite chores – don't fret. Try these simple solutions to cut down cleanup time and maintain your bathroom's shine.

Keep a Clean Countertop: With paper towels and a multi-surface spray, wipe over the surfaces, in front, in between, and behind your toiletries, grooming products, and appliances. Clean mirrors, glass, and chrome.

Remove Dirty Laundry: Keep an organized look and feel to your bathroom by keeping dirty clothes in the hamper and not on the floor or behind the door.

Clear the Air: To discourage mildew growth in the bathroom, increase the amount of air circulation and light to decrease moisture. Use fans during the shower and for roughly 30 minutes after, and open windows.

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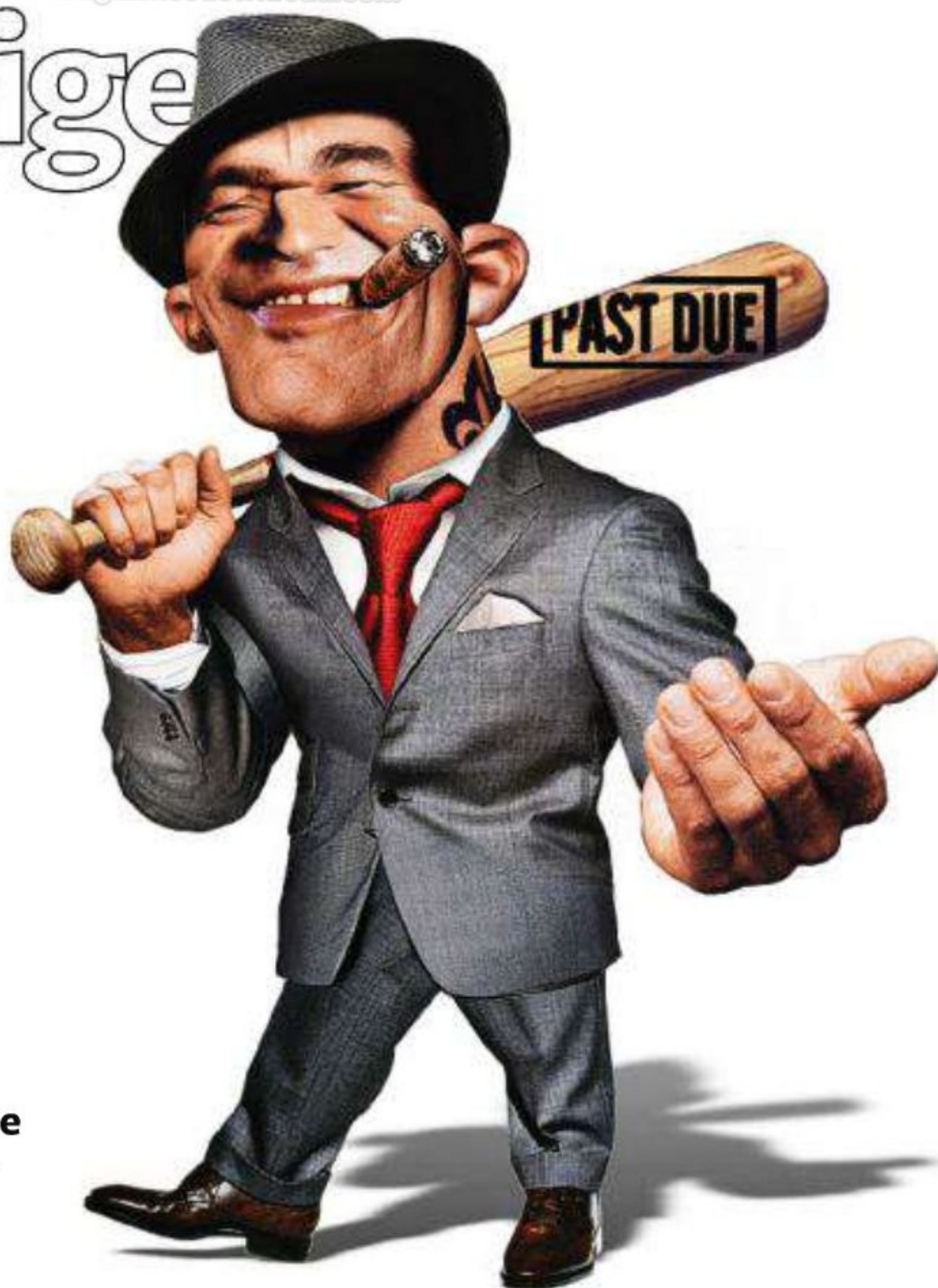
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Johnson
A Family Company

13 Things a Debt Collector Won't Tell You

BY MICHELLE CROUCH



1 They teach us that **all debtors are compulsive liars**, and no matter what you tell us, we're supposed to keep pushing. So we ask, Can you borrow the money from friends and family? Can you take money out of your 401k? Can you pay it with another credit card? All horrible ideas that would make a good financial planner cringe.

2 Like us or not, we're a vital part of **keeping the cash flow going in this country**. In 2010, more than 10,000 collection agencies collected over \$8 billion. Can you imagine the impact on the economy—and on all the companies that were owed money—if that \$8 billion hadn't been collected?

3 We've heard every tale of woe. We may listen and act sympathetic, but in our notes, all those excuses are summed up as *HLS*, for "hard-luck story." **You're wasting our time**, and time is money.

4 The more money I get out of you, **the bigger my bonus will be**. Every month, we watch top performers get bonus checks of \$10,000 or more.

5 **We also have an astounding power to wipe out thousands of dollars** of your debt. Most accounts have a one-time settlement rate that's preapproved (typically 15 to 35 percent on credit card debt).

6 A lot of agencies buy debt for pennies on the dollar, so **always start your settlement offer low**, maybe 25 cents on the dollar. Say something like "I have \$200 that I can apply toward this debt. Will you accept that as payment in full?" If I say no, ask what I'm willing to accept as a settlement and negotiate from there.

7 Sometimes when we're negotiating, I'll say I have to get a manager involved, and then **I'll have another collector be the "bad cop."** The theory is that just having another voice on the line will open up your wallet.

8 **Always check whether the debt has passed the statute of limitations** in your state (see a list at creditcards.com/credit-card-news/credit-card-state-statute-limitations-1282.php). If it has, we can't sue you or put it in your credit report. However, if you make any kind of payment or even acknowledge the debt, that usually starts the clock over.

9 If you decide to settle, I am trained to "take your application." In a bored voice, I ask for your cell number, your spouse's work phone, and so on, as if I'm filling out a form. But **it's just a way to get the information we need** to find you in case the settlement falls through.

10 **We love calling you at work** because of the extra pressure it puts on you. If you specifically ask us not

to, by law we have to stop, but we're not going to tell you that.

11 **Don't ask for a manager.** He or she will not help you. You're better off just calling back and getting another collector on the line.

12 Many times when we leave a message on your phone, **it's just a recording of a made-up person.** Our office uses the name Jim Taylor. When you call back and ask for him, we say he's out to lunch and offer to help you instead.

13 If I threaten to have you arrested, use profanity, or call before 8 a.m. or after 9 p.m., **report me to your state attorney general's office** (naag.org) and the Federal Trade Commission (ftc.gov). Those are violations of the Fair Debt Collection Practices Act.

Sources: Fred Williams, who worked as a debt collector for three months to write *Fight Back Against Unfair Debt Collection Practices* (FT Press, \$21.99); Michelle Dunn, former owner of a debt-collection agency and author of *The Guide to Getting Paid* (Wiley, \$24.95); and debt collectors in Florida, New Jersey, and Pennsylvania.



WHO KNEW?

How to Talk Apple

Apple Store employees are trained to say things a certain way:

THEY DON'T SAY

"That's stupid" or "That wasn't smart."

"Do you have any questions?"

"Unfortunately."

THEY SAY

"That's not recommended."

"What questions do you have?"

"As it turns out ..."

Source: *Wall Street Journal*

THE PRICE IS WRONG

Shopping for Long-Term Care

Easy ways to save someone's hard-earned money

Most people don't think twice about bargaining for a new car. But when it comes to long-term care for a relative, skimping on Mom or Grandpa strikes some as unseemly. It makes sense to wheel and deal. According to the latest John Hancock Cost of Care Survey, the average annual cost for a private room in a nursing home is \$85,775—and rising. As Kelly Greene wrote recently in the *Wall Street Journal*, “Long-term-care costs add up quickly—and typically, there isn't a way to know how long you will need the services.” The best way to keep costs down, in other words, is to start out paying as little as possible. Here are a few of Greene's tips for doing just that.

- **Know your options.** The types of elder-care services—and the prices—vary. Home health aides help with bathing, grooming, and other daily tasks. At assisted-living facilities, residents can live



independently but have access to medical and other support services. Nursing homes offer round-the-clock, on-site care and provide more complex medical treatment than assisted-living facilities typically do. If you're not sure what your best bet is, try the free evaluation tool at assistedlivinginfo.com.

- **Check average prices by area.** Both Genworth Financial and MetLife

provide local costs for long-term care (go to genworth.com/costofcare or metlife.com and search for *2010 market survey*). As Greene points out, if your relative lives in a different part of the country, you can compare costs to see if it makes sense to move him to a facility near you. For more on out-of-pocket costs you might incur, go to medicare.gov, where you can learn what Medicare covers.

● **Consider in-home services.** Ask yourself if a home health aide might be sufficient before deciding on a nursing home or an assisted-living facility. According to Genworth, the amount

dollars off the monthly maintenance, particularly if there isn't a waiting list. And if you book a substantial number of hours per week with an in-home service provider, ask if you might get a few

Most nursing homes don't discount their rates, but you may be able to get an upgrade.

you'll shell out for the first has remained roughly the same compared with last year's cost, while the price tag for the latter two options has increased significantly.

● **See if they'll throw in something free.** Most nursing homes don't discount their rates, but you may be able to get an upgrade to a private room or additional amenities if you are paying out of pocket. An assisted-living facility might waive the move-in fee, for instance, or knock a few hundred

additional ones at a discount, advises Greene.

● **Shop around.** Mention a lower quote if you have one. Often you'll get a better deal if you've done your homework and have a better offer.

● **Plan ahead.** While it may be too late to lower the cost of care for an elderly relative by investing in long-term-care insurance, you may want to think about doing so for yourself. In addition to traditional stand-alone insurance, there are other options.

One such alternative, reports *Kiplinger's Personal Finance*, is a policy that combines life insurance and long-term-care protection, like Lincoln Financial's MoneyGuard Reserve policy. By investing over time, you build up a reserve that can be paid out in monthly chunks to cover assisted-living-facility or nursing-home costs. If you don't use it, your heirs get a death benefit. Another choice is longevity insurance, an annuity that pays out only when you reach a certain age (usually 85) and lets you use the money for any purpose.

GO FIGURE

23%

The rise in median pay of U.S. CEOs in 2010. The median is now \$10.8 million annually (266 times the average U.S. income).

Source: Equilar/New York Times

PHRASE OF THE MONTH

“free lunchism”

The expectation that the United States can support “the world’s highest medical costs, its largest military, and an aging population [with] taxes that are among the world’s lowest,” David Leonhardt explains in the *New York Times*. “Economists have a name for that combination: a free lunch.”

DEALS

Save on College, Shipping, More

COLLEGE An undergraduate education in Finland is free, even to Americans. And nearly 500 programs are taught in English, says *Forbes*. (studyinfinland.fi)

COMPUTER SOFTWARE AND STORAGE Instead of buying Microsoft Office for \$115, try Google Docs (docs.google.com) and Open Office (openoffice.org) for basic programs, suggests *Kiplinger's Personal Finance*. Both are free.

LEGAL ADVICE For \$39.95 a month or \$300 a year, you can access more than 10,000 legal forms at rocketlawyer.com, reports *Inc. magazine*. Digitalattorney.com produces detailed \$1.99 videos lasting seven to ten minutes.

PET PRESCRIPTIONS Instead of paying up to 150 percent over cost, see if your pet's prescription drug is also a drug prescribed for

humans. If it is, says lifehacker.com, a retail pharmacy may charge a lot less.

REFUNDS When legendary consumer advocate Ralph Nader couldn't get a refund for two US Airways tickets he had canceled, he uttered three words that he says consumers often overlook: *small claims court*. "Few people know how simple the forms are, how accommodating the judges are," he tells the *New York Times*. "A lot of them are even open at night." (He eventually got the refund.)

SHIPPING Freeshipping.org keeps a list of retailers offering just that, sometimes even overnight. The top ten (via cbsmoneywatch.com):

L.L. Bean, Endless (shoes and handbags), Blue Nile, Shopbop, Zappos, Kate Spade, Nine West, Shoebuy, Modern Bathroom, and Piperlime.



NOTABLE QUOTE

“That gold I mailed in for cash? ... The money arrived today. I got \$1.24.”

ELLEN DEGENERES, *SERIOUSLY...I'M KIDDING* (GRAND CENTRAL, \$26.99)

LOOKING FOR OSTEOARTHRITIS KNEE PAIN RELIEF? THIS IS THE **ONE**

Synvisc-One® (hylan G-F 20) is the only one injection treatment that can give you up to 6 months of pain relief.



FREE Knee Pain Relief Kit
Call toll-free **1-855-262-1462** or visit
www.FindKneeRelief.com

Please see important Patient Information on the next page.

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RD1011

THE ONLY ONE INJECTION TREATMENT
that can give you up to 6 months
of pain relief.

Don't let osteoarthritis of the knee control your life. If you aren't getting enough pain relief from diet, exercise and over-the-counter pain relievers, talk to your doctor about whether Synvisc-One may be right for you.

Synvisc-One:

- Lubricates and cushions your knee with just one injection
- Is made from a natural substance similar to healthy joint fluid
- Doesn't have the serious side effects associated with many pain pills
- Is covered by Medicare and most insurance plans

Call toll-free or mail back the attached card to get a FREE Knee Pain Relief Info Kit to learn more.

Indication

Synvisc-One® (hylan G-F 20) is indicated for the treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to conservative non-pharmacologic therapy and simple analgesics, e.g., acetaminophen.

Important Safety Information

Before trying Synvisc-One, tell your doctor if you have had an allergic reaction to SYNVISIC® (hylan G-F 20) or any hyaluronan-based products; or if you have an infected knee joint, skin disease or infection around the area where the injection will be given, or circulatory problems in the legs. Synvisc-One is only for injection into the knee, performed by a doctor or other qualified health care professional. Synvisc-One has not been tested to show pain relief in joints other than the knee. Tell your doctor if you are allergic to products from birds — such as feathers, eggs or poultry — or if your leg is swollen or infected. Synvisc-One has not been tested in children, pregnant women or women who are nursing. You should tell your doctor if you think you are pregnant or if you are nursing a child. Talk to your doctor before resuming strenuous weight-bearing activities after treatment.

The side effects (also called reactions) sometimes seen after any injection into the knee, including Synvisc-One, include (<2% each): pain, swelling, heat, redness, and/or fluid build-up in or around the knee. These reactions were generally mild and did not last long, but in rare occasions these side effects were more severe. The most commonly occurring adverse events outside of the injected knee were headache, back pain, sore throat, the flu and faintness. Allergic reactions such as rash and hives have been reported rarely in association with SYNVISIC.

SYNVISC ONE
HYLAN G-F 20 



Patient Information

Be sure to read the following important information carefully. This information does not take the place of your doctor's advice. If you do not understand this information or want to know more, ask your doctor.

Glossary of Terms

Hyaluronan (pronounced hy-al-u-ROE-nan): is a natural substance that is present in very high amounts in joints. It acts like a lubricant and a shock absorber in the joint and is needed for the joint to work properly.

Non-steroidal anti-inflammatory drugs: also known as "NSAIDs"; medication used to treat pain or swelling. There are many examples of NSAIDs, including (but not limited to) aspirin and ibuprofen. Some of these are over-the-counter drugs, and some can be obtained only by prescription.

Osteoarthritis (pronounced OS-te-o-arth-RI-tis): (OA) is a type of arthritis that involves the wearing down of cartilage (the protective covering on the ends of your bones) and loss of cushioning fluid in the joint.

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What is the Synvisc-One® product?

Synvisc-One is a gel-like mixture that comes in a syringe containing 6 mL (1 ½ teaspoon) and is injected into your knee. It is made up of hylan A fluid, hylan B gel, and salt water. Hylan A and hylan B are made from a substance called hyaluronan (pronounced hy-al-u-ROE-nan), also known as sodium hyaluronate that comes from chicken combs. Hyaluronan is a natural substance found in the body and is present in very high amounts in joints. The body's own hyaluronan acts like a lubricant and a shock absorber in the joint and is needed for the joint to work properly.

How is the Synvisc-One® product used? (Indications)

The FDA-approved indication for Synvisc-One is: Synvisc-One is indicated for the treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to conservative nonpharmacologic therapy and simple analgesics, e.g., acetaminophen.

How is the Synvisc-One® product given?

Your doctor will inject Synvisc-One into your knee.

Are there any reasons why I should not receive a Synvisc-One® injection? (Contraindications)

Your doctor will determine if there is any reason why you are not an appropriate candidate for Synvisc-One. You should be aware that Synvisc-One:

- Should not be used in patients who have had any prior allergic reactions to Synvisc-One or any hyaluronan-based products. Signs of an allergic reaction may include swelling of your face, tongue, or throat; difficulty breathing or swallowing; shortness of breath; wheezing; chest pain; a tightness in your throat; sleepiness; rash; itching; hives; flushing; and/or fever.

- Should not be used in patients with a knee joint infection, skin disease or infection around the area where the injection will be given, or circulatory problems in the legs.

What should my doctor warn me about?

The following are important treatment considerations for you to discuss with your doctor and understand in order to help avoid unsatisfactory results and complications:

- Synvisc-One is only for injection into the knee, performed by a doctor or other qualified health care professional. Synvisc-One has not been tested to show pain relief in joints other than the knee.
- Synvisc-One has not been tested to show better pain relief when combined with other injected medicines.
- Tell your doctor if you are allergic to products from birds such as feathers, eggs, and poultry.
- Tell your doctor if you have significant swelling or blood clots in the legs.
- Synvisc-One has not been tested in pregnant women, or women who are nursing. You should tell your doctor if you think you are pregnant, or if you are nursing a child.
- Synvisc-One has not been tested in children (≤21 years of age).

What are the risks of getting a Synvisc-One® injection?

The side effects (also called reactions) sometimes seen after any injection into the knee, including Synvisc-One, include: pain, swelling, heat, redness, and/or fluid buildup around the knee. These reactions are generally mild and do not last long. Reactions are generally treated by resting and applying ice to the injected knee. Sometimes it is necessary to give pain relievers by mouth such as acetaminophen or NSAIDs, or to give injections of steroids, or to remove fluid from the knee joint. Patients rarely undergo arthroscopy (a surgical inspection of the knee joint) or other medical procedures related to these reactions.

Other side effects seen with Synvisc or Synvisc-One are: rashes, hives, itching, muscle pain/cramps, flushing and/or swelling of your face, fast heartbeat, nausea (or feeling sick to your stomach), dizziness, fever, chills, headache, difficulty breathing, swelling in your arms and/or legs, prickly feeling of your skin, and in rare cases a low number of platelets in the blood (platelets are a type of blood cell that are needed to help your blood clot when you are cut or injured). Rare cases of knee joint infection have been reported. If any of the above side effects or symptoms appear after you are given Synvisc-One, or if you have any other problems, you should call your doctor.

What are the benefits of getting a Synvisc-One® injection?

As shown in a medical study of 253 patients with osteoarthritis (OA) of the knee, where approximately half received either a single injection of Synvisc-One or an injection of the same volume of salt water (a "Saline Control" injection), the major benefits of Synvisc-One are pain relief and improvement in other symptoms related to OA of the knee.

What do I need to do after I get a Synvisc-One® injection?

It is recommended you avoid strenuous activities (for example, high-impact sports such as tennis or jogging) or prolonged weight-bearing activities for approximately 48 hours following the injection. You should consult your doctor regarding the appropriate time to resume such activities.

What other treatments are available for OA?

If you have OA, there are other things you can do besides getting Synvisc-One. These include:

Non-drug treatments

- Avoiding activities that cause knee pain
- Exercise or physical therapy
- Weight loss
- Removal of excess fluid from your knee

Drug therapy

- Pain relievers such as acetaminophen and narcotics
- Drugs that reduce inflammation (signs of inflammation are swelling, pain or redness), such as aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs, for example ibuprofen and naproxen)
- Steroids that are injected directly into your knee

When should I call my doctor? (Troubleshooting)

If any of the side effects or symptoms described above appear after you are given Synvisc-One, or if you have any other problems, you should call your doctor.

What did the clinical studies show?

A study was conducted in 6 countries outside the United States with 21 physicians. The patients in the study had mild to moderate knee OA, moderate to severe pain, and did not have sufficient relief of their pain and symptoms with medications taken by mouth.

A total of 253 patients in the study were assigned by chance to receive either a single injection of Synvisc-One (n=123 patients), or an injection of the same volume of salt water (a "Saline Control" injection) (n=130 patients). Neither the patients nor the doctors evaluating them knew which treatment they received. Any fluid that was present in the patient's knee was removed before the injection. The patients were seen by their doctor at standard times over 6 months. Information was collected about how much pain they were experiencing doing various types of activities, how much they were limited in their daily activities by their OA, and on their overall condition. Their doctor also provided an overall rating of their OA.

The main measure of the study was how much pain the subjects had doing five common types of activities over the 6 months duration of the study. Daily activity limitations and overall evaluations were also compared between the group of patients receiving Synvisc-One injection and the group receiving salt water injection. The study showed that patients receiving Synvisc-One had significantly less pain over 6 months, and felt significantly better than the patients who received the salt water injections. The difference in pain score reduction from baseline to 6 months between the Synvisc-One and salt water control injection was 0.15 out of a 5 point scale for the measurement of OA pain in the knee.

What adverse events were observed in the clinical study?

The following are the most common adverse events that occurred during the clinical trial of Synvisc-One:

- Pain in the knee or at the injection site
- Stiffness, swelling or warmth in or around the knee
- Changes in the way that you walk (e.g., limping)

Severe adverse events were not observed in the Synvisc-One trial. Joint infections did not occur in the injected knee in the Synvisc-One clinical trial. The most commonly occurring adverse events outside of the injected knee were headache, back pain, sore throat and the flu. One patient had a single episode of feeling faint.

How do I get more information about the Synvisc-One® product?

(User Assistance)

If you have any questions or would like to find out more about Synvisc-One, you may call Genzyme Biosurgery at 1-888-3-SYNVISC (1-888-379-6847) or visit www.synvisc.com.

Manufactured and Distributed by:

Genzyme Biosurgery
A division of Genzyme Corporation
1125 Pleasant View Terrace
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Biosurgery

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Egglard's Best is proud to support Susan G. Komen for the Cure®. Together, we are fueling the best science, boldest community, and biggest impact in the fight against breast cancer. In addition to providing financial support, Egglard's Best will display Susan G. Komen for the Cure's running ribbon logo (along with a pink version of our "EB" stamp) on all of our eggs during the fall of 2011.

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Prize Possessions

If your house were on fire, what would you take on your way out?

“**T**hink of it as an interview condensed into one question,” writes Foster Huntington, the creator of theburninghouse.com. Each day, his site publishes a new photo and lists one reader’s answers to his question. Here’s the reply from Jennifer K., a 38-year-old Los Angeles resident:

- Claude Jr., French bulldog
- Patchwork quilt constructed of fabrics from my childhood/ life, made by my mother
- Vintage cowgirl boots
- MacBook Pro that holds my photos
- Pendleton bag, to carry all
- Small jar containing fur from my first dog, chocolate Labrador Gunnar
- Leica V-Lux 20. Would never leave behind my camera
- Photo of my parents circa 1970
- Snakeskin wallet containing all the essentials: money, driver’s license, Social Security card, credit cards, etc.
- (not pictured) Boyfriend: Theodore



What one woman could not live without: dog, boots, computer, mother’s quilt.



MINI MAKEOVER

Sleep Better

You've made your bed. Now here's how to make it better. Mattress, pillow, and bedding tips from all over.

Few of us give much thought to our beds beyond changing the sheets once a week. But sleeping well starts with what you're sleeping on. Here are just a few ways to make sure you have a comfortable place to catch your z's:

BUY THE RIGHT MATTRESS.

Some people like spring mattresses, some foam, some latex; some mount them on box springs, others on platforms. But if you're looking for suggestions from a pro, Maxwell Gillingham-Ryan, cofounder and CEO of apartmenttherapy.com, along with wife Sara Kate, has been testing various

mattresses for a month at a time for the past year. Two favorites? Danny Seo's Simmons Natural Care Set (\$1,430 to \$1,880 for queen with split base) and the NaturaLatex Tranquil (\$1,550 for full set). Both are made of foam but not memory foam, which the Gillingham-Ryans find too hot for comfort. And though not completely green (which would make them exorbitantly expensive), the mattresses do use ecofriendly products in their construction. Read detailed reviews of a dozen popular mattresses—including models from Ikea, Hästens, Sealy, Room & Board, and Tempur-Pedic—at the website. >>

GETTY IMAGES

everyday items perfect for kitty care

Cats are independent animals and like to do their own thing, but they still require attention and need to be properly taken care of. With these easy tips and suggestions using common at-home items, you can quickly and inexpensively care for your cat.

you can use:

- **A mouse pad for your cat's bowl:** When you replace your computer mouse pad, use the old one as a place mat for your cat's food bowl to keep the bowl from skidding and for catching spills.
- **Mineral oil:** Lessen the frequency of hairballs with 1 teaspoon of mineral oil or petroleum jelly added to your cat's daily feedings. (Note: Vegetable oils and other oils won't work because your cat will absorb and digest them.) Also, give your cat a good brushing every day.
- **Panty hose on kitty's brush:** For easy brush cleanup, slip a small piece of panty hose over the head of the brush with the bristles poking through. Once grooming is over, remove the panty hose, which should now be laden with cat fur, and discard.
- **Eggs:** A weekly scrambled egg added to your cat's food helps to keep the coat shiny, and it's a healthy treat your pet will love. Raw eggs are offlimits because of potential salmonella contamination.
- **Vinegar:** Deodorize your pet with a bath 50/50 white vinegar and warm water. Keep rinsing and washing until the odor is gone.
- **Foil:** Train your cat to stay off upholstered furniture by topping the cushions with aluminum foil. The crunching sound of foil under their paws will send them scurrying. Once your cat has learned to stay off the furniture, you can remove the foil.



New Scoop Away® Litter Has Ammonia Shield
For the whole scoop, visit scoopaway.com.



BUY THE RIGHT PILLOW.

According to *Ladies' Home Journal*, the appropriate choice depends on how you sleep. If you lie on your back, select a thin pillow and consider tucking a lumbar pillow beneath the small of your back. Side sleepers may want to try what's known as a boomerang pillow (\$20, bedbathandbeyond.com). Named for its shape, it helps support the shoulders of those who like to lie on one side or the other as they snooze. Sleeping on your stomach is not recommended because it tends to throw your back out of whack. But if you must lie prone in bed, ditch the head pillow altogether and instead support your pelvis with a pillow to keep your spine in a more natural position. Do you tend to snore? Invest in a Sona Pillow (\$60, amazon.com). Designed to let you tuck an arm underneath, it encourages side sleeping, thus opening up your airways. And open airways mean less snoring.

USE A PILLOW TOPPER.

Like feather beds of old, these cushiony pads add a layer of softness to a standard mattress. *Departures* magazine recommends you buy one made of pure goose down with small baffles to keep the down evenly distributed. Carson Kressley, the



celebrity stylist and star of *Carson Nation* on the OWN cable channel, also likes a feather-filled topper, he tells *House Beautiful*, while Gillingham-Ryan is a fan of Danny Seo's Simmons latex

foam topper, which, he says, "allows your body weight to sink well into the mattress, leaving your feet a bit higher than your hips and chest [which is just right for your posture]." Worried about the added expense of this item? Check out Costco for bargains, advises "Ninja," author of the blog punchdebtintheface.com. He found a well-priced foam one there recently and claims "even the worst mattresses feel like heaven when a three-inch memory-foam pad is on top."

TUCK IN THE SHEETS PROPERLY.

The hospital corners beloved by homemakers everywhere can be constricting. To give your feet more room, try this trick from *Departures* when making your bed: Stand at the foot of the bed; fold an eight-inch pleat toward you, at the bottom of the sheet. Then add the blanket. Fold back the top of the sheet over the blanket at the head of the bed, and tuck in the sheet and blanket all the way around.



WHO KNEW?

It Costs *How Much* to Run?

BY LANCE CONTRUCCI

My father was an electricity Nazi. He could not pass a room without turning off the overhead light, often accidentally inflicting darkness on very small, startled children. With Colonel Click lurking nearby, TVs and toasters had to be attended at all times. It was a wonder he didn't unplug all the clocks before he went to bed.

I grew up to be just as bad, or perhaps worse, because I'm an environmentalist. I don't think of conserving electricity as a habit or even a hobby; I think of it as a calling, like being a monk. For example, I use my energy-friendly netbook at home rather than my desktop PC

because I believe it's better for my wallet *and* the planet. Sure, I'm going blind and getting claw-fingered, but one must think of the ozone. (You're welcome.) My wife thinks it's insane



that I charge my BlackBerry only at work and that I don't turn on the light when I shower. (I *can* shampoo by memory at this point.)

As a joke last Christmas, she gave me a device called the Kill a Watt EZ electricity >>

*Yearly calculations based on four hours of use per day.

noses of the world, rejoice!

NEW SCOOP AWAY® LITTER HAS AMMONIA SHIELD

Noses know — feline and human — that something wonderful has happened. Scoop Away® cat litter controls odors even better than before with a remarkable technology called Ammonia Shield. Ammonia, as you know, is a major source of bad odors in the litter box. Being able to shield it is cause for celebration. Your furry friend may even break his air of indifference and gush with gratitude. Rumor has it that extra purring, licking and snuggling are happening all across the country.

Scoop Away® litter has always been known for tight clumping, which makes cleaning the litter box refreshingly easy and prevents leaving behind stinky crumbles. So you can quickly go on to more important things ... like breaking out the cat toys.

For the whole scoop on
Scoop Away® Litter with
Ammonia Shield,
visit scoopaway.com.



meter (around \$26, amazon.com). It was love at first sight. I immediately went around our apartment measuring the electrical consumption of our devices, then computed this usage in dollars. The results were illuminating. The death star is the plasma TV, which uses 480 watts per hour (p/h), costing a whopping 11.5 cents. I had no idea it costs as much to use as an air conditioner. The humidifier also gets me steamed, consuming 6 cents p/h, but it's on 24-7 in winter ... for \$44.68 a month.

But there's good news too. I read that small devices like cell phones can drive up energy costs. Baloney! The BlackBerry costs 0.024 cents p/h in use, 0.007 cents when dormant. Then there are the parsimonious *i*'s—the iPad, iPod, and iPhone, each under a tenth of a cent an hour.

As expected, the desktop PC consumes 11 times more energy than my netbook. So I'm not a



complete idiot. I'm just insane. That's the only conclusion I can come up with. For \$2.12 per year, I can afford to charge my BlackBerry at home. The plasma TV sets us back 46 cents a night, but it's worth it. (That thing makes even the Mets look

good.) Using a netbook over a desktop PC—saving more than 2.5 cents an hour—is bonkers. It's not as if the power plant cranks up when I turn on any of these devices. I did make one change though. I replaced the old humidifier with a small portable model that uses less than 0.8 cent p/h. I got it for my birthday. My wife bought it for me.

PLUG AND PLAY

Device	Watts per hour	Cost per hour	Cost per year
Air conditioner	590	14¢	\$1,241.00
BlackBerry (Average)	1	0.02¢	\$2.12
Desktop PC*	120	2.88¢	\$42.05
DVD player*	13.8	0.33¢	\$4.82
DVR	42.5	1¢	\$89.35
Humidifier	256	6.14¢	\$537.86
iPad*	3	0.07¢	\$1.02
iPhone	2	0.05¢	\$0.69
iPod*	2	0.05¢	\$0.69
Laptop PC*	30	0.72¢	\$10.51
Lightbulb* (60 watt)	60	1.44¢	\$21.02
Netbook PC*	11	0.26¢	\$3.87
Radio*	8.5	0.20¢	\$2.99
Plasma TV*	480	11.52¢	\$168.19

*Based on four hours of use per day.

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Hire Learning

What the young and unemployed really need to know now

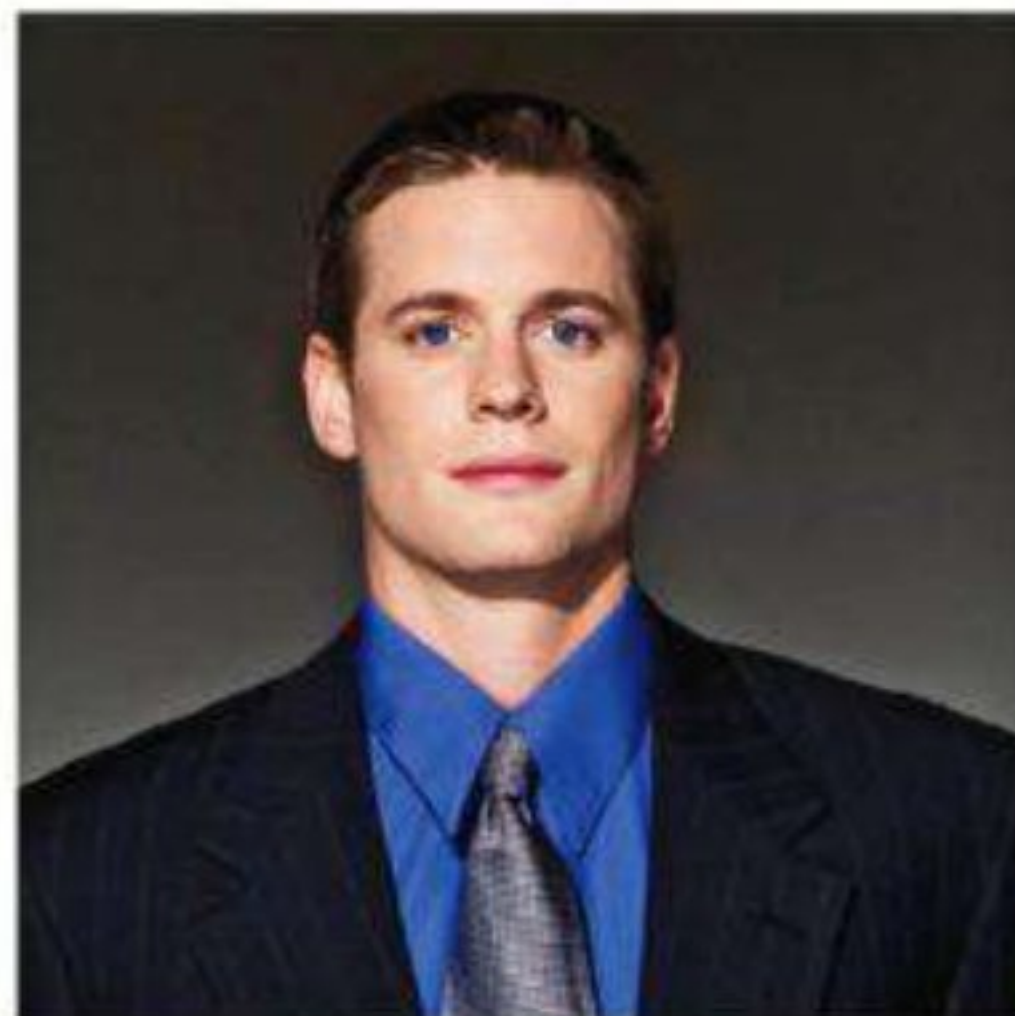
For college graduates who fear they may be trading their diplomas for Starbucks aprons, there's good news and bad: Employers have hired 19 percent more graduates in 2011 than they did in 2010—when just 56 percent had locked down a job by last spring, according to a Rutgers University survey. But the market is still tepid. How to improve your chances at landing—and keeping—a great job:

YOU'RE A SELLER, NOT A BUYER.

Writes Nell Minnow at bnet.com, “[College seniors] act as though they are meeting with their college advisor, telling prospective employers what the job will do for them instead of what they will bring to an organization.” Tell your interviewer the skills you have that would benefit his company.

YOU'RE PART OF A TEAM.

College promotes individual achievement, says Minnow, which means



GETTY IMAGES; INSET: MICHAEL GRECCO/GETTY IMAGES

“students ... have no reason to feel responsible for the group,” and working together is a must to succeed in business. Stress your ability to work with colleagues for the common good. Don’t dwell on your own goals but rather on the company’s.

ACT LIKE A GROWN-UP.

That may sound obvious, but a recent survey by the Protocol School of Washington found half of all college grads don’t exhibit professionalism on the job. What’s more, they often think their obligations to the company end when they clock out at night. “Incidents at work and comments about coworkers are not to be put on Facebook or Twitter,” notes Minnow.

EMPLOYERS EXPECT RESULTS.

With the changing economy come changing expectations, writes Thomas L. Friedman of the *New York Times*. When an employer interviews a candidate, he writes, he is asking himself, “Can he or she help my company adapt not only to doing the job today but also reinventing the job tomorrow?” Someone who seems able to morph to meet a company’s changing needs is more likely to get the job.

CHANNEL MOTHER TERESA.

Mother Teresa, CEO (Berrett-Koehler, \$21.95) has advice for even older job seekers: “If it can be done now, do it now” and “Take your work seriously, never yourself.”

YOU’RE NOT ALONE

Take This Job and Shove It

Please Fire Me, by Jill Morris and Adam Chromy (Citadel Press, \$14.95), collects dozens of hilarious vents from anonymous clock punchers forced to put up with various forms of crazy nine-to-five. Here are a few of our favorites:

“Please fire me. Last week a coworker asked me, ‘What day is Black History Month?’ ”

“Please fire me. Our HR girl overheard me describing the plot of *The Road* to a coworker, you know, the book about survivors of nuclear Armageddon who are being chased across a deserted America by anarchist cannibals. She asked, ‘Was that based on a true story?’ ”

“Please fire me. My coworker eats Cocoa Krispies every day. Dry. Soon he’ll be by to spit bits of them at me when he speaks.”

“Please fire me. I just caught my old boss copying down my goals from last year’s review and noting them as his own for this year.”

“Please fire me. My team leader took a digital picture of everyone’s face and pasted it to an animal cutout. Now each employee is a different animal on the ‘productivity’ board. Whoever does the most work each week gets one step closer to the piece of meat that person’s animal likes to eat, which is glued to the other end of the poster. I’m the bison.”

HOW TO

Run a Meeting

BY GRAHAM BUCK

“If you had to identify, in one word, the reason the human race has not achieved, and never will achieve, its full potential, that word would be *meetings*.” Thus spake humorist Dave Barry, and many of us would agree. But it doesn’t have to be this way. Some tips for having a good one:

- **Start and end strongly.** Running a productive meeting isn’t rocket science. As Denver-based consultant Teri Schwartz notes, much of it boils down to opening and conducting every meeting with a purpose and closing it with a plan for “going forward.” Problems arise when people forget this. “It’s like flying a plane,” says Schwartz. “Most crashes happen at takeoff and landing.”

- **Pick a leader.** Four years ago, Cleveland’s KeyCorp bank adopted a new principle: Always assign someone to lead. “The worst thing you can do is go into a meeting with no

one in charge,” says the bank’s senior EVP and chief risk officer, Charles Hyle. “It turns into a shouting match.”

- **Think small.** Be realistic about what you can accomplish. “You can’t solve world hunger in an hour,” Schwartz says. By the same token, keep the number of attendees manageable to stimulate discussion. “When you have too many people in the room,” says Hyle, “everyone clams up.”

- **Direct, don’t dominate.** “People hate it when they can’t get their work done because they have to go to *somebody else’s* meeting,” says Columbia Business School professor Michael Feiner. So encourage others to speak up and get involved, especially junior staffers. “They need to believe it’s not his meeting or her meeting, but ‘our’ meeting,” Feiner says.

- **Lay down the rules of engagement.** Everyone



should understand who will take notes and how decisions will be made. Remember that consensus is typically a bad thing. “It means there isn’t enough dialogue or debate,” says Feiner, “and that’s the lifeblood of any innovative organization.” Jon Petz, the author of *Boring Meetings Suck*, suggests assigning follow-up tasks during the final five to ten minutes, then reiterating them later in a group e-mail so there’s no confusion.

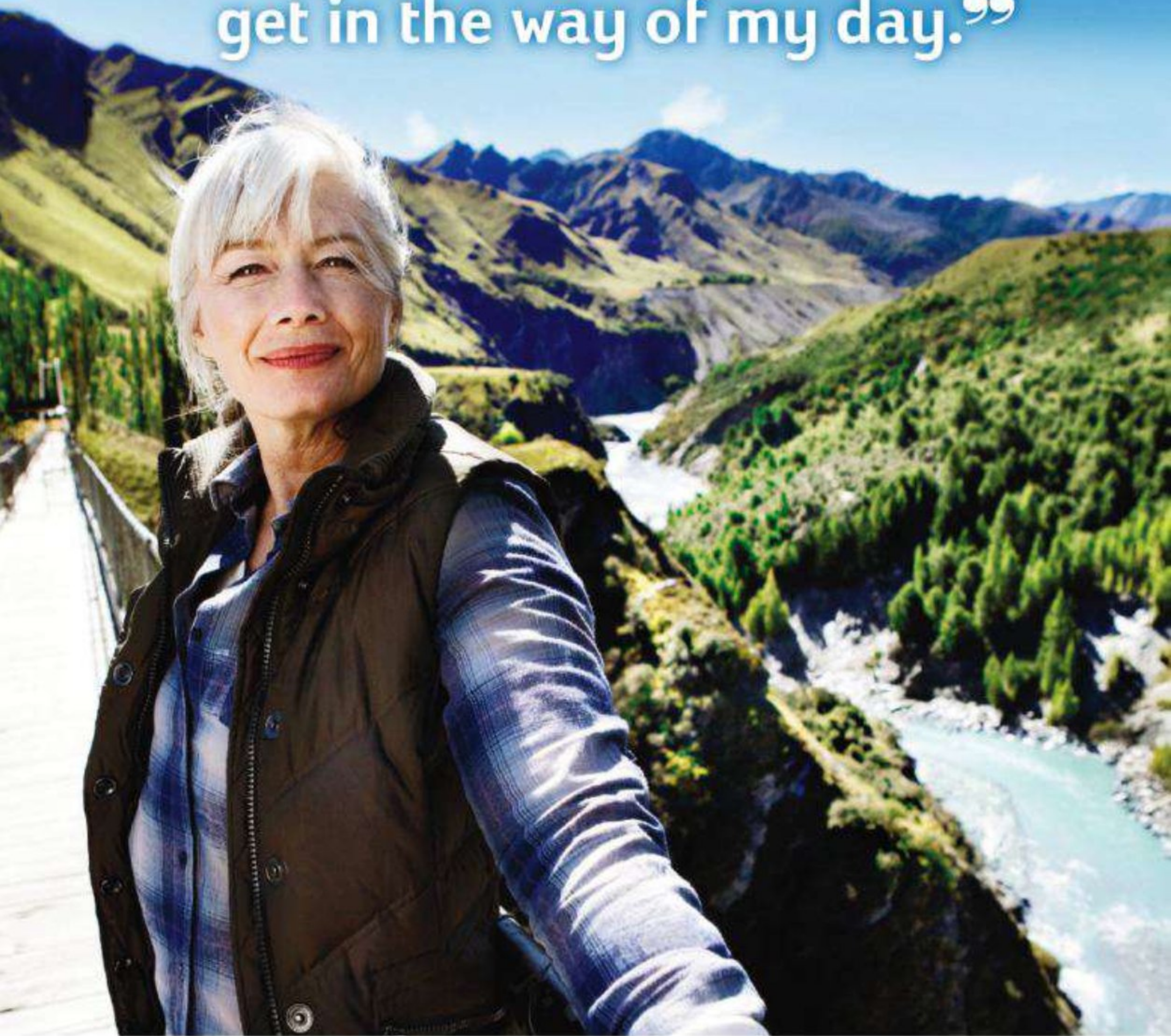
GO FIGURE

1 in 3

The number of workers “seriously considering” leaving their jobs because they are dissatisfied with base pay and benefits

Source: Mercer human resources consultancy, via bloomberg.com

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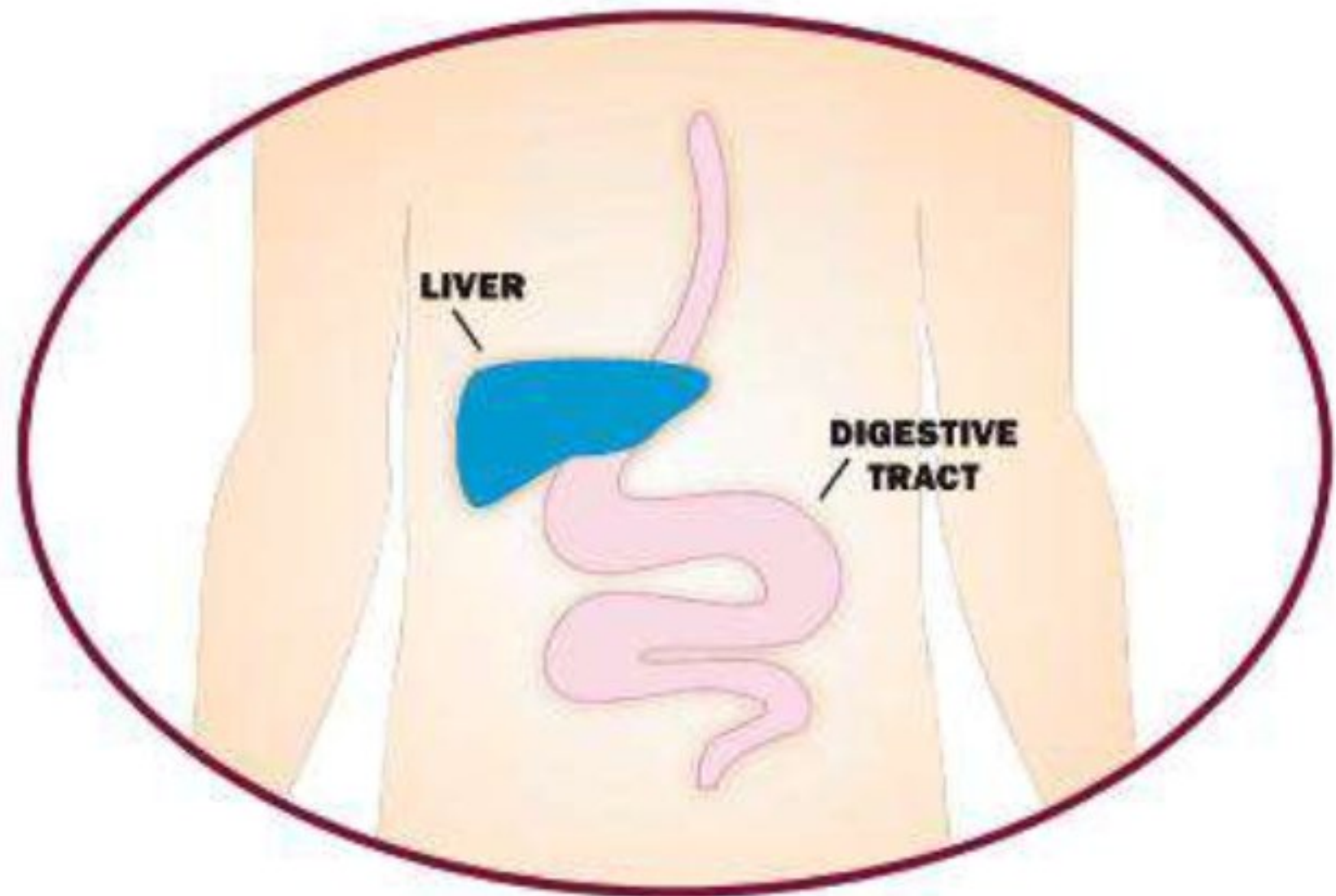


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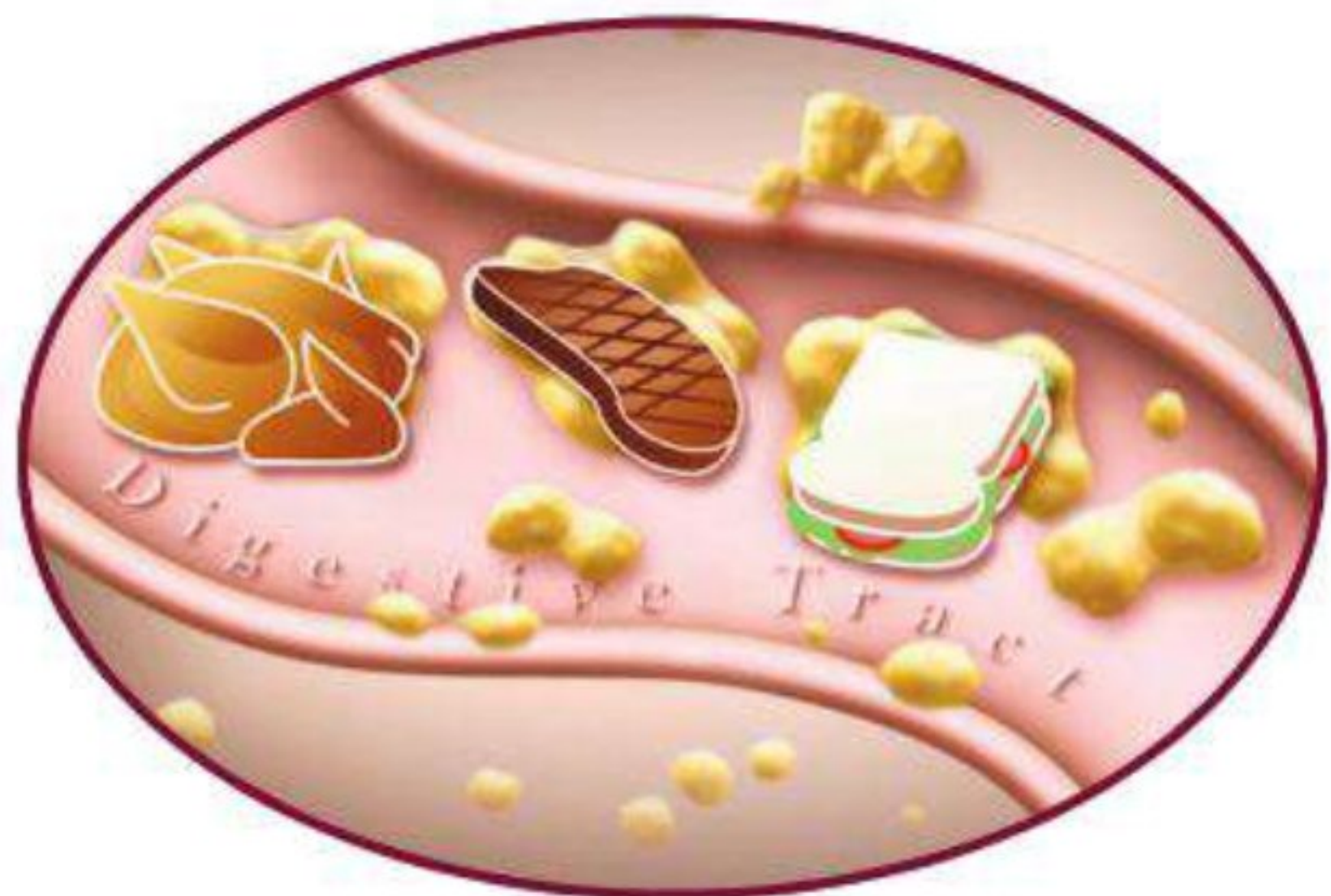
If you diet and take a statin, ZETIA can help

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

ZETIA works in the digestive tract, as do some other cholesterol-lowering medicines.



Cholesterol from food is absorbed when it enters the digestive tract.



ZETIA is unique in the way it helps block the absorption of cholesterol that comes from food. **Unlike some statins,** ZETIA has not been shown to prevent heart disease or heart attacks.



Ask your doctor if adding ZETIA is right for you.



lower

LDL (bad) cholesterol even more.

A healthy diet and exercise are important, but sometimes they're not enough to get your cholesterol where it needs to be. If you're also taking a statin, ZETIA can help lower your LDL (bad) cholesterol even further. In a clinical study, people who added ZETIA to their statin medication reduced their bad cholesterol on average by an additional 25% compared with 4% in people who added a placebo (a pill with no medication). Individual results vary.

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

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

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 more detailed information about ZETIA on the adjacent page.

For more information, call
1-800-98-ZETIA or visit zetia.com.

Zetia[®]
(ezetimibe) *Tablets*

A different way to help fight cholesterol

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ZETIA® (EZETIMIBE) TABLETS

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

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

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

WHAT IS ZETIA?

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

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

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

WHO SHOULD NOT TAKE ZETIA?

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

ZETIA has not been studied in children under age 10.

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

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

Tell your doctor about all your medical conditions including allergies.

Tell your doctor if you:

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

HOW SHOULD I TAKE ZETIA?

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

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

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

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

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

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

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

WHAT SHOULD I KNOW ABOUT HIGH CHOLESTEROL?

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

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

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

Triglycerides also are fats found in your blood.

GENERAL INFORMATION ABOUT ZETIA® (EZETIMIBE)

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

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

Inactive ingredients:

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

Issued July 2009
REV 21

29480885T

Zetia[®]
(ezetimibe) Tablets



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WHAT I'M UP TO

Jane Lynch

plays Coach Sue Sylvester on *Glee* and is the host of the 63rd *Primetime Emmy Awards*

INTERVIEW BY AMY WALLACE

WHAT SHE'S...

Reading

"A Thousand Names for Joy: Living in Harmony with the Way Things Are, by Byron Katie. I saw her on *Oprah*, and I'm fascinated by her. At the same time, I'm listening to her husband Stephen Mitchell's translation of the **Tao Te Ching** in my car. I'm also reading **Knowing Jesse**, a memoir by Marianne Leone, Chris Cooper's wife. It's about her disabled son, who passed away at 17, and her fight to get him what he needed. He was a bright light. It's a beautiful book."

Going to online

"I [go to] **Huffington Post** every few seconds. That's the big one. It's like a complete place where I can get everything. And then I can get my sweet tooth taken care of with the entertainment section."

It gets goofier and goofier, but I guess they've got to keep the content coming. Sometimes, as I'm reading it, I feel guilty. Something like 'Téa Leoni Doesn't Like Her Ankles.' And I'll click on it!"

Watching

"Episodes, on Showtime, with Matt LeBlanc. It just gets better and better. He really knows what he's doing. And I loved **The Company Men,** with Chris Cooper. I'm trying to think if something else got me. No, I haven't been gotten recently."

Listening to

"I like to listen and sing. So it's not about listening to other people. It's about listening to me! My favorite thing to do is play something by **Anita Kerr.** She was big in the '60s and '70s, and with her group, the Anita Kerr Singers, she had some of the most arrestingly beautiful harmonies."

IF SHE RULED THE WORLD, SHE WOULD...

"... get rid of big government and keep everything local. That sounds like I'm a Republican, and I'm not. But I believe in taking it off the macro and reducing it to the micro. My kid's school doesn't have art or music, so I'm going to raise some money. My friend's husband had cancer—I'm going to give them a little money and sit with her. My mother is not doing well; I'm going to get her a care worker and spend more time with her. Whatever I can do. That's certainly not a **Reader's Digest** concise answer. My God! Stop me!"

Plugging

“My book, **Happy Accidents**. And I’m hosting the Emmys September 18. I’m trying to stay under the radar so people don’t get sick of me.”

Mini Excerpt

“Fortunately, I was able to take my prodigious Shakespearean talents to a new, more challenging venue: **America’s Shopping Place**. It was 1987. *America’s Shopping Place* was one of the first home-shopping TV shows in the country, part of television’s new retail frontier. It stayed on the air into the wee hours of the morning with live hosts describing products and taking phone calls from insomniac shoppers. I showed up at the studio for what I thought was an audition. It turned out that their idea of an audition was to throw me into makeup and put me on the air.”

Happy Accidents

by Jane Lynch

(Voice, \$25.99)

Her **READER’S DIGEST VERSION** of life:

“It’s Byron Katie’s idea: **Don’t believe your thoughts.** Ask yourself, Who am I without that thought? Oh, I’m happy, I’m full of power, I’m passionate. And who am I with it? Victimized, powerless.”



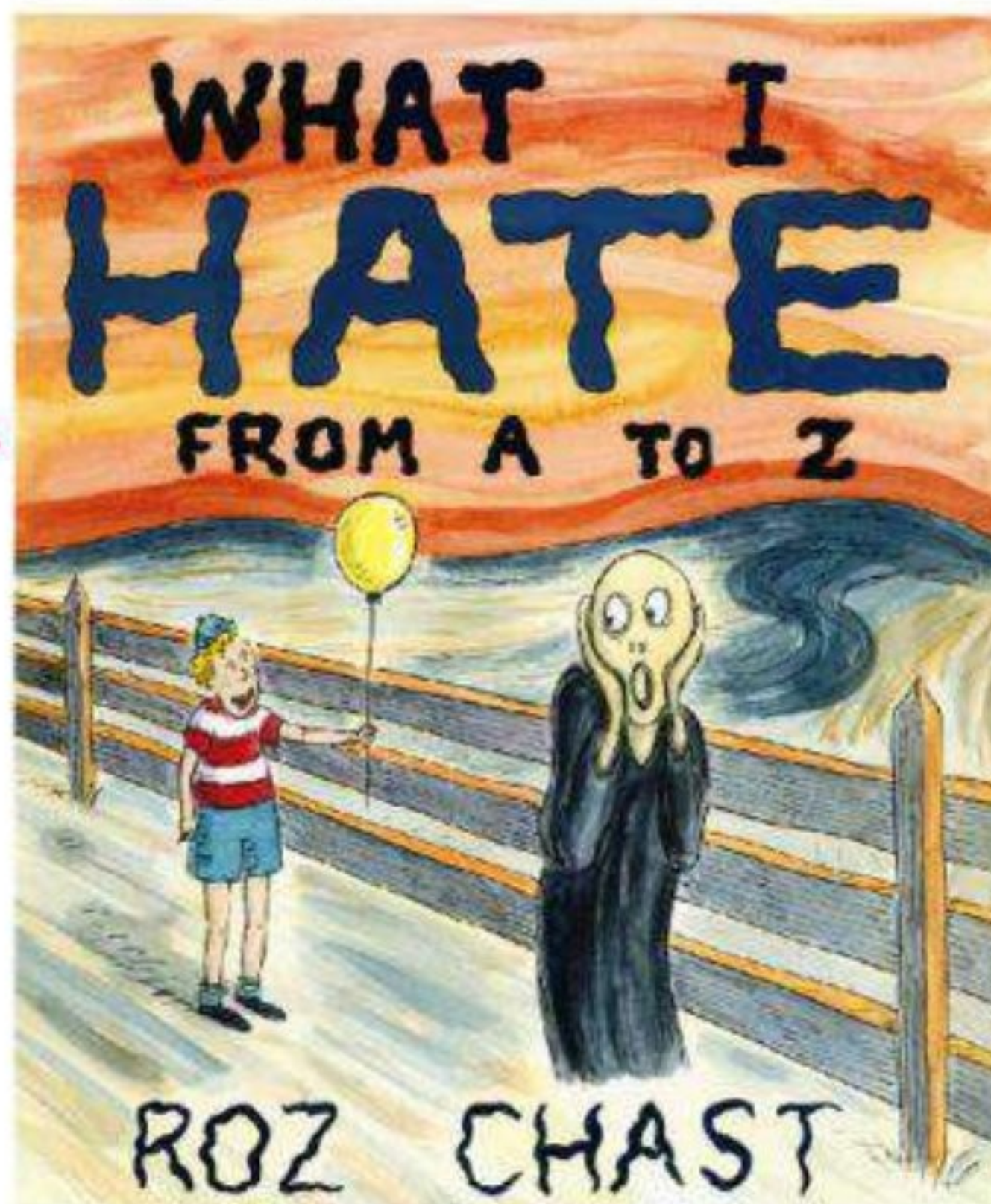
Mini Book Excerpts

Humor

Many terrible things begin with B: bears, blindness, boilers, bats, bridges, and brain tumors. But no one brings any of those to a party to up the fun quotient. When I look at a balloon, all I see is an imminent explosion. Where's the fun in that?

What I Hate from A to Z

by Roz Chast (Bloomsbury, \$15)



Science

The Great Conjunction of 1524 brought Jupiter and Saturn together in the sign of Pisces. Astrologers, who classified Pisces as a watery sign, predicted the dread disaster at conjunction would take the form of a mass drowning, indeed, a global inundation to rival Noah's flood ... The growth of both printing and literacy helped spread these dire prognostications so far and wide that people living in coastal regions took to the mountains. Some looked to their Bibles for instructions on how to build an ark.

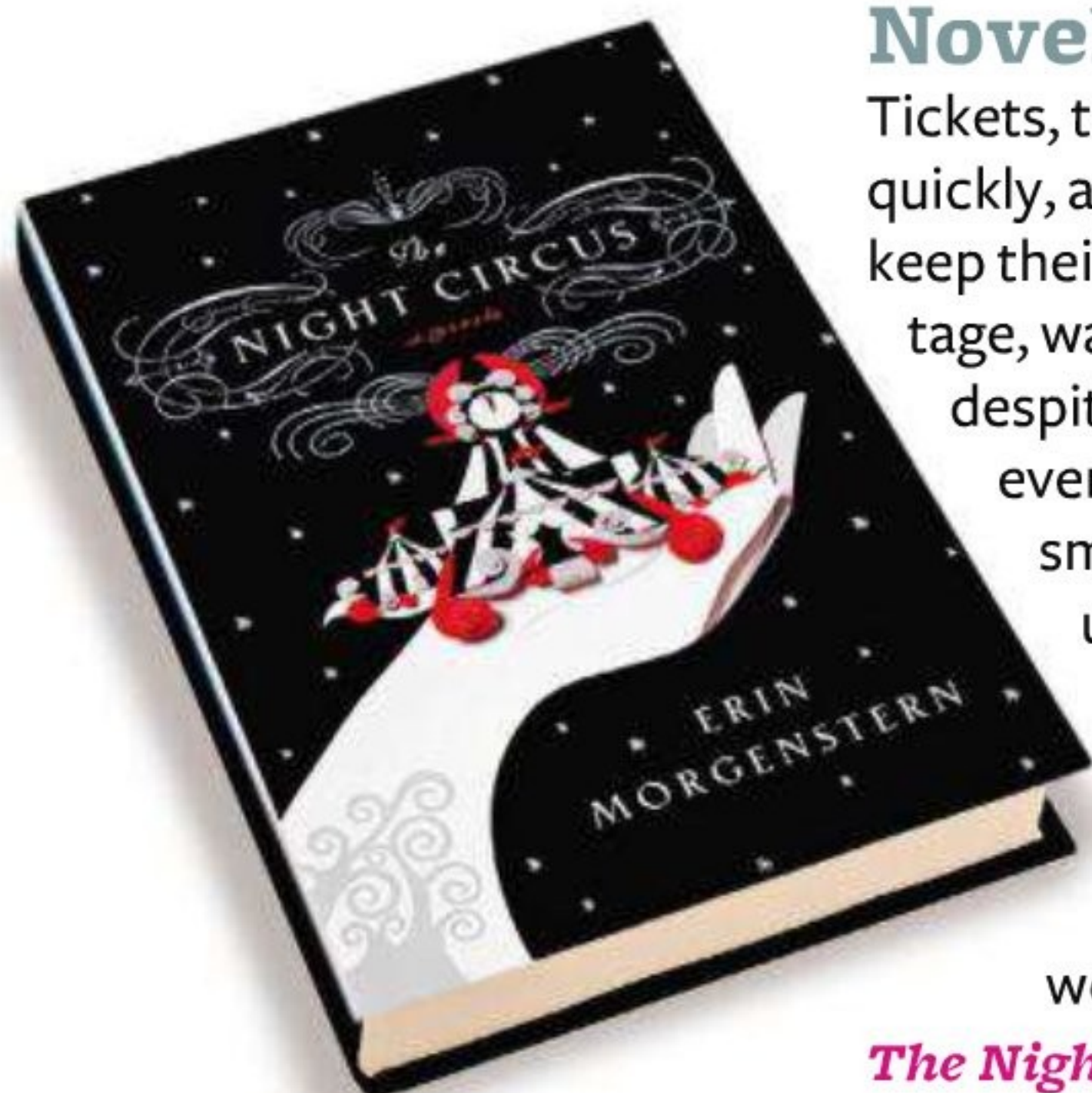
A More Perfect Heaven: How Copernicus Revolutionized the Cosmos

by Dava Sobel (Walker, \$25)

Novel

Tickets, though exorbitantly priced, sold out quite quickly, and the theater is so packed, many of the women keep their fans at hand to flutter against their décolletage, warding off the heavy heat that permeates the air despite the autumnal chill outside. At one point in the evening, each of those fans suddenly becomes a small bird, until flocks of them loop the theater to uproarious applause. When each bird returns, falling into neatly folded fans on their respective owners' laps, the applause only grows, though some are too stunned to clap, turning fans of feathers and lace over in their hands in wonder, no longer at all concerned about the heat.

The Night Circus by Erin Morgenstern (Doubleday, \$26.95)



Biography

Tracy's first glimpse of New York City was the cavernous interior of Grand Central Terminal and the vaulted blue ceiling of the main concourse. Stepping out into the crisp night air at Forty-second and Vanderbilt, he could see the electric white glow of the Times Square theater district four blocks to the west ... At Spence's insistence, the boys took a four-dollar room at the Waldorf-Astoria and got directions to a nearby speakeasy. The fare was Italian, the air stifling, the service poor. Spence delighted in the widened eyes of his small-town teammates, neither of whom had ever been outside the state of Wisconsin. It was the first time Mac, for instance, had ever seen a woman smoke a cigarette, and he was so scandalized by the experience that he couldn't enjoy his meal.

Spencer Tracy: A Life

by James Curtis (Alfred A. Knopf, \$39.95)



Novel

At Christmas, when Madeleine went home for vacation, she thought the scale in her parents' bathroom was broken. She got off to recalibrate the dial and got back on, whereupon the scale again registered the same weight. Stepping in front of the mirror, Madeleine encountered a worried chipmunk staring back. "Am I not getting asked out because I'm fat," the chipmunk said, "or am I fat because I'm not getting asked out?"

The Marriage Plot

by Jeffrey Eugenides (Farrar, Straus & Giroux, \$28)



Memoir

She loved the book as object. I remember the shame I felt, more than once, when Katharine caught me placing a book on its spine or dog-eared pages. "Jeanne, you can't do that to books! Look what you did," and she would pick up the victimized text, hold it up for me to consider its plight. "You can't treat books this way!" she would say, as if you had just stubbed out your cigarette between Lassie's eyes. Even though she chose reading over a word or two with me time and time again, I wanted to be her confidante in a way that knows no discouragement. She had something I did not, an escape hatch, and I wanted her to show it to me.

Fiction Ruined My Family

by Jeanne Darst (Riverhead, \$25.95)

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CURATED AND CONDENSED

Random Ideas from All Over

● **Shark repellents.** Man-eaters seem to dislike magnets, which one New Jersey company is beading into anklets to sell to swimmers. Also available: a chemical repellent that smells like rotting sharks—in an aerosol spray and in a gel said to clear a large area. (Source: *Demon Fish* author Juliet Eilperin via *Popular Science*)

● **The end of secrecy.** WikiLeaks and journalists are making governments more transparent, writes Dana Priest in the *Atlantic*: “Forcing the U.S. government to give up its addiction to secrecy in foreign affairs might be a good thing in the long term, although painful in the short term.”

● **The age of nonaggression?** In his fascinating history of crime and punishment, war and peace, *The Better Angels of Our Nature: Why Violence Has Declined* (Viking, \$40), Steven Pinker argues that fewer people get stabbed at dinner, die in duels, and face other mini and mass atrocities in the modern era.



Shooing sharks: A new pair of products fight bites.

● **An “emergency fund emergency.”** A survey has found that 64 percent of Americans don’t have \$1,000 to pay for unexpected expenses. Instead, reports *Time*’s Moneyland blog, they would depend on loans, credit cards, friends and family, and other sources.

● **Worst-case retirement planning.** Dubious about Social Security, some financial planners are adjusting expectations. Clients in their 30s get no government checks figured into their retirement stash; in their 40s and 50s, half their estimated benefits; in their 60s, 75 percent. (Source: *Wall Street Journal*)

NOTABLE QUOTE

“People may claim to hate puns, but most true word lovers have groaned to like them.”

JAY HEINRICH, *WORD HERO: A FIENDISHLY CLEVER GUIDE TO CRAFTING THE LINES THAT GET LAUGHS, GO VIRAL, AND LIVE FOREVER* (THREE RIVERS PRESS, \$14)

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At a cross-curricular workshop for teachers, several of us from the English department found ourselves assigned to a math presentation. In the middle of the lesson, I leaned over to a colleague and whispered, “Are you getting any of this?”

He shook his head. “Math and I broke up in the '80s, and now it's really awkward whenever we get together.”

Becky Pope, Redding, California



“What’s the difference between a Catholic priest and a minister?” our daughter Sarah asked.

My husband, a pastor, answered, “Well, one big difference is that a priest can’t marry. That’s because he’s expected to devote his life to God. A pastor also dedicates his life to God, but he can marry. It’s like having your cake and eating it too.”

Sarah’s next question: “Priests can’t eat cake?”

Jo-Anne Twinem, Eden, Ontario

“I’ve got good news and bad news,” announced my boss as he came in

A note I received from my student’s father: “Please excuse Chris’s absence yesterday. Due to my poor planning, my wife had a baby.”

Mary Filicetti, Kent, Washington

“Of course you can sit on the furniture.”

to work. “The good news: I got the senior discount at the movie theater.”

“What’s the bad news?” I asked.

“I’m 52.”

Patric McPoland, North Palm Beach, Florida

While taking a patient’s medical history, I asked if anyone in her family had ever had cancer.

“Yes,” she said. “My grandmother.”

“Where did she have it?”

“In Kansas.”

Dixie Liggett, Asheville, North Carolina

@Work in the News

Break a Leg

To portray drunks, German actors sipped vodka onstage. It worked. Said a spectator, “They [gave] a good impersonation of tipsiness.” Yes, it was theater magic—one actor stumbled off the stage and another off a table, forcing the crew to bring down the curtain early and call an ambulance. Source: *The Telegraph* (London)

Worst Job Applicant

A man walked into a Taco Bell in Haverstraw, New York, and pulled a gun on the cashier. After grabbing the loot, he marched into the manager’s office and applied for a job. He was turned down. Source: *lohud.com*

Whatta Pisser!

The new city hall in Chandler, Arizona, is ecofriendly and uses recycled gray water in the toilets. Just to be safe, a sign went up in the bathrooms warning employees not to drink out of the toilets. “I’m glad I saw that sign because I was very thirsty,” deadpanned the mayor. Source: *azcentral.com*

The 411 on 911

Being an emergency operator is a stressful job, somewhat leavened by actual calls like these:

Dispatcher: Nine one one. What is your emergency?

Caller: I heard what sounded like gunshots coming from the brown house on the corner.

Dispatcher: Do you have an address?

Caller: No, I have on a blouse and slacks. Why?

Dispatcher: Nine one one.

Caller: Yeah, I’m having trouble breathing. I’m all out of breath. I think I’m going to pass out.

Dispatcher: Sir, where are you calling from?

Caller: I’m at a pay phone. North and Foster.

Dispatcher: Sir, an ambulance is

on the way. What were you doing before you started having trouble breathing?

Caller: Running from the police.

From *A Lighter Shade of Blue* (Andrews McMeel),
by Scott Baker and Tom Philbin

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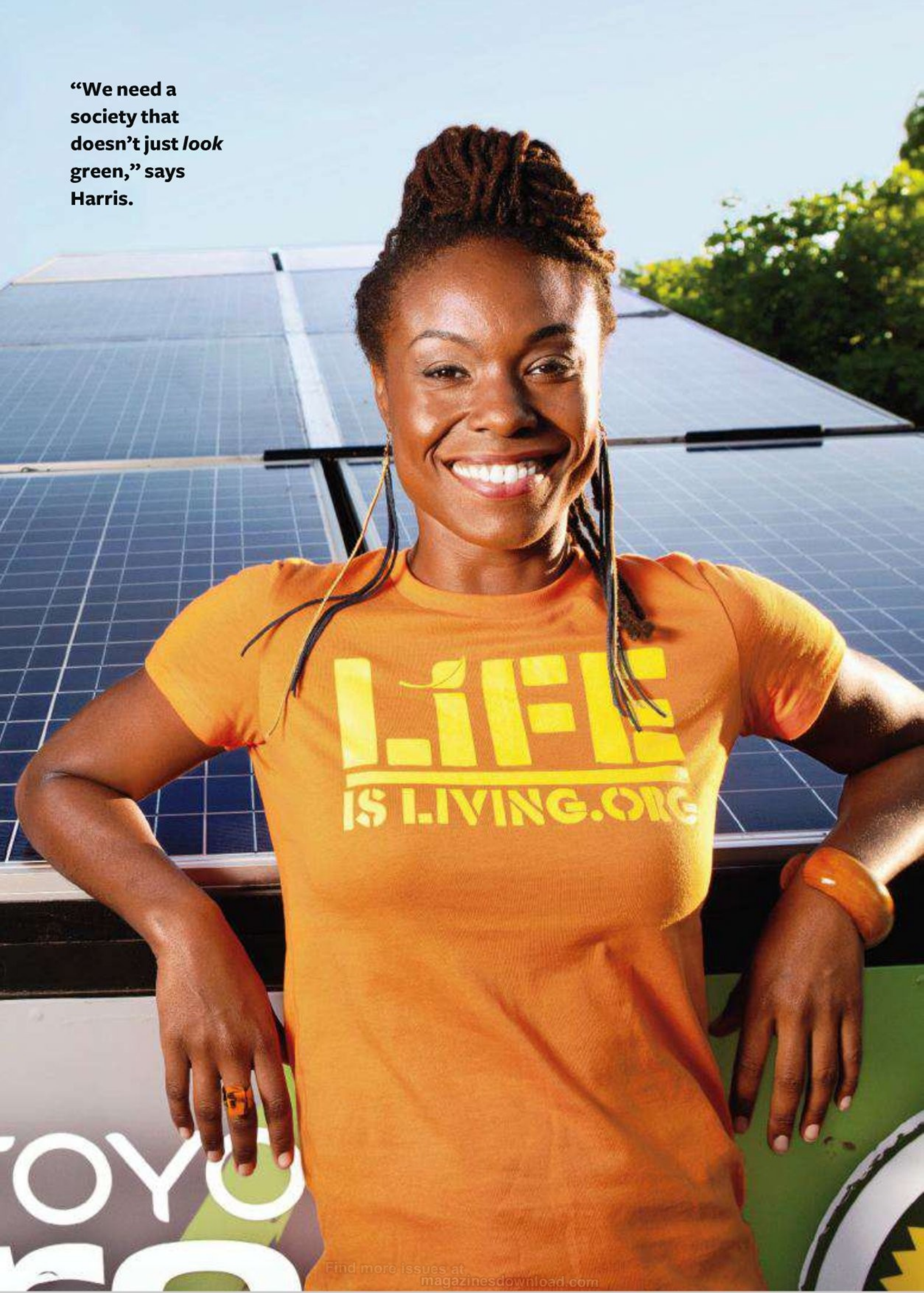
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“We need a society that doesn’t just *look* green,” says Harris.





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Teaching Green

- **Our hero:** Zakiya Harris, 33
- **Where she lives:** Oakland, California
- **How she helps:** Brings green job opportunities to urban youths

As a girl growing up in Oakland, Zakiya Harris was drawn to nature; in college, she embraced a green lifestyle, avoiding chemicals in her food and beauty products and devoting herself to reducing her carbon footprint. Later, teaching in elementary schools in low-income neighborhoods, she was struck by her students' lack of environmental awareness. But she also understood. "For many communities of color, these issues often take a backseat because residents are dealing with day-to-day survival," she says.

Harris was determined to teach children the benefits of sustainable living and in 2007 founded the grassroots group Grind for the Green (G4G), an organization devoted to educating kids about green issues as well as providing training in entry-level green jobs. She used hip-hop music as a hook. "We embraced it to make a deeper connection [with the kids]," she explains.

One early project was a free solar-powered hip-hop concert—the first of its kind—in San Francisco. Solar panels atop a mobile trailer generated all the electricity for the equipment, and the kids set up concession stands offering organic food and smoothies made in bicycle-powered

▶ **Know a local green hero? To share or find innovative green projects near you, visit greentowns.com.**

PHOTOGRAPHED BY LORI STOLL

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blenders. The event proved successful, spawning other G4G concerts and attracting concert organizers and promoters who wanted to collaborate with G4G. “We’ve been able to tap into a demographic that other environmental groups couldn’t,” Harris says.

“Our events are completely produced by young people,” she adds. “We say, You go be the translators. Make this cool and relevant to your age group, your neighborhood.

“No one can tell me that poor folks or folks of color don’t care about the earth,” she adds. “I’ve seen communities become engaged once they’ve been empowered by education and learn a way to do something about it.”

Natalie van der Meer

To learn more about Grind for the Green, go to grindforthegreen.com.

Mushroom Master

- **Our hero:** Paul Stamets, 55
- **Where he lives:** Kamilche Point, Washington
- **How he helps:** Protects the mushroom

“My parents told me to stay away from mushrooms, that their spores would blind me,” says Paul Stamets good-naturedly. Nevertheless, Stamets has devoted his life to the humble fungi, studying mycology and in 1980 founding the company Fungi Perfecti, which sells mushroom cultivation kits.

Why mushrooms? According to Stamets, many of the estimated 150,000 species of mushrooms have environment-healing properties. For example, the oyster mushroom can break down oil from spills. The King Stropharia mushroom filters bacteria like *E. coli* before



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they get into the water supply. And the turkey tail mushroom may help strengthen the immune systems of women with breast cancer, according to government-funded research aided by Stamets and his team.

“One of my core beliefs,” Stamets says, “is that humans and habitats have immune systems, and the mushroom’s network of cells is a bridge between the two.” A mushroom’s cells also encourage new growth in old-growth forests. “The mushroom creates soil and fosters other life in the soil. Without healthy soil,” he warns, “we don’t have life.”

To demonstrate this, Stamets has invented the Life Box, a cardboard carton embedded with tree seeds and fungi. “Each box can become a forest,” he says. “Get the box, tear it up, plant it, and little trees come up.” (Stamets adds, “My grandson

felt like a parent. He asked me why all cardboard boxes aren’t Life Boxes.”) It’s Stamets’s way of driving home the notion that small, individual actions have earthshaking potential.

Dorothy Foltz-Gray

To learn more about mushrooms or buy a Life Box, go to fungi.com.

Green Thumb

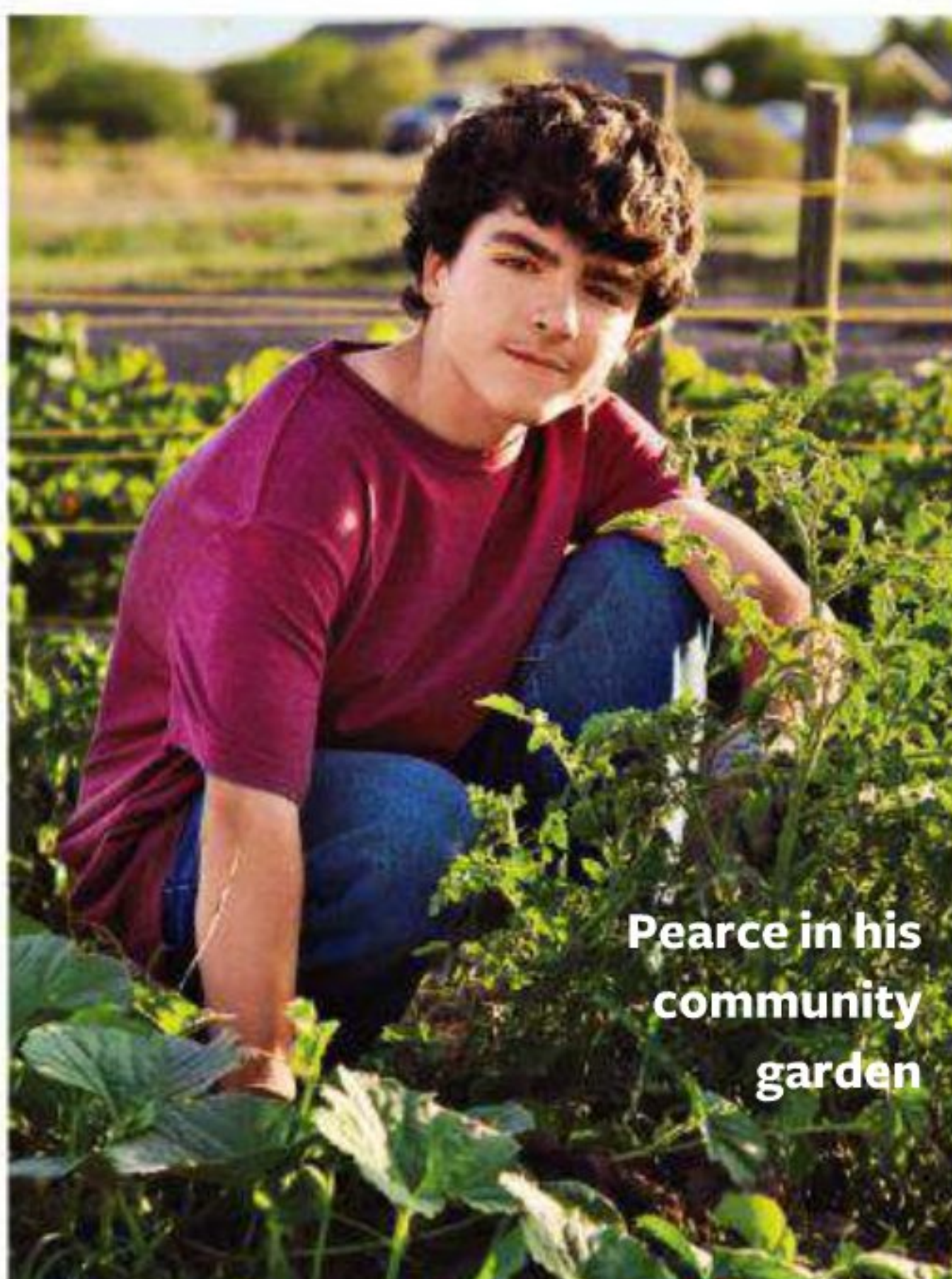
- **Our hero:** Austen Pearce, 14
- **Where he lives:** Maricopa, Arizona
- **How he helps:** Grows food for needy families

Austen Pearce learned to garden on a small patch of ground in his backyard. At age ten, he started volunteering at a food bank and was savvy enough to notice that the produce being sold was often past its prime. Wouldn’t it make more sense, he thought, to grow fruits and vegetables locally? Now, four years later, he’s supplying 200 needy families with fresh produce.

Pearce lobbied his city for a community garden, and within months, a farmer had donated an acre of land and valuable irrigation. A master gardener helped Pearce plan his plots. From March to July, Pearce and other volunteers tend tomatoes, cucumbers, okra, and other crops; they harvested more than 7,000 pounds of donated produce within the first year alone. “I would love to see such gardens in more cities,” says Pearce. “Why stop in Arizona?”

Julian Kesner

To donate to Pearce’s cause, go to formaricopa.org.



**Pearce in his
community
garden**

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People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including: medicines to treat migraines or psychiatric disorders, to avoid a potentially life-threatening condition; and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

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PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels, or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, low sodium levels in your blood
- Have or had bleeding problems
- Have or had depression, suicidal thoughts or behavior
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant

Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Important Risk Information for PRISTIQ on the following page.

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.

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Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.

2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.

3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- trouble sleeping (insomnia)
- attempts to commit suicide
- new or worse depression
- acting aggressive, being angry or violent
- new or worse anxiety
- acting on dangerous impulses
- feeling very agitated or restless
- an extreme increase in activity and talking (mania)
- panic attacks
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new

information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

• Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).

• Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq?

Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- history of stroke
- have or had depression, suicidal thoughts or behavior
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions

Rare, but potentially life-threatening,



conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles, heart and blood vessels, and digestive system work.

Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- sibutramine
- tramadol
- medicines used to treat mood, anxiety, psychotic, or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs), antipsychotic drugs, or other dopamine antagonists, such as metoclopramide

Ask your healthcare provider if you are not sure whether you are taking any of these medicines. Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- See the beginning of this page.

• Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- increase in blood pressure
- hallucinations (seeing and hearing things that are not real)
- diarrhea
- coma
- loss of coordination
- nausea
- fast heart beat
- vomiting
- increased body temperature
- confusion
- muscle stiffness

Pristiq may also cause other serious side effects including:

• New or worsened high blood pressure (hypertension).

Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.

• Abnormal bleeding or bruising.

Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.

• Glaucoma (increased eye pressure)

• Increased cholesterol and triglyceride levels in your blood

• Symptoms when stopping Pristiq (discontinuation symptoms).

Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- diarrhea
- abnormal dreams
- sleeping problems (insomnia)
- nausea
- sweating
- tiredness
- anxiety
- headache
- irritability

• Seizures (convulsions)

• Low sodium levels in your blood.

Symptoms of this may include headache, difficulty concentrating, memory changes, confusion,

weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal.

• Allergic reactions. Some reactions can be severe such as swelling beneath the skin (e.g., throat, face, hands). Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

- nausea
- constipation
- diarrhea
- delayed orgasm and ejaculation
- headache
- anxiety
- vomiting
- tremor
- dry mouth
- feeling that your surroundings are spinning or moving
- loss of appetite
- sweating
- sleepiness
- tiredness
- dizziness
- insomnia
- decreased sex drive
- dilated pupils

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

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.

Contact Information

Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

Uninsured? Need help paying for Pfizer medicines?

Pfizer has programs that can help. Call 1-866-706-2400 or visit www.PfizerHelpfulAnswers.com.





Country	Believers
Malaysia	57%
United States	47
Canada	43
Philippines	43
Australia	39
Russian Federation	39
Spain	39
India	37
United Kingdom	37
China	31
Mexico	28
Germany	24
Netherlands	23
Brazil	21
France	20
South Africa	17

Do You Believe in Ghosts?

White-sheeted spirits are just a fun costume for kids, this month's global poll suggests. In every country but one, more than 50 percent of respondents say they don't believe in ghosts. "They're just a superstition," says Pedro Maia, 30, from Rio de Janeiro. "And I'm not a superstitious person."

Still, despite a majority of ghostbusters, a startling number of believers walk among us. Just over 30 percent of participants worldwide think ghosts are real, and among those, more women believe than men. Here's the eerie part: After Malaysia, the United States leads in the number of people who say spirits exist. "I absolutely believe in ghosts," says Evona Niewiadomska, 25, from Boston. "In fact, my biggest fear is seeing one!"

IPAD EXTRA For more detailed data, plus a list of our favorite ghost movies, download the *Reader's Digest* magazine app from the iTunes Store.

ILLUSTRATED BY CHRISTOPH NIEMANN

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M.L. - California

"I hear - No - I understand what I hear much better."

R.H. - Ft Recover, OH

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R.B. - Ogden, UT

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Ask **Laskas**

JEANNE MARIE LASKAS

▶ **My husband's niece** from New York is 13 and what I would euphemistically call “a handful.” She wants to visit us in San Diego, and her mother and grandmother have told me what a great influence I would be on her. Her visit, no doubt, would entail a long list of demands, and she'd want to bring a friend too. I don't feel comfortable hosting her, but I don't know how to tell my husband's family members without hurting their feelings. *Reluctant Aunt*

Dear Reluctant,
Let's get you out of this mess. Your husband's family is making a request that borders on a demand and sugarcoating it with self-serving flattery: “You would be such a great influence on her.” Give me a break! This is called manipulation. Don't give in to it. Put your foot down, and tell the truth. Say you don't feel

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



equipped or comfortable hosting the little darling, and regretfully decline. Under no circumstances engage in any discussion that attempts to change your mind through flattery.

▶ **A woman in my office** recently found out she's going to be a grandmother, and several coworkers came up with the harebrained idea of throwing her a baby shower. A card and flowers maybe, but I refuse to spend more than \$20. *I'm Vexed*

Dear Vexed,
I'm with you—and sometimes it's OK to be the crank! This sounds to

me like a bored office staff looking for a reason to eat a lot of cupcakes. Grandmas don't need any help becoming grandmas. Circulate a card, and consider a baby gift for the new mom if you know her. Otherwise, everybody, get back to work.

▶ **I have two stepdaughters, 21 and 24. On holidays, the older one always buys me a gift but adds her sister's name on the card. I feel phony thanking the younger daughter—I'd rather get no gift than be a part of this charade. Is it tacky to ask the 24-year-old to refrain from giving her sister credit when it isn't deserved? Will the younger one ever learn to be thoughtful?**

Mindful Mom

Dear Mindful,
Lighten up! Your older stepdaughter is a considerate and generous sister who covers for and protects her younger sibling. Good for her! The girls' relationship is between them. As for your role, you can't punish anyone into being thoughtful. You can, however, model thoughtful behavior. Go spend some time with her, and get to know her.

▶ **My friend works in a diner, and I often stop by to get a cup of coffee. Sometimes I bring work with me and end up staying after she finishes her shift. On a recent visit, I heard the manager disparage her after she left. I felt that I should defend her, but my instincts told me to back off. Was I wrong?**

Concerned Friend

Life's Little Etiquette Conundrums

▶ **I am a divorced mother of two who's getting remarried soon, and I'm unsure about my name change. I could use my maiden name, take my fiancé's name, hyphenate my maiden name and my fiancé's name, or hyphenate his name with my first husband's name. Is it too weird to hyphenate my ex's name with my new husband's to have the same last name as my kids?**

This is a thorny question faced by every divorced mom who remarries. Nothing is "too weird" unless it is to you. Keeping your kids' last name is indeed a convenience when it comes to school or doctor appointments. But identity trumps convenience. Who are you? Are you Mrs. Maiden Name Hyphenated? Are you Mrs. Ex-Wife Crossed with Mrs. New Wife? Or Mrs. All-New Wife? You need to answer that and pick the name that best represents it. As for your kids, I can assure you that children survive divorce, remarriage, and parental renaming (along with other twists and turns of life) as long as they feel loved.

Dear Concerned,
Follow your instincts. I'm betting your friend needs her job, so doing anything that would make it harder for her to stay there serves no good purpose. People who speak unpleasantly behind other people's backs are to be ignored.

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

Life's Funny That Way

When my seven-year-old daughter was diagnosed with diabetes, a new diet regimen was called for. "Do you think you could eat green beans?" I asked.

"No," she said. "I haven't liked green beans since the accident."

"What accident?"

"When I accidentally ate a green bean." *Mindy Kropf, Enoch, Utah*

I bought a pint of Häagen-Dazs ice cream at the supermarket. As the cashier rang it up, I asked, "How do you pronounce that?"

Speaking slowly and distinctly, he said, "Four dollars and seventy-nine cents."

Sylvia Munn, Grenada, Mississippi

Oh, Sweet Justice!

A Facebook mom teaches her son a valuable lesson:

Hi, this is XXXXX's mom. I wanted to let all of you know that he is no longer allowed on Facebook because of choices he made today. He posted on Facebook personal information about someone that, regardless if it were true or not, was rude. Because he chose to try and make her mad by spreading personal information, I thought he should

When my eight-year-old asked how I knew I was pregnant, I told her I had taken a pregnancy test. "Oh," she said. "What questions were on the test?"

Laurel Falvo, Holland, Michigan



Paul was certain he had the largest pumpkin until he discovered he was the smallest man.

know how it feels when the tables are turned. He wet the bed until he was eight. *From blameitonthevoices.com*

While my parents were making their funeral arrangements, the cemetery salesman pointed out a plot that he thought they would like. "You'll (continued on page 115)

INSIDE:

- Improve your sleep
- Eat healthier
- Boost your energy
- Improve your mood
- Prevent disease



Humana and Reader's Digest have partnered to help you achieve total health.

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Healthy Living:

Body + Mind + Spirit = Your Actual Age

How you feel and your general good health say more about you than your age — and are huge factors in avoiding age-related illnesses like heart disease, stroke, and diabetes.

Adopting an optimistic and grateful attitude can be a great first step in taking charge of your health.

Control Your Stress. Over time, chronic stress can be very unhealthy. “When you learn to manage your stress, you’re more likely to stay healthy and reduce your risks for heart disease or stroke,” says Jessica Payne, MA, Ph.D.

HERE’S HOW: Become aware of your stress, anxiety, or anger symptoms, such as a racing heart or feeling hot, sweaty, or flushed. Slow your heart rate by slowing your breathing: inhale for three slow seconds, hold it for three seconds, exhale all the way, and repeat.

Eat Right and Stay Active. Being overweight is hard on your heart and a risk factor for type 2 diabetes. Dr. Payne suggests a diet of lean meat and poultry, fish, whole grains, fruits, and vegetables to help maintain a healthy weight.

HERE’S HOW: Reduce your portions by using a smaller plate. Make sure to have at least one fruit and one vegetable in your diet per day. Commit to taking a walk three times per week.



Talk to People. “Having a conversation works the brain even more than doing a puzzle and can prevent or help lessen dementia,” explains Jane Thibault, MA, MSSW, Ph.D., clinical gerontologist and clinical professor of family and geriatric medicine at the University of Louisville School of Medicine, and a **Humana Active Outlook**® Medical Advisory Board Member.

HERE’S HOW: Visit a neighbor. Call a friend. Speak to someone in line at the grocery store. Commit to having at least one conversation per day.

Find a Purpose. “Having a church community or lots of interests, hobbies, and social interactions are very good for healthy aging,” Dr. Thibault says.

HERE’S HOW: Invest in yourself by taking up an old hobby. Join a club. Volunteer at a local hospital. Get involved in a cause. Find and join a religious community.



Healthy Living:

Improve Your Sleep

Humana Healthy Insight

Sleep is a basic human need. While I do not recommend over-the-counter sleep aids for most people older than 65 without the consent of a doctor, being deprived of sleep over time can negatively affect every aspect of your health.

This includes increasing your risk for serious health issues like cardiovascular disease. Sleep is restorative and is thought to regulate the immune system, body temperature, and basic cellular processes. And adequate sleep is necessary for good memory, good decision-making, stress reduction, optimal brain and mind function, and even the ability to stay optimistic and positive.

— *Jessica Payne, MA, Ph.D., assistant professor of psychology at the University of Notre Dame, and Medical Advisory Board Member for **Humana Active Outlook**[®]*



Five Ways...To a Better Night's Sleep

From Reader's Digest Healthy Living book series

Sleep is how your mind and body reboots and refreshes. But when you don't have enough shut-eye, you run the risk of depression, becoming more sensitive to pain, and compromising concentration and memory. To ward off potential health concerns and stay awake the next day, shoot for seven to eight hours of sleep a night.



Here are the best ways to nod off:

- 1 Listen to music.** Forty-five minutes of relaxing tunes leads to faster, more refreshing sleep.
- 2 Make over your bedroom.** Ban clutter, TV, cell phones, and computers from your sleeping environment.
- 3 Exercise in the afternoon.** Your body will respond with a lower temperature at bedtime.
- 4 Transition to snoozing.** A regular before-bed routine prepares your mind for sleep.
- 5 Pick the right pillow.** Natural-fiber pillows resist heat to keep your head cool.



Healthy Living:

Turn Around Heart Disease and Diabetes

When we make small changes in what we eat, it can make a big difference in taking care of diabetes and heart disease.

One of these changes focuses on reducing a certain kind of fat: belly fat. Researchers have found that belly fat may be partly to blame for the high number of cases of diabetes in the United States. Belly fat may also be worse for your arteries and boost inflammation, according to a study published in the journal *Circulation*.

If you're one of those people who gain weight around your waist, cut back on foods high in sugar and processed flour, and eat more whole grains. In a recent study in the *American Journal of Clinical Nutrition*, researchers at Tufts University found that people had less belly fat when each day they ate three or more servings of whole grains, and no more than one serving of food made with processed flours and sugars.

EASY WAYS TO MAKE HEALTHY DIET CHANGES

Add more whole grains to your diet:

- Choose plain oatmeal instead of flaked or puffed cereal and sweeten with dried fruit and/or nuts.
- Cook brown rice instead of potatoes and serve as a side dish.



- Use whole-wheat bread or whole-wheat English muffins instead of white bread for toast and sandwiches.
- Make microwaveable popcorn as a snack instead of snacking on potato chips, pretzels, or crackers.
- Use pearled barley or brown rice in soup instead of macaroni or white rice.
- Substitute cooked grains, such as brown rice or cooked wheat berries, for pasta in a pasta salad.

Cut back on sugary foods to control blood sugar levels:

- Move junk food out of the house. This includes baked goods, soda pop, candy, and sweetened iced tea.
- Make fresh salads with leafy greens and red and yellow fresh vegetables, instead of iceberg lettuce or potatoes.
- Cut back on alcoholic cocktails, beer, and wine. Choose sparkling water or unsweetened hot or iced tea.
- Select whole fresh fruit or frozen berries instead of syrup-packed or sweetened canned fruit for snacks and desserts.



Healthy Living:

Know The Risk Factors

Humana Healthy Insight

Metabolic syndrome affects almost one-quarter of adult Americans, according to the National Heart, Lung, and Blood Institute. Metabolic syndrome refers to a group of five conditions that are red flags. When three or more of them occur together, they increase your risk of heart disease, stroke, and diabetes. The conditions are:

- Extra weight at the waistline
- High blood pressure
- Low HDL level
- High triglyceride level
- Insulin resistance

If you fall into this category, it's time to make healthy lifestyle changes.

— *Pat Crabtree, RN, MSN*



Five Ways...To Prevent Disease

From Reader's Digest Healthy Living book series

There's a straight line from some simple lifestyle choices to living longer and healthier. For example, a 2008 study of more than 2,000 men found that those who didn't smoke, weren't overweight, exercised regularly, and drank alcohol in moderation lived an average of 10 years longer than those who didn't fit one of those descriptions.

To help protect yourself from diseases, follow these tips:

1 Eat more fruits and veggies.

The disease-preventing minimum: Five servings a day.

2 Cut saturated fat. Aim for just 7 percent of your calories from saturated fat.

3 Manage stress. Research shows that merely being around friends can improve your brain's biochemistry.

4 Sleep 7 – 8 hours a night. Start relaxing for bed a half hour before lights-out.

5 Exercise 30 minutes most days. Light activity, like three 10-minute walks, counts.



Healthy Living:

Control Your Blood Sugar

Humana Healthy Insight

Eating whole grains, and the fiber they contain, are powerful foods for those with diabetes. At a recent meeting of the Institute for Food Technologists, researchers said just one serving a day of a whole-grain food brings down blood sugar levels after a meal. These foods — bread, pasta, and cereal made with 100-percent whole grains — can also make you feel full longer, get rid of bad cholesterol, reduce inflammation, and make insulin more effective.

— *Maggie Green, RD, LD*



Five Ways...To a Healthier Diet

From Reader's Digest Healthy Living book series

Eating healthier isn't as hard as you might think. Often, it's just a matter of a few little swaps here and there. What you'll give up with these swaps are calories, fat, and cholesterol.

Here are some easy and healthy swaps:

1 Fresh produce for fries. Half a cup of broccoli has one-tenth the calories of a small order of fries.



2 Olive oil for butter. Two tablespoons of olive oil a day can lower cholesterol.

3 Salmon for steak. Eating two servings of fish a week can reduce or lower heart attack risk.

4 Whole-grain toast for bagels. High-fiber, low-in-sugar toast helps avoid energy-sapping carb crashes.

5 Flavored seltzer for soda. Drinking one diet soda a day increases heart attack risk.



Healthy Living:

Learn The Truth About Mental Health

Mental disease should be treated just as any other health problem:

- The more you know about signs and prevention, the more likely you are to lower your risk for mental disorders.
- Age puts you at a higher risk for certain mental diseases and disorders, such as depression and dementia.
- Taking charge of your mental health is the first step toward staying healthy.
- Often, there are clear signs of mental health problems, and these should be taken as seriously as any other “pain” in the body.
- You should never feel embarrassed or ashamed of mental health symptoms.
- When feelings of sadness or anxiety are causing you to have problems with daily life activities for more than two weeks, it is time to seek medical help.



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Five Ways...To Boost Your Mood

From Reader's Digest Healthy Living book series

Every once in a while, you'll feel down in the dumps. It's normal. But there's no reason to stay there. By making some smart moves to improve your physical and mental state when the road gets bumpy, you can pick yourself up.

Here are five ways to beat the blues:

1 Soak up sunshine. The vitamin D your body makes from sunshine naturally enhances your mood.

2 Snack on chocolate. An ounce of dark chocolate can interact with the brain's chemicals to boost good feelings.

3 Eat fish. Research shows that salmon and other fish high in omega-3s can boost mood.

4 Giggle more. Phony laughs can be as good as the real deal and spark mood-lifting brain chemicals.

5 Sweat to smile. Exercise releases feel-good chemicals. Ten minutes may be enough.



Five Ways...To Boost Energy

From Reader's Digest Healthy Living book series

Ever look at children and wonder where they get all that energy? That power source doesn't just come with youth. What you eat and drink determines how energetic you feel. The good news: You can control the daily flow of your energy with some simple, easy-to-follow tips.

To boost your energy, try one of these tips:

- 1 Nurse coffee.** Best java strategy: Sip more frequent, quarter cups.
- 2 Chill out.** Two glasses of icy water rehydrates and refreshes.
- 3 Breathe deep.** Tighten then relax muscles as you inhale and exhale deeply five times.
- 4 Walk with gratitude.** Focus on things you're thankful for during a 10-minute stroll.
- 5 Graze all day.** Eating about every four hours keeps energy flow constant.



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The decisions you make each day can have a major effect on your well-being. Humana and Reader's Digest can help you learn more about healthy living. On our websites you'll find healthy, easy-to-prepare recipes, low-impact exercises, and much more to guide you.

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GHHH4BSHH



(continued from page 98)

have a beautiful view of the swan pond," he assured them.

Dad wasn't sold: "Unless you're including a periscope with my casket, I don't know how I'm going to enjoy it." *Carol Beach, Savannah, Missouri*

Observe and Report

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

■ I wish calories worked like sales. "One Day Only—Large Cheese Pizza Just 200 Calories!"

■ All credibility is lost when you make a typo while sending an angry text message.

■ Why don't they just bottle tears and sell them as makeup remover?

■ Cheese is like a villain from a horror movie: Whatever you do to it only makes it stronger. Shred it? Better. Slice it? Better. Melt it? Perfection.

■ How is it that the women on *Bridezillas* can find someone to marry them, while I can't even get a date?

■ The only times I ever use the very respectful terms *sir* or *ma'am* are when I'm trying to be as derogatory as possible.

My friend has a bad habit of overdrawing her bank account. One day before we went shopping, I complained about my lack of funds and lamented, "Guess I'll use plastic."

Unconcerned, she whipped out her checkbook: "I'm using rubber."

Amanda Howard, Carlisle, Pennsylvania

After an enthusiastic recommendation from my wife, I began listening to the audiobook version of Frank McCourt's *Teacher Man*.

"I love it, but his writing style is so disjointed," I complained. "He refers to characters I don't know and introduces them a half hour later."

My wife was as confused as I was, but I soldiered on, disoriented by the jumpy story line. It wasn't until the end of the book that my dilemma was explained—I had set the iPod to Shuffle.

Norm Sunshine, Arlington, Texas

Which Way Did He Go, George?



This beagle didn't have far to go to find the fox he was sniffing out. All he had to do was peek over his shoulder.

Source: web.orange.co.uk

Your favorite new joke, funny anecdote, or crazy news story might be worth \$\$\$. See page 82 for details.



DIABETES DAMAGES NERVES

but you can do something about that shooting, burning, pins-and-needles pain.



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

**LYRICA
CAN HELP.**



Artist depiction

Lyrica is believed to work on these damaged nerves.

Get specific treatment for your unique pain.

Lyrica is FDA approved to treat **Diabetic Nerve Pain** (or painful Diabetic Neuropathy). This pain can worsen over time. **Lyrica can provide effective pain relief so patients feel better.*** In some patients, Lyrica can provide significant pain relief in as early as the first week of treatment.

And, you should know, Lyrica is not a narcotic.†

*Individual results may vary

†Those who have had a drug or alcohol problem may be more likely to misuse Lyrica.

Start the Lyrica conversation with your doctor today.

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

Please see Important Risk Information for Lyrica on the following page.

To learn more visit www.lyrica.com or call toll-free 1-888-9-LYRICA (1-888-959-7422).

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

IMPORTANT FACTS



(LEER-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

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

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

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

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

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

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

Do not stop LYRICA without first talking with your doctor.

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

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

LYRICA may cause dizziness or sleepiness.

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

ABOUT LYRICA

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

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

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

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

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

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

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

Especially tell your doctor if you take:

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

BEFORE STARTING LYRICA, continued

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

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

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

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

The most common side effects of LYRICA are:

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

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

HOW TO TAKE LYRICA

Do:

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

Don't:

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

NEED MORE INFORMATION?

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

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call 1-866-706-2400 or visit www.PfizerHelpfulAnswers.com.

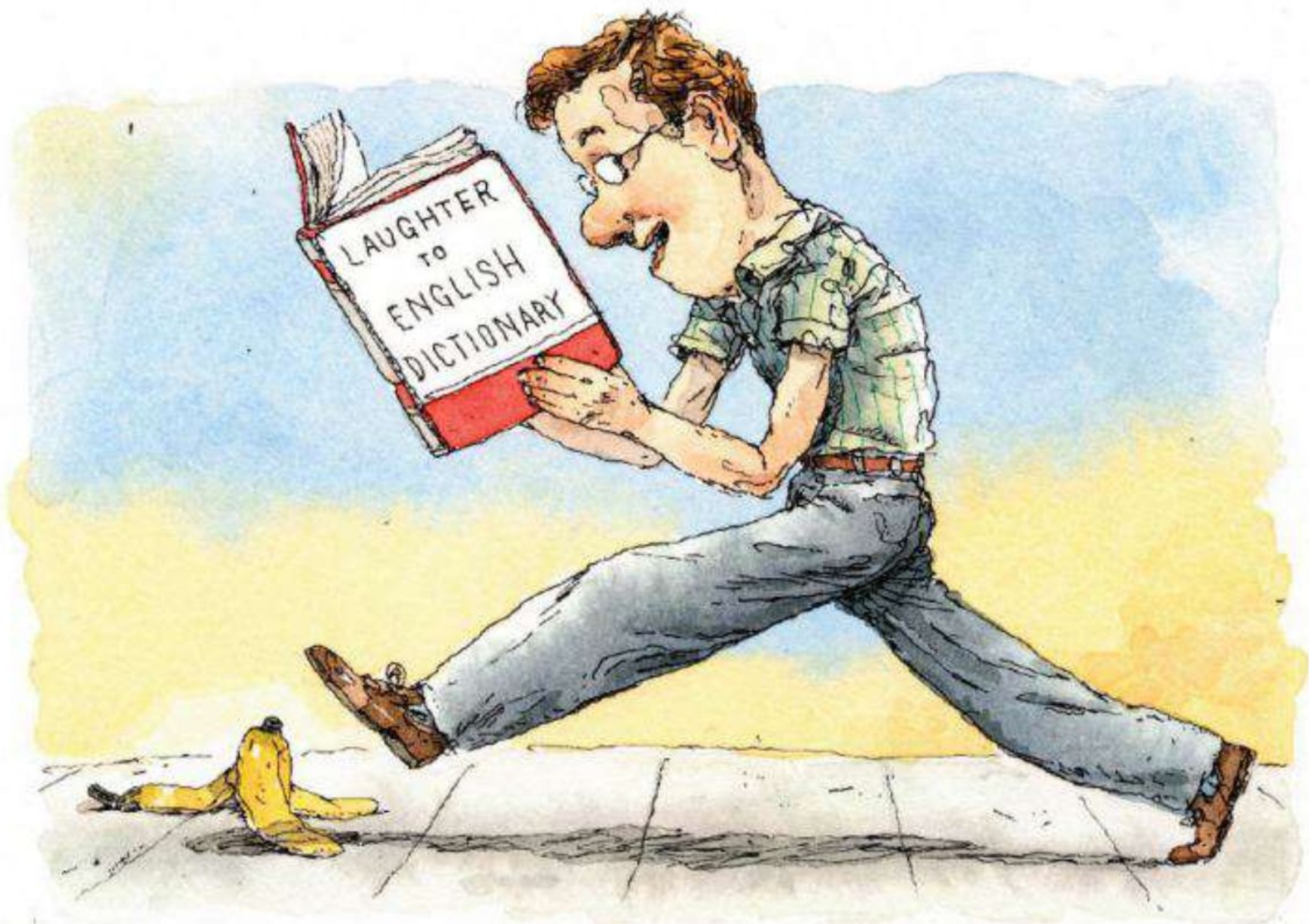


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LAUGHTER TO ENGLISH DICTIONARY

**41 words and 114 jokes that will
expand your humor vocabulary**

BY ANDY SIMMONS

anecdote (an-ik-doht)

n. a tale of whoa.

Watching a movie recently, I couldn't hear the dialogue over the chatter of two women in front of me.

Unable to bear it any longer, I tapped one of them on the shoulder. "Excuse me," I said. "I can't hear."

She snapped back, "I should hope not. This is a private conversation!"

Submitted by *David Carver*

blonde joke (bländ johk)

n. a jest that even men can understand.

A blonde and her father are walking down the street when he says, "Look, a dead bird." The blonde looks up and says, "Where?"

blooper (bloo-per)

n. an embarrassing mistake that allows us to feel better about ourselves because we're not the ones who have screwed up.

Headline from the *Signature* (Colorado): "Local Publishers Expose Themselves to Community at Library Series"

bomb (bäm) *n.* a device a joke teller wishes would drop on him

comedian (kuh-mee-dee-n) *n.*

"If I get a laugh, I'm a comedian. If I get a small laugh, I'm a humorist. If I get no laughs, I'm a singer. If my singing gets big laughs, I'm a comedian again."

George Burns

"I have bad luck with women. A woman I was dating told me on the phone, 'I have to go. There's a telemarketer on the other line.'"

Zach Galifianakis



after his joke falls flat.

"On a trip to China, I had to eat a 30-course dinner at a banquet. To be polite, I ate everything and was stuffed. Afterward, I got up to speak, and I thought I would start out with a funny comment. So I said something about there not being enough food to eat. The room went silent. My Chinese colleague whispered to me that I had just insulted everyone."

Brian Mullaney, cofounder of Smile Train, in the New York Times

booze (booz)

n. 1. "The cause of—and solution to—all of life's problems."

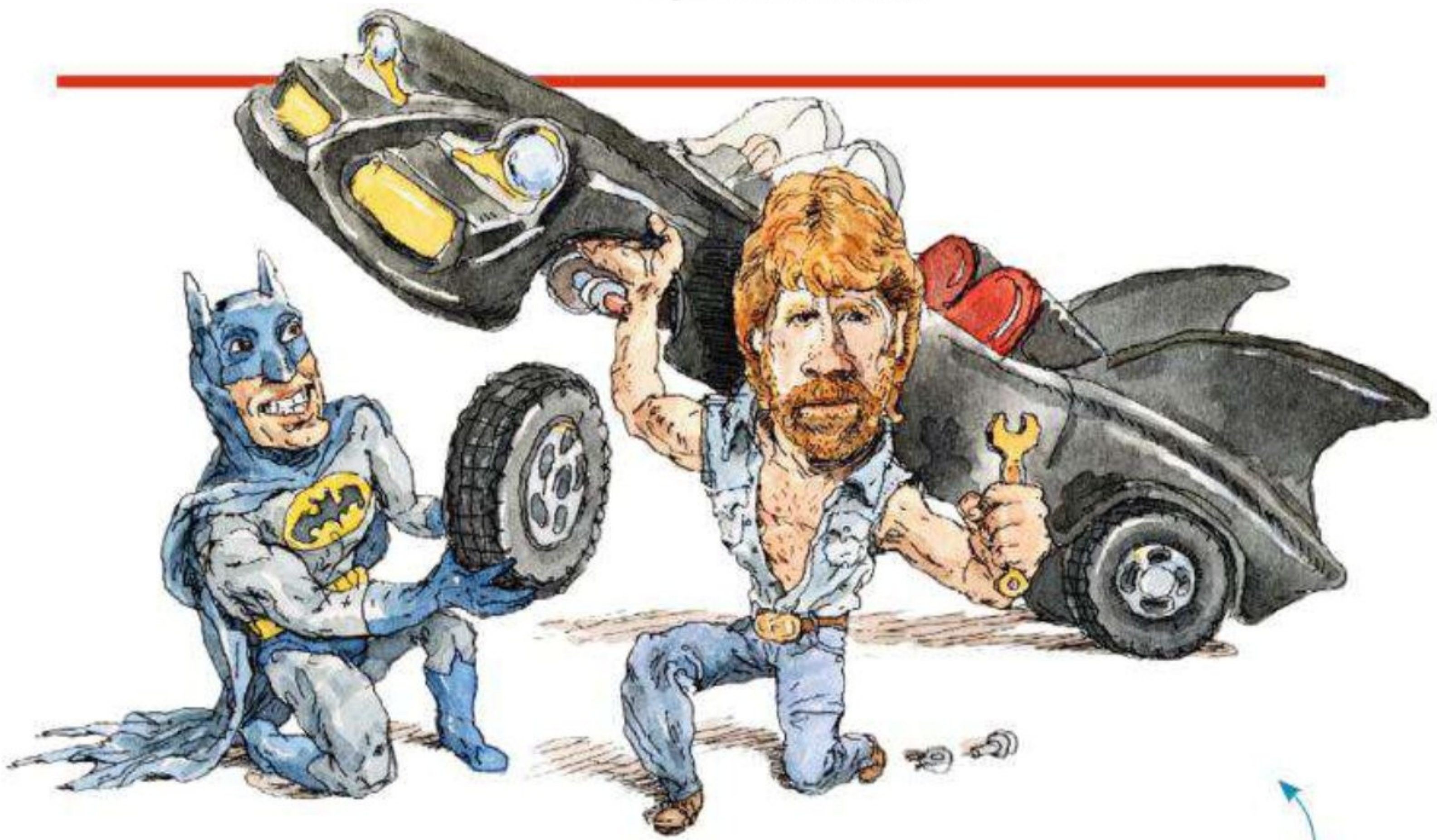
Homer Simpson



2. a product that can make even the lamest joke funny.

Textsfromlastnight.com allows hearty partyers to describe the inebriated goings-on of the previous night. Some of the disorderly conduct:

- ★ "You left a trail of sequins from your dress in case we got lost."
- ★ "When my mother asked where we met, I said the liquor store. The next words out of Mom's mouth? 'Oh, that's real promising, Molly.'"
- ★ "I know I should have focused more on what you were saying in the text rather than the fact that you spelled *suicidal* wrong."
- ★ "I saw your arrest video on YouTube. You look so thin!"



Chuck Norris (chuk nor-es) *n.* the indestructible actor who inspired an Internet joke phenomenon that lists thousands of his impossible feats.

- Chuck Norris can strangle you with a cordless phone.
- Chuck Norris can hear sign language.
- Chuck Norris knows Victoria's secret.
- Superman owns a pair of Chuck Norris pajamas.

Source: chucknorrisfacts.com

dark humor (därk hyü-mer) *n.* a funny story that—should you tell it to the wrong person—will result in your lights being knocked out.

“When I was a nurse, my favorite assignment was the anorexia ward. I sometimes ate as many as 17 dinners.”

Comic Jo Brand

ethnic humor (eth-nik hyü-mer) *n.* insensitive jokes that unite disparate ethnic, racial, and cultural groups for the simple reason that so many people like to tell them.

“I never believed in Santa Claus because I knew no white dude would come into my neighborhood after dark.” Dick Gregory

facetious (fuh-see-shus) *adj.* “When you say something you think is funny but nobody laughs. So then you have to say ‘Oh, uh ... I was being facetious.’”

Source: urbandictionary.com

“When you stop drinking, you have to deal with this marvelous personality that started you drinking in the first place.” Jimmy Breslin

family (fam-lee) *n.*
“Someone who is always there for you when he needs a favor.”

Comic *David Corrado*

For 30 years, musician Adam Chester has been receiving the sort of letters from his mother that only a mom is capable of sending. He has collected the missives into one volume called *S’Mother* (Abrams Image). Some examples:
★ “Please don’t go into Mexico because they are kidnapping Americans and cutting off their heads!!”
★ “I got my flu shot today, so if you don’t hear from

drollery (drohl-ree) *n.*
humor so dry it makes a gag.

“I used to work in a fire-hydrant factory. You couldn’t park anywhere near the place.”



Steven Wright,
the expressionless master of the art form

me by tomorrow, you shouldn’t take the shot! Love, Mom.”

★ “Grapes are very good for having bowel movements. I didn’t see

any grapes in your house!! Mom.”

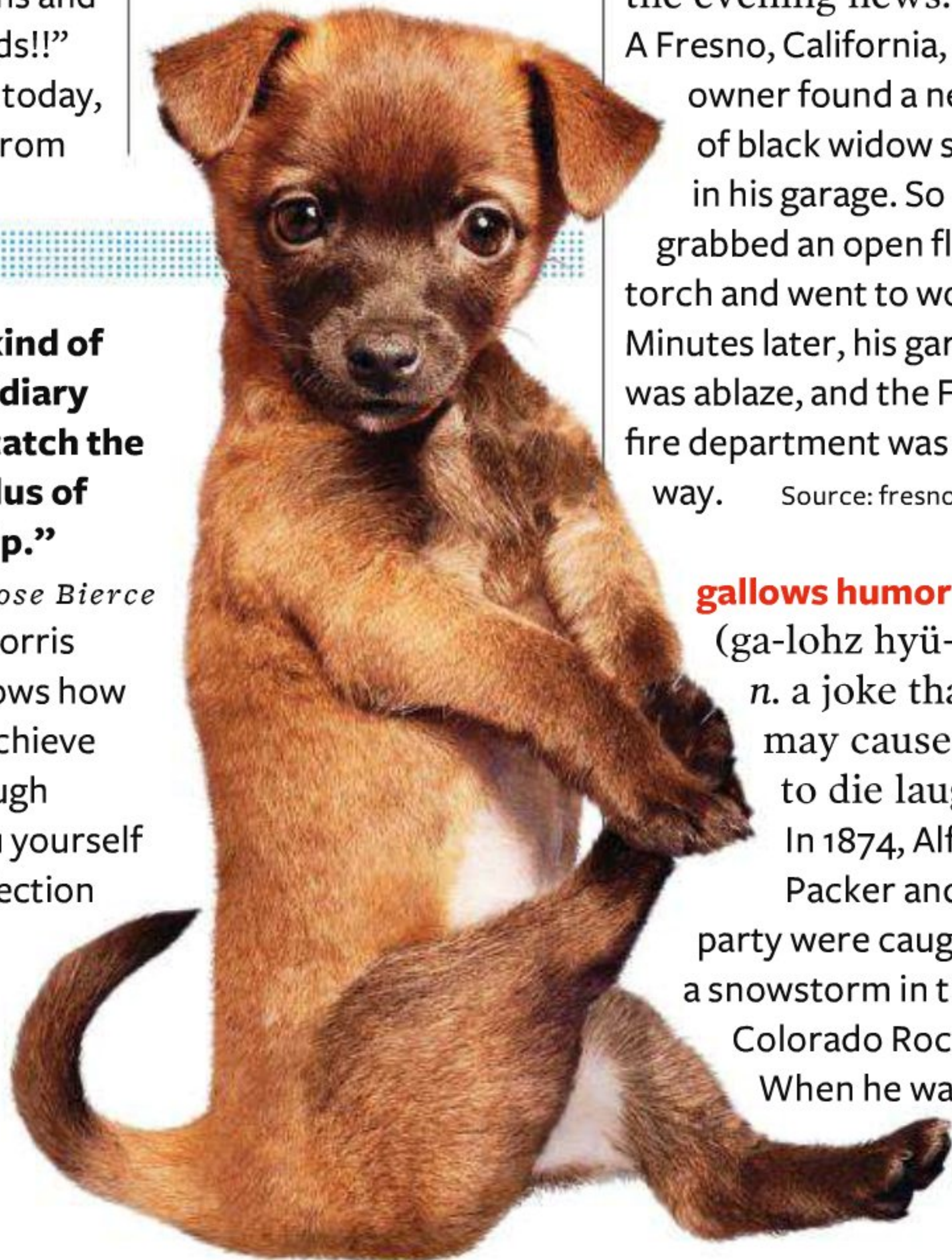
farce (färs) *n.* when two wrongs don’t make a right and three make the evening news.

A Fresno, California, homeowner found a nest of black widow spiders in his garage. So he grabbed an open flame torch and went to work. Minutes later, his garage was ablaze, and the Fresno fire department was on its way. Source: fresnobee.com

dog (dawg) *n.* “A kind of additional or subsidiary deity designed to catch the overflow and surplus of the world’s worship.”

Ambrose Bierce

Yoga Dogs, by Dan Borris (Abrams Image), shows how man’s best friends achieve enlightenment through self-reflection (“You yourself deserve love and affection and a warm spot in the bed where someone just got up”) and yoga (achieved with a little digital help).



gallows humor (ga-lohz hyü-mer) *n.* a joke that may cause one to die laughing. In 1874, Alferd Packer and his party were caught in a snowstorm in the Colorado Rockies. When he was

rescued, the rest of the party was dead, and Packer was found to have dined on fillet of friend. At the murder trial—before Packer was found guilty—the judge reportedly yelled at him, “There were only seven Democrats in all of Hinsdale County, and you ate five of them!” In honor of the state’s favorite cannibal, the University of Colorado Boulder named its cafeteria the Alferd Packer Restaurant & Grill. Its motto: Serving All of Mankind.

Internet (in-ter-net) *n.* “The death of the idea that your cat was special or that your dad

gibe (jiyb) *n.* a comment by someone who has nothing good to say about a person and is then asked to repeat it over and over.

“They say you shouldn’t say anything about the dead unless it’s good. He’s dead. Good.”

Moms Mabley



was the only one who said ‘Tar-jay.’”

Comic Alison Agosti

irony (iy-roh-nee) *n.* nineteenth-century cannibal Alferd Packer (him again!) publishing a vegetarian cookbook. After the victim testified against the man she said robbed her a year ago, the British trial judge was

very complimentary.

“Denise Dawson was a particularly impressive witness because she showed courage and clarity of thought and was undoubtedly honest.” And it was for those reasons that he threw out the case. His honor’s reasoning: She’s too believable. “The jury may lend more weight to her evidence than the facts allow,” he said.

Source: Daily Mail (London)

joke (johk) *n.* a story by someone who has nothing witty to say.

“Once I saw this guy on a bridge about to jump. I said, ‘Don’t do it!’ He said, ‘Nobody loves me.’ I said, ‘God loves you. Do you believe in God?’ He said, ‘Yes.’ I said, ‘Are you a Christian or a Jew?’ He said, ‘A Christian.’ I said, ‘Me too! Protestant or Catholic?’ He said, ‘Protestant.’ I said, ‘Me too! What

FROM TOP: GETTY IMAGES; NTI MEDIA LIMITED



gelotophobia (je-lä-toh-foh-bee-uh) *n.* 1. fear of being laughed at; 2. fear of dribbling ice cream on one’s shirt.

This driver—an apparent victim of his girlfriend’s ire—was said to be shielding his face from London’s taunting crowds.

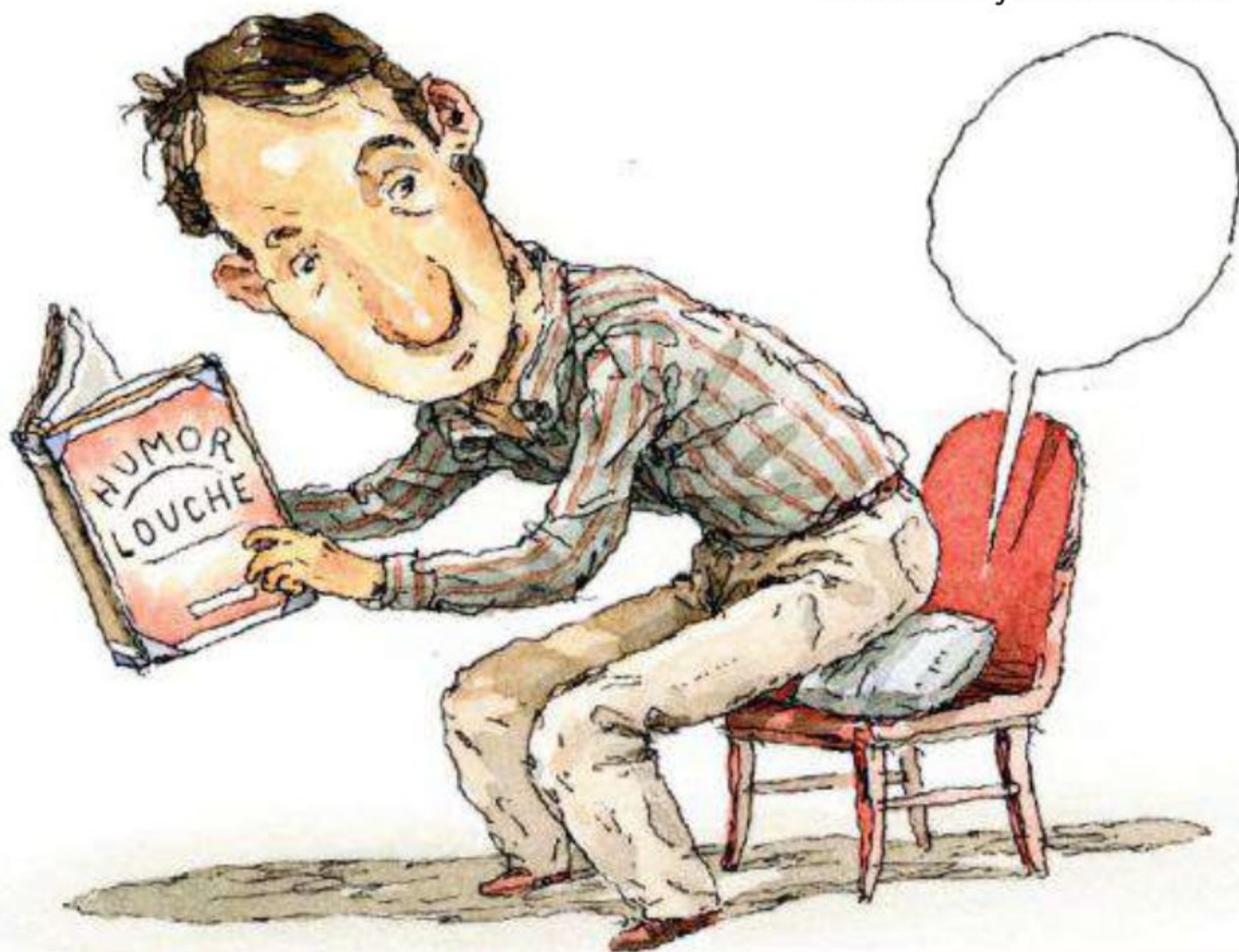
louche jokes (lüsh johkz) *n.* 1) off-color gags; 2) humor that does not appear in *Reader's Digest*, except for this one time:

A World War II fighter pilot from Boston is reminiscing with young students about his war experiences. "One day I was protecting the bombers, and suddenly, I looked up and realized that two Fokkers were directly above me. I aimed at the first Fokker and shot him down. By then, the other Fokker was right on my tail."

The kids begin to giggle, so the teacher says, "I should point out that Fokker was the name of an aircraft used by the Germans."

"True," says the pilot, "but these fokkers were flying Messerschmitts."

Submitted by *Adam Joshua Smargon*



franchise?' He said, 'Baptist.' I said, 'Me too! Northern Baptist or Southern Baptist?' He said, 'Northern Baptist.' I said, 'Me too! Northern Conservative Baptist or Northern Liberal Baptist?' He said, 'Northern Conservative Baptist.' I said,

'Me too! Northern Conservative Baptist Great Lakes Region or Northern Conservative Baptist Eastern Region?' He said, 'Northern Conservative Baptist Great Lakes Region.' I said, 'Me too! Northern Conservative Baptist Great Lakes Region

Council of 1879 or Northern Conservative Baptist Great Lakes Region Council of 1912?' He said, 'Northern Conservative Baptist Great Lakes Region Council of 1912.' I said, 'Die, heretic!' And I pushed him over."

Emo Philips

late-night talk show host
(layt-niyt tawk sho host) *n.*
1) a person who “cannot sing, dance, or act.”—David Letterman; 2) the person most Americans get their news from.

When Navy SEAL Team 6 took out Osama bin Laden, the late-night hosts were all over it:

“Great news, the world’s most wanted man, Osama bin Laden, is dead. Which means now the official No. 1 threat to America is the KFC Double Down.”

Conan O’Brien



“’Tis some visitor,”
I muttered, “tapping at my
PetSafe Dog Door—”
Only this, and nothing
more.

Shakespeare’s
“A Sonnet”

Shall I compare thee to
a Virtual Sun 32 Tanning
Bed?

Rebecca Coffey,
in *mcsweeneys.net*

one-liner (wun-liy-ner)
n. also referred to as
a gag, a piece of cloth
one wishes to stuff
down the throat of
inept practitioners
of the art.

“I played a great horse
yesterday. It took seven
horses to beat him.”

Henny Youngman

lampoon (lam-pün) *n.*
barbed ire.

Source: *nymag.com*

Great Moments in
Product-Placement
Poetry:

Edgar Allen Poe’s
“The Raven”

Once upon a midnight
dreary, while I pondered,
weak and weary,
Over many a quaint
and curious volume

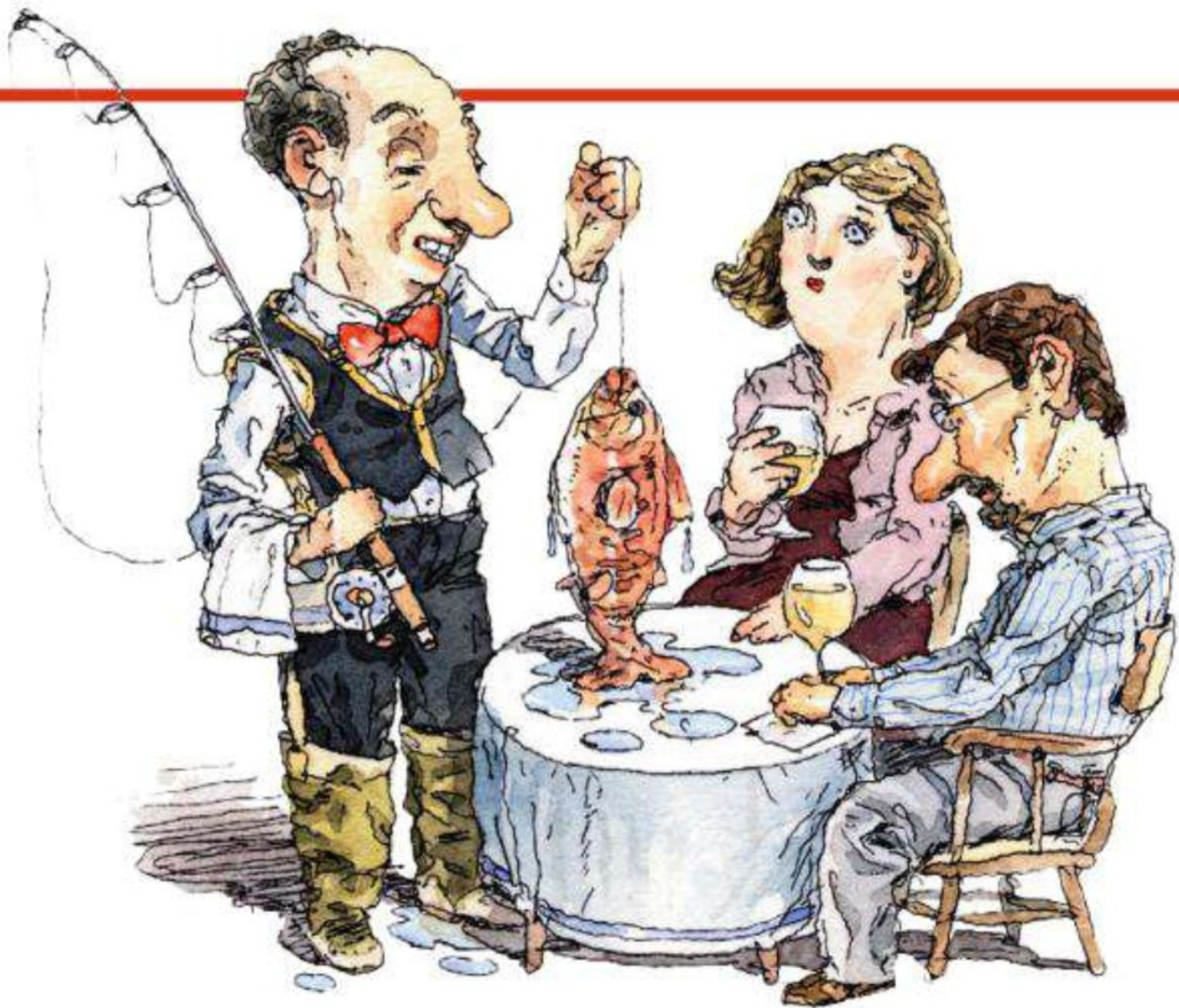
of forgotten lore,
While I nodded, nearly
napping, suddenly there
came a tapping,
As of someone gently
rapping, rapping at my
PetSafe Dog Door.

offspring (off-spring) *n.*
“The penalty for having
sex.”

Bill Maher

New York City’s Museum
of Modern Art invited
its youngest guests
to share their thoughts
about the fabled
museum. This girl had
some strong opinions:

I went to MoMA and...
Saw a coat closet
trash and two
water fountains
I’m very disappointed
I did not see
a dinosaur you
call your self
a museum!



observational humor (äb-sir-vay-shunl hyü-mer) *n.*
 executed by someone who realizes that “life is what happens when you’re not watching television.” *Jason Love*

“When did it become fashionable for a waiter in a restaurant to tell you the specials entirely in the first person?”

“‘Tonight I have a mixed salad with fresh anchovies (blah, blah, blah). For the main course, I have a seared salmon with (and so on, and so on) ... I also have a delicious poached chicken with ...’ All these foods that the waiter has! Is he making them? Or is this just a lot of food he’s brought from home that he’s willing to share?”

Katie Workman, editor in chief/CMO, cookstr.com

“I met the surgeon general. He offered me a cigarette.”

Rodney Dangerfield

“I like blackjack. I’m not addicted to gambling. I’m addicted to sitting in a semicircle.”

Mitch Hedberg

parody (par-oh-dee) *n.*
 the bitterest form of flattery.

Artist Viktor Hertz posed the question, What would corporate logos look like if they told the truth? Here’s what he came up with:

Nothing to do

Procrastination

Cat Videos

pun (puhn) *n.* a groaner, unless you're the one who thought of it. The news can be dull. That's where fark.com comes in. The site gives you the real story, with its own twisted take.

★ Former Miss Russia, previously arrested for forging prescriptions, now busted for shoplifting. Cops say she still hasn't gotten her Berings Strait.

★ Chinese hoarding soy sauce as a result of Japanese nuclear crisis. Never Kikkoman when he's down.

★ Police arrest man for stealing stenography machines. He wants a short sentence.

raillery (ray-le-ree) *n.* quiplash.

After **Mick Jagger** insisted that his wrinkles were actually laugh lines, jazz singer George Melly replied, "Surely nothing could be that funny."

Source: *The Guardian* (London)

repartee (re-par-tay) *n.* tease for two.

Two friends on Facebook held this global exchange:

Amanda: luisa, I am hungary

Luisa: maybe you should czech the fridge

Amanda: im russian to the kitchen

Luisa: maybe you will find some turkey

Amanda: we have some



but it is covered in greece
Luisa: ew, there is norway you can eat that
Amanda: I think I'll settle for a can of chile
Luisa: I would love a canada chile as well
Amanda: denmark your name on the can

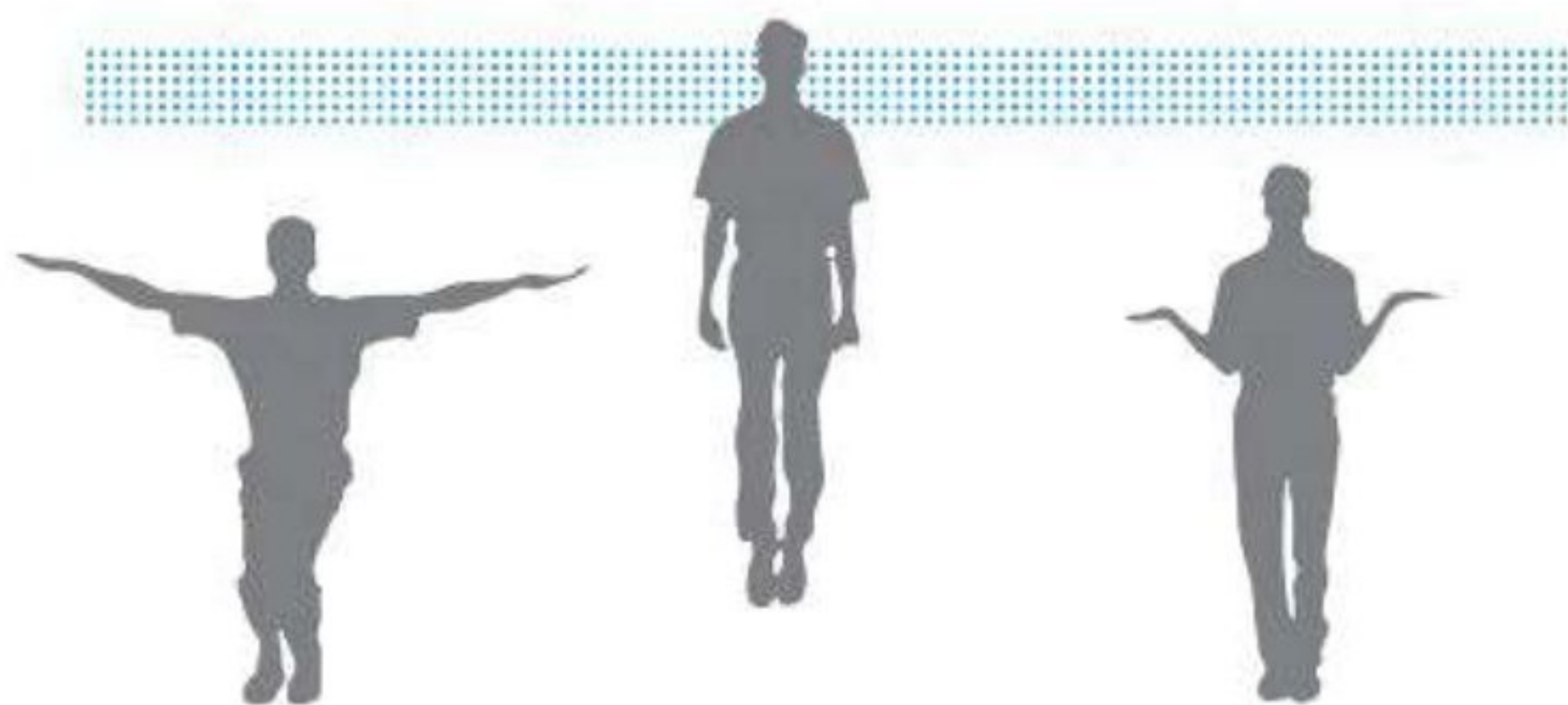
From geekosystem.com

riddle (ri-duhl) *n.* a questionable joke. What do you call a rap star who studied classical music? Yo Yo Ma Ma.

riposte (ri-pohst) *n.* fillet of snark.

When Lady Astor became annoyed with a soused Winston Churchill, she blurted out, "Winston, if you were my husband, I'd put poison in your coffee." Churchill replied, "If you were my wife, I'd drink it."

COURTESY GOOGLE



"Hello."

"Sure, what time?"

"What's the big deal?"

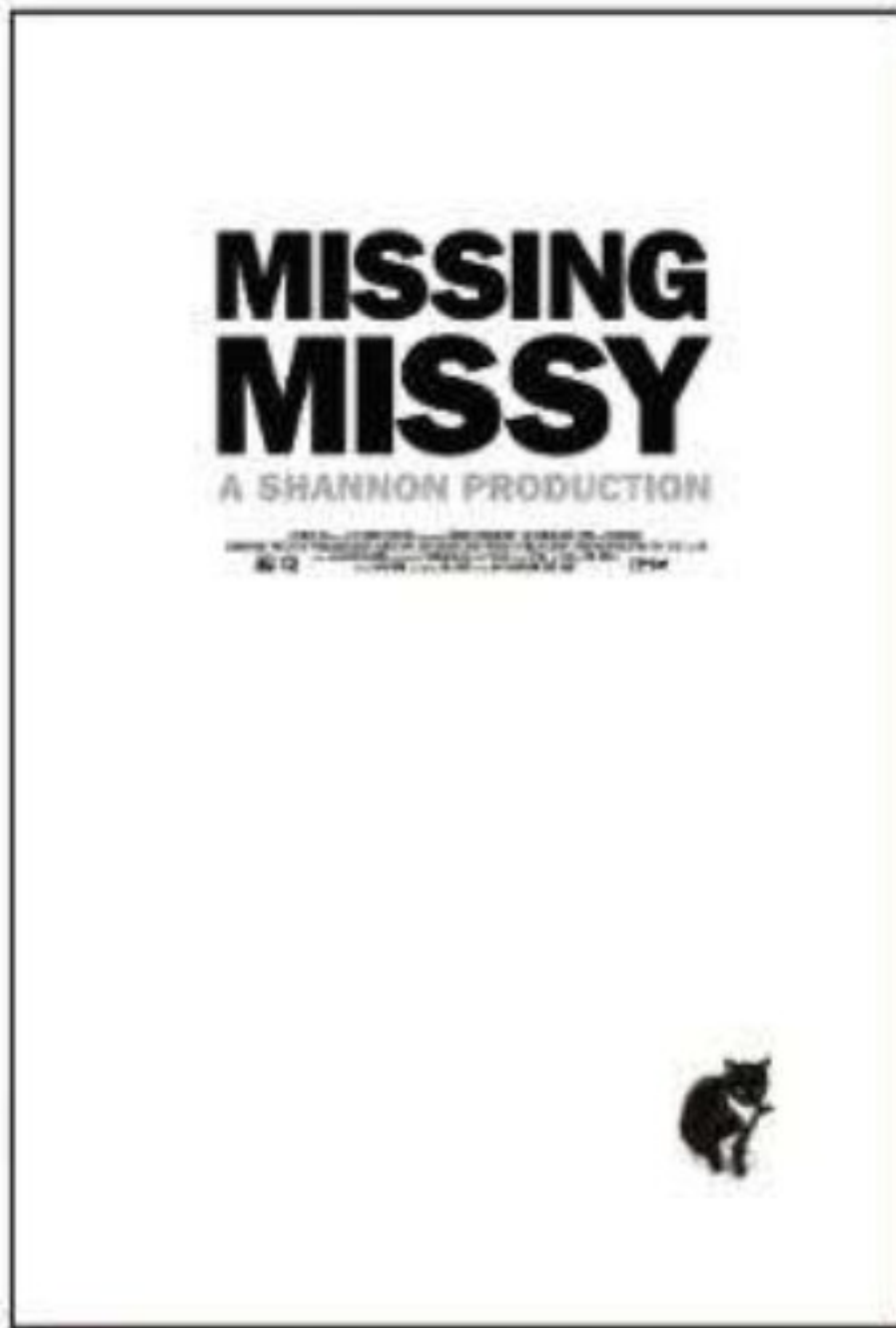
prank (prank) *n.* a trick that often results in the prankster looking foolish.

On April 1, Google released Gmail Motion, a program that supposedly lets users communicate by body motion via webcam. Of course, that's not possible, but that didn't stop some people from trying it. Above are common phrases suggested by the company.

sarcasm (sär-ka-zum) *n.* “The lowest form of wit, but the highest form of intelligence.”

Oscar Wilde

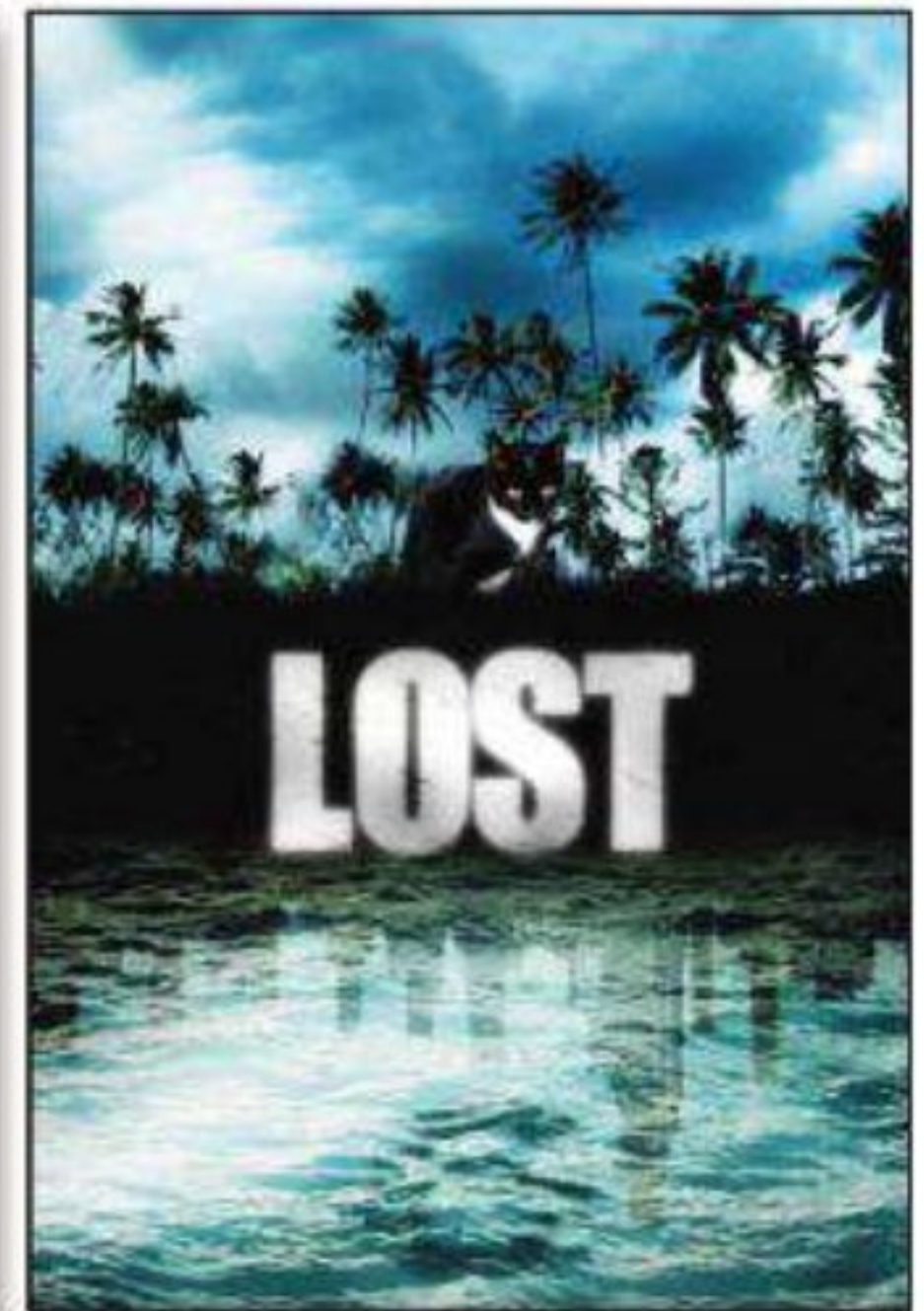
Art director David Thorne was asked by his demanding coworker Shannon to design a poster for her missing cat, Missy. Here’s what he sent her, along with her responses:



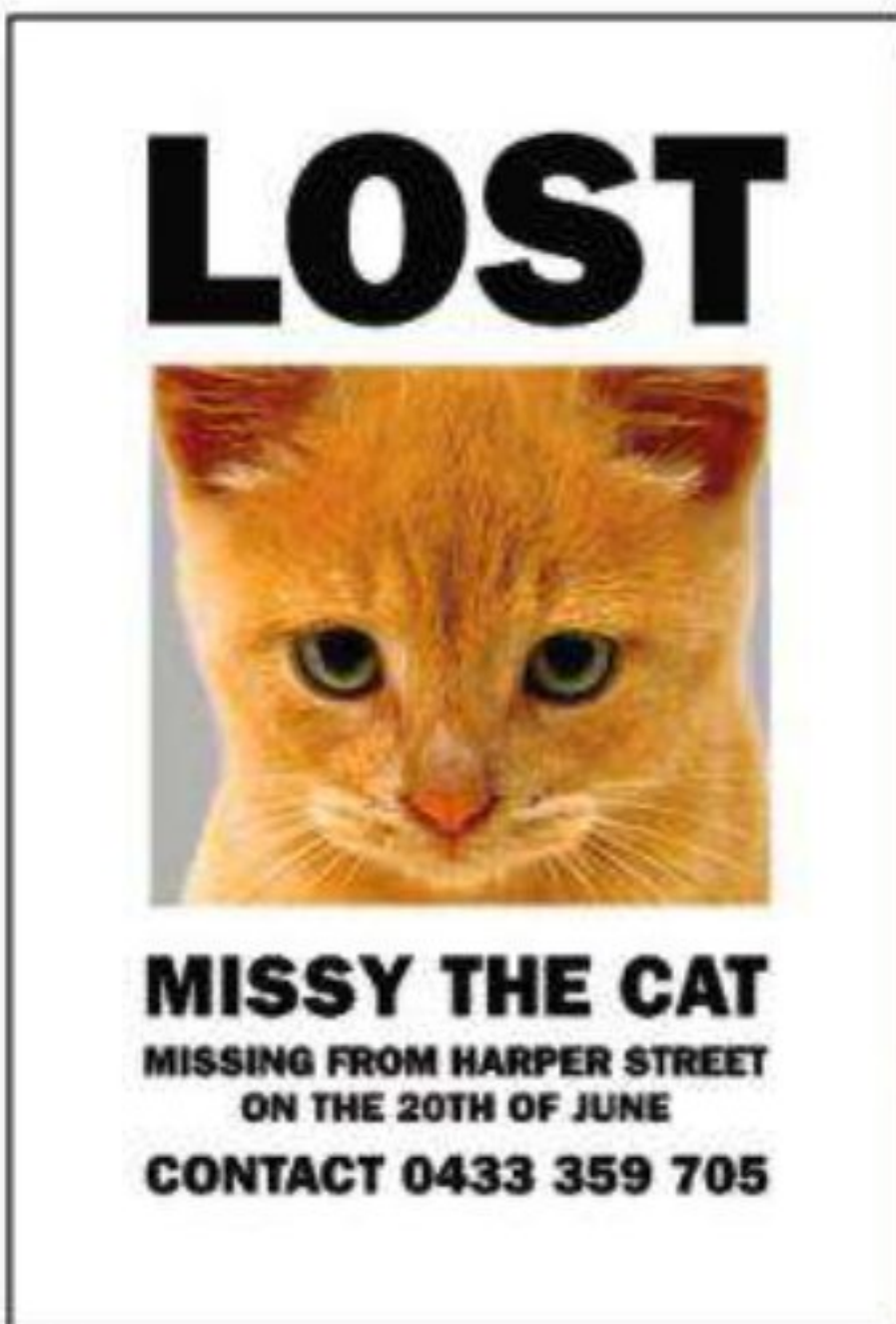
“It looks like a movie. And how come the photo of Missy is so small?”



“This is worse than the other one. I just want it to say lost.”



“Can you do the poster or not?”



“That’s not my cat.”



“I didn’t say there was a reward.”



“Can you just please take the reward bit off?”

For the full exchange, read *The Internet Is a Playground: Irreverent Correspondences of an Evil Online Genius* by David Thorne (Tarcher), or visit 27bslash6.com

satirist (sa-ter-ist) *n.*

“A man who discovers unpleasant things about himself and then says them about others.”

Writer *Peter McArthur*

NEW STUDY FINDS IPAD IS CURE FOR ADULTERY

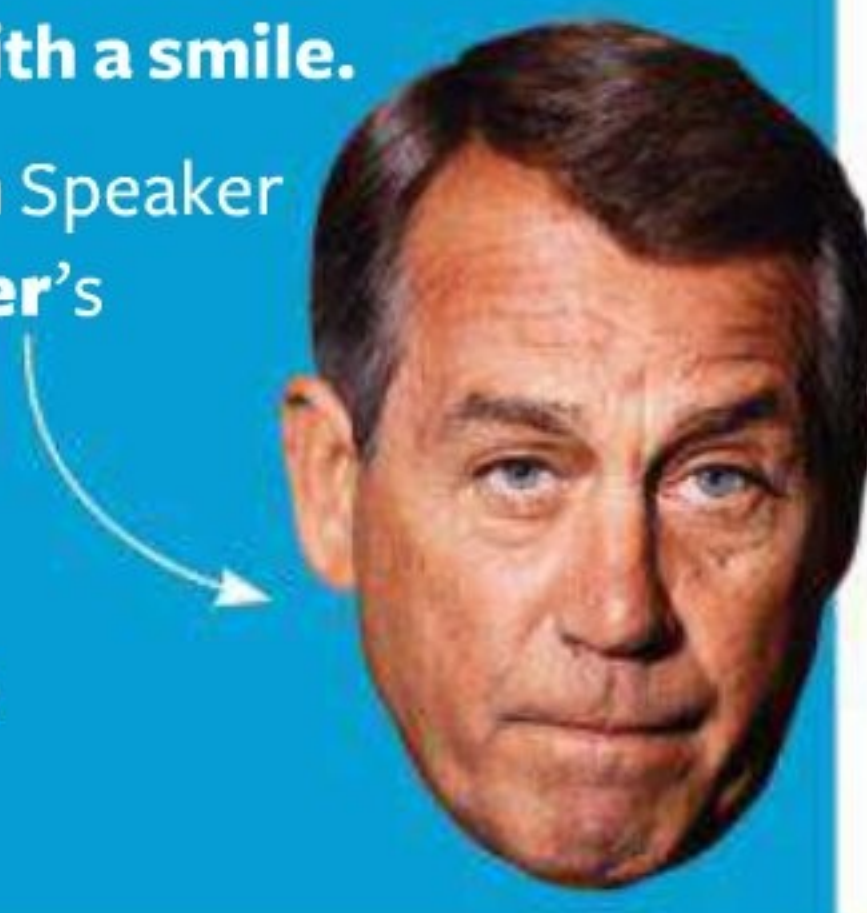
A new scientific study released today says that iPad owners are less likely to commit adultery “because they stop noticing other people altogether.”

According to the study, commissioned by Apple, iPad use disrupts what scientists agree are the first stages of extramarital

tease (teez) v. to insult with a smile.

President Barack Obama on Speaker of the House **John Boehner’s** orange skin tone:

“I used to think that it was a tan. But after seeing how often he tears up, I’ve come to realize: That’s rust.”

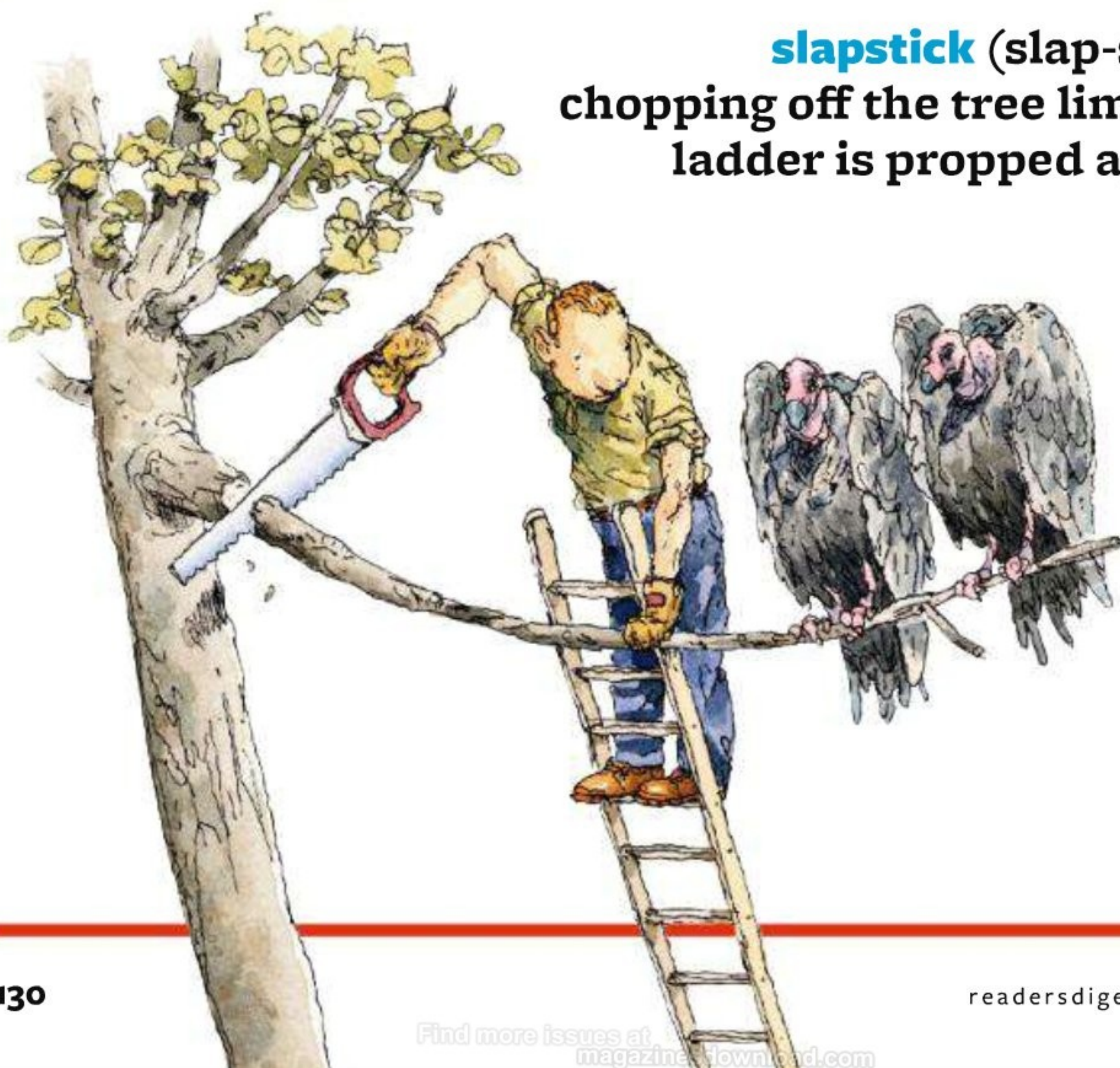


sex: “noticing, admiring, and talking to other people.”

The study, which was conducted on a sample of 1,000 iPad owners, found that not only did iPad use make them thoroughly un-

interested in extramarital sex, “their nonstop talking about the amazing features and apps on their iPads made them completely unattractive to potential sex partners as well.”

From the *Borowitz Report*



slapstick (slap-stik) *n.*
chopping off the tree limb your ladder is propped against.

self-deprecation (self-de-pri-kay-shun) *n.* happily making a mockery of oneself.

“I used to have a job as a waitress, but they didn’t like the way I tossed salads.” *Comic Geri Jewell, who has cerebral palsy*

wisenheimer (wiyz-n-hiy-mer) *n.* a person who, if he doesn’t cut it out, is going to get the ^%&# kicked out of him.

Here is a résumé sent to a company by an eager job seeker named Eric.

OBJECTIVE: To claw my way to the top using any means necessary ... but then be a fair and just ruler.

PERSONAL ATTRIBUTES: Catlike reflexes; possible ESP; horselike laugh (optional).

EXPERIENCE: One time I rode a horse, but it bucked me off. I was injured and ended up gaining like 30 lbs, but then I shed the weight like snakeskin, very fast metabolism.

EDUCATION: Finished high school by the skin of my teeth.

REFERENCE: Eric. Who better to tell you about me than ... me. Holla!



whimsy (hwim-zee) *n.* more ha than ha-ha.

When photographer Sacha Goldberger’s 91-year-old grandmother Frederika became depressed, he lifted her spirits by posing and shooting her as a superhero.

wit (wit) *n.* “A glorious treat, like caviar; never spread it around like marmalade.”

Noël Coward

A recent edition of *Huckleberry Finn* replaced “objectionable” words. *The Week* asked its readers to give

the titles of other classics a politically correct face-lift:

- ★ The Still-Productive Senior and the Sea
- ★ Crime and “Time-Out”
- ★ The Taming of the High-Maintenance Woman
- ★ Are You There, Higher Power? It’s Me, Margaret ■

AT EASE!

The *Reader's Digest/Stars and Stripes* contest for the funniest military story has completed its tour of duty. Here are the tales no recruiter will share.

ILLUSTRATED BY MARK MATCHO

A hilarious YouTube video from a few years back, “Funny Marine Vehicle Checkpoint,” features a Marine in combat gear who stops an Iraqi cabdriver. He asks the man politely, “Do you know any insurgents?” When the driver nervously shakes his head, the Marine continues, “Well, when you get to where you’re going, let the insurgents know that we’ll be here for another hour if they want to come and shoot at us, all right? They can come from either direction if they want—we don’t care. Preferably within the hour because we got to go eat and shower.” The confused driver mutters something, and the soldier feigns excitement: “Oh,



you're going to Baghdad? There's loads in Baghdad!"

The inherent danger of military life notwithstanding, the armed services make for great comedy, thanks to dumb rules, lousy food, and loads of conflict—both on and off the front lines. We linked up with *Stars and Stripes*, the favorite independent news source of the armed forces, and asked the men and women who are currently serving or have served to send us stories that bear this out. Here are the finalists, with the winner of the \$1,000 prize at the end.

Unsuperior Officers

When I was a convoy commander in Iraq, my radio call signal was Rolling Thunder Five. Eventually I shortened it and would just state, "This is Thunder Five. Over." But I went back to using my full call sign a few days later after an honest sergeant clued me in to something.

"You know, ma'am," he said, "it sounds like you're saying, 'This is Thunder Thighs' over the radio."

L. Weldin, Proctorville, Ohio

I was part of a team of highly trained Army officers trying to get through an unseasonably warm Texas winter. The nature of our work required stringent security measures that made the heat far worse in our tent. We did everything to cool off while maintaining security: rearranged desks, moved chairs ... nothing worked. We were still sweating through our uniforms.

Finally, after much consideration,

one officer had this brilliant suggestion: "Why don't we turn off the heater?"

Chris Heatherly, Afghanistan

At a formal NATO dinner, a British officer commented on my ceremonial spurs.

"Wearing them is a tradition for U.S. Cavalry officers," I explained.

He smiled with more than a bit of condescension. "My dear boy, the United States Army doesn't have traditions. It has habits."

Steven Eden, Manchester, Maryland

Armed and Dangerous

After weeks at sea, one of my junior sailors was writing a letter to his girlfriend back home. Halfway through, he asked me how to spell the word *dough*.

"You mean like *cookie dough*?" I asked. "D-O-U-G-H."

"No, the other one," he said.

"Like a deer? D-O-E."

"No, the other one."

"What other one?"

"You know," he said. "Like 'Even dough I was ...' "

Cory Berg, Temecula, California

It was nighttime in Vietnam. All was quiet in our forward outpost when a perimeter guard opened up with grenades and automatic rifle fire. It sounded like all of North Vietnam was attacking. I sprinted over to him.

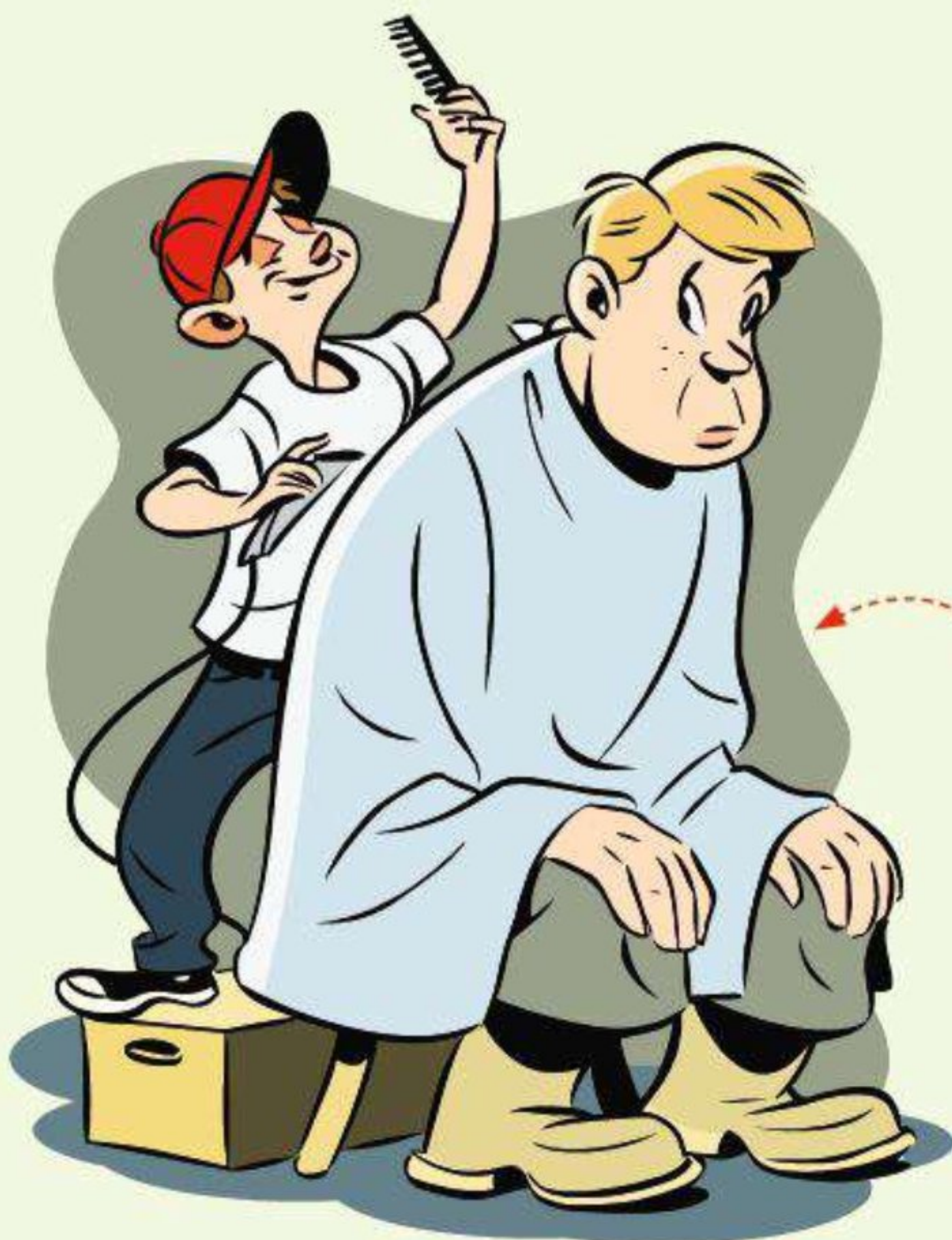
"What is it?!" I hollered.

The pandemonium stilled, and a small, frightened voice replied, "Big snake, sir."

Craig MacNab, South Bend, Indiana

Battle Theater of the Absurd

To any civilian interested in what Army life is really like, the tongue-in-cheek guide “How to Prepare for Deployment”—posted online by a GI—offers these home exercises:



To experience military

bureaucracy: “When your five-year-old asks for a stick of gum, have him find the exact flavor he wants on the Internet and print out the web page. Type up a Form 9 and staple the web page to the back. Submit the paperwork to your spouse for processing. After two weeks, give him the gum.”

To experience the Army

hairdo: “Have the paperboy cut your hair.”

To experience barracks life:

“Sleep on a cot in the garage, and replace the garage door with a curtain. Two hours after you go to sleep, have your wife whip open the curtain, shine a flashlight in your eyes, and mumble, ‘Sorry, wrong cot.’”

Aboard the *USS Midway* aircraft carrier, my buddy and I were loading equipment in preparation for pushing out to sea. One of the items was an incredibly heavy air compressor. Sweating and wiped out, we put the compressor down to rest. Then my friend had a lightbulb moment.

“No wonder it’s so heavy,” he said, pointing to the gauge. “It’s full of air.”

Louie Aragon, Tehachapi, California

Reeling from a sore throat, cough, sneezes, and body aches, I finally broke down and dragged myself to the ship’s infirmary. After a full examination, I was diagnosed with a virus, which, the corpsman said, was going around.

“You probably caught it from a shipmate,” he told me. “But don’t worry. It’s not contagious.”

Allison Peterson, Orange Park, Florida



Tedium, the Other Enemy

Pulling guard duty is dull work. But I never realized just how dull until one night when, with nothing else to do, I looked underneath my desk. There I found these words scrawled by a predecessor: *Man, you must really be bored!*

Michael Bielarski, Woodsville, New Hampshire

Mail delivery at our base in Japan was irregular at best, so everyone would call the post office to see if the mail had arrived. Tired of the constant calls, the post office manager announced that he would raise a white flag to signal that mail had arrived. That idea was scrapped after soldiers kept calling to ask if the white flag was up.

Donald Deredt, Shelby Township, Michigan

Regulations

While serving in Vietnam, I met some camouflaged soldiers sitting in a converted fishing boat that had a camouflaged engine and machine gun.

“Great camo job,” I told them. “No one will ever spot you.”

“There’s one slight flaw,” one of the soldiers said, lifting up a life vest. “We’re required to wear these bright-orange life preservers when under way.”

William Kay, Clifton, Virginia

Everyone in my unit filed into the base theater to hear a mandatory lecture on suicide prevention. We were greeted by a marquee advertising that night’s movie: Mel Brooks’s *Life Stinks*.

Gary Brand, Fayetteville, Georgia

A truck we were towing back to Rhein-Main Air Base in Germany crashed, and the senior airman had to fill out an accident report, per regulations. He began, “In the process of towing, we heard a loud noise in the rear. I became concerned when the vehicle in tow passed me with no driver in it.”

George DeSpirito, Williston Park, New York

Discussing phone etiquette for naval recruits, our lieutenant recalled a cautionary tale about the time he thought he was calling the ship’s chart house. A sleepy voice answered, “Yeah, whaddaya want?”

“That’s no way to answer a phone when an officer calls,” he snarled. “Now let’s start over. Pretend I just called you.”

“OK. Captain’s cabin, captain speaking!”

Herm Albright, Indianapolis, Indiana

Tragedy Yesterday, Comedy Tonight!

For Sgt. Bobby Henline, humor has always been part of his survival kit. Henline, a transportation specialist and four-tour veteran of Iraq, likes to tell the story about a backhanded tribute paid him during one tour. “We got to know the local people. I would hang out with the families and bring the kids candy and soccer balls. The kids even named a dog after me.”

That was a compliment, right? he was asked. “I think so,” he replied, laughing. “But, given the fact that the dog was covered in mange, maybe not.”

His sense of humor was put to the test in April 2007. Henline was in a Humvee when it passed over an IED. The explosion threw his vehicle 40 feet. Of the five soldiers inside, Henline was the lone survivor, and only barely. A third of his body was burned. For months, survival was day-to-day.

Four years later, Henline is very much alive, but his face and body show the devastating results, and his left arm was amputated

below the elbow. To deal with the stares and inevitable questions, he developed a defensive shtick of one-liners. If someone asks what happened, he tells them, “My meth lab blew up.” When nervous waiters and waitresses ask his wife how she likes her steak, he answers, “Well done, like her men.”

In 2009, he joined an open mike night at a comedy club. His act? What else?

“Actually, this is a birth defect,” he told the audience, pointing to his face. “My mother worked at the circus as a fire-eater when she was pregnant.” As an afterthought, he threw in this: “Now she thinks she has the right to complain to me about her acid reflux.” After he finished his set, another comedian came up to him. “You know,” the comic said, “I’d keep that acid reflux line.”

Henline smiles at the memory. In that moment, he was no longer Bobby the wounded combat vet but Bobby the would-be stand-up, trying to get laughs, just like everybody else.

Now that Henline has been accepted as a comedian, he’s subjected to the ritual barrage of suggestions that fellow comedians offer one another.

One was to use more war stories in his routine. “I tried,” he says, “but it’s hard to get civilians to laugh at the things that happened out there. I can laugh at it all, but I can’t figure out how to tell it so they get it.”

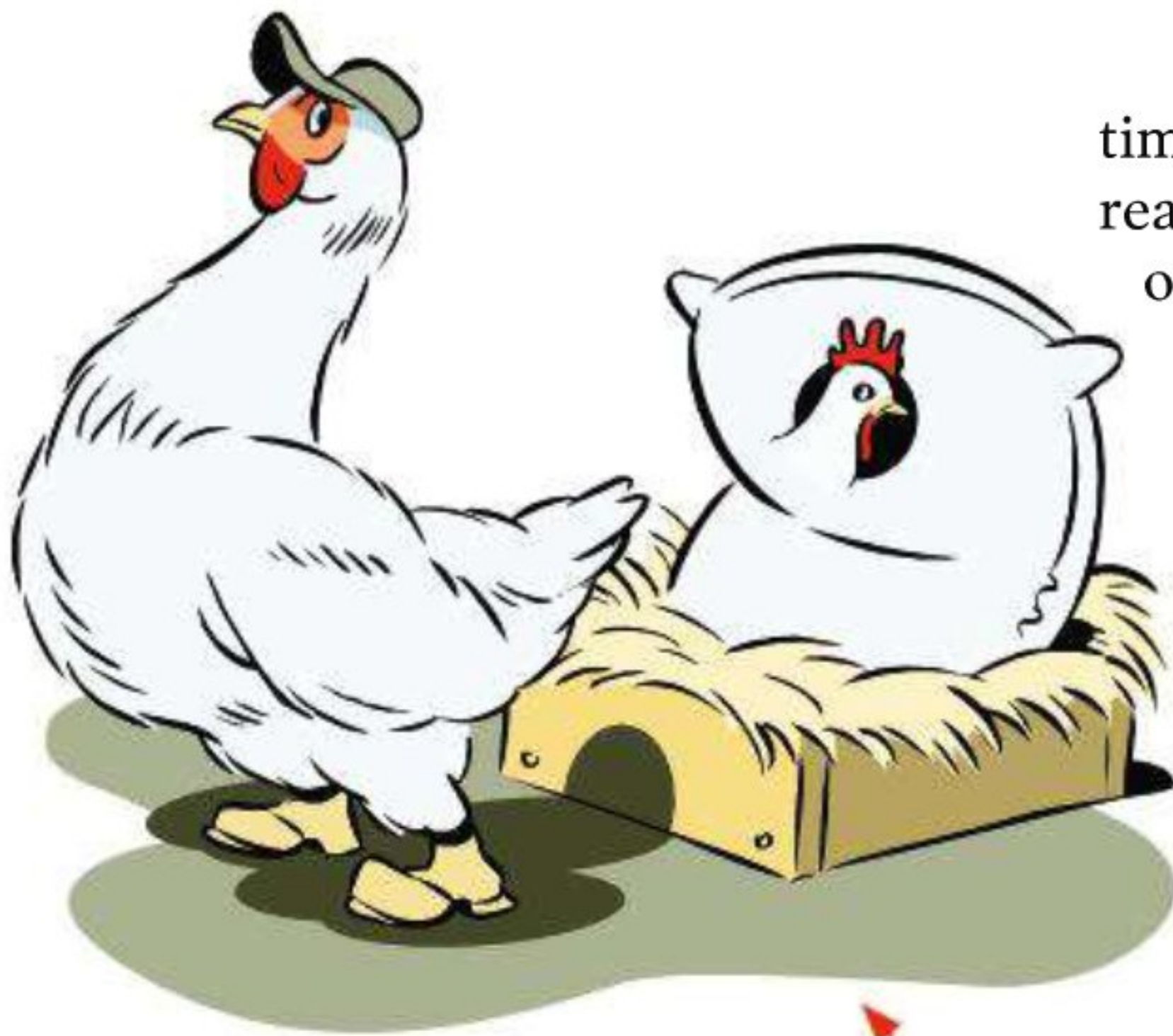
As they say, sometimes you just have to be there.

Doug Colligan



Bobby Henline,
stand-up comedian

IPAD EXTRA To watch Bobby Henline’s act, download the *Reader’s Digest* magazine app from the iTunes Store.



Nasty Sergeants

Eggs in the military rarely come from chickens. Instead, they're hatched in powder form. As I prepared to make scrambled eggs during KP duty, I filled a large tub with water and poured in a 25-pound bag of the stuff. As I stirred, my mess sergeant threw four whole eggs in, shells and all.

"Why'd you do that?" I asked.

His reply: "So when they bite into a shell, they'll think it's real."

Jason Mickolio, Miles City, Montana

Mr. Midnight, a late-night DJ at U-Tapao Air Force Base, Thailand, was known for talking more than playing music. That is, until our sergeant decided to sit in on a show. That night, Mr. Midnight barely spoke, and he even added the sound effect of a crackling fire when he pushed a community event with an enthusiastic "It's really hot!" Later I asked him what happened.

"Sarge told me to announce the

time, temperature, and song title and read a message but said I couldn't put out the flames until I did all four," he told me. "And then he lit my announcer copy on fire."

George A. Smith, Myerstown, Pennsylvania

Base rules required that everything around the aircraft hangar at our Air Force base be painted a bright yellow. When our sergeant noticed that the newly issued trash cans were not yellow, he snarled to an airman, "When I come back tomorrow, I better not see those trash cans unpainted."

He got his wish. The next morning, all the new trash cans were gone.

John Leard, Kimberly, Idaho

It was the '60s, and our unit command decided to let us have mustaches, something our first sergeant clearly opposed. Nevertheless, he told us to go ahead and grow one. A week later, he appeared before the morning formation with a razor. He proceeded to shave off each of our mustaches and let the hairs fall into individual envelopes on which he wrote our name.

"Now," he announced, "if anyone asks where your mustache is, tell him it's in the sergeant's safe."

Gary Muffitt, Blue Springs, Missouri

The Home Front

It was Easter Sunday at our military chapel. The pastor called the children to the front and told them the story of how Jesus was crucified by the

Romans, his body placed in a tomb, and the front covered by a stone. "But on the third day," he said, "the stone was rolled away, and Jesus was not there. Do you know what happened next?"

One kid shouted, "Jesus turned into a zombie and went after the Romans!"

Lou DelTufo, Livingston, New Jersey

After 29 years of military service, I figured some of my interest in military history would have rubbed off on my 14-year-old son. Wrong! While helping him prepare for his Civil War exam, I asked, "Why did General Lee take his army north to Gettysburg?"

His response: "To listen to Lincoln's speech."

Donna Williams, Portage, Wisconsin

As my stint in the Coast Guard came to an end, I applied for a job with U. S. Customs and Border Protection. A customs official

Due to a manpower shortage at our Air Force base in England, the commander nixed all afternoons off. That same day, an airman broached the subject with him.

"Didn't you hear what I said this morning?" our commander snapped. "You'd better have a great reason."

"Sir," said the airman, "my wife is expecting to get pregnant this afternoon, and I want to be there when it happens."

He got the afternoon off.

Pat Ferry, Mesa, Arizona

came to our Coast Guard station to check me out and interview my boss, a guy who would never win a Mr. Congeniality award. Through paper-thin walls, I heard the customs official ask, "Would you trust Mike to walk into a bank vault lined with money and not take any?"

My boss shot back: "How the hell should I know? I don't work at a bank!"

Mike Wall, Sarasota, Florida

One of my soldiers in Afghanistan wanted to surprise his wife with flowers for Valentine's Day, but he was afraid she would see the bill before the flowers arrived. So I offered to put the flowers on my credit card and have him pay me in cash. The plan worked beautifully until after Valentine's Day, when my wife received a \$120 florist bill but no flowers.

Michael Merrill, Clarksville, Tennessee



From our vast archives of cave drawings,

OUR BEST CART



“This the guy?”

GLEN LE LIEVRE

doodled-on napkins, and past issues ...

DOONS *EVER!*



“Are you saying my kid’s a liar?”



“Half of it’s good.”



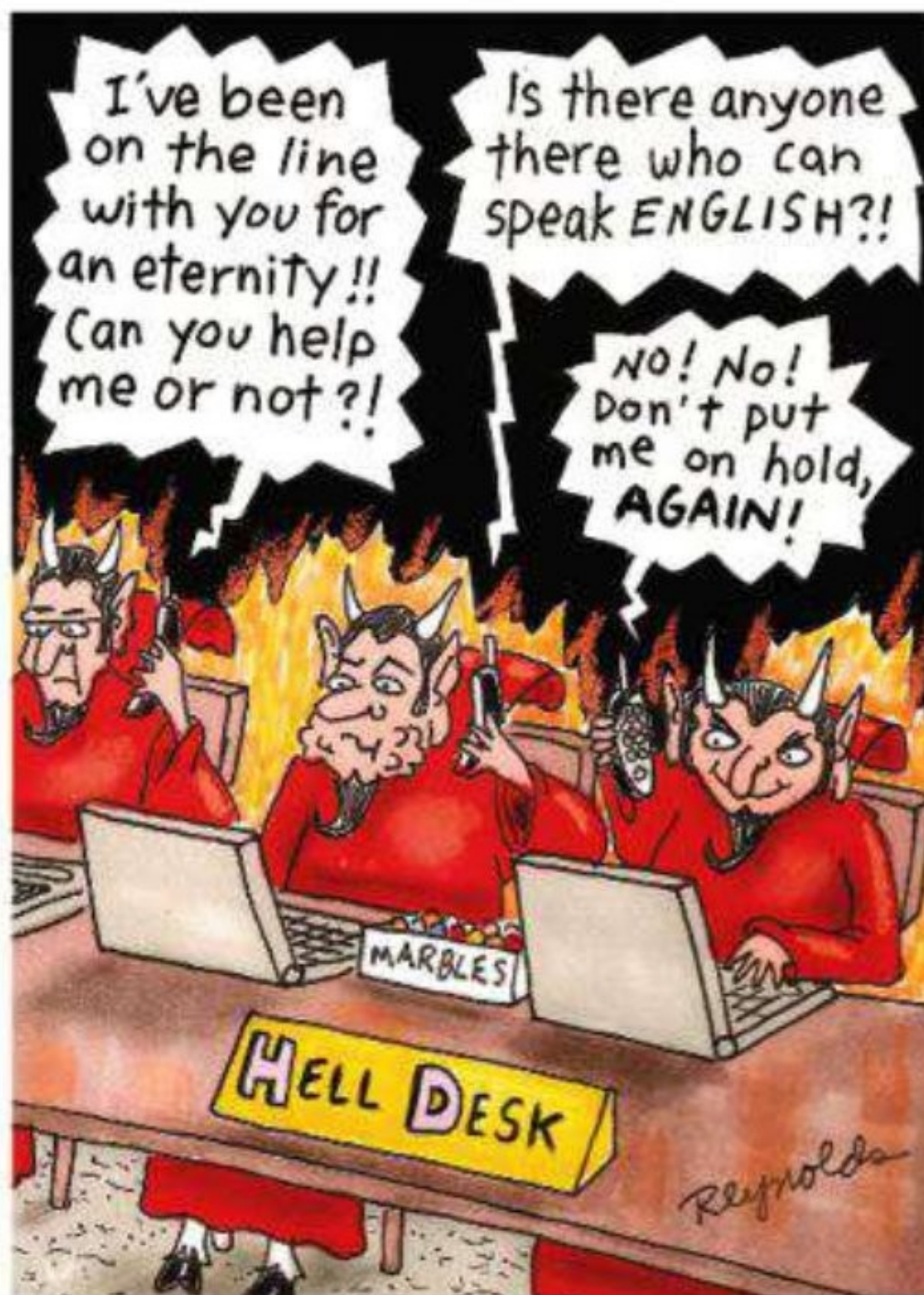
CLOCKWISE FROM TOP: DANIEL BEYER; DAN REYNOLDS; ROY DELGADO



"They got my claws, but they missed this."



"Sorry, I didn't hear you. Some guy just walked by saying something much more interesting."



"I've been on the line with you for an eternity!! Can you help me or not?!"
"Is there anyone there who can speak ENGLISH?!"
"NO! NO! Don't put me on hold, AGAIN!"



"Oh, yeah, like the stripes help."

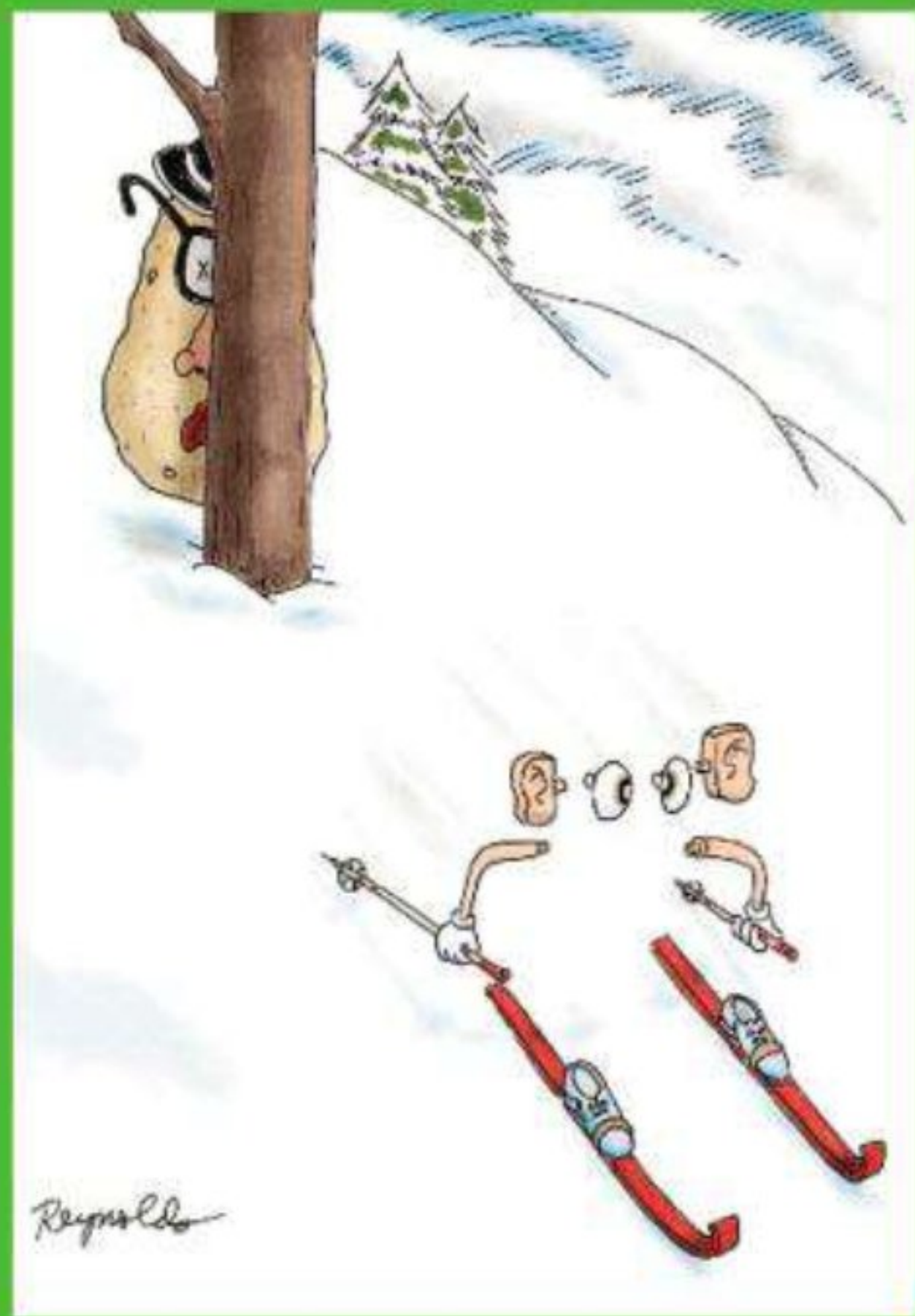
CLOCKWISE FROM TOP LEFT: KIM WARP; DAN REYNOLDS; MIKE LYNCH; P.C. VEY



“This man here is saying that he stole your identity, got bored, and now wants to return it.”



“What did you take away from the meeting?”

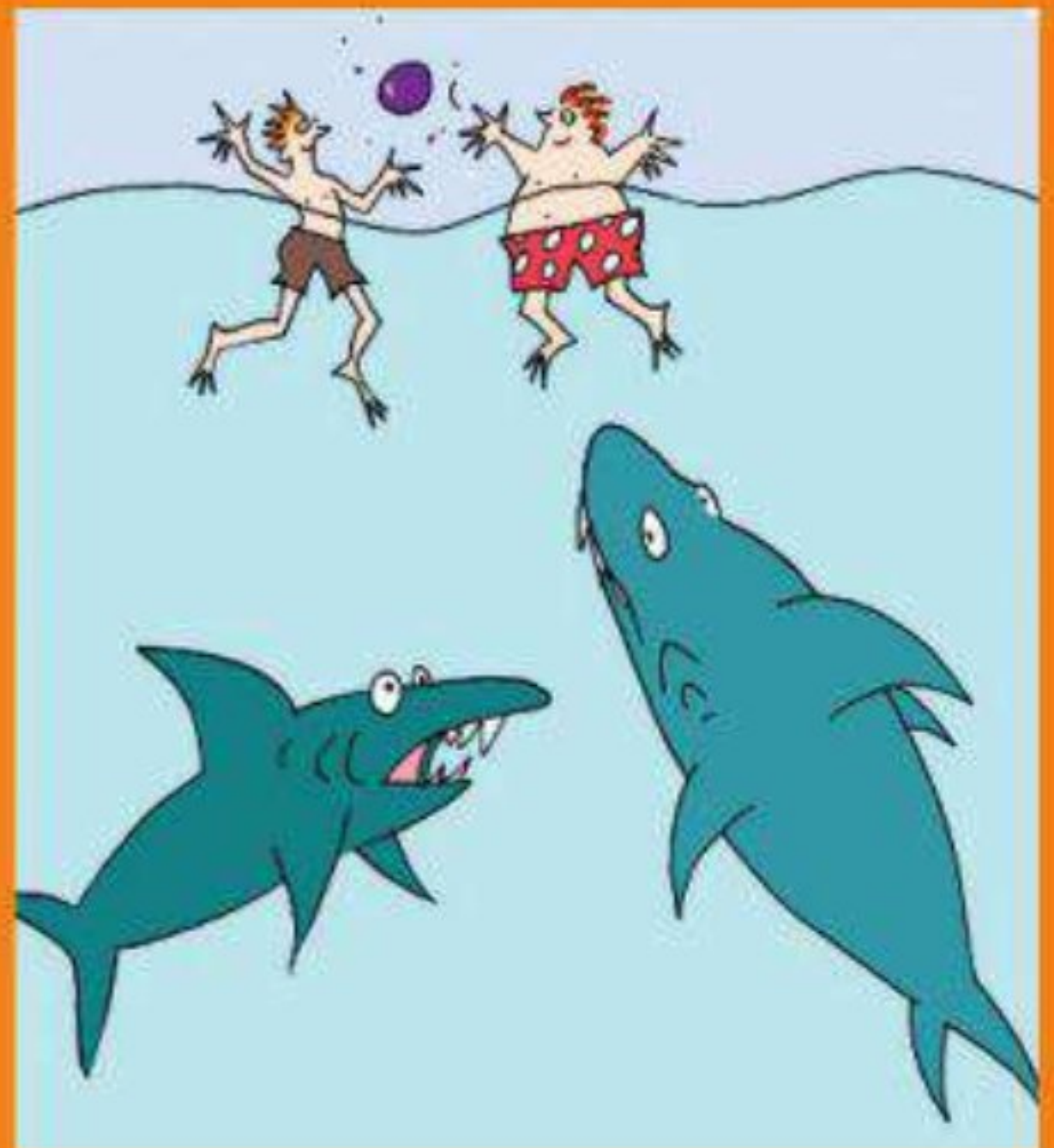




“I’m disappointed. If anyone should have seen the red flags, it’s you.”



“Let’s not have a good time. You know I can’t stand these people.”



“George! No! Your cholesterol!”



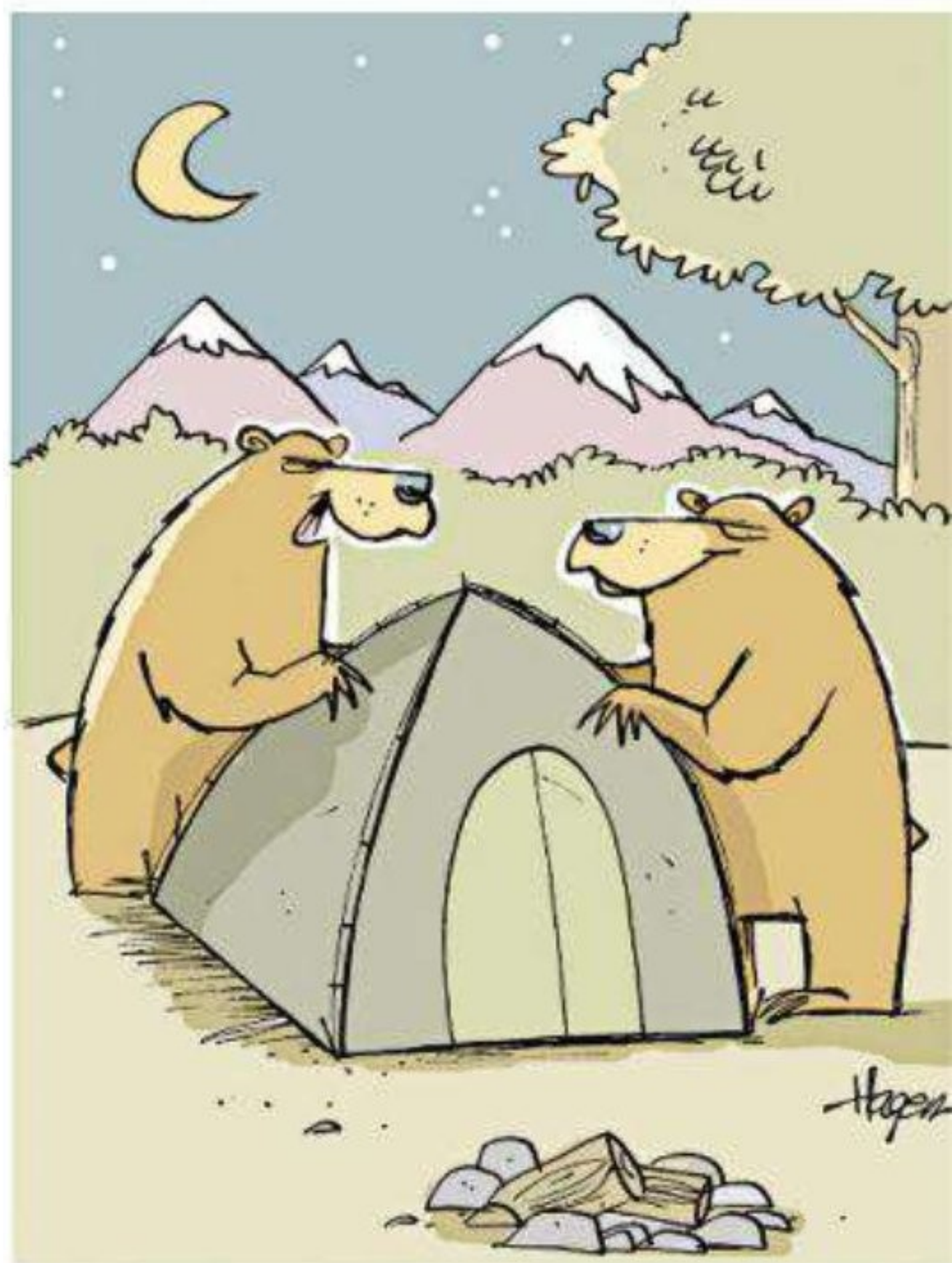
“Hi, I’m from your alumni association.”



"I see by your résumé that you're my wife."



"Here's your problem, sir. You had your right-wing news cable connected to your left-wing outlet."



"I just love how they come individually wrapped to seal in the flavor."

WRONG, SILLY.... GUESS AGAIN.



FLIRTING WITH DEATH

CLOCKWISE FROM TOP LEFT: DAVE CARPENTER; MARTIN J. BUCELLA; RALPH HAGEN; JOHN CALDWELL



Prinninge

Benefits

Alternative medicine isn't so alternative.

Here, five once far-out remedies top docs are using and the still-wacky practices to avoid.

BY MERYL DAVIDS LANDAU

Last year, I had a few months of odd symptoms—heart palpitations, insomnia, and a feeling of being over-amped, followed by intense fatigue. Finally, after some blood tests, my gynecologist whipped out her prescription pad and scribbled ... the name of an ancient herb. Two things about this were strange. First, the herb, ashwagandha, seemed to

help. Second, my mainstream doctor in suburban Florida recommended an *herb*?

But my physician is not the only one dabbling outside the boundaries of conventional medicine. While many doctors remain skeptical, a recent Harvard study found that physicians had pointed more than six million Americans to a mind-body remedy in the previous year. And the American Hospital Association says more than a third of the nation's hospitals offer integrative medicine.

We wanted to know why. So we went to top-of-the-line MDs who have given a few choice remedies the ultimate seal of approval: They use them on their own patients. We asked these highly credentialed docs what they use and why.

Guided imagery to speed recovery from surgery

Gulshan K. Sethi, MD

Cardiothoracic surgeon at the Arizona Health Science Center and professor at the University of Arizona College of Medicine

Why I use it: “Whenever I saw [integrative medicine guru] Andrew Weil in the hall at my hospital, I never paid him any attention because I dismissed his ideas as unscientific. But when my wife developed a serious autoimmune skin problem—it was like she had second-degree burns all over her body—it was Dr. Weil’s prescription of plant and herbal remedies, biofeedback, and hypnosis that cured her. Once

Mad Medicine: When Alternatives Go Too Far

BY MICHELLE CROUCH

As the saying goes, “It’s important to have an open mind, but not so open that your brains fall out.” We asked doctors and researchers from across the country—including those who use or at least approve of complementary methods—to share experiences that frustrated, saddened, or simply astounded them.

“I had a patient with migraines who didn’t want to take drugs—she wanted to deal with them by arching her back. There actually *is* a yoga treatment that involves arching your back to help certain kinds of headaches, but not migraines. The

worse the migraines got, the more this woman arched her back. She kept doing this until her back hurt as much as her head, and she agreed to take the medication.” *Loren Fishman, MD*, doctor of physical medicine and rehabilitation in New York City

I started looking into mind-body medicine, I became intrigued by guided imagery, in which recorded suggestions or a script help you visualize something good, like your immune cells attacking a tumor. Well-done studies show how powerful it can be for patients about to undergo procedures like the heart operations I perform. That's because imagining yourself recovered has physical effects, including lowering your heart rate and speeding healing. Not all my patients agree to do it, but most take my suggestion seriously—I suspect because it comes from such an unexpected source. I used guided imagery myself recently when my knee was replaced, and I believe it contributed to my being able to take a short walk just hours after the operation.”

How strong is the evidence? There have been only a few solid studies, but results were promising: Guided imagery cut the need for pain medication in surgical patients and allowed them to leave the hospital earlier.

Also might help: conditions worsened by stress, such as asthma and migraine.

Acupuncture to treat pain

Lonnie Zeltzer, MD

Director of the pediatric pain program at the Mattel Children's Hospital in Los Angeles and professor at the David Geffen School of Medicine at UCLA

Why I use it: “People with chronic pain often experience a ‘snowball ef-

“I once saw a woman come to the pharmacy counter with a bunch of herbal products while also picking up a prescription. She complained to the pharmacy tech that her co-pay had increased to \$35 for her medicine—a drug that probably cost \$800 million and 12 years to show it was safe and effective. At the same time, she was dumping \$60 or \$70 on herbs that had never been tested for effectiveness or safety.”

David Kroll, PhD, a cancer researcher in Durham, North Carolina

“Back when I was a resident, I assisted in operating on a man who was orange. Literally. He had a large bleeding rectal cancer that he had tried to treat for a year

using a regimen that involved megadoses of carrot juice, and it turned his skin orange. He not only eliminated any chance of saving his rectum and sparing himself a colostomy bag, but he also endangered his life because the tumor was a lot larger than when he first saw the doctor.”

David Gorski, MD, a surgeon at the Barbara Ann Karmanos Cancer Institute in Detroit

“A patient of mine was having hot flashes and feeling absolutely lousy. She didn't want to take medication, so she went to a health food store and emptied the shelves of everything that mentioned menopause. Whatever she took did stop her hot flashes, but the remedies clearly >>

fect': the longer the pain goes on, the harder it gets to treat. Acupuncture is one of several methods I use. We don't know exactly how it works, but it has been found to increase levels of feel-good brain chemicals like serotonin and endorphins, and it may also deactivate parts of the brain involved with pain perception. In a small study we did, kids who had been absolutely miserable with intractable pain felt better and slept more easily after six weekly treatments. I recommend acupuncture for most pain patients, unless they're hypersensitive to needles."

How strong is the evidence? Research has been mixed. In June, the Institute of Medicine said that "sham" acupuncture (in which a person is needled at non-acupuncture spots) worked as well as real acupuncture in

some studies—but that both appear to reduce pain.

Also might help: symptoms of post-traumatic stress disorder. And it may increase the chances a woman will get pregnant after in vitro fertilization.

Yoga for depression and anxiety

Patricia Gerbarg, MD

Psychoanalyst and assistant clinical professor at New York Medical College

Why I use it: "I got interested in complementary medicine when medical treatments failed to restore my health after severe Lyme disease. Lyme affected my memory, joints, and energy,

contained estrogen because one day she came into my office with significant vaginal bleeding, and her blood estrogen level was sky-high."

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

"Patients ask my opinion all the time regarding colon cleansing. There's nothing normal or natural about it. The bacteria in your colon are important for your health—sending a tsunami down on them is unnatural. When my patients tell me they've had a coffee enema, I'm not sure what to say. 'Would you like cream with that?'"

Patricia Raymond, MD,
gastroenterologist in Virginia Beach, Virginia

"I once had a 12-year-old girl come into the emergency room with paralysis in one of her legs. We eventually diagnosed her with polio—the only patient with polio I've ever seen. The family had chosen not to immunize her for any of the vaccine-preventable diseases. The father was so tearful and angry. And all I could think was, You turned your back on the very thing that could have saved your daughter from this."

David Kimberlin, MD,
pediatric infectious disease specialist
at the University of Alabama at Birmingham

"For ear pain, some parents will insert a hollow cone or ear candle into their child's ear and light it. The idea is that it

and the medicinal herb I got from my husband—an associate professor in psychiatry at Columbia University and an expert in herbs from around the world—helped me recover. Then we heard a lecture about using yoga for depression and decided to do some research. We found that yoga breathing practices, in particular, seem effective for people who are moderately or even seriously depressed. Just inhaling and exhaling in equal measure at roughly five breaths per minute is good. We think changing the breath sends signals up the vagus nerve, telling the brain that the body is relaxed, so the brain can relax too. It quiets the fight-or-flight responses and also boosts nervous system activity put on hold when you're very stressed: the rest-and-digest respon-

ses. There's no drug that can do that.

"I still prescribe medication for patients who need it. But I've seen people with depression, anxiety, and even PTSD, who hadn't responded to drugs or psychotherapy, improve after practicing this kind of breathing for 20 minutes twice a day."

How strong is the evidence? Imaging tests show that yoga affects brain activity. Studies of yoga's effect on mood are small, but one was especially tantalizing: When survivors of the 2004 tsunami in Southeast Asia learned a version of yoga breathing, they had a 90 percent drop in depression scores, compared with no significant improvement in other survivors in the refugee camps.

Also might help: insomnia, high blood pressure, asthma, back pain.

creates a vacuum that removes debris and wax and relieves pressure. First of all, it doesn't work. If the child has an ear infection, it can rupture his eardrum. You can also burn his ear or his skin. I'm in favor of alternative medicine, but this is one thing that's outrageous."

Shaili Singh, MD, a pediatrician at Children's Hospital at Scott & White in Temple, Texas

"A 72-year-old patient needed heart surgery because a valve in his heart didn't open fully. A friend of his had read on the Internet that strawberries can reverse it. He started buying huge bins and eating them for every meal. What he ended up with was a lot of

diarrhea. Then, because of the valve problem, he passed out while driving (fortunately, no one was hurt). He finally let me do the surgery."

Jacob DeLaRosa, MD, chairman of cardiothoracic surgery at St. Michael's Medical Center in Newark, New Jersey

"Over the years, a number of my patients have had strokes after chiropractic neck manipulation. It could cause something called vertebral artery dissection, where the main artery leading to the back of the brain actually splits. Now I tell patients, if you want to see a chiropractor, fine, but never let him touch your neck."

Peter Lipson, MD, an internist in Southfield, Michigan

Hypnosis to calm irritable bowel syndrome

David Spiegel, MD

Psychiatrist and professor at Stanford Medical School

Why I use it: “My father, who was also a psychiatrist, was a pioneer in hypnosis, so I was curious enough to take a course in medical school. Then, while I was still a student, I hypnotized an asthmatic teenager gasping for breath, who within minutes was able to breathe almost normally. That brought about a three-day debate within the hospital administration about whether I’d done something dangerous! But I realized how potent this practice is. By now I’ve hypnotized some 9,000 patients, for everything from phobias (where half are cured or greatly improved after just one session) to irritable bowel syndrome [IBS]. Research shows that hypnosis not only reduces the pain of IBS but also lessens diarrhea and bloating. Hypnosis is so much safer than the drugs we use for so many conditions that I believe it should be widely prescribed, although it won’t work in the 20 to 30 percent of people who aren’t hypnotizable.”

How strong is the evidence? It’s clear that hypnosis, like yoga, activates certain parts of the brain while deacti-

vating others. Studies of the therapy for specific conditions have been too small for firm conclusions.

Also might help: phobias, weight loss, hot flashes.

Supplements to help cancer patients

Gary E. Deng, MD

Internist at Memorial Sloan-Kettering Cancer Center in New York City

Why I use it: “I grew up in China, where it’s taken for granted that you’ll use herbs and teas as medicine. But my medical education was Western based, and I firmly believe supplements have to be studied with rigorous science. When patients ask me whether supplements might help, I tell them that in most cases, we don’t have definitive evidence, and some supplements can even be harmful.

Still, the research on a few is intriguing enough that a patient can consider them, under a doctor’s supervision. For instance, sometimes chemotherapy causes a lot of nerve damage. The pain, tingling, and numbness can get so severe that the chemo has to be stopped—but some research suggests a supplement called alpha lipoic acid [ALA] may help. For patients with digestive-tract cancer, an extract from a certain mushroom,



6 Rules for Using Alternative

Remedies Wisely BY CHRISTIE ASCHWANDEN

1 **Discuss it with your doctor first.**

Most physicians are surprisingly open-minded about complementary therapies, our experts say. *Always* tell your doctor about herbs or supplements you're taking because some interact with medications.

2 Ask for evidence. Testimonials are not enough. If you're not sure whether something is legit, check it out on the site for the National Center for Complementary and Alternative Medicine (nccam.nih.gov) or the National Library of Medicine's Medline Plus (nlm.nih.gov/medlineplus) or other evidence-based sites, such as mayoclinic.com.

3 Beware of red flags. If it sounds too good to be true, it probably is. Remember that problems that have stumped medical science, like Alzheimer's, are magnets for snake oil salesmen.

4 Request references. A legitimate practitioner will be able to offer references from at least two medical doctors and be willing to work with your physician. A good place to start your

search: the Consortium of Academic Health Centers for Integrative Medicine (imconsortium.org).

5 Choose herbs and supplements wisely. The label should include a list of ingredients and an expiration or best-used-by date. Keep in mind that these products aren't regulated as tightly as drugs; ones from developing countries sometimes contain heavy metals like lead, other herbs, or pharmaceuticals. Add a layer of protection by consulting consumerlab.com, which tests supplements for contamination and strength. The site provides buying advice; \$2.25 per month gives you access to all its reports.

6 Understand the limits. Complementary medicine should be just that—an addition to conventional care. It shouldn't be a substitute for seeing your doctor.

Sources: Kathi Kemper, MD, chair of the complementary and integrative medicine department at Wake Forest School of Medicine; Evangeline Lausier, MD, director of clinical services at Duke Integrative Medicine; Mikhail Kogan, MD, medical director at George Washington University's Center for Integrative Medicine in Washington, D.C.

Coriolus versicolor, seems to make the chemotherapy drugs more effective. And there's some evidence that vitamin D or green tea extract may lower the risk of developing cancer."

How strong is the evidence? Support for ALA and *C. versicolor* extracts is stronger than for many supple-

ments. There are many hints—but no proof—that vitamin D and green tea may lower the risk of some cancers.

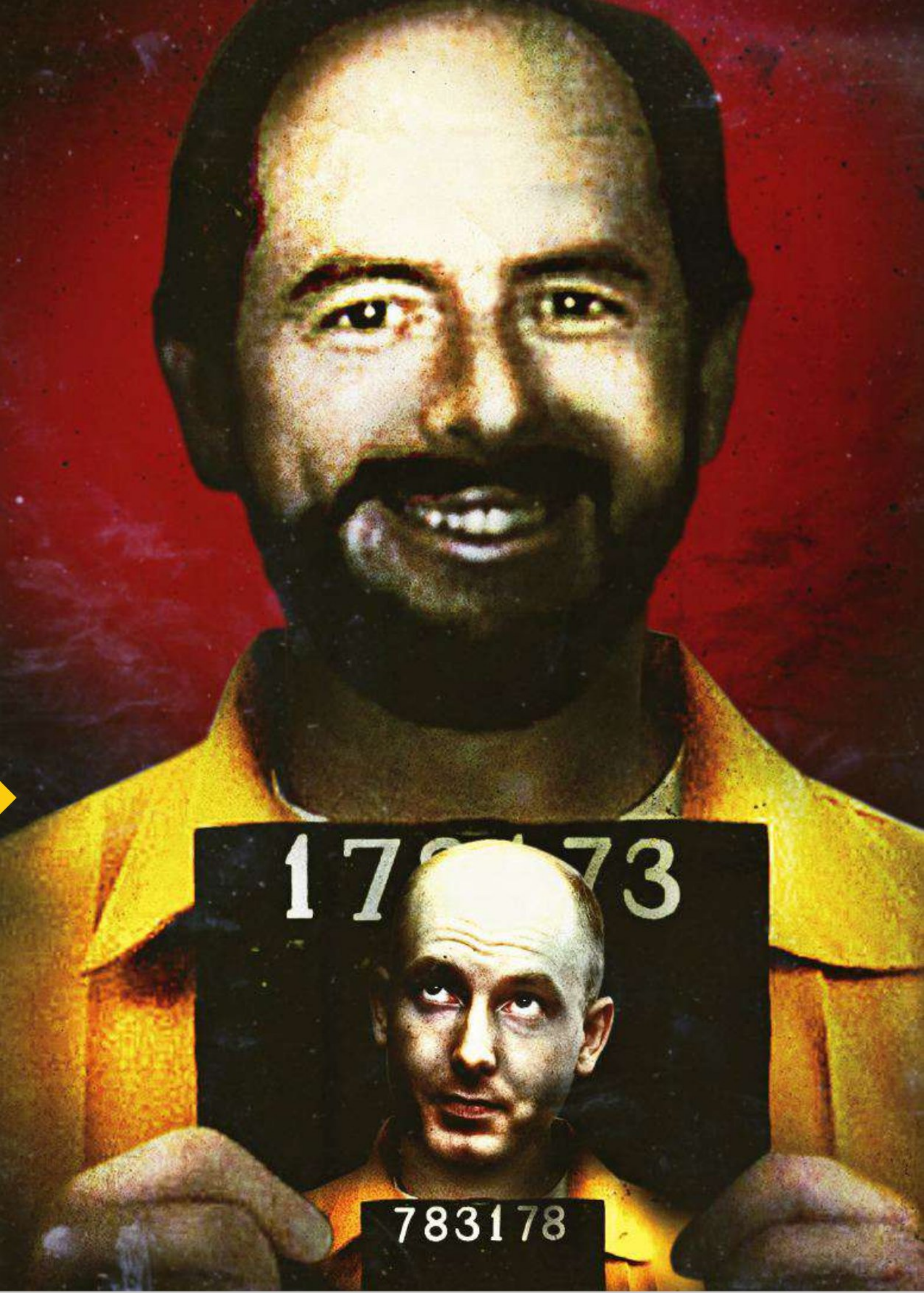
Also might help: ALA reduces the pain from nerve damage caused by diabetes; a green tea ointment is FDA-approved for genital warts; vitamin D may help ease chronic pain. ■

THE SPY'S SON

BY BRYAN DENSON

Nathan Nicholson refused to believe his father was a traitor, even after he confessed and went to prison. Then one day his dad asked him to take a message to the Russians, and Nathan discovered that he, too, had a knack for espionage.

● FROM *The Oregonian*



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Nathan Nicholson strolled out of a Hilton hotel on Cyprus, map in hand, looking like any other American tourist eager

to be charmed by the Mediterranean isle. But this was no sightseeing excursion. The young man from Eugene, Oregon, was so keyed up for his meeting with the Russian spy he knew as George that he'd arrived an hour early for their street-side rendezvous.

Just as George had instructed, Nathan clutched a backpack in his right hand and wore the khaki baseball cap the Russian had given him at their last meeting in Lima, Peru.

At precisely 7 p.m., Nathan caught a glimpse of the gray-haired spy walking up the sidewalk. He waited for George to speak.

"Can you show me the way to the federal post office?" George's English was excellent as always.

Nathan raised his map. He felt ridiculous reciting his end of their rehearsed dialogue. They had met face-to-face three times, and both knew why they were there. But he didn't want to disappoint George.

"It should be around here somewhere," he said. "Let me show you the way."

Soon, Nathan found himself lying across the backseat of a foreign sedan with two Russians yakking in

their native tongue as they bumped along the old streets into an underground garage.

There George led him up a narrow stairwell into a room with thick walls. Nathan handed over a six-page handwritten document and collected \$12,000 in U.S. hundred-dollar bills. The two men agreed to meet a year later in Bratislava, Slovakia.

Back at his hotel, Nathan paid his bill and headed for the airport. His plane touched down in Portland early on December 15, 2008, and he drove home to Eugene as snow threw a blanket over the shoulders of the Willamette Valley.

He reached his apartment at 3:30 a.m. and stashed the money in his nightstand. Then he collapsed in the loopy delirium known only to those who've flown halfway around the world in coach.

At 1:20 p.m., a loud pounding startled him awake. He stumbled out of bed to find two FBI agents at his door.

The vision of the agents at his doorstep transported Nathan back a dozen years to one of the most punishing days of his life—a chilly November Saturday in northern Virginia, 1996, when two unsmiling adults walked up to his home and knocked on the door. They produced search warrants declaring that Nathan's dad—Jim Nicholson, whose nickname in the CIA was Batman—had been arrested for espionage.

Jim, the CIA had learned, had spent the mid-1990s selling U.S. secrets to

Bryan Denson, an award-winning investigative reporter, has been covering the Nicholsons' case since they were arrested in January 2009.



Nathan Nicholson, now 27, risked decades in prison when he schemed with his dad to pass information about CIA methods to the Russians. “He was my hero,” he says.

Russian spies from Singapore to Switzerland. The American agent with the Rolex watch, bespoke suits, and a .40-caliber Glock gave up classified files, including the identities of CIA trainees, some he had mentored himself. Jim was the highest-ranking CIA officer convicted of espionage, and his breaches forced the CIA to cancel sensitive operations and yank highly trained spies from the field.

Nathan, then 12, felt like he was losing the father he had just come to know. The CIA job had kept his dad away from home for weeks at a time. But things changed after his parents split up and Jim got primary custody of the three kids—Nathan, older brother Jeremi, and older sister Star. Jim finally began to balance his career and his role as father, Boy Scout adviser, soccer coach, and chauffeur.

But now he wasn't coming home.

Three months after his arrest, Jim pleaded guilty to conspiracy to commit espionage in exchange for a lighter prison term. He was allowed to serve his time in Oregon, where his children had moved.

The former CIA man told a court official that he hoped, before he died, to offer his children a positive example.

Jim entered the prison in Sheridan in July 1997, a week before Nathan's 13th birthday. A few months later, he sat his children down to clear the air about his crime.

In a soft voice with his chin dropped nearly to his chest, he admitted he had indeed sold U.S. secrets to the Russians for money. Nathan recalls his words: “I just wanted to help you kids out.”

The three kids hugged their dad and jokingly warned him not to do it

again. In the years ahead, they would log hundreds of hours in the prison visiting room, sharing the ups and downs of their teens and 20s—car troubles, love interests, college loans.

But Jim's words on that weekend churned in Nathan's mind long afterward. He was convinced the government had set up his dad, forcing him to confess—even to his kids—that he was a turncoat. Nathan was determined not to believe a word of it.

Jim confided to an inmate in his prayer circle that he felt like a failure because of his children's financial miseries. By the middle of 2006, Jeremi was sweating college loans on the pay of an Air Force senior airman. Star faced car problems and a student loan debt of \$50,000. Nathan was struggling to make payments on his rent, car, and credit card.

One day, as Nathan sat shoulder to shoulder with his dad in the prison visiting room, Jim said he had a plan.

He whispered to Nathan that his old friends in Moscow might give them financial assistance. The way Jim figured it, he had lost his freedom helping the Russian Federation; it seemed only fitting for the Russians to help his kids while he was away. Jim's plan was to slip messages to Nathan, who would carry them to a Russian consulate. "It's dangerous," he warned his son.

Nathan knew his dad's CIA days were animated by such intrigue, and he couldn't wait to prove his mettle. Jim described the days ahead as

**THE FORMER
SPY TOLD HIS
SON THAT
HE HAD
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SOME OF THE
CIA TRAINEES
HE'D ONCE
TAUGHT.**

risky but not illegal—and Nathan believed him.

On October 13, 2006, at about 10 a.m., Nathan entered the Russian consulate in San Francisco and slid his dad's introductory note to a receptionist. She read it slowly, asked him to take a seat, and walked away.

An hour later, he met with a man with a mustache and a thick Russian accent, who clearly doubted he was the son of Russia's former CIA mole. Nevertheless, he said to come back in precisely two weeks.

On October 27, Nathan headed south again. When he walked into the Russian consulate, his contact with the mustache was a changed man. He hugged Nathan, asked about his family, and said to call him Mike.

The FBI would later identify Mike as Mikhail I. Gorbunov, a Russian diplomat assigned to San Francisco.

Gorbunov handed Nathan a brown paper bag stuffed with \$5,000 and gave

him the address of the Russian embassy in Mexico City, where he would meet a new handler in six weeks.

Nathan couldn't believe his good luck; his dad's plan had actually come together. On the drive back to Eugene, Nathan's cell phone rang. It was Jim. He wanted to make sure his boy was rested enough for the long drive home. Nathan interjected that he had good news.

"I made a sale for \$5K," he said.

Also, he said, he might be heading to Mexico.

Surreptitiously using napkins he picked up for snacks he bought for his dad, Nathan had found a way around prison rules that forbade the exchange of notes in the visiting room. On his trip to Mexico City in late 2006, he carried with him two paper-napkin notes from his dad.

His new host in Mexico City introduced himself as George and asked about his father's health and his family's debts. He let Nathan know the Russians were there to help.

Nathan handed George the two notes. Jim had asked for money for his family and let the Russians know he would assist them if he could.

George gave Nathan an assignment. He wanted him to get details from his dad about his 1996 arrest, including the identities of the FBI agents who interrogated him and the name of a CIA polygraph examiner. George also wanted to know when Jim first suspected he had fallen under surveil-

lance and hoped to learn when Jim was turned down for a station chief job in Ethiopia.

Nathan scribbled in a pocket notebook as George shook out \$10,000 in U.S. hundred-dollar bills, careful not to touch them. George ended their meeting by setting up another one, same place, the following July.

Nathan's faith in the old man was paying off. There was enough to fix Star's failing car, send some cash to his big brother, and pay his own debts—all in time for Christmas.

"I felt like an undercover Santa Claus," he recalls.



ust before Christmas, Nathan updated his dad about his trip. The former spy told his son he'd performed better than some of the CIA trainees he'd once taught. Nathan, basking in the accolades, was begin-

ning to feel like Robin to Jim's Batman. "You have been brave enough to step into this new unseen world that is sometimes dangerous but always fascinating," Jim later wrote to his son. "God leads us on our greatest adventures. Keep looking through your new eyes." But Jim was preaching to the converted. Nathan was thrilled to be working as his dad's spy kid.

In July 2007, Nathan flew back to Mexico City and handed George Jim's latest notes, which gave up the name of a government polygraph examiner and described the FBI agents who interrogated him.

Nathan pocketed another \$10,000.

Agents had been reading Jim's correspondence for years. Now they detected a suspicious spike in his letters to Nathan and got permission from the Foreign Intelligence Surveillance Court in Washington, D.C., to eavesdrop on the young spy.

In October 2007, the FBI searched Nathan's apartment in Eugene and copied the hard drives of his computers and stacks of photos and papers. On December 10, they were still testing a GPS monitor they'd planted on his Chevy Cavalier when it showed the car parked at the Portland airport. They learned Nathan had boarded a plane for Lima and would be returning through Houston.

After the plane landed, Jared Garth, the supervising agent in the Nicholson investigation, asked a U.S. Customs and Border Protection officer to cull Nathan from the herd of travelers. As Garth looked on, the customs official pawed through Nathan's backpack, pulling out a camera, thousands of dollars, and more important, a notebook. Nathan silently freaked out as he watched his notebook disappear into an adjacent office. Inside the book's 160 pages, he had jotted down the Russians' questions and other notes sure to raise suspicion, including his code name, Dick, and the address of the Russian consulate in Lima. In the office, Garth copied down everything in the notebook. An

hour later, Nathan was told he was free to go. He bolted for his gate like a kid sprinting from the cops.

Nathan began to worry. His meetings with the Russians seemed wrong, probably even illegal, but he wanted to believe that his dad wouldn't steer him into a crime. So he pressed ahead, confirming his next rendezvous with George in Cyprus—his fourth meeting with the Russian spy in the past two years.



ow, on December 15, 2008, Nathan lurched out of bed heavy-legged with jet lag. He opened his door to Jared Garth and his partner, Special Agent John Cooney, who introduced themselves as FBI agents

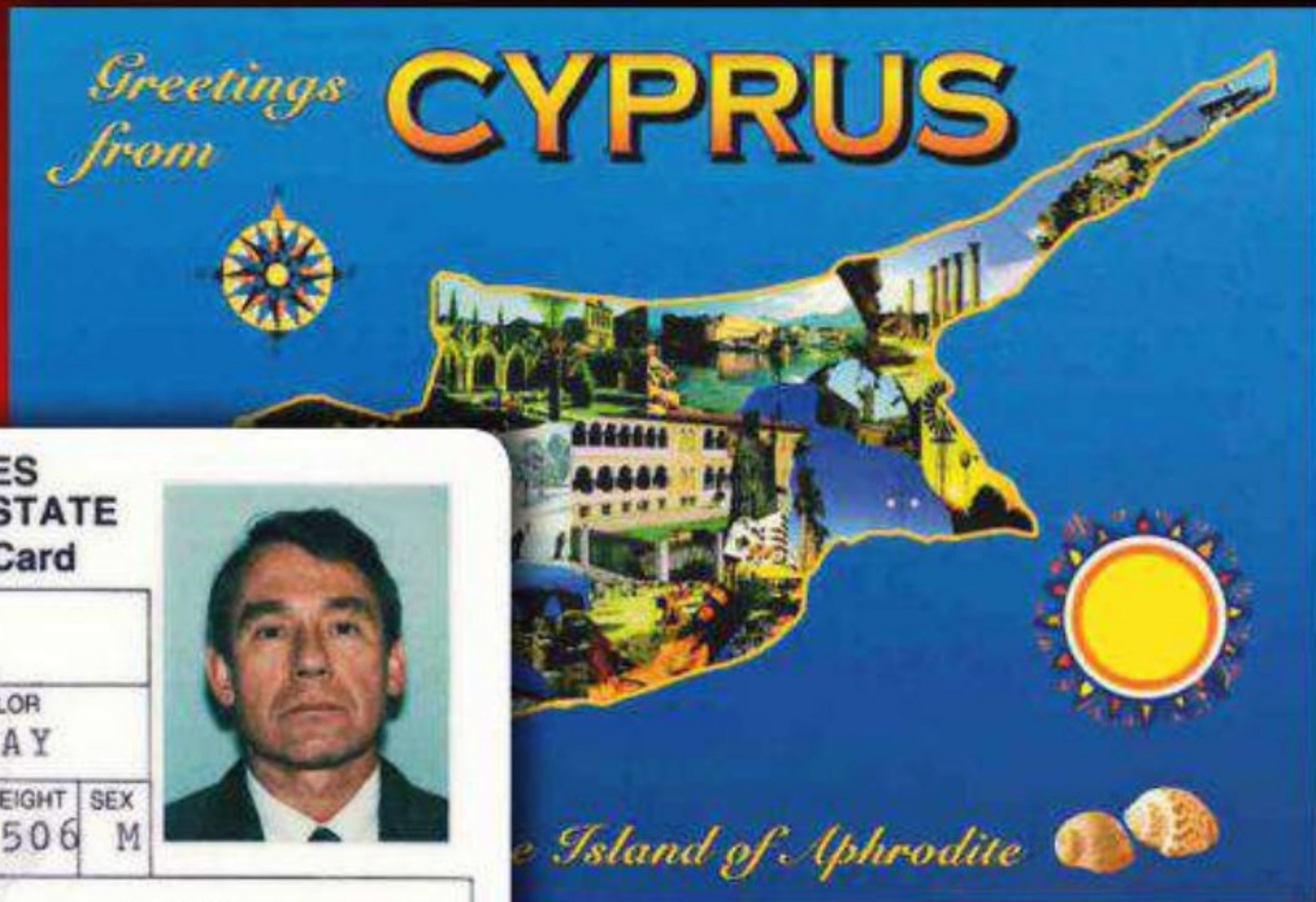
and said they were looking for help with an investigation.

The agents got Nathan talking about himself, then got around to asking him about his trips abroad.

Nathan, who had served three years in the Army, obliged them with a spectacular run of lies: He had saved his Veterans Affairs checks to travel on three continents. Met up with Army pals. Checked out local architecture. Even scouted places to propose marriage to his girlfriend.

Cooney, a certified polygraph operator, let Nathan go on for about two hours before reminding him that it's against the law to lie to a federal agent and that the FBI knew more about his travels than he was telling. Cooney leaned on golf lexicon, telling

Nathan's contact, "George," was Vasiliy V. Fedotov, a former KGB general expelled from the U.S. in the Cold War era.



UNITED STATES DEPARTMENT OF STATE Tax Exemption Card			
MISSION OF USSR			
DATE OF BIRTH 01/12/36	EYE COLOR GRAY		
HAIR COLOR BROWN	WEIGHT 145	HEIGHT 506	SEX M
NAME FEDOTOV, VASILIIY VASILYEVICH			
SEE REVERSE FOR EXEMPTION INFORMATION			

Nathan he had whiffed a few times and would now get a one-time-only “mulligan,” or do-over.

Nathan had feared this day for months. His worries, he says, had given him ulcers and caused spells of disorientation.

He took the mulligan.

He felt like a rat implicating his dad in their plot but held a glimmer of hope that the old man had been right: Smuggling his notes to the Russians and accepting their money wasn't illegal.

Nathan signed a confession as an FBI team searched his apartment. He asked if the agents were going to arrest him.

Not tonight, Garth said.

That same day, FBI agents Scott Jensen and Tony Buckmeier sat down with Jim Nicholson at the federal

prison in Sheridan. Jensen, known for a wit drier than cheatgrass, began by laying a postcard on the table with big yellow letters: “Greetings from Cyprus.” He told his suspect that the FBI knew all about Nathan's travels.

The former CIA man told the agents that if they were trying to implicate him and his son in a crime, he wanted a lawyer. So the agents ended the interview.

Jim was sent to a 23-hour-a-day solitary unit known as the hole. He was forbidden to communicate in any way with Nathan. It would be 764 days until he again laid eyes on his son.

After the FBI cleared out, Nathan checked his cell phone. There were messages from his cousins, mom, brother, and sister—all interviewed by the FBI and worried sick about him.

COURTESY FBI (2)

Nathan called Star. “What’s up with the FBI?” she asked.

It’s a long story, Nathan said. He explained that he’d been transporting information and getting paid for it.

Star wanted to know who got the information.

“Well,” Nathan said, dreading the words to follow, “it was for the Russians.”

“Dude!”

Nathan told Star not to worry, he hadn’t done anything illegal. He also told her that the thousands of dollars she and Jeremi had gotten over the past couple of years hadn’t come from their grandparents’ suddenly booming craft sales, as she had been told.

“That was you?” she asked.

“Yeah.”

“Dude, you’re not supposed to do that,” Star said. Not that she didn’t appreciate the money, she told her younger brother. “But you know, seriously, it sounds kind of like what Daddy did.”

For six weeks after his confession to the FBI, Nathan Nicholson slept on the floor, punishing himself for the trouble he had caused.

“I envisioned my dad in a concrete cell and being treated very harshly,” Nathan recalls. “I felt equally responsible for what had happened, and I didn’t feel that it would be fair if I wasn’t disciplined.”

On January 28, 2009, discipline came knocking.

Nathan was catnapping on the floor of his Eugene apartment on that gusty, gray Wednesday when two FBI

**FORBIDDEN TO
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agents rapped on his door. Nathan recognized Jared Garth, one of the agents who had initially interviewed him. He knew why they were there.

Garth handcuffed Nathan and loaded him into the back of his Ford Crown Victoria for the two-hour drive to the Justice Center jail in downtown Portland. He reminded Nathan that it was his dad who had sold out his country to the Russians and later orchestrated their plot to pass new messages to Moscow. It was Jim, said Garth, who had used manipulative powers—sharpened in the CIA—on his own son. It was time, he said, to be his own man.

Nathan wept.

He had spent more than half his life visiting his father behind bars. Soon it was he who fell into the familiar rhythms of confinement, his hours clocked by the movement of food carts, the brightening and dimming of fluorescent lights, and the

ceaseless murmur of men's voices.

Around the same time, after a little more than a month in the hole, Jim asked to see Jensen. He said he hoped to protect his son from any criminal charges.

The prosecutors weren't interested. They indicted father and son on charges of money laundering, acting as agents of a foreign government, and conspiracy. The money-laundering charge alone carried up to 20 years in prison.

After more than two months in jail, Nathan was sprung to await trial. He concluded that his best hope of staying out of prison was pleading guilty and cooperating with the government. That fall, Nathan met with prosecutors and FBI agents and gave up more details of his two years on the road. With each revelation, he felt as if he were plunging a knife into his father's back.

On one hand, federal agents were telling him that Jim had manipulated him; on the other hand, he adored his dad, whose plot seemed designed to help his family. Forbidden to communicate with Jim, Nathan prepared himself for the witness box.

"I had to essentially crucify him," he recalls.

Last fall, as he met with a prosecutor, Nathan started to learn how deeply he had trespassed in the global spy game.

George was the *nom de guerre* of

Vasiliy V. Fedotov, a retired KGB general who had once headed Moscow's efforts to penetrate the U.S. intelligence apparatus. Fedotov posed such a threat to national security during a Cold War posting in Washington, D.C., that the United States kicked him out of the country.

Russia's foreign intelligence service, the SVR, had hired Fedotov to find out whether someone inside its own intelligence ranks had informed the U.S. government, back in the mid-1990s, about a traitor inside the CIA who was selling secrets to Russia. That traitor was Jim Nicholson.



s Nathan prepped for trial, Jim and his lawyer, Samuel C. Kauffman, staked out a bold defense strategy. In pretrial court papers, he conceded his client sought financial help from Russia but argued it wasn't illegal, even for someone convicted of spying for Russia, to ask Moscow for money.

Privately, though, Jim had serious misgivings about putting Nathan through a courtroom showdown, Kauffman says. "Ultimately, he couldn't move forward."

Last November, Jim decided to plead guilty in exchange for eight additional years in prison. With time off for good behavior, he would get out in his early 70s. Nathan was overjoyed that he might one day see his dad beyond prison walls.

On the morning of December 7,



The family photos on Nathan's nightstand include a shot of him, his sister, and his brother with their father, taken during a visit at the federal prison in Sheridan, Oregon.

Nathan stood nervously before U.S. District Judge Anna J. Brown for sentencing. The judge leafed through papers, noting that Nathan had met all his obligations to the government. She agreed with lawyers on both sides of the case that the 72 days he had spent in jail were enough.

"A prison sentence," she said, "isn't necessary."

Brown sentenced him to five years' supervised probation and 100 hours of community service.

At Jim's sentencing a month later, Judge Brown offered him a chance to say a few words. "Your Honor, in my life I have been through several coups, a revolution, and a war," he said. "I have been marked for assassination by a foreign terrorist organization, been hunted by armed gunmen in East Asia, and imprisoned in this country. I have

gone through a heart-wrenching divorce and custody battle.

"But the worst day of my life was the day I learned that my young son had been arrested and charged with acts for which I am responsible."

Jim said he watched, as if in amber, as his kids struggled to make ends meet. He had reached out to the one source he could think of for help: Russia.

"And insofar as their efforts were truly to help my children, I regret the embarrassment that this has caused them as well."

Jim asked his children to forgive him and described Nathan's efforts as selfless.

"I love him dearly," he said. "I could not be more proud of him. He has never let me down, and he has never failed his family. Any failure has been mine alone."

Nathan wept quietly as Brown glared at his dad.

“He’s made an eloquent statement here today to his family, to his children,” she said. “Notably absent from his remarks, however, was any suggestion of remorse for committing criminal conduct against the United States and its interests. What he calls previous assistance to the Russian Federation was criminal espionage.”

Jared Garth, in the courtroom for the sentencing was astounded by Jim’s apology to the Russians rather than the United States. Later, it dawned on him: “Why would he apologize to the United States? He was loyal to the Russian Federation.”

Jim is now being held at a medium-security prison in Terre Haute, Indiana. He and his son can no longer talk or write to each other without approval of Nathan’s probation officer.

On a recent afternoon in Corvallis, where he studies computer science at Oregon State University, Nathan pondered a question he would pose to his dad if they could sit down together:

Had Jim, in trying to help his kids, considered the risks?

“I feel like we ended up hurting the family more,” Nathan admits.

And his country—had Nathan betrayed it?

“Absolutely,” he says.

His father’s projected release date is June 27, 2024, about a month shy of Nathan’s 40th birthday. By then, Jim’s boy hopes to have a wife and three kids of his own.

He will tell them his dad is a loving man who made mistakes and suffered terribly for them.

“He was my hero,” Nathan says unwaveringly. “Still is.” ■

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THE ANSWER IS ... YOU’RE WRONG!

For many contestants, game shows are an excellent venue for showing just how little they know. Take these answers from some popular shows.

From Jeopardy

Answer: On December 4, 1783, George Washington bade his officers farewell at this New York tavern. Response: What is the Whiskey-a-Go-Go?

From Wheel of Fortune

Puzzle: YOUR _OOSE IS COOKED. Answer: Your Moose Is Cooked.

From Family Feud

Statement: We asked 100 people to name something that comes in twelves. Answer: Dozens.

From stupidgsa.com

Look >>

SEE THE WORLD
DIFFERENTLY







◀◀ Twice

The cheerful, unassuming marigold, a member of the sunflower family, has been cultivated in Mexico since Aztec times. It's still placed on ceremonial altars during holiday celebrations, including the Day of the Dead in early November. Here, a battalion of workers pick flowers in an enormous field in Los Mochis, a city in Sinaloa, Mexico.





HOW TO FEEL RICH

BY LENORE
SKENAZY

Wealth need not require cash. Learn from these 24 people who discovered surprising riches in memorable “aha!” moments.

Have you ever had an “Oh! Now I get it!” moment? That wonderful mind-opening instance when something happens that zooms you up to the sky and gives you a God’s-eye view of your life and you realize how incredibly well off you are? And for that moment, anyway, you are richer than Bill Gates? For some, it happens at the birth of a child (no big surprise there). For others, it’s when they get their first apartment after sleeping on their parents’ couch for eight years. For Luray, Virginia, saleswoman Hali Chambers, it happened when a blizzard knocked out her electricity for five days last winter.

“I live way out in the country, so I couldn’t even get out if I wanted to,” she recalls. “It was then that I really mastered my wood stove. I was so grateful for it!”

I was sitting with a cup of hot tea and a pot of lentils bubbling on the burner. It was completely silent—no hum of electronics. My dogs were snoozing by my feet, and I felt completely rich.”

Note, please, that for this particular woman, the day she felt superwealthy was not the day she got a job or won the lottery. It was the day she lost her electrical power and had a revelation: She was one with the world and no longer required things like iPods, iPads, or any other iThingies to thrive.



Hali Chambers
kept it simple.

With the economy acting like a cat on a leash—come on! come on!—it’s great to know that even the simplest event can make people feel as if they’re swimming in dough.

Wow! This Is Mine?

And nothing is simpler than falling into unexpected bounty. After all, you don’t have to do anything—it just happens. Melinda Ballengee, 34, of Jersey City, New Jersey, was at an Annie Sez store, “digging through piles and piles of crap,” as she so poetically recalls, when she noticed a dress had fallen to the floor. “Because I am polite and because I worked in retail when I was in high school, I put it on a hanger.”

Good girl. Because when she performed her good deed, she saw what she had there: a \$450 Tahari dress. Exactly her size. Exactly her style. And exactly her budget. Squeals Ballengee, “It was on sale for \$12!”

Which is not to say that bargains are the secret to feeling incredibly rich.

Scratch that. Of course bargains are the secret to feeling incredibly rich! And happy! And smart! But there are other ways, too, including ...

Losing It All

As Joni Mitchell sang, “You don’t know what you got til it’s gone.” High school teachers Bonnie Caul and Gary Silver would have to agree. They were staring at what had been their suburban home a day earlier—but was now a charred skeleton—when a driver stopped by. He rolled down his window and handed Silver a \$50 bill. “My house once burned down too,” said the stranger. And off he drove.

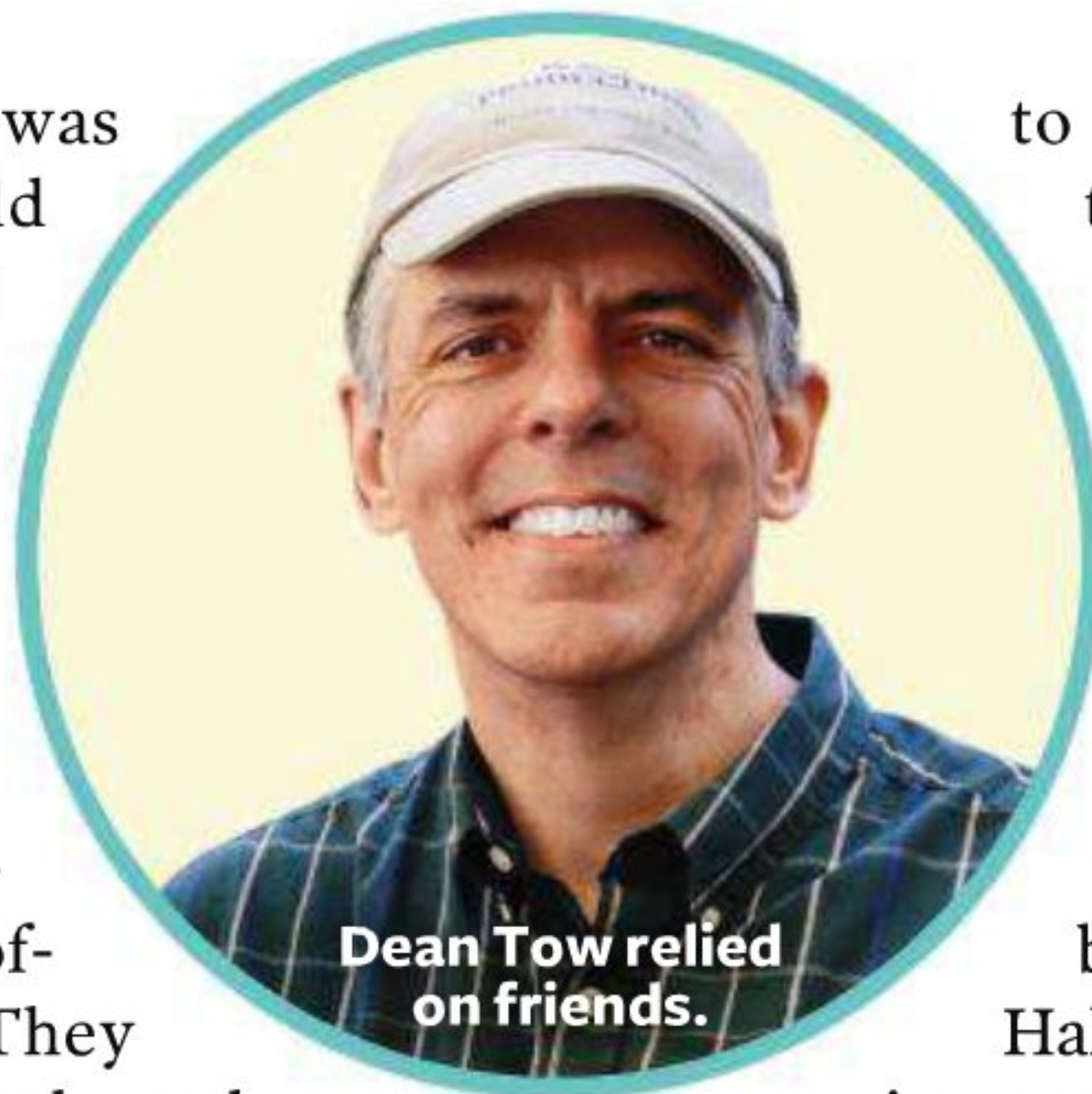
That moment, the couple felt inexplicably buoyant. Giddy. Rich. “I just couldn’t believe that someone could be so thoughtful,” recalls Caul. They had lost pretty much everything, yes, but in that instant found what they really had: a network of friends they knew—and didn’t know—ready to pitch in. That sense of community can make you feel richer than anything because it means you’re not facing life’s mood swings alone.

Air Force Maj. Dean Tow was stationed in Saudi Arabia in 1993 when his wife called from the States to say their landlord wasn’t renewing

their lease. There was no way Tow could get home in time for the move, so he called a fellow officer back home. “I expected her to just offer advice or moral support, but instead she mobilized her entire office,” says Tow. “They moved us lock, stock, and barrel from our old place to our new one in about two hours. My spouse provided food and drinks to the ‘crew,’ and what started out as a nightmare concluded with a very happy ending.”

Close Calls

Haley Haines’s happy ending had a truly horrific beginning. It happened on her last day at a piney Poconos sleepaway camp a few years back, when she was 12. All the other kids had been picked up already, and she was waiting for her mom and brother to come get her. The shadows were getting longer and longer when a counselor finally got a call: Haley’s mom and brother were in the hospital. They had been in a serious car crash, with a fatality in the car that hit them. The counselor was instructed



Dean Tow relied on friends.

to calm the girl, then tell her that her dad was coming.

It took him six hours to get to his daughter. Together they drove to the hospital, and when they got there, “I just burst into tears,” says Haley. But these weren’t just tears of sorrow. “Seeing

the tubes attached to my mom and my brother—it made me realize how fortunate I was.” She had come so close to losing them—but hadn’t. “That’s when I felt rich.”

Now Haley is in high school. Her mother and brother have both recovered. But tucked into her memory she will always have that picture of them in their hospital beds. And she can never feel ungrateful again.

Living Without

If Haley Haines felt richest when she almost lost what she valued most, Silvana Clark felt richest when she did lose everything—voluntarily. She and her husband got rid of their house and moved into a 240-square-foot RV. Their chosen vocation: to travel around the country delivering donated shoes to shelters.

“Seeing the tubes attached to my mom and brother—it made me realize how fortunate I was. That’s when I felt rich.”

Haley Haines

“We cooked in a tiny RV kitchen and washed dishes in a small sink,” says Clark. “We drove to battered-women’s shelters, group homes for abused children, and homeless missions to deliver the new shoes.” Seeing people in such desperate situations made Clark realize just how well off she was. “I felt richer than Oprah!” she says. “I had a loving husband, a clean warm bed, and a safe environment.” She no longer took the basics for granted. And she had enough things—material and ethereal—to be grateful for.

And Speaking of Gratitude ...

Sometimes it is the gratitude of others that gives us that golden feeling—and that goes double when the folks feeling grateful are our kids. Ask Cat Mosley.

The Virginia publicist and her eight-year-old son were going through some tough family times just this past Christmas when his babysitter gave him a present: \$25. The boy actually loves to shop, says Mosley, but that’s not what he did with the money. No, “he handed it to me and said, ‘Mom, this is for you because you have been a good girl.’”



Mosley’s heart went to the moon. And the money? She spent that on something really special.

“Him!”

Giving and getting really are the same thing.

A Gift

Now, if you’re lucky, the whole giving-and-getting thing comes with a real-world cherry on top. Something substantive. It did for Nicholas Powell, 14, of New York City, last summer. “My friends and I were playing on the street, and there was an old man carrying grocery bags. We asked him if he needed help, and he said no, but we should walk over to his house, he had something to give us.”

Call the cops? Cue the scary music? After all, the kids followed the man. And then, says Nicholas, “he went inside and brought down a football. He said he didn’t need it anymore. And he told us we were going to go somewhere in life if we kept that attitude.”

That attitude of helpfulness, he meant. That attitude of reaching out, even to strangers. Even to old ones.

There’s every reason to believe that those boys will indeed keep it up. Because at that moment, Nicholas, at least, felt richer than anyone.

And smiling at him was an elderly man who no doubt felt the same. ■

Living Large

We asked our readers to tell us about the day they felt the richest. Turns out, we have more wealthy readers than *Forbes*.

“The day my dad said he was proud of me for the first time in 20 years. It made me cry.”

Ralph Pernites,
on Facebook

“Two weeks after my kitten died in a tragic accident, a beautiful long-haired black kitten showed up on my porch. We bonded immediately, and my heart began to heal.”

Bea Whetsel,
Topeka, Kansas

“When I visited my mom in Minnesota and felt like a little girl again.”

Anonymous,
Schaumburg, Illinois

“When I found a doctor who believed me.”

Anonymous,
Whitehall, Wisconsin

“The day my Marine son came back from Iraq and then again from Afghanistan.”

Bill Carrigan,
Queen Creek, Arizona

“The day I was able to arrange for my ten-year-old daughter to meet her idol, Justin Bieber. Talk about feeling great as a parent. Madeline has never smiled bigger.”

Andrew Lavin,
Port Washington, New York

“The day I let a friend and her daughter move in with me. They had no place to go or money to find one.”

Robin Kalmbach,
Arvada, Colorado

“As a student, I felt rich when I had a full tank of gas and \$20 in my wallet.”

Zan Jones,
Keller, Texas

“The day my mother was declared cancer-free. We took her to a Gipsy Kings concert that night, and I watched her dance the night away.”

Chanda Ghandi,
on Facebook

“When I went skydiving and conquered my fear of heights.”

Gresham Harkless,
Woodbridge, Virginia

“Having tea with my friend Starr and talking about plants and cats and whatever.”

Gale Green,
Dallas, Texas

“Winning \$700 in Vegas had me feeling rich and happy. So did the free drinks. Maybe they were a big part of it.”

Matt McGovern,
Lexington Park, Maryland

“The day some of my students tested much higher than they ever had.”

Patricia Taylor,
Mansfield, Connecticut

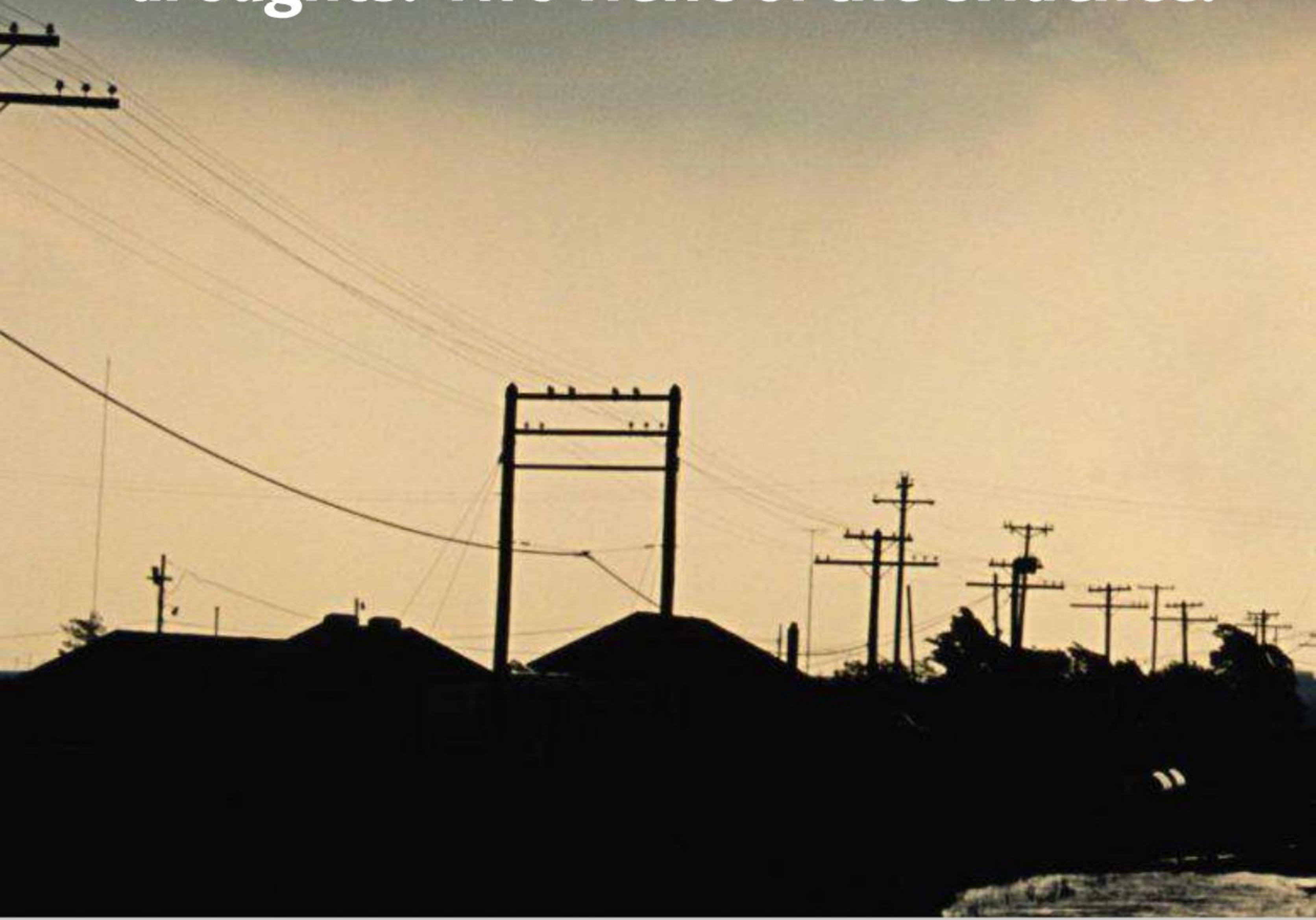
“I feel richest today! Today is the only day I have. The past is gone, and there is no guarantee of tomorrow.”

Angil Tarach Ritchey,
Ann Arbor, Michigan

WEATHER

BNA

Can we blame climate change for the recent surge in tornadoes, floods, and droughts? Two views of the evidence.



BEHAVIING

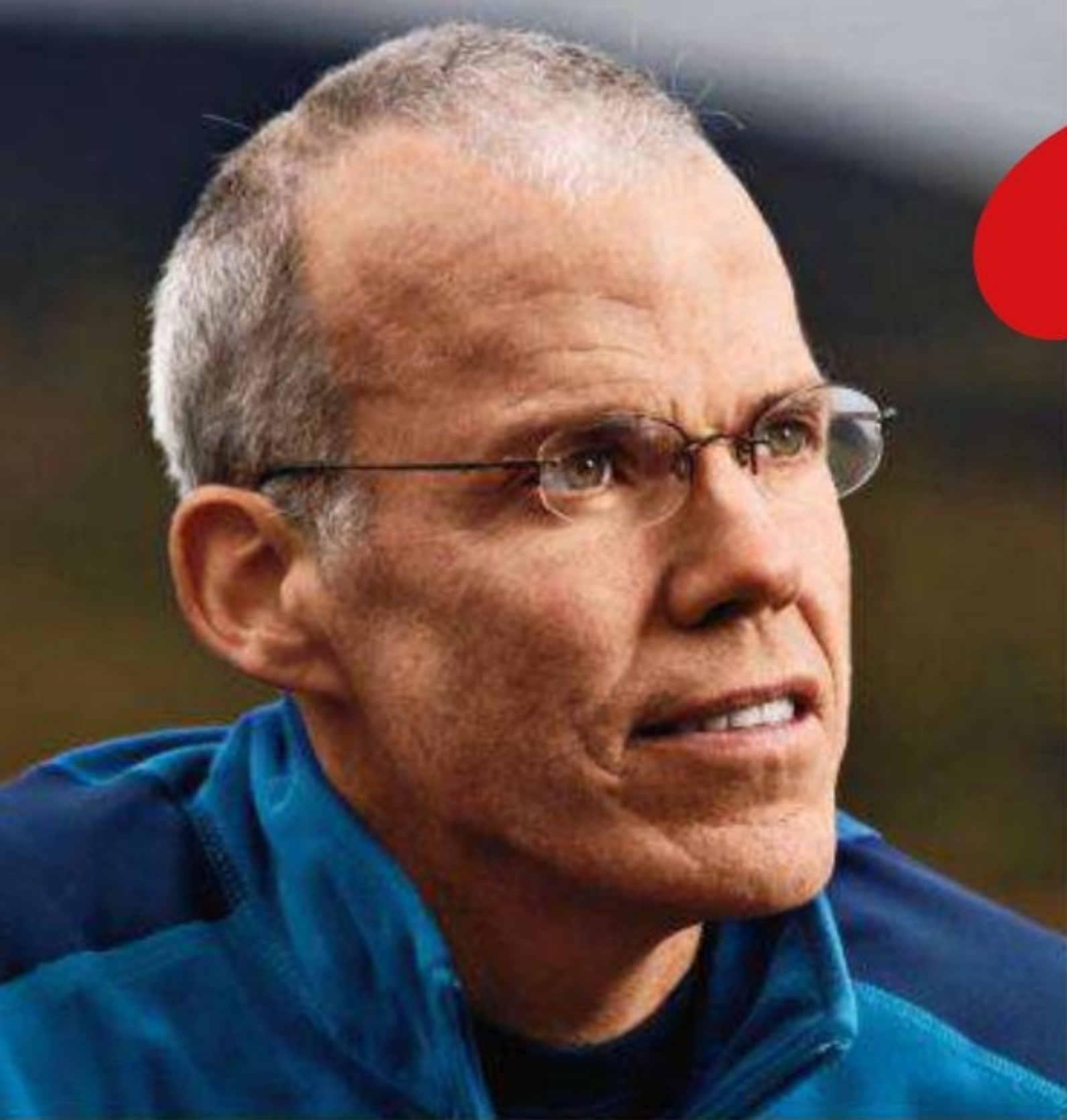
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Twist of fate:
In the first half of
2011, tornadoes in
the United States
killed more than
500 people.

GETTY IMAGES



Climatologists have been predicting for years that as we flood the atmosphere with carbon, we will also start both drying and flooding the planet.”

BY BILL MCKIBBEN ● FROM *The Washington Post*

Cautious: It is vitally important not to make connections. When you see pictures of rubble from Joplin, Missouri, you should not wonder: Is this somehow related to the tornado outbreak in Tuscaloosa, Alabama, or the enormous outbreak a couple of weeks before that (which, together, comprised the most active April for tornadoes in U.S. history). No, that doesn't mean a thing.

It is far better to think of these as isolated, unpredictable, discrete events. It is not advisable to try to connect them in your mind with, say, the fires that recently burned across Texas. Fires the first half of this year burned more of America

than they have for that same period in a decade. Texas and adjoining parts of Oklahoma and New Mexico are drier than they've ever been. But do not wonder if they're somehow connected.

If you did wonder, you see, you would also have to wonder about whether this year's record snowfalls and rainfalls across the Midwest—resulting in record flooding along the Mississippi—could somehow be related. And then you might find your thoughts wandering to, oh, global warming and to the fact that some climatologists have been predicting for years that as we flood the atmosphere with carbon, we will also start both drying and flooding the planet.

It's far smarter to repeat to yourself the comforting mantra that no single weather event can ever be directly tied to climate change. There have been tornadoes before, and floods—that's

Bill McKibben is founder of the global climate campaign 350.org and a distinguished scholar at Middlebury College in Vermont.

“The trouble with looking at disasters this way is that tornadoes do not fit neatly into little politically polarized boxes.”



BY MAGGIE KOERTH-BAKER ● FROM boingboing.net

The air grows thick. Dark clouds churn like a pot of boiling water overhead. The colors of reality become oversaturated—greens too green, yellow a sickly gold. This is what tornado weather looks like, and the United States has been hit with a lot of it lately.

Make no mistake, the spring of 2011 doesn't just seem to be particularly twister laden. Between February and June, the United States experienced more tornadoes than we often get in an entire year. And this year is already the deadliest one for tornadoes since 1936. By the end of May, more than 500 people had been killed. That's a big jump from normal. I was born in 1981. In my entire lifetime, annual tornado deaths in the United States have broken the 100-person mark in

only three other years—1984, 1998, and 2008. Clearly, there is something different about 2011. The question is, What?

The number of tornadoes is simple fact. It's relatively easy to measure. Definitely easy to report. Easy to process and memorize. The reasons behind the numbers, however, are decidedly more confusing.

When weather-related disasters happen, the first thing most people want to know is whether the disaster was caused by global climate change. And there is more riding on the answer than just another statistic to remember. These tornadoes have been painful. The destruction they've caused is visceral. If this is what climate change looks like, then maybe Americans will be forced

Maggie Koerth-Baker is the science editor at boingboing.net. *Before the Lights Go Out*, her book on the energy crisis, will be out April 2012.

the important thing. Just be careful to make sure you don't let yourself wonder why all these record-breaking events are happening in such proximity—that is, why there have been record-setting megafloods in Australia, New Zealand, and Pakistan in the past year. Why it's just now that parts of the Arctic have melted for the first time in centuries. No, better to focus on the immediate casualties, watch the videotape from the store cameras as the shelves are blown over. Look at the news anchorman standing in his

saying simply that “climate change is occurring, is caused largely by human activities, and poses significant risks for public health and welfare.” Propose your own physics; ignore physics altogether. Just don't start asking yourself whether there might be some relation between Russia's failed grain harvest from last year's heat wave, and Queensland's failed grain harvest from its record flood, and France's and Germany's current drought-related crop failures, and the death of the winter wheat crop in

The Amazon has just come through its second hundred-year drought in the past five years.

waders in the rising river as the water approaches his chest.

Because if you asked yourself what it meant that the Amazon has just come through its second hundred-year drought in the past five years or that the pine forests across the western part of this continent have been obliterated by a beetle in the past decade—well, you might have to ask other questions. Such as: Should President Obama have opened a huge swath of Wyoming to new coal mining? Should Secretary of State Hillary Clinton support a plan this year allowing a huge new pipeline to carry oil from the tar sands of Alberta?

Better to join with the U.S. House of Representatives, which voted 240 to 184 this spring to defeat a resolution

Texas, and the inability of Midwestern farmers to get corn planted in their sodden fields. Surely the record food prices are just freak outliers, not signs of anything systemic.

It's important to stay calm. If you got upset about any of this, you might forget how important it is not to disrupt the record profits of our fossil fuel companies. If worse ever did come to worst, it's reassuring to remember what the U.S. Chamber of Commerce told the Environmental Protection Agency in a recent filing: that there's no need to worry because “populations can acclimatize to warmer climates via a range of behavioral, physiological, and technological adaptations.” I'm pretty sure that's what residents are telling themselves in Joplin. ■

to look at decisions about climate-related energy policies in a new light. On the other hand, if the tornadoes of 2011 aren't caused by climate change, then maybe climate change isn't such a big deal. What can we do to ourselves that nature isn't already doing?

The trouble with looking at disasters this way is that tornadoes do not fit neatly into little, politically polarized boxes. Science, in general, seldom works like that. In a May 23 editorial for the *Washington Post* [reprinted here],

When scientists study climate, they aren't really studying just one thing. Climate is a complex system, involving multiple natural subsystems and many variables—both “natural” and man-made—that can alter the way those systems work. This is such a complicated subject that we really only developed the computer processing power necessary to start making any sense of it in the early 1970s. What scientists have learned since then is vitally important stuff. Earth, as a whole,

The issue is not a failure to accept the effects of climate change. Instead, it's a failure to accept how science works.

environmentalist Bill McKibben took Americans to task for refusing to make a connection between environmental disasters—including the 2011 tornadoes—and climate change. His basic message: All these disasters must be connected, and only willful ignorance allows us to ignore that.

I have a slightly different perspective. What we have here is not a failure to communicate and accept the obvious effects of climate change. Instead, it's a failure to communicate and accept a critical point of how science works, without which scientific literacy is reduced to mere talking points. This is about nuance and uncertainty, and if we don't get those things, then we'll never get climate change.

is warming as humans pump more and more greenhouse gases into the atmosphere. And those rising global temperatures, and rising carbon dioxide concentrations, will affect our lives in a variety of strange, and often surprising, ways. This is the science that should be influencing the way we plan for the future. But it's not. Not really. And I think the reason why has much to do with how science is taught to the vast majority of us whose science education ends with the end of high school.

In this country, we teach kids that science is a collection of hard facts. We teach them that scientists come up with a hypothesis—an idea that might explain some aspect of how the world works. Scientists then test

their hypothesis and find out whether it's correct or not. If it's correct, then it becomes something that children must memorize. That story is true. But it's also vastly oversimplified. It gives the impression that every scientific question can be answered with yes or no. And if it can't, the answer is probably no.

That perspective might work OK when you're sitting in a high school science lab, studying the digestive system of a fetal pig. But it doesn't work as well in the real world. And it

Case in point: tornadoes and climate change. If you want a simple, talking-point answer on whether the tornadoes of 2011 were caused by climate change, the best you're going to get is: probably not, or at least, not entirely. But there's a lot of uncertainty behind that statement, and you can't really use it to project your future risk.

When scientists evaluate the connection between tornadoes and climate change, there are two big questions they're asking: First, are the 2011 tornadoes part of a trend?

The big question—*are tornadoes caused by climate change?*—is made up of lots of little questions that we don't know all the answers to yet.

leaves us unprepared to understand something like climate change and how we assess the risks associated with it.

That's because all risk—and especially the risks associated with complex systems like climate—comes with uncertainty. If our knowledge of science is based on the simplified story we tell schoolkids, *uncertainty* sounds like saying you're wrong without having to say that you're wrong. But that's not the case. Instead, uncertainty is about complexity and randomness, it's about probability, and it's about how you attribute the cause of one effect that is likely to have multiple causes.

Has tornado activity changed along with rising global temperatures so far? Second, scientists ask whether the factors that create tornadoes have been affected by climate change and whether those factors are likely to be affected in the future. This is where the uncertainty comes in.

For one thing, our data on tornado trends are imperfect. At first glance, you might think the number of tornadoes has increased since the 1990s. But most of that is actually the result of more public awareness and better reporting and technology, improving our ability to spot smaller, weaker tornadoes and to notice tornadoes in places where few people live,

according to the National Oceanic and Atmospheric Administration. Bad data means that we can't reliably say whether tornado counts are increasing.

So instead, NOAA looks at the variables. Tornadoes are somewhat random things. We can find factors that are associated with tornado formation—things like moisture content in the atmosphere, changes in wind speed and direction, and differences in air temperature. But just because those factors exist doesn't necessarily mean a tornado will appear.

There are many things that can affect these factors that make tornadoes more likely. Scientists have found that climate change is something that can affect tornado conditions. But when NOAA looked at data for the past 30 years' worth of Aprils in the Mississippi Valley, it didn't see evidence of any trends that would mean tornado weather is already becoming more frequent.

Because of that, NOAA says it would be problematic to claim the recent spate of tornadoes in the Southeast was caused by climate change. But that's not the same as saying tornadoes *can't* be caused by climate change. It's not the same thing as saying that climate change isn't a contributing factor. Or that tornadoes won't be caused by climate change in the future. It's not even the same as saying that, years from now, with better data and technology, we won't look back and see a trend happening that isn't obvious

today. The big question—*are tornadoes caused by climate change?*—is made up of lots of little questions. And we don't know all the answers to the little questions yet. This is still good science. We still have enough information to say something about how the world works. But that statement comes with a lot of caveats.

It's not just a yes or no answer. It doesn't follow party lines. And it doesn't tell us what we should expect in the future.

This is scientific uncertainty—where the things we know and the things we don't know collide, and we are left to figure out how to use what we have to make decisions anyway. If we want to understand science, we can't just memorize facts. Scientific literacy isn't about being able to win a game of quiz bowl. It's about understanding how science works and how science can be used to guide human decision making. It's about knowing that we don't have all the answers. But it's also about knowing that "we don't have all the answers" isn't the same thing as "we don't know anything." If we pump ourselves full of facts but don't learn about uncertainty, then we can't be surprised when our citizens dismiss anything that isn't 100 percent certain.

The future of human life depends on how we respond to the risks of climate change. How we respond to those risks depends on how well we all understand the messy world of real science. ■



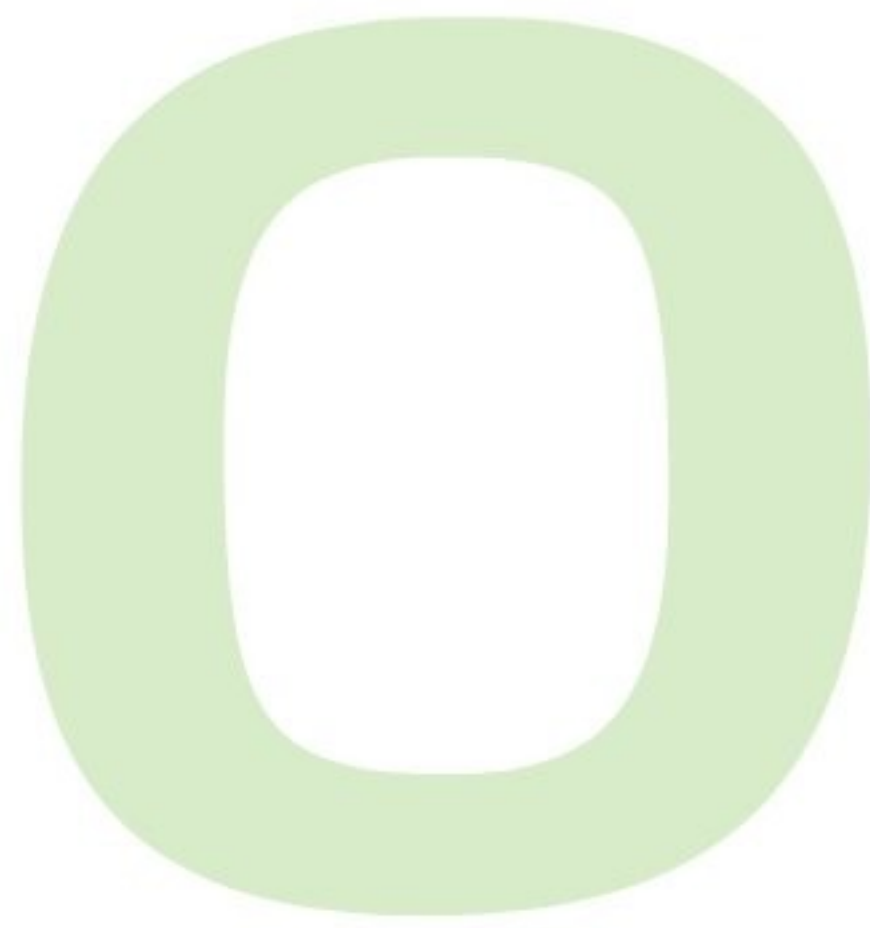


SHE DREAMED OF Peace

...and made it happen, founding an interfaith movement of women who brought stability—and a female president—to Liberia. Here **LEYMAH GBOWEE** talks about her hopes for American girls, her fears for Arab women, and the true meaning of leadership.

INTERVIEW BY
DAWN RAFFEL

ROBIN HOLLAND/CORBIS OUTLINE



On the night of her high school graduation party, surrounded by family, neighbors, and friends, Leymah Gbowee envisioned a bright future. The Liberian teenager planned to study biology and chemistry in college and become a pediatrician. Instead, Gbowee writes in her new memoir, *Mighty Be Our Powers*, within six months of that 1989 celebration, everything she had known and dreamed of was gone—her country torn apart by civil war, her neighborhood destroyed, her family scattered, her plans abandoned.

Although Gbowee never became a doctor, she did become a healer. But first came years of terror. As rebels led by Charles Taylor tried to oust corrupt president Samuel Doe, both sides went on killing sprees. Gbowee saw civilians murdered before her eyes; one bloodbath took place in a church. (“Among the pews where we sang and prayed ... they raped, slashed, shot, and hacked,” she writes.) Gbowee fled with relatives from one makeshift shelter to another, often went hungry, and lived for a time in a mosquito-infested refugee camp in Ghana.

Things got worse.

Upon returning to Liberia in 1991, after a new interim

government had formed, she saw utter devastation. “Everyone ... had fled, leaving their homes to the fighters, and anyone who returned to find their possessions gone went through the homes of others, taking whatever was left to grab,” she writes. “My life was smashed to nothing.” Gbowee became involved with a physically abusive man named Mens and, just when she vowed to leave him, discovered she was pregnant. Feeling trapped, Gbowee stayed and had two more children with him. Yet her spirit wouldn’t die. She

began by studying under a UNICEF program (despite being beaten at home for going to class) and became a social worker, counseling people who had been traumatized by war.

Finally, pregnant again, Gbowee developed a new resolve. With the help of family, she took her children, left



Mens, and imagined a movement of women demanding peace in Liberia. Then she made it happen. By now, Taylor was president, and a second civil war raged. Traveling from village to village, Gbowee began organizing women.

Against all expectations, she persuaded Christian and Muslim women to unite; under her leadership, thousands of women, dressed all in white to symbolize peace, showed up for protests and sit-ins at government meetings. Gbowee writes: “‘In the past we were silent,’ I told the crowd. ‘But after so many of us have been killed, raped, dehumanized, and infected with diseases, and watched our children and families destroyed, war has taught us that the future lies in saying no to violence and yes to peace! We will not relent until peace prevails!’”

The women had reason to fear. “There were stories of prison cells behind the Executive Mansion where girls were raped,” she writes. “But to me, there was no choice.”

The women did not let up, and Taylor did not retaliate. He said he considered the women to be his mothers. It was Gbowee’s group that expedited Taylor’s resignation in 2003 and the end of civil war. They got women to register to vote and triumphed when Ellen Johnson Sirleaf, Africa’s first female president, was elected in 2005.

Gbowee’s work was just beginning. Featured in the documentary *Pray the Devil Back to Hell*, she now travels the world as executive director of the Women Peace and Security Network Africa, meeting with everyone from presidents of three countries to CEOs to community leaders to people living in tiny villages, advocating for women and girls.

Recently, the 39-year-old mother of six (“I love to spoil them,” she concedes) met with *Reader’s Digest* while visiting New York. Most strik-

“The women in the Middle East joined the protests and then backed down.”

ing were her warmth, her candor, and her passion for doing more.

We asked:

Where do you get your courage?

My faith. I have come to one conclusion: All that I am, all that I aspire to be, all that I was before, is by the grace of God. There are so many women in Africa, and outside Africa, who are more intelligent than I am.

Yet something gave you the courage to step outside your desperate situation. Somehow a door opened for you.

There was one incident when I heard my son say to my mother that he was

afraid of his dad. I was angry at myself for allowing my children to see abuse. From that moment, I made a vow that I would protect them, and I would not be trapped. Even now, as we speak about women's rights, I know that my daughters will benefit even if I don't. Every time I look around, that promise I made to my kids, "I will protect you," emboldens me. I'm fortunate to go into communities and see the reality. I'm fortunate to go back to governments and tell them that reality, and I'm fortunate to

“I do fear death, but the one thing I've never been afraid of is speaking my mind.”

go to the international level and say, "Whatever you think you're doing is not touching this group of people."

When I go to the United States—I've been to quite a few schools in the Bronx and Brooklyn—I know there are issues, things that make people say, "You need to speak up. And speak up real loud." But first and foremost is my faith. Every time, before I'm going to speak, I say a prayer. I feel like this is a ministry. And the reason this book is important to me is that I'm hoping that tons of copies can be sent back to Africa for women and girls so they can know what's doable. And I want to send this book to Minneapolis, where many young

Liberian girls went as immigrants. And I want to take it to Congo.

What role do you feel women might have in the Middle East following the Arab Spring?

I'm disappointed with the women in the Middle East. They joined the protests, and when they won the first phase, they retreated. For example, in Egypt, when Mubarak left, they all went back home. On March 8 [International Women's Day], they went to Tahrir Square to protest, and then

[when they were harassed] they backed down. I think that should have emboldened them to protest even further because the one thing I know about changing the dynamics of

any country, especially as it relates to women's issues: No one can do it for you. An Iranian activist said to me, "You are so right about your analysis of Egypt. When the revolution took place in Iran and we saw how women were treated, we told ourselves, It's just going to last for two weeks. What we see is a total degeneration of women's rights in Iran because we failed to take action immediately."

That's exactly what's happening in Egypt, in Tunisia. Women have stepped out of the space too early. I think they needed a continual protest to continue to say, "We're here, we're part of this thing." They should not look to Hillary Clinton or



the United States. It is up to them to chart a course for themselves.

Are you ever afraid?

Sometimes. My most frightening moment was on March 23, when we went to protest in Nigeria on behalf of the women of Ivory Coast. I was afraid not for myself but for the women out in the streets, thinking about the latest wave of street-side attacks. My colleagues got passes to go into the conference center where the presidents were meeting [for an international conference on West Africa]. My conscience would never allow me to sit inside while the women outside were in danger, so I joined the protest.

You put yourself in danger too.

Leadership is standing with your people. People say you have to live to fight another day, but sometimes you have to show you are a true leader. If those women were out in the blazing hot sun protesting, I, who put the group together, should be out there, too, instead of sitting in a very boring conference. Out on the street, we danced! Women parked their cars and joined us. The military could not believe it, because the king sent armored vehicles. But we danced in their faces. Sometimes I do

Liberian women demanding an end to their country's civil war, Monrovia, July 2003.

fear death, and I fear for my children. But the one thing I have never been afraid of is standing before important people and speaking my mind. I represent women who may never have the opportunity to go to the UN or meet with a president. I'm never afraid to speak truth to power.

Many people feel helpless, thinking, There are so many problems, and I'm just one person. What do you say to that?

There is something in this world that

“I want to inspire Americans. Wherever you find yourself, you can pull yourself up.”

every individual can do. God has created all of us with something unique to contribute. Some people are called to be the neighbor who will bring kids together to sing or to listen; some people are called to be great orators. I lost my sister, Geneva, and I wish she were still around because she was one of those people who never thought they had a gift. She took care of my children while I worked, and when I look at them now, I cannot take any glory because this woman did a perfect job with them. For instance, my kids used to sneak sweets before coming home from school. She would stare at the kids, all 200-plus pounds of her, and she would

say, “Everyone give me a kiss before you pass.” That was her way of testing their lips to see if they had had sweets—and the sweets ended because no one wanted to be kissed by this very fat African woman as they came back from school!

What do you want American readers to understand from your book?

I want to bust the myth of African women with saggy breasts holding bowls, with three children at their backs, during conflict. I want to bust

that myth that we are victims all the time. Even as victims, we survive. We are strong women who go through hell, and we can still balance on our feet.

I was speaking to a group of American children, and this eight- or nine-year-old boy said, “Go back to your country, loser.” Where did he get that? I don't want any other African woman to be referred to as loser in this country. I want people to see us as we are, victorious in the work we have done. And I want to inspire Americans. It's about time we see a female president in this country. I want young women in this country to stand up, especially for kids in the inner city. I want to inspire young men to be with real women. Wherever you find yourself, you can pull yourself up. Nothing can stop you from being what you want to be.

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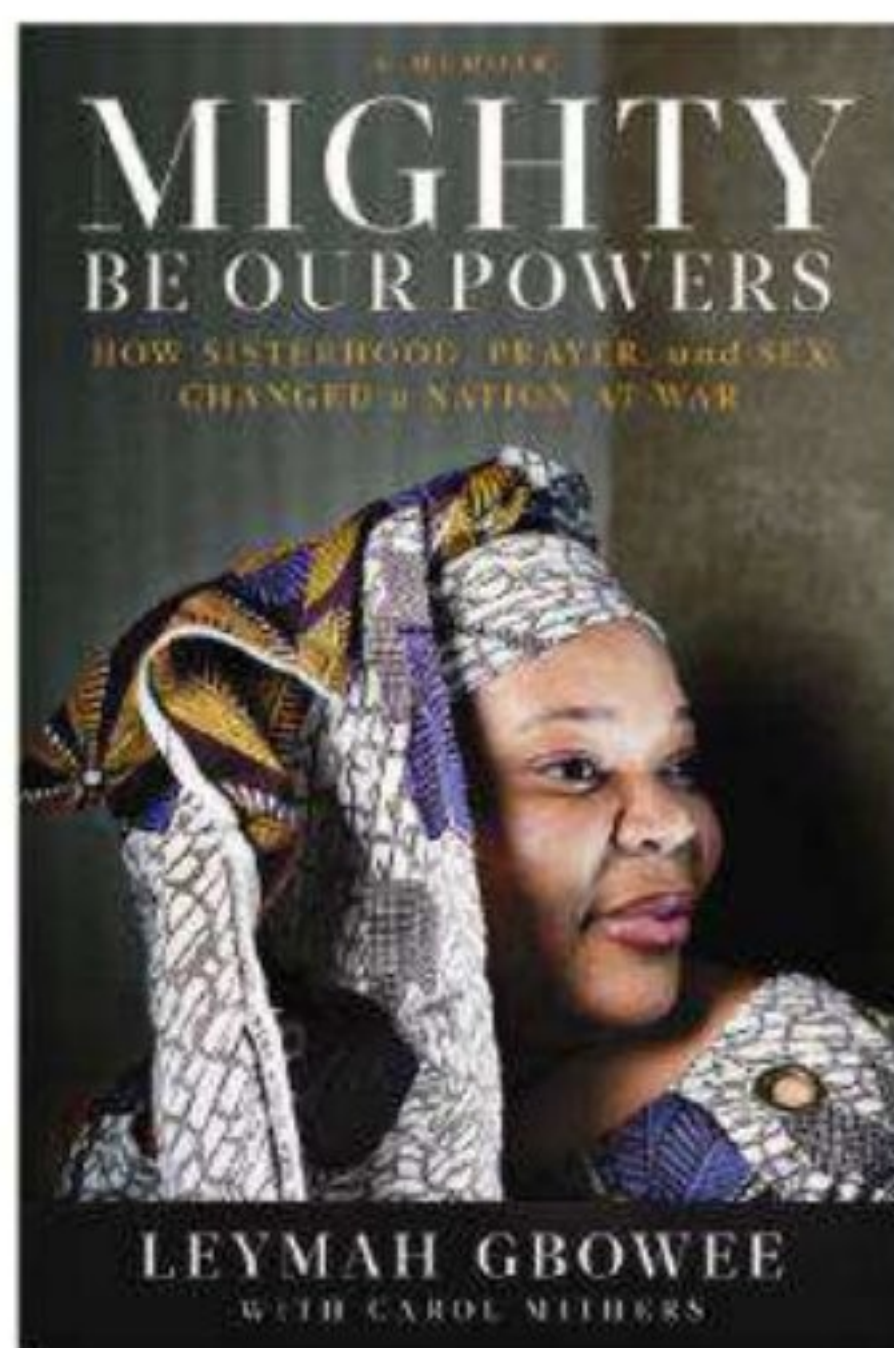
We Are All in This Together

An excerpt from *Mighty Be Our Powers*

Nothing that had been destroyed in the fighting was being rebuilt; in 2002 we still lived in a city without lights or water. The most ordinary acts could bring terrible punishment. There were evenings I'd see a taxi driver who hadn't lowered his headlights properly at a checkpoint tied up at the side of the road while soldiers beat him. Nobody seemed willing to do anything other than lament.

Now, finally, we women were going to take action. Three days a week for six months, the women of my organization, Women in Peacebuilding Network (WIPNET), went out to meet with the women of Monrovia. We went to the mosques on Friday at noon after prayers, to the markets on Saturday morning, to two churches every Sunday. We always went in pairs; if we set up a table at the market, we always had a two-woman team. (Sometimes we temporarily paired women who weren't getting along, so that was their punishment!) We gave all our sisters the same message: Liberian women, awake for peace!

"Hello, sister, I'm Leymah Gbowee



and I'd like to tell you about a campaign we've just started. This war has been going on a long, long time, and all of us have been suffering. People have tried to end it, and there have been some big meetings, but we think the answer lies with women. We need to step forward and get involved."

"I don't know, my sister. How can we do that? Why would we?"

"Why is this your business? You are the one who has been raped by the fighters! Your husband is the one who has been killed. It is your child being forced into the army."

"Yes ... " A slow, nodding comprehension. "We've just been sitting here, and people take our children! I will join with you."

It wasn't always easy. Women who have suffered for nearly as long as they can remember come to a point where they look down, not ahead. But as we kept working, women began to look up and listen. No one had spoken to them this way before.

We handed out flyers: "We are tired of our children being killed! We are tired of being raped! Women, wake up—you have a voice in the

peace process!” We knew many of the women couldn’t read, so we hired a boy to do colorful drawings that explained our mission. One drawing showed a woman standing before a group of fighters and talking to them. Hour after hour, we patiently answered questions, and each week we could feel more of an awakening.

Women hung our flyers on the poles of their market stalls and passed out extras to their customers. Each time we went out into the community, more women joined the effort. We worked quietly. No news organizations noticed what we were doing, and we liked it that way.

But bringing the Christian and Muslim women together was turning out to be difficult. So we ran a workshop. “Write your titles on this sheet of paper,” I told the assembled group when we were together in one room. “Lawyer, doctor, mother, market woman. Put them in this box.” I held up a small carton. “See? I am locking them away. We are not lawyers, activists, or wives here. We are not Christians or Muslims, we are not from the Kpelle, Loma, Krahn, or Mandingo tribes. We are not indigenious or elite. We are only women.”

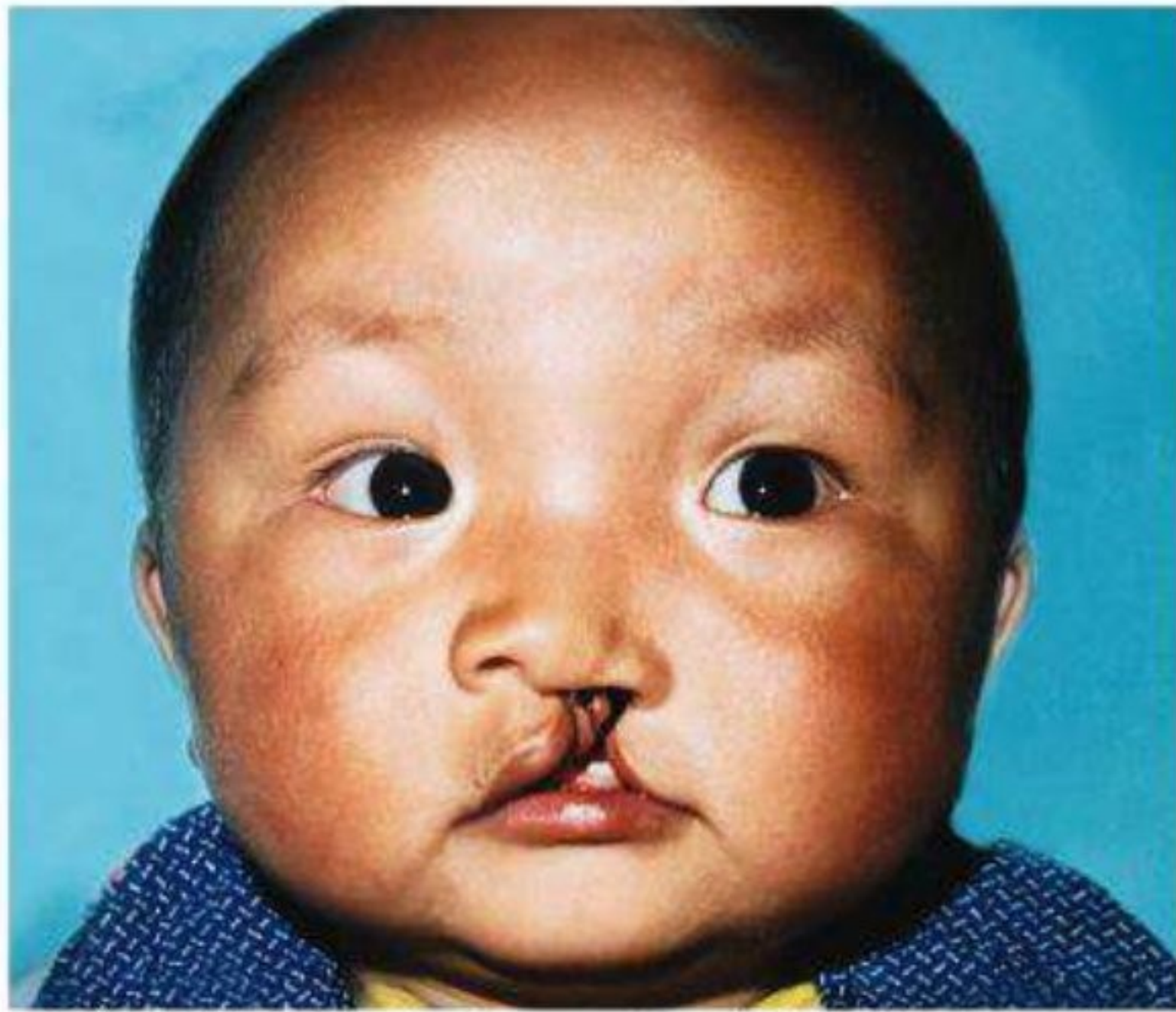
We also came up with a slogan: Does the bullet know Christian from Muslim? Does the bullet pick and choose? By the end of the workshop, the women came to an agreement that the Christian and Muslim women would each have their own leader-

ship, but they would work together.

In December 2002, we announced the Christian-Muslim alliance and shocked Monrovia with a march to city hall—200 women, Christians in their lappas alternating with Muslims wearing head scarves. As we walked, we sang: a hymn, a Muslim song, a hymn again. Crowds turned to stare. This time we had notified the press, and they were waiting. I read a statement: “We envision peace. A peaceful coexistence that fosters equality, collective ownership, and full participation of particularly women in all decision-making processes for conflict prevention, promotion of human security, and socioeconomic development.”

I remember the crowd listening intently and hundreds of heads nodding. I had no idea where we were going next in our alliance, our quest. But I did know this: I had lived in fear for a long time. I’d seen friends, whole families, wiped out, and I never lost the awareness that I could be next. I’d been depressed for a long time, isolated in my own world.

But now, as the women of WIPNET gathered together, my fear, depression, and loneliness were finally wiped away. Others who felt the way I did stood beside me; I wasn’t alone anymore. And I knew in my heart that everything I had been through, every pain, had led me to this point. Leading women to fight for peace was what I was meant to do with my life. ■



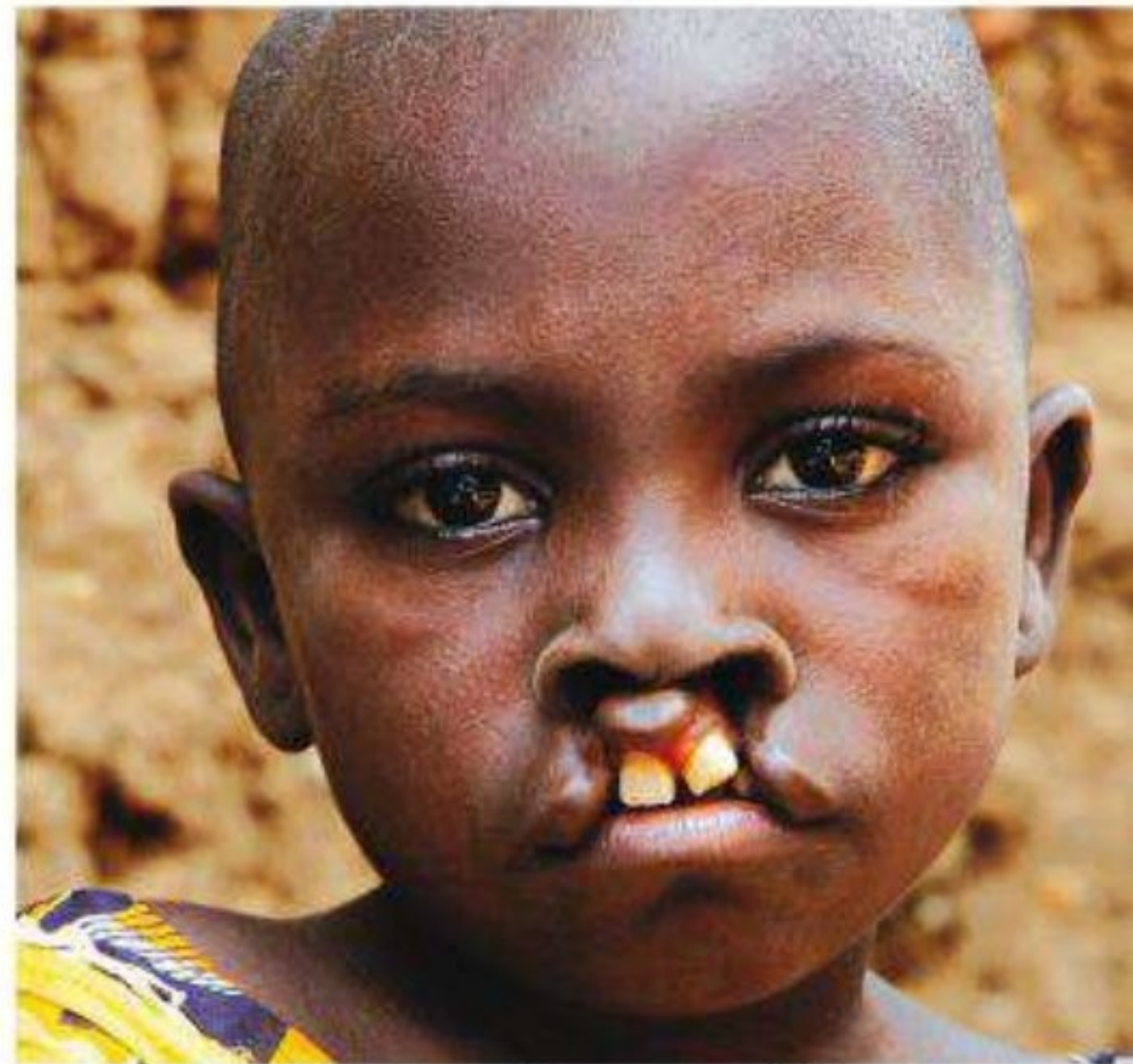
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Quotes

Always read the stuff that will make you look good if you die in the middle of it.

P. J. O'Rourke

Among those whom I like or admire, I can find no common denominator. But among those whom I love, I can: All of them make me laugh.

W. H. Auden

The minute you settle for less than you deserve, you get even less than you settled for. *Maureen Dowd*

Pretending is a very valuable life skill.

Meryl Streep

Don't listen to those who say you're taking too big a chance. [If he had], Michelangelo would have painted the Sistine floor.

Neil Simon

Look on every exit as being an entrance somewhere else. *Tom Stoppard, writer*

One great thing I noticed about living by myself: All of my annoying habits seemed to have disappeared.

Merrill Markoe, humorist

To swear off making mistakes is very easy. All you have to do is swear off having ideas.

Leo Burnett, adman

Never trust someone who can't eat a meal alone at their own kitchen table.

Ellen Barkin

If you can't change your fate, change your attitude.

Amy Tan

Another belief of mine: that everyone else my age is an adult, whereas I am merely in disguise.

Margaret Atwood

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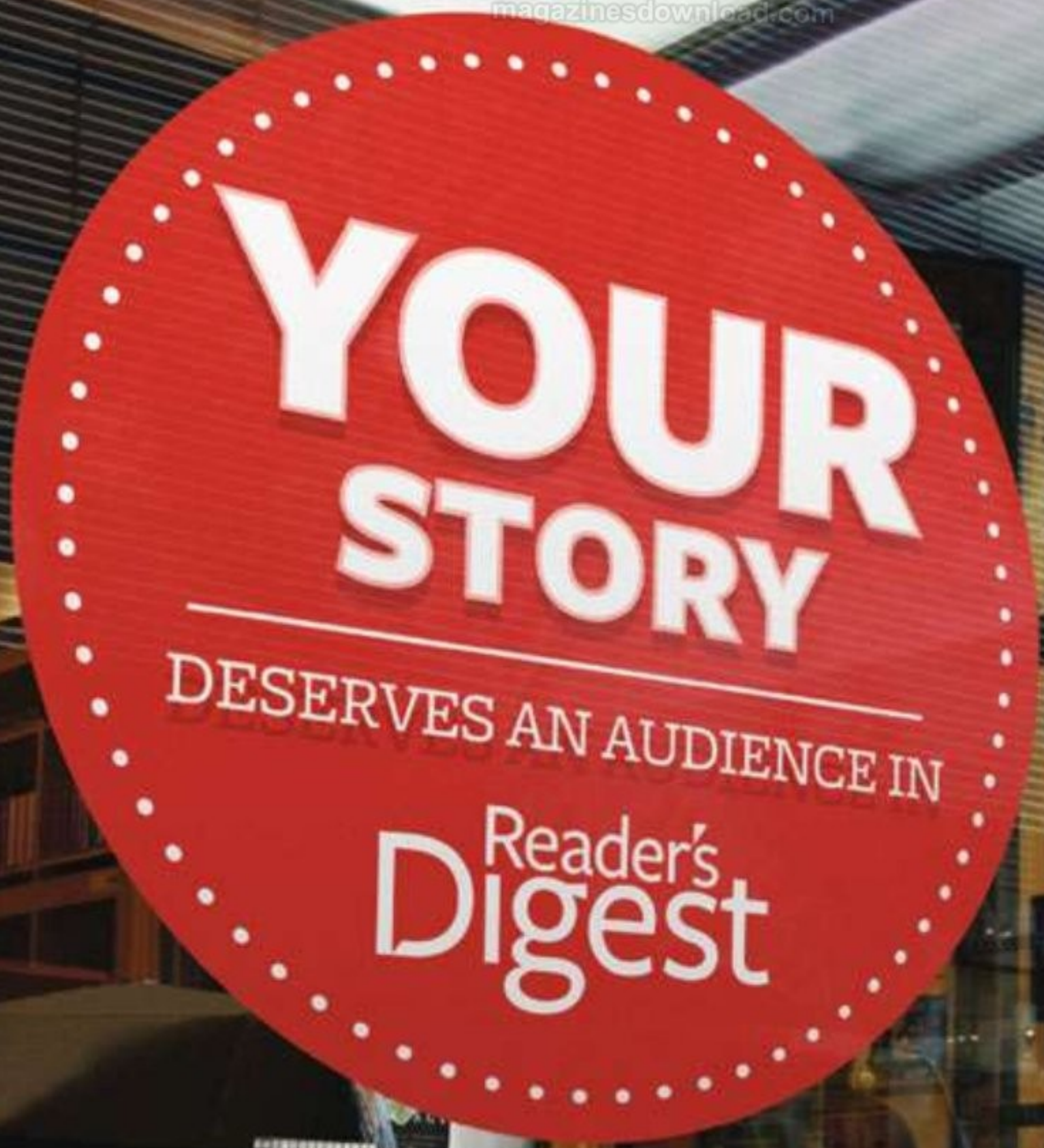


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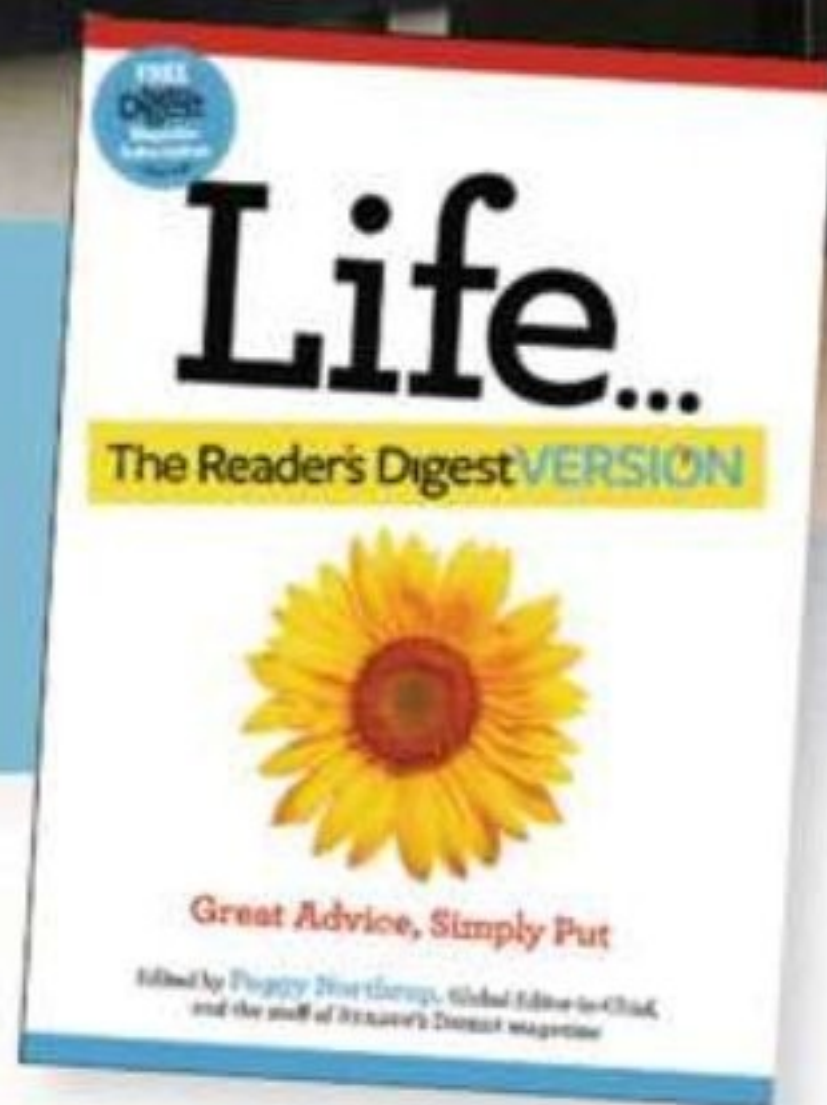




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Word Power

BY EMILY COX & HENRY RATHVON

Q&A Warning: This month's quiz—a question-and-answer session featuring the letters *q* and *a*—may leave you in a quagmire. So if you're stumped by our *q*'s, just **turn the page for the *a*'s**.

1. qua ('kwah) *prep.*—
A: from top to bottom.
B: beforehand. C: as, in
the capacity of.

2. quay ('key) *n.*—
A: wharf. B: game played
with mallets. C: fox
hunted by hounds.

3. quaff ('kwahf) *v.*—
A: swing and miss.
B: drink deeply. C: sing
Christmas carols.

4. quasi ('kway- or 'kwah-
zi) *adj.*—A: from a foreign
country. B: having some
resemblance. C: feeling
seasick.

5. quahog ('co- or
'kwahhog) *n.*—A: edible
clam. B: half penny.
C: motorcycle sidecar.

6. quantum
('kwahn-tum)
n.—A: type
of comet.
B: specified
amount.
C: Australian
marsupial.

7. quaver
('kway-ver) *v.*—A: change
your vote. B: sink down
low. C: sound tremulous.

8. quinoa ('keen-wah or
'kee-no-eh) *n.*—A: grain
from the Andes. B: bee-
hive shape. C: chewable
resin gum.

9. quondam ('kwahn-
dem) *adj.*—A: enormous.
B: former. C: backward
or upside down.



10. quetzal (ket-'sall) *n.*—
A: bow-shaped pasta.
B: tropical bird. C: mica
used in mirrors.

11. quatrain ('kwah-train)
n.—A: end-of-semester
test. B: underground rail-
road. C: four-line verse.

12. quiniela ('kwini-ye-la)
n.—A: type of bet.
B: porcupine's bristle.
C: cheesy Mexican dish.

13. quotidian (kwoh-'ti-
dee-en) *adj.*—A: janito-
rial. B: occurring every
day. C: showing off one's
knowledge.

14. quacksalver ('kwak-
sal-ver) *n.*—A: ointment.
B: glue. C: fraud or phony
doctor.

15. quinquennial (kwini-
'kwen-nee-el) *adj.*—A: of
thigh muscles. B: flowing
freely. C: occurring every
five years.

Deep Roots

If you're a science enthusiast, you're likely familiar with the **quark**, a particle that's smaller than a proton or neutron. But do you know the word's origin? When physicist Murray Gell-Mann proposed the existence of the particle in 1964, he turned to a line from James Joyce's *Finnegans Wake* to name it: "Three quarks for Muster Mark!" The deeper root is perhaps the German *Quark*, or *curd*, slang for "nonsense."

Answers

1. qua—[C] as, in the capacity of. Try to judge the short stories *qua* short stories, not as landmarks of literature, the student pleaded.

2. quay—[A] wharf. The passengers moaned as the new captain tried to meet the *quay* in the storm.

3. quaff—[B] drink deeply. Make three wishes and then *quaff* this mysterious elixir.

4. quasi—[B] having some resemblance. The credit offer is from a *quasi* company—there's no address, no phone number, not even an employee.

5. quahog—[A] edible clam. As the crew team's lead vanished, the coach just sat there like a placid *quahog*.

6. quantum—[B] specified amount. Showing off after physics class, Carly said, "That's an extreme *quantum* of homework, don't you think?"

7. quaver—[C] sound tremulous. Every time you try to tell a lie, your voice *quavers*.



8. quinoa—[A] grain from the Andes. When the waiter said it was tilapia and arugula on a bed of *quinoa*, Lauren asked for an English translation.

9. quondam—[B] former. As soon as Harry's *quondam* girlfriend spotted him, she burst into a quasi fit of joy.

10. quetzal—[B] tropical bird. Thinking the affair was a costume party, Andy showed up with an eye patch, a peg leg, and a *quetzal* on his shoulder.

11. quatrain—[C] four-line verse. As a hardworking poet, Jill needs to rest and raid the refrigerator after every *quatrain*.

12. quiniela—[A] type of bet. To win a *quiniela*, you need to pick the first- and second-place horses, but you don't need to specify the order of the finish.

13. quotidian—[B] occurring every day. Set in her *quotidian* routine, the puppy begged for an extra treat after breakfast and dinner.

14. quacksalver—[C] fraud or phony doctor. That *quacksalver* I go to prescribes calamine lotion for every complaint.

15. quinquennial—[C] occurring every five years. Um, darling, I think it's time for your *quinquennial* bourbon and ginger.

Sound Smarter

Ensure and **insure** are often confused because their pronunciations are essentially the same. But their meanings are distinct: If you intend to say "make sure," go with *ensure*. But if you're taking out collision coverage for your car, you'd *insure* it. (So, for example, you might ensure that you insure a new vehicle before driving it off the lot.)

VOCABULARY RATINGS

- 9 and below: in a quandary
- 10–12: adequate
- 13–15: no equal

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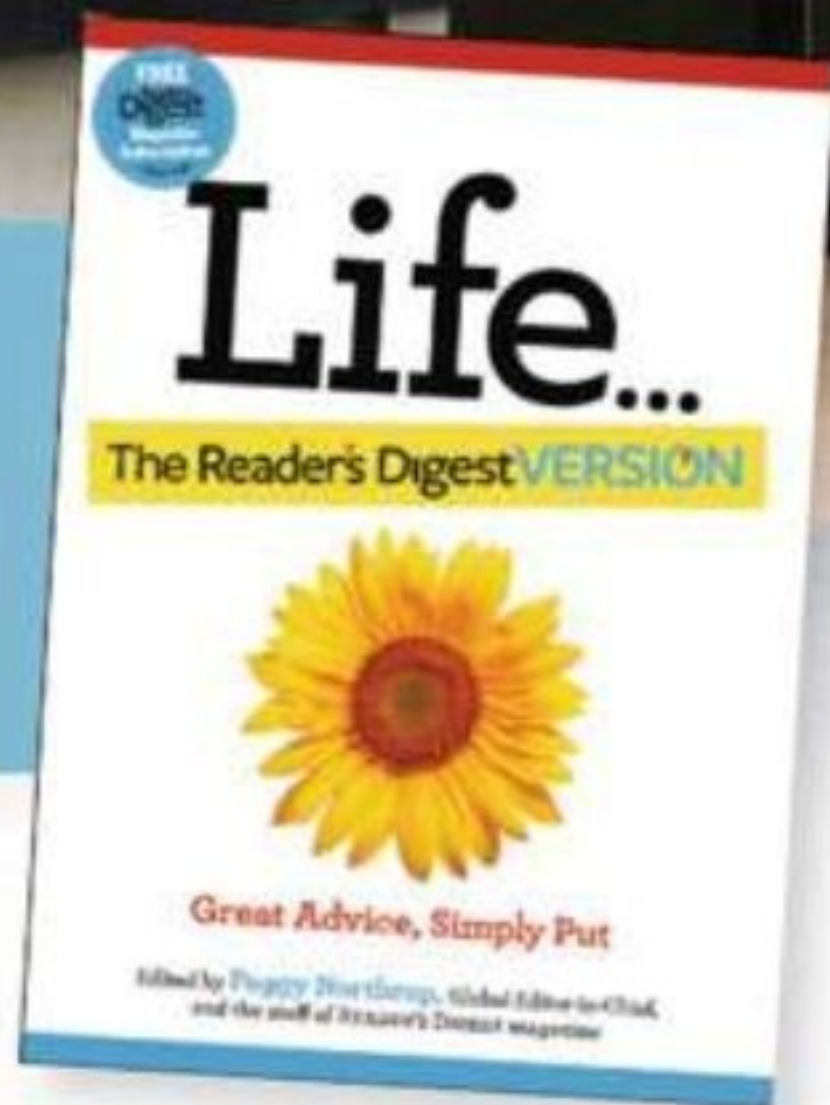
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Laugh! 😊

I have an 18-year-old; her name is Alexis. I chose that name because if I hadn't had her, I'd be driving one.

Comic Robin Fairbanks

An old farmer is inconsolable after his dog goes missing. His wife suggests he take out an ad in the newspaper, which he does. But two weeks later, there's still no sign of the mutt.

"What did you write in the ad?" his wife asks.

"Here, boy," he replies.

Submitted by Denise Stewart, New York City

Grave Mistakes

You'd die of embarrassment if these phrases appeared in your obituary:

- "She leaves behind a brother and 117 cats."
- "Passed away in a failed stunt that has already been viewed more than 40 million times on YouTube."
- "Was always quick to point out others' grammatical errors."
- "Survived by his parents and his animatronic wife, Elizabot."

From topfive.com

readersdigest.com 10/11



When my girlfriend said she was leaving because of my obsession with the Monkees, I thought she was joking.

And then I saw her face ...

Submitted by Adam Joshua Smargon, Newark, Delaware

I was diagnosed with antisocial behavior disorder, so I joined a support group. We never meet.

Comic Craig Sharf

Getting back together with an old boyfriend is pathetic. It's like having a garage sale and buying your own stuff back.

Comic Laura Kightlinger

A man tells his doctor that he's incapable of doing all the things around the house that he used to do.

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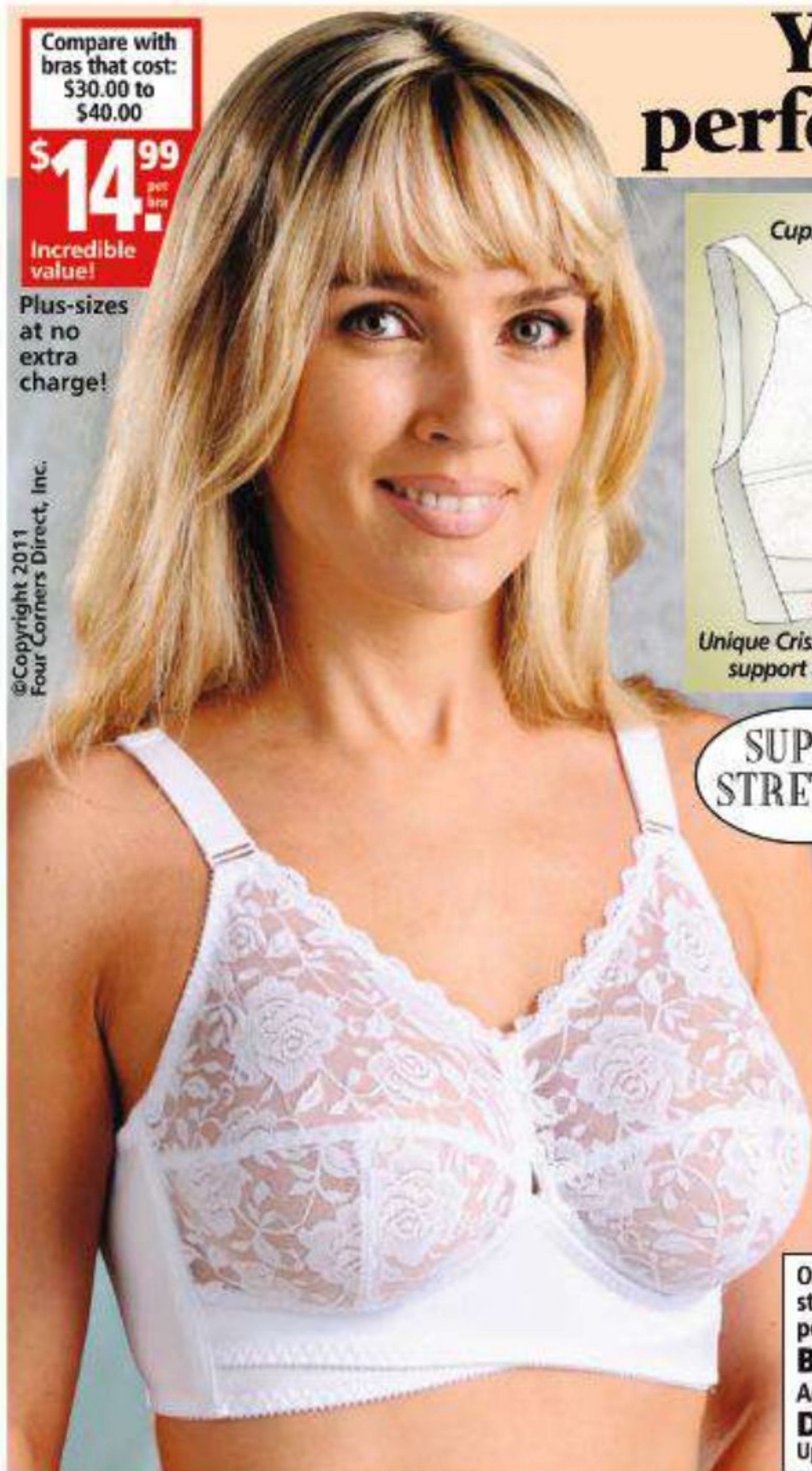
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When the examination is over, he says, “OK, Doctor. In plain English—what’s wrong with me?”

“Well, in plain English,” says the doctor, “you’re just lazy.”

The man nods. “Now give me the medical term so I can tell my wife.”

Submitted by *Edsel Basco*, Springfield, Virginia

Me and the wife [singer Katy Perry] have three cats, and they get whatever they want. We can only know what they want from what we speculate, so it’s a lot of vests, hats, and cat shoes. *Comic Russell Brand*

Seeing her friend Sally wearing a new locket, Meg asks if there is a memento of some sort inside.

“Yes,” says Sally, “a lock of my husband’s hair.”

“But Larry’s still alive.”

“I know, but his hair is gone.”

Submitted by *Thomas Buoye*,
Manchester, New Jersey

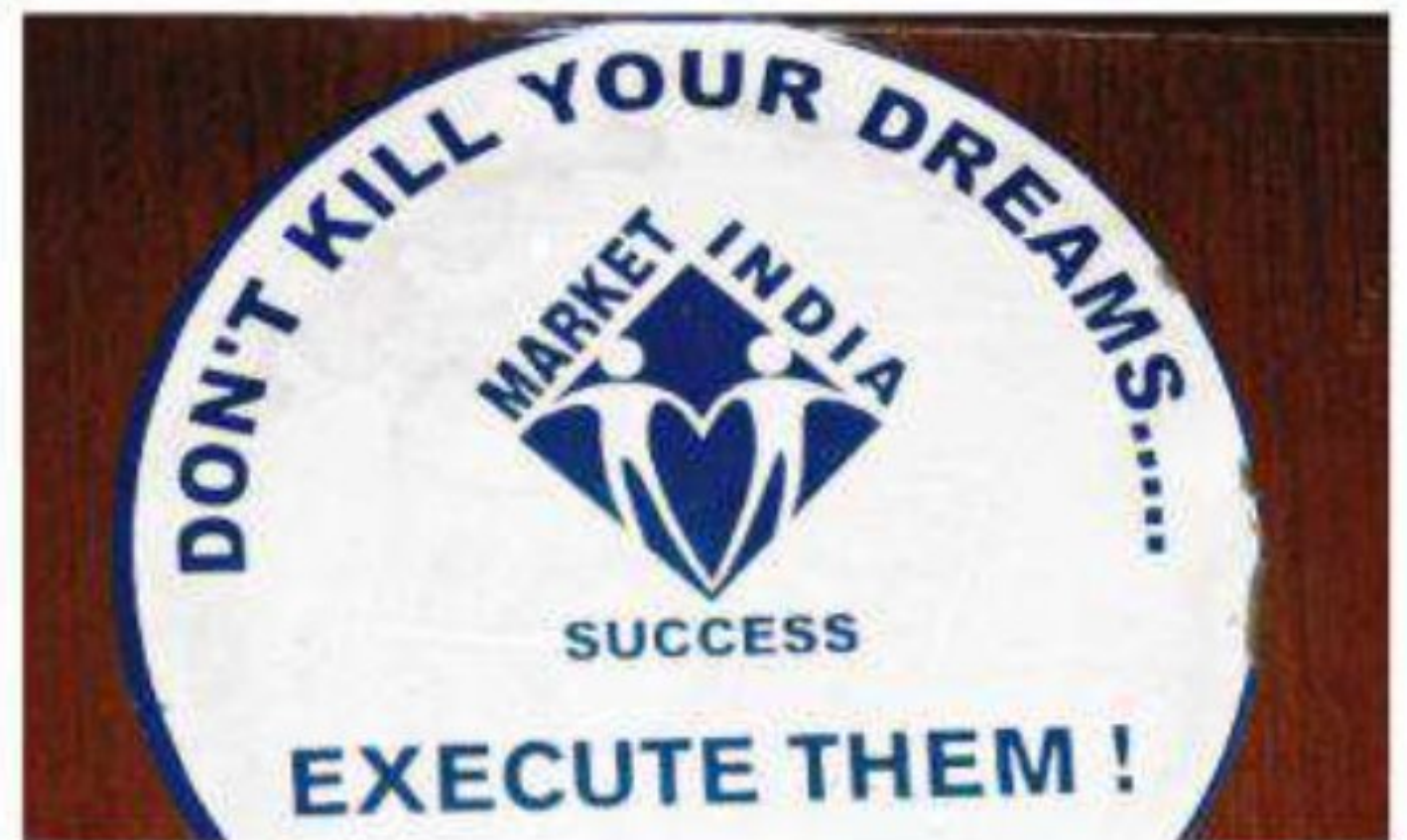
I need to surround myself with funnier people. My fake laugh is becoming my laugh.

Comic Jenny Johnson, Twitter

Your favorite new joke, funny anecdote, or crazy news story might be worth \$\$\$.
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File Under Oops ...

Sometimes careful planning is for naught. Or so it seems from the book *Fail Harder*, from failblog.org (Andrews McMeel).



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