

# How **9/11** Changed America

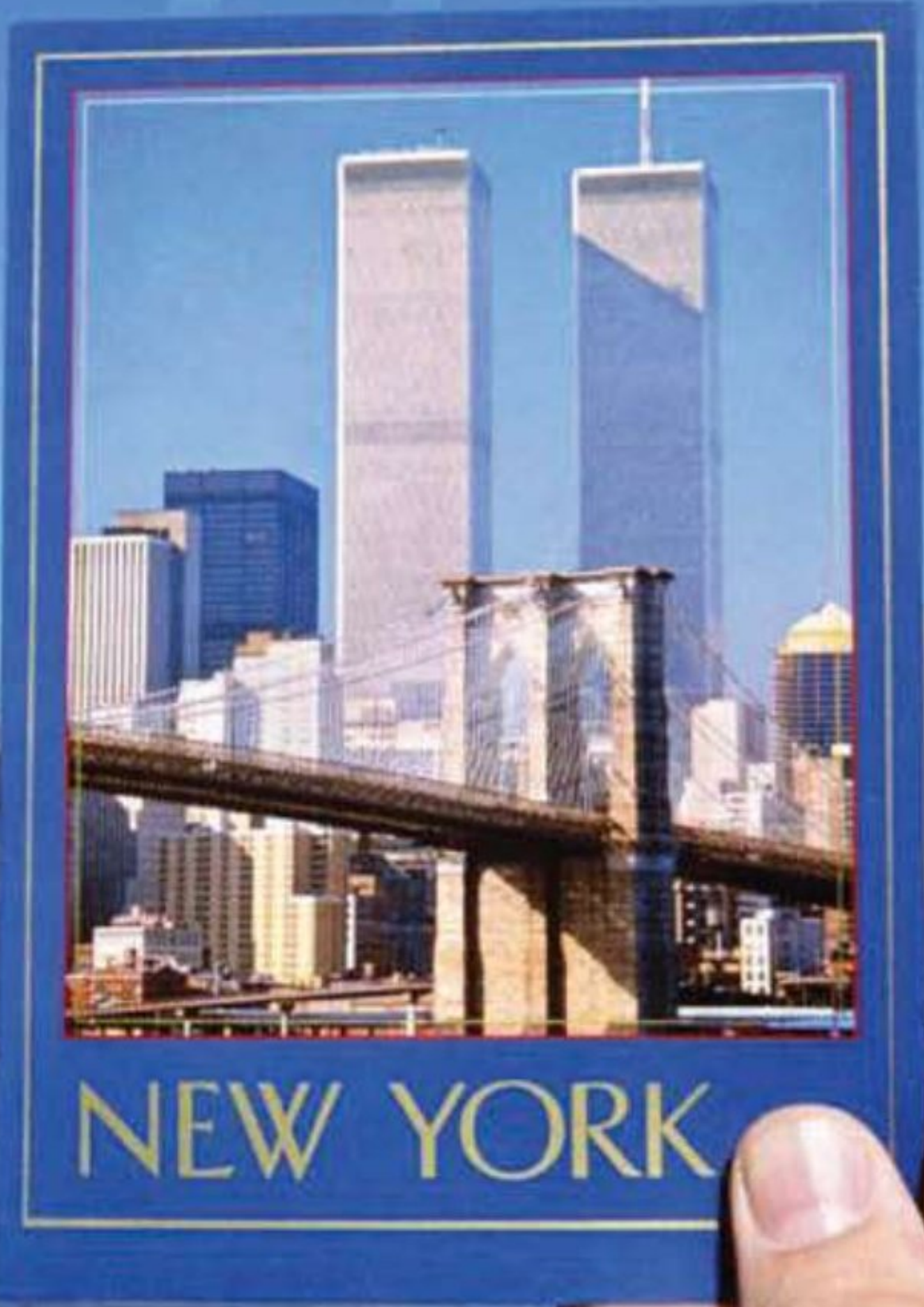
# Reader's Digest

**Is College Worth the Cost?**

PAGE 138

**Secrets of the Navy SEALs**

PAGE 170



**Top 4 Mistakes Doctors Make**

PAGE 52

September 2011  
\$3.99



**Life ...**  
**The Reader's Digest Version**  
BOOK EXCERPT PAGE 124



# Choose the Best Food for Your Best Friend

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

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



## EVALUATING THE INGREDIENT LIST

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

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

## INGREDIENTS TO LOOK FOR IN A QUALITY FOOD

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

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

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

## WHY CHOOSE BLUE™

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

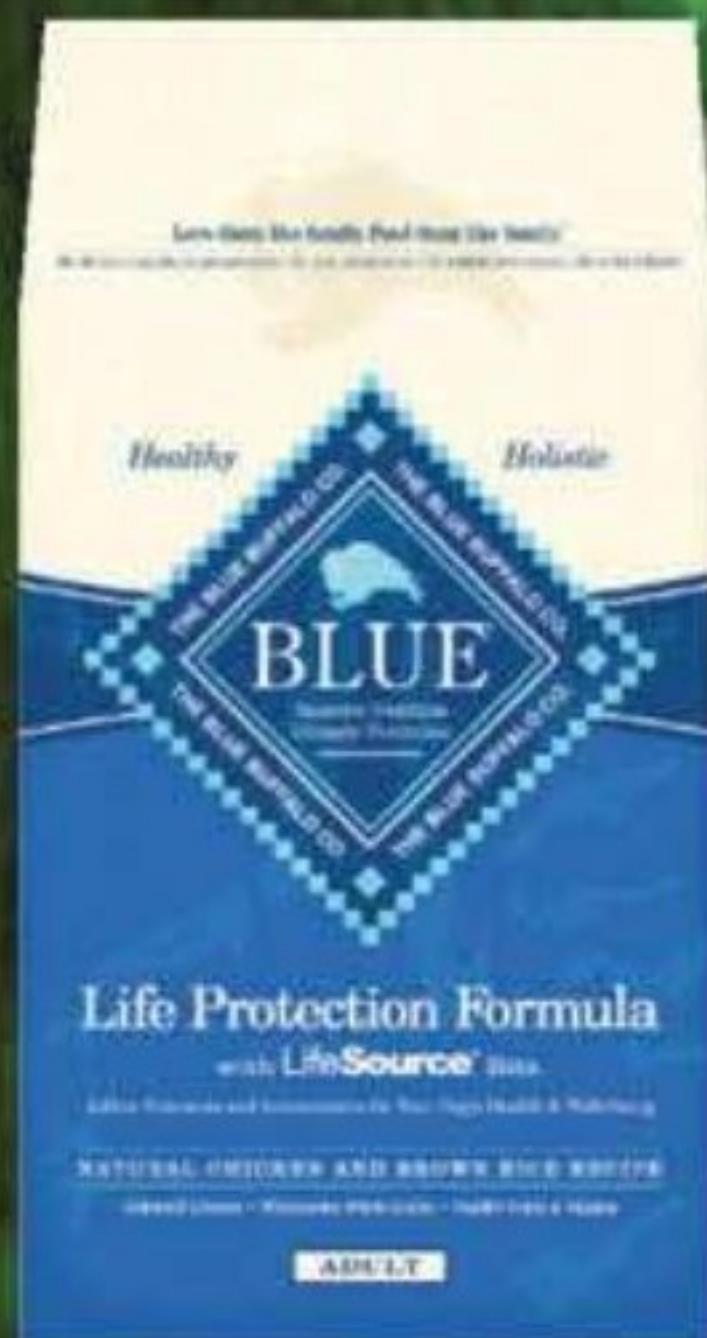
Real meat is always the first ingredient, followed by whole grains, garden veggies and fruit. Look for BLUE at leading pet specialty stores everywhere.

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for more information.**



# "I didn't want my boy eating chicken by-product meal. That's why I switched him to BLUE."

**Is your big name dog food fooling you?** You probably didn't know that many well-known dog foods contain things like chicken by-product meal and corn gluten. BLUE, on the other hand, is made with the finest ingredients. Real meat is always first, followed by whole grains, garden veggies and fruit. Plus, BLUE contains our exclusive LifeSource® Bits, a precise blend of antioxidants, vitamins and minerals. And your dog can enjoy all of this naturally healthy goodness for only pennies a day more.



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Garden Veggies & Fruit	✓	?
All Natural*	✓	?
LifeSource® Bits	✓	?
NO Corn, Wheat or Soy	✓	?
NO Chicken or Poultry By-Product Meals	✓	?

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# BALANCE YOUR DIGESTIVE HEALTH, NATURALLY.

## **BALANCE MATTERS**

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- B. bifidum to help guard against intestinal disturbances.
- L. gasseri to support nutrient absorption and lactose digestion.

## **WHEN TO USE PROBIOTICS**

Taken daily, Phillips' Colon Health Probiotics supports a healthy immune system and overall digestive health. It can also be used when traveling to help your digestive system stay in balance.\*

## **PHILLIPS' dailydigest PROGRAM**

Want to help maintain your own digestive balance? Join us on a 21-day journey to better digestive health with Phillips' Colon Health and the dailydigest program. This informative digital tool charts your digestive health progress and provides daily incentives along the way:

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- Earn valuable product rewards

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# Reader's Digest

SEPTEMBER 2011

F E A T U R E S

## 9/11 Ten Years Later

A look at how we've changed, from our disappearing privacy to an uptick in volunteerism (page 114); family members and colleagues of those lost share their stories of healing (page 106); a Marine charts his journey from Pentagon spokesman to reporter for a pan-Arab network (page 120); and a young woman writes a plaintive letter to the father who will never know how much she's grown (page 12).

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Great advice, simply put, on avoiding gaffes, getting more done, sounding smart, saying no, and curing hiccups. From a new book by the editors of *Reader's Digest*.

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Thanks to the Internet, anger, and some loyal neighbors, the author helped nab the man who robbed her. FROM SALON.COM

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If you're prepared to spend whatever it takes to send your kid to a great school, check out these findings first.

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HOWARD E. WASDIN

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

**78** The retiring sort? Check out our global poll.







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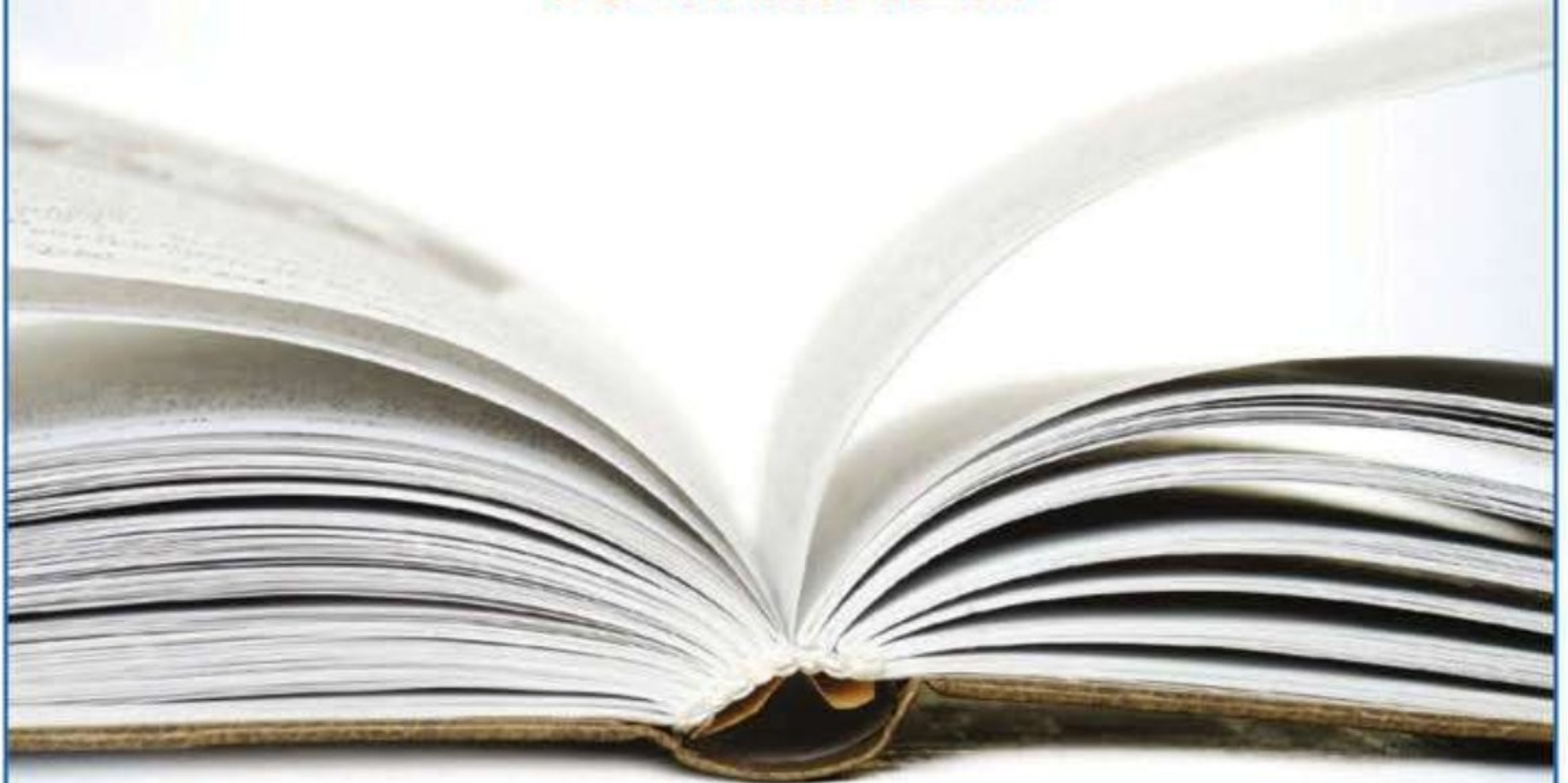
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## Different Views

The only thing I would add to “25 Things Your Eye Doctor Won’t Tell You” is, don’t be afraid to call your doctor. If you’re having a problem, we can generally determine if you need to be seen right away or if it can wait. Some problems may not look serious but are, and vice versa. And thank you for offering your magazine in large print. Patients with impaired vision love it.

*Maria J. Dunn, Salisbury, Maryland*

Discount chains may save you money on glasses and contact lenses, but will they drop everything to meet you at their office when it’s ten o’clock at night and your child has been hit in the eye at softball practice or you’re afraid you’ve torn your retina? Over the years, our eye doctor met us for both of those things. Maybe it’s better to forge a relationship with a worthy professional than to focus solely on the dollar cost of your eye care.

*Mary Greenwood, Hamburg, New York*

## Not So Dumb After All

I just about fell on the floor laughing when I read the Dumb Places to Flirt (“Dumbocracy”), which included



When you buy a new car and it’s dusty, do you just wipe off the dirt with a soft cloth? Of course not. Although it’s different from what your experts advised, we’ve been giving out the same instructions for cleaning eyeglass lenses for 40 years: Rinse lenses in water, use soap, rinse off well, and dry with a tissue.

*Bill Mercer, optician, Houston, Texas*

parent-teacher conferences, funerals, and job interviews. After years of searching in traditional places, I met my husband when he came in for a parent-teacher conference. Nine years and three children later, I think I made the right choice.

*Diana Goldner, Santa Clarita, California*

## Decoy Debate

After I read “A New Breed of Scarecrows” (Home Digest), my



## HOW HAVE YOUR CHILDREN INSPIRED YOU? ... THE READER'S DIGEST VERSION

We asked our Facebook followers to share the lessons they've learned from their kids.

>> To be the man my daughter sees in me. *D. K., Evanston, Illinois*

>> To follow my bliss—even if it may seem ridiculous at times!  
*F. Y., Springfield, Missouri*

>> To realize anew that a vivid imagination is a wonderful asset.  
*G. K., Glyfada, Greece*

>> To take time to play with rocks along the way.  
*M. S., Oklahoma City, Oklahoma*

>> To find laughter in anything.  
*K. O., Chester, New Jersey*

>> To appreciate that a small vocabulary doesn't necessarily mean small ideas. *A. S., Croton-on-Hudson, New York*

>> To motivate me to dream and publish a book.  
*C. G., Los Angeles, California*

>> To have more amazement, and less judgment, toward other moms.  
*S. F., Boulder, Colorado*

>> To never give up—no matter what. *R. U., Easton, Pennsylvania*

>> To remind me to let my heart guide the important decisions.  
*A. G., Bridgehampton, New York*

>> To love the little things in life.  
*A. L., Brooksville, Kentucky*

>> That life is too short to eat food you don't like. *M. D., Keller, Texas*

mind kept going to, What would the neighbors think? The decoys were so tacky, especially the bright green alligator, cheesy plastic coyote, and, of course, the dead goose. Even if your lawn were pest-free, wouldn't the decoys ruin the appearance of a nice yard? *Zi Yang, Northville, Michigan*

My yard was plagued by wasps every year until I got the Waspinator. It works by mimicking a huge wasp nest. Territorial wasps see it and stay away. I hung it up and have not seen a single wasp this summer. I highly recommend this one.

*Lisa Philpott, Roanoke, Virginia*

## A Mother's Love

I could very much relate to Sallie Tisdale's story ("My Daughter, Myself"). My son was diagnosed with Asperger's, and I've had similar experiences. I remain his staunchest defender and am trying hard to take care of him. Tisdale was able to say what I can't always say to people. She's a mother trying to keep hope alive. *Jennifer Dubois, Rochester, Minnesota*

While I am all for articles that offer support to other parents, I would also like an article on or by an actual autistic individual. The entire time I was reading Tisdale's story, I kept wondering how her daughter, Annie, felt about what her mother wrote. I'm sympathetic to Tisdale, but Annie's the one who carries the burden. As someone with a sister who has autism, I know how



frustrating it is to be an adult yet not quite an adult. Many of them would love to have a chance to talk about that. *Name withheld*, via Internet

## Humanity, Not Hype

Yelizaveta Renfro wrote with a poetic melancholy about her personal relationship with the subjects of her news reporting (“The Wisdom of the Oak”). It has stayed with me for weeks. I am often disturbed by the plastic smiles or feigned concern shown by today’s sensationalist news reporters. It was comforting to hear the humanity and compassion in this reporter’s words.

*Rebecca Mailand*, Puyallup, Washington

## A Few Grievances

Directors of family-owned funeral homes are *not* out to scam anyone (“13 Things the Funeral Director Won’t Tell You”). They have compassion for the people they serve. They try to help families find a way to honor a loved one and will work within a budget to help accomplish that goal. *Jonda R. Maus*, Peru, Illinois

Purchasing a casket from a third party is like buying tires from your hairdresser. Would Costco know if your 300-pound, six-foot five-inch father needs an oversize casket and if that casket will fit in the vault required by most cemeteries? Will the casket arrive on time without any dents or scratches? If you find a casket online, show your funeral professional and ask him if he has something comparable in quality for the same price. You can be assured that he probably does.

*Michelle Faleshock*, Hazleton, Pennsylvania

## Cyber Cypher

My first thought after reading “The City That Cybercrime Built” was, Why are we using—and being encouraged to use—technologies that criminals can hack? Maybe it’s time to take a closer look at how we transact business or return to simpler ways, like using only cash. I do not pay bills online because of criminals, something that was well documented in this article.

*Margie Anglen*, Paris, Missouri

## How to Reach Us

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  - React, Reader’s Digest, PO Box 6100, Harlan, Iowa 51593-1600
- Include your full name, address, e-mail, and daytime phone number. We may edit letters and use them in all print and electronic media.

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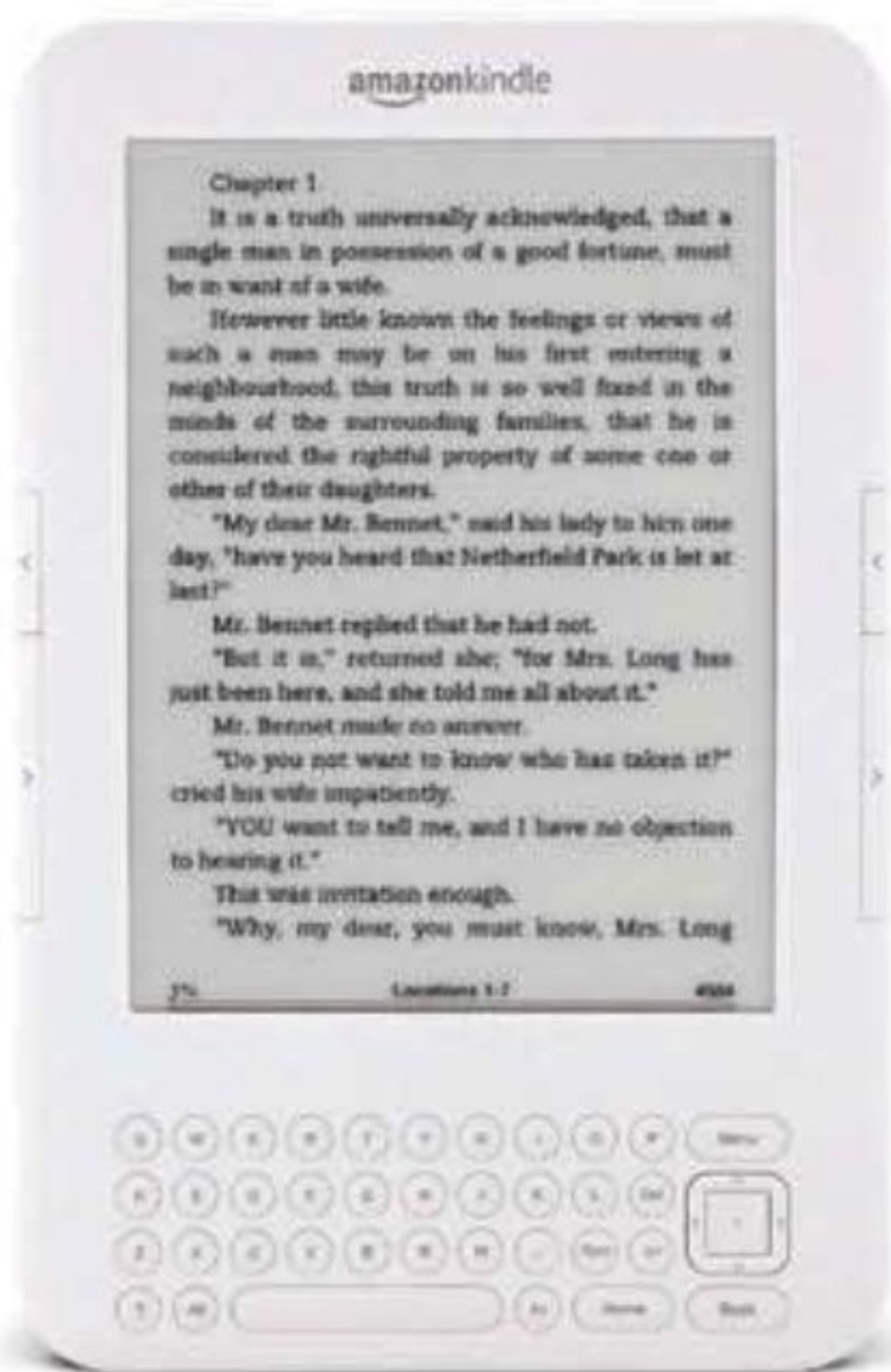
### >> Submissions

For short humor items, please see page 77. We regret that we cannot accept or acknowledge unsolicited artwork, photographs, or article-length manuscripts.

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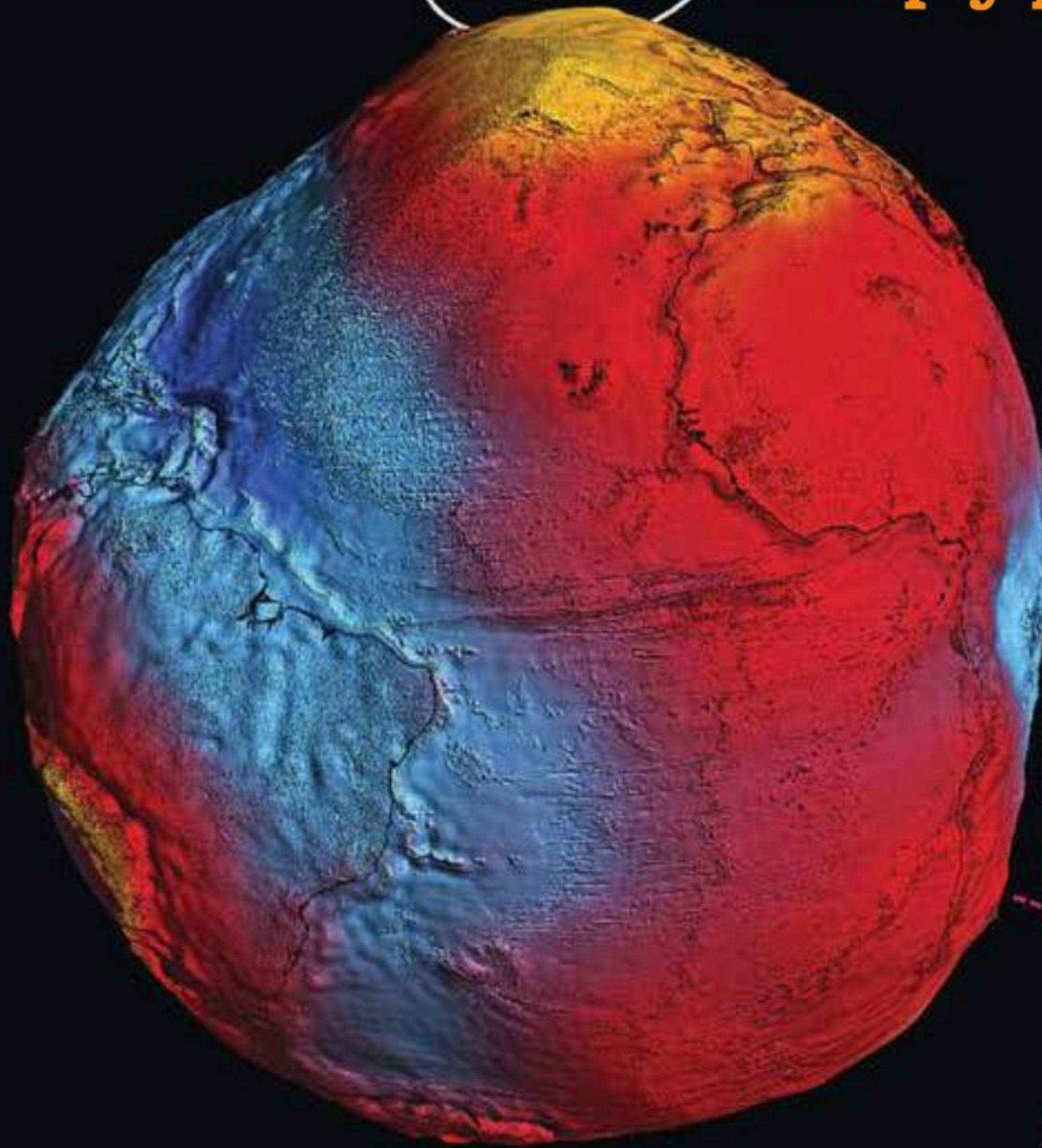
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# The Digest

Simply put



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## Rules of Attraction

An orbiting space probe launched by the European Space Agency has resulted in the most accurate and detailed map of the earth's gravity ever produced, showing that the tug beneath our feet varies from place to place. The potato-like model above, called a geoid, indicates the shape the planet would take if it were covered with water and governed by gravity alone. (The yellow represents the areas of strongest pull; the blue, the weakest.) Scientists say the data may one day help predict earthquakes, aid in climate study, and provide the basis for a universal system of topographical measurement.

COURTESY ESA/HPFF/DLR





Lauren, 18, holds a photo taken in 2000 with her father.

**IPAD EXTRA** To watch a video of Lauren Charette, download the *Reader's Digest* magazine app from the iTunes Store.



EXCERPT

# Remember Me

**T**o commemorate the upcoming tenth anniversary of 9/11, Penguin Books has collected *The Legacy Letters*, 100 original notes to victims from their family and friends. “I’m inspired by how so many turned such a devastating loss into hope,” writes the book’s editor, Brian Curtis. “They are my heroes.” Below, a letter from Lauren Charette to her father, Mark Lawrence Charette, then 38, who was on the 100th floor of the World Trade Center’s North Tower when the plane hit.

**Dad,**

**Could you answer some of the questions I’ll never get to ask?**

I’m graduating in June. Will you clap for me?

I’m looking at colleges—which one should I pick?

I passed my black belt test like I promised. Were you watching? Did you see me spar at nationals?

I passed my driver’s test—isn’t that scary?

Do you remember what I wanted to be when I was little?

Have you seen my drawings? Haven’t they come a long way from my stick figures?

Do you think I’ve made good friends?

I’m playing volleyball and I play setter. That’s what you played, right?

I finally found the waterfall we used to hike to—remember that?

Would you go hiking with me?

I still can’t spell—would you quiz me?

I’ve read almost all the books you have. Did you like them as much as I did?

I stopped going to church. Does it matter?

When you get this, will you write back?

I saw *Quest for Camelot* again. Isn’t it the greatest movie ever?

Do you remember the beach? Could you teach me how to build sand castles?

Do you miss me as much as I miss you?

Will you be at my wedding?

Do you miss going out to breakfast?

Hey Dad, why’s the sky blue?

I’ve forgotten. What’s your favorite color?

Most of all I wanted to ask, am I still your little girl?

**Forever,  
Lauren**



MODERN LIFE

## Don't Call Me

The death (finally) of interruptions

BY PAMELA PAUL

● FROM *The New York Times*

Nobody calls me anymore—and that’s just fine. With the exception of immediate family members, who mostly phone to discuss medical symptoms and arrange child care, and the fund-raising team from a local theater company, which takes a diabolical delight in phoning me every few weeks at precisely the moment I am tucking in my children, people just don’t call. It’s at the point where when the phone does ring—and it’s not my mom, dad, husband, or babysitter—my first thought is, What’s happened? What’s wrong? My second thought is, Isn’t it weird to just call like that? Out of the blue? With no e-mailed warning?

I don’t think it’s just me. Sure, teenagers gave up the phone call aeons ago. But I’m a long way from my teenage years, back when the key rite of passage was



getting a phone in your bedroom or (cue Molly Ringwald gasp) a line of your own. In the past five years, full-fledged adults have seemingly given up the telephone—landline, mobile, voice mail, and all.

According to Nielsen Media, we’re spending less and less on cell phone calling plans and more on texting.

“I literally never use the phone,” Jonathan Adler, the interior designer, told me. (Alas, by phone, but it had to be.) “Sometimes I call my mother on the way to work because she’ll be happy to chitty chat. But I just can’t think of anyone else who’d want to talk to me.” Then again, he doesn’t want to be called either. “I’ve learned not to press Ignore on my cell phone, because then people know that you’re there,” Mr. Adler said. “I remember when I was growing up, the rule was, Don’t call anyone after 10 p.m. Now the rule is, Don’t call anyone. Ever.”

Phone calls are rude. Intrusive. Awkward. “Thank you for noticing something that millions of people have failed to notice since the invention of the telephone until just now,” Judith Martin, aka Miss Manners, said. “I’ve been hammering away at this for decades. The telephone has a very rude propensity to interrupt people.”

### CAN YOU HEAR ME NOW?

**27**

percent of adults have no landline phone.

**23**

percent say they’re likely to give up their landline soon.

**40**

percent of teens would like to stay in touch with their grandparents by text.

**40**

percent of smart-phone owners say they’d pay to have voice mails transcribed into e-mails.

Sources: Pew Research Center, TextPlus, Yap





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NO CORN



NO WHEAT



NO SOY

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







**IN BRIEF**

## Notes on Friendship

Shorter than tweets and small enough to swallow whole, these six-word memoirs say it all ● FROM CONTRIBUTORS TO **smithmag.net**

- ▶ Vacationed alone. Left with five friends.
- ▶ Are we really “just friends”? Crap.
- ▶ Blessed to have friends who listen.
- ▶ Should have listened to my friends.
- ▶ All of my friendships were seasonal.
- ▶ Needed reinforcements. Signaled for super friends.
- ▶ Still married. Still friends. Twenty years.
- ▶ Counted 16 friends today. Not worthy.
- ▶ Sibling rivalry ended. Now we’re friends.
- ▶ Deserve my friends and my enemies.
- ▶ I gave up friends for love.
- ▶ Weathered by pain. Sheltered by friends.
- ▶ New friends ... new lease on life.
- ▶ Let’s be friends. Famous last words.
- ▶ Blame taken. Friendship fixed. Coffee together.
- ▶ Real friends buy matching plaid shirts.
- ▶ Knew we’d be friends one day.
- ▶ Best friends. Nothing more, nothing less.
- ▶ Grateful for proximity to friends, donuts.

**NOTABLE QUOTE**

“If you are looking for the love of your life, stop. He will be waiting for you when you start doing things you love.”

DAVE RADPARVAR, FROM [HOLSTEE.COM/MANIFESTO](http://HOLSTEE.COM/MANIFESTO)

**SITES TO SEE**

## Life Stories

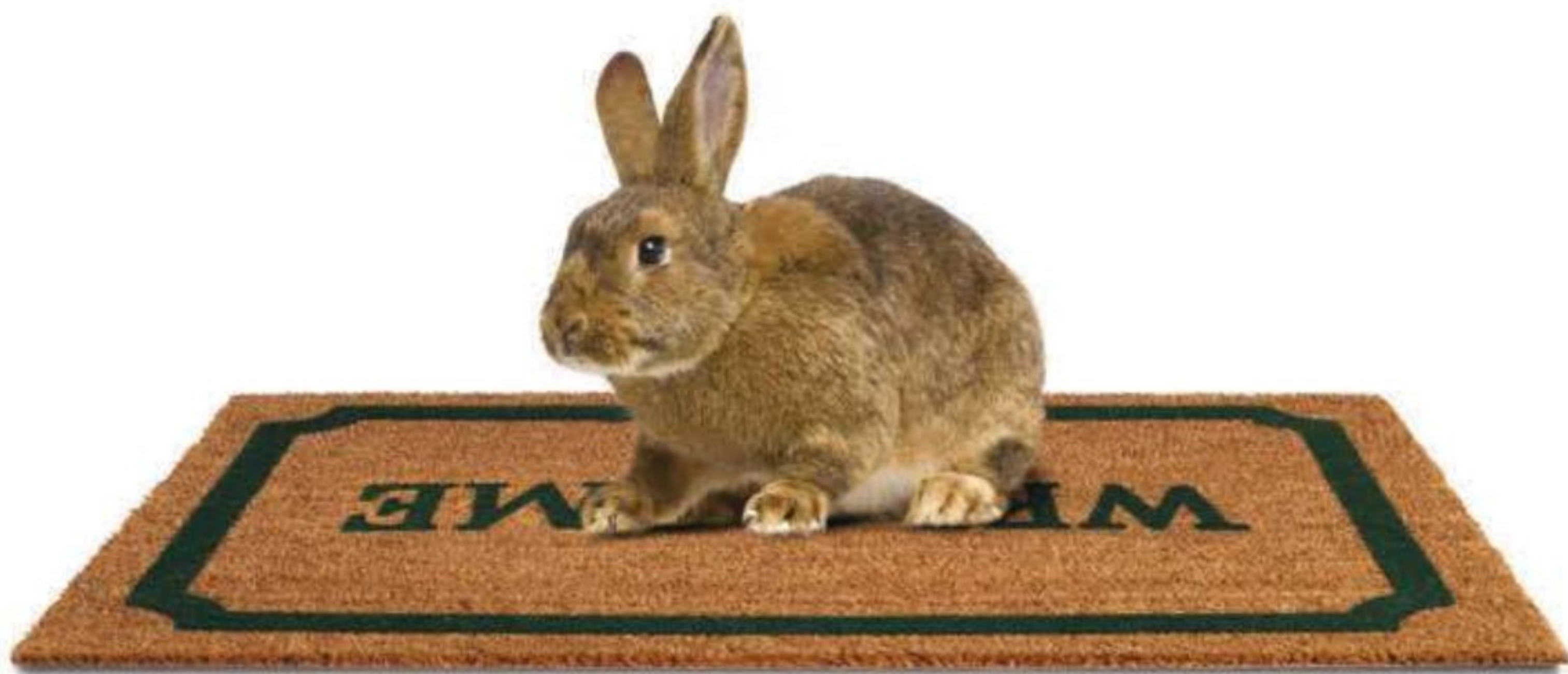
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INTERVIEW

# The Ties That Bind

A new book explains why brothers and sisters matter

We know how important our parents and our spouses are. As for our kids, we'd die for them. But there's one bond we underrate, says Jeffrey Kluger, author of *The Sibling Effect* (Riverhead Books). "From the time we're born, our brothers and sisters are our collaborators and coconspirators, our role models and our cautionary tales," writes Kluger, a *Time* senior editor, and one of four brothers. We asked:

**Why do we take our siblings for granted?**

They are seen as early-life companions whom we lose interest in over time, but we actually imprint very early on the people closest to us. Of course, that involves your parents, but siblings are there all the time too. Even the most attentive par-

ents are more like doctors on grand rounds. They say "Put his toy down" and "He's not going to hit you again" and "Dinner's on the table in 15 minutes." But to the kids, there's a power struggle going on; there's possession of property; there's physical aggression. The people with whom you engage in those psychodramas become vitally important to your development.

**What about parental favoritism—how does that play out in adulthood?** It can actually benefit the nonfavored child, who becomes better at understanding that kudos have to be earned. On the other hand, the favored child quickly develops self-esteem and confidence, while the



**A boy's life:** the writer, second from left, with his brothers.

less-favored has to struggle. Most people grow past it, but when parents are aging, it creates problems. If you were the favored oldest son, and your little sister who always felt second-tier becomes the caregiver, she has every right to be exasperated.

**How does the sibling bond change later in life?** There's a sort of sibling moratorium when you're establishing

yourself as an adult. So much of your energy has to be focused on other things like work and kids. But when people become more settled, siblings tend to regroup because now you're building a new extended family. Some of the most rewarding times my brothers and I have are when all of us get together, and we can see what we've been building genetically and culturally. You can get through life fine without them, but to have siblings and not exploit that resource is folly of the first order.

*Dawn Raffel*

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Take an omelet to work instead of dining at the deli.

## Lunch Outside the Box

Smart strategies for packing the perfect workday meal

BY TAMAR ADLER ● FROM *Fine Cooking*

**L**unch doesn't have to be a dull routine of boring sandwiches, reheated leftovers, premade salads, and mediocre, pricey takeout. Instead, it should be a bright spot in the middle of your workday, a meal you look forward to, even if you're eating it at your desk. Forget sandwiches, and think strategies. Here are my

secrets to making the meal new, different, and delicious every day of the week.

### THE MENU

**Some assembly required.** Think of lunch as several tasty ingredients that you can assemble at your desk. I pack a variety of things I like, and then at lunchtime arrange them on a plate, almost like a composed salad.

### Ditch the deli meat.

Go beyond sliced turkey and ham; there are so many other ways to think about the protein on your plate. Roasted meats and fish, yogurt, cheese, toasted nuts, and eggs are just as portable and twice as exciting.

### Make over leftovers.

Get creative with last night's dinner, whether it's tossing cooked >>



vegetables with a mustardy vinaigrette or serving cooked rice in a new way. Plan on a few leftovers, and you've got lunch insurance.

**Unplug lunch.** Foods that are good at room temperature won't taste leftover-y or refrigerator-y when you sit down to eat. Avoiding the microwave keeps lunch feeling more dignified.

### PACK AND EAT

What you pack your lunch in, and what you eat it on, will make a big difference.

**Choose green.** Reusable plastic containers, small Mason jars, and segmented lunch boxes (like stacking metal carriers) are less wasteful than plastic bags and make food

## Pack foods that are good at room temperature so they won't taste leftover-y or refrigerator-y.

look as exciting as it tastes.

**Stock up.** Keep a cutting board and serrated knife at work, with extra-virgin olive oil, salt, and a pepper

grinder. This way, you can cut up fruits and vegetables just before you eat them and dress your lunch to your taste.

**Get real.** Keep a ceramic plate or shallow bowl,

silverware, a water glass, and a mug at work. Eating lunch on a real plate with real utensils will change how you feel about bringing your lunch from home.

### TIME-SAVER

**Late for Work?** Buy these in bulk, then pack a selection for a low-calorie, no-cook meal in minutes

- **Popcorn:** Orville Redenbacher's SmartPop! Butter Mini Bags, 100 calories per bag, 70 cents
- **Hummus:** Tribe All Natural Hummus Snackers, 50 calories per container, \$3.50 for four 2 oz. containers
- **Nuts:** Blue Diamond Almond 100 Calorie Grab & Go Bags, 57 cents
- **Dried fruit:** Bare Fruit Granny Smith Apple Chips 2.6 oz. bags, 29 calories per bag, \$3.19 per bag; Sun-Maid

- Raisins Six-in-a-Pack Individual 1.2 oz. boxes, 90 calories per box, \$2.19 per pack
- **Greek yogurt:** Fage Total 0% Plain Greek Yogurt, 100 calories per cup, \$1.99 per cup
- **Cheese:** Cabot Serious Snacking Sharp Cheddar Cheese, 50 calories per wedge, \$3.99 per bag; the Laughing Cow Light Garlic & Herb Wedges, 35 calories per serving, 31 cents
- **Crackers:** Wheat Thins Multigrain Minis, 100 calories per bag, 50 cents







#### THE GEAR

## Not Your Average Lunch Box

Forget the brown paper bag and choose a catch-all, do-it-all container. Plus: the little extras that make it all easy.

### THE LUNCH BOXES

- **Black + Blum Lunch Pot** This is “the grown-up answer to the lunch box,” according to *Fast Company*. It’s modeled on the Japanese bento box. This version has two containers that stack easily and stay together via a sturdy strap. It even comes with a spork. \$22, [black-blum.com](http://black-blum.com)

- **Koko Kate Nylon Lunch Bag** What lunch box? This stylish drawstring tote looks more like a purse, notes the *Wall Street Journal*. It comes with a plastic fork and spoon and a water-bottle holder. \$20.48, [amazon.com](http://amazon.com)

- **PlanetBox Basic** [Thekitchn.com](http://Thekitchn.com) raved about the stainless steel design and the five compartments that help keep your lunch items separate and organized—no plastic containers needed. \$34.95 and up, [planetbox.com](http://planetbox.com)

- **Built Gourmet Getaway Lunch Tote** [Slate.com](http://Slate.com) test-drove several lunch containers and chose this as its top pick because it’s “flexible, accommodating, generous, and comfortable.” The fabric stretches, insulates, and is machine washable. \$23 to \$25, [builtny.com](http://builtny.com)

### THE ACCESSORIES

Handy items for storing, carrying, and prepping your homemade lunch.

- **Fresh Snack Pack** These reusable plastic pouches are perfect for storing snackables like sliced melon, mixed berries, and cheese and crackers. \$4.50 to \$5.50, [freshsnackpack.com](http://freshsnackpack.com)

- **GladWare To Go Cups** Salads stay crisp until you’re ready to dress them, using the detachable cup that snaps into the lid. \$2.19 for a pack of four, [glad.com](http://glad.com) >>



## Italian Pork Kabobs with Summer Vegetables

### INGREDIENTS

- 1 1/2 lbs. boneless pork loin roast, trimmed, cut into 1-inch cubes
- 2 tbsp. red wine vinegar
- 1 1/2 tsp. kosher salt
- 1/2 tsp. hot red pepper flakes, to taste
- 1 tbsp. extra-virgin olive oil
- 1 tbsp. chopped fresh basil or 1 tsp. dried basil
- 1 tbsp. chopped fresh oregano or 1 tsp. dried oregano
- 2 garlic cloves, chopped
- 2 small zucchini, trimmed and cut crosswise into rounds
- 2 large bell peppers, seeded and cut into 1-inch squares

### DIRECTIONS

Prepare outdoor grill for direct medium-hot grilling. Gas: preheat grill on high. Adjust temperature to 400°F. Charcoal: build fire and burn until coals are covered with white ash. Spread coals and burn for 15-20 minutes.

Whisk vinegar, 1 tsp. salt and hot red pepper in large bowl. Whisk in oil. Add basil, oregano and garlic. Add pork loin and toss to coat. Spread zucchini and bell peppers on top of pork, season with remaining 1/2 tsp. salt; let stand 5 minutes. Stir to coat with marinade. Do not marinate longer than 15 minutes. Skewer pork, zucchini and bell peppers, alternating ingredients, onto 6 metal kabob skewers.

Lightly oil cooking grate. Place kabobs on grill and cover grill. Cook, turning occasionally, for about 10-12 minutes or until pork is browned. Let stand for 3 minutes; serve.

Serves 6



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- **LunchBots Pico** Trade in your traditional Tupperware for these sleek stainless steel containers. \$14.99, [lunchbots.com](http://lunchbots.com)
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- **Steam & Dine Collapsible Steamer Set** Steam fresh broccoli, green beans, or squash the right way with this collapsible container in your office's microwave. \$9.99, [shopaladdin-pmi.com](http://shopaladdin-pmi.com)
- **Paring Knife with Blade Cover** Quarter an apple, section a grapefruit, or slice a peach with your own cutlery. \$8.99, [oxo.com](http://oxo.com)
- **Square Melamine Dinner Plate** Eating at work will seem more like eating at the café around the corner. \$1.99, Target (in-store only)
- **Perfect Sandwich Container** Stamp out sogginess. Store bread in one compartment and the rest of your fixings in another for a freshly assembled sandwich. \$19.99, [containthis.com](http://containthis.com)

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## RECIPE

# Charred Ginger Chile Corn

BY LYNNE ROSSETTO KASPER & SALLY SWIFT

● FROM *The Splendid Table's How to Eat Weekends*

The hosts of the national radio program *The Splendid Table* spice up a seasonal favorite with a fairly simple recipe. “The hardest thing about this dish,” they say, “is learning not to stir or fiddle with it while it’s incinerating.”



Makes 2 to 4 servings

- 3 tbs. canola oil
- 3 cups fresh corn kernels cut from the cob (4 to 5 ears)
- 2½ tbs. minced fresh ginger
- 1 medium jalapeño chile, seeded and minced (about 2 tbs.)
- 4 large garlic cloves, minced
- Salt and freshly ground black pepper

1. Heat skillet over high heat until smoking.
2. Add oil and heat briefly. Toss in corn, spreading it out evenly; do not crowd corn. Let sit for at least 1 minute to allow it to severely char and pop.
3. Stir in ginger and chile, again allowing corn to char with very little stirring, about 1 minute. The corn is done when a fourth to a third of kernels are flecked with brown (depending on your taste). Stir in garlic and remove from heat.
4. Add salt and pepper to taste and serve immediately.

THE SPLENDID TABLE'S HOW TO EAT WEEKENDS BY LYNNE ROSSETTO KASPER AND SALLY SWIFT, COPYRIGHT © 2011 BY MINNESOTA PUBLIC RADIO, IS PUBLISHED AT \$35 BY CLARKSON POTTER/PUBLISHERS, 1745 BROADWAY, NEW YORK, NEW YORK 10019.

## WORD OF THE MONTH

# “Foodiot”

An overzealous eater who is fixated on logging meticulous accounts of each meal via blog posts, Facebook updates, tweets, and photos. Source: yumsugar.com via observer.com





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## 13 Things Your Arborist Won't Tell You

BY MICHELLE CROUCH

**1)** Routinely pruning your trees every three to five years is not necessary, but it is a good idea to prune a tree with dead wood—especially when the dead branches are more than two inches in diameter.

**2)** If you see mushrooms or other fungi growing on your tree, or if a big limb breaks off during a storm, have me out for a tree inspection before it's too late. Those can both be signs of a bigger problem.

**3)** When you get the estimate for the work and you think we're gouging you, remember

**IPAD EXTRA** To watch our arborist video, download the *Reader's Digest* magazine app from the iTunes Store.





this: A three-man crew probably has more than \$200,000 in equipment on your property, each guy is probably making less than \$20 an hour, and we pay 33 percent in worker compensation, one of the highest rates of any industry. We probably aren't making a big profit.

**4)** If you get a high price in May to take a tree down and the job isn't time-sensitive, ask, "What would the winter price be?" That's a ghost time for us, especially between Thanksgiving and Christmas, so we're more likely to cut you a break.

**5)** Ask your "tree expert" if he or she is certified. Ideally, you want someone who's a member of the American Society of Consulting Arborists, the International Society of Arboriculture, the Tree Care Industry Association, or your local/state arborists' association.

**6)** Trees advertised as fast-growing typically are weak-wooded and decay-prone, and they often have limbs that

break off easily in wind and ice.

**7)** If someone offers to "top" your tree to make it safer, kick him off your property. Topping was accepted 45 years ago, but science has since shown that's the worst thing you can

## **Be wary of people who knock on your door and say they want to trim your tree.**

do to a tree. Another bad sign: someone who wants to sell you fertilizer without testing your soil first.

**8)** Never hire an arborist who uses any kind of climbing spikes, unless he's taking the tree down. Every time he takes a step, he's making another wound in the tree and creating a decay pocket.

**9)** Always get a second opinion if someone tells you a healthy-looking tree needs to come down, especially if he wants to charge several thousand dollars.

**10)** Be wary of people who knock on your door and say they want to trim your tree. Good

arborists don't need to canvas neighborhoods looking for customers.

**11)** Here's one thing we hate: when we make a tree really beautiful and you comment on what a good job we did cleaning up. That's like telling the barber how

well he cleaned the hair up off the floor.

**12)** If you pile mulch up against the trunk of the tree (we call that a mulch volcano), the moisture can't escape, and the trunk and root can rot more easily. Make sure there's a mulch-free doughnut shape around the base.

**13)** I once hung a swing for a client from a branch 35 feet off the ground. And I've rescued a few cats too.

Sources: Jud Scott, a consulting arborist in Carmel, Indiana; Dennis Panu, a consulting arborist in Thompson, Connecticut; Ed Milhous, a consulting arborist in Haymarket, Virginia; and Aaron Dickinson, a master arborist in Glastonbury, Connecticut.

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





The American Pickers with a rescued piece of Americana.

## THE LIST

# The Gold Mine in Your Garage

Mike Wolfe and Frank Fritz, the American Pickers on the History Channel, travel from barn to outbuilding across the United States looking for secondhand treasures to buy and resell. In their new book, *American Pickers Guide to Picking* (Hyperion, \$24.99), the two offer a list of money-fetching brands to look for. Are any of these in your attic or garage? If so, find an appraiser at the American Society of Appraisers ([appraisers.org](http://appraisers.org)).

● **Bikes:** Columbia, Elgin, Gormully & Jeffery, Orient, Star, Victor/Victoria, Schwinn

● **Toys:** Dinky, Gottschalk, Gunthermann, Keystone, Marklin, Schuco, Steiff, Wilkins

● **Cars:** Cadillac Roadster, Chevelle, Ford Fairlane and Galaxie, Nash, Plymouth, Rolls-Royce, Studebaker

● **Motorcycles:** BSA, Excelsior, Flying Merkel, Harley-Davidson, Honda, Indian, Kawasaki

● **Signs and Mascots:** the blue greyhound from Citizens 77, the Exxon tiger, Pegasus from Mobilgas, the red American Indian from Pontiac, the yellow shell from Shell, the dinosaur from Sinclair, the red star from Texaco





# Have a Better Garage Sale

Who doesn't want to get rid of clutter and make some money at the same time? A fall garage sale (aka estate sale, tag sale, or yard sale, depending on where you live and how great your stuff is) could be just the thing to do both. Here are ten tips you may not know—from J. D. Roth (who writes for *Time's* Moneyland blog), yardsalequeen.com, and blog.movebuilder.com:

## SELL WELL ...

- A group sale will draw more lookers than a one-family sale.
- “Are you selling things to make money or to get rid of them?” asks Roth. Price items accordingly.
- Go to yardsalequeen.com for ideas about lettering, sign placement, and free ways to advertise your sale. (The site suggests using a brown paper bag, filling it with rocks, and taping it shut. But use big, fat, thick lettering—definitely no wispy ballpoint pen.)
- Non-holiday weekends after local paydays are the best time to schedule a sale.
- Put the nice stuff closer to the road. Place tools and gadgets out front, too, to draw men who might otherwise try to overrule their wives about stopping at your sale.

- In general, ask for 25 to 33 percent of the item's original cost. Be less flexible about price at the beginning of the sale and more flexible at the end.

## ... BUT DON'T LOSE YOUR SHIRT

- Don't let strangers into your house to try on clothes or use the restroom.
- Wear a fanny pack. Keep all the money in it, along with a cell phone just in case.
- You tote up the prices on what they're buying. No helpful calculations from customers, thanks just the same.
- Beware of people who switch tags. Beware of people who tell you they gave you a \$20 bill when they gave you a \$10. Beware of people who take things out of boxes, put them under their clothes, and leave the empty boxes behind.

**YARD SALE**




## NOTABLE QUOTE


“Bad lampshades. Accessories cannot be the stepchild of decorating.”

CHARLOTTE MOSS, INTERIOR DESIGNER, ON THE BIGGEST DECORATING MISTAKE, IN THE *WASHINGTON POST*









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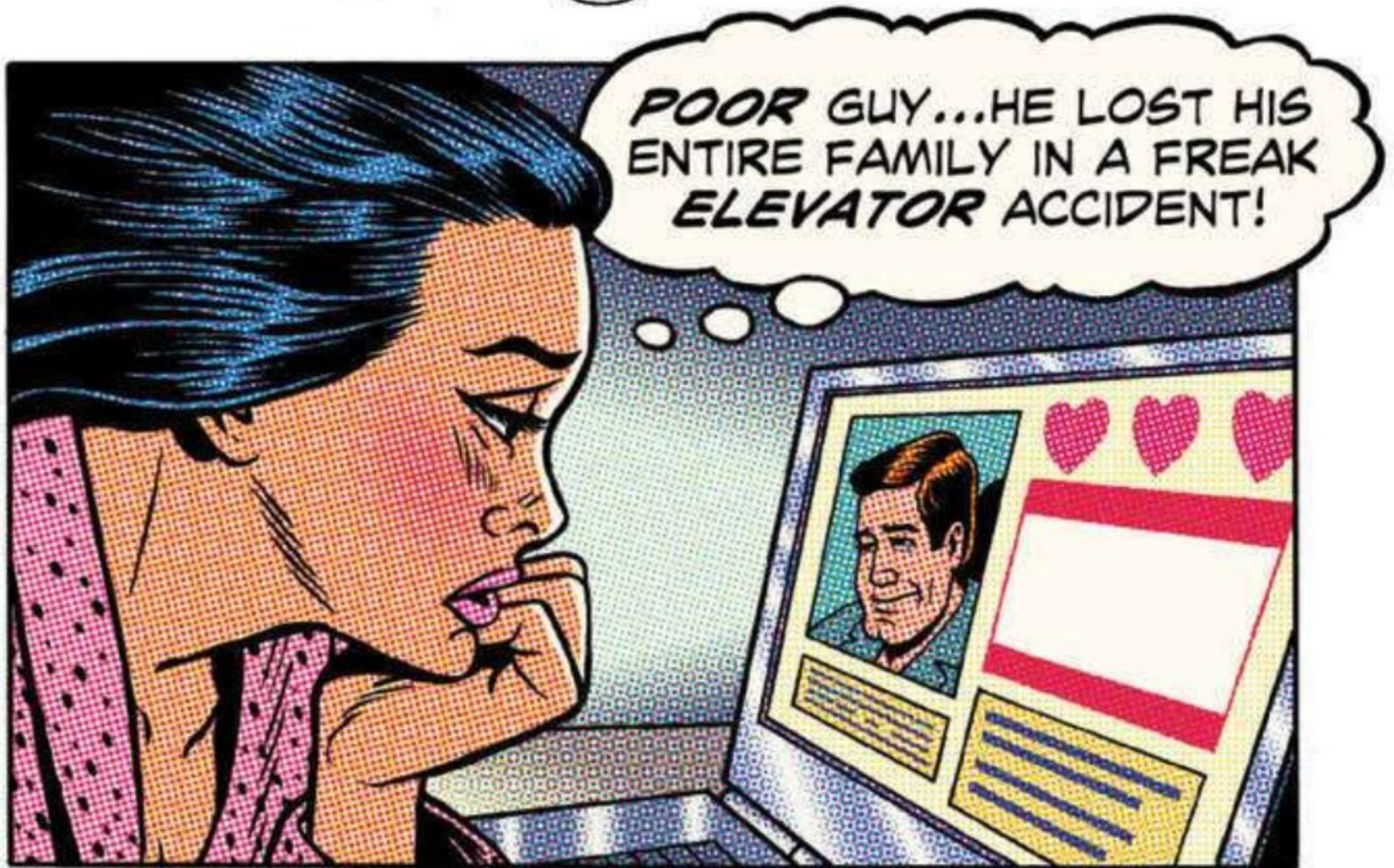
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## How to Avoid Online Dating Scams

**W**ith over 1,500 sites devoted to dating, the Internet is ripe for romance—and rip-offs. How do you avoid opening your heart—and your wallet—to a prince (or princess) too charming to be true? Start by taking these precautions.

- **Don't pursue a long-distance relationship with a stranger online.**

"Staying local drastically reduces your odds of being scammed, since most scammers target victims outside their areas to avoid being caught or prosecuted," notes Canadian journalist Risha Gotlieb.

- **Never reveal personal data to someone** until you meet face-to-face and develop a level of trust. While it's

tempting to share every detail of your life with a person you think you could be in love with, that's exactly what the scammer is counting on.

- **Pay attention to language.** Many of those who commit these crimes are from West Africa and the former Soviet republics. If their command of English is fuzzy, that's



a “big red flag,” writes Elizabeth Bernstein in the *Wall Street Journal*.

- **Use search engines to check out suitors.**

When Bernstein met someone online who seemed too good to be true, she cut and pasted one of his e-mails into Google. Lo and behold, the exact words popped up on several websites devoted to romance scams.

- **Upload a potential paramour’s photo on tineye.com.** According to Bernstein, this will allow you to see where on the Internet the photo has appeared.

Many con artists use a photo they’ve swiped from a Facebook page.

- **Stick to paid online dating sites.** If members shell out money to register, that means credit cards are on file, Bernstein points out. But don’t assume these sites are free of predators. They just may have fewer of them.

- **Be suspicious** if someone wants to immediately start communicating through IM

and e-mail. They may want access to your computer in order to steal information.

- **Ditto someone who claims to be a soldier.** There are an

## **A common ploy: Your suitor is at the airport on his way to visit you, but his card has been declined.**

increasing number of scams in which con artists take photos of soldiers from social networking sites and then pretend to be trustworthy members of the military. They’ll ask potential dates for money to buy special papers they claim are needed to come home or talk to family. But Christopher Grey of the Army’s Criminal Investigation Command told the Associated Press, “There is no such thing.”

- **Don’t open attachments from a stranger.** If someone sends you a photo in an attachment and you open it, you may have unwittingly allowed a virus to infect your computer.

- **Don’t fall for a sob story.** Jody Buell, a peer counselor with [romancescams.org](http://romancescams.org), says that many scammers claim to have lost a spouse, child, or par-

ent in an accident or say they have a relative who is very ill. Another common ploy, says the FBI’s Tim Gallagher in the *Wall Street Journal*: Your suitor is at the airport on his way to visit you, but his credit card has been declined.

- **Dial up your date ASAP.** According to Bernstein, someone who sounds plausible online may be an obvious fraud on the phone.

- **Check sites** such as [pigbusters.net](http://pigbusters.net) and [romancescams.org](http://romancescams.org). If he has conned others, he may show up there.

- **Report any suspicious behavior** or fraud to the Federal Trade Commission, says Grey.

- **Never, ever wire money to a stranger.**



## RECAP

# 5 Common Mistakes People Make with Their Money

Even the savviest savers sometimes overlook ways to keep and protect more of what they earn each year. Here are a few common errors from *money.cnn.com* and *Money* magazine that you can steer clear of so you're not one of the clueless.

## 1 FAILING TO CHECK CREDIT

Everyone is entitled to one free credit report a year from each of the three major bureaus, yet John Ulzheimer of *smartcredit.com* tells *Money* that only 4 percent of those reports are claimed. Discovering errors could prevent you from paying too much for a loan or being denied a credit card or even a job. To get them, go to [annualcreditreport.com](http://annualcreditreport.com).

## 2 MISSING COLLEGE AID

According to Mark Kantrowitz, publisher of *finaid.org*, a lot of people don't realize that if they applied for financial aid and were denied it for their first child, they can reapply and perhaps qualify once their second is ready for college. (One good way to figure out what colleges think you can afford is to visit [finaid.org](http://finaid.org)/calculators.) Missing the boat for aid and scholarships is another common mistake—different schools have different deadlines. To make sure you leave nothing on the table, reapply for aid annually and start researching scholarships in the fall before your child enters college.

## 3 AVOIDING A TRUST

If you assume that trusts are only for the wealthy, you

assume wrong. Even if you don't have millions to bequeath, you can benefit from a revocable living trust, which will save your heirs time and money by keeping your assets out of probate. Once your lawyer sets up a trust, don't forget to transfer title of assets into it, says Justin Fulton, a financial advisor with Signature in Norfolk, Virginia.

## 4 SKIPPING TAX IMPLICATIONS

Investment gains are great, but they'll be reduced by the amount of your tax bracket, so they should be managed carefully, says Frank Armstrong, CEO and founder of advisory firm Investor Solutions. You can also offset capital gains by reviewing your portfolio in the fall and dumping any losers before year's end. By selling them for less than you paid, you can then deduct the loss from your capital gains to lower your taxable earnings.

## 5 INVESTING WITH INSURANCE

Beware of buying cash-value life insurance policies for retirement funding. While the tax-deferred saving feature might be tempting, the steep fees can eat away at so much of your returns that it may make more sense to invest the money on your own, says insurance consultant Glenn Daily.





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**MONEY SAVER**

## An Insider's Guide to Staples

Pay less and get more at the office superstore

Copy paper, toner, giant tubs of Folger's coffee—"Yeah, we got that," Staples promises. But while the chain may have tons of merchandise, it can be a disappointment to those who haven't done their homework. To shop it like a pro, take a cue from a Staples sales-clerk known only as Dave, who posted on consumerist.com.



"We refer to this as building the right solution for the customer.")

- **Take your computer elsewhere for repairs.** According to Dave, "tech work is the lowest priority" because it's not evaluated and rewarded in the same way that other tasks are, so there's no incentive for the tech staffers to take it on, much less do a good job of it. Plus, tech staff is often pulled away for higher-priority work, and the constant distraction can lead to goofs, claims Dave. (A Staples spokesperson counters that service, staffing, and satisfaction are always high priorities for the company.)
- In fact, you might want to **buy your computer elsewhere** too. That's because "Staples makes almost nothing, and sometimes loses money, on PCs, especially laptops," claims Dave. How do they make it up? By doggedly trying to upsell extended service plans, tech services, and accessories. If such hard-sell tactics are a turnoff, go with a competitor or buy online. (Says the spokesperson,

- **Use the Copy Center,** the most profitable part of the store. To keep the dollars rolling in, employees will make sure you're completely satisfied with your job, even if it means redoing it or refunding your money.

- **Don't assume the EasyTech associate is one.** According to Dave, employees earn this distinction by selling a lot, not for any expertise they may have. (For its part, Staples says it has certified technicians with extensive training on staff.)
- **Talk to a manager.** As at any store, he's the guy with the power to refund your money, honor your expired coupons, or fix whatever problem you may have. What you may not know is that he has plenty of coupons to give out to unhappy customers. Complain and you may get some money knocked off your bill. Oh, and speaking of coupons, Dave says the ones from Staples are almost always available online for those willing to hunt for them. In fact, if you know you're going to buy something at Staples, search online for both a coupon and a competitor offering a better deal. The retailer will give you both a price match and the coupon discount.



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\* Offer valid on your purchase of a pair of Siemens Aquaris® 701 model only. Valid with original Siemens voucher on hearing aid purchases made from 7/1/2011-11/30/2011 in the USA only. Cannot be combined with other offers. Not valid on purchases made by consumers via the internet or on prior purchases. Available at participating Hearing Care Providers. Hearing instruments help individuals hear better but results may vary. \*\*Achieved IP57 rating per IEC 60529 standard. Device can be completely submerged in water up to 3 feet for 30 minutes with no damage to the instrument and dust will not interfere with the satisfactory operation of the device. Requires appropriate earmold for submersion.  
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SHI/12356-11



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

### **IMPORTANT SAFETY INFORMATION**

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

#### **Serious Infections**

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

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

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

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

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

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

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

#### **Cancer**

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

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

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

#### **Serious Allergic Reactions**

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

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

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

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

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

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

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

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

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

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





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



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

*4 doses a year  
after 2  
starter doses*

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

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

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

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

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



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

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



## MEDICATION GUIDE FOR STELARA® INJECTION

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

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

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

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

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

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

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

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

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

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

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

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

### Cancers:

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

### Reversible posterior leukoencephalopathy syndrome (RPLS):

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

- headache
- seizures
- confusion
- vision problems

### What is STELARA®?

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

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

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

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

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

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



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

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

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

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

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

#### **How will I receive STELARA®?**

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

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

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

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

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

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

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

- upper respiratory infections
- headache
- tiredness

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

Call your doctor for medical advice about side effects.

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

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

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

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

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

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

Active ingredient: ustekinumab

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

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

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

Revised October 2010

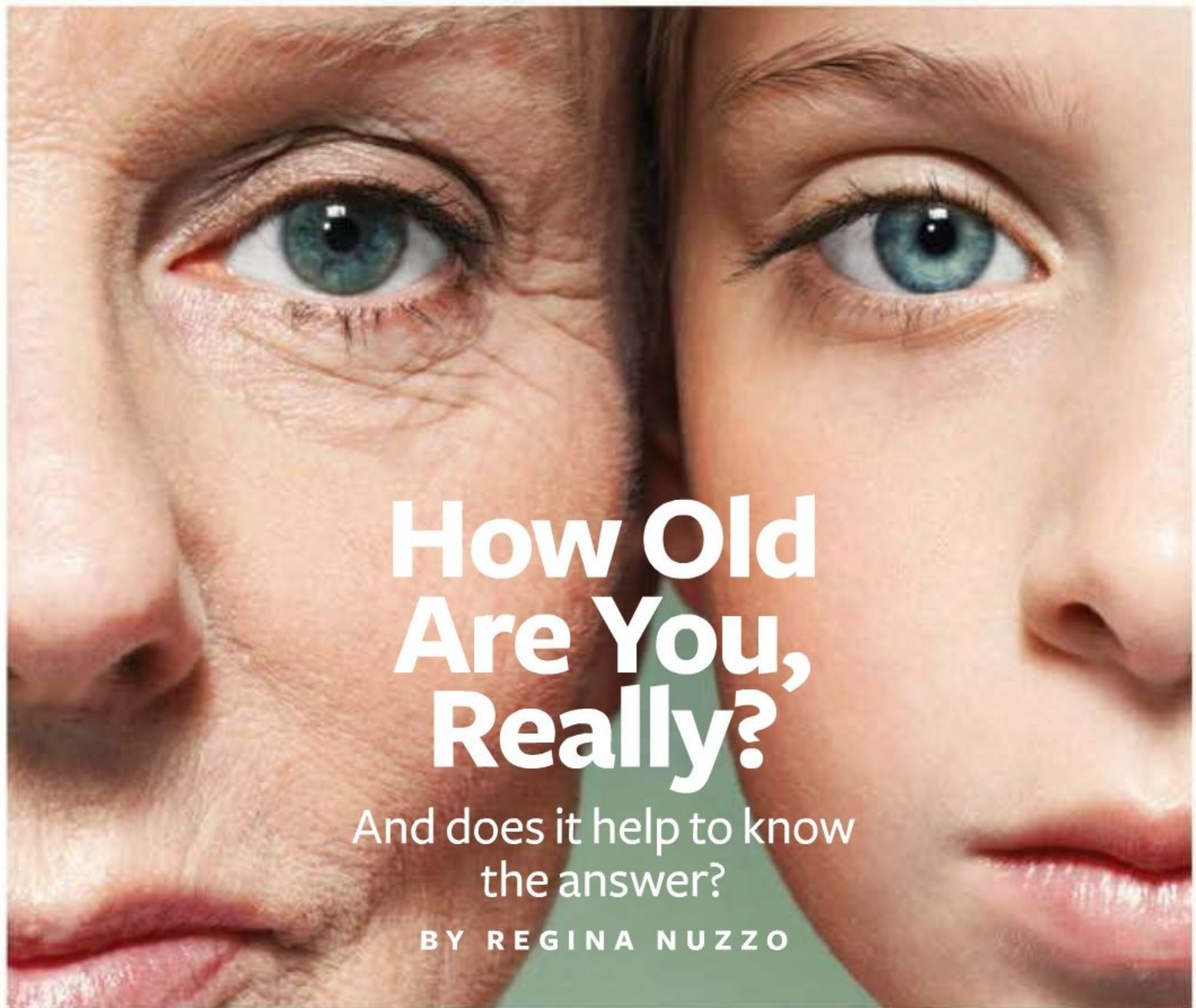
This Medication Guide has been approved by the U.S. Food and Drug Administration.

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## How Old Are You, Really?

And does it help to know the answer?

BY REGINA NUZZO

**N**ow on sale: simple tests that might reveal your “biological age.” They’re based on Nobel Prize-winning research—but are they worth a nickel, much less the hundreds of dollars that companies are charging?

Using a blood sample, the tests measure the length of your telo-

meres, the DNA “caps” on the ends of chromosomes. Like the plastic bits on shoelaces, telomeres keep important genetic material from fraying. Longer is better: Short telomeres have been associated with an increased risk of health problems such as cardiovascular disease, diabetes, and some cancers.

But telomeres are no crystal ball. “It’s silly to say this will tell you your life length,” says Elizabeth Blackburn, PhD, in May’s *Nature* magazine (she shared the 2009 Nobel Prize for her work on telomeres). Nevertheless, Blackburn, who cofounded a company that’s making one of these tests, says

CONEYL JAY/GETTY IMAGES



the results can give you a better picture of your risk of a variety of serious ailments.

Still, protecting telomeres may be a matter of common sense. For instance, it looks like smoking and obesity whittle away at them. Consuming high levels of omega-3 fatty acids may lengthen them. Psychological stress shrinks telomeres, but regular exercise and meditation may help rebuild them. And a study in cervical-cancer patients suggests that psychological support through counseling can lead not just to a better quality of life but also to more substantial telomeres.

**Bottom line:** At this point, knowing your telomere length is likely to be more interesting than useful. You might be better off investing in a yoga class or new walking shoes. As for Dr. Blackburn, “I’ve learned a meditation technique,” she told *New Scientist*. And “I exercise as often as I can.”

#### WORTH A TRY

## NEW HELP FOR THE SLEEPLESS

Quick: While the weather’s still good, head out to your yard and hook up a hammock. New research backs up what many people have long suspected: **Gentle rocking helps you fall asleep faster**, Nancy Shute reports in NPR’s health blog, Shots. A slight sway also put volunteer nappers into a deeper sleep (thought to help people cement the memories they made during the day). The researchers call that finding unexpected, but a million mothers are nodding to themselves—science has validated all that rock-a-bye business.

A second study offers another possible aid. Researchers gave 12 bad sleepers a nightcap—not the liquid kind but a wearable one with water circulating through it to cool the brain, according to the *AARP Bulletin*. **The cooler the brain, the deeper the sleep**, scientists reported at the SLEEP conference last June. The lead researcher has applied for a patent on the cooling cap, but until it appears in fetching flannel, try a tip from nurse-practitioner Karen Roush, whose *What Nurses Know ... Menopause* includes tips for women left sleepless by night sweats. Put your pillowcase into a plastic bag, Roush suggests, and leave it in the freezer until bedtime.





## WHO'S RIGHT?

# Is Calcium Good or Bad?

## WHAT YOU'VE ALWAYS HEARD

Calcium is good—especially for women, who can lose as much as 20 percent of their bone mass in the decade after menopause. The mineral can help prevent osteoporosis and has also been linked to better blood pressure, lower risk of colorectal cancer, and easier weight loss.

## WHAT HEADLINES ARE SAYING NOW

Calcium might be bad for your heart, at least if you get it from a pill. A recent analysis of seven years of data from more than 36,000 postmenopausal women found that starting daily supplements (1,000 mg of calcium plus 400 IU of vitamin D) increased the risk of heart problems by up to 22 percent. The numbers were a shock: When combined with other data, they suggest that if 1,000 people began taking calcium supplements, the pills would prevent three fractures—but cause six heart attacks or strokes.

## WHAT TO DO

Calcium supplements have lost some of their luster (though no one doubts the benefits of high-calcium foods). What's



more, it seems that people are doing a better job of getting the mineral in their diet than previously thought. To keep your bones strong and your body healthy, do lots of weight-bearing exercise and eat plenty of produce and low-fat dairy, says cardiologist Nieca Goldberg, author of *Dr. Nieca Goldberg's Complete Guide to Women's Health*. And get enough vitamin D (it helps you absorb calcium). The bottom line according to Aurelia Nattiv, MD, director of the UCLA Osteoporosis Center: The best way to get calcium is through food—and if a supplement is needed, most people should take no more than 600 mg daily.

## NOTABLE QUOTE

“What are the three most important words a doctor can say to a patient? *I don't know.*”

DOCTOR-BLOGGER KEVIN, MD, ON [KEVINMD.COM](http://KEVINMD.COM)



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



**Save up to \$35\* every month with Bayer's  
NEW CONTOUR® Choice program.**

- No activation
- Instant savings
- Accepted at 99% of retail pharmacies
- Nothing to mail back...ever

**Ask your doctor or pharmacist  
about Bayer's CONTOUR® Choice  
program or visit  
[CONTOURChoice.com](http://CONTOURChoice.com)**



\*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

### + GREEN TEA

Cholesterol (both total cholesterol and the bad LDL kind) inches down when people have two or more cups of green tea daily, an analysis of 14 studies showed.

### + APPLES AND BEANS

People who ate more soluble fiber (found in fruit, beans, and oats, among other foods) over a five-year period gained less belly fat—the most dangerous fat for health. For every ten grams of soluble fiber added to a person's diet, he or she slowed midsection spread by close to 4 percent.

### + HAND WASHING

There are so many health concerns about the flame-retardant chemicals called PBDEs that they're being phased out in the United States and Europe—but because they're in computers and office furniture, people still get exposed. New research shows that office workers who wash their hands at least four times a day have one third as much PBDE in their blood as people who wash less often.



### - HPV SCREENING FOR YOUNG WOMEN

Doctors test too many women for human papillomavirus, a recent study shows. Though some types of the virus can cause cervical cancer, routine screening isn't recommended for women under 30—but 60 percent of doctors say they do it anyway. The result can be unnecessary treatment in that age group: Yes, many of those women have the virus, but it often goes away on its own.

### - WHITE BREAD

Eating lots of quickly digested carbohydrates (like those in refined grains, candies, and pastries) and saturated fat might make you more likely to develop Alzheimer's disease, a recent study suggests.



### - HIGH DOSES OF CHOLESTEROL DRUGS

Most people shouldn't take the highest-approved dose of the drug simvastatin, the FDA recently said, because it ups the risk of dangerous muscle damage.



# LOOKING FOR OSTEOARTHRITIS KNEE PAIN RELIEF? THIS IS THE **NE**

**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 1-855-213-7454 or visit  
[www.FindKneeRelief.com](http://www.FindKneeRelief.com)

Please see Important Patient Information on the next page.

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SONE-00655.A 06/2011

RD0911

**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, 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](http://www.synvisc.com).

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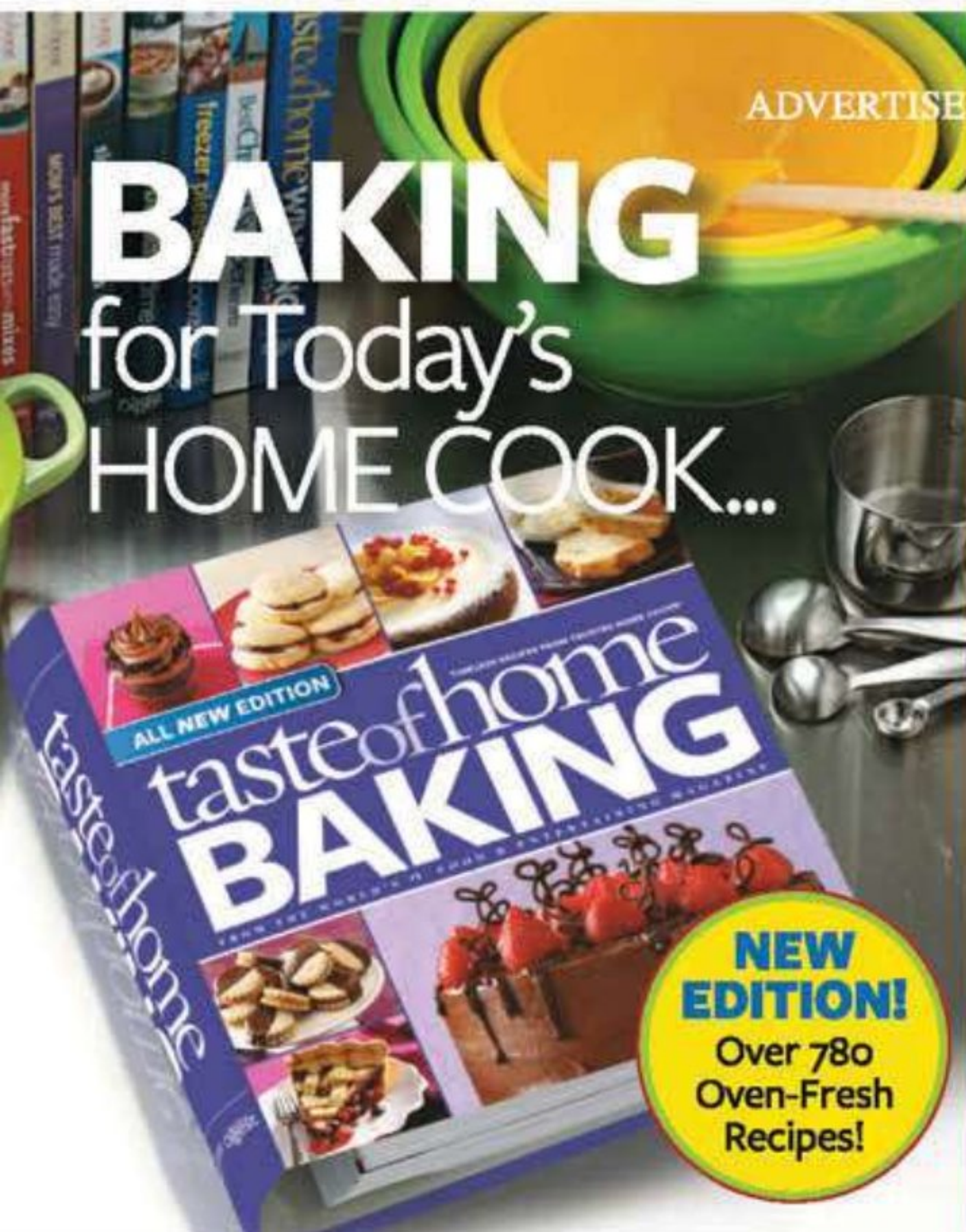
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LESS IS MORE

## The Don't-Do List

Treatments and tests your doctor prescribes too often

BY REGINA NUZZO

**A DEXA scan can show whether your bones are weak—but it's not right for everyone.**

What doctors do is important. Equally important: what they don't do. To keep patients healthier, prevent unnecessary treatment (and side effects), and save health-care dollars, a panel of doctors is urging internists, family medicine specialists, and pediatricians to follow top-five lists of medical don'ts. Here are some of those tests and procedures—and the go-slow approaches that are preferable.

### LOWER-BACK PAIN

**Don't do an imaging test within the first six weeks except in special cases.**

"The vast majority of back pain goes away on its own," says Shannon Brownlee, author of *Overtreated: Why Too Much Medicine Is Making Us Sicker and Poorer*. "A back image is not going to help you heal faster, but it can mislead your doctor into thinking that something is wrong, which can lead to costly and unnecessary surgery." Of course, sometimes tests and treatments are unavoidable (say, if you're also having bladder problems), so make

sure your doctor listens carefully to all your symptoms, says Jerome Groopman, MD, coauthor of the forthcoming *Your Medical Mind: How to Decide What Is Right for You*. "A really good doctor doesn't follow a cookbook," Dr. Groopman says.

### BONE-DENSITY SCREENING

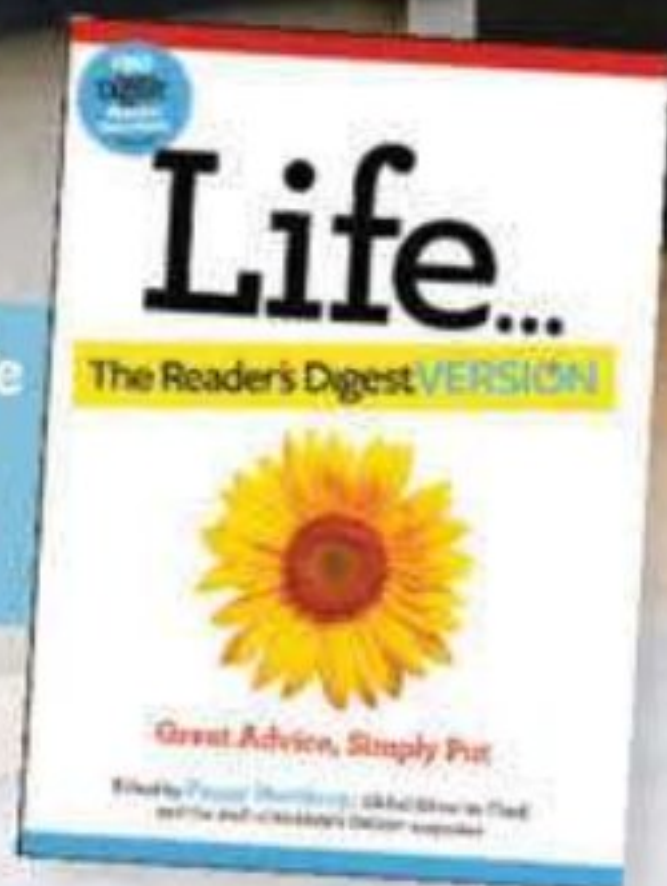
**Don't do a routine bone-density test for women under 65 or men under 70.**

The standard test, dual-energy X-ray absorptiometry (DEXA), measures the mineral content of your bones, but "for premenopausal women, routine



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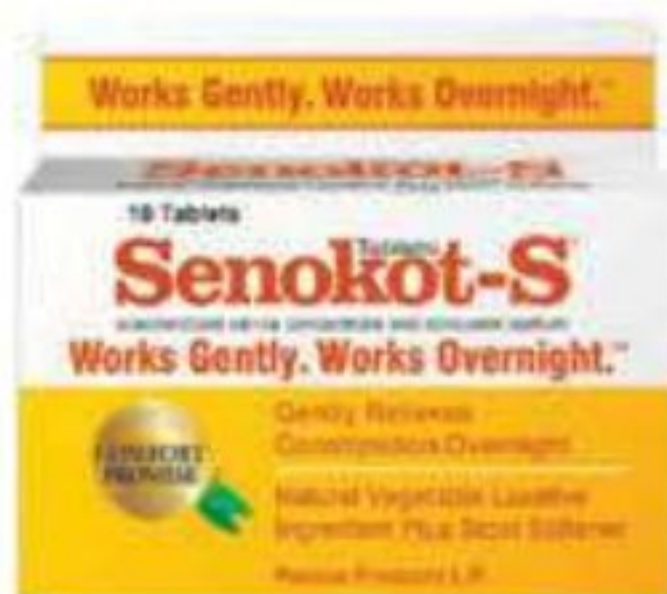




**"I recommend  
Senokot-S® Tablets  
to my patients."**

Some medications can cause occasional constipation. Linda Ciampa, RN and journalist, offers these tips to treat constipation.

- **Eat Well.** Eat high-fiber foods such as whole grains, fruits, and vegetables.
- **Stay Hydrated.** Drink plenty of water to avoid dehydration, which can cause constipation.
- **Get Moving.** Physical activity stimulates your GI tract and helps to restore regularity. Before beginning a new exercise routine, **check with your physician.**
- **Take Action.** For occasional constipation associated with certain medications, get relief with **Senokot-S® Tablets**, the leading brand that combines a natural vegetable laxative ingredient plus the comfort of a stool softener.



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screening is a huge scam," says Brownlee. "It often leads them to take osteoporosis drugs, which is very controversial at best for that age group. At that age, you don't need a DEXA scan to tell you what you should be doing to prevent osteoporosis."

## **ELECTROCARDIOGRAM (ECG) SCREENING**

**Don't do an annual test if risk is low.**

"If you don't have symptoms and are at low risk for heart disease, chances are pretty good that the test is wrong if it says you do have a problem," Brownlee says. Even so, your doctor will almost certainly feel compelled to follow up with more invasive tests that carry the risk of injury or even death.

## **SINUS INFECTION**

**Don't give antibiotics for most cases of mild or moderate sinusitis.**

"Antibiotics are not 'anti-every-kind-of-bug' drugs," Brownlee says. "They don't work against viruses, and most sinus infections are caused by viruses." Plus, over-prescribing these drugs can produce stubborn new bacterial strains that antibiotics can't fight—which can cause problems more serious than sinus trouble. Don't ask for the hard stuff unless the sinus problem is severe or symptoms last longer than a week or get better and then worsen.

### **GO FIGURE**

# 47

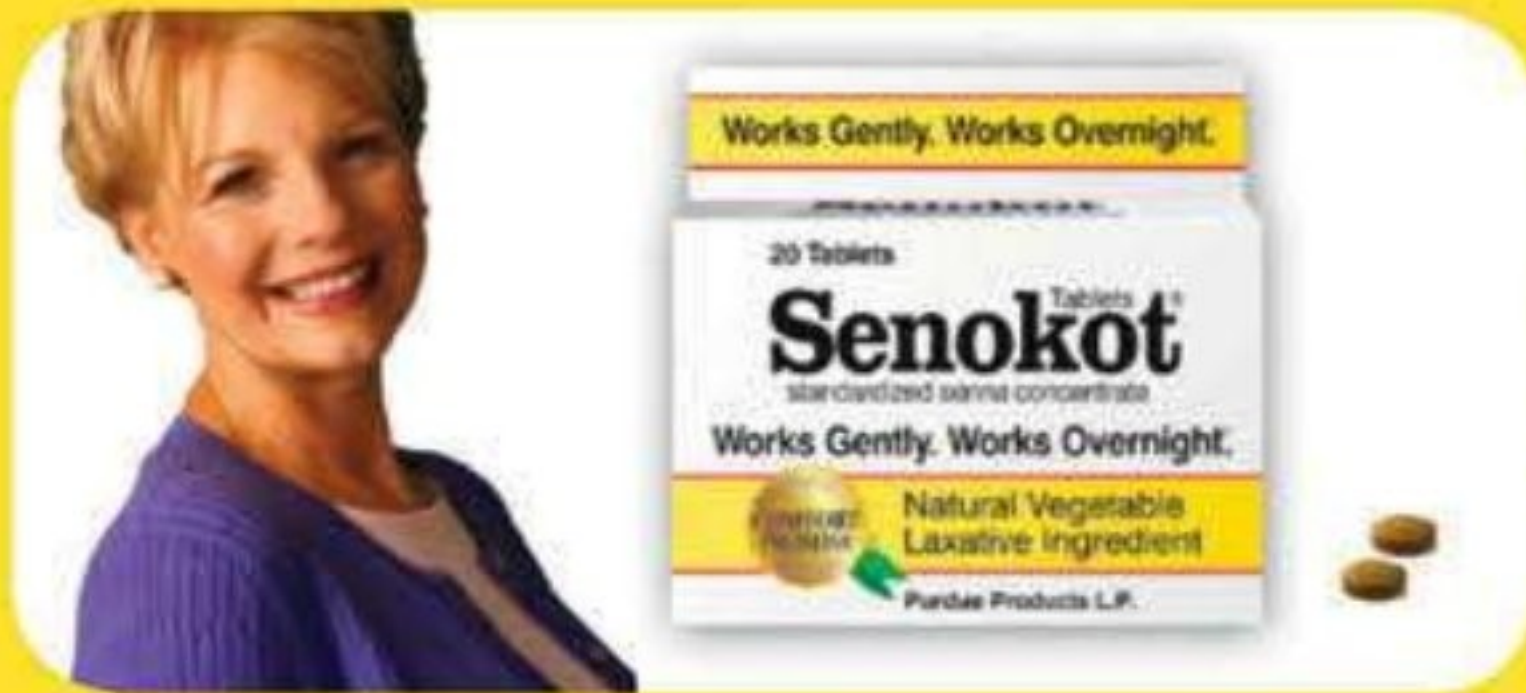
**Percentage of medications used by the elderly that could be thrown away without any harm to their health**

Source: Archives of Internal Medicine



# CONSTIPATED?

CHOOSE RELIEF THAT'S RIGHT FOR YOU.

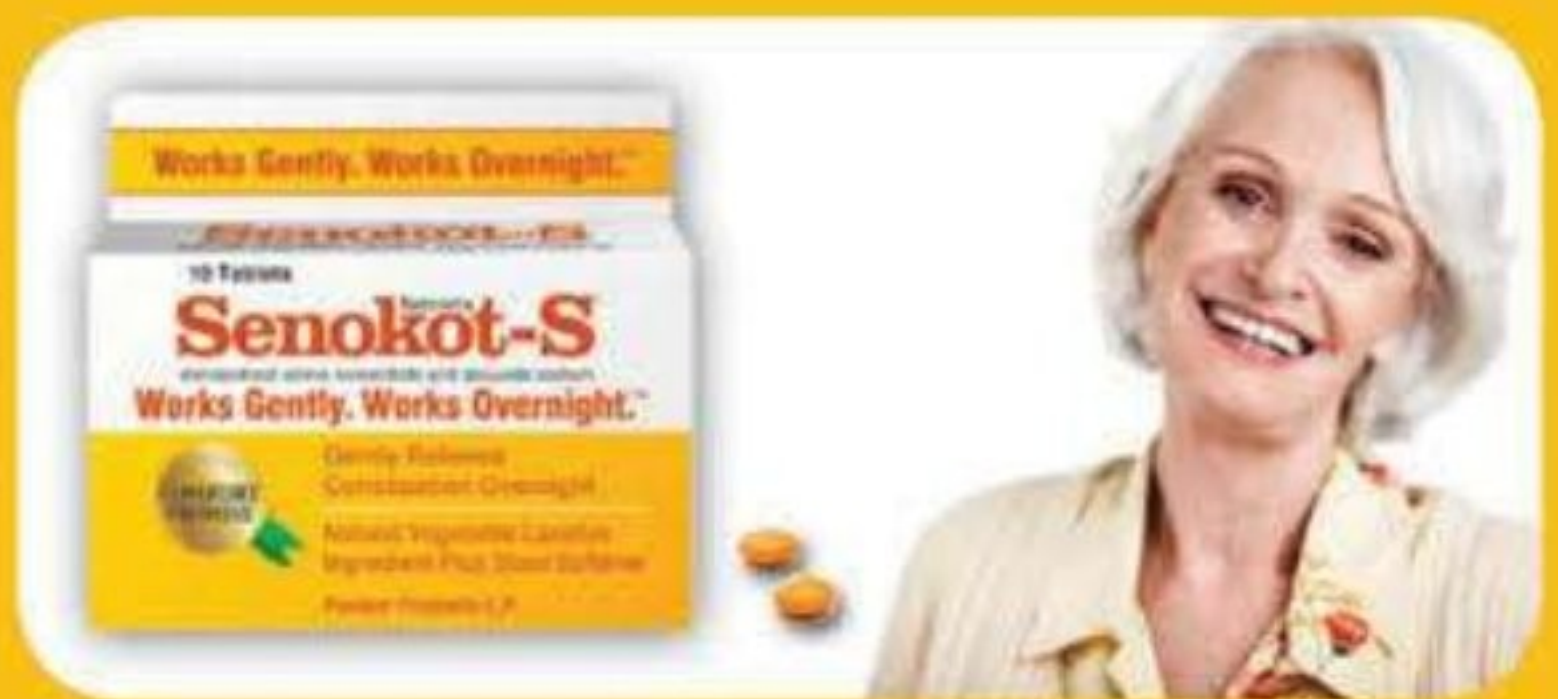


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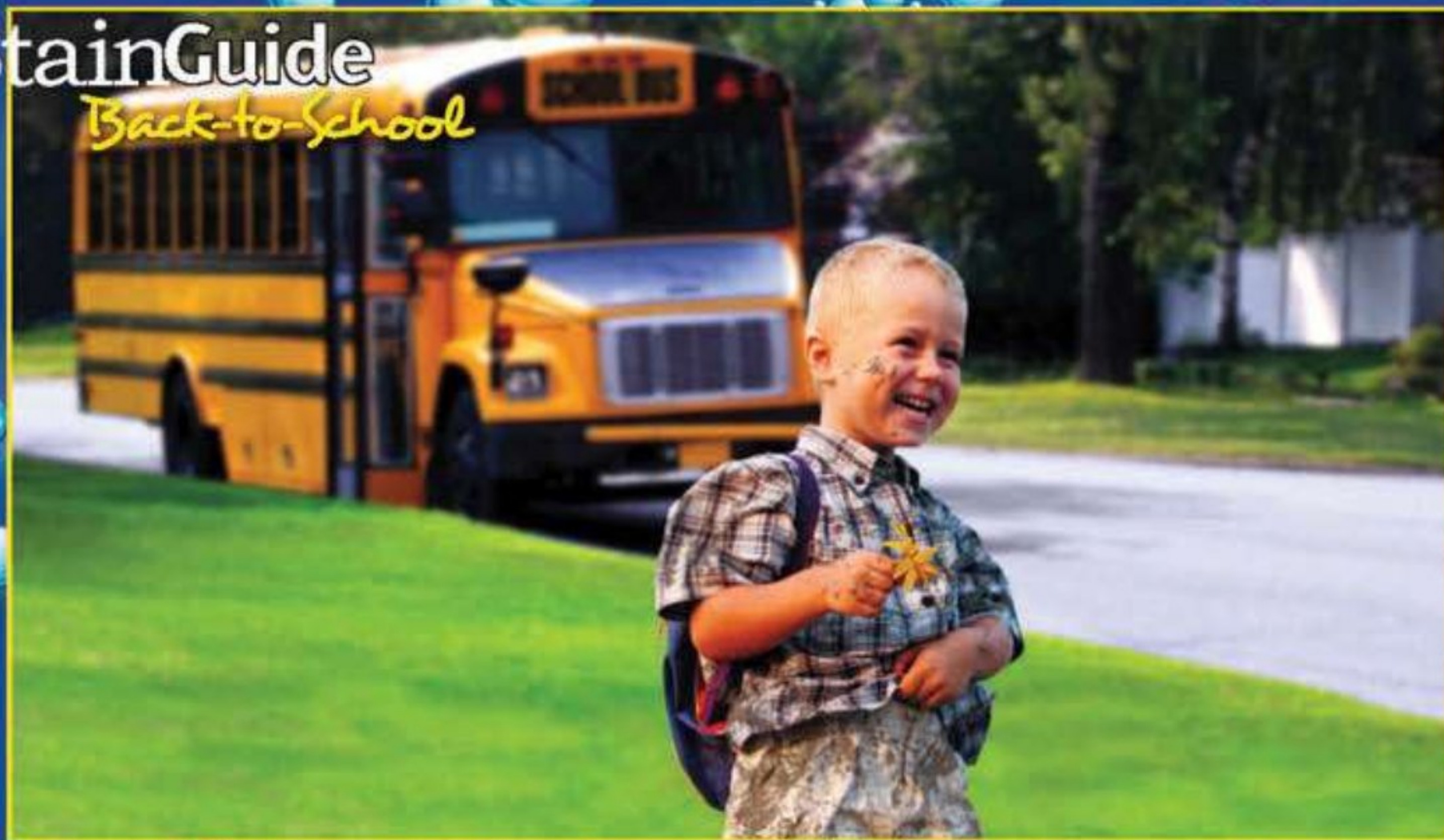
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# StainGuide

## Back-to-School



**OxiClean® Versatile** tackles over **101 different types of stains**, is **color-safe** and **chlorine free**. Check out the latest tips and tricks on [facebook.com/OxiClean](https://facebook.com/OxiClean) to remove your family's back-to-school stains. Join in the fun and share your OxiClean® story with us!



### Dirty Sports Uniforms

*Pre-Soak Tough, Dried-In Stains!*

- Dissolve up to a full scoop of **OxiClean® Versatile Stain Remover** per gallon of warm water.
- Add stained item and soak for 1–6 hours.
- Wash as you normally would, with detergent and **OxiClean®**.

[For complete instructions, refer to directions on packaging.]



### Fruit Juice on Shirt

*Pretreat for Success!*

- Dissolve ¼ scoop of **OxiClean® Versatile Stain Remover** powder with 16 oz. warm water.
- Apply solution to stain, making sure to completely saturate the stain.
- Rub & wait up to 10 minutes.
- Wash as you normally would, with detergent and **OxiClean®**.



### Chocolate Milk on Couch

*Save Your Upholstery from Stains!*

- Dissolve ¼ scoop of **OxiClean® Versatile Stain Remover** powder with 16 oz. warm water.
- Apply only enough solution to completely saturate the stain.
- Wait 1–5 minutes. Do not allow to dry.
- Blot with a dry white towel, rinse with clean water and then blot until dry.



### Grimy Grout

*Fight Messes on Hard Surfaces!*

- Mix a full scoop of **OxiClean® Versatile Stain Remover** powder with warm water to make a paste.
- Apply to hard surface using a cloth, sponge, or brush.
- Allow solution to stand 5–30 minutes (but not dry).
- Scrub as necessary, and rinse with cool water.



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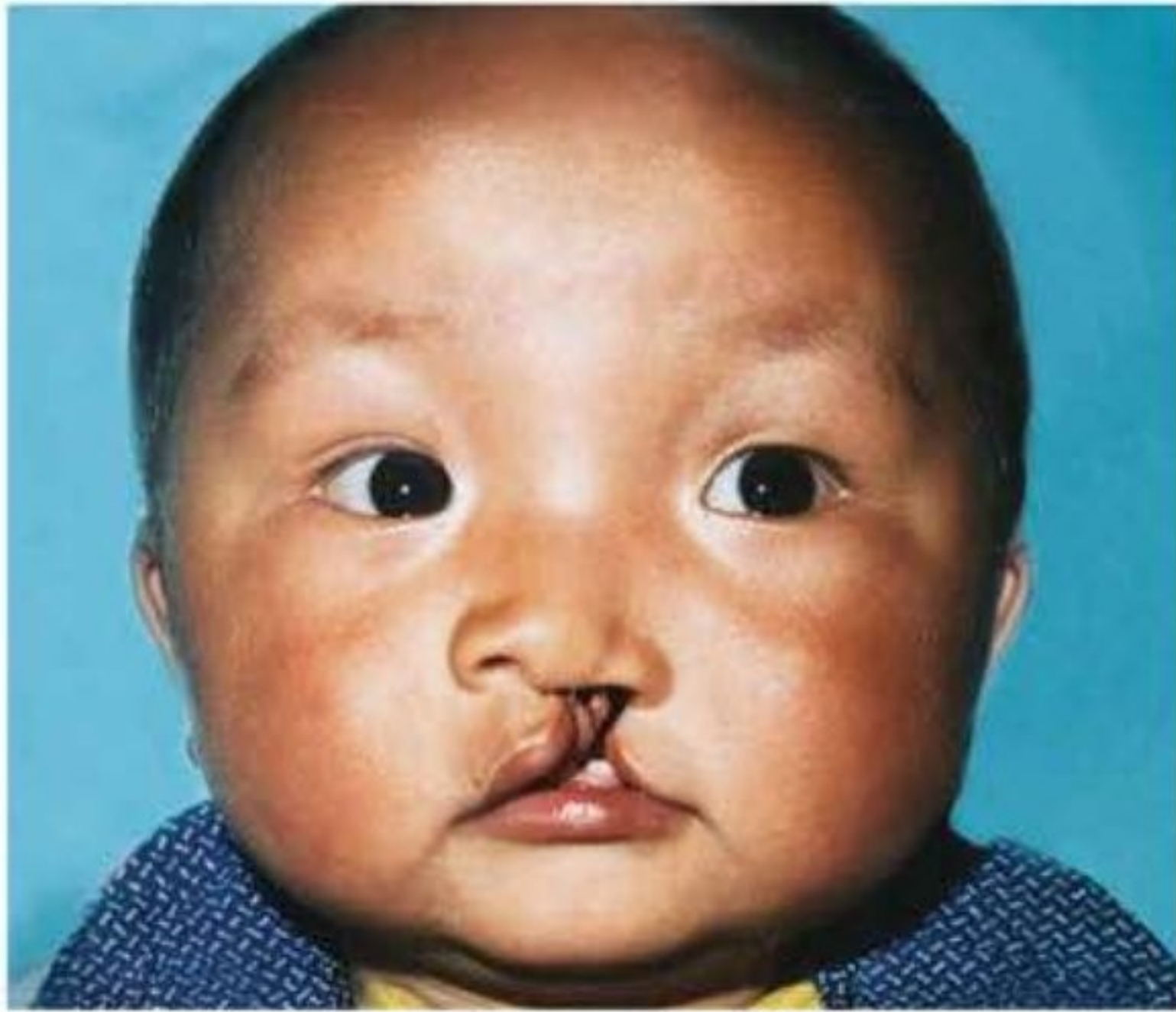


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**Ming, 6 months, China**



**Shiva, 1 year, India**



**Durgap, 5 years, India**



**Funmi, 8 years, Nigeria**



**Mot, 13 years, Cambodia**



**Salazar, 5 years, Philippines**



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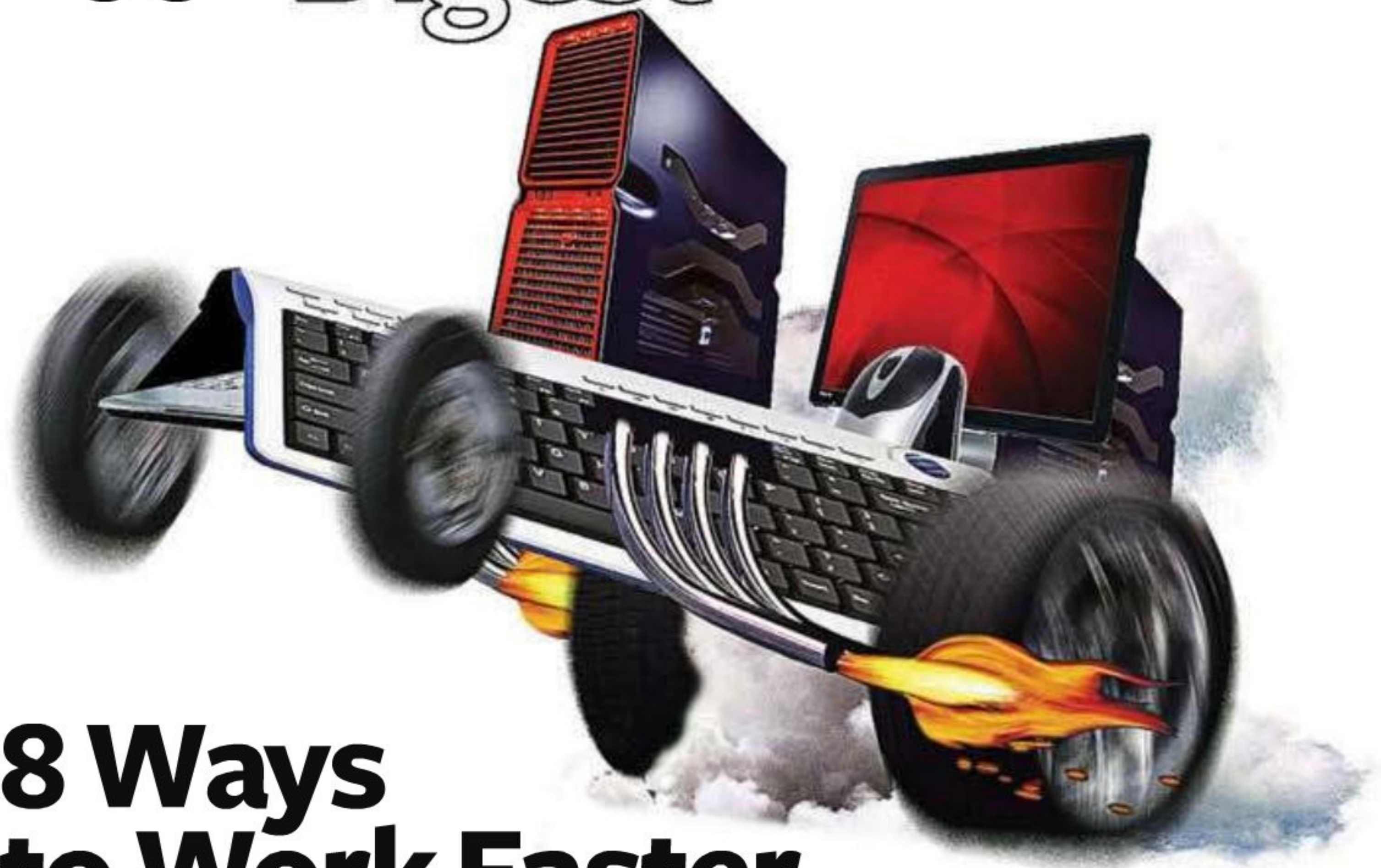
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A Healthy Diet During Pregnancy Can Help Prevent Birth Defects And Clefts. According to the U.S. Government, women should take sufficient levels of folic acid (400 micrograms/day) during pregnancy to help reduce the risk for cleft lip and palate. Foods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



## 8 Ways to Work Faster on Your Computer

Technology isn't supposed to make things *slower*. Here's how to speed them up.

If you feel as if you spend your life parked in front of a computer screen, maybe that's because you aren't relying on these simple tricks:

- 1) Get rid of bloatware**—items associated with software you've uninstalled—and your PC or Mac will run faster, claims *Popular Science*. It's easy: Just

go to [tweaknow.com](http://tweaknow.com) if you have a PC. If you're a Mac user, go to [macpaw.com](http://macpaw.com) and click on Free Download.

- 2) Don't print the confirmation page when you shop online**, writes David Pogue in the *New York Times*. Instead, on your Mac, choose Print from the Safari toolbar, then from the PDF pop-up

menu choose Save PDF to Web Receipts Folder. You'll have a record in an easy-to-find folder.

- 3) Stop wading through the less useful stuff that a Google search pulls up.** Rely instead on search engines less vulnerable to "gaming," suggests Harry McCracken of *Time*. He recommends Blekko, which has banned the



most questionable sites and lets visitors restrict searches to ones that deliver real results. He also likes DuckDuckGo, an aggregator that filters out spam, and Topsy, which analyzes links shared by influential Twitter users and is particularly good for news searches.

**4) Remember your passwords.** We're encouraged to come up with lots of different ones for the sake of security, but who can remember them all? One way is to choose an easy-to-recall (but not obvious) base password, then customize it to the site or purpose for which you're using it, write Adam Pash and Gina Trapani in *Lifehacker: The Guide to Working Smarter, Faster, and Better* (Wiley, \$30). For instance, let's suppose your favorite song is "Smells like Teen Spirit," your favorite number is three, and you've been asked to create a password for your Yahoo account. You might take the first letters of each word in

the song title and combine them with your favorite number and the first two letters of the service: SLTS3YA. Your eBay password would then be SLTS3EB.

## **Chop down digital-photo files by going to [makeathumbnail.com](http://makeathumbnail.com) and following the prompts.**

**5) Decipher your error messages.** You don't need a computer manual, writes Pogue. Simply type the message into your search engine, and you'll find out what's wrong and how to fix it.

**6) Use keyboard shortcuts.** There are tons of these, but a favorite of Pogue's is the one that lets you browse almost mouse-free on your PC: Press ALT+D to highlight the address bar at the top of your browser, then type the address you want. If you own a MacBook, writes Thomas Houston at huffingtonpost.com, use the Tap to Click feature to cut down on how many times you hit your trackpad button. Simply go to System Preferences under the

Apple menu, then click on Trackpad.

**7) Clear your cookies and caches regularly,** advises the anonymous blogger at techattitude.com. When you browse

the Web, bits of information from each site you visit are stored on your hard drive, which can slow your Internet connection. To clear your PC's cache using Firefox, press CTRL+SHIFT+DEL and select Clear Everything, then Clear Now. In Safari on your Mac, you can go to the pull-down menu under Safari on the left-hand side and click Empty Cache.

**8) Shrink your photos.** Images taken with digital cameras eat up tons of space and, if you send them, are annoying for others to open. Aseem Kishore, on online-tech-tips.com, suggests chopping them down to manageable size by following the prompts at [makeathumbnail.com](http://makeathumbnail.com).





## GEAR AND GADGETS

# Shooting Star

A revolutionary new camera will soon have shutterbugs saying goodbye to a common and vexing problem: the fuzzy subject. Due out later this year from a company called Lytro and expected to sell for several hundred dollars, it uses both a special sensor and sophisticated software to let you see and adjust a

picture's focus *after* you've snapped. That means no shutter-lag issue either: The camera doesn't have to wait for the autofocus to kick in as your kid wanders out of the frame. In the *New York Times*, Richard Koci Hernandez, a photojournalist who tested the prototype, says, "This is game-changing."

## WORD OF THE MONTH

# “sousveillance”

“The monitoring of events not by those above [as in *surveillance*] but by citizens, from below,” writes Clive Thompson in *Wired*. The term, coined by Steve Mann in the 1990s, has taken on new importance among pro-democracy activists in countries such as Egypt, who are broadcasting scenes of violence by the secret police on the Internet.



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The BodyGuard records what goes on at a crime scene.

## Random Ideas from All Over

● **Arm armor.** It only looks like a prop from another superhero movie. The BodyGuard fits like a glove over one arm and boasts “a high-voltage stunner, video camera, laser pointer, and flashlight,” reports Brooke Borel in *Popular Science*. Originally designed as a weapon bikers could use to combat mountain lions, the BodyGuard will be tested by the Los Angeles sheriff’s department later this year.

● **A shocking statistic.** Countries that allow selective abortion (China,

India, Azerbaijan, Georgia, and Armenia, among others)—so that parents can give birth to boys instead of girls—are responsible for a daunting population trend. According to *Unnatural Selection*, by Mara Hvistendahl, 163 million girls who should have been born in the past 30 years were not.

● **A leading economic indicator?** One pawnbroker tells *Newsweek* that he and his fellow shopowners saw that the economy would worsen way back in 2006: “We had more

customers coming to us from middle-class communities and even upper-middle-class communities. We saw the erosion of the economy before you were even reading about it.”

● **Your saliva will date you.** The DNA in your spit can tell researchers your age to within five years, according to *Time*.

● **Shut up, power down, and watch the screen.** At the Alamo Draft-house Cinema, a chain of theaters in Austin, Texas, patrons who talk, text, or otherwise annoy others are ejected from the theater, reports the *New York Times*. To paraphrase Tina Fey, we want to go to there.



# Mini Book Excerpts

## Novel

Henry felt a surge of homesick joy when he heard his parents' voices on the phone that night, his mom in the kitchen, his dad lying on his back in the family room with the TV on mute, ashtray by his side, half-heartedly doing the stretches he was supposed to do for his back. In Henry's mind he could see his dad rolling his bent knees slowly from side to side. His pants rode up to his shins. His socks were white. Imagining the whiteness of those socks—the terrible clarity with which he could imagine it—brought a tear to Henry's eye.

*The Art of Fielding* by Chad Harbach (Little, Brown, \$25.99)



## Biography

[Julian] reported his fear of the dark house at night, as he slept in a separate wing from his father, and that “John sometimes had angry outbursts toward him, shouting at him for the way he ate or being too slow, which had made Julian nervous [says Julian’s mother, Lennon’s first wife, Cynthia]. He was afraid of provoking John, who switched very quickly from playful to furious.” But Cynthia delighted in Julian’s new nickname for Yoko: Hokey-Cokey.

*Lennon: The Man, the Myth, the Music—The Definitive Life* by Tim Riley (Hyperion, \$35)

## Thriller

“Who lives here?” Go-Go asked in a hoarse, awed whisper.

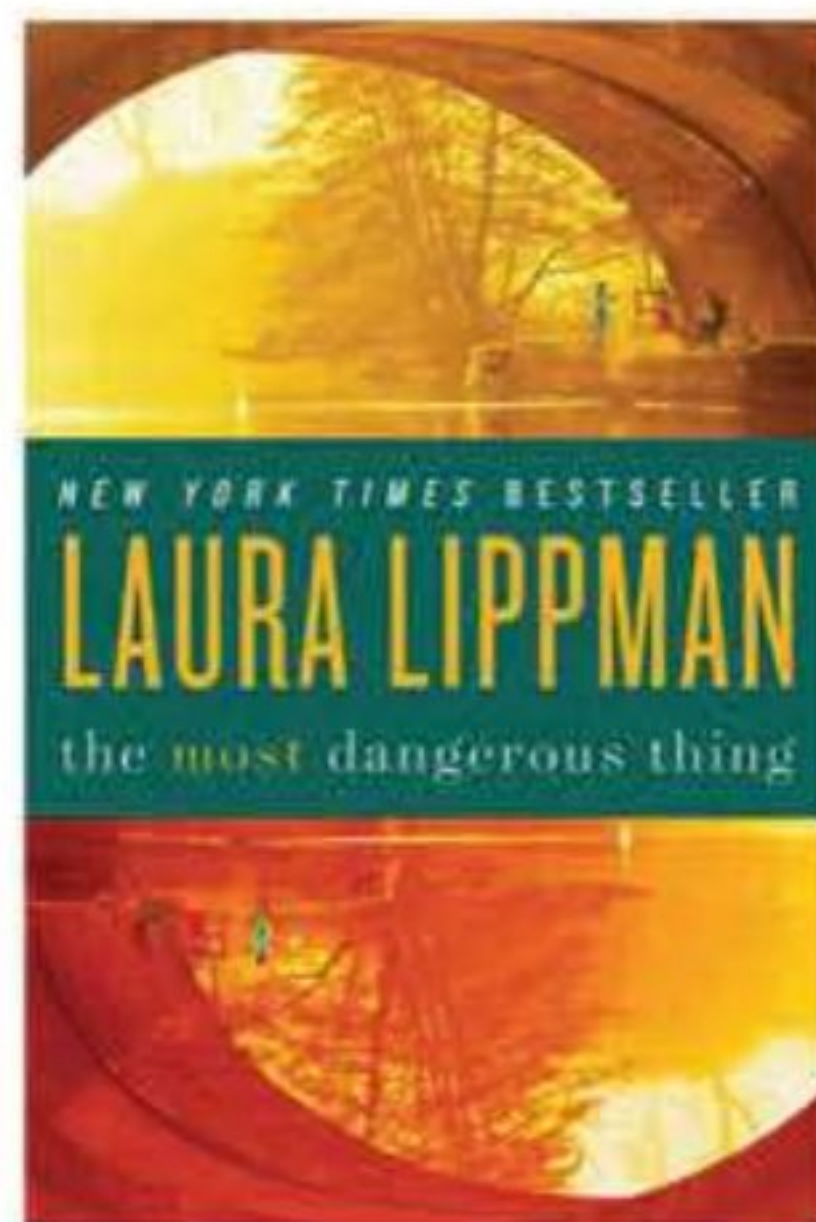
“No one lives here,” Sean said. Sean didn’t like to be wrong. “Hunters use it, maybe ...”

Go-Go, with his magpie eyes, had spotted something glinting. “Look,” he said, darting toward the cot with the pile of rags, unperturbed by the smell. “A guitar.”

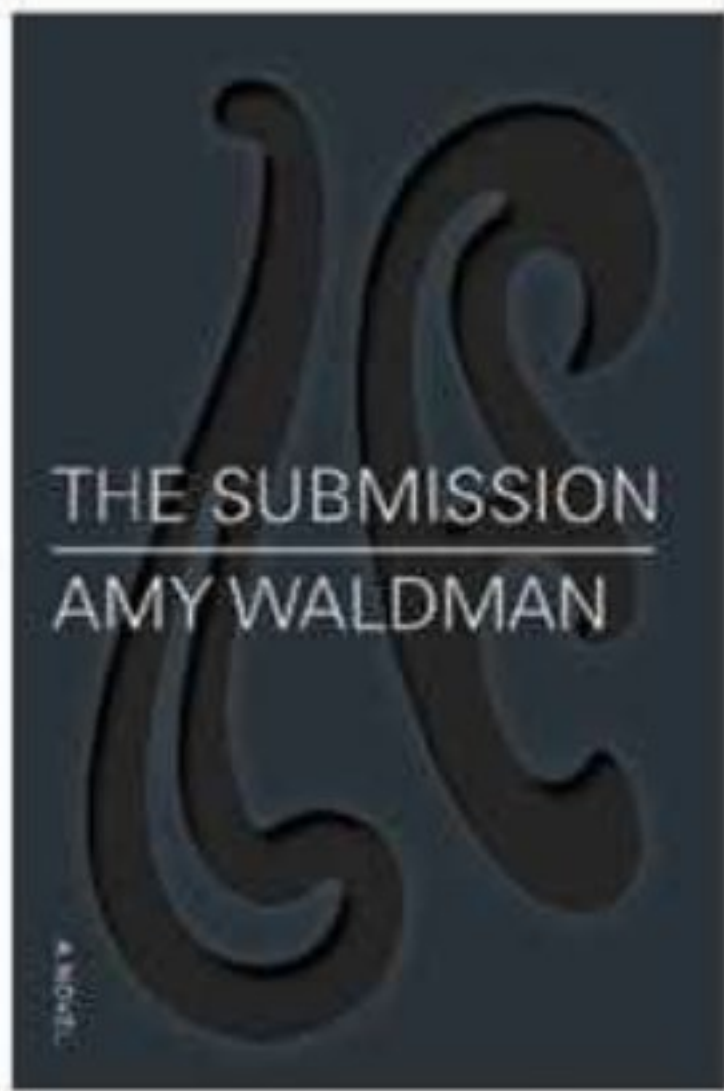
As he crouched down to drag the guitar from beneath the cot, a hand shot out from the pile of rags and grabbed Go-Go firmly by the wrist.

“Don’t,” the rags said.

*The Most Dangerous Thing* by Laura Lippman (William Morrow, \$25.99)







## Novel

One night, soon after his return, Mo walked toward the zone of destruction. The moonlight picked out a strange fine dust clinging to leaves and branches; his toe rested on a paper scrap with charred edges. The eternal lights were off in the nearby office towers, as if the city's animal appetites had been

quelled. A quilt of the missing—bright portraits of tuxedoed men and lipsticked women, hastily photocopied by, he imagined, shaking hands—had been pasted on fences and construction plywood, but the streets were empty, and for the first time in memory, he heard his own footsteps in New York City.

### *The Submission*

by Amy Waldman (Farrar, Straus and Giroux, \$26)



## Memoir

The late October afternoon on which Mum scheduled her first attempts to take off and land coincided with a full moon. Mum and Mr. Vaas took the creaking Cessna down to the end of the airstrip, its wings juddering in the settling heat of the long day. She turned it in to the wind and faced the rising hunter's

moon, blood red in a smoke-stained sky. Mr. Vaas talked Mum through a final instrument check, and from the tiny, greasy cockpit window, she looked back at the little tin hut in which the other flying students waited and gave the world her final thumbs-up.

### *Cocktail Hour Under the Tree of Forgetfulness*

by Alexandra Fuller (Penguin Press, \$25.95)

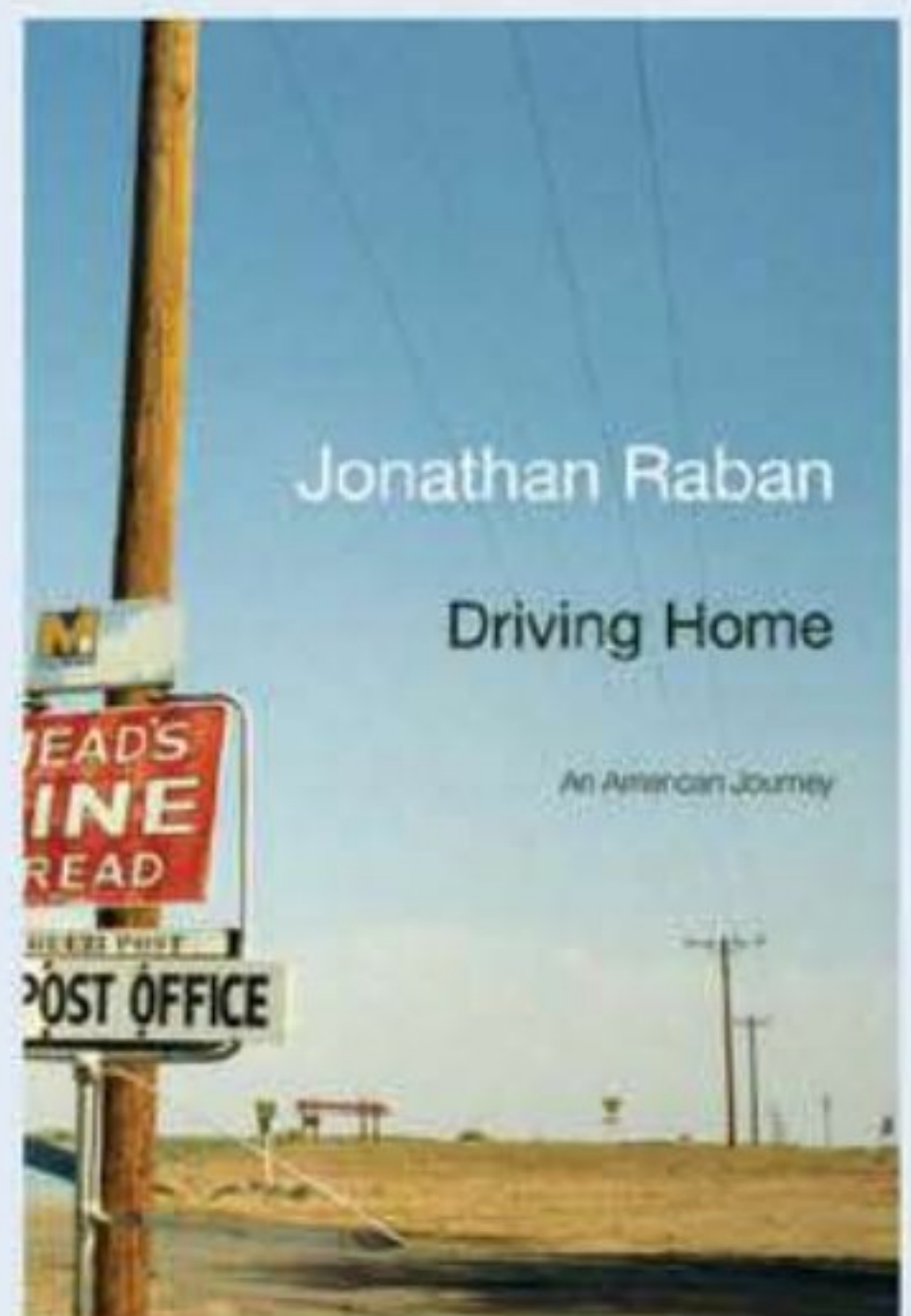
**IPAD EXTRA** To read chapters from all six of these books, download the *Reader's Digest* magazine app from the iTunes Store.

## Travel

I liked what I'd seen of the Pacific Northwest during a two-month stay there the previous autumn. I liked the aquarium lighting, the sawtooth alps forested with black firs, the compact cities encrusted in dirty Romanesque stucco. Most of all, I liked the place's wateriness. At 47, I felt cracked and dry. My new home territory was as rainy as Ireland, puddled with lakes and veined with big rivers. Seattle was built out on pilings over the sea, and at high tide the whole city seemed to come afloat like a ship lifting free from a mud berth and swaying in its chains.

### *Driving Home: An American Journey*

by Jonathan Raban (Pantheon, \$30)





## WHAT I'M UP TO

# Anderson Cooper

is the globe-trotting anchor of *Anderson Cooper 360°*, a reporter for *60 Minutes*, and the host of a new daytime talk show

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

"My mom always said, 'Follow your bliss,' which she stole from Joseph Campbell. But I think that's pretty good advice."

## WHAT HE'S ...

**Listening to** "I drove in today from Long Island, and I was listening to the new Lady Gaga and Eminem's latest. I did profiles of both of them for *60 Minutes*. And Lady Gaga played me a couple of the songs from *Born This Way* about six months ago. So it's nice to hear the whole album."

**Reading** "I generally try to read two books at once—I like following multiple story lines. Right now I'm reading *In the Garden of Beasts: Love, Terror, and an American Family in Hitler's Berlin*, by Erik Larson. It's about Berlin in 1933, in the first years of Hitler's power, through the eyes of the U.S. ambassador and his daughter. I'm also reading *Game of Thrones*, though I wish I'd read it before I saw the TV series."

**Watching** "I'm eagerly awaiting the next season of *Breaking Bad*."

**Going to online** "It's all pretty serious: the *Huffington Post*, the *Daily Caller*, *andrewsullivan.com* a lot. And I end up looking at dumb videos on YouTube just like everybody else."

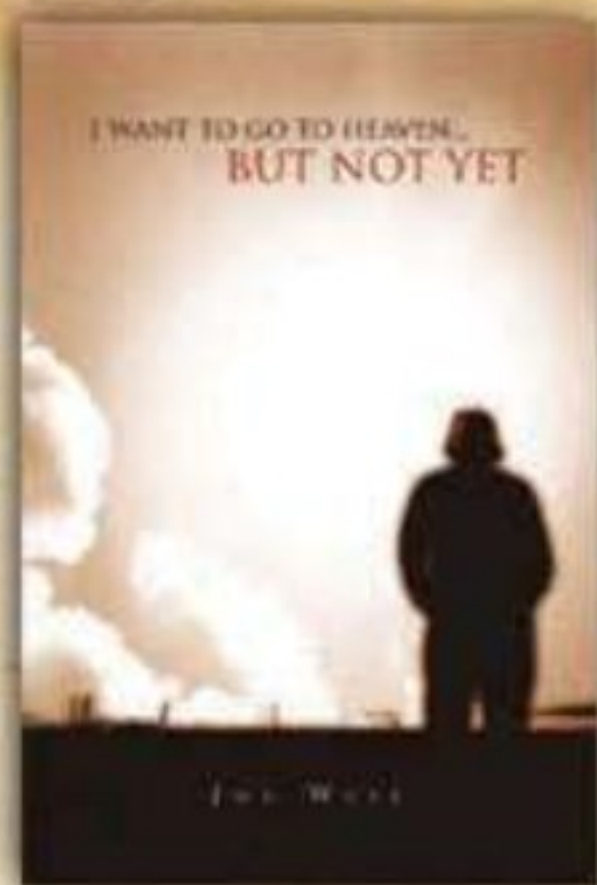
**Plugging** "I'm starting a new daytime talk show called *Anderson*, funnily enough, and I'm really excited about it. It launches September 12."

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

"I would quickly cede power to someone more competent. If you want something I would actually change, I guess I would ask that there be a bigger gap between new seasons of *The Real Housewives*. Emotionally, it's a little much. I need to recuperate."



# Brilliant books for your bookshelf!



## **I Want To Go To Heaven... But Not Yet**

**Joe Wise**

SOFTCOVER | \$ 19.99  
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EBOOK | \$ 9.99

A story of survival, this frank and honest account explores the good and evil realities of life and how, by

faith, anyone can turn evil into something very good and powerful.



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*and How We In the Year 22025  
View Our Past*

**Youth the Writer**

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Vietnam: a world away, but drenched in blood—ours and theirs. This series of fictional stories enwraps

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Discover an epic in free-form verse depicting a slice of British colonial history (1936 - 1977) as experienced by

individuals on both sides of the racial conflict in **Colonial Adventure and Other Stories**.



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HARDCOVER | \$ 29.99  
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Sickness is not an accident, it is a correction. With **Heal Yourself**, P.K. Nesbit helps individuals to shift the responsibility for the problems back to the mind, where they are "thought out," and they are corrected. To heal oneself means to let go of conflicting beliefs. Understand duality and start practicing the concepts of Oneness of Power through this edifying book.

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# The Power of

# 1

IN PARTNERSHIP WITH **AmericanTowns**



## Farmers' Friend

- **Our hero:** Bill Gross, 45
- **Where he lives:** Seattle, Washington
- **How he helps:** Aids needy farmers

Bill Gross, an international UPS pilot, was once asked by a copilot about his plan for retirement. "I'm going to get a big John Deere four-wheel-drive tractor and a planter," said Gross, who grew up on a farm in North Dakota. "I'll drive across North Dakota, pulling into places where it looks like a farmer is having a tough time and say, 'Hey, I'll plant a couple hundred

acres for you today, free of charge.'" Everyone chuckled at the thought of a "crazy old guy roaming around planting fields." But the seed was sown for Farm Rescue, a group helping farm families affected by injury, illness, and natural disaster.

Launched in 2005 with the aid of RDO Equipment Co., which donated the necessary machinery, Farm Rescue provided assistance to ten farm families in its first year of operation. One recent job was helping Merlin Backman, a farmer who postponed

**"I left the farm, but my heart stayed with the rural community."**

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



arm surgery for planting season. “I told the doctor, ‘I don’t know what I’m going to do [about the] farm-work.’ And today Farm Rescue is putting my crop in for me.”

To date, Farm Rescue has helped almost 150 farm families in North and South Dakota, Minnesota, and Montana. The organization has teams of volunteers, working shifts of 8 or 12 hours at a time around the clock, all spring and fall seasons. “Due to flooding, 2011’s spring was the most difficult we’ve ever had,” says Gross.

Despite his busy flying schedule, Gross devotes his extra time to Farm Rescue, plowing cornfields or arranging jobs from airports when he’s on a layover. “Small family farms are dying off,” he says. “The further they go into debt, the less likely their children will carry on the tradition. That’s what’s driving me. We’re making it possible for farm families to continue on for future generations.” *Natalie van der Meer*

**To volunteer, donate, or apply for assistance, go to [farmrescue.org](http://farmrescue.org).**

## Wish Doctor

- **Our hero:** [Caitlin Crommett, 17](#)
- **Where she lives:** [Rancho Santa Margarita, California](#)
- **How she helps:** [Grants wishes to terminally ill patients](#)

When Caitlin Crommett volunteered at Hospice Care of the West in Foothill Ranch, California, her job consisted of filing and singing at memorial services. “I saw the effects the songs had on families, and it



“I want to make patients happy,” says Crommett.

made me want to interact more with the patients,” says Crommett.

Inspired in 2009, she says, by *Patch Adams*, a movie featuring a doctor who entertains his patients, Crommett envisioned a group that could grant wishes to terminally ill patients—and Dream Catchers was born. One beneficiary was Ann Klein, whose husband, Bernard, was a hospice patient. Says Klein, “We had sailed every weekend for years. I said, ‘If I get Bernard on a sailboat one more time, he’ll really love it.’”

Soon after, Crommett met up at a nearby harbor with the couple and their extended family. When the crew of the chartered 82-foot double-mast schooner lifted Bernard aboard, “he started laughing,” Klein says. “It was the first time we had laughed together in a long time.”

Crommett will bring Dream Catchers along with her when she starts college at Notre Dame this fall. “I can’t imagine not doing it,” she says. *Dorothy Foltz-Gray*

**To donate to Crommett’s cause, go to [dreamcatchers1.com](http://dreamcatchers1.com).**



# Does depression hold you back from what you enjoy?

SOMETIMES  
DEPRESSION CAN  
MAKE YOU FEEL  
LIKE YOU HAVE  
TO WIND  
YOURSELF UP.

 **Pristiq**<sup>®</sup>  
*desvenlafaxine*  
EXTENDED-RELEASE TABLETS



PRISTIQ<sup>®</sup> 50 mg is a prescription medication approved for the treatment of major depressive disorder in adults.

## Important Safety Information About PRISTIQ<sup>®</sup>

### Suicidality and Antidepressant Drugs

Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

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.



Depression is a serious medical condition that can take so much out of you. It can make you feel sad, helpless and uninterested in your favorite activities. PRISTIQ® (desvenlafaxine) is FDA-approved to treat depression, and is believed to work on two chemicals in the brain, serotonin and norepinephrine. PRISTIQ offers free education and support. Plus, with PRISTIQ, you may be eligible for help with prescription costs.\* If depression is affecting the way you feel about yourself, treating it may help. Ask your doctor if PRISTIQ may be right for you.

**Visit [Pristiq.com](http://Pristiq.com) or call 1-800-PRISTIQ (1-800-774-7847)**

\*Eligibility restrictions apply. Offer subject to change. Please see [www.pristiq.com](http://www.pristiq.com) for full terms and conditions.

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



## IMPORTANT FACTS ABOUT



**Pristiq**<sup>®</sup>  
desvenlafaxine  
EXTENDED-RELEASE TABLETS

(pris•teek')  
Pristiq<sup>®</sup> -  
(desvenlafaxine)  
Extended-Release  
Tablets

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
- silbutramine
- 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
- insomnia
- dizziness
- 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](http://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](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

**Contact Information**

Please visit our web site at [www.pristiq.com](http://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](http://www.pfizer.com) or call our medical communications department toll-free at 1-800-934-5556.

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# @Work

**A** man walked into our medical practice complaining that he was in agony.

“Where exactly is the pain?” asked his doctor.

“Near my ovaries,” he moaned.

“You don’t have ovaries.”

The patient looked confused. “When were they removed?”

*Kelli East, Gadsden, Alabama*

**After a long day** at the office, I couldn’t wait to get home. “Once I leave here, I never think about work,” I told a colleague. “Have you ever felt that way?”

“No,” he said. “It doesn’t take me that long.”

*Steve Bennett, Julian, California*

## Dearth of a Salesman

*Corporate America lives and dies on the back of its sales force. Based on the following stories, some companies are DOA:*

■ “We had a salesman who visited monthly and told me stories of his drunken escapades. After six months, I told him I was a Mormon and didn’t care for



“There were some budget constraints on that one.”

them. He apologized and then joked, “So how many wives you got?”

■ “A salesman spelled my name wrong in his presentation. It’s Smith.”

■ “The all-male ad-agency team told my female marketing team that they understood tampons better than us.” *Jim Nichols, venturebeat.com*

**One coworker’s advice to another:**  
“It’s one thing to stick your neck out for a person, but when you stick your neck out for a system, it’s just a waste of neck.”

*Kathryn Hargrove, San Antonio, Texas*

**One night, I stopped** my city bus and picked up a drunk woman and her



## This Job's a Joke

I thought I wanted  
to become a fireman.  
But it turns out,  
I just like breaking  
windows with axes.

Comic *Matt Wohlfarth*

Sometimes I'll stand  
up in a meeting and say,  
"You just gave me an  
idea!" Then I leave the  
room, drive home, and go  
to bed. Comic *Tim Siedell*

You moon the wrong  
person at an office  
party and suddenly  
you're not "profes-  
sional" anymore.

*Jeff Foxworthy*

male companion. While the guy sat down in the back near two other men, she regaled me with stories about the great birthday party she'd just had. Finally, she went to take a seat but came back seconds later.

"Umm ..." she whispered. "Do you remember which guy I got on the bus with?"

*Richard Sawchin, Saskatchewan, Canada*

**One of the deceased** at our funeral home was a farmer who had suffered a heart attack while helping a cow in labor. The headline on his obituary read "Mr. Jones Dies While Giving Birth to a Calf."

*Deborah Hudson, Cynthia, Kentucky*

### Did I Leave My Stickup Note Here?

*Cops have a tough job, but it's made simpler by crooks who leave behind incriminating evidence:*

- A Pomona, California, man tried to drag an ATM out of a market by chaining it to his truck but gave up when his prosthetic leg fell off.
- Philadelphia jewel thieves grabbed thousands of dollars in valuables but exited the store

without their four-year-old son.

- The escape for a Pennsylvania bank bandit was made more difficult when he left the keys to his getaway car behind the teller's counter.
- After Andrew Bawden posted bail, Australian police picked him up on two counts of burglary. They had found his police charge sheet at one burgled home and a DVD of his interrogation at another.

Sources: *philly.com, Fresno Bee, Courier Mail (Brisbane, Australia), Associated Press*



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# Around the World

WITH ONE QUESTION

## When Will You Retire?

**W**ith retirement ages rising across the globe, it's no surprise that most respondents this month say they won't retire until age 65 or older. Yet roughly 30 percent of Americans polled still plan to retire before their 65th birthday. Other countries, like China, are even more optimistic: "I think I will have saved enough money before 65 to afford traveling around the world," says Clair Tsai, 27. The least cheerful news was in Mexico, where roughly half of participants fear they may never stop working. "I don't have a retirement plan," says Francisco Baez Lozano, 38. "The social security in my country has deteriorated a lot."



### BEFORE 65 ...

Malaysia	67%
Canada	56
China	46

### 65 OR LATER ...

South Africa	53%
Spain	50
Brazil	48
Netherlands	47
United States	46
Russia	45
United Kingdom	45
France	43
Germany	42
Australia	39

### NEVER ...

Mexico	49%
India	44
Philippines	42

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

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Choose the plan  
that's right for you.

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**HUMANA.**



# Common questions about Medicare

## What is Medicare?

Medicare is the largest health insurance program offered by the United States government. It serves more than 45 million people. Medicare covers Americans 65 and older and others who qualify because of a disability.

The Centers for Medicare & Medicaid Services (CMS) runs Medicare. CMS is part of the U.S. Department of Health and Human Services (HHS). Medicare is divided into four parts: A, B, C, and D. Parts A and B are considered "Original Medicare."





## What are the different parts of Medicare and what do they cover?

Here's a quick view:

What it's called	Who offers it	What it is
Medicare Part A hospital insurance	The federal government	Part A helps cover your care when you're admitted to a hospital or skilled nursing facility. It also helps cover hospice care and home healthcare.
Medicare Part B medical insurance	The federal government	Part B helps cover doctor's visits and outpatient care. It also helps pay for some services Part A doesn't cover — such as some occupational and physical therapy services and some home healthcare. Part B also covers some preventive services.
Medicare Part C Medicare Advantage (MA)	Health insurance companies	Part C gives you inpatient and outpatient Medicare benefits. It often covers other things, like wellness programs.
Medicare Part D Medicare Prescription Drug Plan	Insurance companies and other private companies	Part D is optional prescription drug coverage that provides prescription drug benefits to all people with Medicare. You aren't required to have Part D, but may pay a late-enrollment penalty if you delay enrolling when you become eligible.



## When am I eligible for Original Medicare?

At age 65, you're eligible for Part A, even if you still work. You've probably already paid for Part A through paycheck deductions. Or you may be eligible for Medicare because your spouse is a qualified wage earner. Plus, you may qualify for Medicare due to a disability. You must sign up for and pay a monthly premium for Part B.

## What are the enrollment periods for the different Medicare plans?

You can make your choices during these times:

### If selecting a Medicare Supplement plan

#### Medicare Supplement Open Enrollment Period

- It starts on the first day of the month in which you are:
  - Age 65 or older and
  - Enrolled in Medicare Part B

Medicare Supplement Open Enrollment Period lasts for six months.

You can purchase a Medicare Supplement plan anytime during the year. These plans are also available to people younger than 65 eligible for Medicare due to disability or End-Stage Renal Disease in some states.

### When you first become eligible for Medicare

#### Initial Enrollment Period (IEP)

- Three months before you turn 65
- The month you turn 65
- Three months after you turn 65

If you're turning 65, you have seven months to enroll in a Medicare or prescription drug plan.



## Every year after you first become eligible

**Pre-Enrollment Period**

Oct. 1 – Oct. 14

During this period, people with Medicare can learn about what products will be offered during the AEP.

**Annual Election Period (AEP)**

Oct. 15 – Dec. 7

From Oct. 15 to Dec. 7, you can enroll in a Medicare Advantage plan for the next calendar year.

**Annual Disenrollment Period (ADP)**

Jan. 1 – Feb. 14

During the ADP, members who have a Medicare Advantage plan can disenroll and return to Original Medicare. These members can also enroll in a stand-alone prescription drug plan.

Feb. 15 – Oct. 14

Generally, you only can make changes if you qualify for a special exception, such as moving from the plan's service area or having Medicaid coverage.

## If you qualify for Medicare because of an exception

**Special Election Period (SEP)**

Ongoing based on certain conditions

If you qualify for a special election, you can enroll in a Medicare Advantage plan — even between Feb. 15 and Oct. 14.



# Your Medicare options

## It's your choice

Parts A and B — Original Medicare — cover much of the medical care you need, but not all of it. Also, you have to pay a deductible and coinsurance when you use Part A and Part B services. That's why many people buy coverage that provides benefits beyond those provided by Original Medicare.

Most people get their Medicare coverage in one of these two ways:

### Original Medicare for Part A and Part B

"Stand-alone"  
prescription drug plan  
from a private company

Medicare Supplement  
insurance from  
a private company

or

Medicare Advantage from an insurance  
company, which includes Part A and Part B

Also, these plans often include:

- Extra benefits and services at no extra cost
- Prescription drug coverage as part of the plan



Medicare Part D prescription drug coverage and Medicare Supplement insurance have separate premiums.

These premiums are in addition to any Medicare-applicable premiums such as those for Parts A and B. Most people with a Medicare Advantage plan pay the plan premium, if applicable, in addition to the Medicare Part B premium. Your costs will differ depending on the coverage you choose and services you use.

Whether you have Original Medicare or a Medicare Advantage plan, you'll have coverage for routine services covered by Original Medicare or services that Medicare considers medically necessary.

## **How Medicare Advantage works**

The government pays private insurers to oversee Medicare Advantage plans. If you choose a Medicare Advantage plan, you remain a member of Medicare and continue to pay Medicare-applicable premiums. You simply choose to receive your Medicare benefits through a private insurance company and pay the additional plan premium.

## **More about Medicare Advantage**

Part C — Medicare Advantage — gives you inpatient and outpatient Medicare benefits from private insurers that contract with Medicare. It's used instead of Parts A and B.

You must have both Medicare Parts A and B to join a Medicare Advantage plan.



## **Types of Medicare Advantage plans include:**

- Health Maintenance Organization (HMO)
- Preferred Provider Organization (PPO)
- Private-Fee-for-Service (PFFS)

## **Also, in some areas you may be able to get a Medicare Advantage Special Needs Plan if one of the following applies to you:**

- You have a chronic illness like diabetes
- Your primary residence is a long-term care facility
- You're eligible for both Medicare and Medicaid

## **Medicare Advantage Special Needs Plans include all Medicare Part A and Part B benefits, as well as:**

- Access to special clinical programs focused on your special healthcare needs
- Help paying for Medicare if you qualify for both Medicare and Medicaid

## **What's the advantage of Medicare Advantage versus Original Medicare?**

Many people choose Medicare Advantage plans because these plans usually reduce out-of-pocket costs. They usually include extra benefits and services. For example, some Medicare Advantage plans include:

- Fitness programs
- Health education programs
- A nurse advice hot line



In addition, many Medicare Advantage plans have **optional supplemental benefits**. These extra benefits let you customize your insurance to meet your needs. For example, you could get better dental coverage or add vision care. There's an added cost for optional supplemental benefits.

## More about Medicare Part D prescription drug coverage

You can get Part D prescription drug coverage only from private companies with a contract with Medicare.

## You usually choose Part D in one of two ways:

- Separate "stand-alone" insurance you buy in addition to Original Medicare or Medicare Supplement insurance.
- Coverage you may get when you enroll in a Medicare Advantage plan. If you enroll in a Medicare Advantage plan with prescription drug coverage, you don't need to sign up for a stand-alone prescription drug plan. If a Medicare Advantage plan you want doesn't include Part D, you may be able to choose a plan that does.

The list of medicines a Medicare prescription drug plan covers is called a formulary. The formulary must include some of the most-prescribed medicines for people with Medicare.

In some plans, after your total drug costs reach a certain limit, you pay 100 percent of your prescription drug costs. The official name for this period is called the "coverage gap." Many people call it the "donut hole."



## YOUR MEDICARE OPTIONS

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By law, all Part D plans must offer at least the basic benefits required by Medicare. Plans can offer more benefits, but not less than benefits in the chart below.

	2012 Basic Benefits	You Pay	Total
<b>Deductible</b>	\$320	100% of first \$320 in Rx cost	\$320
<b>Initial Coverage Limit</b>	\$2,930.00	25% of the next \$2,610 (\$652.50) in Rx cost	\$652.50
<b>Coverage Gap</b>	\$3,727.50	50% of brand-name and 86% of generic drugs of the next \$3,727.50 out-of-pocket cost	\$3,727.50
<b>Annual Out-of-Pocket Amount</b>		\$4,700*	
	2012 Basic Benefits	You Pay	Total
<b>Catastrophic Coverage</b>	Medicare and Plan 95%	Greater of \$2.60 for generic/preferred multi-source drug and \$6.50 for all other drugs; OR 5% coinsurance	

\*Annual Out-of-Pocket Amount does not include monthly premiums.



Some Part D plans provide coverage when you're in the coverage gap. So, if you use a lot of prescription medicines, you'll probably want to think about such a plan.

- **Discount program for brand-name medicines**

Medicare helps with the cost of medicines while people with Medicare are in the coverage gap. CMS works with drug companies to give you nearly 50 percent off on covered brand-name prescriptions while you're in the coverage gap. If you receive the low-income subsidy or have a qualified prescription plan through an employer, you won't receive this discount.

- **Coverage in the gap for generic medicines**

CMS partners with health plans to help you pay for generic drugs while you're in the coverage gap. You'll have 14 percent of the cost covered. Keep in mind, that if you have generic coverage, you may not qualify for more help.

Medicare Part D offers prescription drug coverage through private insurance companies. Each private plan covers a specific list of medicines. Choose your plan carefully to make sure it covers medicines you use regularly.

### **More about Medicare Supplement insurance**

Medicare Supplement insurance plans — sometimes called "Medigap plans" — are health insurance policies sold by private insurance companies. They're designed to help with some costs Original Medicare doesn't cover.

Medicare Supplement plans work only with Original Medicare. Original Medicare and your Medicare Supplement policy both pay a share of the Medicare-approved amounts for your covered healthcare costs.



In most states, an insurance company can offer as many as 11 standardized Medicare Supplement plans. You pay a monthly or yearly premium to the private insurance company.

## High-level overview of Medicare Supplement plans:

### Plans A and B

Provides basic coverage and helps with unexpected expenses or extended hospital stays

If you choose Plan A, you have to pay both your Medicare Part A and Part B deductibles. If you choose Plan B, you have to pay your Part B deductible only.

### Plans C and D

More than basic coverage; ideal for those who want predictable monthly expenses

Plan C covers your Medicare Part B deductible while with plan D, you'll pay the Part B deductible.

### Plans F and G

Provides most protection against high out-of-pocket costs

Plans F and G are the only Medicare Supplement plans that cover Medicare Part B excess charges. An excess charge is the difference between what a provider charges and what Medicare will pay. These plans help protect you from additional out-of-pocket costs should you need treatment that exceeds what Medicare will approve. Plan F also has a high-deductible option, which has lower premiums, but the deductible has to be met before coverage begins. Plan F covers your Medicare Part B deductible while with plan G, you'll pay the Part B deductible.



## **Plans K, L, M, and N**

Help manage  
your expenses

Plans K, L, M, and N offer the same basic benefits as other Medicare Supplement plans, but provide you with a lower monthly premium. In exchange for a lower premium, these plans cover less of the coinsurance and copayments than the other plans. Plans K and L do offer an out-of-pocket maximum, which limits the amount you will have to pay each year. In addition to covering the Part A deductible, Plan N includes an office copayment of up to \$20 and an emergency room copayment of up to \$50.

For more information regarding Medicare Supplement plans, please see the publication *Choosing a Medigap Policy: A Guide to Health Insurance for People with Medicare* developed jointly by the Centers for Medicare & Medicaid Services and the National Association of Insurance Commissioners.





# Tips for choosing your Medicare plan

## Points to consider

Before you make a decision, think about what's most important to you. Here are some points to remember:

### Original Medicare, Medicare Advantage, and Medicare Supplement Plans

- **Cost** – How much will you pay out of your pocket for premiums, deductibles, coinsurance, and copayments?
- **Coverage** – Does the plan include the benefits you want most?
- **Convenience** – Does the plan require you to complete claim forms or other paperwork? Do the doctors, hospitals, and other providers you use accept the plan?

### Prescription Drug Coverage

- **Cost** – How much will you pay out of your pocket for premiums, deductibles, coinsurance, and copayments?
- **Coverage** – Are the prescription medicines you use regularly on the plan's formulary?
- **Convenience** – Are the plan's in-network pharmacies convenient for you? Does the plan have a mail-order service so you can get your medicines delivered to you?



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GHHH29NHH







# Ask Laskas

JEANNE MARIE LASKAS

► **When our daughter** was married four years ago, we paid for the wedding, and the bill was substantial. Our son is getting married in two months, and my wife and I are debating whether we have to spend on him what we spent on our daughter. *Want to Be Fair*

Dear Wanting,  
Step away from the calculator. Step away! The rules of arithmetic provide poor guidance for the distribution of parental resources. (In some families, for instance, a child with special needs might require tons of parental time, effort, and money that his siblings could never expect.) So okay, you bought your daughter a fancy wedding. That doesn't mean you have to dole out the same cash for Junior's nuptials. But do he and the bride need financial help? Then, if you have the means, go ahead and help!



ist-one

► **My mother-in-law is a hoarder**—just like on TV's *Hoarding: Buried Alive*. My wife is becoming a hoarder, as well, although she denies it. Other than the unsafe, unhealthy environment, my main concern is that it's impossible to teach my young children to clean up after themselves in their bedrooms and play areas. I want to save my children from this lifestyle, but I don't know how. Please help before we are all buried alive! *Worried*

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



## Life's Little Etiquette Conundrums

▶ **My fiancé thinks he has to attend his ex-mother-in-law's funeral because "it's the right thing to do," even though his health is poor, the service is almost 400 miles away, and he has been divorced for 17 years. True, his ex-wife went to his mother's funeral seven years ago, but she didn't have to travel. Wouldn't flowers and a card be enough?**

Had your fiancé written to me wondering if flowers and a card were enough, they probably would've been. He, however, thinks he should show up. Even though that may be difficult for you to understand, you should make it as easy for him as you can. As his newly beloved, you are on more secure ground helping him achieve what he values rather than telling him what to value.

Dear Worried,  
Those kids are in more danger than you think. Hoarding disorder is a serious mental-health matter that can threaten the safety of sufferers and the people living with them. Talk to your family doctor, your clergy, or a local mental-health agency. The Substance Abuse and Mental Health Services Administration has a mental-health facility locator for anywhere in the United States ([samhsa.gov](http://samhsa.gov)).

▶ **On weekends, I volunteer at a local hospital. Over the past three months, during every shift, the**

*departmental staff has continually sung the praises of the week-day volunteer. It's usually a different staff person commenting, but one person in particular goes on and on. At first I dismissed these remarks as idle chatter, but now the constant praise of the other volunteer makes me doubt my own capabilities. I've thought about speaking to the volunteer coordinator, but I don't want to seem petty. Should I grin and bear it, answer with a witty rejoinder, or request a transfer to a different department?*

*Miffed*

Dear Miffed,  
How do you know they're not singing your praises to Weekend Dude when you're not there? Maybe they're just really appreciative of the noble work of volunteers? Or maybe they actually do like the other worker more than you. Does it really matter? Do you like volunteering at this place? If you're feeling unappreciated, you can, of course, have a serious conversation with the staff about the quality of your work. But I would recommend the "chopped liver" approach here. Next time they go on and on about Weekend Dude, give the age-old "What am I, chopped liver?" quip. They'll get the point.

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





What Stauer Clients Are Saying  
About Our Hybrid Watches



"Great watch... an  
impressive piece  
straight out  
of the box."  
— C. FROM COLORADO

# No More Mr. Nice Watch

*Forget sleek and subtle, the Stauer Colossus Hybrid is one tough timepiece.*

In designing the *Colossus Hybrid Chronograph*, our instructions to the watchmaker were clear: build it as tough as a battleship and fill it full of surprises. Make it a hybrid, because it should work twice as hard as a regular watch. And make it look like a million bucks, because when you put it on, you should get excited about rolling up your sleeves. Mission accomplished.

**A toolbox on your wrist.** It will keep you on schedule, but the *Colossus Hybrid* is about much more than time. The imposing case features a rotating gunmetal bezel that frames the silver, black and yellow face. You'll find a battalion of digital displays on the dial arranged behind a pair of luminescent hands and a bold yellow second hand. Powered by a precise quartz movement, the watch is doubly accurate in analog and digital mode. And it's packed with plenty of handy extras including a bright green EL back-light for enhanced nighttime visibility, a tachymeter along the outer dial and a full complement of alarms and split-second countdown timers. The *Colossus Hybrid* secures with a folded steel

bracelet that highlights a row of striking dark center links.

**Your Satisfaction is Guaranteed.** Wear the *Stauer Colossus Hybrid* for 30 days and if you are not 100% thrilled with your purchase, return it for a full refund of your purchase price. But once you get a taste of more watch for less money, it's likely you'll be back for more... and we'll be waiting.

- Folded stainless steel bracelet fits a 6 3/4"-8 1/2" wrist


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**This is a solicitation of Medicare Supplement insurance  
and you may be contacted by a licensed agent.**

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**Supplement**  
**Insurance Plans**

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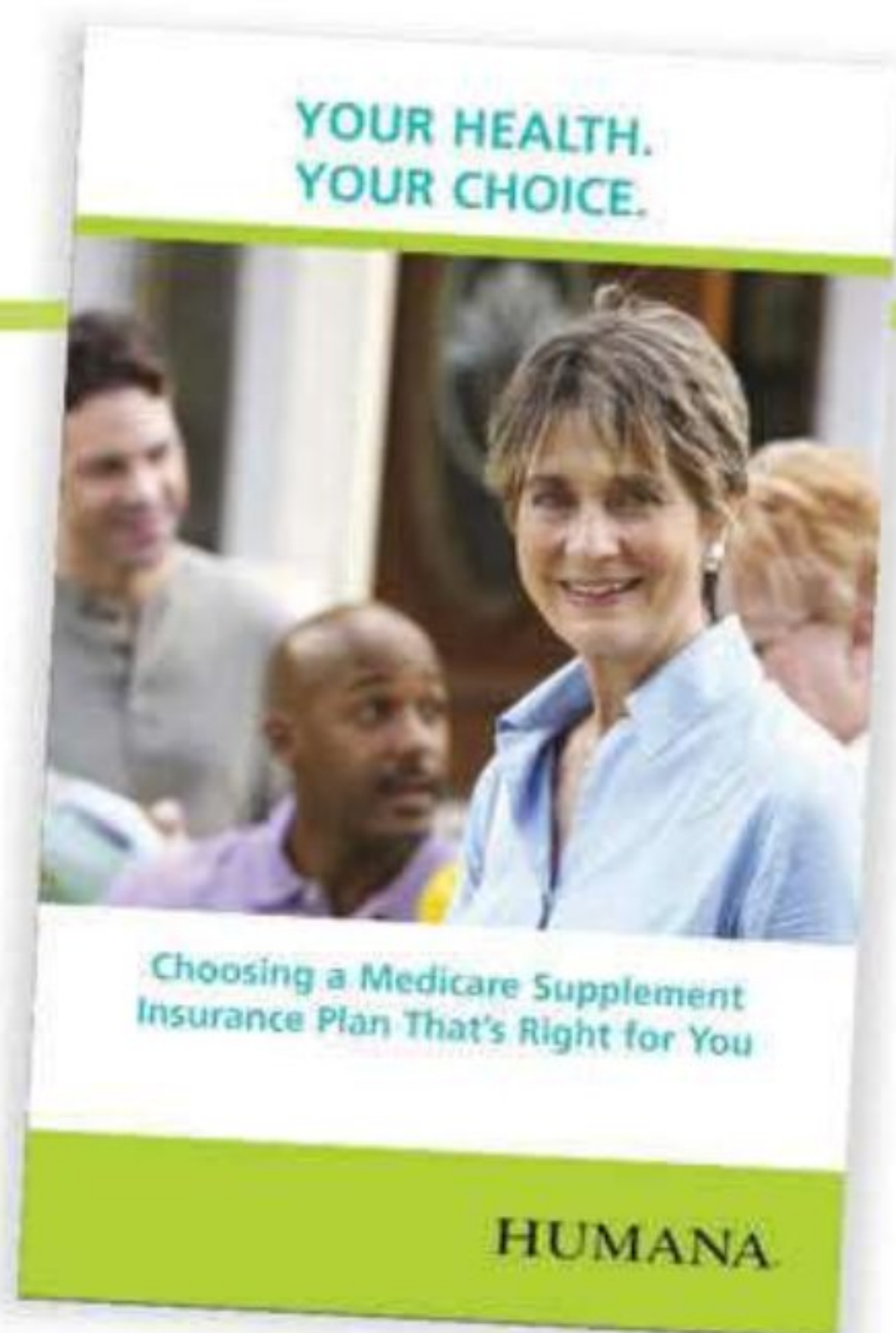
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GHA07C6HH\_M



# Life's Funny

That Way



“Thank you ... Next ...”

**A**fter discussing my dating life—or lack thereof—with my mother, I told her about a friend of mine who had been in a terrible car accident, broken both her legs, and wound up marrying her orthopedic surgeon. My mother sighed: “Why can’t anything like that ever happen to you?”

*Barbara Albright, Indianapolis, Indiana*

**I was struggling** to separate one shopping cart from another at the supermarket when a fellow customer came to my aid.

**During dinner, I asked my three-year-old granddaughter if her meal was good. She picked over the plate before answering, “Not yet.”**

*William Yanney, Keller, Texas*

“It seems to be shopping-cart mating season,” I joked.

“I certainly hope so,” she said, tugging on one. “They never have enough carts in this store.”

*Marjorie Knowles, Tacoma, Washington*

**I never realized** just how small my grandparents’ town was until we decided to see a movie on Main

Street. We called the theater and asked what time the film started. The manager replied, “When can you get here?”

*Elise Jones, Madison, Missouri*



## Life in the News

**After imbibing** at her young son's birthday party, an angry Tina Gonzales bit her Naples, Florida, neighbor. Cops pinned the crime on her by counting tooth marks on the victim. Gonzales was the only adult present with all her teeth.

Source: *Sun Sentinel* (Florida)

**A German girl** posted an invitation to her 16th birthday party on Facebook but forgot to mark it private. As a result, 1,500 strangers showed up at her home and partied until cops broke it up at two in the morning.

Source: *thelocal.de*

**Only two people** in the entire world still speak the ancient language of Ayapaneco. Luckily, they live in the same small town in Mexico. Sadly, they're not talking to each other. The reason, says a linguist: "They don't have a lot in common."

Source: *Guardian* (England)

**After my son and I** had battled a nasty stomach virus, I turned to my husband and joked, "Are you poisoning Ben and me?"

He answered, "Why would I poison Ben?"

*Pamela Hammonds*, Flower Mound, Texas

**On vacation, my brother** complained about the bug-infested cabin.

"When I was in the bathroom," he told our mother, "I saw an earwig crawl out of your makeup bag."

Mom's response: "How did it look?"

*Michal Loeplich*, Ontario, Canada

## Revenge of the Nerds

*Do you relate to the cast of The Big Bang Theory? Then you have something in common with these geeks from mylifeisnerdy.co.cc:*

■ "My dad got me an external drive for my birthday. I believe it's the best birthday gift I've ever gotten."

■ "Last night, my fiancé and I were lying in bed, and somehow we ended up talking about how I could get away with murdering him—all the way down to the best chemicals to use to fool specific laboratory tests."

■ "I found out that my PC has seven USB ports hidden all around it. Oh, the possibilities."

**"Wow!" said my tween** daughter.

She was reading the nutrition label on a bag of cheese curls. "These must be loaded with cholesterol. The label lists it as *Omg!*"

My tween son took a look. "That's zero milligrams, not 'Oh My God.'"

*Kathy Torrence*, Pitman, New Jersey

**My mother was reading** about immigrants taking the oath of citizenship when she noticed something interesting. "Look at the list of names," she said. "They're all foreigners."

*Mary Frances Rondinello*, Syracuse, New York

**Your favorite new joke, funny anecdote, or crazy news story might be worth \$\$\$.** See page 77 for details.





RUNNING TO  
THE BATHROOM  
GOING ALL THE TIME  
ACCIDENTS  
AND URGES  
PADS ON  
HAND  
KNOWING WHERE  
EVERY BATHROOM  
IS

**Tired of always thinking about  
your overactive bladder symptoms?**



## Think about talking to your doctor instead.

Ask your doctor about prescription Toviaz® (fesoterodine fumarate). It's a once-daily pill that significantly reduces sudden urges and accidents over 24 hours.\*

Plus, Toviaz comes with a plan, with tips on food and drink choices and exercises to help you train your bladder.

Toviaz treats the symptoms of overactive bladder (leaks, strong, sudden urges to go, going too often). Ask your doctor if Toviaz is right for you.

\*Results may vary.

**Enough  
already!**

### Important Safety Information

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

Toviaz may cause allergic reactions that may be serious. If you experience swelling of the face, lips, throat, or tongue, stop taking Toviaz and get emergency help.

Medicines like Toviaz can cause blurred vision, drowsiness, and

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

The most common side effects are dry mouth and constipation.

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

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

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

**Ready to do something? Go to [Toviaz.com](http://Toviaz.com) or call 1-888-8-TOVIAZ**



**Toviaz®**  
fesoterodine fumarate  
extended release tablets 4mg and 8mg



Please see Important Product Information on back.

FSD01006A/289314-01



## **IMPORTANT FACTS**

**Toviaz**  
fesoterodine fumarate  
extended release tablets 4mg and 8mg

(TOH-vee-as)

### **ABOUT OVERACTIVE BLADDER**

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

### **WHO IS TOVIAZ FOR?**

**Who can take TOVIAZ?**

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

**Who should not take TOVIAZ?**

Do not take TOVIAZ if you:

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

### **BEFORE YOU START TOVIAZ**

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

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

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



## POSSIBLE SIDE EFFECTS OF TOVIAZ

TOVIAZ may cause allergic reactions that may be serious. Symptoms of a serious allergic reaction may include swelling of the face, lips, throat or tongue. If you experience these symptoms, you should stop taking TOVIAZ and get emergency medical help right away.

The most common side effects are:

- Dry mouth
- Constipation

TOVIAZ may cause other less common side effects, including:

- Dry eyes
- Trouble emptying the bladder

These are not all of the possible side effects of TOVIAZ.

For a complete list, ask your doctor or pharmacist.

## HOW TO TAKE TOVIAZ

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

Things you should keep in mind when taking TOVIAZ:

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

## WHAT IS TOVIAZ?

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

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

## NEED MORE INFORMATION?

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



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## 9/11 Ten Years Later

A decade after the devastating attacks, family, friends, and colleagues of terror's victims are finding peace through service

# To Honor Those They Lost

BY KENNETH MILLER

### Liz and Steve Alderman

**“Because Peter lived, the world is a better place.”**

Liz and Steve Alderman were in the South of France, celebrating Steve's 60th birthday, when a shopkeeper ran up to them. “Your country has been attacked,” she exclaimed. Until that moment, the Aldermans had considered themselves fortunate. Steve was a radiation oncologist in New York's Westchester County; his wife was an

avid painter, a quilt maker, and an opera fan. They were happy, prosperous, and close to their three grown children. Now, as they learned of the destruction at the World Trade Center and the Pentagon, they wondered whether their luck would hold. Their son Peter, 25, worked for a financial company in Manhattan; their daughter, Jane, 28, lived in Washington, D.C. Either could have been in harm's way.

For hours, the worried couple tried to phone their kids, but there were no overseas connections. Finally, their son Jeff, then 30 and a physician in Oklahoma, managed to reach them. “Jane's fine,” he said. “I talked to her.”





**THE HEALERS**  
Steve and Liz Alderman, with the new Freedom Tower rising in the background. “The work keeps you from obsessing about your anger, your sadness,” says Steve.



“What about Pete?” Liz asked.

There was a pause. “Pete was there. People are looking for him, but I’m sure he’s okay.”

Peter had been on the 106th floor of the World Trade Center, attending a conference at the Windows on the World restaurant, when the first plane hit directly below. At 9:25 a.m., he sent Jane his last e-mail: “We’re stuck. The room is filling with smoke. I’m scared.”

Over the following weeks, the Aldermans learned how beloved Peter—the baby of the family, all “laughter and sunshine”—had been to others: When they threw a party to memorialize his life, 300 people showed up. “Peter enjoyed creating and cultivating relationships,” says Steve. Adds Liz, “He was constantly taking care of people. He made them feel better about themselves.”

As their grief descended, the couple nearly collapsed under its weight; Steve retired from his medical practice, and Liz gave up her artwork. On some days, they could barely get out

of bed. Liz recalls the horror of the endless tape loop spooling in her head: “I have no idea how my child ... how long he lived, if he was alive when the building crumbled. And my only prayer is that he didn’t know he was about to die.”

Eventually, she found a way to cope. “In the worst circumstances in life, I learned there are only two options,” she says. “You can kill yourself—either literally or emotionally by crawling into bed and never getting out. Or you can put one foot in front of the other and take baby steps forward.”

The breakthrough came one sleepless night in June 2002 when Liz watched a *Nightline* program about the psychic scars of war and terrorism. She learned that one billion people around the world have suffered from mass violence and natural disasters; among those directly affected, about two thirds develop depression and other crippling psychological problems. The Aldermans could afford counseling; most of these people could

**Left: the Aldermans with James Opyia, a former child soldier, at their Kitgum Clinic in Uganda. James was encouraged to draw pictures of the horrors he experienced. Later he was able to talk about them. Right: Peter Alderman at 17.**





not. Liz remembers thinking, If we can help bring these people back to life, that would be the perfect memorial for Peter.

The couple called an expert featured on the show—Richard F. Mollica, MD, director of the Harvard Program in Refugee Trauma. With his guidance and some of the \$1.4 million they received from the September 11th Victim Compensation Fund, they launched the Peter C. Alderman Foundation. Their mission: to train doctors and nurses in countries ravaged by war to treat emotional trauma.

They found that the challenges of effectively launching their project were more than just logistical. At the first clinic they opened, in Siem Reap, Cambodia, in 2005, Steve learned that when Cambodians feel depressed or anxious, they believe it's because the household gods have deserted them. So he encouraged monks from a local monastery to counsel patients for a year after they were released from the clinic. Now it's part of every patient's treatment. "Our model is to include spiritual healing because we know it works," says Steve.

They know because it has worked for them. "The whole business of work and spirituality—you go outside yourself," says Steve. Adds Liz, "The nature of the work gave me a reason to get out of bed every day. I thought I was never going to feel good about anything ever again. And I feel incredibly good about the people who have come into my life and the people we're meeting along the way."

The nonprofit now operates mental-health clinics in Cambodia, Uganda, Rwanda, and Haiti; its nearly 600 doctors have treated thousands of trauma victims in 22 countries.

From some safe beyond, Steve and Liz sense their son's approval—and amusement. "We've won awards, and they've made a movie about us, and blah, blah, blah," says Steve with a little laugh. "We feel that if Peter could have seen that stuff, he'd have thought we're a real hoot."

## Bill Keegan

**"Now we're stronger, and we're here to help you."**

Growing up in Jersey City, across the Hudson River from Manhattan, Bill Keegan watched the construction of the Twin Towers from the windows of his high school. In 1993, as a Port Authority police officer, he helped rescue children trapped in an elevator when the North Tower was damaged by a truck bomb. When terrorists struck again in 2001, Keegan, by then a lieutenant, was off duty, accompanying one of his three young daughters to a checkup at a New Jersey hospital. "I heard everybody start screaming in the hallway" as they watched the catastrophe unfold on TV, he recalls. He took his daughter home, then raced down the New Jersey Turnpike as smoke billowed on the horizon. By the time he reached the Holland Tunnel,





**THE HELPER**  
“Cops, firefighters,  
construction  
workers—we  
volunteer and  
feel whole,” says  
Bill Keegan.



just across the river from lower Manhattan, the towers had fallen.

The Port Authority lost 37 officers that morning, many of them Keegan's close friends. He narrowly escaped death himself hours later, when Building 7, a 47-story structure that was part of the World Trade Center complex, collapsed. "It was half a block away," he says. "We took off, but the huge plume caught up to us, and we breathed in a lot of the stuff." The next day, he took over as commander of the nighttime rescue and recovery efforts at Ground Zero.

**O**ver the next nine months, Keegan bonded fiercely with the cops, firefighters, and construction workers at the site. Their shifts were long, backbreaking, and emotionally grueling. "I remember one recovery that took us 13 hours, in a very dangerous area," he says. A body lay trapped within a pile of twisted steel, which threatened to topple onto the crew at any moment. When they finally loaded the corpse into a pickup truck under a light rain, "all these guys started crying. The mud was caked on their faces, and their tears looked like a river coming down."

Keegan's labor amid the smoldering ruins changed him forever. "Down there, things were black-and-white. My ability to bring comfort to people was so direct. It completed me somehow." When he returned to ordinary police work, "the world seemed gray. I felt myself retreating,

not caring as much." Keegan was just 50 when he retired in 2005 after 20 years on the force. He wrote a memoir, *Closure: The Untold Story of the Ground Zero Recovery Mission*. Then he pondered what to do with the rest of his life.

The answer came with Hurricane Katrina. Watching the slow and inept responses to the disaster, Keegan saw a need for the expertise he and his comrades had gained at the World Trade Center—and an opportunity to restore the feeling of purpose they all were now missing. In 2007, he enlisted two other 9/11 first responders—NYPD lieutenants Owen McCaffery and John A. Moran—and Tom Thees, a financial-industry executive. Together, they founded HEART 9/11, a nonprofit disaster-response corps (the acronym stands for Healing Emergency Aid Response Team) comprising more than 300 Ground Zero veterans as well as many relatives of those who perished in the New York attacks.

"All of a sudden, I realized what was important in life," Keegan says. "I wanted to do something I could invest in emotionally, something that helped people. And that's what this feels like—going back, to the sense of mission at the World Trade Center, yet moving forward."

For its first project, the group built more than a dozen homes in St. Bernard Parish, a Louisiana community hard hit by Katrina. Four years later, in earthquake-ravaged Haiti, they built 50 homes in six days. Teams



have also helped residents rebuild housing after a flood in Nashville.

“People hug us,” Keegan reports proudly. “They say, ‘You’re helping me? After what you’ve been through?’ And we say, ‘Well, that’s why we’re here. We know what it’s like. We survived September 11 with the help of a lot of people. Now we’re stronger, and we’re here to help you.’”

## Jay Winuk and David Paine

**“9/11 is about how good people responded.”**

**W**hen the first plane hit the World Trade Center, Jay Winuk’s brother, Glenn, was in his apartment in Midtown Manhattan talking on the phone. The 40-year-old lawyer could have stayed there. But Glenn was also a volunteer firefighter, and he thought his rescue skills might be needed. He jumped in a cab and made it downtown in time to help evacuate workers in his building a block from the World Trade Center. Then he ran to the South Tower, where he borrowed a medic bag from an EMT and rushed into the lobby.

“You couldn’t stop Glenn from going down to the scene of an accident,” says his brother Jay, 53, a public relations executive in Mahopac, New York. “He also responded in ’93 when the towers were bombed. I spent 9/11 trying to call him. By that

night, we were calling hospitals. It wasn’t until weeks later that we gave up hope.” In October, Winuk’s family held a funeral; lacking a body, they buried a few of Glenn’s possessions in a plain pine box. The following spring, searchers found his remains beneath tons of debris, and the family held a second funeral.

Jay agonized over how to memorialize his brother. Then he got a call from David Paine, a former PR colleague and ex-New Yorker whose own brother had escaped from a building near Ground Zero. “I was struck by the way the whole country came together, this remarkable spirit of unity,” says David, recalling the conversation. “I had just read that the New York Mets had donated a day’s pay to the relief efforts for the 9/11 families and thought, What a great idea! Maybe we could all find a way to donate a day’s pay, or a day’s service, to help others. That would be a great tribute to those who had lost their lives.”

**Jay Winuk’s brother, Glenn, a lawyer and volunteer firefighter, died in the South Tower.**



COURTESY HOLLAND & KNIGHT





**THE ORGANIZERS**  
MyGoodDeed's  
Jay Winuk, left,  
and David Paine.  
"Glenn would have  
been first in line for  
this," says Winuk.

Jay loved the idea. The two men started a website and a nonprofit, MyGoodDeed, to coordinate volunteer efforts on the anniversary of 9/11. In the first year alone, 50,000 people posted their plans for the day, whether pitching in at soup kitchens, repairing schools and homeless shelters, or simply helping needy neighbors. "We wanted each person's good deed to be personal to them, in tribute," says David. In 2009, President Obama signed into law David Paine and Jay Winuk's vision—the September 11 National Day of Service and Remembrance. This year, MyGoodDeed is organizing events in 24 U.S. cities and several foreign countries.

"I lost my kid brother, somebody I shared a bedroom with growing up," says Jay. "Your siblings are the people you're supposed to know the

longest in your life. And when they're taken away, that leaves a big, big hole. So the ten years of trying to do something in memory of him have been a labor of love. His example of going out of his way for other people in need—we could all use more of that.

"We want future generations to understand that 9/11 is not just about the attacks. It's about how good people responded." ■

## Do More

For more information on how to volunteer for or donate to any of these organizations, go to:

- [petercaldermanfoundation.org](http://petercaldermanfoundation.org)
- [heart911.org](http://heart911.org)
- [mygooddeed.org](http://mygooddeed.org)



# How We've Changed

“Nothing will ever be the same” was our constant refrain after the terrorist attacks. But how different are we today—really?

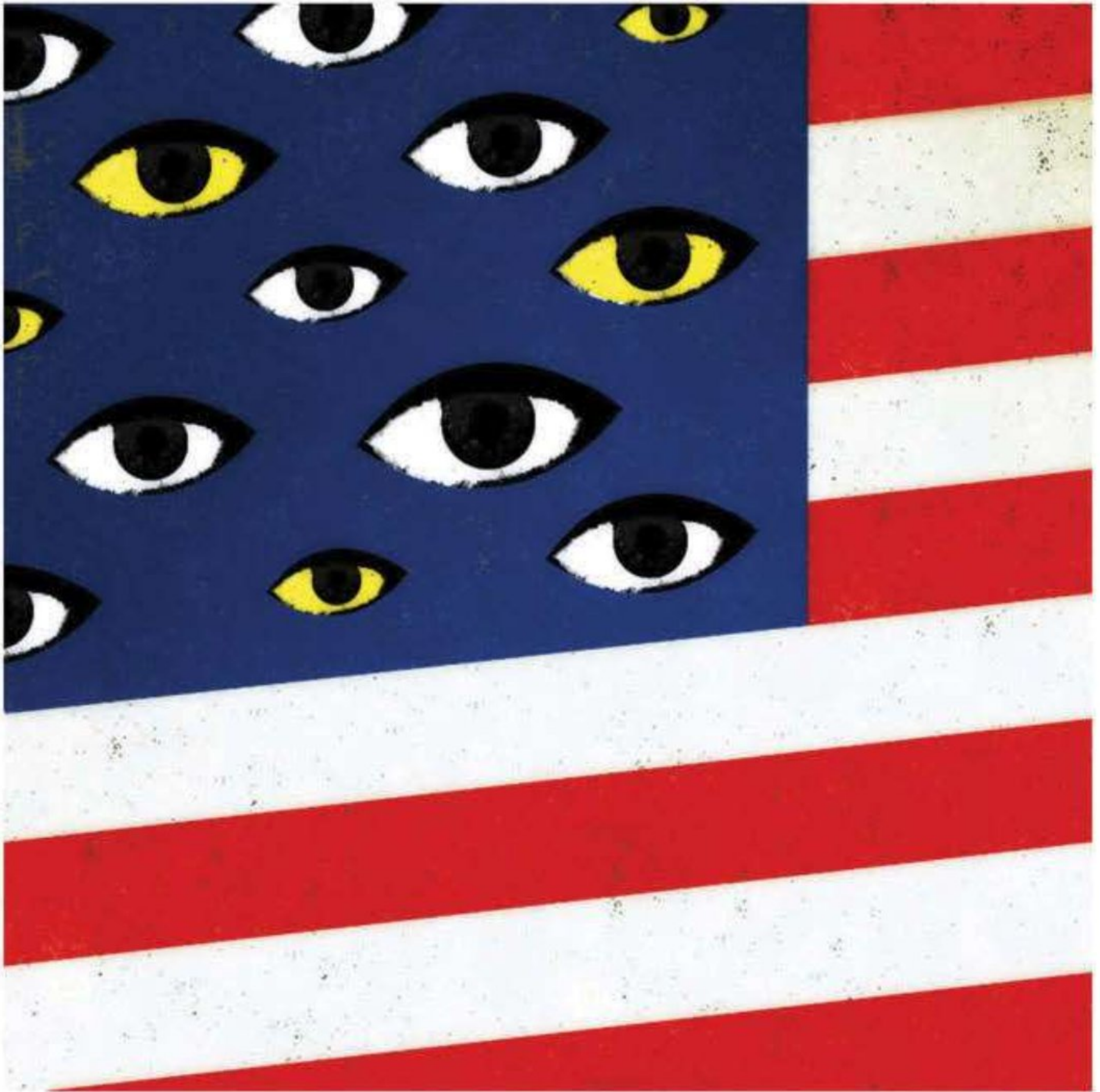
We have **accepted** less privacy.

Perhaps the most visible intrusions on privacy are the full-body scanners now being rolled out at airports around the country, although about two thirds of Americans say they're willing to put up with such personal impositions to prevent terrorism.

Other infringements upon this

fundamental American privilege are less apparent. Shortly after 9/11, Congress passed the Patriot Act, which expanded federal officials' powers to keep tabs on our personal information, from credit card use to cell phone calls to car travel. Today, 3,984 federal, state, and local organizations take part in domestic counterterrorism efforts; the National Security Agency alone has about 30,000 people eavesdropping





on 1.7 billion intercepted e-mails and other communications every day. In June, the FBI gave significant new powers to its 14,000 agents to search databases, screen household trash, and use stakeout teams to investigate “persons of interest.”

**The upside:** greater law enforcement success. Five billion mobile phones are now in use around the world, and 95 percent of users keep their phone within a yard of them-

selves at all times. “That’s the same as saying the location of 95 percent of these people can be determined anytime,” says Fred Cate, director of the Center for Applied Cybersecurity Research at Indiana University. “Ten years ago, law enforcement would put a tail on someone; today, they call the cell phone company.”

Financial institutions are also huge repositories of easily traceable, and accessible, data: Emboldened by the



expanded guidelines, the Treasury Department has subpoenaed records of millions of financial transactions. “We can match up money to find organized-crime financing much easier, and it works all the time,” Cate says.

**But are we really safer?** According to the Breakthrough Institute, a public-policy think tank, only two plots against the United States have been foiled because of the increased snooping allowed by the Patriot Act. Dozens of others, the report concluded, “were broken open due to the combination of well-deployed undercover agents, information from citizen or undercover informants, and tips from foreign intelligence agencies”—in other words, old-fashioned gumshoe work.

## We are less **tolerant** of Islam.

Despite President Obama’s assurance on last year’s anniversary of 9/11 that “we are not at war with Islam,” a recent Pew Forum on Religion & Public Life poll found that only 30 percent of Americans hold a favorable view of the Muslim religion—a sizable fall-off from the 41 percent who held a similar opinion in 2005. Thirty-five percent of Americans believe Islam is more likely than other religions to encourage violence, and more than half think Muslims “aren’t speaking out enough against potential terrorist attacks,” according to a Rasmussen poll. Last year, the proposed develop-

ment of a Muslim cultural center two blocks from Ground Zero led to widespread protests against the project.

**But not all of us take a dim view.** “The events of 9/11 hardened Islamophobic ideas among some—but have also stimulated greater interest in and understanding of Islam among others,” says Mahmoud Ayoub, of the Duncan Black Macdonald Center for the Study of Islam and Christian-Muslim Relations at Hartford Seminary in Connecticut. The Macdonald Center launched the first Islam chaplaincy program in the world about five years ago to provide Muslim chaplains to hospitals, the military, and elsewhere. Still, only about a dozen imams now serve in the U.S. armed forces. (In contrast, there are more than 800 Christian and Jewish chaplains in the Navy alone.)

Student enrollment in Arabic language classes surged after 9/11 and has tripled since, according to a sur-





vey of 2,500 colleges and universities. More college students now study Arabic than Russian. And there's this: The 2010 Miss USA title went to Rima Fasih of Michigan, the first time an Arab American has won the crown.

## We're more **respectful** of the uniformed services.

In the past decade, Americans have had more confidence in the military than in any other federal institution, according to a Gallup annual poll; more than three quarters of Americans say they have great confidence in the troops.

The kudos extend to other uniformed public servants as well. "After 9/11, there was a spike in American pride in all our uniformed services, including firefighters and police officers," says Peter Feaver, a professor of political science and public policy at Duke University who has written books on society's views of the military. "They were newly relevant to your daily life—people realized that 'these guys are protecting me.'"

**But we're failing our soldiers when they come home.** The recession has hit veterans of the wars in Iraq and Afghanistan particularly hard: Their unemployment rate is at least three points higher than the national average and climbs to nearly 20 percent for male vets under the age of 24,



according to a report from the U.S. Congress Joint Economic Committee. Military experts blame a "crazy vet" stereotype that has persisted since at least the Vietnam War. To counter the prejudice, some companies, like Siemens, are renewing their commitment to the Veterans Preferences Act, enacted in 1944 and last modified in 1997, which encourages businesses to give special consideration to military veterans when filling jobs.

## We want to achieve energy **independence** more than ever.

From 2001 to early 2009, most Americans favored conservation over more energy production—but with the continuing wars in Iraq and Afghanistan



# How Did 9/11 Change **You?**

We asked our Facebook fans.

>> I pay more attention to the people around me when I am in a crowd.

*Jane Carder*

>> We now avoid air travel because of the hassles involved. *Terri DuVal Riffle*

>> I honor military, police, firefighters, and other service people and try to remember to say thank you when I see them.

*Andrea Pandeloglou Smolin*

>> I was 14 and could not wrap my mind around the tragedy. Years later, we went to see *Flight 93* in theaters, and I finally cried.

*Stephani Blair*

>> I had been to the Twin Towers in 1984, so I often think it could have been that day I was there. I moved closer to my family.

*Dorothy Elizabeth Pine Mets*

>> My partner and I were on duty as paramedics. We watched a man pass out hundreds of U.S. flags to drivers on the street. I saw something I had never before seen personified: pride, love of country,

solidarity, determination. Tears ran down my face. I knew America would not only survive but recover, overcome, and thrive. I'd always loved my country, but that day I fell *in* love.

*Tammy R. Musgrove*

>> We don't travel far from home anymore.

*Sheila Halet*

>> I realized life can never be taken for granted.

*Nancy Shaftang, Sabah, Malaysia*

>> It helped me meet my husband. Partly because of 9/11, he was inspired to join the Army. During his first deployment to Iraq in 2006, we met online. We married in 2007.

*Angela Metcalf, Tucson, Arizona*

>> My wife and I joined the St. Peters, Missouri, Community Emergency Response Team to help both our neighbors and the brave men of the fire and police departments in case of a disaster.

*Arizona Scott Epstein, St. Peters, Missouri*

>> My eyes were opened to the cruel, scary world

that existed outside the safety of my small town that day. Being in only the sixth grade, I felt like a huge chunk of my innocence was taken by the terrorists. *Miranda Reid, Ackerman, Mississippi*

>> It was a reminder that we should not wait to say "I love you" to our loved ones. *Pamela Madrid, Manila, Philippines*

>> It opened my eyes to the fact that America is not invincible, which was a very scary feeling.

*Kate Nessler, Cincinnati, Ohio*

>> I found myself examining what freedom really means to me. I realized we are not one world, as much as we would like to be. *Stephen Greg Legat*

>> I became more world-aware instead of self-aware. I've lost a lot of my self-entitlement.

*Annamarie Cardinal*

>> I have learned that Muslims in other countries were also horrified and grieved on 9/11. It is past time we understood that fact. *Susan Diane Cain*





and revolutions sweeping the Middle East, we've reversed our priorities. Although 87 percent of Americans believe the Gulf of Mexico hasn't fully recovered from the 2010 oil spill, 69 percent favor increased offshore drilling. And while nearly two out of three Americans want more alternative energy development, 47 percent said (even right after the Fukushima Daiichi nuclear plant meltdown) that nuclear power's benefits outweigh its risks, compared with the 38 percent who disagreed.

**But we've made little progress.** While we are buying more fuel-efficient cars and we've discovered huge new domestic gas and oil fields, "the United States has not become more energy independent in the past decade," says Charles Ebinger, director of the Energy Security Initiative at the Brookings Institution. "We're still importing about 50 percent of our oil, and that's likely to increase."

## We **volunteer** more.

After 9/11, the number of Americans who did volunteer work rose steadily, growing to nearly 29 percent by 2005, up from around 20 percent in the late 20th century. The 63 million Americans who donate their time today average 34.2 hours a year, providing \$169 billion worth of services annually, free of charge.

**And aging Americans' second acts will increase those numbers even more.** "Seventy-six million people will be looking for an 'encore career' soon, and engaging them in highly skilled opportunities will be crucial," says Heather Peeler, chief strategy officer at the Corporation for National and Community Service. "We're already seeing nonprofits gearing up to accommodate baby boomers." Match your skills to a volunteer effort by visiting [mygooddeed.org](http://mygooddeed.org) or [serve.gov](http://serve.gov). ■





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9/11 Ten Years Later

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# A Marine's Arab Spring

**Josh Rushing**, a 14-year veteran of the Marine Corps, explains why he resigned from a top job at the Pentagon to work for an Arab TV station once considered an enemy of the United States

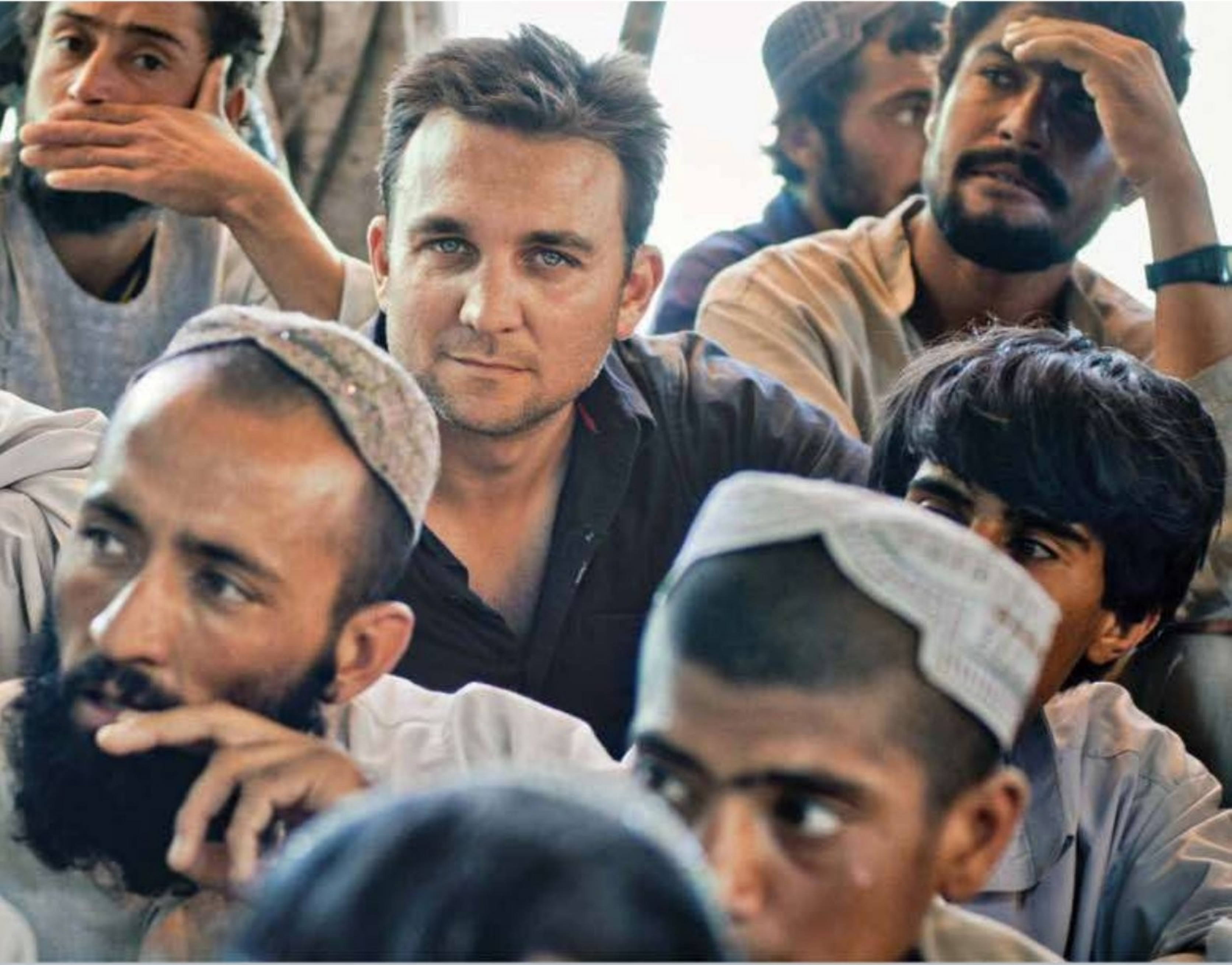
**O**n the morning of September 11, 2001, I sat in a conference room at a resort in Desert Hot Springs, California, with dozens of other Marines as a tall one-star general in a crisp uniform, Brig. Gen. Andrew B. Davis, presented a well-worn lecture on digital media. It was the annual conference for Marine Corps public affairs officers. Davis was the head. I was a junior officer.

In the corner of the room, a muted television broadcast live images of the Twin Towers and the Pentagon on fire. America was under attack—a

Pearl Harbor moment for every Marine there—and we looked on in disbelief. Irked by our divided attention, Davis ordered the television turned off and pressed on with his hour-long presentation. (Davis denies this.)

Davis's seeming blindness to the life-changing magnitude of 9/11 inspired a rare act of rebellion: I walked out and relocated to the empty hotel bar, where I watched the consequences of the attacks unfold until I was called back to my base. (Davis's own office at the Pentagon was destroyed that day in the aftermath of the crash of American Airlines Flight 77, which slammed





into the building, killing 184 soldiers, sailors, and civilians.)

I had been a Marine for 11 years—my entire adult life—and on that day, especially, I felt fortunate to be one. I knew a military response would soon follow. I decided that if my unit were not called upon to be part of it, I would volunteer and politic my way to the tip of the spear.

But the incongruity of that morning—a yawn-inducing seminar backlit by searing images of mind-boggling destruction—would come to characterize a critical phase of my military career and the beginning of its end.

In January 2003, I deployed to the front lines of the media war at Central Command Forward headquarters—aka CentCom—in Doha, Qatar, hundreds of miles south of the line of troops massing on the southern border of Iraq. From there, I gave daily interviews to the world's media justifying our pending invasion of Iraq—the weapons of mass destruction supposedly harbored by Saddam, his ties to Al Qaeda. Underpinning the military buildup lay a little-discussed but ambitious goal: The Bush administration hoped to ignite the flames of democracy in the heart of the Middle





**Rushing, on assignment for Al Jazeera English, with Iraqi police on their way to a meeting with local tribal leaders in southern Kirkuk, Iraq, in 2010.**

East and fan them across the region. I recognized that to do this, we would need to reach Arab audiences through their own media, and that meant working with the controversial pan-Arab news channel, Al Jazeera. I argued that CentCom should grant Al Jazeera access to top military officials.

This was not a popular idea. Then-Secretary of Defense Donald Rumsfeld had labeled the channel the mouthpiece of Al Qaeda and accused the network of airing beheadings. So instead of Gen. Tommy Franks, the network got me. I regularly appeared before its reporters, who peppered me with difficult questions. I had a unique vantage point: A native Texan and lifelong Marine, I was the only person in the world to be simultaneously inside the U.S. military and Al Jazeera and—because I worked closely with White House

officials—the Bush administration. I came to a hard conclusion: American animosity toward Al Jazeera was not only ill founded but also counter to our strategic interest in the region.

In 2004, in the spring of Abu Ghraib, a documentary about Al Jazeera, *Control Room*, debuted in American theaters. I was surprised to learn I had been featured prominently and described by reviewers as a Marine sympathetic to Al Jazeera. Not surprisingly, the Pentagon was unhappy with my role in the film and still held tight to its view that in many respects, Al Jazeera was the enemy.

The Pentagon turned down dozens of requests for interviews with me—from Fox News to NPR—and I was ordered to keep silent about the movie and my views on Al Jazeera. That edict felt like a betrayal of the very



civic values—standing up for what one believes is right, true, and honest—that had led me into the Marine Corps in the first place. To do nothing would advance my career aspirations in the military but hardly serve America’s best interests. In the fall of 2004, after 14 years in the Corps, I resigned my commission. Six months later, I signed on to help launch Al Jazeera English.

I knew it was risky, but the Corps taught me to do the right thing for the right reason—damn the consequences. As soon as I hired on with Al Jazeera, I was blistered by hate mail and death threats from people who had never seen a minute of the Arabic news channel. Once, to promote my appearance on *Hannity & Colmes*, Fox News ran a picture of me in uniform. Beneath it the word *traitor* was punctuated with a question mark. Five years later, that image is still one of the first pictures that pop up in a Google image search of my name—despite the fact that my reporting has taken me to Iraq and Afghanistan ten times, often embed-

ded with soldiers and Marines at the invitation of their commanders.

Since the channel’s shaky beginnings, Al Jazeera and the United States have become strange bedfellows: Both promote democracy bolstered by a free and open media. As revolts from Tunisia to Bahrain press into the palaces of kings and tyrants, the network can count top U.S. officials among its newest converts. Secretary of State Hillary Clinton recently told the Senate Foreign Relations Committee that “Al Jazeera has been the leader in ... literally changing people’s minds and attitudes.” Perhaps the most surprising compliment came from former presidential nominee and Republican senator John McCain, who vowed that he was “very proud of the role that Al Jazeera has played” in spreading democracy around the world.

Incongruous? Perhaps, but no more so than the notion that an Arab TV network, once considered an enemy of the United States, is now one of the greatest proponents of freedom in the region. Ten years ago, who’d have thought? ■

## CLASS ACTS

**I won’t say ours** was a tough school, but we used to write essays like “What I’m Going to Be if I Grow Up.”

*Lenny Bruce*

**Are a lot of** eight-year-olds that stressed? Do we have a lot of eight-year-old kids coming home from school going, “Oh, man, my day today. I could not make a cursive S to save my life”? *John Heffron, on dead-frog.com*

**If there are no** stupid questions, then what kind of questions do stupid people ask? Do they get smart just in time to ask questions? *Scott Adams*







# Life...

## The Reader's Digest **VERSION**

**F**inding the answer to life's questions—big or small—is like trying to drink from a firehose. There's simply too much information coming at you too fast for you to get the sip you want. And in that deluge are too few real facts and too many “experts” pushing this idea or that gizmo so they can retire to the South of France. What if you could just get the trustworthy Reader's Digest Version—great advice, simply put—about curing hiccups, saying no, sounding smart, turning your life around, writing a thank-you note? Here, from a new book by the editors of *Reader's Digest*, is that thirst-quenching swallow you've been looking for.



## How to Say No

**W**hen the PTA's chairwoman asks if you wouldn't mind running the bake sale or your coworker pleads with you to take over his project while he's on vacation, it's easy—not to mention incredibly nice—to agree to help out. What's hard is following through when you're booked with your own work and family obligations. The solution is to say no. Firmly, politely, and without resentment. The trick? Keep it short. Here's what really works:

**“No, but thank you for asking.”** This one is genius. He's asking the favor, but you thank him for thinking of you as you firmly close the door. It works with just about any kind of request, and the asker rarely knows how to respond—hence, no push back!

**“I'd love to, but I simply can't make that big a commitment. Is there some other way I could help out?”** Here you're making it crystal clear that

you aren't available for the task being pressed upon you, but you're not completely blowing off the person in need either. No one can hate you when you're offering to lend a hand elsewhere.

**“I'm not able to take that on right now.”** This is code for “I do not have room in my life for it, and if I took it on, not only would it not get done, but I'd probably end up going postal over it.” It's as much about leveling with yourself as it is with the person asking.

**“No, but I bet so-and-so can help you.”** This is a solid no, with a generous side of helpfulness. And think of all the wonderful folks you can recommend in your place! (If it's a particularly onerous chore, be sure to suggest your meddlesome neighbor.)

**“I'm really not okay with that.”** Sometimes it's all right to use your no to set the record straight about your position, especially when the request goes against your values. “I'm afraid I don't support that cause/candidate/organization.”


### Life ... The Reader's Digest Version is here!

Share your best life lesson, advice, or funny moment on our Facebook page for a chance to be published in *Reader's Digest* and win \$25,000. Go to [facebook.com/readersdigest](https://facebook.com/readersdigest) now to enter.

## ... But First Say Yes

Author and business journalist Suzy Welch has looked closely at the career and quality-of-life costs of saying yes and no. She recommends saying yes as much as possible when you're young, to gain experience, and then putting that valuable goodwill in the bank for the future. Over time, as life priorities take shape, you can start saying no—carefully and strategically—so that what you're doing with your time reflects how you want to live your life. We also like Welch's 10-10-10 rule: For every decision, ask yourself how you're likely to feel after ten minutes, ten months, and ten years.





THANK YOU

## How to Write a Thank-You Note

**T**here is no substitute for this one. You do not get a pass if you didn't ask for the gift, if you don't like the gift, or if you said, "Hey, thanks," when it was handed to you. Get out a pen (preferably blue or black ink) and a piece of stationery—a plain white or off-white card will do. The note doesn't have to be long (three sentences is just fine), but it must mention the gift, your delight in it (try to be specific—"I wore it last night and got so many compliments"), and your appreciation for the sender's thoughtfulness. And what you write must sound like you. Saying that the serving piece is "absolutely stunning" when words like that have never crossed your lips will come across as insincere, says Anna Post of the Emily Post Institute. Write the note as soon as possible. At the very least, this lets the sender know the present arrived at its destination.

## How to Write a Condolence Note

**W**hat you say and how much you say depend on how close you were to the deceased or to the family.

But, as with a thank-you note, a few well-chosen handwritten sentences will generally suffice.

Phrases like "I'm so sorry," "She was such a wonderful person," "He was the model of the man I hope to become," and "I'll miss her too" will help you connect with the recipient. According to Post, you needn't restrict yourself to expressions of sympathy. If you have a favorite anecdote about the deceased or some particular memory you cherish, by all means, include it.

But avoid comments like "She's in a better place," "It was God's will," and "At least he isn't suffering anymore." Leave that for the bereaved to say—when they're ready.

## How to Tell a Bedtime Story

Bestselling author Lemony Snicket (*A Series of Unfortunate Events*) shares his tips:

- **"Ask your child what the title should be.** This stalls for time and spreads the blame if the story's no good."
- **"Name the villains after people who wronged you in high school."**
- **"When you get stuck, remember Raymond Chandler's advice:** 'When in doubt, have two guys come through the door with guns.' The bedtime equivalent is a clumsy talking animal holding a tray of cream pies."



## How to Get Out of a Rut

As the novelist Ellen Glasgow once said, “The only difference between a rut and a grave is in their dimensions.” Christian Parsons works in a field (advertising) where ruts are a professional liability. On his blog [ideadrunk.com](http://ideadrunk.com), he lists 40 ways to jump-start anyone stalled in the same old, same old. Here are ten:

1. Show up to work an hour earlier.
2. Talk to an eight-year-old.
3. Talk to an 80-year-old.
4. Build something with your hands.
5. Call the smartest person you know, and ask him or her to lunch.
6. Dance.
7. Write a letter—with a pen.
8. Tour an art gallery.
9. Spend an afternoon at Toys “R” Us. Buy LEGOs.
10. Eat a pint of blackberries.

## How to Avoid Jet Lag

If it's Tuesday, this must be ... *yawn*. It's great to rack up frequent-flier miles, but it's not so pleasant to experience the bodily toll of zipping from Bangor to Bangalore, Tampa to Tacoma. Pills can help, of course, but we like the natural way:

1. **Eat** (but don't overeat) starches like pasta or rice the night before you fly across more than two time zones. Carbs help your body adjust more quickly to sudden jolts to circadian rhythms.
2. **Drink.** The air circulating in the cabin during flight tends to be bone-dry, which causes dehydration, a big contributor to jet lag. Avoid making things worse—pass up the caffeine and alcohol (the latter is two to three times more dehydrating than usual when consumed at cruising altitude). And drink lots of water before, during, and after your flight.



3. **Sleep.** If you're flying at night, use earplugs and an eyeshade, turn down the lights, cover up, and adjust your air-conditioning valve to a cool setting. This tells your body that it's nighttime.

4. **Switch your watch** to local time before getting off the plane.

5. **Resist the urge to nap** on arrival, no matter how tired you are. If you're landing in the morning, take a shower and eat eggs for breakfast—the protein will help you through the first day. Then head out right away. Later in the day, try to jog or swim, which will help you fall asleep naturally.

6. **Stay up** as late as you can, preferably until your normal bedtime, according to the local clock. And sleep as late as possible the next morning. By that night, you should have successfully tweaked your body's time clock into a new routine.



## How to Appear More Intelligent

**Y**ou could wear specs with plain glass lenses; celebrities do it all the time when they want to look serious. But we think it's better to hold your own in smart company by making an honest effort. (Note: By this, we do not mean acting as if you're brainier than everyone in the room. That's just off-putting—and dumb.)

- **Know your news.** It is never okay to say “What revolution?” if there's been one somewhere in the world within the past week. No one is suggesting you read every page of every paper of record every day. Instead, scan the “What's News” section on the front page of the *Wall Street Journal* for the top stories the smart people are paying attention to. Or subscribe to one of the breaking-news services from CNN or NPR and read it on your smart phone, your Facebook page, or your computer. These are updated constantly, and you can be on top of the news before you finish sipping the foam on your latte. Supplement the headlines with news from whatever medium works best for you.

- **Talk the talk.** Nothing will shave 30 points off your perceived IQ more quickly than bad grammar. It's the way certain people separate the wheat from the chaff. A few of the groaners to avoid: **Less/few** You have less milk but fewer cups.

### **Bad vs. badly and good vs. well**

A man who doesn't feel well or feels badly has something wrong with his nerve endings; a sick person feels bad, and a healthy person feels good.

**Pronoun problems** “Between her and I” should be “between her and me”; “she and I went to school,” not “me and her.”

**The word often** is pronounced without the *T*. Trying to make a word sound fancy does nothing but blow your cover.

- **Keep it together.** Organize your files, lists, paper clips—all of it. A person who is disorganized is often perceived as being ... well, a scatterbrain. Once you've decluttered, prepare for events; do a little homework before that meeting/job interview/dinner party. People are flattered when they discover you know things about them (not stalkerish things, of course). And when the people you're talking to are flattered, they look good, and you look smart.

- **Spell-check.** Seriously. This is one of the world's greatest inventions—maybe better than the wheel. Use it religiously to correct your typing mistakes.

- **Listen and ask.** You're at a dinner party with your spouse and her colleagues. She's a neuroscientist. You're a pastry chef. Don't pretend to know the latest news about the amygdala. Just listen and ask questions. It's okay not to know. And it's very smart to ask an intelligent question.

“Knowing a great deal is not the same as being smart; intelligence is not information alone but also judgment, the manner in which information is collected and used.”

*Carl Sagan*, American astronomer, writer, and scientist



## How to Avoid a Gaffe

No doubt you've seen—or made—more than one of these boneheaded blunders. Avoid them and you won't have to engage in spin control later.

- Never comment on a woman's pregnancy unless you know for certain she's pregnant.
- Never assume two people are a couple (or aren't) based on their race, gender, age, or earning power.
- Never address someone you don't know by his or her first name in business correspondence.
- Never post anything you wouldn't want your boss (or your mother) to read on your Facebook or Twitter account.
- Always check the recipient line of your e-mail before you hit Send.

## How to Cure the Hiccups

**H**iccups are one of life's more annoying predicaments, and they start when the vagus nerve (which runs from your brain to your abdomen) is irritated. Your diaphragm contracts involuntarily, and that sets off a sudden closure of your vocal cords, which produces that telltale hic sound. The following tactics may help overwhelm the impulse pattern and stop your hiccups:

**Suck on a wedge of lemon soaked in angostura bitters.** According to a letter printed in the *New England Journal of Medicine*, this treatment cured 14 out of 16 hiccuppers. Before you go searching the pantry for the bitters, you might try

chewing on just the lemon. Several other sources say the sour sensation alone will do the trick.

**Hold your hands over your ears.**

Branches of the vagus nerve reach into the auditory system, so calming the nerve endings there can throw off the hiccup pattern.

**Breathe into a paper bag.** This increases the amount of carbon dioxide in your system and may help stop the spasms.

**Guzzle a glass of warm water without stopping.** Some say the warmth soothes and relaxes the diaphragm.

**Gargle with ice water.** The cold reportedly shocks hiccups into submission.

**Eat a teaspoon of sugar, a tablespoon of peanut butter, or a spoonful of honey.** Swallowing the sticky sweetness is supposed to change the rhythm of your breathing.

**Lay off the spicy food and the alcohol.** If that doesn't work, try an antacid. And if your hiccups continue or recur often, see your doctor. They could be a symptom of acid reflux.

## How to Get More Done

**G**od created the world in six days, and then he took a day off. Well, good for the Almighty, but that's a luxury most of us don't have. There's just so much to do—and so many supposedly time- and labor-saving devices to complicate the process. We can't necessarily change our to-do list, but according to time-management expert Julie Morgenstern, we can do something about the sometimes cockeyed way we try to get it all done.

**Make a plan.** Don't just jump into the fray of your day; in fact, try to avoid the



fray entirely. Morgenstern suggests that you sit down for five to ten minutes before the start of the workday (better yet, the night before) to plan what needs to be done and when. Draft a to-do list and assign times to various tasks throughout the day to keep yourself moving forward.

**Beat the clock.** Set an oven or computer timer for 10, 15, or 30 minutes and challenge yourself to get as much done on a given task as possible. A deadline is a great motivator and a mighty aid in avoiding the mother of all distractions: the Internet.

**Stay focused.** Turn off the phone and shut down e-mail when dealing with tasks that require focus. When someone comes to you with a matter that can wait, let it wait. “Don’t be afraid to say, ‘I’ll have to get back to you later,’” counsels Morgenstern.

**Become a taskmaster.** Don’t avoid delegating around the house because “it’s easier to do it myself.” That attitude is both martyrlike and exhausting. Assign age- and time-appropriate tasks to everyone in the family, and you’ll marvel at how much gets done. Outside the home, organize volunteer activities so you can trade off with others.

**Chunk it.** Instead of writing *clean the attic* on your to-do list, break down the task into bite-size jobs. You’ll make progress faster and feel as if you’ve accomplished more.

**Plan for unpleasant surprises.** Is your doctor or airline running behind? Always carry a book, a small organizational or planning project, a list of phone calls to make, letters to write (or read), or a knitting project. You’ll have something to work on while you’re waiting.

**Be flexible.** If something in the day’s schedule doesn’t work out, don’t fret and don’t miss a beat. Just move on to the next task. And don’t be a slave to your to-do list. You don’t work for your list; your list works for you. If someone invites you out for ice cream on a beautiful afternoon, go, says Morgenstern. Rest assured, the list will be there when you get back.



## How to Figure a Tip in Your Head

So many of us rely on a smart phone to tally our tips or add up bills that our math skills are eroding faster than a polar ice cap. But what happens when you can't put your hands on your cell—or even a pad and pencil—to come up with answers? Simple. Use your head. If 20 percent is the standard tip in your area, divide the restaurant bill (before tax) by 10 ( $\$45 \div 10 = \$4.50$ ), then double it to arrive at your \$9 tip. If your server was especially on her toes, you may want to round up.



# Gotcha!

**Thanks to the Internet,  
my anger, and some loyal  
neighbors, I helped nab  
the jerk who robbed me**

BY AMANDA ENAYATI

● FROM **salon.com**

**I**n the first 24 hours after someone broke into my car in my own driveway in San Francisco, I was mostly mad at my husband. Who leaves a backpack with a BlackBerry and a wallet full of cash and credit cards in the car overnight with a GPS visible on the dashboard and the freaking car doors unlocked? We might as well have hung a sign on the door that read “Suckers Live Here. Welcome!”

On Monday morning, I canceled four credit cards and ordered a new BlackBerry before I thought to check

Craigslist. I didn't know what I'd find, but it occurred to me that pawnshops were the domain of desperate crackheads, and the savvy modern thief would hock stolen wares online. I did a search in a 40-mile radius of my neighborhood. My GPS was the first thing that popped up.

To be honest, I wasn't certain that Garmin Nuvi 265W was my GPS; I didn't remember the model number. For all I knew, this was some poor schmuck who'd fallen on hard times trying to get a little cash. Still, it was awfully suspicious. It was the only





help, faq, abuse

search craigs

G.P.S \_I

for sale






Garmin on Craigslist that morning. And the entire ad was written in capital letters, as if the seller were jumping up and down, trying to get my attention.

My hands shook as I tapped out what I hoped was a casual e-mail query: “Hi!! I could TOTALLY use a GPS. Is this one still available? Where are you located? Thanks!!! Jasmine.”

The reply came in less than a minute. The seller described accessories that were painfully familiar: the dash mount and the auto charger—no box, no manual, no receipt. He listed an address for pickup at a mall, five miles away, and asked for my telephone number so he could call me. (That was weird: Wasn’t I supposed to call him?) He signed his name *John*, but the name in parentheses next to his e-mail address read *Harry Sham*.

**A**t this point, I hadn’t called the cops. I hadn’t filed a police report and was leaning toward not filing one. Our car was unlocked, after all. It was almost as if we deserved to get robbed. But then something peculiar happened. A woman who lived a few blocks away e-mailed to say she had found some papers from my wallet, including my business card, in her front yard. She wanted to return them to me, thinking I might have dropped them accidentally. I had to wonder: What else might be dumped around my neighborhood?



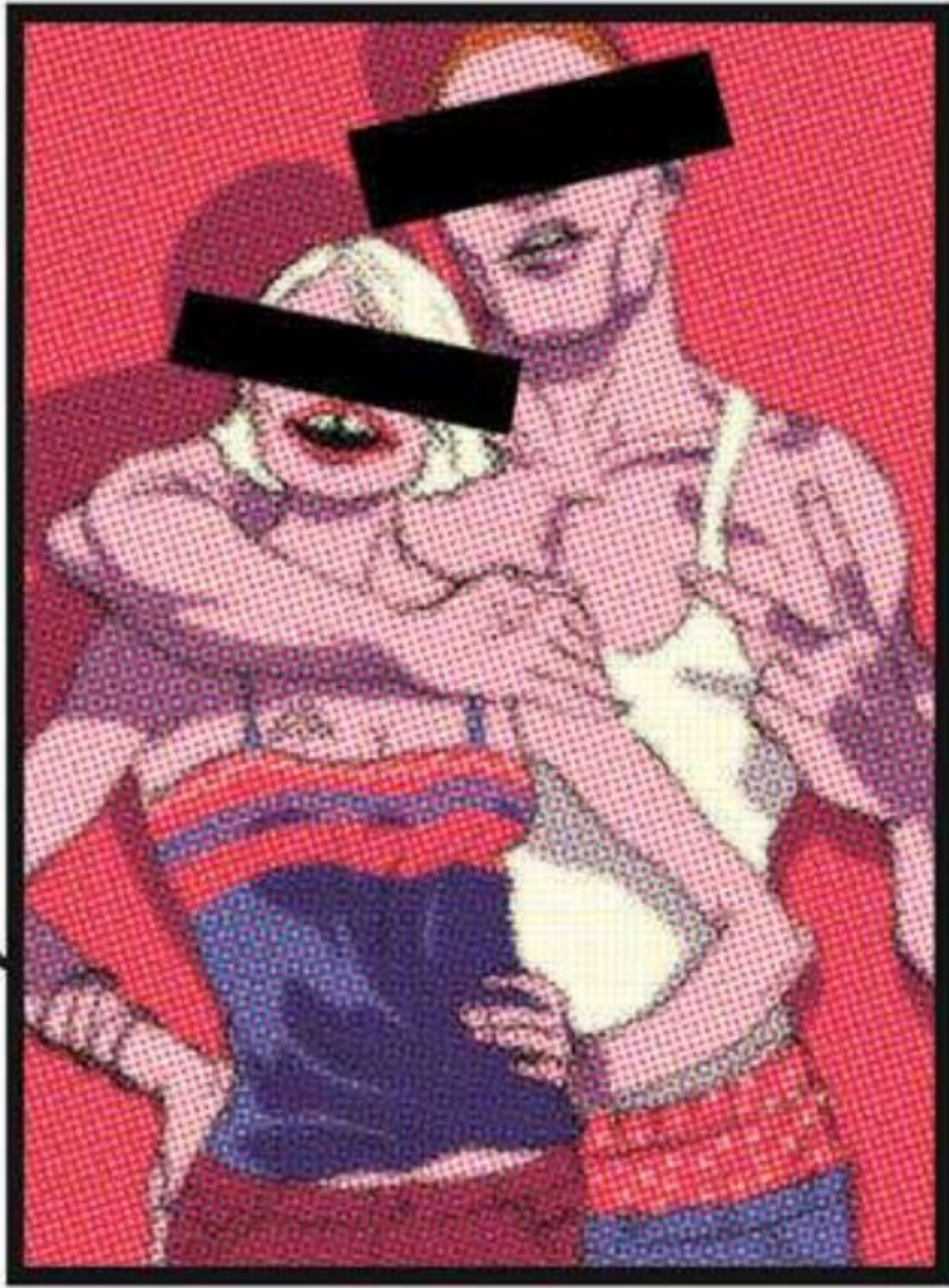
**He was a tall  
linebacker type with  
piercing blue eyes  
that seemed to issue  
a dare.**

After school, my kids and I set out on foot for a scavenger hunt. On one neighbor’s lawn, we found the cardboard wish boxes the kids had decorated at the museum the previous day. We found my Books Inc. frequent-book buyers’ card, ready to be redeemed, among some bushes. (Not a big reader, this guy.) My backpack lay in someone’s driveway, barely hidden by some shrubs. My BlackBerry and makeup were still inside.

For about a mile up the road, I found pieces of my life, snatched and discarded. It was like Hansel and Gretel, as if the thief were creating a path to him, and he wanted me to find him. Then abruptly the trail stopped.

I suppose I should have been glad to get my things back. But here’s a note to aspiring thieves: If you’re going to steal someone’s personal items—the BlackBerry with contact information for dear old friends, the wedding anniversary wallet that her husband bought her when she finished chemo,





stuffed with about two years' worth of love letters from her toddlers, hopeful doctors' notes, and other scraps of paper she couldn't bear to part with—that person would probably prefer you just dump it all in the trash. Because finding fragments of your private life in people's yards and scattered on the street, in the shrubs and gutters, is a unique kind of psychological torment. Suddenly a routine violation starts to feel really personal.

See, aspiring thief, you just never know what you're stepping into when you hit up a random car on a random street. There is always someone on the other side of the robbery. And in this particular case, it was someone who had escaped the Iranian Revolution as a child; who roamed the world alone for five years because her parents couldn't get out; who watched from a

dozen blocks away as the Twin Towers crumbled; who had just barely clawed her way out of that concentration camp known as late-stage cancer, if only because she was intent on raising her babies, come hell or high water. And all of this before she even turned 40. Can you see how that someone might be way more twisted than you?

By the end of that first day, I knew what the thief looked like. I ran his e-mail address through a reverse e-mail finder. There was no information about the address—except he had used that same e-mail to sign up for a low-rent dating site about a week before and had made the mistake of uploading three pictures of himself and three pictures of his girl Amberley, with a heart tattoo on her right boob. He was a tall linebacker type with an emerging belly and piercing blue eyes that seemed to issue a dare. He looked vaguely neo-Nazi, but maybe that was just the blond buzz cut.

He had not posted his whole name. But I knew what I had to work with: John F. Caucasian, 23 years old, from San Mateo. His moniker: Johnny Boi.

At the time, I was still considering my options. Then two events on Wednesday pushed my hand. That morning, an elderly woman a few blocks away had found some more papers in her yard, one of them a laundry list of mortifying medical issues I had been tracking for my next doctor's appointment. Then around 9:30 p.m., I received a Facebook message from someone who lived in my old



apartment. A good Samaritan had put an envelope through her mail slot that contained my driver's license with the old address and my now-canceled credit cards. She included a note saying she'd found my stuff on the ground in the San Mateo train station.

That sealed it: I called the police. They were over in 15 minutes. I filed a report and handed over Johnny Boi's Craigslist ad and his photos from the dating site. The following day, I met a detective I'll call Inspector Vargas. Not the touchy-feeliest man in the world, but he seemed competent and was hunky in a Marlboro-man sort of way. If he was impressed by my amateur sleuthing, he did not utter a word about it.

He sent a reply to Johnny's now-several-days-old Craigslist ad. I doubted Johnny Boi would respond, and I was right. Inspector Vargas also insisted I find the GPS model and serial number. Without it, he said, there was no way to connect the thief to my stuff. I had no idea what they were, so here's what I did instead. I called all my credit card companies to see if Johnny Boi had managed to slip in any charges in those few hours before I shut down the cards. The answer was no, no, no. And yes: McDonald's. As soon as I got Inspector Vargas the time and place Johnny had used my Amex, he went on down to that McDonald's in San Mateo and looked through its surveillance tapes.

**Inspector Vargas looked through all the surveillance tapes. There, in his full glory, was my boy.**

And there, in his full glory, was my boy. The hat he was sporting didn't even come close to covering him up.

By now it was Friday afternoon, and Inspector Vargas does not work weekends or Mondays, thanks to the California state budget cuts. If we were to find out anything else about Johnny in the next several days, it would have to be all me.

That's when I started to hang out on his dating site. Good news for Johnny: There was a gorgeous blond girl with green eyes viewing his profile. Bad news for Johnny: It was me, and I look nothing like that. But Johnny hadn't logged on in ten days, and I was hitting a dead end. Here's where I will cop to being a bit judgmental. Given Johnny's dozen tattoos and his weakness for lowlifes, I made a leap—and assumed he was on Myspace, the poor man's Facebook. After several searches, I couldn't find Johnny—but his girl Amberley came up.

Actually her cleavage did, complete





with a heart tattoo. And her profile was very public. Her collage of Johnny's photos showed him chomping a fat stogie and sipping beer from containers more suited for watering plants. I wasn't happy to see that Amberley listed herself as *expecting* and a *smoker*. Her status was *engaged*. (Was Johnny Boi getting married?) Prominent among her list of BFFs was ... well, you know who. And his profile was public.

It was the mother lode: his first and last name, birth date and place of birth, his height, his high school and the year he graduated, the fact that he worked at Applebee's in 2007. I faxed the information to Inspector Vargas. I made sure to point out this comment by Johnny Boi's friend Tatiana from three months back: *Dude!!! How do you not work? You win the freak'n lotto???*

The writer in me could not resist checking out Johnny's two or three angry poems posted on his Myspace. They were pretty good.

Two days later, I got a call at 7 a.m. Inspector Vargas had run Johnny Boi's photo by the San Mateo police. They recognized him immediately because our boy was on probation. According to Inspector Vargas, Johnny Boi went on the run soon after the police visited his apartment. The following day, someone named Paula wrote on Amberley's Myspace: *Tell your friend that his parents are being harassed by the police. He ought to DO THE RIGHT THING and turn himself in!!* Poor Paula's mood was listed as *anxious*.

**T**he next day, Johnny Boi was in jail. A couple of weeks later, he pleaded guilty and was given a two-year sentence.

This is an odd tale—to think you could find out so much online about a thief, to think what a bizarre wormhole I found into one stranger's life. But what I missed at first amid my drama of violation and vengeance was the remarkable displays of kindness I experienced from strangers—people who retrieved scraps of paper from lawns, picked up discarded cards from a dirty train-station floor, drove miles to restore someone's belongings. If I were mathematically inclined, I might observe that in my tale, the good guys outnumbered the bad guys, by about ten to one. ■



# if

you're the parent of a high-achieving high school student prepared to spend whatever it takes to send your kid to an Ivy League college, authors Claudia Dreifus and Andrew Hacker have some unlikely advice: Don't do it.

Dreifus, a *New York Times* writer and an adjunct professor at Columbia University School of International and Public Affairs, and Hacker, a veteran political science professor at Queens College in New York, spent three years interviewing faculty, students, and administrators and crunching statistics for their book, *Higher Education? How Colleges Are Wasting Our Money and Failing Our Kids—And What We Can Do About It*. Their finding? That many of America's colleges and universities—especially the elite—aren't worth their tuition and serve faculty over their undergrads.

More outrageous, they say, is that tuition nationwide has jumped at more than twice the rate of inflation since 1982, so many kids graduate deeply in debt. "Tuition is probably the second-largest item you'll buy in your lifetime, after your home," Dreifus says. Given that, the authors suggest you consider the following as you bear down on the decision of where your child will spend the next four (or more) years.

# 10 things

BY MICHELLE  
CROUCH

every parent  
should know  
about college





GLASBERGEN

**“You need to apply for student loans so you can go to college and get a good job to pay off your student loans.”**

## **1 Beginning adulthood without debt is worth far more than a designer diploma.**

The authors’ No. 1 rule for parents: Don’t let your child go into debt for college. In 2010, almost two thirds of undergraduates borrowed money, and student-loan debt outpaced credit card debt for the first time. The College Board likes to say that a typical senior graduates with “only” \$24,000 in debt, but with interest, collection charges, and penalties for postponed payments, the amounts owed can exceed \$100,000. If you ever default on a federal student loan (and the rate of defaults is rising), you’ll be hounded for life. Lenders can garnish your wages, intercept your tax refunds, and have your professional license revoked. You can’t work for the government or collect your social security. “People have been sold this propaganda: ‘The rates are so low; just get a loan,’” Dreifus says. “The long-term effect is to cripple your children.”

## **2 Research universities are no place for undergraduates.**

Professors at big research universities are often more interested in doing research and working with graduate students than teaching your child because their prestige (and their university’s) depends on publishing. So they tend to host huge lectures and then foist undergrads off on teaching assistants who may or may not be supervised. “At Harvard, we ran into students who said they never had a professor who had enough of a relationship with them to write a recommendation



for grad school,” Dreifus says. How to avoid that? Go to a school that’s completely dedicated to teaching, like a four-year liberal arts college with little to no research. “Look for seminars where 15 to 20 people sit around a table,” Dreifus says. “The big question we want parents to ask: Is this a place that’s about developing my child’s mind?”

**3 Colleges are overrun by administrators.** Student-to-faculty ratios are important, of course. But it might also be wise to ask about the proportion of administrators to students. Between 1976 and 2007, that ratio has doubled at colleges nationwide, the authors say, with bureaucrats serving in such roles as “babysitting coordinator,” “dietetic internship director,” and “residential communications coordinator.” Such services may be useful, but are they really necessary? “You should ask yourself, Is this really a college, or is this a giant multiversity with a lot of extraneous functions? Because that’s going to end up costing you,” Hacker says. “It’s a big reason tuition can now run a quarter-million dollars for four years.”

**4 The star professors touted in college brochures probably won’t be teaching your kid.** Universities and colleges are increasingly relying on underpaid, part-time instructors to lead undergraduate courses. Contingent teachers, including paid-by-the-course adjunct professors, now do 70 percent of college teaching, up from 43 percent in 1975. (The elites aren’t immune: At Yale, the figure is 70 percent.) Most adjuncts don’t even have an office on campus, and because they make on average only about \$3,000 a course, they often teach at three or four different colleges. “It’s hard to be a great teacher and to be there for your students when you’re juggling that many jobs,” Dreifus says.

**5 The college’s best professors may not even be on campus.** Though they get their summers off and breaks during the school year, tenured faculty at many universities are encouraged to take frequent sabbaticals. What will that mean for your undergrad? At Harvard, where senior professors get a sabbatical every three years, 10 of the 48 professors in the history department—more than one in five—were off doing research in 2010/2011. During a recent year at Williams College, another school with a great reputation, a third of the professors in the religion department were on leave. If you choose a school that gives its faculty a lot of time for research, your son or daughter might find that his or her senior-thesis adviser is on sabbatical in Tuscany.





## 6 Don't be seduced by the luxuries they show you on the tour.

Today's students get suites, private bathrooms, and food courts with chefs that make sushi and Dijon chicken, not to mention jumbo Jacuzzis and five-story climbing walls. It's all part of an extravagant amenities race that's helping to push up tuition rates. "When we sneaked in on parent/student tours across the country, we were shocked at the number of questions parents asked about amenities," Dreifus says. "A college doesn't have to look like Club Med. In fact, I'd say you should be suspicious if a school has a lot of amenities. When a college has every kind of plaything, that tells you something about its priorities."

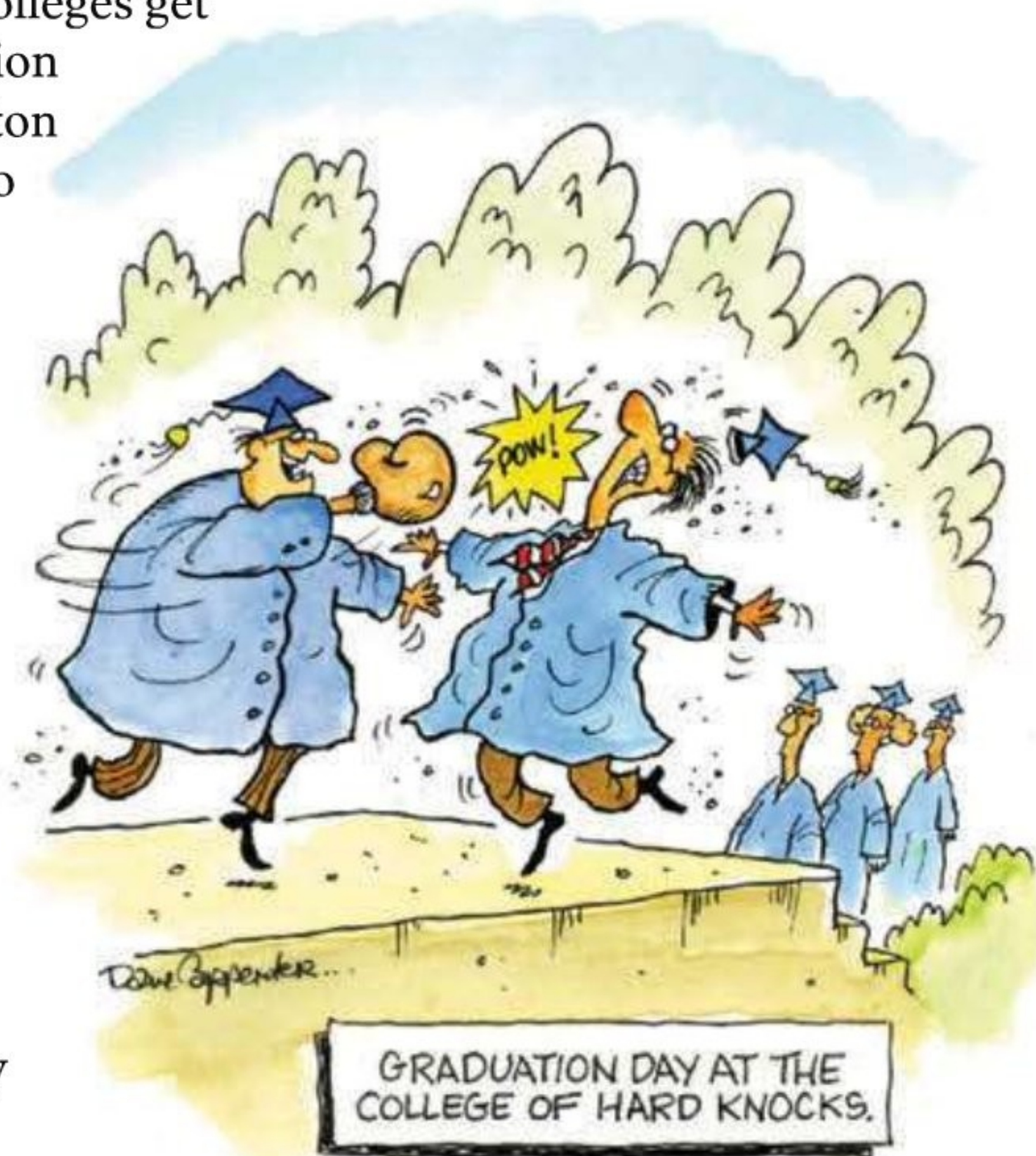
## 7 Your tuition may be subsidizing a college president's \$1 million-plus salary.

College presidents create a tone and a direction for an institution, so take a look at the person at the top. Does he look like an educator? Has he switched to a new college every few years? What's his salary? A growing number of higher education leaders are making more than \$1 million a year. "When a president is remunerated the same way as a CEO, that's a sign that the school has embraced the corporate model of doing things," says Dreifus. "This should be a public service. A university president should not make more than the president of the United States."



## 8 High-powered athletic programs drain money from academics.

Only a handful of athletic departments actually pay for themselves. The rest rely on your tuition and fees to help pay for coaches, trainers, equipment, and travel and lodging expenses for the players. Birmingham-Southern College in Alabama has more football coaches (seven) than it has professors in its history department (four). “If you didn’t have football, you could hire more history professors,” Hacker says. The other problem is that once colleges get into big-time sports, corruption tends to follow. Even Princeton recently had an alumnus who paid tuition for a tennis player in violation of NCAA rules, Hacker says. (The student agreed to repay the money to charity.) He acknowledges that some teenagers love the excitement of painting their faces in team colors and cheering for the home team. “How can I argue with that?” he says. “Except to say that you should recognize the trade-off: It’s depleting the quality of your education.”



DAVE CARPENTER

**UNSUNG SCHOOLS** There are fine colleges everywhere that may not be making trendy best-of lists. The authors recommend schools that are lower cost and student centered, led by idealists, and have good core values. Here are some they like:

- University of Mississippi
- Raritan Valley Community College, New Jersey
- Cooper Union, New York
- Berea College, Kentucky
- Arizona State University
- University of Maryland, Baltimore County
- Western Oregon University
- Evergreen State College, Washington
- New College of Florida
- St. Mary’s College of Maryland
- Quest University, Canada
- Macaulay Honors College at City University of New York
- Any of the 26 public liberal arts colleges nationwide



**9 Going to an elite university does not guarantee success.** To prove this point, Hacker and Dreifus tracked the 900-odd students who graduated from Princeton in 1973 to see if the school was delivering on its promise “to prepare students for positions of leadership,” whether in business, public service, or the arts, which Princeton administrators claim as their goal. “We were very disappointed,” Hacker says. “There were only a handful of recognized names in that class of 900. What that tells us is simply this: In America, if you put your talents to their best use, by the age of 35 or 36, you’ll be passing people from Princeton, no matter where you went to school.” Sure, the authors acknowledge, a designer degree might help you get into medical school or law school at Harvard, Stanford, or Yale. That’s a nice bonus if you can pay the full sticker price, they say, but not enough of an edge to saddle your child with many thousands of dollars in debt.

**10 Honors colleges at public universities can offer as fine an education as the Ivy League.** The honors colleges at City University of New York, Arizona State, and the University of Mississippi, to name a few, offer the intimacy of a liberal arts college at state-school prices. “These students get first pick of classes and have special classes to themselves, and at Arizona State, they have their own dorms,” Dreifus says. “We met students in those honors colleges who got into Harvard and other elite schools, but they said they didn’t want to burden their parents with that kind of expense. Now that’s a smart kid.” ■

GIRL RIDING A HORSE IN A  
FIELD OF SUNFLOWERS

Sitting perfectly upright,  
contented and pensive,  
she holds in one hand,  
loosely, the reins of summer:  
the green of trees and bushes;  
the blue of lake water;  
the red of her jacket  
and open collar; the brown

of her pinned-up hair,  
and her horse, deep  
in the yellow of sunflowers.

When she stops to rest,  
summer rests.  
When she decides to leave,  
there goes summer  
over the hill. *David Allan Evans*









# Look >>

SEE THE WORLD  
DIFFERENTLY

ROSIE ALYEA/SWEETAPOLITA

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# ◀◀ Twice

When her sister-in-law Mary Alyea won a local fitness competition, Ontario-based cake maker Rosie Alyea kindly offered to make her a multilayered chocolate cake with Swiss-meringue buttercream filling for the victory party. Rosie, however, couldn't help but bring her signature whimsy to the confection, with green fondant molded to mimic the one food in Mary's training diet that she had grown to hate. One hundred fifty faux asparagus spears and 400 faux asparagus tips later, the cake was a humorous and delicious—if not exactly nutritious—hit at the celebration.

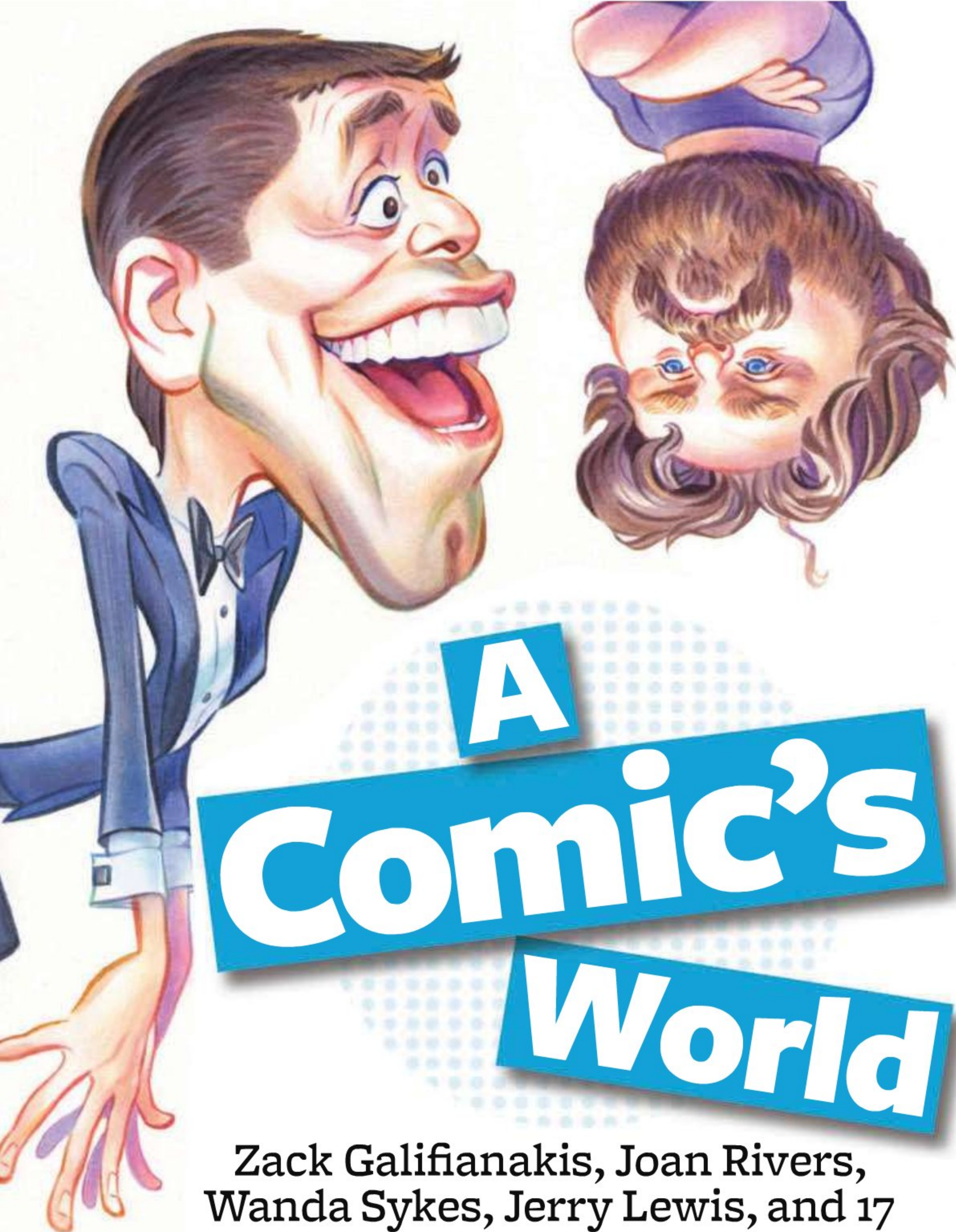












**A**  
**Comic's**  
**World**

Zack Galifianakis, Joan Rivers, Wanda Sykes, Jerry Lewis, and 17 other stand-ups share their **funniest stories** about being a comedian



## My First Joke

BY ZACK GALIFIANAKIS

[The joke, told 16 years ago at a club in Times Square, went like this]: I was with this girl the other night, and we ended up at her house, and she said, “Hey, look, you can crash on my futon.” And I looked at her, and I said, “I don’t sleep on anything that rhymes with *crouton*.”



I think I heard a cough and a fork drop at the same time. Silence. But after that night, I remember thinking to myself—not to be too dramatic, but I do remember—This is the path I’m going to take.

Excerpted from the *New York Daily News*

◆ Zack Galifianakis stars in *The Hangover 2*.

## The Wrong Club

BY HEATHER MCDONALD

I was new in the business when a guy offered me a gig at his club in Santa Monica. When I got to the address and spotted the illuminated silhouettes of women flashing on the roof, I was energized. This place really supports female comics, I told myself. I walked to the door and announced to the bouncer that I was there to perform.

“Are you here for amateur night?” he asked.

Though I’d been doing stand-up for a year, I tried not to appear offended. He motioned to a waitress, who led me into the green room,

where I met the other comedians. My first thought: They’re all so attractive. I wonder if they’ll be telling jokes about being single and dating like me. My second thought: Why are they wearing only their bras and underwear? Suddenly, the feeling came over me that I had had once before when I was applying lip liner in a poorly lit bathroom at a TGI Friday’s and a man emerged from the stall—I’m in the wrong place!

They all think I’m a stripper!

Of course, I was flattered. Who wouldn’t be? And when I found out the prize was \$100, I considered entering. But then I remembered the high-waisted panties I was wearing and decided to stick with comedy.

◆ Heather McDonald is a regular on the E! network’s *Chelsea Lately*.

## This Is the Job for Me!

BY JERRY SEINFELD

[When Jerry was eight, he told a joke that made his friend spit up his milk and cookies.] I felt the milk, and I saw it all coming at me, and I said, “I would like to do this professionally.”

Excerpted from CNN

◆ Jerry Seinfeld was the star and cocreator of *Seinfeld*.

## Soap Opera

BY JOY BEHAR

Early in my career, I wanted to get into commercials, so I met with an agent. He took one look at me, and he said, “You’re a good type for



Ragu and Driver's Training Institute, but you can't do Procter and Gamble." Then he reconsidered: "Well, you can do Procter and Gamble, but the blonde has to have the clean floor, and you have to have the dirty floor," which is ironic because you can eat off my mother's floor. We often did, since she could never decide on a dining room set.

◆ Joy Behar stars in *The View* on ABC and the *Joy Behar Show* on HLN.

## On the Cusp of Stardom

BY BRIAN KILEY

Years ago, I got the opportunity to open for Jerry Seinfeld in Worcester, Massachusetts. There were 4,000 people per show, and they were great. The next day, my wife and I came home to New York. Waiting for us was a message on our answering machine: "Brian, this is ABC TV calling ..."

I began to shake. This was my big break. "Your VCR is ready."

Then we remembered: ABC TV was the name of the place where we had taken our VCR to be fixed.

◆ Brian Kiley has been nominated for 12 Emmy Awards as a writer for *Late Night with Conan O'Brien*.

## On Cruise Control

BY TOM PAPA

It was my first time on the *Late Show with David Letterman*, and I was doing my best to control my nerves. After all, the crowd would be excited. Tom Cruise was scheduled.

The problem was, that night Tom

Cruise was pumped. Really pumped! He was trading-jokes-with-Dave and running-through-the-crowd pumped. I was doing my best to stay cool before going on, when Cruise ran offstage and made a beeline for me.

**"David Letterman was getting ready to introduce me. Me. Covered in Tom Cruise sweat!"**

—TOM PAPA

He was sweating and breathing heavily like he had just won a prize-fight. He grabbed my hand, locked eyes with me, and shook all his adrenaline into me.

"Who!" he yelled.

"Who?" I tried to say. I looked down and saw a drop of Tom Cruise sweat on my new suit.

He gripped my hand harder and screamed, "Kill it out there!" Cruise slapped my shoulder and in two quick leaps was up the eight steps to his dressing room.

I was now about to perform in front of a crowd of people who apparently filled Tom Cruise with pure rocket fuel, and I was freaking out! Making matters worse, David Letterman—who I'd totally forgotten about—was getting ready to introduce me. Me. Covered in Tom Cruise sweat!



Despite my brain screaming otherwise, my body went out and did the set without me. I don't remember much of it. The good thing about being a comedian is you don't really have to be there as long as the jokes show up, which, luckily, happened that night.

◆ Tom Papa hosts *The Marriage Ref* on NBC.

## The Day I Let It All Hang Out

BY CORY JARVIS

Before I was a stand-up, I taught English in Japan. A girl I dated suggested we go to a hot-springs resort. I said yes without knowing one crucial fact: I would have to be naked.

Walking outside the locker room, I realized something: No one but me was embarrassed. The Japanese are far more comfortable with nudity than the family I was raised in. When I was a kid, I walked in on my grandpa in just his underwear, and he still won't look me in the eye.

Sensing my trepidation, people began to make idle chatter with me, trying to put me at ease. I got so



“So I was outrageous... for then.”

—JOAN RIVERS

comfortable, I chatted back. I even got a couple of laughs.

Later, when I began doing stand-up, I realized that the hot-springs trip had prepared me for the pressures of being a comic. What else would help you get used to feeling like you're naked in front of a bunch of strangers who can't understand your jokes besides being naked in front of a bunch of strangers who can't understand your jokes?

◆ Cory Jarvis is a New York-based comic.

## Forming My Act

BY JOAN RIVERS

I was always very edgy, but for me, “very edgy” in the '60s was talking about my hairdresser, Mr. Phyllis. People gasped. I talked about having an affair with a married professor. People gasped. I even talked about my mother wanting me to get married and putting up a sign saying “Last Girl Before Freeway.” And people said, “You don't bring family and dirty laundry on-stage.” So what I was doing then was very outrageous—for then.

Excerpted from the *San Francisco Chronicle*

◆ Joan Rivers costars in *Joan & Melissa: Joan Knows Best?* on WE.

## Best Heckle

BY TOM DREESEN

I was at a club trying out new material. Every time I got a laugh, some guy in the back would say something for a bigger laugh. I'd reply and get a



laugh, then he would top me. After ten minutes of this, I finally trumped him.

“Just between you and me,” I said, grinning, “I won that one.”

He responded: “Just between you and me, you needed it.”

◆ Tom Dreesen is touring with his one-man show, *An Evening of Laughter and Memories of Sinatra*.

## Hanging Out with Royalty

BY DON RICKLES

About 50 years ago, I’m sitting in the lounge at the Sands Hotel with my date, the kind of girl you wouldn’t bring home to mother. In those days, the lounge was a very romantic place—roaming violinists, flaming torches, the works. Frank Sinatra happened to be sitting at another table with Lena Horne and a bunch of other stars. I was trying to be a big shot and get in good with my date, so I offered to introduce her to Frank.

“Do you really know Frank Sinatra?” she said.

“Are you kidding, sweetheart? He’s a dear friend.”

I get up and walk over to Frank’s table. “Frank, I got a favor,” I say. “Could you come over to my table in about five minutes so I can introduce you to my girlfriend? It would mean a lot to me.”

He says, “You got it, Bullethead.” He always called me Bullethead.

Five minutes goes by, and he gets up and walks over to us, and, with a huge smile, says, “Hey, Don, how are you?”



And with that, I jump up from my seat and shout, “Not now, Frank. Can’t you see I’m with someone?!”

◆ Don Rickles is, well, Don Rickles.

## My Favorite Act

BY DAN “LARRY THE CABLE GUY” WHITNEY

Johnny Vegas was a crazy Brit. I remember he was standing on a table at this comedy club belting out “God Bless America” when suddenly he fell off and cracked his head open. The place went silent. Is he dead? Is he alive? No one knew. Then out of the blue, a voice shouted, “Come on, you sorry so-and-sos, sing with me!” Johnny staggered to his feet and, with blood pouring from his head, marched around the club leading us all in a sing-along. I’m telling ya, the Brits do some strange stuff.

◆ Dan Whitney’s *Only in America with Larry the Cable Guy* will air in 2012 on the History Channel.

## Dealing with the Network

BY LOUIS CK

[While we were shooting *Lucky Louie*], HBO asked us why there was no nudity. What they really meant was, Why wasn’t Pamela Adlon, who played my wife, nude? When I hired Pam, I didn’t tell her she was going to be doing anything like that. It wasn’t supposed to be that kind of show. So I said, “You know what, I’ll do it.” And I did



that episode, and they were like, “Okay, we have plenty of nudity, thank you.”

Excerpted from the *New York Times*

◆ [Louis CK stars in, writes, and directs \*Louie\* on FX.](#)

## Joan of Arch

BY WHITNEY CUMMINGS

The way comics show love and admiration for each other is by insulting one another on the *Comedy Central Roast*. But the key to a roast working is that the roastee has to enjoy it, or else it feels mean. That’s what happened when we roasted Joan Rivers.

Greg Giraldo went up first and ripped into her, but he got no reaction from her. The next comic went up, same thing. Everyone was laughing except Joan. The comics were getting nervous. We were whispering, “Her feelings are hurt. Look at her. She’s not smiling!” I was panicking. Here she is, my hero, and I was convinced she would never speak to me again.

“Her feelings are hurt. Look at her. She’s not smiling!”

—WHITNEY CUMMINGS

But Joan Rivers—the butt of all these nasty jokes—saved the day. Sensing the unease among the comics, halfway through the show she stood up and assured us, “I’m having fun. This is funny!” It turns out she was a victim of her Botox. She had to subtitle her own face so that people would know she was enjoying herself.

◆ [Whitney Cummings stars in \*Whitney\* on NBC this fall.](#)

## My Mad Party

BY ANDREW DALY

Like most people, I got into show business for the parties. So when I joined the cast of MADtv in 2000, I posted a sign at the show’s offices: “Party at My Place! Bring Anyone!” It would prove to be poorly worded.

My first guest was a demure-looking stranger in her 60s. She arrived at 8:30 on the dot and introduced herself as June. She said, “I’m a friend of Jackie’s.”

“Jackie ... ”

“She works with you at MAD.”

I pretended to know who Jackie was, and I got June her Sprite. Then two of my friends showed up. We chatted with June until two more strangers arrived. “We’re friends of Jackie’s,” they said.

Next, some friends were followed through the door by a short, fat guy with silly-looking curly hair. His name was Howard, and then, as if in a horror movie, he added, “I’m a friend of Jackie’s.” Now I was

(Continued on page 157)



# It's a Hard Knock-Knock Life

Stand-up comedians reveal the **ha-has** and **the uh-ohs** of their chosen profession

BY SHAUN ELI BREIDBART

**We'll do almost anything to get onstage.** When we're starting out, we'll hand out fliers for the club, answer phones, and work the door. At one club, comics cleaned toilets—until a guy said that he would clean the toilets only if he could do so using the manager. Surprise! That comic isn't there anymore. And the toilets are filthy.

**Please buy something from us after the show.** Those T-shirts and CDs we sell are what we make

our real money on. "We're often paid \$5 or a drink for stage and mic time," says comic Dan Upham. And when we do book a paying gig? We spend most of the money on transportation to get there.

**Supply and demand applies to comedy.** Comedians scrape for gigs because

there are so many of us, says Comedy Central's Ophira Eisenberg. "Few club owners have the time to develop a comic's career. In this economy, they need to develop their own business, and their business is basically a bar. And some of those bars charge as much as \$17 for a Cosmopolitan." >>





### **Some club owners dictate our material.**

“An owner told me to do family-appropriate material,” says Craig Sharf. “I asked her to be specific. She said that after telling a joke, I should look at her face, and if she was frowning, it wasn’t appropriate.”

### **Comic, know thy audience.**

“At one gig, the comic before me did a bit about how he hated and plotted against his girlfriend’s cat,” says comic Andrea Henry. “The show was a fund-raiser for an animal shelter.”

### **The worst audience?**

Bachelorette parties. The bride-to-be expects the entire evening to be all about her, her, her ... and alcohol doesn’t help. Some comics have learned how to give Bridezilla her 30 seconds and move on. But if she’s going to yell “Whoo!” every few seconds—it’s a problem.

### **“Don’t sit in the front row with a girl you’re trying to impress,”**

says *Tonight Show* and *Late Show with David Letterman* performer Dan Naturman. “It could get awkward when the comedian asks if you’re dating and the two of you give different answers.”

### **But don’t worry, we rarely pick on audience members unless we’re provoked.**

“I don’t like to pick on audiences, because I don’t want audiences to pick on me,” says *Last Comic Standing* finalist Myq Kaplan. “You know the golden rule—silence is golden. So as long as the audience is quiet, so am I. Also, I’m a mime.”

### **Still, if you screw with us ...**

If someone’s talking during my set, “I’ll move over to that side of the room and slow my words down,” says comedian Eddie Brill. “All of a sudden, their conversation feels really loud and out of place.” If they go quiet, he moves on. But if they persist, he finishes them off: “It stinks when you come out for a chat, and they build a comedy club around you.”

### **Oh, and we’re not going to stop telling a joke because you’re offended.**

When will we stop telling a joke? When it stops getting laughs.

### **Our jokes come from personal experience.**

“I use the fact that red-heads like me get picked on,” says comic Steve Hofstetter. “In my act, I say, ‘We’re never going to protest. What are we going

to do, have a march? What if it’s sunny?’”

### **Joke stealing is rare, but it does happen.**

Jeff Caldwell, a *Letterman* regular, says, “I had a joke stolen and done on the *Tonight Show* years ago. I sent the guy a nasty letter, and he sent me \$500. With as little money as I had back then, I was praying he’d steal a few more jokes.”

### **Don’t be afraid to say hi if you recognize us**

**somewhere,** but don’t expect us to start performing at the gas station, please. Musicians won’t sing to you, and surgeons won’t operate.

### **We don’t care who your favorite comedians are.**

Would you go up to a model and say, “You know who’s pretty? Someone else.”

### **When do we know we’ve made it?**

When we’re on *Letterman*. “For most stand-ups, it’s the end of the rainbow,” says Andrea Henry. “That said, if they ever brought back *Hollywood Squares*, that would be at the top of my list. Every episode looked like a party.”

Additional reporting by  
*Natalie van der Meer*

Sources: J-L Cauvin, Joe DeVito, Wendy Liebman, Matt Wohlfarth, and David Baker



(Continued from page 154)

concerned. Who was Jackie, and how many people had she invited?

I was right to be worried because by 10 p.m., the air was heavy with social ineptitude. There were 25 of my friends, 50 friends of Jackie's, and no Jackie. And Jackie's friends were poorly cast for a young-Hollywood blowout. Eventually, I learned that Jackie and her friends were enrolled in something called the Flashforward Institute, where they had taken classes in confidence building and networking. Their homework: Attend a party. Apparently, Jackie, who held an administrative position at MADtv, had passed along my invitation—to all 100 of them.

Around 11, a woman thrust her big, smiling face in front of me and yelled, "Hi, I'm Jackie! I'm the one who invited a hundred people to your party!" She then handed me a wooden end table and said, "Everyone brings something with them to a party, but nobody ever brings anything to put those things on!"

Jackie was what psychologists call a "crazy person."

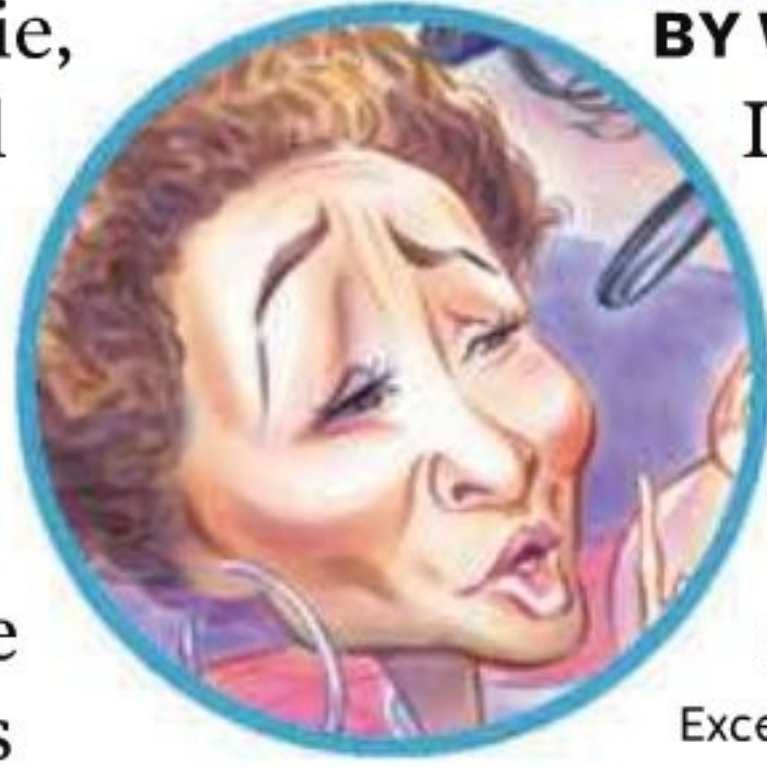
At the end of the night, I gave Jackie and each of her friends a class evaluation: Everyone got an F in networking, except June, who got credit for being punctual.

Adapted from the *LA Weekly*

◆ Andrew Daly is an actor, a comedian, and a writer.

## This Is a Tough Room

BY WANDA SYKES



I was working at a club in Newark, and somebody bent over, and his gun fell out on the floor. Everybody began checking their coats to make sure it wasn't their gun.

Excerpted from *Rolling Stone*

◆ Wanda Sykes was named one of the 25 funniest people in America by *Entertainment Weekly*.

## The Day I Won Them Over

BY JIM MENDRINOS

Right after 9/11, I performed for some relief workers. The audience was justifiably on edge, and I was just as nervous. What could I possibly say under the circumstances? How about the one thing that kept nagging at me?

I began by thanking them for working so hard. Then I said, "On that terrible day, New Yorkers asked two questions: 'Is everyone safe?' and 'I wonder if I'll have tomorrow off?'"

The relief workers laughed their butts off, and we had a great show.

◆ Jim Mendrinos wrote *The Complete Idiot's Guide to Comedy Writing*.

## The Day My Act Was Born

BY LISA LAMPANELLI

*Bring back the fat chick!*

It was only five words, but they changed my life forever.

The place, in Meriden, Connecticut, was a mediocre crab-and-burger joint that hosted a stand-up comedy show. The crowd was full of food, half full of liquor, and devoid of civility.



To be honest, my set wasn't my best—having just started in comedy—and I did about 15 minutes of jokes about my weight, my Italian family, and my current relationship.

As I introduced the next comic, I breathed a sigh of relief. I had made it through the set. But while watching the comic struggle for laughs, I heard that fateful line: “Bring back the fat chick!”

I froze. Sure, the drunken creep who yelled it was implying I was funnier than comic No. 2. But he had called me *fat*, a word that every woman from Eve to Eva Braun to Eve Ensler has feared. I felt my face turn red as the audience shifted its gaze to where I stood. In that instant, I made a decision: I was gonna get them before they got me. I may be the only comedian who has been heckled when she was *offstage*, but in that moment, “Lisa Lampanelli—Insult Comic” was born.

◆ [Lisa Lampanelli is a mainstay of the \*Comedy Central Roasts\*.](#)

## Learning to Be a Pro

BY ANDREA HENRY

I was backstage at a talent-based reality TV show watching another comic being interviewed on camera. This, he said, was his last shot in the business. He had a wife, a baby, and one on the way, so he either wowed them tonight, or he was quitting the business forever and getting a real job. As he spoke, he choked up, and I saw a little tear well up in the

corner of his eye. When he finished, the producer said, “Great! Now let's shoot it from a different angle.” After they readjusted the camera and lights, he did it pitch-perfect again, even the same little tear.

◆ [Andrea Henry's \*There She Is...\* was named best comedy at the SENE Film, Music & Arts Festival.](#)

## I Almost Died Laughing

BY JERRY LEWIS



I'm preparing the big finale for my 1960 film *Cinderfella*.

The setting is a ballroom.

The centerpiece: a long, majestic staircase with 64 steps. I'd flown in the Count Basie Orchestra from New York, so the

soundstage is packed with hundreds of crew members, actors, extras, musicians, and visitors. I tell the cameraman where to set up the camera and what his cue is. Now I'm ready to film. I make my entrance at the top of the stairs. The camera follows me as I do my choreographed routine, going from the top stair all the way into the ballroom. I go to my costar Anna Maria Alberghetti. I take her hand and kiss it. I leave her and run up those 64 stairs in nine seconds flat. Nine seconds flat!

And then I wind up at the hospital—I had a heart attack at the top of the stairs.

The film and all those actors, extras, crew members, and musicians are on hold for eight weeks because I'm now inside an oxygen tent. We're talking



1960, so it's a huge canvaslike affair—square, with zippers. And on the top of it, there's a flap you can open to put in the stethoscope, medicine, and so on.

That night, my father comes into my room. He opens the little flap on the oxygen tent, sticks his face inside, and says, "Do you know what you're doing to your mother?"

◆ [Jerry Lewis is a comedian, actor, producer, writer, director, singer ...](#)

## My First Dose of Reality

BY MATT BRAUNGER

All things considered, I'm not an ugly man. At least I don't think so. I'm a comedian, after all. Not being conventionally stunning helps.

Years ago, I walked into a casting office ready to hit my commercial audition out of the park. With a smile on my face, I went up to the pretty girl holding the sign-in sheet.

Me: "I'm here for the audition."

Pretty girl: "Name?"

Me: "Matt Braunger. Um, my agent didn't tell me what role I'm auditioning for."

Pretty girl: "You're going in for the role of ... *Unattractive Man*."

I was stunned. Honestly? This is why I came in? Someone—who represents me!—said, "Unattractive? Let's send in Braunger!"

Restitching my ego, I learned that it was just a wide-ranging description. He was a guy who kept hitting on a woman who didn't like him. That's all. He wasn't a shirtless

Joseph Merrick. Relieved, I sat down and watched the other guys arrive to be told they were hideous too.

Adapted from the *LA Weekly*

◆ [Matt Braunger was named one of \*Variety's\* Top 10 Comics to Watch.](#)

## My Successful Career

BY JUDAH FRIEDLANDER

People often ask me, "How did you get started in stand-up comedy?" I tell them, "I got drafted right out of high school." I was in tenth grade, about to turn 24. In the middle of class, I decided to make fun of the teacher. Everyone started laughing. Students fell out of their chairs and were convulsing on the floor. Other classrooms emptied out and squeezed into our room. The principal entered to

stop the chaos. But he laughed harder than anyone. It got too crowded, so I karate kicked the wall down and took the show outside to the parking lot. The cops and military were there. Not for security, but because they really appreciate a quality comedy show.

Two hundred miles away, Jeff Bloomwichz, the top comedy scout in America, was driving his speedboat in the Atlantic Ocean. He followed the sound of earthshaking guffaws to my show. Afterward, Jeff stepped out of his speedboat and said, "Funny stuff, kid." I signed a deal to turn pro right there in the parking lot. The rest is history.

◆ [Judah Friedlander plays Frank Rossitano on NBC's \*30 Rock\*.](#)







**Jim Scott,**  
cofounder and  
editor in chief,  
caring.com

“It’s hard to believe an experience that touches the lives of more than 50 million Americans could be largely hidden from view—but it is. As Jonathan Rauch found, if you’re taking care of an elderly parent and you mention some of your troubles at a party, suddenly 20 people will chime in. We can improve the quality of life for caregivers and their loved ones, but we need to talk about the problem.”

# The Quiet Crisis

We care for our ailing parents because we love them. We don’t talk about how hard it is because ... why? **Jonathan Rauch** opens up—and calls for change.

● FROM *The Atlantic*

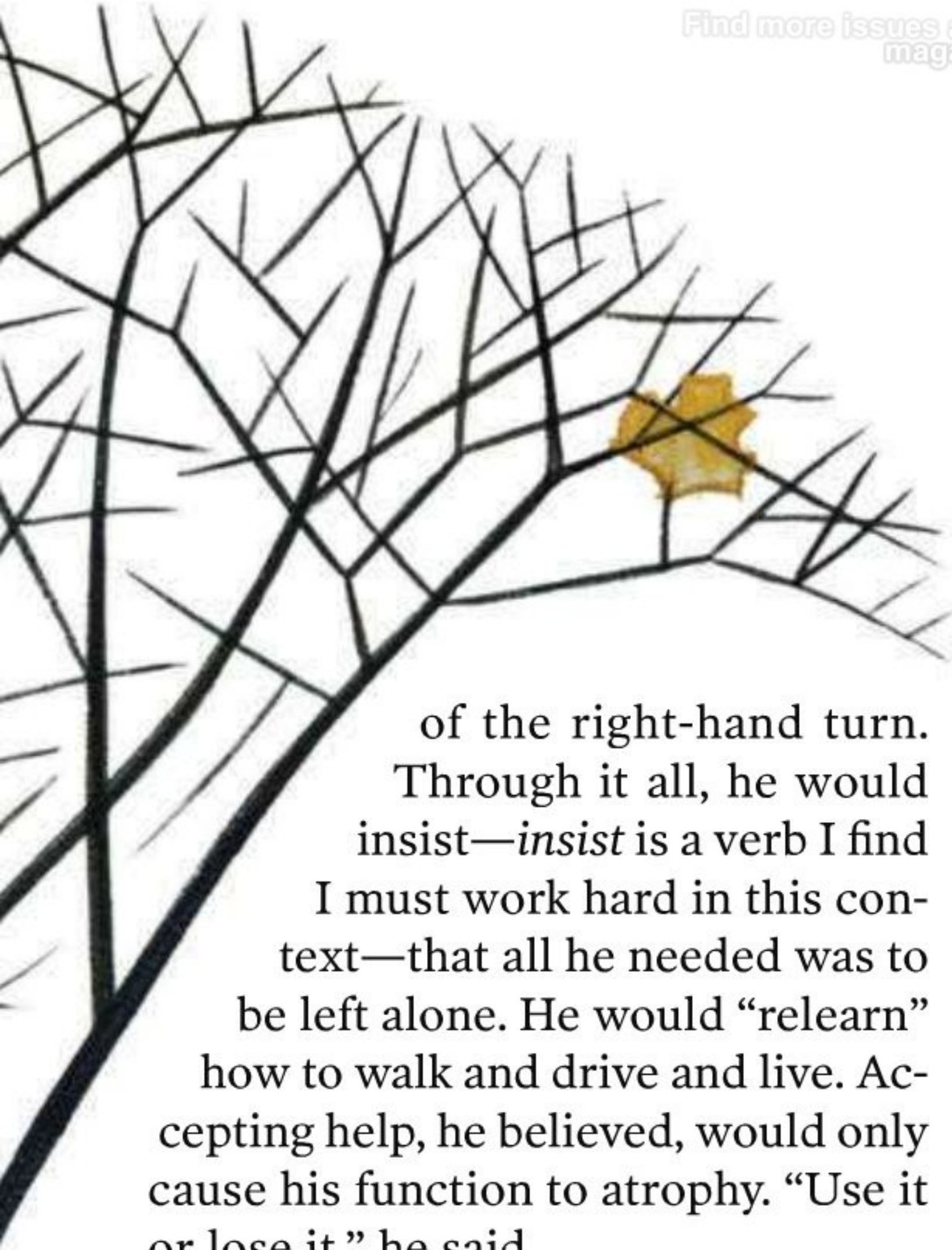
**M**y father came to live in Washington, D.C., near me, in the spring of 2009. I went with my partner, Michael, to Phoenix, to fetch him. He had Parkinson’s disease, or so everyone thought. He was falling regularly, which he insisted was no cause for alarm because falling is something people with Parkinson’s learn to live with. When he fell on the sidewalk or in the front driveway, passersby would stop to help him. This sometimes elicited visits from the police, to whom he would not open the door. He refused entreaties to use a walker, feeling that it made his balance worse. He insisted on driving, though his weakness and tremor defeated the mechanics

TOP LEFT: ILLUSTRATED BY GRAFILU









of the right-hand turn. Through it all, he would insist—*insist* is a verb I find I must work hard in this context—that all he needed was to be left alone. He would “relearn” how to walk and drive and live. Accepting help, he believed, would only cause his function to atrophy. “Use it or lose it,” he said.

Still, I was not prepared for the weakness I saw when we arrived. He could barely dress himself. His stride had become a Parkinsonian shuffle. He could not cut his own nails or shave or keep his face clean. Hearing he was leaving Phoenix, one of his friends had called me. “Oscar needs help,” she said. “He cannot live alone.” Living alone, however, was exactly what he insisted on doing. I imagined checking on him by phone every day, stopping by his apartment several times a week, and regularly going out with him to restaurants and the theater. It could work!

Three days after he arrived, I entered his apartment and found in the bathroom a plastic bowl full of feces and urine and soiled baby wipes. The vanity and floor were smeared with brown. This, apparently, was part of

his process of relearning how to use the bathroom. He insisted he would clean up the mess himself, forbidding me to touch it, an instruction I defied, since he tended to fall when he bent down. In the kitchen, most of a pint of two-day-old ice cream lay hardened into a sticky goo on the floor where it had fallen. He insisted he would clean that up too. Meanwhile, he had dropped a paper towel over the mess.

That was just day three.

My father was 80 then. He was a bright man, strong-willed and willful, and his strength of mind had served him well. Despite having been raised in poverty by a single mother, he got himself through college and Yale Law School, then built a successful law practice in Phoenix. After his marriage failed, he raised three children as a single parent. For decades, people had sought his counsel. You could not tell him what to do. He looked at me once, on one of many occasions when I was pleading with him to accept help, and said levelly, “I want you to consider the possibility that I am right, and the whole rest of the world is wrong.”

Before he arrived, I did my best to prepare. I had set up an emergency-alert button, which he accepted as an aid to independence (but did not consistently wear). After a week or two of coming in and finding urine-soaked jeans on the floor and sometimes on him, I bought him some adult diapers, which he also accepted (but did not consistently wear). I asked the condo building’s mainte-



nance man, whom my father liked, to do housekeeping twice a week. I arranged periodic visits from a social worker with the Jewish Social Service Agency. And for a few weeks, despite my initial shock over his condition, it seemed to work.

I should say that my description so far must make my father seem nothing but stubborn. He was also charming, resourceful, generous, kind, funny, and uncomplaining. By enlisting friends and learning to cope, he had managed on his own longer and better, certainly, than I could have done. He had consistently proved wrong those who told him what he couldn't do. And Parkinson's, his doctors assured us, was a slow-moving disease. Expect only gradual change.

Soon, however, the disease started moving fast. He would eventually be rediagnosed with a particularly nasty neurological torment called multiple system atrophy, but that was later. Until the last couple of months, no one realized how sick he was, and so his resistance to impingements on his independence was understandable. Shame was another reason he wanted to be left alone. One of the few times he ever cried in my presence was when he saw me on my knees, scraping hardened ice cream or jam off the floor. "I'm sorry," he said. "I'm sorry. I never meant for you to scrub the floor for me."

In the early weeks, I was protective of his independence. He believed that confinement in a nursing home would kill him, and I understood that his autonomy was the thread by which his emotional health hung. But his motor control was not cooperating. By summer, he was having trouble getting out of bed. On several occasions, I arrived in his apartment to find him lying on the floor, unable to get up. Often his slurred voice on the phone was barely intelligible. When I called, he would manage to pick up the phone but said only, "I can't hear you! I can't hear you!" before hanging up.

I came to dread the ring of the telephone: It might be my father on the floor, asking me to come over and pick him up, or it might be emergency medical services, summoned by a neighbor or the call button. Once, when I arrived amid a commotion of paramedics and flashing

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I realized that he could  
**not cope and that he could**  
take me down with him.

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lights, a neighbor, herself elderly, was standing in the hallway, her face flushed with fear, yelling to me, "He can't live here! You've got to move him!" In the midst of it all, my father would be entreating everyone to leave him be.

I managed until one hot July afternoon. I was at my desk when Michael






called from Costco, where he had taken my father shopping. My father had gone stiff on one side, had become unable to stand, and didn't know where he was. I had to get over there, Michael said, in a quietly frightened voice. I jumped up and ran out, but by the time I

Use my ownership of his apartment to force him out? All I knew was that I believed myself capable of doing such things or even of washing my hands of the situation if he would not listen to reason. I imagined telling an indignant world that I had tried my best and could do no more. You have no

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## I told him I wanted to be his son again, not a nurse and a nag and an adversary.

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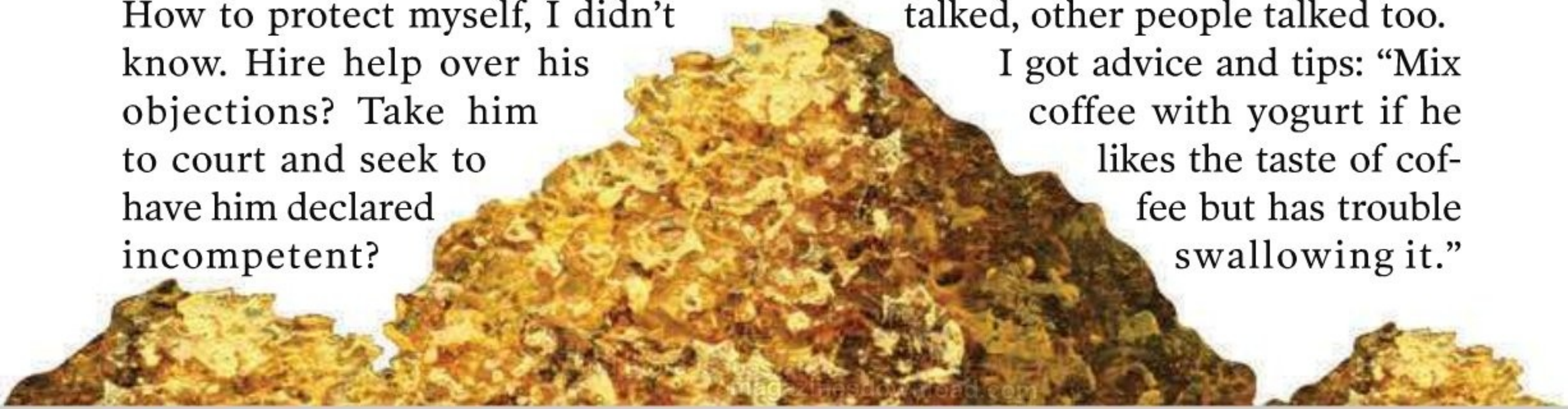


arrived, my father had recovered and did not remember anything untoward happening. "Do you need to see a doctor?" I asked, stupidly. He just gave a dismissive wave of his hand. "I'm okay," he said. I stood there, in the produce aisle, with no idea what to do, frightened and, worse, furious at my father for putting me in this impossible position.

That was the day I realized that he could not cope, and I could not cope, and, emotionally, he could take me down with him. And I discovered in myself an awful determination not to let that happen. From that moment, I was determined to get him out of his apartment and under professional eyes, or, failing that, to protect myself. How to protect myself, I didn't know. Hire help over his objections? Take him to court and seek to have him declared incompetent?

disorder or anxiety disorder or depression. According to the Rosalynn Carter Institute for Caregiving at Georgia Southwestern State University, family caregivers face elevated risks to their physical health, mental health, finances, employment, and retirement. That I managed to keep myself together owes itself largely to a coping strategy of my own: I talked. To almost anyone. A provocation as simple as "How are you?" would elicit an answer like "Bad. I'm at my wits' end coping with my father." Out could come the whole story. I must have discomfited a lot of people. But I discovered that I had to talk. And I discovered that when I talked, other people talked too.

I got advice and tips: "Mix coffee with yogurt if he likes the taste of coffee but has trouble swallowing it."





“Here’s the name of a geriatric case manager who’s really good.” This kind of practical wisdom was useful. But why, I began to wonder, did I have to collect it on the street?

I got amateur counseling: “Take care of yourself first; don’t try for perfection.” Good advice, but randomly proffered. How much more was there that I needed to hear but no one happened to tell me?

Above all, I got stories. They gushed forth with pent-up pressure. Washington is a city of middle-aged careerists like me, proper and dignified. Yet time and again, the professional exteriors would crack open to reveal bewildering ordeals.

A lobbyist. At a reception hosted by his trade group, he asks what I am working on, and I reply, “Taking care of my father.” Without missing a beat, he tells me of having spent that morning in tears, sobbing in a meeting with the staff at the care facility where his 100-year-old father now lives.

A scholar. He is working on a book about interest groups, and we go out for coffee to discuss it. He asks how I am. When I tell him, our original agenda melts away, and he tells me that his life’s work, now, is flying back and forth to remote Wisconsin, where he takes care of a father with Alzheimer’s. He has had to move his father, sell the house, find a care place, deal with his father’s affairs, all while trying to do his professional work and raise his own kids.

A journalist. He stops by my office, plops in a chair, tells me he has heard

about my situation and wants me to know he admires what I’m doing for my father. Thanks, I say. But he continues. His parents are 80-ish. The situation is teetering toward crisis. They need to move or accept help, but his father is too proud to consider it, and the journalist and his siblings don’t know how to raise the subject. He needs advice, which I do my best to give. Don’t wait any longer to deal with this, I tell him. Push your parents harder than you feel inclined to push. What I am thinking, of course, is: What you really need is a better adviser.

As I conducted business, I took to wondering which of the middle-aged people I encountered were quietly struggling to cope with their own crisis. How many of them felt utterly out of their depth? How many others, having come through an ordeal, had experience that they had no ready opportunity to share? According to the National Alliance for Caregiving, about 50 million Americans are providing some care for an adult family member. I was swimming in an invisible crowd of caregivers every day, but, like streams of photons, we passed through each other.

Many years ago, when I was 12, my parents divorced, and my mother left to start a new life in Berkeley. Later, when I was a young adult trying to understand why she had left, a friend of my mother’s told me: “You’ve got to understand. Back then, women didn’t talk.” I didn’t get it. Meaning? Meaning, she said, that in the 1960s



and early '70s, women felt it was part of their job to pretend to be content in the house with their kids. If you were dissatisfied, you kept it to yourself. In those days, a woman like my mother, who was brilliant and college-educated and felt trapped, was on her own, and in some cases, the strain was simply too much.

This was the conversation that came back to me last year. So many stories.

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## How can so many people be unprepared for one of life's near certainties?

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So much experience. So much need for help! Yet until I volunteered my own story, usually in a socially inappropriate setting, it stayed quiet, "personal." Confessing desperation was like uttering the password to a secret brotherhood of beleaguered, overwhelmed adult caregivers. But the sect seemed ashamed to be seen.

As I reached my own breaking point, two things happened. First, my father caught sight of my distress. He would not accept assisted living on his own account, but when I told him that he was already in assisted living but I was the assistance, that I was barely hanging on emotionally, that I wanted to be his son again, not a nurse and a nag and an adversary—when I told him all that, he acceded. He was still, after all, my father, and it was still his job to care for me.

Second, the inevitable happened. As his disease overtook him, not even he could deny his incapacity. And so he moved, reluctantly, to a nearby assisted-living place, which, to no one's surprise but his own, gave my father more, rather than less, independence. Another phase of the story then unfolded, ending with his death in December. His last gesture to me, so very characteristic, was to wave me away. He wanted me to go on with my life rather than hover by his bedside.

I did go on, but I emerged from the experience not a little indignant. The medical

infrastructure for elder care in America is good, very good. But the cultural infrastructure is all but nonexistent. How can it be that so many people like me are so completely unprepared for what is, after all, one of life's near certainties?

I am now convinced that millions of middle-aged Americans need more help than they are getting and that the critical step toward solving the problem is a cultural change akin to the one demanded by feminists in the 1960s. Betty Friedan, in her landmark 1963 book, *The Feminine Mystique*, famously called the housewife's endemic loneliness and boredom "the problem that has no name."

"Suddenly they realized they all shared the same problem, the problem that has no name," she wrote. "They began, hesitantly, to talk about

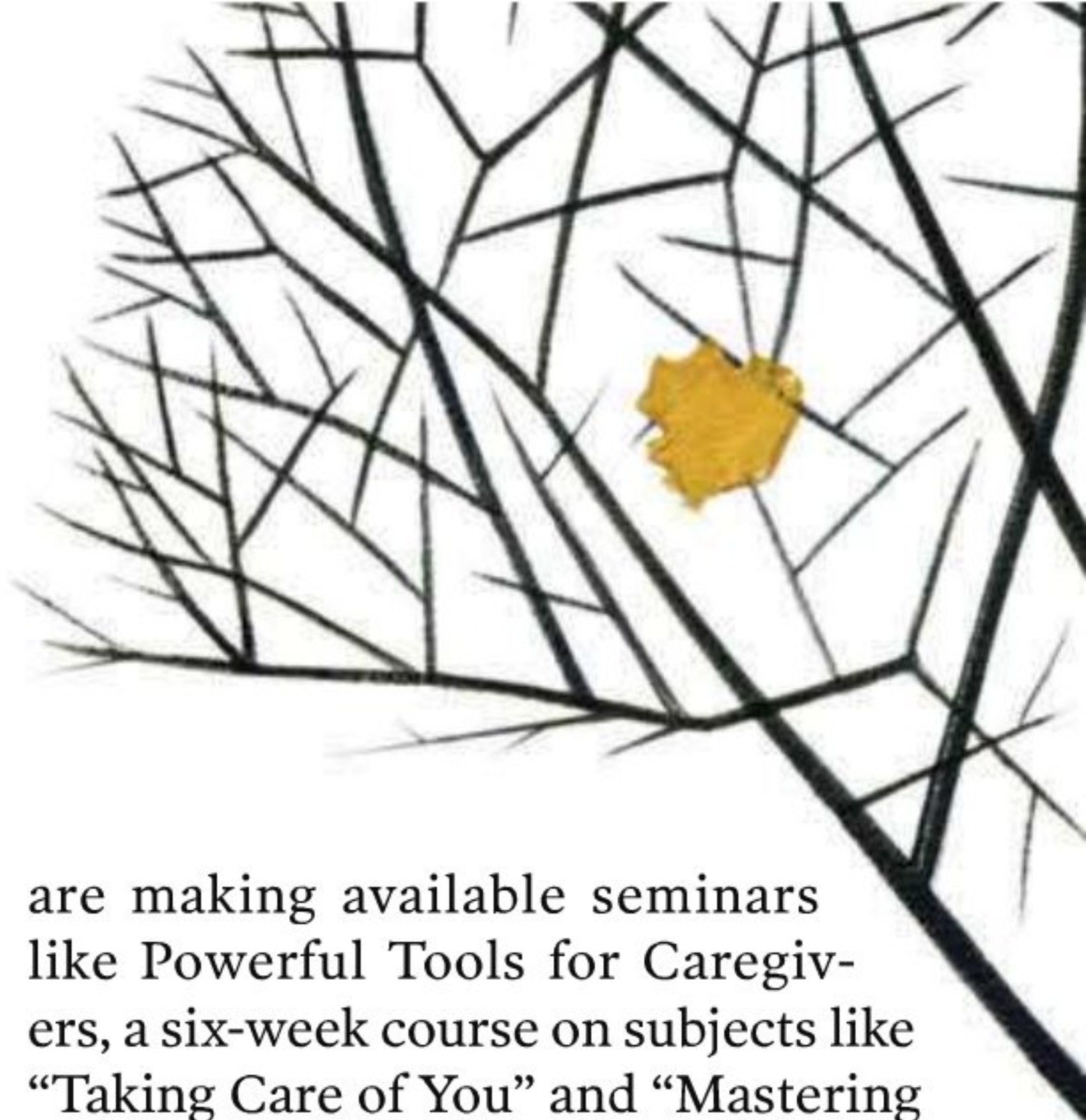


it. Later, after they had picked up their children at nursery school and taken them home to nap, two of the women cried, in sheer relief, just to know they were not alone. Gradually, I came to realize that the problem that has no name was shared by countless women in America.”

Today’s invisible caregivers face their own version of a nameless problem. They are being asked to do alone what, in fact, requires not just private sympathy but public acknowledgment and proactive assistance.

I would put special emphasis on the word *proactive*. There are resources out there, and once you begin looking, you can find them. Thanks to a personal connection, I was able to find the invaluable social worker. I found a few books on elder care. Had I looked harder, I might have discovered the website of the Family Caregiver Alliance ([caregiver.org](http://caregiver.org)), the National Alliance for Caregiving ([caregiving.org](http://caregiving.org)), and [strengthforcaring.com](http://strengthforcaring.com). To get this stuff, however, you have to go look for it, which means you have to have some idea of what you need, and I didn’t. What I needed was for the experts to find me and tell me what I needed.

At one point, as I struggled with my father’s crisis, I joked to friends that we should all be given time off work at age 40 to take a course on elder care. I no longer see this as such a joke. A few big companies, realizing that caregiving responsibilities drain employees’ time and productivity,



are making available seminars like Powerful Tools for Caregivers, a six-week course on subjects like “Taking Care of You” and “Mastering Caregiving Decisions.” That seems like exactly the right idea. If employers can provide seated massages and host blood drives, surely they could be a conduit for elder-care training and information. Surely toll-free hotlines would not be so hard to set up and publicize. Surely HR departments and health providers and clergy could be trained to respond, on learning that an employee or patient or congregant has an elder-care “issue,” with a nudge toward resources rather than just “I’m so sorry for what you must be going through.”

What we need even more than that, though, is for our nameless problem to be plucked out of the realm of the personal and brought into full public view, where help can find us. In the years after Betty Friedan named their problem, women who worked in the home (formerly “housewives”) demanded and got a new infrastructure for support: opportunities to study and work at home, part-time job opportunities, public and private help





with child care, social networks, and so on. Perhaps more important, they demanded and got society's recognition that they were providing an indispensable public good. As a result, they are not isolated or silent anymore, and they do not need to put up with being lonely or bored. Keeping today's invisible infrastructure of caregivers

out of sight is as stressful and wasteful and pointless as leaving millions of women feeling stranded at home once was. My mother's friend and the feminists of her generation fundamentally had it right. There should be no need for anyone to go through this alone, and no glory in trying. ■

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# The Caregiver's Survival Guide

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The caregiver's learning curve is typically long and hard, says Jim Scott, cofounder and editor in chief of *caring.com*. "Most people eventually figure it out—after a lot of hard knocks, unnecessary mistakes, and missed opportunities for help," he says. Here, his Reader's Digest Version of the mistakes that hurt and the steps that help most.

## WHAT DOESN'T WORK

● **Denying it** "People avoid acknowledging a problem like Alzheimer's disease in a family member as long as possible—chalking it up to a bad day or to normal aging is much easier. But waiting only makes it harder for everyone involved."

● **Going it alone** "You may think you're the only one who can do the caregiving, or you may not be aware of resources that are out there. Or maybe you think help is too expensive or too hard to find. But your health will suffer. Your relationships will suffer. And ultimately, the caregiving itself will suffer."

● **Getting into a power struggle** "Your loved one is trying to maintain control in a stage of life that's all about losing it. Attempting to take away decision making too early or in a way that feels threatening can lead to huge blowups."

● **Blaming the person instead of the disease** "People with dementia repeat themselves. They forget to turn off the stove. They put the remote control in the garbage. They miss the toilet when urinating. Understanding that it's the disease, not the person, makes it easier to manage the symptoms. You can be much more effective that way."

## WHAT HELPS

● **Becoming aware of your loved one's finances** "Con artists know that in dementia, a person's finances can be one of the first things to fall apart. What are the signs that you should step in? Anything that points to a problem with complex, multistep thinking. Say your mom is a great cook. If all of a sudden she can't follow a recipe, she probably can't balance her checkbook." Get her on a do-not-call list, advises Scott. And ask if you can have



monitoring access to her account. Or try a joint checking account, where you can sign checks and pay bills. (You'd be responsible for the account and get the money at her death.) "It's worth talking to a financial adviser or an attorney about these and other options," Scott says.

- **Getting the key documents ready**

"It's important to get a durable power of attorney for finances, a durable power of attorney for health care, and an advance health directive in place early because once your parent loses the ability to weigh in, you have to go the much more complex and expensive route of conservatorship, which requires a lawyer. You *want* your parents to weigh in. Having them make the decisions means you won't have to."

- **Educating yourself on the basics about their disease**

"Knowing what's ahead allows you to prepare, and that eases anxieties," says Scott. Talk to other caregivers, either in old-fashioned support groups or in online virtual ones.

- **Building your support network**

"If your brother lives 3,000 miles away, put him in charge of the finances. Find out who in the church will help. Get adult day-care services going so you get a break. Most people think they can't afford in-home care, but there are low-cost ways to go, from high school volunteers to senior-to-senior programs."

- **Considering assisted-living facilities**

"People sometimes feel that they promised a parent they'd never put them into assisted living, but many of these facilities are great places to be. It's important to get on the list early because it can take a while for an opening." (Caring.com's Senior Living Directory includes reviews of facilities at [caring.com/local](http://caring.com/local).)

## 4 HELPFUL RESOURCES

- **Area Agency on Aging** Every region in the United States offers counselors who are aware of local resources for the elderly. Go to [aoa.gov](http://aoa.gov) and search for *AAA finder* to locate a counselor in your area. **FREE**

- **SHIP** The State Health Insurance Assistance Program provides help with questions about or problems with Medicare plans and policies. **FREE**

- **Geriatric-care manager** A GCM can do an in-home evaluation, help find an assisted-living facility, and take on other aspects of a parent's care. They're especially good in a crisis and when you live far away. Go to [caremanager.org](http://caremanager.org) to find a GCM in your area. Expect to pay \$75 to \$250 an hour (some government agencies and charities offer some GCM services on a sliding scale). **VARIES**

- **Elder companion** These are typically caring people who stay with your loved one while you run errands or take a break. You can find one through a home health agency or a local AAA or at [caring.com/local/in-home-care](http://caring.com/local/in-home-care). **INEXPENSIVE**

### FURTHER READING

***A Bittersweet Season***, by Jane Gross (Random House, \$26.95)

**"Protecting Your Parents,"** a three-part series in *Money* magazine (ongoing)

***The Alzheimer's Action Plan***, by P. Murali Doraiswamy, MD, and Lisa Gwyther (St. Martin's Press, \$26.95)

***The New Old Age***, a *New York Times* blog about caring for elders



# SECRETS OF **SEAL** TEAM **SIX**

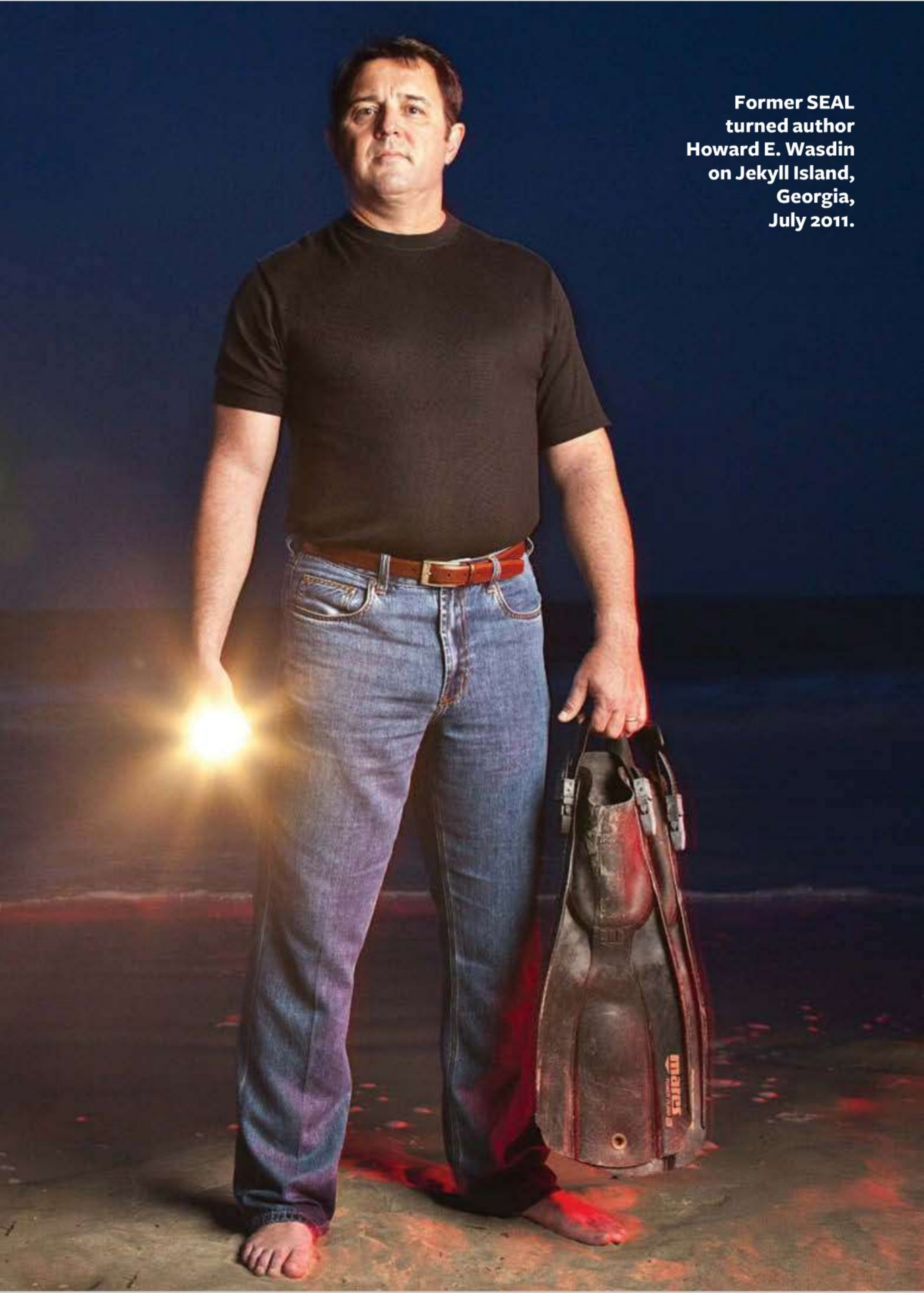
**AN ELITE UNIT OF NAVY SEALS TOOK OUT OSAMA BIN LADEN IN MAY—AND MADE IT LOOK EASY. A PEEK BEHIND THE SCENES AT THE GRUELING TRAINING THAT MADE THIS KIND OF MISSION POSSIBLE.**

**BY HOWARD E. WASDIN**

● FROM *SEAL Team Six*



**Former SEAL  
turned author  
Howard E. Wasdin  
on Jekyll Island,  
Georgia,  
July 2011.**





**HOWARD E. WASDIN WAS 21 AND NEWLY MARRIED WHEN HE ENLISTED IN THE NAVY. HE HAD PLANNED TO RETURN TO COLLEGE. INSTEAD, HE EMBARKED ON AN EXTRAORDINARY CAREER, BECOMING A SEAL (THE NAVY'S ELITE SEA, AIR, AND LAND FIGHTER) AND ULTIMATELY JOINING THE LEGENDARY SEAL TEAM SIX—WHICH, WASDIN WRITES, IS “TASKED WITH COUNTERTERRORISM AND COUNTERINSURGENCY, OCCASIONALLY WORKING WITH THE CIA.”**

**WASDIN IS THE FIRST SEAL TEAM SIX SNIPER EVER TO TELL HIS STORY. HERE, IN AN EXCERPT FROM HIS BESTSELLING MEMOIR, HE DESCRIBES HIS TRAINING.**

**Basic Underwater Demolition/SEAL (BUD/S)** training began with a physical screening test at the Navy Special Warfare Center in Coronado, California. We swam and did push-ups, sit-ups, chin-ups, and a run. One guy failed; he hung his head as the instructors sent him packing.

That evening, SEAL instructor Lieutenant Moore\* told us we could quit if we wanted to by walking outside and ringing the bell three times.

I thought he was bluffing, but some of my classmates rang the bell.

One of our first training evolutions included the obstacle course (O-course). One night, a SEAL might have to exit a submerged submarine, scale a cliff, hump through enemy territory, scale a three-story building, do his deed, and get the hell out. The O-course has broken more than one trainee.

When my turn came, I took off like

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\*Some names, places, times, and tactics have been changed or omitted in order to protect operators and their missions.

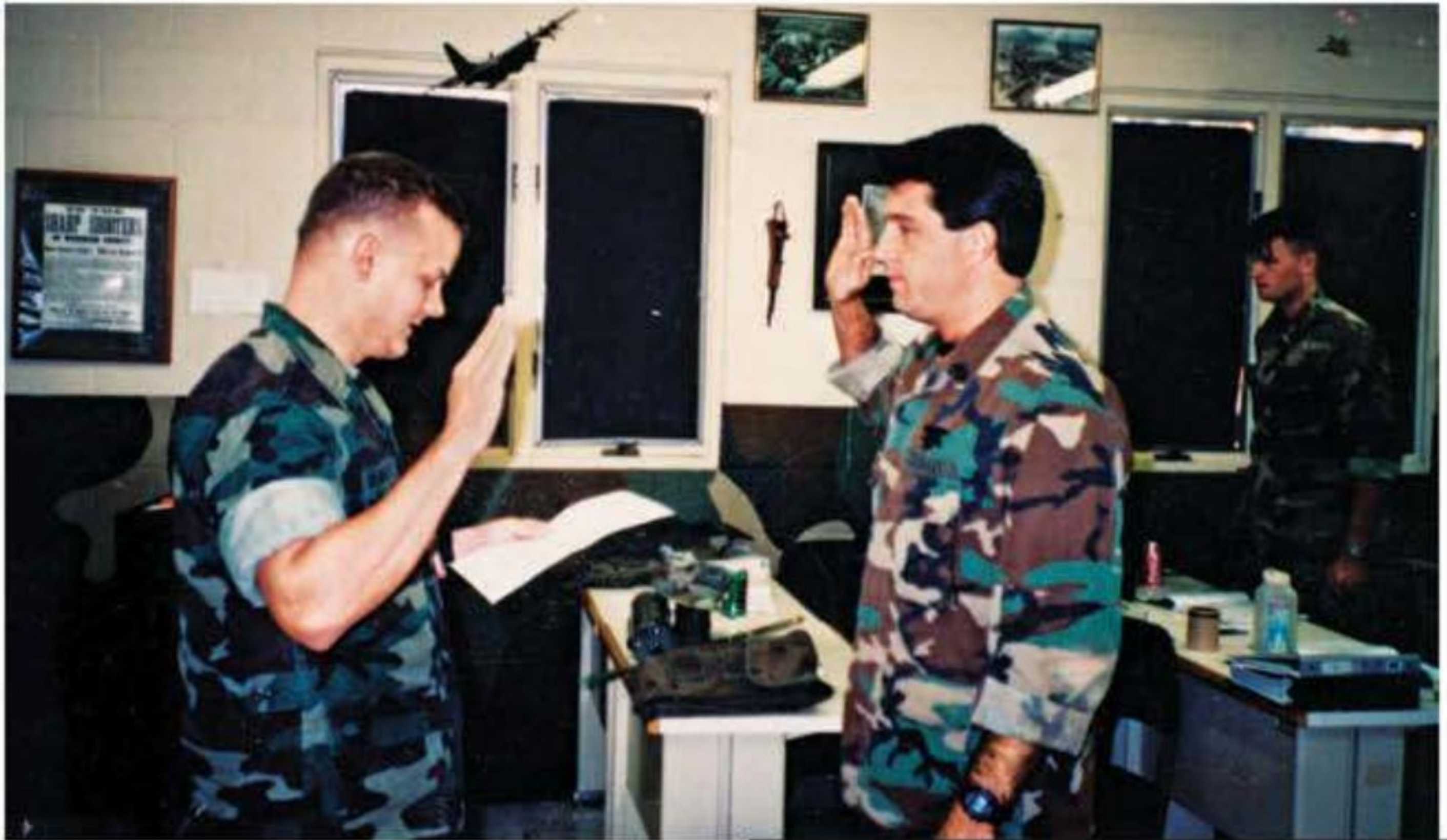
a cruise missile. Partway through, I noticed someone stuck behind me on the three-story tower.

There stood Mike, who had played football at the University of Alabama, tears of frustration streaming down his face. Instructor Stoneclam yelled, “You can run up and down a football field, but you can’t get to the top of one obstacle. You sissy!” (Mike eventually became an outstanding SEAL officer.)

A number of the “racehorses” were the biggest crybabies. They’d probably been No. 1 much of their lives, and now when they had their first taste of adversity—BUD/S style—they couldn’t handle it.

**Instructor Blah’s jungle boot** stepped on a 13-foot-long black inflatable boat resting on our classroom floor. “This is the IBS. Some people call it the Itty-Bitty Ship, and you’ll probably have your own pet names, but the Navy calls it the Inflatable Boat, Small. You will man it with six to eight





**The author reenlisting during SEAL Team Six sniper training, after he'd served in Desert Storm.**

men who are about the same height.”

He drew a primitive picture of the beach, the ocean, and stick men in the water. “This is you guys after a wave has wiped you out.”

He drew a stick man on the beach. “This is one of you after the ocean spit you out. Guess what. The next thing the ocean is going to spit out is the boat. Now the 170-pound IBS is full of water and weighs about as much as a small car, and it’s coming right at you. What are you going to do? Try to outrun it? Of course not. You’re going to run parallel to the beach. Some of you look sleepy. All of you drop and push ’em out!”

After push-ups and more instruction, we went outside and stood by our boats. Bulky orange life jackets covered our battle dress uniforms. “Ones in!” our boat leader called.

Our two front men jumped into the boat and started paddling.

I ran in water almost up to my knees.

“Twos in!”

Two more jumped in and started paddling.

“Threes in!”

I jumped in with the man across from me, and we paddled. In front of us, a seven-foot wave formed. I saw another boat clear it. We weren’t so lucky. As the ocean swallowed us, I realized, This could kill me.

Eventually, the ocean spit us out onto the beach along with most of the other crews. The instructors greeted us by “dropping” us. With our boots on the boats and our hands in the sand, we did push-ups.

Then we went at it again—with more motivation and better teamwork.



This time, we cleared the breakers.

Back on shore, a boyish-faced trainee picked up his paddle off the beach. As he turned to face the ocean, a passengerless boat raced at him.

Instructor Blah shouted into the megaphone, "Get out of there!"

Boy-Face ran away from the boat, just like the instructors told us not to. Fear has a way of turning Einsteins into amoebas.

"Run parallel to the beach! Run parallel to the beach!"

Boy-Face continued to try to out-

Drown-proofing is one of my favorites. Sink or swim, sweet peas."

I tied my feet together, and my swim partner tied my hands behind my back.

"When I give the command, the bound men will hop into the deep end of the pool," Instructor Stoneclam said. "You must bob up and down 20 times, float for five minutes, swim to the shallow end, turn around without touching the bottom, swim back to the deep end, do a forward and backward somersault underwater, and re-

## **WE DID ALL MANNER OF ACROBATIC TORTURES ON THE BEACH UNTIL THE SAND RUBBED OUR WET SKIN RAW.**

run the boat. It sped out of the water and hacked Boy-Face down, breaking his leg at the thighbone.

Later, instead of landing our boats on the sand under the sun, we'd land on boulders at night while ocean currents cut at us from two directions. Legend had it that the boulders used to be one rock before BUD/S trainees cracked it with their heads.

**The sun lay buried** in the horizon as we marched double time through the base. The tension in the air was thick.

We arrived at the pool and stripped down to our swim shorts. An instructor said, "You are going to love this.

retrieve a face mask from the bottom of the pool with your teeth."

Although I did my duty, others didn't. A skinny redhead jumped in the water, but instead of swimming straight, he swam in a horseshoe. The instructors found out later that Redhead was almost blind. He had forged his medical records to get to BUD/S.

After three weeks of indoctrination, we began First Phase, Basic Conditioning. Our class continued to shrink. Woe to the trainee who let the pain show. An instructor would say, "You didn't like that? Well, do some more." Likewise to the trainee who showed no pain. "You liked that?"

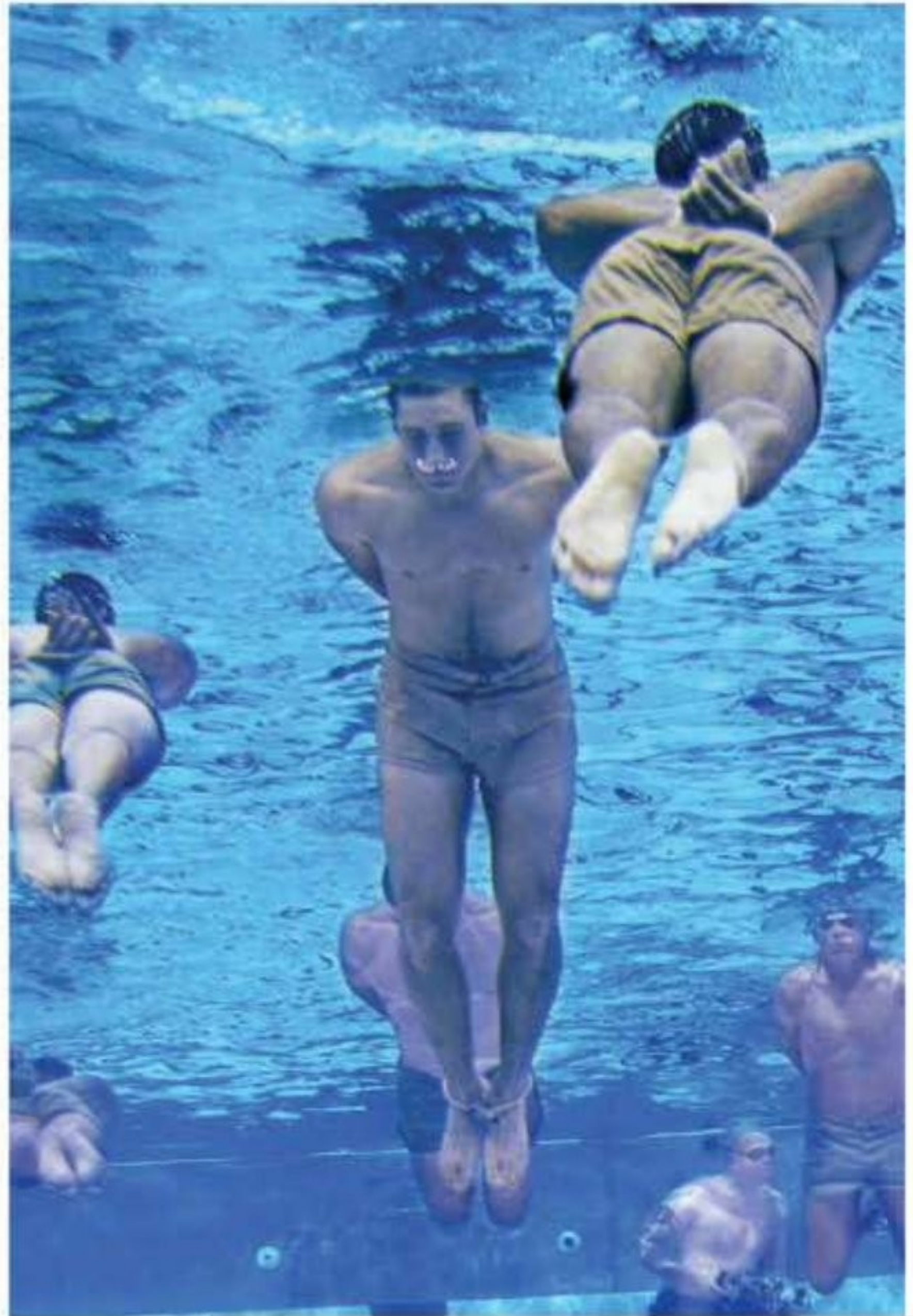


Here's another kick in the crotch."

The hardest part for me was the four-mile timed runs on the beach wearing long pants and jungle boots. After I failed one run by seconds, I was sent with four or five others to form a goon squad. I knew this was going to suck. We ran sprints up and down the sand berm, jumped into the cold water, and then rolled in the sand until our wet bodies looked like sugar cookies. Sand found its way into my eyes, nose, ears, and mouth. We did all manner of acrobatic tortures until the sand rubbed our wet skin raw and nearly every muscle in our bodies broke down. It was my first goon squad—and the only one I ever needed. *I may die on the next timed run, but I ain't doin' this again.*

One thing sucked more than the runs: Hell Week. It began late Sunday night with what is called break-out. M-60 machine guns blasted the air. We crawled out of the barracks as an instructor screamed, "Move, move, move!"

Outside on an asphalt-covered area the size of a small parking lot, artillery simulators exploded. A machine pumped fog. Green chem lights decorated the outer perimeter. Water hoses sprayed us. The smell of cordite



**The dreaded "drown-proofing" test requires would-be SEALs to swim with bound feet and hands.**

hung in the air. Over the loudspeakers blasted AC/DC's "Highway to Hell."

Terror covered the faces of many guys. Minutes into it, the bell started ringing—people quit. I thought, You can't be serious. Yeah, instructors are running around shooting machine guns, but no one has smacked me in the face. My tough childhood [with an adoptive father who beat him] had prepared me for this moment. More



than physically, I knew that mentally, I had mastered pain and hard work, and I knew I could master more.

**One legendary Hell Week** event began on a steel pier. We took off our boots and stuffed our socks and belts in them. Wearing our uniforms, we jumped into the bay with no life jackets. I immediately lay out in a dead man's float. When I needed air, I'd bring my face out of the freezing water for a quick bite of oxygen, then resume my face-down position. When I started to sink, I kicked a couple of strokes. Then I pulled off my trousers and tied the ends of the legs together with a square knot, grabbed hold of the waist, and kicked until my body straightened. I lifted my pants in the air, then slammed them forward and down on the water, trapping air in the trouser legs. As my upper body hung over the valley in the V of my homemade trouser flotation device, I felt relief. I had been so concerned about drowning that I had forgotten how frigid the water felt. Now that I wasn't drowning, I started to remember.

Some of our guys swam back to the pier. *Ring, ring, ring.*

Instructor Stoneclam said, "If one more of you rings the bell, the rest of you can come out of the water too. Inside the ambulance we have warm blankets and a thermos of hot coffee."

After one more ring, Stoneclam said, "Everybody out of the water!"

"Hooyah!"

We crawled onto the steel pier.

Instructor Stoneclam said, "Strip

down to your undershorts and lie on the pier. If you don't have shorts, your birthday suit is even better."

I stripped down to my birthday suit and lay down. The instructors had prepared the pier by spraying it with water. Mother Nature had prepared the pier by blowing cool wind across it. I felt like I was lying on a block of ice. Then the instructors sprayed us with cold water. Our muscles contracted wildly. The spasms were uncontrollable.

We were in the early stages of hypothermia. I would've done almost anything to get warm. Mike said, "Sorry, man, I gotta pee."

"It's okay, man. Pee here."

He urinated on my hands.

"Oh, thanks, buddy." The warmth felt so good.

Most people think it's gross—they've never been really cold.

Wednesday night—halfway through Hell Week—was the one time I thought about quitting. We had to paddle our inflatable boat about 250 yards to pylons, turn the boat upside down, then right side up, paddle back to shore, run half a mile, toss our paddles into the back of a truck, sit in the bay to form a human centipede, hand-paddle 400 yards, run 600 yards, grab our paddles and use them to centipede-paddle 400 yards, grab our boats, and boat-paddle out to the pylons, then back to shore. We all looked like we had stage two hypothermia. Stage one is mild to strong shivering with numb hands—most people have experienced this. Stage two is violent



shivering with mild confusion and stumbling. In stage three, the core body temperature drops below 90 degrees, and shivering stops. There is no stage four—only death.

It was standing room only at the bell. The instructors had backed up ambulances and opened the doors. Inside sat my former classmates wrapped in blankets and drinking hot chocolate. Instructor Stoneclam said, “Come here, Wasdin. You’re married, aren’t you?”

“Yes, Instructor Stoneclam.” My

chocolate was the hardest thing I’d ever done.

Thursday night, we’d had three to four hours total sleep since Sunday evening. The dream world started to mix with the real world, and we hallucinated. In the chow hall, an instructor said, “Wasdin, I want you to take this butter knife and kill that deer in the corner.”

Slowly rising from my oatmeal daze, I looked over, and sure as hell, there was a buck in the chow hall. I stalked up on it with my Rambo knife

## **MY ATTITUDE IS, IF THE ENEMY WANTS TO KILL ME, THEY WILL HAVE TO KILL ME NOW.**

muscles felt too exhausted to move, but they shivered violently anyway.

“You don’t need this. Come here.” He walked me to the backs of the ambulances so I could feel their warm air. “Have a cup of this hot chocolate.”

I held it in my hand.

“If we’d wanted you to have a wife, we would’ve issued you one,” he explained. “Go over there and ring that damn bell.”

I looked at the bell. Then I caught myself. “Hooyah, Instructor Stoneclam.” I gave him back his hot chocolate.

“Get back with your class.”

Handing him back that cup of hot

and got ready to make my death leap.

Instructor Stoneclam yelled, “Wasdin, what are you doing?”

“Getting ready to kill this buck.”

“Look, that’s a tray table. It’s what they haul trays in and out of the kitchen with.”

What the ...?

“Just sit your dumb ass down and finish eating.”

The instructors had a big laugh.

On Friday, we sat in the frigid ocean with our arms linked, trying to stay together. Instructor Stoneclam stood on the beach talking to our backs. “This is the sorriest class we’ve ever seen. We have just received permis-



sion from Captain Bailey to extend Hell Week one more day.”

Somebody said he wasn't going to do an extra day. He'd rather quit. Fortunately, he didn't have to. “Turn around and look at me when I'm talking to you!” Instructor Stoneclam said.

Like a platoon of zombies, we turned about-face.

There stood our commanding officer, Captain Larry Bailey. “Congratulations, men. I am securing Hell Week.”

Some men jumped for joy—I was

**BUD/S prepared us to** believe we can accomplish the mission—and to never surrender. No SEAL has ever been held as a prisoner of war. Even when we're outnumbered and outgunned, we still tend to think we have a chance to make it out alive—and be home in time for dinner.

Nevertheless, sometimes a SEAL must make a choice between fighting to the death and surrendering. For many brave warriors, it's better to roll the dice on surrendering in order to live to fight another day—SEALs have

## **MY CROSSHAIRS RESTED ON THE CHEST OF THE MANNEQUIN. IF I MISSED, I WOULDN'T GRADUATE.**

hurting too bad for that. One man had walking pneumonia and went directly to the infirmary. They screened the rest of us. Some of the guys had infections deep inside the skin from cuts. Others had damaged the bands of tissue over their pelvis, hips, and knees. All of us were swollen. The next day, I rolled over the top of my bunk and jumped off the way I always did, but my legs weren't working. My face hit the deck, giving me a bloody nose and lip. I tried to call my wife collect, to let her know I'd made it through Hell Week, but when the operator came on, my voice wasn't working. It took hours for it to return.

incredible respect for those POWs. As SEALs, though, we believe surrender would be giving in, and giving in is never an option. I wouldn't want to be used as some political bargaining chip against the United States. I wouldn't want to die in a cage of starvation or have my head cut off for some video to be shown around the world on the Internet. My attitude is, If the enemy wants to kill me, they'll have to kill me now.

*Wasdin served in Operation Desert Storm. Then, at 30, he applied for a spot on the elite—and secretive—SEAL Team Six. After six months of the*



*daunting “selection course,” he was chosen for SEAL Team Six’s red team—and was determined to go even further.*

**Now I belonged to a** “cover” organization with an official commander, address, and secretary. Nobody breathed *SEAL Team Six*. So if, for instance, I was applying for a credit card, I gave out the information for my cover organization. I showed up to work in civilian clothes rather than a uniform.

Although I was the new guy, I had my eyes on the next challenge: becoming a sniper. In 1992, my team allowed me and “Casanova” to train at Marine Corps Base Quantico, in Virginia. The first day of the ten-week course, a few men failed the physical fitness test and were sent home.

The next day, we sat in a cinder block building with blacked-out windows. A gunny sergeant stood in front of us. “A sniper has two missions,” he said. “The first is to support combat operations by delivering precision fire on selected targets from concealed positions. His second mission, which will take up much of the sniper’s time, is observation. Gathering information.”

Out on the range, Casanova and I alternated between spotter and shooter. A lot of guys failed the range. They just couldn’t shoot well enough.

We also did field sketches. The instructors took us out and said, “Draw the area from the left wood line to the water tower on the right. You’ve got 30 minutes.” We drew as many important details as we could, in per-

spective. On the bottom, we wrote what we saw. The instructors graded us for neatness, accuracy, and intelligence value. Later, we would have only 15 minutes.

We played Keep in Memory (KIM) games. The instructor would pull back a tarp on a table and expose a dozen small items. In 10 to 15 seconds, we had to memorize everything. Then we went into the classroom and drew the items. Finally, we had to verbally describe them.

Those who succeeded entered the stalking phase. We learned to make our own ghillie suits and camouflage our M-49 scope, binoculars, and other gear. The location of each stalk varied, and we had to change our color schemes and textures to blend in.

The closer a sniper gets to the target, the more slowly he moves. At two miles away, the sniper stalks smoothly and quickly from cover to cover for a mile. He becomes stealthier for the next half mile. Within the last half mile, the sniper’s movement becomes painstakingly careful—crawling low to the ground.

In training, if the Observer spotted us with his scope before we got within 200 yards, we got only 40 points out of 100—failure.

Upon reaching 200 yards of the Observer, we had to fire a blank at him. If snipers couldn’t properly ID the Observer, give correct windage or elevation, or shoot from a stable platform, we scored 60 points—failure. If we could do all of that but the Observer spotted the muzzle blast,





**The author with fellow snipers, whose faces are blacked out to protect their identities.**

we'd get 70 points—a minimum pass.

If the Observer didn't see the shot, a Walker in the field shouted to the area where he believed the sniper to be, "Fire the second shot!"

Most people got busted because the Observer saw brush movement on the second shot. Eighty points.

The final part of the stalk was to see if the sniper could observe a signal from the Observer. "Target is patting himself on the head," I said.

The Walker radioed the Observer, "Sniper says you're patting yourself on the head."

"Yep, good stalk. Go to the bus." One hundred points. We needed at least two perfect stalks out of ten, and at least 70 percent overall, to pass.

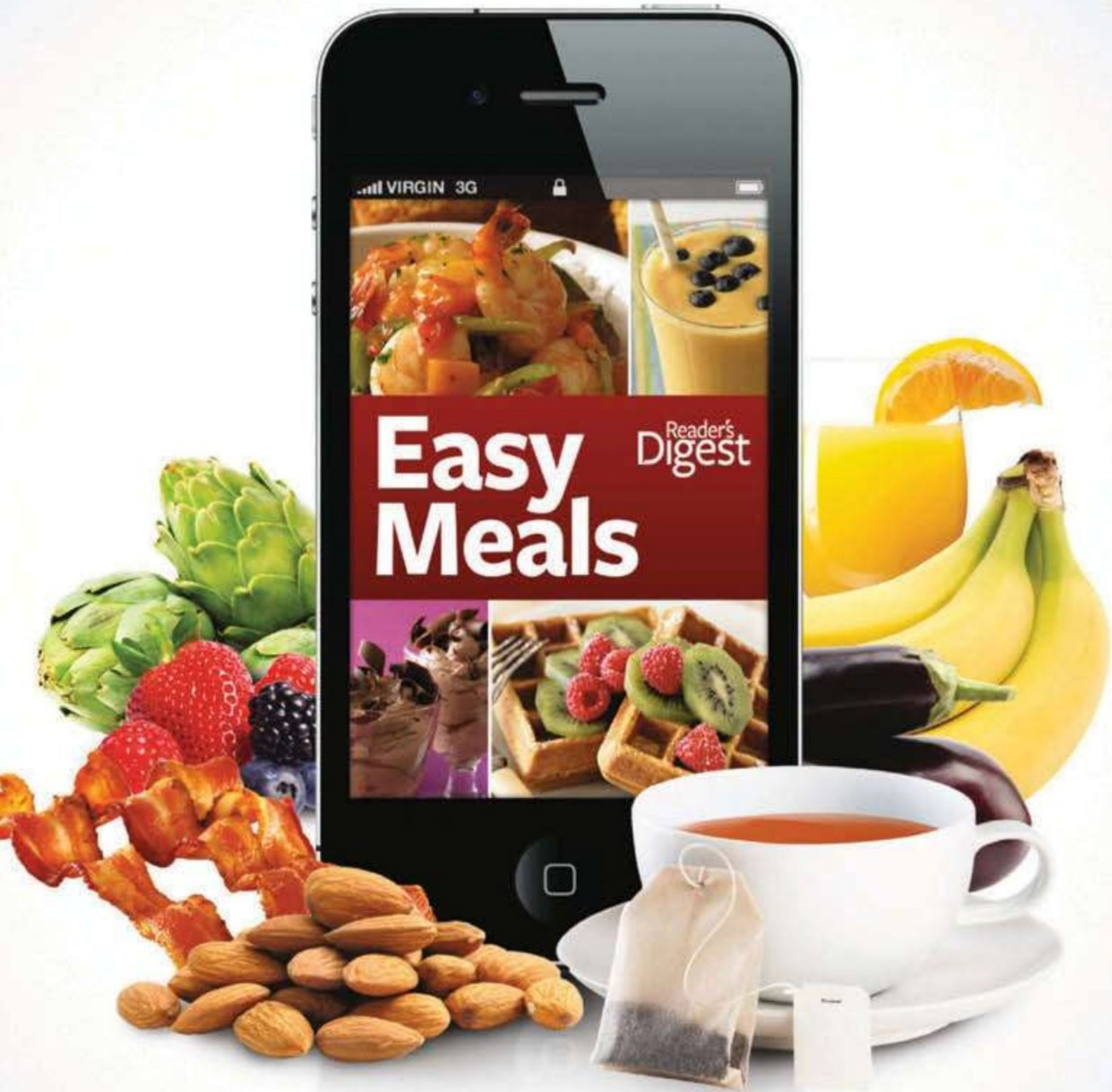
Regardless of how well we did, we

still had to pass the final three-day op. Under cover of night, Casanova and I made our sniper hide. First, we dug down four to six inches, carefully removed topsoil and grass, and laid it to the side. Next, we dug a pit six by six feet wide and five feet deep. At the bottom, Casanova and I dug a sump to drain any rainwater and for any unwanted grenades. Then we cleared an area where we could rest our elbows. After that, we covered our hole with logs, rain ponchos, rocks, dirt, and the sod we had placed to the side. Finally, we created a rear exit hole, camouflaging it with fallen tree branches. Inside the exit hole, we placed a claymore mine to welcome any guests.

We kept a log of everything that went on at the target area, a house in the middle of nowhere. A patrol walked over us but couldn't see us. At one-hour intervals, Casanova and I



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alternated between spotting and sniping. We ate, slept, and relieved ourselves in the hole. The hard part was keeping one of us awake while the other slept. At night, we had to get out and look at the back of the house. Listening to our radio at the designated time, we heard: "The man in the red hat will appear at 0200 on November 8. Take him out." A man with a blue hat showed up. Wrong target.

Before the op, Casanova and I had prepared a range card, shaped like a protractor, of the target area. We divided the card into three sectors: A, B, and C. Using prearranged arm and hand signals, Casanova motioned that our target had arrived in Sector B, 1200 on a clock face, 500 yards away.

I acknowledged with a thumbs-up. My crosshairs rested on the chest of the mannequin with a red hat standing in front of a window. If I missed, I wouldn't graduate. I calmly squeezed the trigger. Bull's-eye.

Back at the schoolhouse, Casanova and I gave a brief about what we saw on the way in and on the way out and

when we saw it, using photographs and sketches. When the major told us, "You two gave an excellent brief," we breathed a sigh of relief. One Marine was an excellent marksman, but he and his partner were caught sleeping at the same time. Their briefing showed no delivery skills. If a sniper can't communicate, his information is useless. He and his partner failed.

Dressed in our battle dress uniforms, those of us who passed had an informal graduation. One at a time, our names were called to receive the diploma and the patch our class had designed: a skull with a hood and sniper crosshairs in the right eye—silver on black.

The script on the bottom read: *The decision is mine.*

*Less than a year after graduation, Wasdin nearly had his legs blown off in an attempt to kill a Somali warlord. He was awarded the Silver Star and medically retired in 1995. He went back to school and became a chiropractor. He has a clinic in Jesup, Georgia.*

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## AND THE DUMBEST PERSON IN THE WORLD IS...

*In our chock-full-of-numskulls "Dumbocracy" article (June/July), we asked readers to vote for the king or queen of the dolts. The winner (or is it loser?) ... the banker who enabled this bit of idiocy on the job:*

**A Florida bank refused** to let a man born without arms cash his wife's check even though he'd provided two forms of identification. The reason given: He couldn't provide a thumbprint.

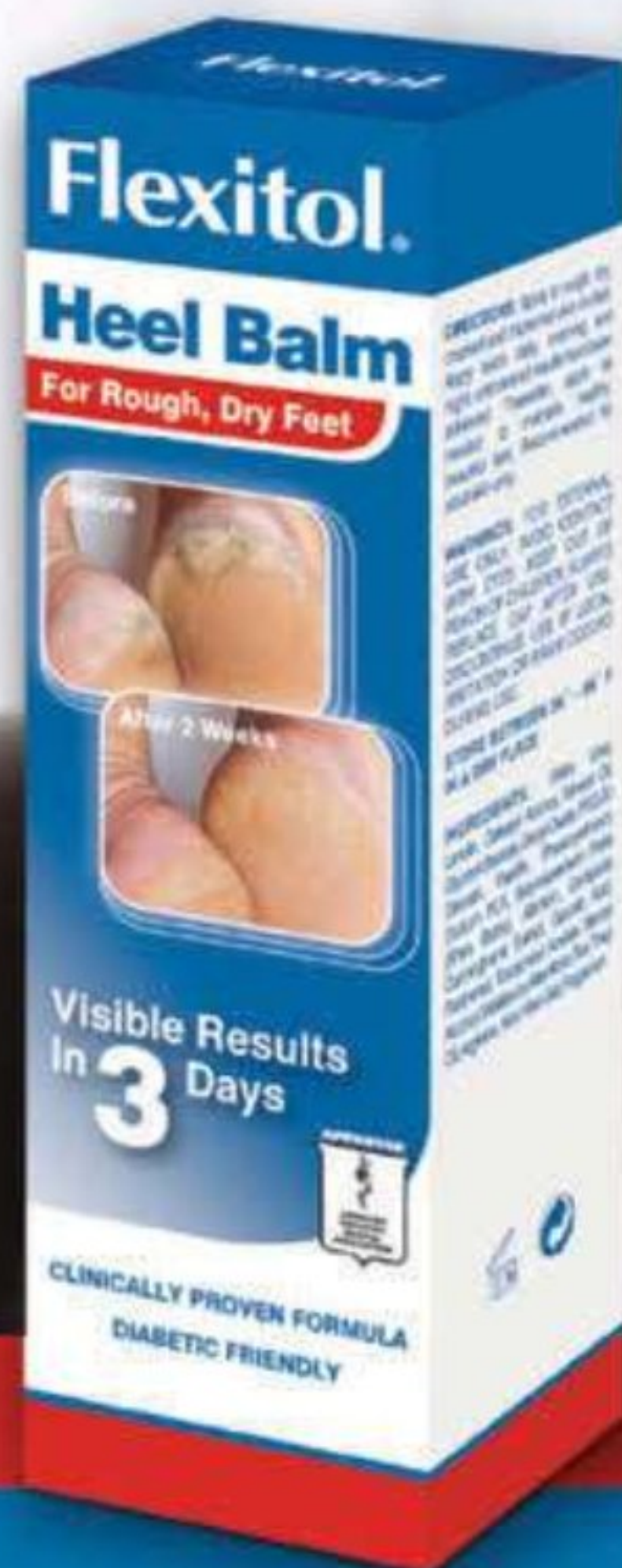
*Source: Plain Dealer (Cleveland)*



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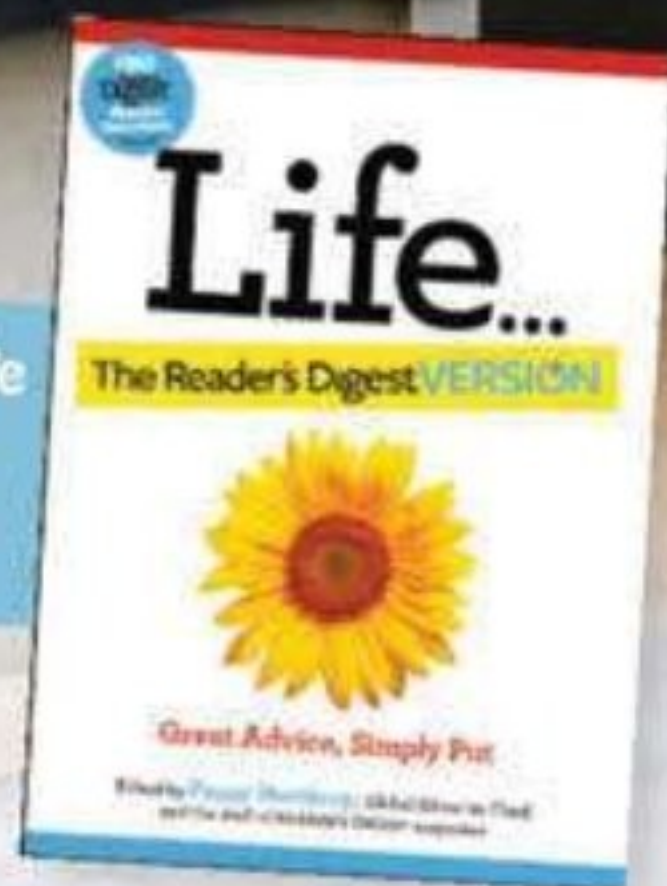
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# Quotes

Life is too short to eat vanilla ice cream and dance with boring men. *Anonymous*

Adults are always asking children what they want to be when they grow up because they're looking for ideas.

*Paula Poundstone, comedian*

What is freedom of expression? Without the freedom to offend, it ceases to exist.

*Salman Rushdie*

I never panic when I get lost. I just change where it is I want to go. *Rita Rudner*

Winning may not be everything, but losing has little to recommend it.

*Senator Dianne Feinstein*

I'm free of hypochondria—although I've got everything else.

*Keith Richards*

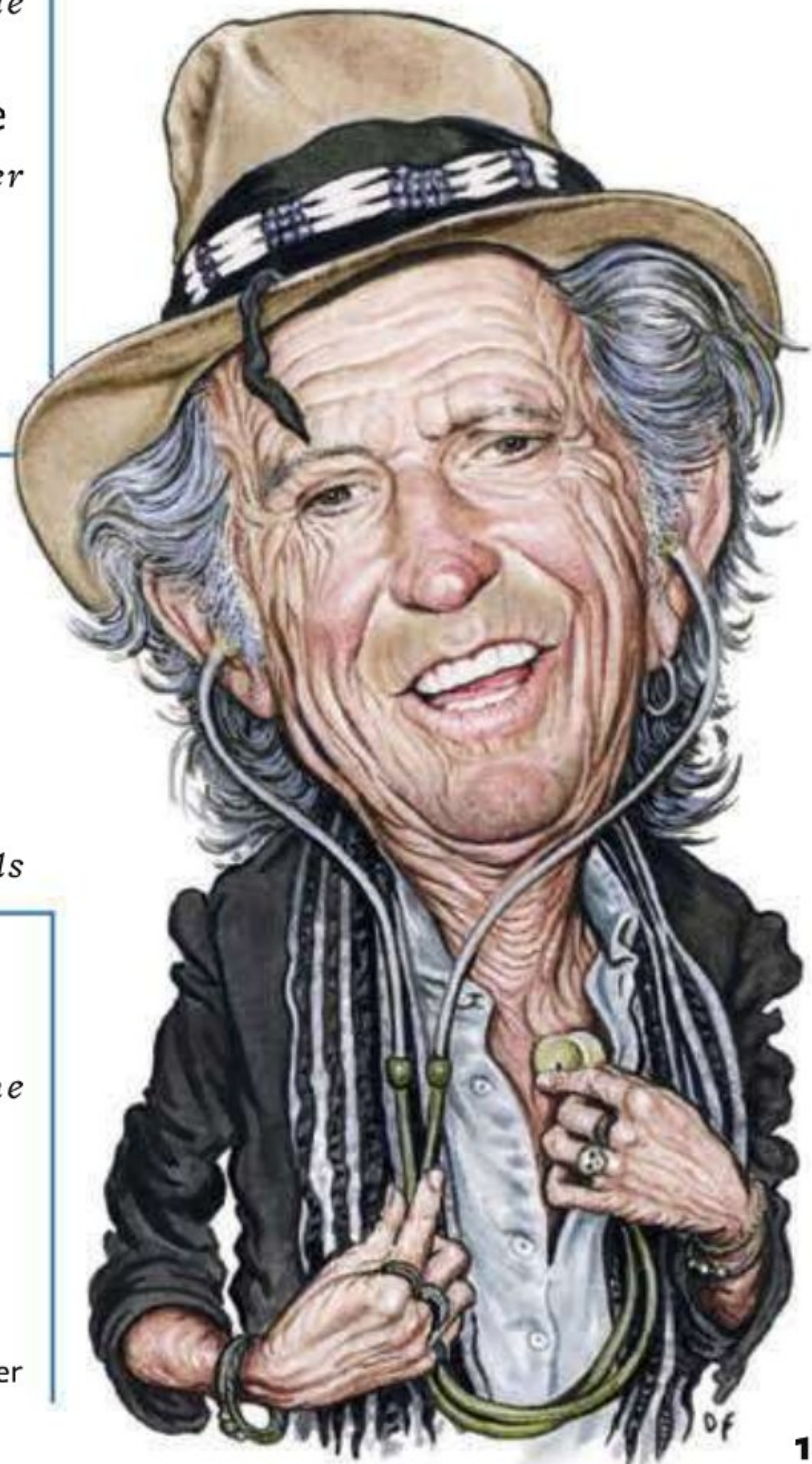
If I don't ask "Why me?" after my victories, I cannot ask "Why me?" after my setbacks and disasters. *Arthur Ashe*

Have you ever noticed that when people use the expression "I have to say," what follows usually needn't be said?

*Richard Russo, writer*

I don't want to get to the end of my life and find that I have lived just the length of it. I want to have lived the width of it as well. *Diane Ackerman, author and poet*

No snowflake in an avalanche ever feels responsible. *Stanislaw Jerzy Lec, writer*





# OffBase



**W**hile my brother, a helicopter pilot, was attending a training exercise, another chopper pilot prematurely released his payload and dropped it 300 feet to the ground. No one was hurt, but the next morning, this label was placed next to the release switch on all the copters: *For Desk Job, Push Here.*

*Virginia Spencer, New Orleans, Louisiana*

**A TSA official** greeted my fellow veterans and our chaperones when we arrived at the airport. Veterans, he said, could go through one security line and didn't need to take off their shoes, while chaperones had to go through another line and did have to remove their shoes.

"But I'm a veteran *and* a chaperone," said one guy. "What do I do?"

The official thought about it a minute. "Okay, just take off one shoe."

*Ernest Stadvec, Akron, Ohio*

**My husband**, an American Coast Guard pilot, served in England. Everyone who drove through the base's gates was required to hold an official ID card up to the windshield for inspection by the guards, who never seemed to be particularly vigilant. So my husband's squadron started flashing different forms of ID, such as a driver's license, just to see what they could get away with.

The winner: the guy who breezed past waving a piece of toast.

*Thomas Ellsworth, gcfl.net*

**Your favorite new joke, funny military anecdote, or crazy news story might be worth \$\$\$.** See page 77 for details.



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# Word Power

BY EMILY COX & HENRY RATHVON

**The Play's the Thing** Americans spell it *theater*. The British spell it *theatre*. And the most annoying of us pronounce it “thee-ay-tuh.” Find out how dramatic *you* are by seeing if you can identify all 15 of these theatrical expressions. Ladies and gentlemen, please take your seat. The quiz is about to begin ...

**Answers on the next page.**

**1. odeum** (oh-'dee-uhm) *n.*—A: song of praise. B: air of menace. C: classic theater or concert hall.

**2. revue** (ree-'vyu) *n.*—A: show consisting of loosely connected skits. B: critics' seating. C: final rehearsal.

**3. downstage** *adv.*—A: toward the audience. B: away from the audience. C: at an exit.

**4. ad libitum** (add 'lih-beh-tum) *adv.*—A: intently. B: spontaneously. C: slowly.

**5. proscenium** (pro-'see-nee-uhm) *n.*—A: introduction. B: list of characters.

C: arched wall separating a stage from the auditorium.

**6. histrionic** (his-tree-'ah-nik) *adj.*—A: enacting past events. B: overly dramatic. C: villainous.

**7. dramaturge** ('dra-ma-terj) *n.*—A: plot. B: literary adviser and specialist. C: acting bug.

**8. strike** *v.*—A: hit one's mark onstage. B: disassemble a set. C: speak louder than a fellow actor.

**9. scrim** *n.*—A: sword-fight. B: wig. C: gauze curtain.



**10. Grand Guignol** (grahn geen-'yol) *n.*—A: horror show. B: player piano. C: high comedy.

**11. busk** *v.*—A: entertain in public for donations. B: take tickets. C: forget lines.

**12. stalls** *n.*—A: prop closets. B: late-arriving viewers. C: front orchestra seating.

**13. allegorical** (a-le-'gor-ikel) *adj.*—A: written in verse. B: with timely significance. C: having symbolic meaning.

**14. flies** *n.*—A: departures from the script. B: rapid dialog. C: overhead storage space.

**15. pas de deux** (pah 'de 'dur) *n.*—A: dance for two people. B: second act. C: encore.

## Deep Roots

The next time some braggart barks that you and your fellow actors/musicians/dancers/artists are “just a bunch of **amateurs**,” give him a refresher on his Latin roots: *Amateur* is from *amator*, “lover.” Remind him that you don't require your name on a marquee—your commitment and your craft provide all the satisfaction you need.



## Answers

**1. odeum**—[C] classic theater or concert hall. The opera troupe made its debut in the 1910 *odeum* downtown.

**2. revue**—[A] show consisting of loosely connected skits. I think the last *revue* I saw was *Side by Side by Sondheim*.

**3. downstage**—[A] toward the audience. Meryl forgot her lines and ambled *downstage* to ask the audience for suggestions.

**4. ad libitum**—[B] spontaneously. Discovering a man asleep in the front row, she delivered the rest of the scene *ad libitum*.

**5. proscenium**—[C] arched wall separating a stage from the auditorium. Rachel spotted the villain peeking out from atop the *proscenium*.

**6. histrionic**—[B] overly dramatic. “Your readings are needlessly *histrionic!*” the director bellowed at the diva.

**7. dramaturge**—[B] literary adviser and specialist. “When the lights blow, don’t blame me. I’m just the *dramaturge*.”

## Sound Smarter

The **couple** in this month’s *pas de deux*: Do they take a singular or a plural verb (hint: Note the *they* in this question)? Generally, *couple* is plural because you’re talking about two people: *The couple also love to sing together*. In some cases, however, *couple* is a collective noun and requires a singular verb: *That couple is the best in the dance competition*.

**8. strike**—[B] disassemble a set. The cast didn’t at all mind helping to *strike* the set for *The Fantasticks*.

**9. scrim**—[C] gauze curtain. Reaching for her love from the balcony, Juliet got tangled in the *scrim*.

**10. Grand Guignol**—[A] horror show. The garish makeup, surreal staging, and *Grand Guignol* aesthetic was all wrong for *Oklahoma!*

**11. busk**—[A] entertain in public for donations. “Well, even

Sutton Foster had to start somewhere,” Kate’s dad said when he heard his daughter

was going to *busk* in subway stations.

**12. stalls**—[C] front orchestra seating. During the *Spider-Man* previews, viewers in the *stalls* were advised to take out falling-actor insurance.

**13. allegorical**—[C] having symbolic meaning. When the character named Eve said, “What do you know?” and bit an apple—was that *allegorical*?

**14. flies**—[C] overhead storage space. Audrey delighted in the snow onstage; her dad hoped she wouldn’t spot the “flakes” falling from the *flies*.

**15. pas de deux**—[A] dance for two people. The revue featured a complicated *pas de deux* for Carla and Eli.

### VOCABULARY RATINGS

- 9 and below: understudy
- 10–12: headliner
- 13–15: prima donna

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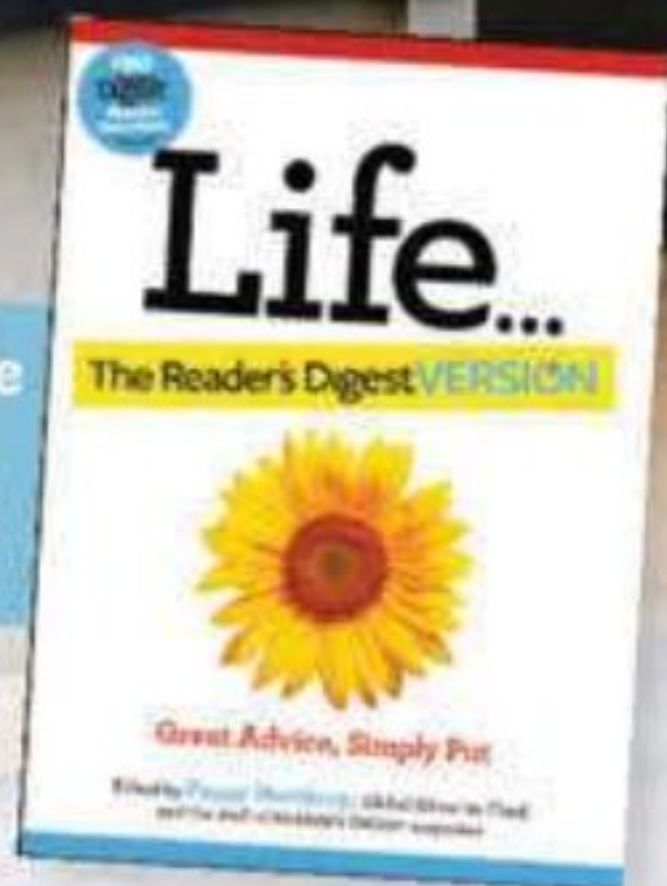
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- Joint Pain
- Constipation

- Back Pain
- High Blood Pressure
- Restless Legs Syndrome

- Poor Circulation
- Obesity
- Edema

- Insomnia
- Neuropathy
- Diabetes
- Arthritis
- Multiple Sclerosis
- Knee Pain
- Spinal Stenosis
- Lymphedema
- Stress



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# Customer Feedback

I have had such lower back pain that I could hardly stand it. I saw your ad two years ago and thought it wouldn't help me. But, I ordered one anyway. I have used it for four months now. I have very little back pain, am more regular, and I sleep much better thanks to the Exerciser 2000. —*C. Cordes*

Little did I know when I ordered the Exercise 2000 Elite® that it would prove valuable to my wife of 62 years. I got it for the stiffness in my legs and it works perfectly to get me loosened up after playing tennis in the morning. When I come home I immediately get on the Exerciser 2000 Elite® for ten minutes and I feel great! My wife suffers from restless leg syndrome at night. Instead of walking the floor for a long period of time, she just gets on the Exerciser for ten minutes and the symptoms subside. —*Dick P.*

I am 76 years old, heavy, stiff with arthritis and a leukemic for the past nine years. Using your machine twice a day has made me feel ten years younger. I also have a great deal more energy. When you say that your company is in the business of "helping people feel better", it is no fib! —*Kate B.*

I am 97 years old and have edema in my left foot and leg. My daughter saw the Exerciser 2000 in an ad and encouraged me to try it. It is helping a lot and I feel alive again. Thank you! —*Grace R.*

After using the Exerciser 2000 Elite® twice a day for one week the swelling in my ankles went away. It has also helped my breathing, as I can get out and walk without having to stop and catch my breath! Thank you. —*Shirley H., Florida*

I am an 88 year old woman with multiple health problems. After seeing the ad for the Exerciser 2000 Elite® I ordered it and use it daily. I can tell it has improved circulation in my legs and by doing that it has helped my balance and walking problems. To those of you that think that you can't do regular exercise anymore, try this piece of equipment and you will be amazed how much better you will feel. —*Mildred F.*

As a Chiropractor, I would say the Exerciser 2000 enables people to benefit themselves at home. It is a valuable asset in moving lymph fluid, oxygenating the blood, increasing immune system function, maintaining mobility in the spine, and freeing up a spine that had become stiff and arthritic. —*Garry G., D.C.*



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*“You know what your problem is? You’re a worrier.”*

**T**hree drunks hail a taxi. The driver—seeing that they’re wasted—decides to pull a fast one. So he switches the engine on, then quickly switches it off and announces, “We’re here!”

The first guy hands him the fare, the second guy says, “Thanks,” but the third guy angrily smacks the cabbie’s head.

“What was that for?” asks the cabbie, afraid he’s been caught.

“That,” says the passenger, “is for driving so fast!”

**People always ask** me if I come from money. I actually come from coupons.

*Comic Wendy Liebman*

## **Smells Like Teen Spirit**

*Justin Bieber has just launched a perfume for young women. Topfive.com asked its readers to name it:*

- First Base
- Eau MYGODITSHIM!!!
- Gucci Gucci Goo
- But Mom, All the Other Girls Have It!

**These nude body scanners** make travel more difficult for women. Now we’re dieting not just for the beach but also for the airport.

*Comic Sarah Blodgett*

**For its 40th anniversary, Starbucks has a new drink coming out. It’s sugar-free and fat-free and has no whipped cream. It’s called coffee.**

*Comic Penn Jillette*

**“I think my goldfish has seizures,”** a man tells the veterinarian.



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

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“He seems fine now,” says the vet.  
“Now, sure. But wait till I take him out of the bowl.”

Submitted by *Nancy Send*, Interlochen, Michigan

**Before I became** a Buddhist, I worried about my life. Now I worry about my next life. Comedian *Wes Nisker*

**A woman tells her priest,** “Father, I have a problem. My two female parrots only say, ‘Hi, cutie. Wanna have some fun?’”

“Don’t worry,” says the priest. “I have two male parrots who only pray and read the Bible. We’ll put them in the same cage—your parrots are sure to stop saying that horrid phrase.”

The next day, the woman takes her parrots to the priest’s home. The male parrots are inside their cage holding rosary beads and praying. When the woman places the female parrots in the cage, they cry out, “Hi, cutie. Wanna have some fun?”

One male says to the other, “Put the beads away, Frank. Our prayers have been answered!”

Submitted by *Diane Dickinson*, Hamden, Connecticut

**Your favorite new joke, funny anecdote, or crazy news story might be worth \$\$\$.** See page 77 for details.



## The Wheels in His Brain Go Round and Round ...

Last year, then-15-year-old Rain Price begged his mother, “Don’t let Dad embarrass me at the bus stop.” That’s all Rain’s father, Dale, had to hear. Every morning for the past school year, he saw his son off dressed in a different costume. These are some of the more cringeworthy.

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SAW BLADE  
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**drillmaster**  
**18 VOLT CORDLESS**  
**3/8" DRILL/DRIVER**  
**AND FLASHLIGHT KIT**  
 LOT NO. 68287

Includes one 18V NiCd battery and charger.

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**US\*GENERAL**  
**11 DRAWER**  
**ROLLER**  
**CABINET**  
 LOT NO. 67421

**INCLUDES:**

- 6 Drawer Top Chest
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**HaulMaster** **MOVER'S DOLLY**  
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**ADJUSTABLE SHADE**  
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**WELDING HELMET**  
**CHICAGO WELDING**  
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