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Reader's Digest

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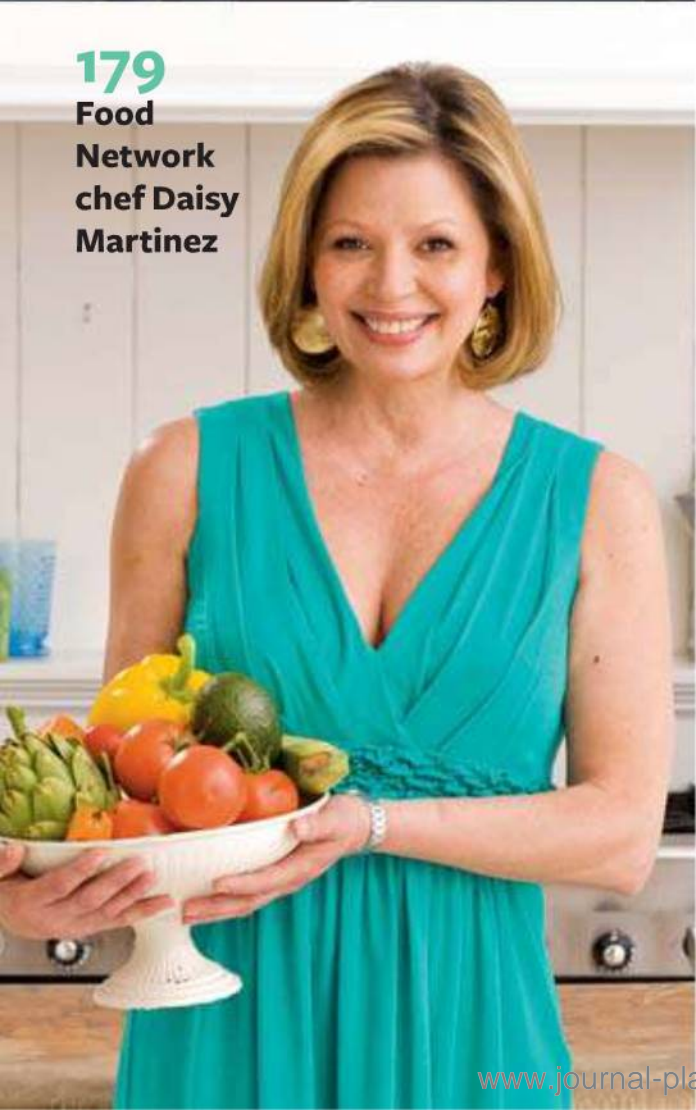
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Follow the action at the 2010 Winter Olympics with our daily slide show from Vancouver. Plus, take a tour of breathtaking venues, view action shots of the most popular sports, and get the inside scoop on the top U.S. athletes. It's all at readersdigest.com/olympics.

Celebrate Saint Patrick's Day

We've got five Irish-themed recipes, new takes on corned beef and cabbage, and a guide to 13 types of brews. Go for the green at readersdigest.com/stpats.

Laugh at the World's Silliest Signs



If you think the sign on page 195 is funny, go online for even more examples, all submitted by you! Browse our collection—and upload your own photos—at readersdigest.com/sillysigns.

Throw the Perfect Oscar Bash

Pull together a delicious spread for your Academy Awards party with nine easy appetizer and drink ideas. Then check out our slide shows of award-winning performances and video clips of the top ten Oscar acceptance speeches. The movie fun begins at readersdigest.com/oscars.



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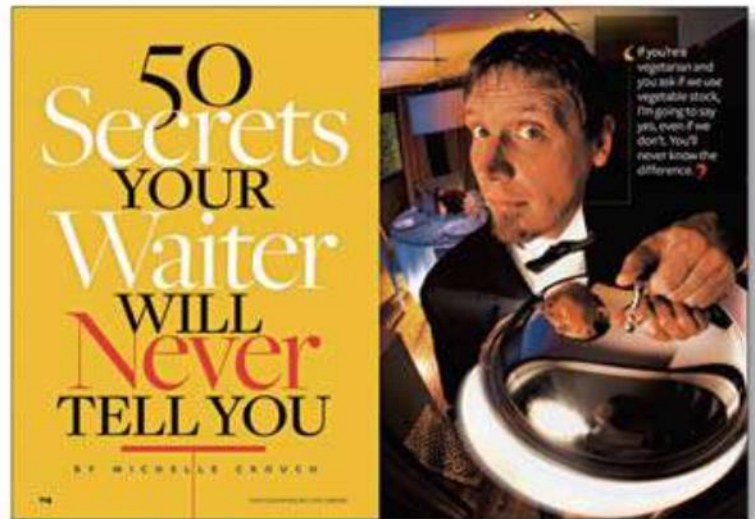
Don't Bite the Hand That Tips!

After reading “50 Secrets Your Waiter Will Never Tell You,” I was dumbfounded. These waiters and waitresses need to be let in on a little secret themselves: Their job is to serve—so stop complaining.

John O'Neill, Los Angeles, California

By federal law, restaurants may pay waiters below the minimum wage, provided they receive tips. Because of this, a lot of us get “paychecks” that cover only taxes, effectively made out for zero dollars. Our entire income can depend on tips. A nontipping customer means that the time spent serving, cleaning, and helping is done entirely without pay. Several nontipping customers in one night can mean not making that month's rent. *M. M., Allentown, Pennsylvania*

I think I'll just eat at home from now on. The waiters in this article seemed incredibly self-absorbed and rude. Maybe they should be



Servers should have the maturity to realize that when a customer tells them about a food allergy, it's not to annoy them. We are trying our best not to have to spend the weekend in the bathroom, the emergency room, or the morgue.

Karen Killian, Roanoke, Virginia

thinking more about serving their customers. They'd get better tips.

R. Batton, Blacksburg, Virginia

Daring or Crazy?

I loved reading about Todd Carmichael's 700-mile trek across Antarctica ("Journey to the South Pole"). The story made me tear up a little—I was so glad to see that Carmichael

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NEW YEAR, NEW GOALS ... THE READER'S DIGEST VERSION

Our to-do lists can be endless. But what about things we really want for ourselves? This month, our e-mail panel shared the No. 1 thing they want to achieve in 2010. Two of the top responses? Lose weight (13 percent) and fix or organize their homes (12 percent). Here's what others had to say:

- >> "Pay off my credit cards."
S. T., Peoria, Illinois
- >> "Read 100 books this year."
P. H., Scottsboro, Alabama
- >> "Go on a NASCAR ride-a-long."
B. H., Pittsford, New York
- >> "Get more sleep."
D. S., Colorado Springs, Colorado
- >> "Complete my PhD dissertation."
T. P., North Charleston, South Carolina
- >> "Be a great mom."
C. L., Genoa City, Wisconsin
- >> "Stop smoking."
S. P., Pascagoula, Mississippi
- >> "Finish my family tree."
M. W., Atkinson, Nebraska
- >> "Volunteer more."
S. R., Painesville, Ohio
- >> "Bicycle along the Oregon coast."
T. S., Boise, Idaho
- >> "Relax—and stop making to-do lists."
D. R., South Mountain, Pennsylvania

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

made it. His story revived my belief that if you don't give up or quit, you can achieve your goals no matter what.
Samantha Knee, Chicago, Illinois

Why are you lionizing a man who deliberately and unnecessarily put himself in mortal danger and then imposed himself on others to get medical care he wouldn't have otherwise needed?

Mary Mead, Simsbury, Connecticut

Count 'Em Up

In 1790, it took 650 census workers to count 3.9 million people—6,000 people per census taker (Quick Study: "Census 2010"). Today, it takes 650,000 census workers to count 308 million people—474 people per census taker. Today's census workers have so many more advantages. Census by mail takes care of two thirds of citizens, while cars, telephones, and computers cover the other third. If we made today's census workers ride horseback and use pencils and scraps of paper like they did back then, could we get productivity back up to 1790 levels?

Steve MacKinney, Fair Grove, Missouri

Defensive Drivers

Michael Crowley asks why so many people had to die before laws were passed making it illegal to text and/or talk on a cell phone while driving (Outrageous! "Blame and Shame Awards of 2009"). People didn't die for lack of a law—they died because they lacked old-

fashioned common sense. Perhaps better driver education and interactive tests to determine if a driver has the ability to make good decisions would help.

Joy Furey, Fairview Heights, Illinois

Outraged? Yes! I'm outraged at the intrusion of the government in the lives of once-free Americans. Why do we need a ban on cell phones when driving? Simply arrest or fine those who misuse their phones. If an irresponsible person injures or kills another person while texting or talking on a cell phone, that person should pay for that act—not responsible Americans who are capable of chewing gum and walking at the same time.

S. B., Dacula, Georgia

Caregiving 101

Reading Camille Peri's "Someone to Lean On" reminded me how lucky I am to belong to a family of caregivers. My mother had progressive multiple sclerosis, and my father was her around-the-clock caregiver. By keeping her at home, he gave our family more time with her. She passed away in 2006. The day after her funeral, my sister was diagnosed with stage IV breast cancer. Throughout the next nine months, her husband became a caregiver as she went through chemotherapy

A Whole Lotta Happy Birthday

Beth Catlin spends much of her time wishing happy birthday to the more than 3,800 people in her birthday circle (July 2009:



Best of America: "Best Birthday Wisher"). After her story appeared in *Reader's Digest*, many readers wrote in asking how they could wish Beth, an autistic savant, a happy birthday. She celebrated her 51st in

September. Beth's parents, Don and Barb Catlin, say of the experience, "The warmth and love of all the good people who have written Beth truly can't be put into words."

and radiation treatments. One year later, my husband became my caregiver when I was diagnosed with breast cancer and had a mastectomy. These three men took care of all our physical needs (catheters, shunts, drains—the whole nine yards), but more important, they also took care of our emotional needs. *Debbie Coolong, Patten, Maine*

Your article on caregiving was a gift to my sister and me. I had just returned from visiting my sister and my mother, who suffers from Alzheimer's disease and had just had a heart attack, when I read the feature. Watching my sister care for my mother and deal with her own stress was almost too much for me to bear. The tips in the article were just what I needed, and the other real-life stories comforted me in this difficult time. *K. Y., Laguna Woods, California*

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The Digest

the who ● the how ● the now

Like human couch potatoes after a long winter, penguins are famous for their earthbound waddle. But photographer Marcello Libra gives this family of emperor penguins a decidedly more elegant image, getting flat on the ice of Antarctica to capture them at their level. (Nature's Best Photography, at the Smithsonian National Museum of Natural History, through May 2.)

The Good Shepherd

On an Afghan battleground, a man of the cloth preaches a pressing sermon

Navy lieutenant Terry Roberts has found God in some very dangerous places, including Afghanistan's Helmand Province. A Marine who saw combat in the first Gulf War, the Kentucky native left the military to become a Baptist minister, then rejoined after 9/11. "I'm not the guy behind the trigger anymore," says Roberts. "I'm the guy behind the Bible." Before returning home for the holidays, the chaplain for the 2nd Battalion, 8th Marines, in the dusty town of Darvishan, sat down to talk about faith and fighting:

"A big chunk of what I do is counseling, whether it's marital issues or combat stress. Somebody will say, 'Chaps, do you have a minute?' 'Sure. What do you need to talk about, boss?' I've done thousands of those impromptu sessions, and it's never just a minute.

"Our unit has lost more than a dozen men since

we arrived early last year. That's tough. A lot of people, especially men, don't wrestle well with their emotions, especially with things of this magnitude. Their attitude is 'I'm going to be like a stone. I'm not going to deal with it.' I tell them you're allowed to feel sad or angry—don't repress it or ignore it. You've got to go through the process. If you don't deal with it now, you'll have to deal with it later.

"Some guys will get away from their faith in this environment, but others grow closer to it. They're realizing the frailty of their physical life and the eternity of their spirituality. I've done six baptisms since I've been out here. We use the irrigation ditches, surrounded by mud huts and flocks of sheep and boys riding donkeys. It's almost like being in biblical times.

"Officially, I do services only for my faith group—Protestant—but anybody

else can come, and they often do. This morning, one of the Afghan interpreters showed up. It's also my duty to provide for the free exercise of religion. I have to ensure that even our detainees get to pray.

"Today, we've got much more diversity than when I joined, 20 years ago. There's a growing number of atheists and agnostics, too, but to me, we're all spiritual beings. At some point, we're going to meet our maker. I suggest you go looking for God before he comes looking for you.

"Right now, we're having IED explosions constantly. I'm not allowed to carry firearms, but my combat bodyguard and I have been shot at several

DAVID GILKEY/©2009 NPR

times—it's a little unnerving. I've helped out the medics, holding a light or cutting a pant leg, loading injured Marines onto helicopters. Anybody can get hit at any time.

‘They look like boys, but they fight and die like men.’

“I’m not married, and I don’t have kids yet—I’ve been busy—but most of the guys in this battalion are young enough to be my sons. I was a Marine before a lot of them were even born. They look like boys, but they fight and die like men. I write the names of the fallen in my Bible, to make sure I remember them every day. I pray we don’t lose any more.

Still, I’m so proud of their courage under fire.

“At memorial services, I say that each gravestone has a few things on it: a date of birth, a dash, and a date of death. Well, that dash is our life. We don’t know how long or short it’s going to be, whether we’ll live to 91 or 21. But it’s what we do with the dash that really matters.”

Kimberly Johnson



“I’m not the guy behind the trigger,” says Navy chaplain Terry Roberts. “I’m the guy behind the Bible.”

...Your **Shoe Salesman** Won't Tell You

I may be kneeling at your feet, but **I'm not your servant**. Lose the 'tude, dude.

Don't ask for a size 7 if you're a 9. **No one cares how big your feet are** (though we all appreciate a little foot powder, if it's not too much trouble).

Shoes should be as wide as your feet and longer than your feet. It's not just the distance from the heel to the end of the big toe that matters. It's also the **distance from the heel to the ball of the foot**.

Don't try on sample shoes if they're not your size. "People **smash their feet into shoes that are three sizes too small**, and then I have sample shoes that have been stretched," says a New York salesman.

Please **don't keep me waiting ten minutes**

while you talk on your cell phone. What if I did that to you?

If we don't have exactly what you want, it may not exist. And **I can't cobble it together** in the back room while you wait either.

Losing weight will make your knees, ankles, and feet feel better. **Shoes—not so much**.

The metal gauge that measures the width and



length of your feet is called a Brannock Device. Tell your kids it should stay flat on the floor and **not go hurtling through the air** toward my head. Many thanks.

Don't be a serial shoe returner. Once or twice, okay. But 10 or 20 times a year? I don't think so.

If we tell you that a shoe isn't a good fit, **take our word for it**. Customers have been known to try on a shoe that's too small, and then they can't get it off.

I've spent 30 minutes with you, and *then* you tell me **you need your wife's approval?** News flash: She doesn't need yours. Next time, bring her along.

You get what you pay for: A \$20 shoe isn't going to feel—or last—like a \$120 shoe.

Do you really want to **borrow one of the store's footies** to try on shoes?

The ones in that box? The ones that everyone in town

has used? The ones that haven't been washed since I started working here? (I didn't think so.)

Sources: Shoe salespeople in New York, Texas, Pennsylvania, and Georgia.

Interviews by *John Clark*

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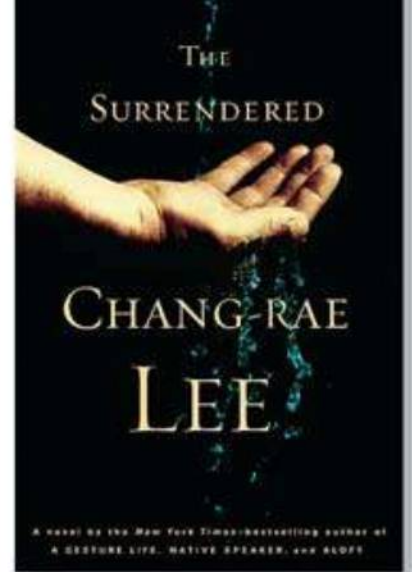
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The Digest the monthly reader

● **novel** **The conversations centered** at the start on the rumored movements of the forces (the Americans were advancing quickly north now, the North Koreans reportedly retreating pell-mell), on which were the best refugee camps, on lost family members, but then soon enough turned to subjects like the rain, the recent trend of weather, if the pears and persimmons would be ready by now (if there was any remaining fruit on the trees, if there were any trees at all).



THE SURRENDERED BY CHANG-RAE LEE (RIVERHEAD, \$26.95)

● **history** **Whales seemed to know the way** across the top of North America. Whalers talked of finding harpoons in the native Greenland style in the bodies of whales caught in the Pacific Ocean, and vice versa ... But what route the whales used was anybody's guess. Above 80 degrees of north latitude, everything was white space on the map of the earth.

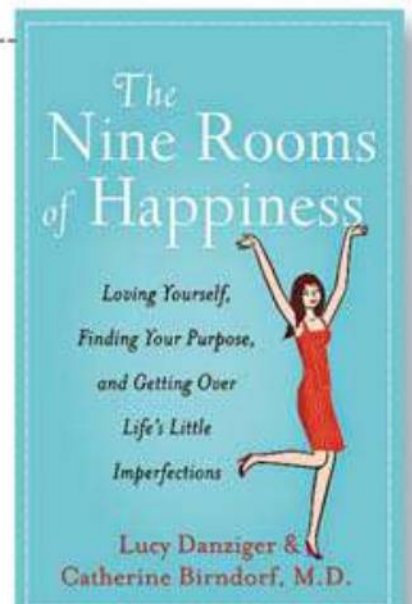
THE MAN WHO ATE HIS BOOTS: THE TRAGIC HISTORY OF THE SEARCH FOR THE NORTHWEST PASSAGE BY ANTHONY BRANDT (KNOPF, \$28.95)

● **crime** **Mors first tried arsenic**, but the elderly man selected for the experiment did not die in an orderly fashion ... He went back to the dispensary. It was, maybe, the smell that decided him, that sweet chemical sting in the air, that sugary, seductive promise. He smiled at the detectives and told them why he'd been so pleased with his next choice: "When you give an old person chloroform, it's like putting a child to sleep."

THE POISONER'S HANDBOOK: MURDER AND THE BIRTH OF FORENSIC MEDICINE IN JAZZ AGE NEW YORK BY DEBORAH BLUM (PENGUIN PRESS, \$25.95)

● **self-help** **Happiness is a tricky word** because it is not a destination you arrive at or a sustainable state of being. It's a feeling that you experience, just like any other, and it comes and goes. You can generate it, but you can't keep it; you can make it, but not necessarily hold on to it ... The unhappy woman believes she should be happy all the time. The happy woman believes that there will be times when she is unhappy.

THE NINE ROOMS OF HAPPINESS: LOVING YOURSELF, FINDING YOUR PURPOSE, AND GETTING OVER LIFE'S LITTLE IMPERFECTIONS BY LUCY DANZIGER AND CATHERINE BIRNDORF, MD (VOICE, \$24.99)



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7 TRENDS FOR 2020

Expect these changes in the next ten years:



✘ Alzheimer's will become the nation's biggest health problem, as more Americans survive cancer and heart disease, only to be diagnosed with Alzheimer's.

✘ Americans will be older (16 percent 65 and over) and not as white (non-Hispanic whites will decrease from 65 to 60 percent of the population).

✘ Car fuel economy will average 35.5 miles per gallon by 2016.

✘ Transformer-like devices will "shape-shift" into mobile phones and personal computers.

✘ More nonstop overseas flights will go to more cities, and more turboprop planes will be used for shorter runways.

✘ Theaters will become plusher, to lure moviegoers out of their homes.

✘ *American Idol* will still be around.

Source: *USA Today*

5 Steps to Rescue a Wet Laptop

Turn it off.

Take out the battery and put it in a bag of rice or somewhere warm and dry. (Leave the laptop open.) Use a hair dryer if it makes you feel better.

Wait three to five days. Put the battery back in and turn on the laptop.

If it doesn't work, check your warranty and insurance policies (homeowners, renters).

Go to metafilter.com for more ideas.

Source: Lisa Hoover, lifehacker.com

12 Ways to Use Up All That Hot Sauce in the Cabinet

Add to: hollandaise sauce, tartar sauce, chutney, cocktail sauce, Mexican hot chocolate, soups, mustard

Put on: burgers, raw oysters, pulled pork, hot dogs, birdseed (to keep squirrels away)

Source: seriouseats.com

4 FREEZER TIPS

- 1 Don't stack containers before freezing food. Put them in the freezer in one layer.
- 2 To speed thawing, make an indentation in the middle of a package of ground beef before you freeze it.
- 3 If you thaw food in the refrigerator, you can refreeze it safely. If you thaw food in cold water or in the microwave, you should cook it before you refreeze it.
- 4 Instead of thawing food, add 50 percent additional time to the original cooking time.

Source: *Washington Post*



9 Tedious Expressions That Start with "B"

As chosen by Clive Whichelow and Hugh Murray, authors of *It's Not Rocket Science and Other Irritating Modern Clichés* (Piatkus Books/Little, Brown, \$14.95)

- | | |
|--|--------------------------------------|
| ✘ Bad-hair day | ✘ Big picture |
| ✘ Ballpark | ✘ Big time |
| ✘ Basically | ✘ Bling |
| ✘ Been there, done that, and got the T-shirt | ✘ Blown away |
| | ✘ But in a good way/but in a bad way |

7 WICKEDLY GOOD WINE VALUES

After a rigorous blind taste test, these wines won top honors for cents and sippability, according to *The Wine Trials 2010: The World's Bestselling Guide to Inexpensive Wines* (Fearless Critic Media, \$14.95)

Sparkling

Domaine Ste. Michelle Brut (U.S., \$12)

Light white

Aveleda Fonte Vinho Verde (Portugal, \$7)

Heavy white

Fetzer Chardonnay (U.S., \$9)

Rosé

Parallèle 45 Rosé (France, \$13)

Light red

LAN Rioja Crianza (Spain, \$12)

Heavy red

Geyser Peak Cabernet Sauvignon (U.S., \$15)

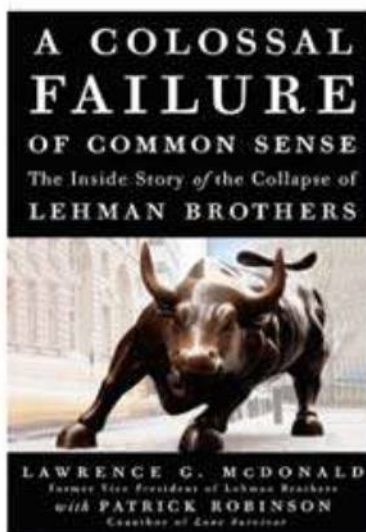
Sweet/aromatic

Clean Slate Riesling (Germany, \$11)

Patricia Heaton played Ray Romano's wiseacre wife on the hit TV show *Everybody Loves Raymond*, winning two Emmy Awards.



WHAT SHE'S READING "A *Colossal Failure of Common Sense*, about the Lehman Brothers catastrophe. It's really good and really distressing, because the same people are still running the show—not a lot has changed. I just finished a biography of Flannery O'Connor [*Flannery* by Brad Gooch], and now I'm rereading a big book of her short stories."



WHAT SHE'S WATCHING "Modern Family, the show after mine on Wednesday nights. The writers are friends I worked with on my last show, *Back to You*, so it's great to see them doing well. I also love all those house-flipping and decorating shows on HGTV. And this past Sunday, I literally spent all day in my pajamas watching *48 Hours*. I watched one episode after another; I TiVo everything. Crime shows are addictive to me."



WHERE SHE'S SURFING "Mostly I go to the political sites. And I'm signed on to Facebook, but under a different name. That way, I can catch up with my friends without really being there."



WHAT SHE'S PLUGGING Her sitcom, *The Middle*, about a middle-class family in the Midwest. "I play Frankie Heck, mom of three. It's a show for the average American unsung hero who has a not-so-glamorous job, who's working and raising kids, and who's trying to hang on to some optimism."

WHAT SHE'S LISTENING TO "The Broadway channel on satellite radio in my car. I also like Sam & Ruby [below], a wonderful duet out of Nashville. I like a mix of classical, modern, and standard. And I try to keep abreast of what my kids are listening to [she and husband David Hunt have four sons, 16, 14, 12, and 11]. All my music is on my laptop. I listen to it in my dressing room when I have time."

Interview by
Maureen Mackey



THERE'S ANOTHER WAY TO TREAT UNRESOLVED SYMPTOMS OF DEPRESSION.

ABILIFY is FDA-approved to treat depression as add-on treatment to an antidepressant in adults when an antidepressant alone is not enough.

Talk to your doctor about the risks and benefits of adding ABILIFY.

Antidepressants*
including:
Lexapro®
Zoloft®
Prozac®
Effexor XR®
Paxil CR®



Available as a prescription medicine only.
*Or generic equivalents where available.

IMPORTANT SAFETY INFORMATION:

Elderly patients with dementia-related psychosis (eg, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression.

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

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

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

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

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



IF AN ANTIDEPRESSANT ALONE ISN'T ENOUGH.

www.ABILIFYtreatment.com

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



Partnership for Prescription Assistance



IMPORTANT INFORMATION ABOUT ABILIFY

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

Name

ABILIFY® (a-BIL-ĭ-fi) (aripiprazole) (air-rĭ-PIP-ra-zall)

What is ABILIFY (aripiprazole)?

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

What is depression?

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

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

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

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

Who should NOT take ABILIFY?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

IMPORTANT INFORMATION ABOUT ABILIFY (Continued)

What should I talk to my healthcare provider about?

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

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

Be sure to tell your healthcare provider:

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

What should I avoid when taking ABILIFY (aripiprazole)?

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

What are the possible side effects of ABILIFY?

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

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

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

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

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

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

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

Some medicines* include:

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

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

How should I take ABILIFY (aripiprazole)?

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

General advice about ABILIFY:

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

Find out more about ABILIFY:

Additional information can be found at www.abilify.com

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

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



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

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

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

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

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

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

Would You **Marry** the Same Person Again?

It's said that human beings have restless hearts, but this month's global survey suggests otherwise. On average, 68 percent of respondents in 15 countries would again say "I do" to their spouse. In the United States, Brazil, and Great Britain, respondents over 45 are more likely than younger people to feel satisfied with their choices. But in Canada, France,

India, Malaysia, the Philippines, and Spain, it's the 45-and-unders who feel more happily matched.

Misgivings

In the Philippines, where couples marry younger than in most nations, only

20%

of those over age 45 say they'd stay with the same spouse.

Mismatched

Malaysia is tops with men (48%) who would untie the knot if given the chance. In Italy, however,

42%

of wives would say *arrivederci* to their husbands.

So Happy Together

China	83%
Philippines	76
Germany	73
Netherlands	73
Australia	72
Spain	72
Russia	71
U.K.	66
Brazil	65
Canada	63
Italy	63
U.S.	63
France	62
India	62
Malaysia	59



For more on our Around the World survey, watch CNN International and go to readersdigest.com/worldquestions.

A close-up photograph of a woman with blonde hair, her eyes closed and a gentle smile on her face. She is holding a blue Maxwell House coffee canister. The canister's lid is blue and is shown in an open, tilted position, revealing the coffee grounds inside. The background is a soft, warm yellow.

**Freshness
has a
new
sound.**

The NEW Maxwell House
Flavor Lock Lid.

Push and click
to help lock in
great taste.

Good to the last drop.

FLAVOR
LOCK LID

ORIGINAL ROAST

**Maxwell
House**

▶ medium

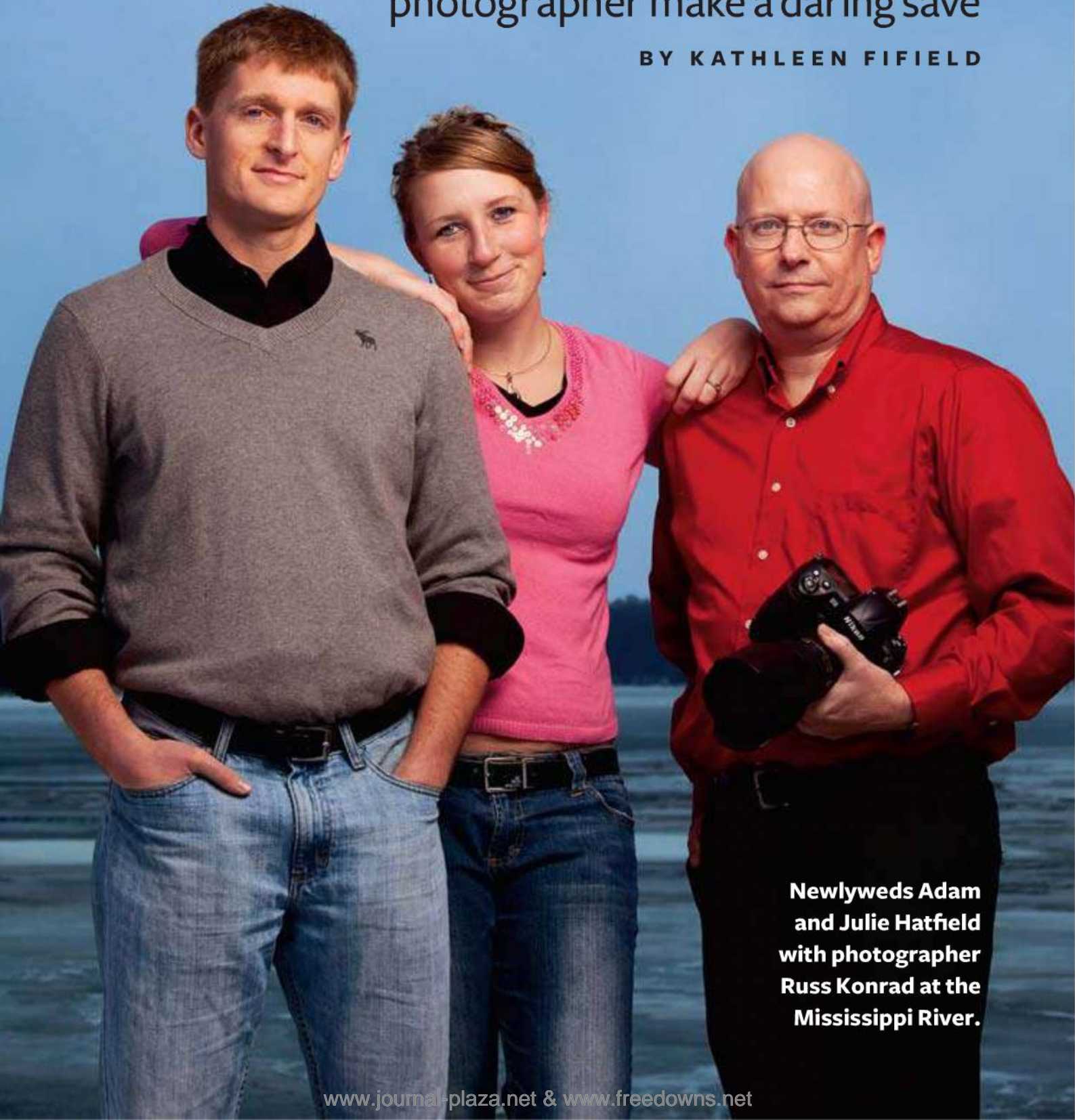
Custom
Roasted
for Full Flavor

Heroes

Wedding Day Rescue

The groom, the bride, and their photographer make a daring save

BY KATHLEEN FIFIELD



**Newlyweds Adam
and Julie Hatfield
with photographer
Russ Konrad at the
Mississippi River.**

Russ Konrad has been a wedding photographer for four years, and if there's one thing he likes to tell his jittery clients, it's this: "Relax—something always goes wrong."

But calamity seemed unlikely on a serene day last August in La Crosse, Wisconsin, as he snapped pre-ceremony shots of Adam Hatfield, 28, an assignment editor for the local TV station, and his bride, Julie Brockman, 27, a preschool teacher. The sun was shining as the couple posed near the spot where Hatfield had proposed, overlooking the Mississippi River in Riverside Park.

They were so absorbed that they didn't notice a little girl walking on the levee path with her grandfather. Suddenly they heard shouts—"Ally! Ally!"—and Konrad took off running.

For an instant, Brockman wondered, Why isn't he shooting the picture? Where is he going? Then she saw her fiancé sprint after Konrad. The stunned bride spun around just in time to see a man jumping off the levee wall and into the high-running river.

When the two men got to the wall, they peered over and saw the older man in the water, a sheer six feet down. He lunged toward the little girl, who had gone under the surface, and pulled her up. The

man was keeping her afloat with one arm and treading water with the other.

The river narrowed when it reached the levee, so the current was especially strong—strong enough to carry even the hardest of swimmers downstream. "It wasn't clear how long he could [hold on]," recalls Konrad. And there was no obvious way to get out.

"Go get help!" Hatfield yelled to Brockman. The bride hiked up her wedding dress with its three-foot train and, in two-inch heels, took off through the park in search of a police officer.

Konrad grasped the ledge of the wall and lowered himself about halfway down toward the water to where a wooden beam protruded from the wall. He stepped on the beam, balancing with one foot, then crouched and stretched his hand toward the struggling pair. The grandfather fought his way through the current toward Konrad, and the photographer was able to grab the little girl's arm.

Hatfield dropped to his stomach on the ledge, reached down, and caught the girl's other arm. Together, the men pulled her up.

Once the child was safely on dry land, Hatfield turned back to her grandfather. Konrad had already managed to grab the man's hand,

and Hatfield caught his other wrist. “I wasn’t letting go for anything,” Hatfield recalls.

Still, the two were unable to lift the man the critical last foot, and he hung helplessly in the air. Then, out of the blue, a third pair of hands reached down. Brockman had stopped a passing jogger, who’d rushed over to help.

Brockman returned with a cop carrying a flotation device. By then, the four-year-old girl and her grandfather were wrapped in the white sheet that the photographer had brought to protect the bride’s gown from the grass. The pair were shivering despite the day’s 90-degree temperature. The man took a few minutes to catch his breath. “I’m fine,” he insisted, then thanked the group, shook their hands, and hurried home with his granddaughter.

“He’s the real hero,” says Hatfield. “He went right in and grabbed her, and saved her life. I’m just glad we were there.” Otherwise, given the steep drop, it was unlikely that anyone passing by would have seen what had happened.

About 15 minutes after the incident, the couple’s bridesmaids and groomsmen converged for picture taking. They were surprised by how calm the bride was—especially once they heard the story. All day she’d been a wreck, she explained, worrying about her centerpieces and seating arrangements. “But this was something someone’s life depended on,” she says. “I wasn’t nervous at all.”

Hatfield, too, was composed despite the nickel-size holes on each knee of his new pinstripe pants. The only mention he made of the incident was to his bride: “Look,” he said, “I have holes in the knees of my pants—whatever. I’m still going to marry you.”

His tattered trousers became a badge of honor. “My mom was so proud of her new son-in-law,” says Julie Hatfield. “She kept telling everyone to check out his knees.”

At the outdoor reception, Hatfield’s best man joked about how his kind and unassuming friend would think nothing of “saving a life” as he was “getting a wife.”

LEAF PEEPING

My wife and I were looking at paintings in a gallery. One was of a beautiful nude woman with only a little foliage covering her private areas.

“Bad taste,” muttered my wife, and moved on. Not me. I lingered, completely transfixed, until I heard her shout, “What are you waiting for—autumn?”

Dennis Dook



Never touch a germy soap pump again.



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Introducing the new LYSOL® No-Touch Hand Soap System.

A revolutionary way to help stop the spread of bacteria. It automatically senses your hands and dispenses soap that kills 99.9% of bacteria. Plus, it's enriched with moisturizing ingredients. All to help keep your hands healthy.

Laugh! 😊

A wife is scrambling eggs when her husband bursts into the kitchen.

“Careful,” he cries. “Careful! You’re cooking too many at once. Too many! Scramble them! Now! We need more butter. They’re going to stick! Careful! Now scramble them again! Hurry up! Are you crazy? Don’t forget to salt them. You know you always forget to salt them. Use the salt. Use the salt! *The salt!*”

The wife turns and asks, “What is wrong with you?”

Her husband calmly replies, “I wanted to show you what it feels like when I’m driving.”

From planetproctor.com

My father is allergic to cotton. He has pills that he can take, but he can’t get them out of the bottle.

Comic *Brian Kiley*

A Dubliner proposes to his girlfriend on Saint Patrick’s Day

32

I got mugged by a magician. It’s not funny: He took my wallet, my watch, and every silver dollar I had behind my ear.

Comic *Craig Baldo*, on comedysmack.com



“They’re Lawyerdoodles, bred to sniff out money and stragglers from the herd. And they don’t shed.”

and gives her a ring with a synthetic diamond.

“You cheap bum!” she yells. “This isn’t even real.”

“I know,” he says. “But in honor of Saint Patrick, I thought I’d buy you a sham-rock.”

My girlfriend likes to role-play. For the past five years, she’s been playing my ex-girlfriend. *Comic Craig Sharf*

Children are smarter than any of us. I don’t know any child with a full-time job and children. *Comic Bill Hicks*

readersdigest.com 3/10

MY GPS VOICE IS ... *By Frank Ferri*

Simon Cowell: This entire trip has been simply ghastly. You missed two turns, and your side-view mirrors weren't adjusted properly. And the worst part was the singing to the radio. Just awful. You're no longer in the driver's seat. In fact, I'd be surprised if you returned next week—because you'd probably get lost again.

Jack Bauer: I don't have a lot of time. You're going to have to trust me. The country's fate is in my hands. So please, listen to me. The Walmart is on the left, 2.6 miles up the road. Today's the last day for the rollback prices on that wicker hamper you want, so grab it and go. Then we have some business to take care of.

The Biggest Loser trainers: Come on! So you're lost. Are you gonna cry? Don't you dare reach for that glove compartment. I know that's where you hide your Twix bars. Just take a breath. Pull over. Do some stretching. Get back in. And let's turn around and get back on track! There's a weigh station on the right.

Two born-and-raised New Yorkers take their first trip to the West Coast, arriving in L.A. just in time for a heat wave.

"Man, it's hot here," says the first New Yorker.

"What do you expect?" says the second. "We're 3,000 miles from the ocean." *Submitted by Bob Meyerson*

Thank you for calling the Weight Loss Hotline. If you'd like to lose a half pound right now, press "1" 18,000 times. *Humorist Randy Glasbergen*

A devastated-looking man knocks on the door of a woman known for her charity. "Please, ma'am," he says when she opens up, "can you help this poor, tragic family down the block? The father just lost his job, and his wife is too ill to work. They're about to be turned out into the cold streets unless someone can pay their rent."

"That's the worst thing I've ever heard in my life!" says the woman.

"May I ask who you are?"

"Their landlord."

Q: What did the green grape say to the purple grape?

A: Breathe! Breathe!

Submitted by Paul Lewis

A gnome is in the garden busily destroying some bushes when a house cat appears. "What are you?" asks the cat.

"A gnome," comes the reply. "I steal food from humans, I kill their plants, I make annoying music at night to drive them crazy, and I love mischief. And what, may I ask, are you?"

The cat replies, "Um, I'm a gnome." *Submitted by Blake Kiltoff*



Your favorite new joke, funny anecdote, or crazy news story might be worth \$\$\$. See page 71 for details.

HIS MATH HOMEWORK IS TWO DAYS LATE.
IT'S IN HIS BACKPACK, WHICH HE LEFT ON THE BUS.
AGAIN.
IT FEELS LIKE EVERYONE IS GIVING UP ON HIM.
I NEED A WAY TO HELP HIM, BUT ALL I HAVE IS TEARS.

— Laura, Kyle's mom



ADHD can be a lonely experience for both the child and the parent. But Laura is not alone. And neither are you. Learn why moms just like you have made the decision to talk to their child's doctor about CONCERTA[®], a treatment with 9 years of proven safety and results in treating ADHD symptoms. It's also the only brand proven effective in treating ADHD symptoms in children who have ADHD with learning disabilities. **Come find answers, help and hope at CONCERTA.NET/HELP11 or text HELP11 to 87415.**



CONCERTA[®] is a prescription product approved for the treatment of attention deficit hyperactivity disorder (ADHD) as part of a total treatment program that may include counseling or other therapies.

IMPORTANT SAFETY INFORMATION. Talk to your healthcare professional for a proper diagnosis and treatment of ADHD. Only a healthcare professional can decide whether medication is right for you or your child. CONCERTA[®] should not be taken by patients who have: allergies to methylphenidate or other ingredients in CONCERTA[®]; significant anxiety, tension, or agitation; glaucoma; tics, Tourette's syndrome, or family history of Tourette's syndrome; current or past use of monoamine oxidase inhibitor (MAOI); esophagus, stomach, or intestinal narrowing. Children under 6 years of age should not take CONCERTA[®]. Abuse of methylphenidate may lead to dependence. Tell your healthcare professional if you or your child has had problems with alcohol or drugs; has had any heart problems, heart defects, high blood pressure, or a family history of these problems; has had depression, abnormal thoughts or visions, bipolar disorder, or seizure. Contact your healthcare professional immediately if you or your child: develops abnormal thinking or hallucinations, abnormal or extreme moods and/or excessive activity; or if aggressive behavior or hostility develops or worsens while taking CONCERTA[®]. Your child's healthcare professional should check height and weight often and may interrupt CONCERTA[®] treatment if your child is not growing or gaining weight as expected. Stimulants may impair the ability of the patient to operate potentially hazardous machinery or vehicles. Caution should be used accordingly until you are reasonably certain that CONCERTA[®] does not adversely affect your ability to engage in such activities. The most common adverse reaction (>5%) reported in children and adolescents was upper abdominal pain. The most common adverse reactions (>10%) reported in adults were dry mouth, nausea, decreased appetite, headache, and insomnia.

Please see Medication Guide on adjacent page.

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

access2wellness[™]

For information on free or discounted prescription medications, visit access2wellness.com or call 866-317-2775.

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MEDICATION GUIDE
CONCERTA® (kon SER-ta)
(methylphenidate HCl) Extended-release Tablets 

Read the Medication Guide that comes with CONCERTA® before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with CONCERTA®.

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

The following have been reported with use of methylphenidate HCl and other stimulant medicines:

1. Heart-related problems:

- **sudden death in patients who have heart problems or heart defects**
- **stroke and heart attack in adults**
- **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting CONCERTA®.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with CONCERTA®.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking CONCERTA®.

2. Mental (Psychiatric) problems:

All Patients

- **new or worse behavior and thought problems**
- **new or worse bipolar illness**
- **new or worse aggressive behavior or hostility**

Children and Teenagers

- **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking CONCERTA®, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is CONCERTA®?

CONCERTA® is a central nervous system stimulant prescription medicine. **It is used for the treatment of attention deficit and hyperactivity disorder (ADHD).** CONCERTA® may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

CONCERTA® should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

CONCERTA® is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep CONCERTA® in a safe place to prevent misuse and abuse. Selling or giving away CONCERTA® may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take CONCERTA®?

CONCERTA® should not be taken if you or your child:

- are very anxious, tense, or agitated
- have an eye problem called glaucoma
- have tics or Tourette's syndrome, or a family history of Tourette's syndrome. Tics are hard to control repeated movements or sounds.
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI.
- are allergic to anything in CONCERTA®. See the end of this Medication Guide for a complete list of ingredients.

CONCERTA® should not be used in children less than 6 years old because it has not been studied in this age group.

CONCERTA® may not be right for you or your child. Before starting CONCERTA® tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, or high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- seizures or have had an abnormal brain wave test (EEG)
- esophagus, stomach, or small or large intestine problems

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can CONCERTA® be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and nonprescription medicines, vitamins, and herbal supplements. CONCERTA® and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking CONCERTA®.

Your doctor will decide whether CONCERTA® can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- seizure medicines
- blood thinner medicines
- blood pressure medicines
- cold or allergy medicines that contain decongestants

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking CONCERTA® without talking to your doctor first.

How should CONCERTA® be taken?

- **Take CONCERTA® exactly as prescribed.** Your doctor may adjust the dose until it is right for you or your child.
- **Do not chew, crush, or divide the tablets.** Swallow CONCERTA® tablets whole with water or other liquids. Tell your doctor if you or your child cannot swallow CONCERTA® whole. A different medicine may need to be prescribed.
- CONCERTA® can be taken with or without food.
- Take CONCERTA® once each day in the morning. CONCERTA® is an extended release tablet. It releases medication into your/your child's body throughout the day.
- The CONCERTA® tablet does not dissolve completely in the body after all the medicine has been released. You or your child may sometimes notice the empty tablet in a bowel movement. This is normal.
- From time to time, your doctor may stop CONCERTA® treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking CONCERTA®. Children should have their height and weight checked often while taking CONCERTA®. CONCERTA® treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much CONCERTA® or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of CONCERTA®?

See **"What is the most important information I should know about CONCERTA®?"** for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision
- blockage of the esophagus, stomach, small or large intestine in patients who already have a narrowing in any of these organs

Common side effects include:

- decreased appetite
- dry mouth
- trouble sleeping
- dizziness
- stomach ache
- increased sweating
- headache
- nausea
- anxiety
- weight loss
- irritability

Stimulants may impair the ability of you or your child to operate potentially hazardous machinery or vehicles. You or your child should exercise caution until you/your child is reasonably certain that CONCERTA® does not adversely affect your/your child's ability to engage in such activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

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

You may also report side effects to McNeil Pediatrics at 1-888-440-7903.

How should I store CONCERTA®?

- Store CONCERTA® in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from moisture.
- **Keep CONCERTA® and all medicines out of the reach of children.**

General information about CONCERTA®

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use CONCERTA® for a condition for which it was not prescribed. Do not give CONCERTA® to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about CONCERTA®. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CONCERTA® that was written for healthcare professionals. For more information about CONCERTA® call 1-888-440-7903.

What are the ingredients in CONCERTA®?

Active Ingredient: methylphenidate HCl

Inactive Ingredients: butylated hydroxytoluene, carnuba wax, cellulose acetate, hypromellose, lactose, phosphoric acid, poloxamer, polyethylene glycol, polyethylene oxides, povidone, propylene glycol, sodium chloride, stearic acid, succinic acid, synthetic iron oxides, titanium dioxide, and triacetin.

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

Manufactured for
McNeil Pediatrics
Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc.
Titusville, NJ 08560



Revised: November 2009

10180602MG

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May require up to a \$36 activation fee/line, credit approval and deposit. Up to a \$200 early termination fee/line applies. **Everything Data Plan:** Includes 1,500 shared Anytime Minutes per month (for calling landline, indirect, etc.). Additional Anytime Minutes: Up to \$0.40/min. Nights: Mon.–Thurs. 7pm–7am; Wknds: Fri. 7pm–Mon. 7am. Partial minutes charged as full minutes. **Any Mobile, Anytime (AMA):** Applies when directly dialing/receiving standard voice calls between domestic wireless numbers as determined when the call is placed using independent third-party and Sprint databases. Standard roaming rates/restrictions apply. Only available with select Sprint plans and while on the Nationwide Sprint or Nextel National Networks (excludes calls to voicemail, 411 and other indirect methods). **Messaging:** Includes text, picture and video for domestic messages sent or received. International messages are \$0.20 sent or received. SMS voice messages may incur an additional data charge of \$0.03/KB. Texts to third parties to participate in promotions or other may result in additional charges. International services are not included. **Data:** Premium content/downloads (games, ringtones, songs, certain channels, etc.) are additional charge. **Usage Limitation:** Sprint may terminate service if (1) more than 800 minutes, (2) a majority of minutes or (3) a majority of kilobytes in a given month are used while roaming. **3G:** Not all services or devices are 3G, and coverage may default to a separate network when 3G is unavailable. **Sprint Premier Upgrade:** Eligible customers with service on the same device for more than 12 consecutive months may be eligible for up to \$150 instant savings with a renewed two-year Agreement. Valid only on the eligible primary line with a three-month consecutive average of \$69.99 on a single line or \$99.99 on a shared line, excluding taxes and surcharges. **PC World Claim:** PC World's tests included thirteen major cities with more than twenty tests per city from all regions of the country during a two-month period from March to April 2009. Testing was one minute in duration, and network performance can be highly variable. Cities included Baltimore, Boston, Chicago, Denver, New Orleans, New York City, Orlando, Phoenix, Portland, San Diego, San Jose, San Francisco and Seattle. For reliability, Sprint won in Boston, Chicago, Denver, Portland, San Diego, San Francisco and Seattle. Sprint tied for reliability in Orlando. **America's Most Dependable 3G Network Claim:** "Dependable" based on independent third-party drive tests for 3G data on connection success, session reliability and signal strength for the top 50 most populous markets (including Puerto Rico) from January '08 to August '09. **4G:** 4G is currently available in limited areas and on select plans and devices; check sprint.com/4G for Sprint 4G coverage/device info. **Other Terms:** Coverage not available everywhere. The Nationwide Sprint Network reaches over 275 million people. The 3G Sprint Mobile Broadband Network reaches over 253 million people. Offers not available in all markets/retail locations or for all phones/networks. Pricing, offer terms, fees and features may vary for existing customers not eligible for upgrade. Other restrictions apply. See store or sprint.com for details. ©2010 Sprint. Sprint and the logo are trademarks of Sprint. Other marks are the property of their respective owners.



Make It Matter



Obie-Barrett at home with a few of her kids.

The Mother of Them All

If the system couldn't find homes for children, Christy Obie-Barrett would do it herself

BY SALLY SCHULTHEISS

Five years ago, the last of Christy Obie-Barrett's 12 children were about to enter kindergarten. The 42-year-old stay-at-home mom was used to a lively, laughter-filled home. "I started to evaluate my life," she recalls. "What is my path *now*?"

When the answer didn't present

itself, the Eugene, Oregon, resident set a goal: to write about her marriage to Bill, a radio announcer, and about Jason (now 33), Mike (33), Maleah (25), Casey (22), Molly (20), Mason (18), Karson (16), Bailey (15), Brayden (13), Cooper (12), Lilly (10), and Delaney (10)—their three biological and nine adopted children. Within six

PHOTOGRAPHED BY ROBBIE MCCLARAN

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months, she had 200 pages, much of it about adopting older children, of different races and with special needs.

In the process, she began to won-

“Over 75 percent don’t adopt because they’re so frustrated with the system.”

der why, if there are children in foster care who are eligible for adoption and there are adults who are ready to adopt, the system is so disappointing. (Obie-Barrett adopted her children through relatives and a private program.) “Over 75 percent of families don’t adopt because they’re

so frustrated with the system,” she says. “That’s bad customer service.”

Obie-Barrett set a second goal: to offer an alternative. She bought the book *Nonprofit Kit for Dummies* and followed it chapter by chapter. “I was sitting on my bed with my laptop when my girlfriend stopped by. ‘Whatcha doing?’ she asked, and I said, ‘I’m starting a nonprofit.’”

Within months, A Family for Every Child (AFFEC) was born. The agency matches families who want to adopt with adoptable children in Oregon and Washington, many of whom have bumped around from family to family for years, some as many as 20 times. “From the start,”

says Obie-Barrett, “our mission was clear: to get children out of foster care quickly.”

She partnered with Heart Gallery of America, an organization that holds photographic exhibits of waiting children, and hosted an event at the local mall to help find families for them. Since then, all 44 children in that first exhibit—plus 200 more—have been adopted, and the number of families wanting to adopt has quadrupled. Fourteen employees (mostly volunteers) operate out of donated office space, where Obie-Barrett is often barefoot and in jeans, working the phones. (In the winter months, the staff forgoes heat. Obie-Barrett prefers to spend

the money helping more children.)

Many credit Obie-Barrett’s success with her belief in the importance of a good match. “No child,” she says, “is unadoptable. Yes, the kids have issues. They’ve been separated from their biological parents and their siblings, friends, and possessions. But the adults waiting to adopt,” she adds, “can be somewhat damaged themselves. It’s a matter of finding the right family.”

A small committee of experienced social workers makes the matches. Families pay about \$1,800 to adopt a child (enough to cover expenses; a domestic adoption at a private agency can cost \$4,000 to \$30,000).

Tracey and Frank Komisar called



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AFFEC (afamilyforeverychild.org) after years of trying to adopt. Obie-Barrett told them about Kyara, an eight-year-old who'd been in foster care since she was 11 months old. The Komisars' Department of Human Services caseworker had insisted Kyara wasn't right for them. "But Christy said, 'Keep pushing,'" recalls Tracey. Within months, they were approved to take Kyara home. Kyara says someday she will pay Obie-

Barrett back for finding "my family."

"Kids are in foster care through no fault of their own," says Obie-Barrett. "We need to start giving the biological parents fewer chances and the children more chances. I didn't graduate from college. I just know what works for kids. I'm living proof that normal people can change things."



Know someone who is making it matter as a volunteer? E-mail us at readersdigest.com/makeitmatter.

A Book Club for Kids

Tim Richter and his wife, Linda, had taught for over 30 years near Buffalo, New York—he in computers, she in special education. "Teaching means everything to us," Tim would say. In April 1998, he learned he would need a quadruple bypass. It was the kind of news that leads to some serious thinking about life's purpose.

Not long after the surgery, Tim saw a brochure describing Imagination Library, a program started by Dolly Parton's foundation that mailed a book every month to children from birth to age five in the singer's home county of Sevier, Tennessee. "I thought, Maybe Linda and I could do something like this when we retire," Tim

recalls. He placed the brochure on his dresser, "as a motivational thing."

Five years later, now retired and with that brochure still on the dresser, Tim clicked on imaginationlibrary.com. The program had been opened up to "affiliates," partners who could take advantage of book and postage discounts.

The quality of the books was paramount to the Richters. Rather than sign up online, they packed their bags for Dollywood for a look-see. "We didn't



want to give the children trash," says Linda. The books—reviewed each year by teachers, literacy specialists, and Dollywood board members—included classics such as Ezra Jack Keats's *The Snowy Day* and newer titles like Anna Dewdney's *Llama Llama* series.

Satisfied, the couple set up the Richter Family Foundation and got to work. Since 2004, they have shipped more than 12,200 books to preschoolers in their area. Megan Williams, a mother of four, is more than appreciative: "This program introduces us to titles I've never heard of."

The Richters spend about \$400 a month sending books to 200 children. "Some people sit on their fanny and wait to die," says Tim. "Others get as busy as they can in the time they have left." S. S.

COURTESY LINDA RICHTER

Oscar Mayer

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Outrageous

MICHAEL CROWLEY

Terror in the House

Too many cops are breaking down the wrong doors in their quest for arrests

On the evening of July 29, 2008, Cheye Calvo, the mayor of Berwyn Heights, Maryland, was changing his clothes upstairs at his home when he heard his mother-in-law, Georgia Porter, scream from the kitchen. Several men then burst through the front door, sending the family's two black Labradors into a barking frenzy. The men shot them dead, one of the bullets whizzing past Porter. "On the ground!" they shouted, forcing Porter to lie facedown on the kitchen floor near the body of one of her dogs. Calvo went to the landing and was then ordered downstairs. Soon he was kneeling in his living room in his boxer shorts, his wrists bound behind his back and a gun pointed at his head.

Armed robbers, right? No, a SWAT team from the county

Michael Crowley is a senior editor at the *New Republic*.

sheriff's office. Less than an hour earlier, an undercover officer had dropped off a 32-pound package of marijuana (which had been previously intercepted) addressed to Calvo's wife. Calvo had just brought the package inside, unopened. If



ILLUSTRATED BY DANIEL HERTZBERG; PHOTOGRAPHED BY KAREN BALLARD/REDUX

the authorities had bothered to do their research before launching an assault on the mayor's house, they might have avoided a civil lawsuit. Just a week later, police arrested two suspects, accusing them of mailing more than 400 pounds of marijuana to six homes—including Calvo's. (The purported scheme:

In Atlanta, narcotics detectives unleashed a hail of bullets at a 92-year-old woman.

One man, a FedEx driver, dropped off the packages at the doorsteps of what he thought would be empty houses; the other then scooped up the dope so they could sell it.)

"I was never legally under arrest," says Calvo. "Yet they took possession of my house. They kept me bound for two hours."

Innocent people endure nightmares of this nature on a regular basis—victims of bad informants, mistaken identities, and plain incompetence: In 2009 alone, police in Indianapolis misread an address, roused a 70-something couple out of bed, and forced the husband to the floor at gunpoint; they bashed in the door of an innocent 33-year-old Baltimore man, handcuffed and interrogated him for 15 minutes, then refused to pay for a new door; and they raided the wrong house in Dallas and impounded the family

vehicle, which was fitted with a special car seat for a disabled three-year-old boy.

Certainly no one begrudges police the right to protect themselves. But too often, police units forget that the sanctity of home means something, says Norm Stamper, a retired Seattle police chief. "We're a free and democratic society, where the Fourth Amendment is essential," he says.

Spurred by the war on drugs and the September 11 attacks, Washington has distributed billions of dollars to local law-enforcement

agencies for paramilitary equipment and tactical training. As a result, the number of SWAT teams and other commando-style police units used in routine cases has soared. So has the number of tragic mistakes. Though the data is slim, Peter Kraska, a professor at Eastern Kentucky University who studies the police, has collected almost 400 cases of raids over the past ten years where, he says, "the family is really terrorized." And those are just the cases that made the press.

Local police departments once reserved SWAT teams for crises like hostage standoffs. Now they're sending them on house searches to arrest people suspected of non-violent crimes. "We've seen an explosion in the use of these tactics over the past 25 years," says Radley Balko, a fellow at the Cato Institute who has documented the rise of

“no knock” raids and paramilitary techniques in domestic policing.

In 2006, the Phoenix home of 73-year-old Salvador Celaya and his 69-year-old wife, Carlota, was stormed by police, who said they were looking for a robber suspected to have ties to the Celaya family. During the raid, police tossed in a flash-bang grenade, a device that stuns with a blinding flash and a deafening bang, terrifying the couple and starting a fire that burned down the house.

There’s also the tragic case of Atlanta grandmother Kathryn Johnston. In November 2006, narcotics detectives burst into her home, acting on a tip that drugs had recently been purchased there. The terrified 92-year-old fired a shot at the detectives. They fired back—39 times—killing Johnston. Drugs were never found.

But cops don’t have to fire a shot to hurt people. One spring morning

in 2003, acting on a bad tip, New York City police burst into the apartment of 57-year-old city employee Alberta Spruill. The cops threw a flash-bang grenade into her apartment and briefly handcuffed her. A police captain on the scene released her, but Spruill, who had a heart condition, soon went into cardiac arrest. She died that morning in the hospital. (The police later realized that the dealer they were looking for was already in custody.)

Some of these calamities could have been avoided had the officers received better training and if procedures had been in place to avert mistakes—like wrong addresses. But, according to Kraska, in many smaller cities and towns, police units that use heavy weapons, battering rams, and flash-bang grenades often receive well under the 230 hours of training per year in tactical operations recommended by industry groups like the National Tactical Officers Association. It’s time for mandatory state and national training standards. Triple-checking the facts and entering homes with more caution may indeed give criminals some leeway. But for those citizens who might be dragged from bed, handcuffed, and interrogated at gunpoint by mistake, a little caution and care now may make the difference between life and death.

Do More

- > **Advocate.** The National Tactical Officers Association publishes recommendations for SWAT teams. Urge your police department to follow them.
- > **Take action.** Write your legislators and tell them to push for mandatory training and safety standards.
- > **Demand accountability.** Find out what agency in your state is overseeing your local police department and contact it to find out if it’s keeping close watch on police raids.



Outraged? Tell Michael Crowley about it at readersdigest.com/crowley.

OffBase

After finishing his meal, my grandfather, a retired Marine captain, asked the waitress for the 15 percent discount the restaurant offered veterans.

“Do you need to see my military ID?” he asked.

“That’s all right,” she said. “I know you were in the military. I can tell by your T-shirt.”

Grandpa’s shirt read “Welcome to Gettysburg National Military Park.”



“Incoming.”

Jennifer Palmer

In honor of our armed forces, the University of South Carolina football team used the backs of players’ jerseys to display a little patriotism. They placed words like *Duty*, *Service*, *Courage*, and *Commitment* where players’ names would normally go.

During the game against the University of Florida, a fight broke out, prompting the television commentator to announce, “It looked like Integrity threw the first punch.”

Mike Gadell

I was attending a benefit, and before the show began, I walked up to a man wearing fatigues. “I just want to thank you for your service to our country,” I told him. He looked thoroughly confused, but I walked away knowing I’d done the right thing. Later, when my soldier took the stage along with a police officer, a construction worker, and a Native American, it dawned on me why he’d had a puzzled expression—I had thanked a member of the Village People. *Karen Kaplowitz*



Your favorite new joke, funny military anecdote, or crazy news story might be worth \$\$\$. See page 71 for details.

ILLUSTRATED BY KEN CATALINO

If you can draw a map to every bathroom in town...



Today

is the day to talk to your doctor about overactive bladder and TOVIAZ® – a pill that comes with a plan.

With Toviaz® (fesoterodine fumarate) and the plan, you're helping manage your overactive bladder (OAB) symptoms in two ways:

- with a pill created to help reduce symptoms all day and all night.*
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The plan focuses on four core areas:



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

Important Safety Information

If you have certain stomach problems, glaucoma, or cannot empty your bladder, you should not take Toviaz. Medicines like Toviaz can cause blurred vision, drowsiness, and decreased sweating. Use caution when driving, doing unsafe tasks, or in especially hot environments, until you know how Toviaz affects you. Drinking alcohol while taking medicines such as Toviaz may cause increased drowsiness. The most common side effects are dry mouth and constipation. Toviaz has benefits and risks. There may be other options. You're encouraged to report negative side effects of prescription drugs to the FDA.

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



Please see Important Product Information on back.

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FEU00183C

IMPORTANT FACTS

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(TOH-vee-as)

ABOUT OVERACTIVE BLADDER

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

WHO IS TOVIAZ FOR?

Who can take TOVIAZ?

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

Who should not take TOVIAZ?

Do not take TOVIAZ if you:

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

BEFORE YOU START TOVIAZ

Tell your doctor about all your medical conditions, including:

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

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

POSSIBLE SIDE EFFECTS OF TOVIAZ

The most common side effects are:

- Dry mouth
- Constipation

TOVIAZ may cause other less common side effects, including:

- Dry eyes
- Trouble emptying the bladder

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

HOW TO TAKE TOVIAZ

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

Things you should keep in mind when taking TOVIAZ:

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

What is TOVIAZ?

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

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

NEED MORE INFORMATION?

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



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Ask Laskas

JEANNE  MARIE LASKAS

▶ **After six years** at my company, I was recently promoted—and now I supervise my husband, who’s worked at the same company for eight years. Understandably, he’s jealous and resentful that I’m his new boss. He routinely rants about how no one recognizes his hard work and says that he will resign if his demands for a promotion and a pay raise aren’t met. How can I appease his anger before he does something he will regret? *Worried*

Dear Worried,
Okay, listen up: This is an impossible situation. Your position as your husband’s boss—at a company where he has worked longer than you have—is untenable. For the sake of your marriage, one of you had better find work at another company as soon as possible. It’s your jobs or your marriage. Got it?

▶ **I am a senior** in high school, and my family has always struggled with money. I was accepted to a university that I really want to attend, but it’s out of state and expensive. I was

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



offered a full scholarship to another university, which I could tolerate, but it’s far from my first choice of schools. My dad tells me they’ll find a way to pay for whichever college I want to attend. I don’t want my family to go into debt, but I want to be at a college where I’ll be truly happy. *At a Loss*

Dear Loss,
Good for you for being such a loving kid. Your parents should be proud of your “family first” approach to your own future. But listen: Your dad is telling you to follow your

dream. He knows more about his finances and resources than you do. Trust your dad, and go to the school of your choice. If, upon graduation, you discover that your family is in debt, use your education to help them. You may find this mantra useful many times in your life: Follow your dream—and give back.

▶ **This may sound like a bad sitcom, but whenever my upstairs neighbors have sex, their bed creaks so much that I can't sleep. How do I let them know, without embarrassing them, that I can hear everything?** *Sleepless*

Dear Sleepless,
Two options here, depending on your relationship with these folks. Do you know them well enough to joke with them? If so, you can try a “nudge, nudge, wink, wink” as you mention other sounds coming through those thin floorboards. Speak of vacuum cleaners and scampering kitty paws. They'll make the connection. If, on the other hand, you don't know these people at all, you could complain to the landlord. Meanwhile, don't forget earplugs.

▶ **What is the protocol for memorial donations? I thought that the amount of money was up to the giver. A recent survivor told me I was “cheap.” Is there a general guideline?** *Embarrassed*

Dear Embarrassed,
No. You give what you feel is right. You give from your heart. The recipi-

Life's Little Etiquette Conundrums


▶ **My mother-in-law of 14 years is a wonderful person, and I feel blessed to be part of my husband's family. Recently, however, she has reminded me of gifts I gave her years ago, then tells me I can “reclaim” them. How should I handle this awkward offer?**

Why can't you just hit this one head-on? Say “Ma! Why do you want to give me my gifts back? Ma, that's weird!” Let her know she's off the hook if she doesn't like what you gave her. Teach her the joys of regifting and the thrill of donating to charity.

ent in this case was out of line. Grieving people usually have other things on their minds. The hurt they feel can often be louder than any internal voice reminding them to be polite.

▶ **How can I get my son-in-law to speak more gently to my daughter and my 20-month-old grandson? To get the boy to obey, he has to raise his voice. His tone is belittling and rude. If I were to mention this to him, he'd just holler at me!** *Disgruntled Granny*

Dear Granny,
A grown man yelling at a baby? A grandma afraid to confront him? A belittled wife? There's your answer, sister: He's a bully. Urge your daughter to get help immediately.

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

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Here's the Deal

JANICE LIEBERMAN

A Free Tech Checkup

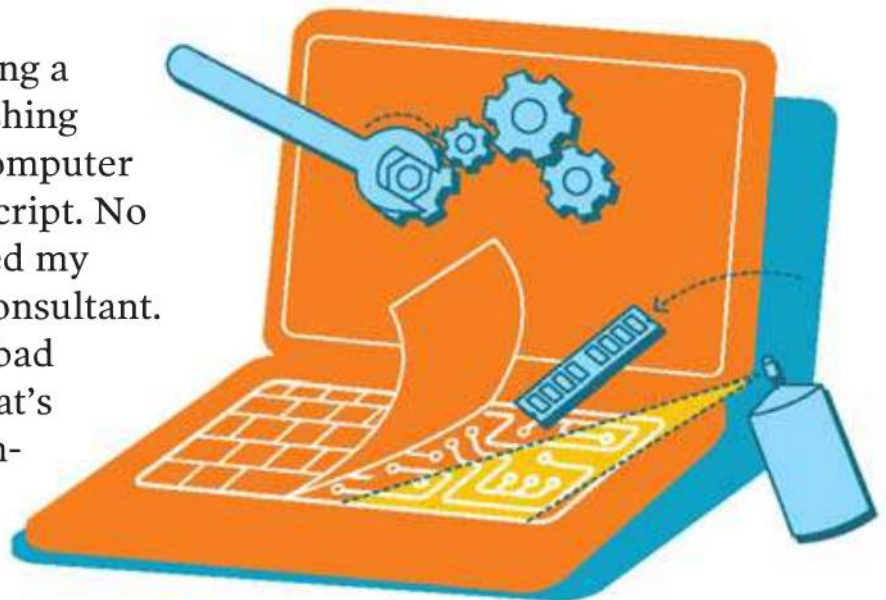
Is your computer slow? Does it freeze and crash regularly? Try these tips for tuning up your PC.

I had just finished writing a TV script and was rushing to print it when my computer froze up. No cursor. No script. No nothing. In a panic, I called my friend Neil, a computer consultant. It turned out that I had a bad spyware infection, and that's what was causing my computer's brain drain.

Neil asked if my machine was slow (yes), if I kept getting a lot of pop-ups (yes), and if a new toolbar had appeared out of nowhere (yes, again)—all signs of spyware. I'm not exactly sure how I got it, but Neil removed it.

We take our cars to the mechanic for tune-ups. Why do we expect our computers to run flawlessly without regular checkups? To get your machine to hum like new again, try these tips, tools, and free downloads.

Janice Lieberman is the consumer correspondent on NBC's *Today* show.



Fight Infections

A slow computer may mean that you've got a virus, spyware, or some other malicious software. (Macs are not as vulnerable as PCs, although experts say that will change as Apple gains market share.)

To protect your computer and to prevent excessive pop-ups, install antivirus and anti-spyware software and a spam fighter. You can purchase software for the threesome (Norton Internet Security 2010 is \$69.99; ESET Smart Security is \$59.99). Or

you can create your own free suite by downloading separate programs: *Consumer Reports'* top antivirus pick is Avira AntiVir Personal (free-av.com), Microsoft Security Essentials protects against viruses and spyware, and Spamfighter.com guards against spam. Say yes when asked if you want auto-alert reminders; follow through when you get the prompt.

Increase the Speed

If your PC lumbers to life every day, here's what you need to do:

- **Streamline your start-up.** You may have too many programs loading (and running in the background) that you don't even use. Download the free CCleaner (ccleaner.com) to help manage your power-up.
- **Delete programs.** Go to the Control Panel, click on Add/Remove Programs, and delete the ones you know you no longer need—say, an old version of AOL.
- **Free up disk space.** Empty the Recycle Bin, and delete temporary

Internet files—like the YouTube videos you watched—that pile up from your searches. Click on System Tools and run the Disk Cleanup tool.

- **Don't forget to defrag.** Over time, computers save files in fragments. When you want to use a file, your computer has to gather all the bits and pieces. Click on Disk Defragmenter in System Tools to consolidate the fragmented files.
- **Install more random-access memory (RAM).** “This gets the most bang for your buck,” Neil says. And it's cheap, about \$30 to \$40 for one gigabyte. You'll want a total of two to four gigs, depending on the programs you run (games eat up a lot of RAM). Go to your computer manufacturer's support page to find out the type of RAM you'll need, how much, and how to install it.
- **Vacuum.** Dust and dog hair in your fan and vents? Turn off your machine, unplug it, open the CPU case, and vacuum with a battery-powered portable to avoid static.

Sites for Savings

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- > **newegg.com** Great prices on electronics, software, and appliances. Detailed descriptions, user reviews, and price alerts.

Back It Up

Both PC and Mac users should back up important data regularly on an external hard drive (as low as \$99). Connect the hard drive to your computer via a USB port, then drag and drop files. Another option: online backup services, like mozy.com and dropbox.com, each of which offers 2GB of space free.



Read Janice Lieberman's blog and submit your questions at readersdigest.com/askjanice.

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CHECKS & MONEY ORDERS ALSO ACCEPTED

Driven to Succeed

How one woman from Detroit built a \$400 million business simply by delivering the goods

BY MARGARET HEFFERNAN

When Andra Rush started her trucking company, all she had was a beat-up van, a pair of used pickup trucks, and the naive certainty of a 23-year-old. She figured it would take her about four years to make her fortune. Then she could use her newfound millions to accomplish her true goal: tackling poverty on Native American reservations across North America. “I thought I could retire by the time I was 27,” says Rush, a member of the

“People imagined the business was run by my dad or my boyfriend,” says Andra Rush.

PHOTOGRAPHED BY KEVIN J. MIYAZAKI/REDUX



Mohawk Indian tribe of Ontario, Canada. “At that age, you don’t know what you don’t know.”

Rush is 49 now and still working hard. Her tiny start-up just outside Detroit has grown to a \$400 million North American business that employs hundreds of Native Ameri-

After 9/11, Rush hired barges to get her trucks across the Detroit River.

cans, who assemble automobile components like steering columns near their reservations and then truck them to manufacturing plants. Last year, Rush—along with the rest of the auto industry—was almost sidelined by the recession. But things have stabilized, and today Rush is a role model not only for Native Americans but also for women in the male-dominated world of trucking. For years, “people imagined that the business was run by my dad or my boyfriend,” she says. “I had to say, ‘No, the business is me!’”

Rush was raised 30 miles outside Detroit, not far from her paternal grandparents and their Ontario reservation. When the teenage Rush visited the reservation for the first time, she was struck by the poverty and lack of hope. “I really wanted to make a difference,” she says.

She graduated from the University of Michigan in 1982 and took a nursing job. But she was dismayed by the low pay, and within a year she was pursuing an MBA. That summer, she interned at an air-freight company, where the speed of package pickups and deliveries drove profits. “I thought I could do that better,” Rush says.

She maxed out her credit cards and borrowed \$5,000 from her parents to buy a van and two used pickups. She wooed clients, accepted every delivery job that came her way, and worked nursing shifts on weekends.

Within six months, Rush had ten employees, and clients like Ford and GM were paying her to fetch small packages from the airport. Ford was the first to offer her a job trucking parts between its plants and suppliers. Rush hired drivers who lived near the suppliers and “went to church and did Little League with them. So they all helped each other,” she says. “If extra loads or services were needed, we were right there.” Rush also kept a single-minded focus on meeting deadlines—no matter what. In the wake of 9/11, when increased security stalled traffic for hours on Detroit’s largest bridge, she hired barges to get her trucks across the Detroit River.

By 2001, many of Rush’s 1,000 employees were Native Americans, working alongside people of every background. But she felt she hadn’t done enough. So she joined forces

with a Canadian parts maker to design and assemble auto components, such as the dashboard instrument panels that go into Chrysler minivans. She located the plants near reservations, creating opportunities where they were needed most. By 2009, her auto parts business was generating \$370 million in revenue.

She's come a long way from the inexperienced 23-year-old who thought "the cash would just roll in." But Rush wouldn't change a thing: "I love my job," she says. "I like the fact that you can start to get some momentum and keep challenging yourself—and then suddenly you lift your head and it's been 25 years."

Getting Ahead with **ANDRA RUSH**

Were there any advantages to being a woman in your industry?

Driving the truck is something guys do—it's rough, but it isn't something a woman can't do. But running a trucking company is much more than picking up and delivering; it's marketing and tracking and organization. Women are wired to multitask.

A lot of people in transport have had paper routes. I was the first girl to have one in my neighborhood, so maybe that's what did it!



How did you balance the business and your three sons?

I would take my kids [Zack, 20, Cheyne, 18, and Chance, 13] to the office with me, but that got a little difficult when they started to crawl. My parents live nearby and so did my grandmother, and they all helped out a lot. As a business owner, you don't have much time, but you do have a lot of flexibility. So if I'd been traveling, I'd go into the elementary school when I got home and say, "I'm going to read to the first graders."

How has your heritage influenced your

approach to business?

In our culture, when you make a decision, you consider its impact on the next seven generations. That means you take environmental precautions from the outset. Teachings like that help you with your choices.

What is the key to your success?

You have to be service-driven. You think of customers every day, every minute. You think about what would make their lives or their businesses more successful. And you have to be focused on who's serving them. If we don't look after our drivers, they won't look after our customers.



Have a business?

Ready to start one?

Still dreaming? Get help at readersdigest.com/business.

One thing that doesn't change with the season: Diabetic Nerve Pain.

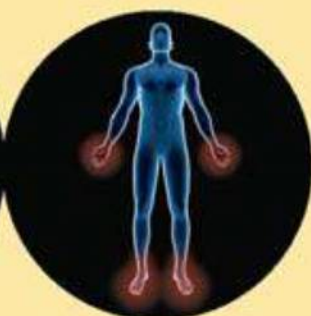


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Unlike some common over-the-counter pain relievers, Lyrica is FDA approved specifically to treat the **shooting, stabbing, burning sensations** of diabetic nerve pain. Lyrica is believed to help calm the damaged nerves[†] and help ease this pain – and that's definitely a change worth experiencing.

Ask your doctor if Lyrica can help you.

*Diagram is illustrative of diabetic nerve pain.

[†]Exact mechanism of action and relevance to humans are unknown as studies were conducted on animal models.

Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling “high.” Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Facts Brief Summary on adjacent pages.

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

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

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

IMPORTANT FACTS



(LEER-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:

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

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

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

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

Do not stop LYRICA without first talking with your doctor.

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

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

LYRICA may cause dizziness or sleepiness.

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

ABOUT LYRICA

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

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

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

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

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

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

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

Especially tell your doctor if you take:

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

BEFORE STARTING LYRICA, continued

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

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

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

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

The most common side effects of LYRICA are:

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

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

HOW TO TAKE LYRICA

Do:

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

Don't:

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

NEED MORE INFORMATION?

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

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@Work

It took me forever to wake up one of my nursing home patients. But after much poking, prodding, and wrangling, he finally sat up and fixed his twinkling blue eyes on my face. "My, you're pretty!" he said.

"Have I asked you to marry me yet?"

"No, you haven't," I gushed.

"Good. Because I couldn't put up with this every morning."

Diane Witlox



"What did you take away from the meeting?"

At our supermarket, I noticed a woman with four boys and a baby. Her patience was wearing thin as the boys called out, "Mommy! Mommy!" while she tried to shop.

Finally, she blurted out, "I don't want to hear the word *mommy* for at least ten minutes!"

The boys fell silent for a few seconds. Then one tugged on his mother's dress and said softly, "Excuse me, miss."

Dennis Dook

After I prosecuted a man for killing a bird out of season with his sling-shot, the court clerk suggested setting up a date for him to return with both the money for the fine and proof of community service. "That way," she said innocently, "you can kill two birds with one stone."

Jeremy Claridge

I opened the refrigerator at work to get my lunch. Instead of my dessert, I found this note: "IOU one banana cream. Sorry, it was an emergency. Sharon."

Jeremiah Bell

A woman called our gift shop asking if we sold toy phones. "It's to go with a

readersdigest.com 3/10

DON'T CALL US—WE'LL CALL YOU

One read through this man's résumé and it was no wonder he was looking for a new line of work: Under "Previous Job," he'd written, "Stalker at Walmart." *Cynthia Albers*

A job application made me do a double take. After the entry "Sex," the applicant had written, "Once in Florida."

Susan Webb

I won't be hiring this assistant soon, even if her résumé boasts, "I'm a team player with 16 years of assassinating experience."

Cindy Donalson

casket ribbon that reads 'God called and she answered.'" After hanging up, I shared what she'd said with a coworker. Just then, the phone rang. "You answer it," she said.

Sandi Fischer

That's Our Policy

What's your tongue worth? If you're Gennaro Pelliccia, an Italian coffee taster, the answer is \$13.9 million. That's how much he insured his taste buds for. Here are more body parts insured for business reasons:

- The chest hair of Tom Jones—\$7 million
- The breasts of Dolly Parton—\$600,000
- The feet of Michael Flatley (*Riverdance*)—\$39 million
- The nose of Ilja Gort (winemaker)—\$8 million
- The right leg of Heidi Klum—\$1.2 million
- The left leg of Heidi Klum—\$1 million (it has a scar)

Discovered: why our nation's education system is in trouble. When a friend delivered 20 new math books to a teacher's classroom, the teacher exclaimed, "Oh, shoot!

I was hoping it was something I could use."

Angela Timpson

When my boss returned to the office, he was told that everyone had been looking for him. That set him off on a speech about how indispensable he was to the company.

"Actually," interrupted his assistant, "you left with the key to the stationery closet."

Alec Kay



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Book clubs aren't just for grown-ups. Encourage the fun—and a love of reading—by starting a book club for kids.

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- Set up simple ground rules: how often and where to meet, what kinds of books you'll read, how long meetings will last, and how they'll be structured. Depending on age, you may need an adult to supervise and lead the discussion.
- Plan a themed activity related to the book, such as making book-marks or writing to the author. And don't forget the snacks!



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Mystery Man

Mark Harmon, star of the hit detective show *NCIS*, solves 13 of life's riddles **BY CRISTY LYTAL**

Former UCLA quarterback and shoe salesman Mark Harmon, 58, has had a little bit of mystery in his life. For instance, how he went from selling shoes to playing a Navy sleuth on TV's top cop drama (see No. 5). To further keep us guessing, Harmon, off camera, bears little resemblance to Special Agent Leroy Jethro Gibbs, the tough and savvy character currently making Harmon's name—and face—an entertainment fixture. One of *People's* Sexiest Men Alive, Harmon also has one of those rare stable Hollywood marriages, with actress Pam Dawber; they have two boys. "We all take the path we take, and then [life] is what you make of it," he says. Here, this philosophical man puts his mind to other puzzles.

1 Why are we here? It's the battle, pushing through what everybody's saying you can't do. I wanted to play football ever since I was a kid. If I wanted to spend time with my dad growing up, I was usually at the Los Angeles Memorial Coliseum on Sundays, because he was a sports broadcaster. I would look at that tunnel the players ran out of and think, Wow—wouldn't it be something to run out of there as a player? I didn't care much about all the hoopla around it. It's a remarkable enough feat to find yourself in a position where everything is against winning the game. That's where the honor is.

2 Why did sneakers with Velcro go out of style? Speaking as a man formerly in the shoe business—I used to sell everything from tennis shoes to hockey skates—I think people realized that it's not a good idea if the shoe outlives the stickiness of the Velcro.

3 How do you make it through 14-hour days on the set of *NCIS*? This job is a gift. Throwing a pick around in a coal mine—that's hard work. You have to keep that in perspective. But when I need to recharge and have a little time off, I go somewhere where there's no Internet or cell phone.



PHOTO/ILLUSTRATION CREDIT

**Naval intelligence:
NCIS's special agent,
Mark Harmon**

4 What's your road not taken?

Carpentry was a way to spend time with my dad on the weekends. Then I built my own house. If you do it right, it's real. You touch it. It stays there. It outlives you. You knock on it. You can feel it in your knuckles knocking back. To me, it's much more real than this acting game.

5 Why does hard work pay off?

When I was starting out as an actor, if you needed someone to say "Ma'am, can I see your license?" that was me. If you needed a "You got a Jeep for sale?" and a knock on the door, that was me. You needed someone to take his shirt off and kiss the girl, that was me. I was very happy doing

those roles for however long I did them. Then you get a break [Harmon got his big break in 1983 with a leading part on the television show *St. Elsewhere*], and hopefully you can capitalize on it. This is a business that runs hot and cold. I'm more interested in the longevity of my career than in any one job. Doing the work—that's the part I care about. And that makes me no different from a carpenter.

6 What's the secret to happiness?

Keeping a healthy perspective. It's important to like getting up in the morning and going to work. Maybe I say that because it hasn't always been like that for me. Now I appreciate it.

7 You play Superman in the new animated movie *Justice League: Crisis on Two Earths*. Why does Superman wear tights?

I wouldn't have put Superman in a pair of Speedos, but it wasn't my choice! It is cold up there flying around.

8 What do women want?

I'm still trying to figure that out. The success of my marriage has more to do with picking the right woman than it does with figuring out that question.

9 Why is your marriage successful?

I got lucky. I did a lot of stupid stuff in my 20s. I was fortunate to



Crimebusters: Special Agent Leroy Jethro Gibbs (Harmon, right) and Ziva David (Cote de Pablo) track an assassin.

Kid coughing?



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When mucus causes your child's cough and chest congestion, you need Mucinex Cough Mini-Melts. Each packet is sprinkled on your child's tongue and easily swallowed. Mucinex Cough Mini-Melts are a great tasting, kid-friendly way to break up mucus and quiet coughing.

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be over that when we met. I had to kiss a lot of frogs to get there.

10 How do you find a good halibut around here? I used to free-dive a lot as a lifeguard in Laguna Beach. You could go out into the Pacific and get your dinner all the time. You just have to find the fish. Halibut are flat and cover themselves with sand on the sea bottom.

11 As a Navy detective on TV, you must know why people get lost in the Bermuda Triangle. Wouldn't you like to go looking for them? And it's not just people. It's ships, planes. It could be anything.

12 Where does the other sock go? Inside your jeans, usually.

13 What's the biggest mystery in life? Peace. Not much more complicated than that.

CHOICES

I go to the mountain side
of the house to cut saplings,
and clear a view to snow
on the mountain. But when I look up,
saw in hand, I see a nest clutched in
the uppermost branches.
I don't cut that one.
I don't cut the others either.
Suddenly, in every tree,
an unseen nest
where a mountain
would be.

for Drago Štambuk
Tess Gallagher

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- Updates from Sally Field.
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*I wanted to stop my bone loss.
But I did more. I reversed it
with BONIVA.**

Did you know osteoporosis runs in families? My mother and I both have it. I tried to keep my bones strong, but it wasn't enough. Now, once-monthly BONIVA is helping me do more. Studies show, after a year on BONIVA, 9 out of 10 women stopped and reversed their bone loss.[†]

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

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

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

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

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

Please read Patient Information on the next page.

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



Help Stop and Reverse Bone Loss

Patient Information

BONIVA® [bon-EE-va] (**ibandronate sodium**)

TABLETS

Rx only

Read this patient information carefully before you start taking BONIVA. Read this patient information each time you get a refill for BONIVA. There may be new information. This information is not everything you need to know about BONIVA. It does not take the place of talking with your health care provider about your condition or your treatment. Talk about BONIVA with your health care provider before you start taking it, and at your regular check-ups.

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

BONIVA may cause serious problems in the stomach and the esophagus (the tube that connects your mouth and stomach) such as trouble swallowing, heartburn, and ulcers (see “**What are the possible side effects of BONIVA?**”).

You must take BONIVA exactly as prescribed for BONIVA to work for you and to lower the chance of serious side effects (see “How should I take BONIVA?”).

What is BONIVA?

BONIVA is a prescription medicine used to treat or prevent osteoporosis in women after menopause (see the end of this leaflet for “**What is osteoporosis?**”). BONIVA may reverse bone loss by stopping more loss of bone and increasing bone mass in most women who take it, even though they won't be able to see or feel a difference. BONIVA may help lower the chances of breaking bones (fractures).

For BONIVA to treat or prevent osteoporosis, you have to take it as prescribed. BONIVA will not work if you stop taking it.

Who should not take BONIVA?

Do not take BONIVA if you:

- have low blood calcium (hypocalcemia)
- cannot sit or stand up for at least 60 minutes
- have kidneys that work very poorly
- are allergic to ibandronate sodium or any of the other ingredients of BONIVA (see the end of this leaflet for a list of all the ingredients in BONIVA)

Tell your health care provider before using BONIVA:

- if you are pregnant or planning to become pregnant. It is not known if BONIVA can harm your unborn baby
- if you are breast-feeding. It is not known if BONIVA passes into your milk and if it can harm your baby
- have swallowing problems or other problems with your esophagus (the tube that connects your mouth and stomach)
- if you have kidney problems
- if you are planning a dental procedure such as tooth extraction

Tell your health care provider (including your dentist) about all the medicines you take including prescription and non-prescription medicines, vitamins and supplements. Some medicines, especially certain vitamins, supplements, and antacids can stop BONIVA from getting to your bones. This can happen if you take other medicines too close to the time that you take BONIVA (see “**How should I take BONIVA?**”).

How should I take BONIVA?

- Take BONIVA exactly as instructed by your health care provider.

- Take BONIVA first thing in the morning at least 60 minutes before you eat, drink anything other than plain water, or take any other oral medicine.
- Take BONIVA with 6 to 8 ounces (about 1 full cup) of plain water. Do not take it with any drink other than plain water. Do not take it with other drinks, such as mineral water, sparkling water, coffee, tea, dairy drinks (such as milk), or juice.
- Swallow BONIVA whole. Do not chew or suck the tablet or keep it in your mouth to melt or dissolve.
- After taking BONIVA you must wait at least 60 minutes before:
 - Lying down. You may sit, stand, or do normal activities like read the newspaper or take a walk.
 - Eating or drinking anything except for plain water.
 - Taking other oral medicines including vitamins, calcium, or antacids. Take your vitamins, calcium, and antacids at a different time of the day from the time when you take BONIVA.
- If you take too much BONIVA, drink a full glass of milk and call your local poison control center or emergency room right away. Do not make yourself vomit. Do not lie down.
- Keep taking BONIVA for as long as your health care provider tells you. BONIVA will not work if you stop taking it.
- Your health care provider may tell you to exercise and take calcium and vitamin supplements to help your osteoporosis.
- Your health care provider may do a test to measure the thickness (density) of your bones or do other tests to check your progress.

What is my BONIVA schedule?

Schedule for taking BONIVA 2.5 mg once-daily:

- Take one BONIVA 2.5 mg tablet once a day first thing in the morning at least 60 minutes before you eat, drink anything other than plain water, or take any other oral medicine (see “**How should I take BONIVA?**”).

What to do if I miss a daily dose:

- If you forget to take your BONIVA 2.5 mg tablet in the morning, **do not** take it later in the day. Just return to your normal schedule and take 1 tablet the next morning. **Do not** take two tablets on the same day.
- **If you are not sure what to do if you miss a dose, contact your health care provider who will be able to advise you.**

Schedule for taking BONIVA 150 mg once-monthly:

- Take one BONIVA 150 mg tablet once a month.
- Choose one date of the month (your BONIVA day) that you will remember and that best fits your schedule to take your BONIVA 150 mg tablet.
- Take one BONIVA 150 mg tablet in the morning of your chosen day (see “**How should I take BONIVA?**”).

What to do if I miss a monthly dose:

- If your next scheduled BONIVA day is more than 7 days away, take one BONIVA 150 mg tablet in the morning following the day that you remember (see “**How should I take BONIVA?**”). Then return to taking one BONIVA 150 mg tablet every month in the morning of your chosen day, according to your original schedule.
- **Do not** take two 150 mg tablets within the same week. If your next scheduled BONIVA day is only 1 to 7 days away, **wait** until your next scheduled BONIVA day to take your tablet. Then return to taking one BONIVA 150 mg tablet every month in the morning of your chosen day, according to your original schedule.

- **If you are not sure what to do if you miss a dose, contact your health care provider who will be able to advise you.**

What should I avoid while taking BONIVA?

- Do not take other medicines, or eat or drink anything but plain water before you take BONIVA and for at least 60 minutes after you take it.
- Do not lie down for at least 60 minutes after you take BONIVA.

What are the possible side effects of BONIVA?

Stop taking BONIVA and call your health care provider right away if you have:

- **pain or trouble with swallowing**
- **chest pain**
- **very bad heartburn or heartburn that does not get better**

BONIVA MAY CAUSE:

- pain or trouble swallowing (dysphagia)
- heartburn (esophagitis)
- ulcers in your stomach or esophagus (the tube that connects your mouth and stomach)

Common side effects with BONIVA are:

- diarrhea
- pain in extremities (arms or legs)
- dyspepsia (upset stomach)

Less common side effects with BONIVA are short-lasting, mild flu-like symptoms (which usually improve after the first dose). These are not all the possible side effects of BONIVA. For more information ask your health care provider or pharmacist.

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

Rarely, patients have reported severe bone, joint, and/or muscle pain starting within one day to several months after beginning to take, by mouth, bisphosphonate drugs to treat osteoporosis (thin bones). This group of drugs includes BONIVA. Most patients experienced relief after stopping the drug. Contact your health care provider if you develop these symptoms after starting BONIVA.

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

What is osteoporosis?

Osteoporosis is a disease that causes bones to become thinner. Thin bones can break easily. Most people think of their bones as being solid like a rock. Actually, bone is living tissue, just like other parts of the body, such as your heart, brain, or skin. Bone just happens to be a harder type of tissue. Bone is always changing. Your body keeps your bones strong and healthy by replacing old bone with new bone.

Osteoporosis causes the body to remove more bone than it replaces. This means that bones get weaker. Weak bones are more likely to break. Osteoporosis is a bone disease that is quite common in women after menopause. At first, osteoporosis has no symptoms, but people with osteoporosis may develop loss of height and are more likely to break (fracture) their bones, especially

the back (spine), wrist, and hip bones.

Osteoporosis can be prevented, and with proper therapy it can be treated.

Who is at risk for osteoporosis?

Talk to your health care provider about your chances for getting osteoporosis.

Many things put people at risk for osteoporosis. The following people have a higher chance of getting osteoporosis:

Women who:

- are going through or who are past menopause (“the change”)
- are white (Caucasian) or Asian

People who:

- are thin
- have a family member with osteoporosis
- do not get enough calcium or vitamin D
- do not exercise
- smoke
- drink alcohol often
- take bone thinning medicines (like prednisone) for a long time

General information about BONIVA

Do not use BONIVA for a condition for which it was not prescribed. Do not give BONIVA to other people, even if they have the same symptoms you have. It may harm them.

Store BONIVA at 77°F (25°C) or at room temperature between 59°F and 86°F (15°C and 30°C).

Keep BONIVA and all medicines out of the reach of children.

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

For more information about BONIVA, call 1-888-MY-BONIVA or visit www.myboniva.com.

What are the ingredients of BONIVA?

BONIVA (active ingredient): ibandronate sodium
 BONIVA (inactive ingredients): lactose monohydrate, povidone, microcrystalline cellulose, crospovidone, purified stearic acid, colloidal silicon dioxide, and purified water. The tablet film coating contains hypromellose, titanium dioxide, talc, polyethylene glycol 6000 and purified water.

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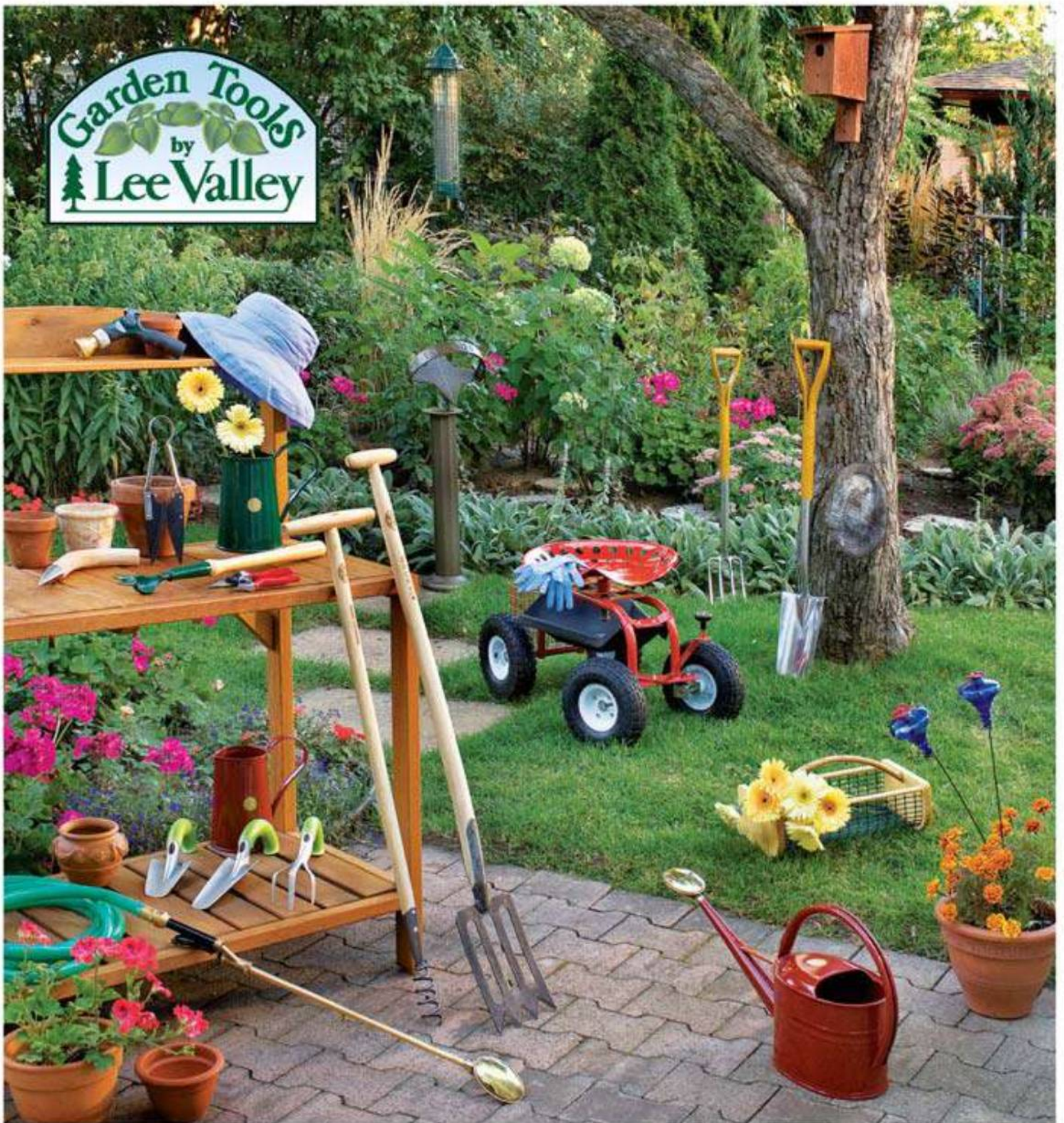


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The Biggest Risk You've Never Heard Of

What takes more lives each year than breast cancer and AIDS combined? Hint: Seven years ago, the little-known problem felled NBC News correspondent David Bloom. While Bloom was covering the 2003 Iraq invasion, he was killed not by a bullet or a bomb but by deep vein thrombosis, or DVT, which caused a fatal blood clot.

March is national DVT Awareness Month, and Bloom's widow, Melanie, is sounding the alert:

→ Health

The condition can endanger even healthy people in the prime of life.

DVT develops when a clot forms in the body's deep veins, usually in a leg. If a fragment breaks off and travels to the lungs, it may cause an artery-blocking pulmonary embolism. Each year, some 300,000 Americans die from embolisms, most of them related to DVT.

Young and old alike fall victim, says the Coalition to Prevent DVT. The biggest risk: recent surgery. A new study shows that the chance of developing a potentially fatal blood clot rises 70-fold after an operation and stays elevated for up to 12 weeks, much higher and longer than previously realized. According to Geno Merli, MD, a vascular specialist at Thomas Jefferson University Hospital in Philadelphia, this should be a "wake-up call"—not just for

Who's at Risk?	Why?
Airline passengers, long-distance drivers	Dehydration, confinement
Students cramming for tests	Extended sitting
Athletes	Injury
Mechanics	Confinement
Surgery patients	All of the above

patients but also for doctors, who overlook this danger too often. But even everyday activities occasionally cause problems, Dr. Merli says, particularly if they involve cramped quarters or if you get dehydrated.

Protect yourself: Drink plenty of liquids and take breaks to walk or stretch every hour if you're flying, studying, or otherwise cooped up. And if you are short of breath or feel persistent pain, swelling, or warmth in your legs, especially if you've had recent surgery, call your doctor.

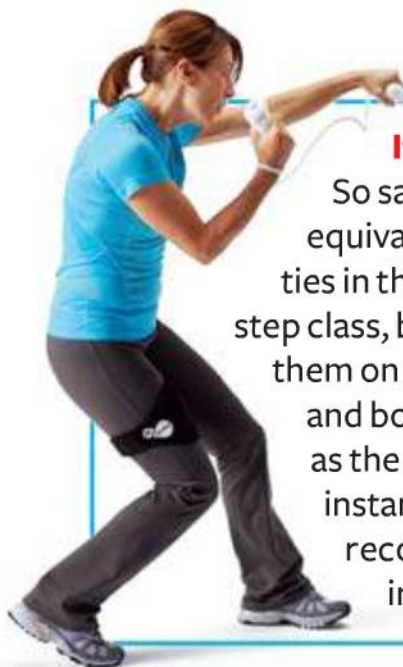
Beth Howard

Wii Like It

It's official: Wii Fit and Wii Sports really can help you get in shape.

So say researchers who used a standard measure known as metabolic equivalent of a task (MET) to rate the effort required by over 40 activities in the get-moving video games. Nine Wii activities—including basic step class, baseball, and tennis—demanded three to four METs, putting them on a par with brisk walking (3.8 METs). Wii push-ups, advanced step, and boxing called for more than four METs. Wii sessions aren't as tough as the activities they mimic—real tennis requires seven METs, for instance. But they can help you meet the American Heart Association's recommendations for optimal fitness: a half hour of moderately intense activity (three to six METs) five days a week.

B. H.



Small Grains, Big Payoff

Here's an easy way to sneak more nutrition into your meals—substitute rice for pasta or potatoes. Recent studies have highlighted the virtues of whole-grain rice, including one that suggests that rice bran can cut cholesterol and lower blood sugar. Rich in disease-fighting compounds and fiber, whole-grain rice is better for you than bread and pasta, says nutritionist Julie Upton, RD. To work more rice into your diet:

Try the deep-colored varieties.

Chewy black japonica, nutty-tasting aromatic red rice, and rich-scented brown basmati rice have more protein and

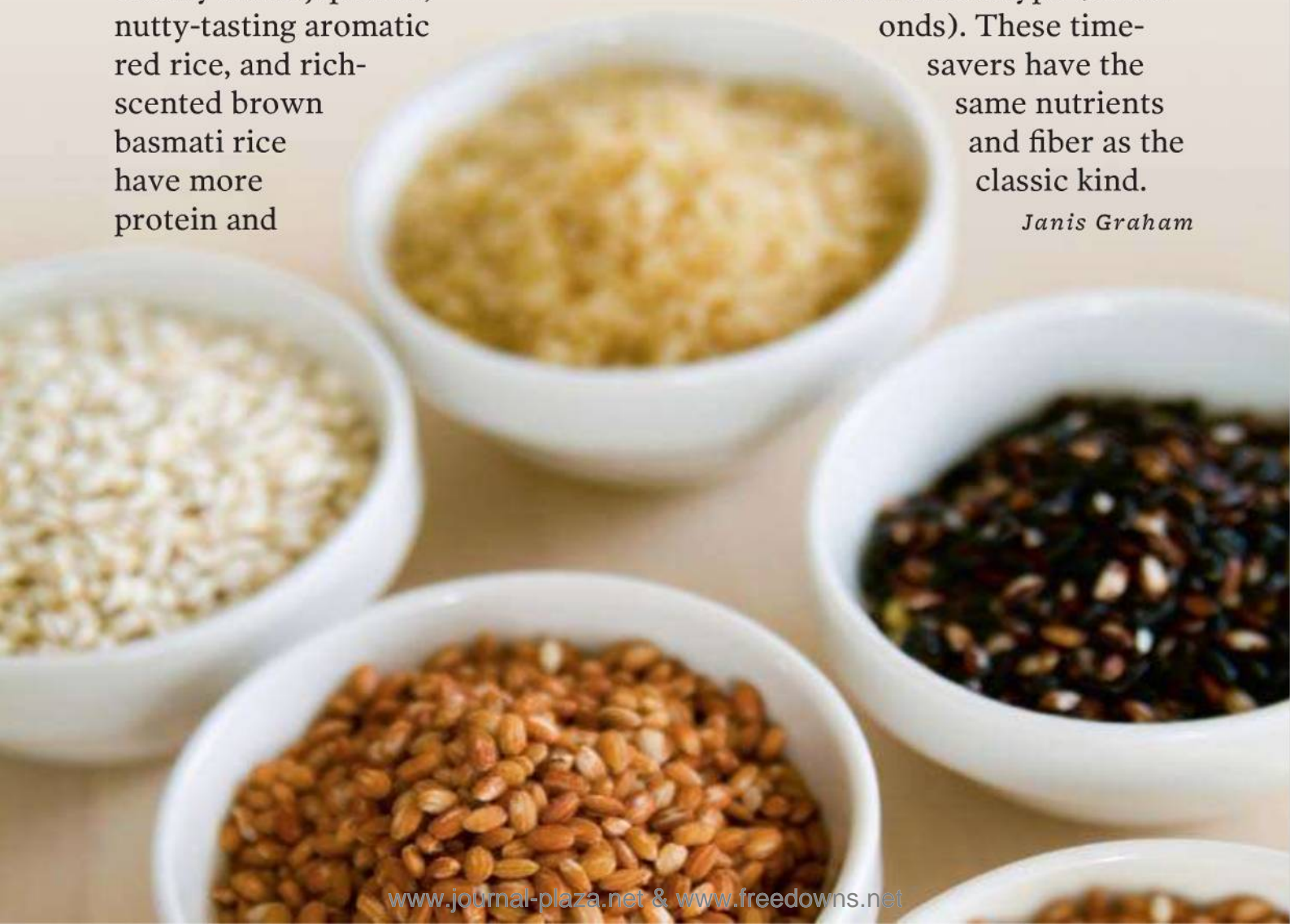
as much as six times the fiber of most white types—and more flavor too.

Plug it into your favorite recipes.

Add one to two cups cooked rice to each pound of ground beef or turkey in burgers, meatloaf, and chili to slash calories and fat. To boost fiber, substitute brown rice for noodles in casseroles.

Quick-cook it. Don't let the 45 minutes of cooking time deter you from choosing whole-grain brown rice. Try an "instant" version (10 minutes on the stovetop) or a microwavable type (90 seconds). These time-savers have the same nutrients and fiber as the classic kind.

Janis Graham



FLU UPDATE

H1N1: The Report Card

It's been nearly a year since experts recognized the emergence of a new and fast-spreading microbe. **KATHLEEN SEBELIUS**, secretary of the Department of Health and Human Services, gives a progress report on the U.S. response to the H1N1 virus:

What have been our biggest successes and failures?

We went from identifying the virus to producing the first vaccine in less than six months. That's pretty unheard-of! We've been enormously successful at distributing the vaccine—over 60 million people have been vaccinated so far. On the other hand, the glitches in vaccine production were frustrating.

You recently helped cut the ribbon on a new flu vaccine factory in the United States. Do you think that will help?

That plant is a big deal for two reasons. It brings manufacturing capacity back to the U.S. During the current epidemic, two companies had to fill orders in their own countries before they could make the vaccines available to us. And instead of growing the virus needed for the vaccine in chicken eggs, the new factory will use a cell culture. That's a more reliable method. Egg-based technology is now 50 years old—it's critical that we develop a variety of new approaches.

We've all heard about healthy people who come down with H1N1 and are dead within a few days. Are you satisfied with the medical response to this disease?

While the vast majority of H1N1 cases have been relatively mild, scientists

say that the severe cases are more severe than many of them have ever seen. People move from total health to a ventilator in a couple of days. And about a third of these cases have occurred in children and adults with no preexisting conditions. We're working hard to understand this.

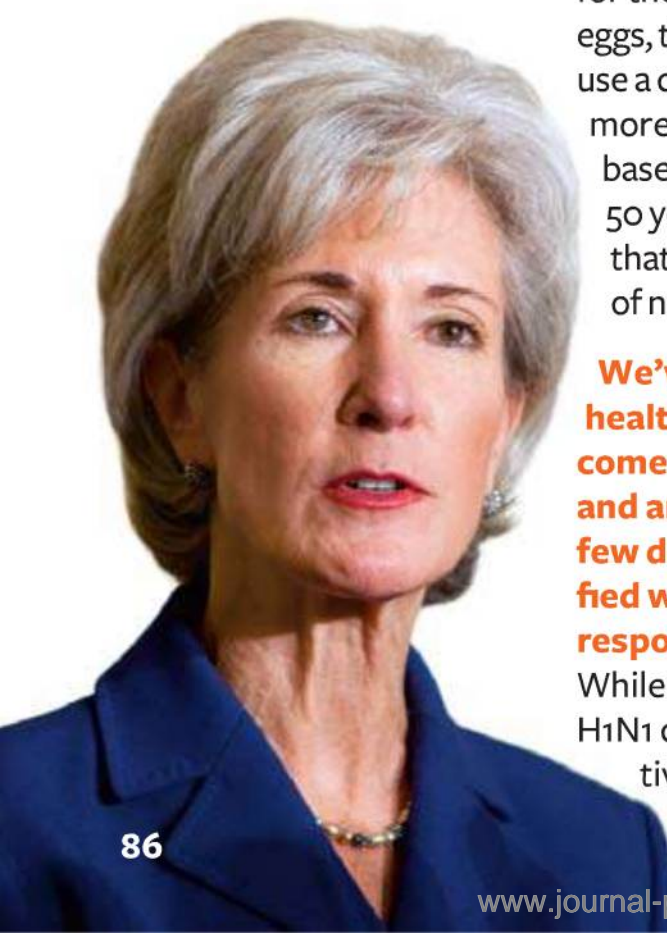
What should people be doing to protect themselves?

We want to make sure people understand that what we saw this fall was the second wave of the virus, and there could easily be a third. We have an opportunity now to get out ahead of it: We have ample vaccine, and if we get as many people vaccinated as possible, it can help avert what many experts believe may be a more vicious strain next winter.

Arthur Allen



For more of our interview with Secretary Sebelius, go to readersdigest.com/h1n1.



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Lose That Pain in the Neck

If you spend much time hunched over a computer, there's a good chance you've experienced pain in the trapezius—the muscle that extends from the back of your head, across your shoulders, and down your back. A new study offers a simple, effective remedy: five exercises that cut pain by more than 50 percent among women with tight neck and shoulder muscles.

B. H.

The Workout For each move, perform three sets of 12 repetitions, gradually increasing the weight as you get stronger.

1. Shrugs

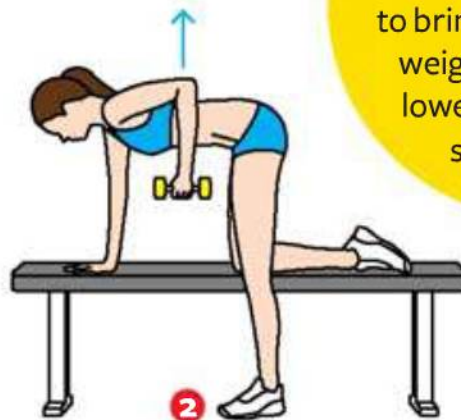
Stand with 15- to 25-pound weight in each hand, arms at sides. Lift shoulders up toward ears and lower slowly.



1

2. One-Arm Row

With right knee on bench, lean on right hand. Slowly raise left elbow to bring 12- to 20-pound weight to chest level; lower slowly. Switch sides; repeat.



2



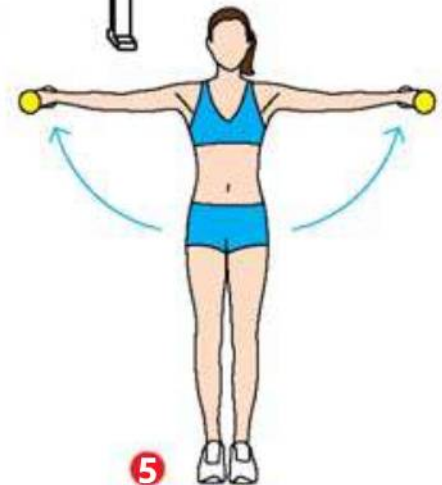
3

4. Reverse Fly

With 2- to 5-pound weight in each hand, bend forward to a 45-degree angle. Elbows slightly bent, lift weights to shoulder height; lower slowly.



4



5

3. Upright Row

With 4- to 10-pound weight in each hand, raise weights to middle of chest, keeping them close to body. Lower slowly.

5. Shoulder Abduction

With 5- to 8-pound weight in each hand and elbows slightly bent, lift weights until arms are parallel to floor. Lower slowly.



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Osteoporosis:

Q: If I have postmenopausal osteoporosis, am I more likely to break a bone?

Dr. Lawrence Ford: Actually, fractures due to osteoporosis are more common than you may think. It's estimated that women experience more osteoporosis-related fractures every year than have a stroke, heart attack or breast cancer combined.

Q: What can I do?

Dr. LF: Ask your doctor about treatment options like Once-a-Month Actonel. It's clinically proven to help reverse bone loss and can help increase bone strength to help prevent fractures.

Dr. Theresa Lawrence Ford

Rheumatology, Immunology, Osteoporosis
North Georgia Rheumatology Group PC

Doctor paid to appear in this ad.

Get The Facts

Actonel is a prescription medication to treat postmenopausal osteoporosis.

Important Safety Information for Actonel® (risedronate sodium) tablets.

You should not take Actonel if you are allergic to any of the ingredients, if you have low blood calcium (hypocalcemia), have kidneys that work poorly, or cannot stand or sit upright for 30 minutes. Stop taking Actonel and tell your doctor right away if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow dosing instructions carefully to lower the chance of these events occurring.

Side effects may include stomach pain, upset stomach, or back, muscle, bone or joint pain, sometimes severe. Contact your doctor for medical advice about side effects, or if you have questions about Actonel. Promptly tell your doctor if you develop dental problems, as serious jawbone problems have been reported rarely.

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

Please see the Actonel Patient Information on the adjoining page.



Call 1-877-Actonel or visit Actonel.com

Actonel is a registered trademark of Warner Chilcott Company, LLC

Patient Information

ACTONEL® (AK-toh-nel) Tablets

ACTONEL (risedronate sodium) tablets 5 mg,
ACTONEL (risedronate sodium) tablets 35 mg,
ACTONEL (risedronate sodium) tablets 75 mg, and
ACTONEL (risedronate sodium) tablets 150 mg for
Osteoporosis

Read this information carefully before you start to use your medicine. Read the information you get every time you get more medicine. There may be new information. This information does not take the place of talking with your healthcare provider about your medical condition or your treatment. If you have any questions or are not sure about something, ask your healthcare provider or pharmacist.

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

ACTONEL may cause problems in your stomach and esophagus (the tube that connects the mouth and the stomach), such as trouble swallowing (dysphagia), heartburn (esophagitis), and ulcers. You might feel pain in your bones, joints, or muscles (See "What are the possible side effects of ACTONEL?").

You must follow the instructions exactly for ACTONEL to work and to lower the chance of serious side effects. (See "How should I take ACTONEL?").

What is ACTONEL?

ACTONEL is a prescription medicine used:

- to prevent and treat osteoporosis in postmenopausal women.
- to increase bone mass in men with osteoporosis.
- to prevent and treat osteoporosis in men and women that is caused by treatment with steroid medicines such as prednisone.
- to treat Paget's disease of bone in men and women. The treatment for Paget's disease is very different than for osteoporosis and uses a different dose of ACTONEL. This leaflet does not cover using ACTONEL for Paget's disease. If you have Paget's disease, ask your healthcare provider how to use ACTONEL.

ACTONEL may reverse bone loss by stopping more loss of bone and increasing bone strength in most people who take it, even though they won't be able to see or feel a difference. ACTONEL helps lower the risk of breaking bones (fractures). Your healthcare provider may measure the thickness (density) of your bones or do other tests to check your progress.

Who should not take ACTONEL?

Do not take ACTONEL if you:

- have low blood calcium (hypocalcemia)
- cannot sit or stand up for 30 minutes
- have kidneys that work poorly
- have an allergy to ACTONEL. The active ingredient in ACTONEL is risedronate sodium. (See the end of this leaflet for a list of all the ingredients in ACTONEL.)

Tell your doctor before using ACTONEL if:

- you are pregnant or may become pregnant. We do not know if ACTONEL can harm your unborn child.
- you are breast-feeding or plan to breast-feed. We do not know if ACTONEL can pass through your milk and if it can harm your baby.
- you have kidney problems. ACTONEL may not be right for you.

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

ACTONEL can interact with other medicines. Keep a list of all the medicines you take. Show it to all your healthcare providers, including your dentist and pharmacist, each time you get a new medicine.

How should I take ACTONEL?

The following instructions apply to all patients taking ACTONEL:

- Take ACTONEL exactly as prescribed by your healthcare provider.
- Take ACTONEL first thing in the morning before you eat or drink anything except plain water.
- Take ACTONEL while you are sitting up or standing.
- Take ACTONEL with 6 to 8 ounces (about 1 cup) of plain water. Do **not** take it with any other drink besides plain water.
- Swallow ACTONEL whole. **Do not chew** the tablet or keep it in your mouth to melt or dissolve.
- After taking ACTONEL you must wait at least 30 minutes

BEFORE:

- lying down. You may sit, stand, or do normal activities like read the newspaper or take a walk.
- eating or drinking anything except plain water.
- taking vitamins, calcium, or antacids. Take vitamins, calcium, and antacids at a different time of the day from when you take ACTONEL.
- Keep taking ACTONEL for as long as your healthcare provider tells you.
- For ACTONEL to treat your osteoporosis or keep you from getting osteoporosis, you have to take it exactly as prescribed. If you miss a dose of ACTONEL, call your healthcare provider for instructions.
- If you take more than your prescribed dose of ACTONEL, call your healthcare provider right away.
- Your healthcare provider may tell you to take calcium and vitamin D supplements and to exercise.

What is my ACTONEL schedule?

ACTONEL tablets are made in 4 different dosages (amounts). How often you should take your tablet depends upon the dosage that your doctor has prescribed (recommended) for you.

- 5 mg tablets are yellow. One tablet should be taken every day in the morning.

- 35 mg tablets are orange. One tablet should be taken once a week in the morning.
- 75 mg tablets are pink. One tablet should be taken in the morning two days in a row every month.
- 150 mg tablets are blue. One tablet should be taken once a month in the morning.

If you miss your dose in the morning, do not take it later in the day. You should call your healthcare provider for instructions.

What should I avoid while taking ACTONEL?

- Do not eat or drink anything except water before you take ACTONEL and for at least 30 minutes after you take it. See "How should I take ACTONEL?"
- Do not lie down for at least 30 minutes after you take ACTONEL.
- Foods and some vitamin supplements and medicines can stop your body from absorbing (using) ACTONEL. Therefore, do not take anything other than plain water at or near the time you take ACTONEL.

What are the possible side effects of ACTONEL?

Stop taking ACTONEL and tell your healthcare provider right away if:

- swallowing is difficult or painful
- you have chest pain
- you have very bad heartburn or it doesn't get better

Possible serious side effects may include:

- esophagus or stomach problems, including ulcers, pain, or trouble swallowing. Tell your healthcare provider if you have pain or discomfort in your stomach or esophagus.
- low calcium and other mineral disturbances. If you already have one (or more) of these problems, it should be corrected before taking ACTONEL.
- pain in bones, joints or muscles, sometimes severe. Pain may start as soon as one day or up to several months after starting ACTONEL.
- jawbone problems in some people, which may include infection and slower healing after teeth are pulled. Tell your healthcare providers, including your dentist, right away if you have these symptoms.

Common side effects include the following:

- back and joint pain
- upset stomach and abdominal (stomach area) pain
- short-lasting, mild flu-like symptoms, which are reported with the monthly doses and usually get better after the first dose.

Other possible side effects may include:

- **Allergic and severe skin reactions.** Tell your healthcare provider if you develop any symptoms of an allergic reaction including: rash (with or without blisters), hives, or swelling of the face, lips, tongue, or throat. **Get medical help right away if you have trouble breathing or swallowing.**
- **Eye inflammation.** Tell your healthcare provider

if you get any eye pain, redness, or if your eyes become more sensitive to light.

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

How should I store ACTONEL?

- Store ACTONEL between 68°F to 77°F (20°C to 25°C).
- **Keep ACTONEL and all medicines out of the reach of children.**

General information about ACTONEL:

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

What if I have other questions about ACTONEL?

This leaflet summarizes the most important information about ACTONEL for osteoporosis. If you have more questions about ACTONEL, ask your healthcare provider or pharmacist. They can give you information written for healthcare professionals. For more information, call 1-877-ACTONEL (toll-free) or visit our web site at www.ACTONEL.com.

What are the ingredients of ACTONEL?

ACTONEL (active ingredient): risedronate sodium.

ACTONEL (inactive ingredients):

All dose strengths contain: crospovidone, hydroxypropyl cellulose, hypromellose, magnesium stearate, microcrystalline cellulose, polyethylene glycol, silicon dioxide, titanium dioxide.

Dose-strength specific ingredients include:

5 mg—ferric oxide yellow, lactose monohydrate;
30 mg—lactose monohydrate; 35 mg—ferric oxide red, ferric oxide yellow, lactose monohydrate;
75 mg—ferric oxide red; 150 mg—FD&C blue #2 aluminum lake.

ACTONEL® is marketed by:

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Cincinnati, OH 45202

and

sanofi-aventis U.S. LLC

Bridgewater, NJ 08807

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Because health matters

The Alliance for Better Bone Health

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BY GINNY GRAVES

Secrets the

ER

Staff Won't Tell You

What really goes on in the ER—and on the way there? We asked 19 doctors, nurses, and paramedics to give us straight answers. **What they revealed could save your life.**

◀ We draw straws to see who gets the obnoxious people—the ones who are verbally abusive, angry, drunk, or out of control. ▶



The 411 on 911

>> “Denial kills people. Yes, you could be having a heart attack or a stroke, even if you’re only 39 or in good shape or a vegetarian.”

Dennis Rowe, paramedic, Knoxville, Tennessee

>> “Don’t call us for a broken finger. If there’s no real emergency, you’ve just clogged up the system.”

Arthur Hsieh, paramedic, San Francisco

>> “Your emergency isn’t necessarily our emergency. In my region, we send an ambulance for all calls, but we don’t use the sirens unless it’s Code 1, which means someone’s bleeding or having chest pain or shortness of breath—basically things you could die from in the next five minutes.”

Connie Meyer, RN, paramedic, Olathe, Kansas

>> “Calling from a landline can save your life because we can pinpoint

your location instantly. If you call from a cell phone, we waste a lot of time asking where you are or searching for you.”

Arthur Hsieh, paramedic

>> “Don’t hang up after you tell us what’s wrong. The operator may be trained to give you instructions in CPR and other medical procedures that could be lifesaving.”

Dennis Rowe, paramedic

>> “It’s incredible how many people having a heart attack drive themselves to the emergency room instead of calling 911. That’s just dumb. What are you going to do if you’re driving and your heart stops?”

Arthur Hsieh, paramedic

An ambulance isn’t a fancy taxi

>> “In a true emergency, we’re not going to drive 30 miles to the hospital that takes your insurance when there’s a good one two miles away. But if there are many ERs near you, know which one you prefer because we might ask. Find out where your doctor practices, where the nearest trauma center is, and which hospital has the best cardiac center.”

Connie Meyer, RN, paramedic

>> “When we arrive, don’t expect us to say hello. We’re focused on the patient. Once he’s stable, then we’ll introduce ourselves.”

Don Lundy, paramedic, Charleston County, South Carolina

+ ER VITALS

- Average cost of an ER visit: **\$707**
- Number of visits to U.S. emergency rooms in 2007: **117 million**
- Increase in the number of ER visits from 1996 to 2006: **32%**
- Average time spent in the ER: **2 hours, 40 minutes**
- Number of ambulances per year that are diverted to a different hospital due to lack of staff and space: **500,000**

>> “In most cases, we can’t transport someone who doesn’t want to go. Uncle Eddie may be as sick as a dog, but if he says he doesn’t want to get in an ambulance, we need to respect his wishes.” *Arthur Hsieh, paramedic*

>> “If the patient is stable, and 97 percent are, there’s no reason to drive 60 miles an hour on city streets. Have you ever tried to put an IV into some-

>> “The busiest time starts around 6 p.m.; Mondays are the worst. We’re slowest from 3 a.m. to 9 a.m. If you have a choice, come early in the morning.” *Denise King, RN, Riverside, California*

>> “People who are vomiting their guts out get a room more quickly. The admitting clerks don’t like vomit in the waiting area.”

Joan Somes, RN, St. Paul, Minnesota



Waiting is good. It means you're not going to die. The person you need to feel sorry for is the one who gets rushed into the ER and treated first. *Don Lundy, paramedic*

one’s arm in the back of a speeding ambulance?” *Don Lundy, paramedic*

>> “Arriving by ambulance doesn’t mean you’ll get a red-carpet escort into the ER. You’ll get triaged like everyone else, and if you’re not that sick or injured, you’re going to wait.”

Connie Meyer, RN, paramedic

Yes, we know you’re waiting ... and waiting

>> “We hate it too! But don’t be angry at us. If you’re waiting, there’s one reason: We’re out of beds.”

Jeri Babb, RN, Des Moines, Iowa

>> “We like the rapid turnover, so we don’t want you stuck in the ER while you’re waiting to be admitted. If we wanted to care for the same patient for hours at a time, we would work on an in-patient ward.”

Denise King, RN

>> “Never tell an ER nurse, ‘All I have is this cut on my finger. Why can’t someone just look at it?’ That just shows you have no idea how the ER actually works.”

Dana Hawkins, RN, Tulsa, Oklahoma

>> “Don’t blame ER overcrowding on the uninsured. They account for

17 percent of visits. The underlying problem is hospital overcrowding in general.”

Leora Horwitz, MD, assistant professor, Yale University School of Medicine, New Haven, Connecticut

We need you to cooperate

>> “When we say, ‘Put on this gown,’ we mean you should take off the clothes underneath so we can see the area that we need to examine. I once had a woman put the gown on over her clothes and her coat.”

Allen Roberts, MD, emergency physician, Fort Worth, Texas

+ IN CASE OF EMERGENCY

- Bring someone with you, or have someone meet you there.
- Check the heart attack and pneumonia success rates of the ERs near you at hospitalcompare.hhs.gov.
- Make a list and carry with you at all times: your doctors’ names and phone numbers, medications you take, food and drug allergies, a short medical history, phone number of a relative or friend to call in an emergency (find a form online at medIDs.com).
- Enter your emergency contact into your cell phone too.
- Make sure your house number is clearly visible from the street. The faster EMTs can find you, the faster they can help you. *Becky Batcha*

>> “We don’t have time to read the background on every patient. So if you’re having stomach pain, and you’ve had your appendix or gallbladder removed, tell us so we don’t go on a wild-goose chase.”

Dana Hawkins, RN

>> “Be honest about whatever happened. Don’t be a hypochondriac, and don’t answer yes to every question. It will only screw up your care.”

Emergency medical technician, Middlebury, Vermont

>> “I once had a patient say he didn’t take any medications. Later he mentioned he was diabetic. I looked at him and asked, ‘Do you take insulin?’ He said yes. Well, that’s medicine.”

Allen Roberts, MD

>> “If you haven’t had your child immunized, admit it. That’s important information for us to have.”

Marianne Gausche-Hill, MD, emergency physician, Torrance, California

>> “Some ERs don’t allow more than one visitor per patient for a reason: You get in our way. Nominate someone to be in the ER and have that person relay information to everyone else in the waiting room.”

Donna Mason, RN, ER consultant, Nashville, Tennessee

>> “If we tell you to stay in bed, we mean it. Some medications make you uncoordinated, and we hate it when people fall down.” *Joan Somes, RN*

>> “Tell us about any herbal treatments you’re taking. I treated a young man who had put aseptil rojo on some abrasions. It turned his urine red—but we didn’t find the cause until after we’d done a lengthy workup.” *Marianne Gausche-Hill, MD*

>> “It’s not uncommon that I get a patient who refuses to have the tests

want or you don’t look like you’re in that much pain but you drove an hour from your home to get there.”

Denise King, RN

>> “We hear all kinds of weird stuff. I had a woman who came in at 3 a.m. and said she’d passed out while she was asleep.”

Emergency physician, suburban Northeast

One of our favorite lines is **“You can’t fix stupidity.”** If you complain of nausea and then eat a bag of chips, **that’s what we’re thinking.’** *Joan Somes, RN*



I recommend. I had a volatile conversation with a family who didn’t believe in medicine. What did you expect in the ER?”

Joan Shook, MD, emergency physician, Houston, Texas

We don’t believe you

>> “Never, ever lie to your ER nurse. Their BS detectors are excellent, and you lose all credibility when you lie.”

Allen Roberts, MD

>> “Some of us are pretty good at spotting people who come in to score pain medication—especially if you’re specific about the drug you

We play favorites

>> “Get rid of your entitlement mentality. It’s bad in your general life but really bad in the ER. We’ll treat you, but we might not be nice.”

Allen Roberts, MD

>> “It makes me crazy when visitors wander around talking on their cell phones. You’re being annoying.”

Joan Somes, RN

>> “Your complaints about your prior doctor will not endear you to us. The more you say, the less we want to deal with you.”

Allen Roberts, MD

>> “If you come in with a bizarre or disgusting symptom, we’re going to talk about you. We won’t talk about you to people outside the ER, but doctors and nurses need to vent, just like everyone else.”

Emergency physician, suburban Northeast

We can only do so much

>> “If you come into the ER with a virus, don’t get mad if we can’t tell you exactly what it is. If we’ve ruled out any serious problems, you’re going to

have to follow up with your primary care doctor.”

Jeri Babb, RN

>> “Standing in the doorway and staring at us while we work won’t help your loved one get treated more quickly. We’re pretty used to people trying to intimidate us.”

Joan Somes, RN

>> “Not all ERs are equally equipped to deal with children. Check with your pediatrician to see which ER he or she recommends.”

Joan Shook, MD

+ 14 REASONS TO GET TO THE ER—STAT!

- Loss of consciousness
- Chest or severe abdominal pain
- Sudden weakness or numbness in face, arm, or leg
- Sudden changes in vision
- Difficulty speaking
- Severe shortness of breath
- Bleeding that doesn’t stop after ten minutes of direct pressure
- Any sudden, severe pain
- Major injury, such as a head trauma
- Unexplained confusion or disorientation
- Severe or persistent vomiting or diarrhea
- Coughing or vomiting blood
- A severe or worsening reaction to an insect bite, food, or medication
- Suicidal feelings

>> “We really don’t have anything to offer the person who comes to the ER with cold symptoms that have lasted a day or two. It’s a waste of everyone’s time.”

Emergency physician, suburban Northeast

>> “It’s common to see families who have overmedicated their kids with asthma medication. You can’t just give your children two or three times as much as they’ve been prescribed.”

Joan Shook, MD

>> “Because so many hospitals are overwhelmed, we may not be able to unload the ambulance as soon as we get there. We’ll stay with you until we can hand you off to the nurses. We do the best we can with a bad situation.”

Connie Meyer, RN, paramedic

>> “No, I don’t know what your insurance covers.”

Allen Roberts, MD

Speak up, please

>> “If your doctor sends you to the ER so you can be admitted to the hospital, ask him to send the orders to the hospital instead. It’s more paperwork for him but could be quicker for you. And it doesn’t jam up the ER with nonemergency patients.”

Denise King, RN

>> “Some patients withhold information they’ve already received from their primary care physician just to see if we come up with the same diagnosis or treatment. Don’t. All you’re doing is slowing us down.”

Joan Shook, MD

>> “An ER in a rural area might not have a doctor who is certified in emergency medicine, and the likelihood of having specialists on staff is very low. If you wind up in one, ask to transfer to a hospital that has more resources.”

*Robert Solomon, MD, emergency physician,
Waynesburg, Pennsylvania*

>> “If you don’t understand what you’re supposed to do when you leave the ER, ask—and ask again if necessary. We don’t want you to have to come back.”

Linda Lawrence, MD, San Antonio, Texas

Say thank you

>> “Some people have no clue how close they came to dying before being saved by emergency interventions.

HELP YOURSELF: + LEARN FIRST AID

“Something as simple as knowing how to apply pressure to stop or slow bleeding can save a life,” says Marni Bonnin, MD, an ER doctor in Birmingham, Alabama. To keep handy: the American College of Emergency Physicians’ newly updated *First Aid Manual* (\$14.95; acep.org).

I’ve seen serious stroke, heart attack, and trauma patients lead normal lives after events that should have killed them. If only they knew.”

*Ramon Johnson, MD, emergency physician,
Mission Viejo, California*

>> “In the ER, nurses provide most of the hands-on care. So be nice.”

Donna Mason, RN

>> “ER staffs are pretty good at zebra hunting—recognizing an unusual diagnosis—because we’re looking at your symptoms with fresh eyes. We’ve diagnosed cancer and brain tumors in the ER.”

Joan Somes, RN

>> “We’re the only doctors who will take care of you first and ask questions about payment later, so we end up giving one third of our care for free—and lose about \$100,000 of income a year. Yet we still do it. This is the best specialty in the world.”

Ramon Johnson, MD



For ten more secrets from the ER, go to readersdigest.com/er.

On a Wyoming
reservoir,
a father-son
fishing trip
becomes a
struggle for survival

BY NICK HEIL



**Jarred Knavel
with sons Kaeleb
(left) and Tristen.**



CRISIS ON THE ICE

Jarred Knavel brought his all-terrain vehicle to a halt on the ice, stood tall on the footpads, and surveyed the scene in front of him. A thin layer of slush topped the frozen surface of Wyoming's Flaming Gorge Reservoir, where he'd come to ice fish with his two sons. Kaeleb, 7, sat on the seat behind him, while 12-year-old Tristen rode on a sled hitched to the back.

The slush wasn't unusual for January, but Knavel thought he'd better play it safe and head toward shore, some 40 feet away. Suddenly he felt the machine buck.

"Dad!" Tristen called from the back. "The ice!"

It's a weak spot, Knavel thought, almost undetectable until you're on top of it. The ATV listed violently, and he looked down to see the ice giving way beneath them.

A project manager for mining companies and a lifelong sportsman, Knavel, 34, had fished the 91-mile-long reservoir many times, lured by its austere beauty and the possibility of catching a 50-pound lake trout. He'd stayed up late the night before at his home in Green River, studying nautical charts and mapping a new route to his favorite fishing spot.

When he arrived at the gorge with his sons, he'd seen only a few other vehicles parked along the shore—surprising for a 25-degree Saturday. He and the boys had loaded up the ATV, hooked up the sled, and set out over the ice.

Less than 15 minutes later, the rig

nose-dived into the water, spilling Knavel and Kaeleb off the seat. The sled remained afloat, with Tristen on top of it. Knavel tried to get Kaeleb back up onto firm ice, but the edge of the hole crumbled under his weight.

Then Knavel tried thrusting Kaeleb up onto the sled next to his brother. But just as he'd maneuvered the smaller boy on board, the ATV rolled down the steep floor of the lake, sending both boys into the water. Knavel watched, stunned, as the sled disappeared under the surface.

The boys were instinctively treading water, although neither one knew how to swim. Desperate, Knavel submerged himself and pushed off from the lake bottom, about ten feet down, coming up under Kaeleb and launching him onto the ice several feet away. Now Knavel clung to the fractured edge, his lower body still in the water, with Tristen clinging to his back.

Knavel managed to swing himself up onto the surface and drag Tristen alongside him. Afraid to stand and walk the short distance in case the ice broke again, the two wriggled on their bellies toward the lake's edge. A few minutes later, they crawled up the shore to where Kaeleb waited.

Half an hour earlier, Josh Vigil, 26, and Brian Davis, 24, had driven down a dirt road toward the junction of the Green and Blacks Fork rivers. A short distance from the bank, they sat dangling lines through holes in the ice. Thick gray clouds scudded above them, spitting light snow.



**Fisherman
Josh Vigil heard
Knavel's cries
for help.**

Suddenly Vigil noticed the clouds pulling apart, allowing the sun to break through and light up a candy-colored arc over the opposite shore. "Look at that," he said to his friend. "A rainbow in January." They had no idea that a couple of miles from the dazzling light show, a man and two boys were stranded.

Knavel figured their best bet was to head east, the opposite direction from where they'd come, over a hill to Sage Creek inlet, one of the most popular spots on the reservoir. Certainly they'd find help there. He estimated they had an hour before they would be undone by the cold. They could make it to Sage Creek in half that.

Knavel felt heartened to be moving over land, his boys walking and talking beside him: Tristen, the chess prodigy, cerebral and cattail thin, with long bangs of dark hair that fell across one eye like a raven's wing; and Kaeleb, the tiny, spike-haired, budding outdoorsman who could out-fish his father. He didn't want to think about what his wife, Rachel, would say about all of this.

He wrung out the boys' jackets as best he could, and the trio started up the hill. They made good time to the top, where Knavel looked down the opposite side and into the inlet below.

No one—just a blank stretch of ice and vacant shoreline. He stood staring in disbelief, the winter wind howl-

ing over the top of the hill. They had no choice now but to try to make it back to the truck, several miles in the opposite direction.

They began to walk. “Dad, let’s follow the road,” Tristen implored,

He could feel his own energy draining fast. His jeans and flannel shirt were frozen into a shell around him. He stripped off his shirt and pressed on, skin bare to the wind.

Each ravine was more challenging



pointing to the faint impression of a Jeep track near the shore. The footing would be easiest there, but Knavel knew they would lose time. They’d be better off cutting a straight line through a series of shallow ravines. Climbing over the hilly terrain might also help them stay warm.

They’d been walking for about 30 minutes when Tristen cried out, “Dad, Kaeleb!” The older boy, his dark hair matted and his ski jacket soaked through, had been helping his brother, holding him up by the shoulders as they walked. But now Kaeleb lay collapsed on the ground, his face white, his lips pale blue.

Knavel scooped up his younger son. “It’s okay. I got you,” he whispered.

than the one before, but the fourth was the worst, cutting several hundred yards into the shore. They’d have to pick their way around its steep bank, wasting precious time. Oh no, Knavel thought. No, no, no. He heard Tristen mumbling behind him, but it was gibberish, the onset of delirium.

Knavel knew enough about hypothermia to realize the urgency of finding shelter. There was nothing along the barren shore but clumps of sagebrush and shrubby greasewood, so all he could do was focus on pushing forward through the crusty, ankle-deep snowdrifts, with scree crunching under his boots and the cold clawing his strength away. He had just found a kind of rhythm when he heard a thud behind him—and turned to see Tris-

ten lying facedown on the ground, barely conscious.

How would he manage two incapacitated boys? Half naked, facing 30-mph winds, Knavel hooked Kaeleb under one arm and grabbed Tristen

tected something else in the cry—a note of animallike despair.

“I think they’re in trouble,” he told Davis. “I’m going to go check it out.” Davis followed, both of them running. When they reached the opposite shore



“I was desperate to save my boys,” says Knavel of his ordeal at the Flaming Gorge Reservoir.

by the wrist, dragging him over sandstone and snow.

Soon this method became impossible. Knavel tripped and fell frequently and finally resorted to ferrying the boys, first holding Kaeleb against his torso to transfer whatever body heat he could before putting him down and going back for Tristen. Cresting a hill, he spotted his truck a mile across the lake and two fishermen on the ice nearby. He began to yell to them with all he had left. Finally, over the howling wind, he heard a faint but unmistakable response: “We’re coming!”

Vigil and Davis weren’t sure what to make of the sounds at first. Davis was convinced it was teenagers trying to mess with them. But Vigil had de-

five minutes later, they saw something astonishing: a shirtless man, walking on the ridge, his skin crimson, hair frosted stiff at wild angles. In his arms was a small boy, the child’s face ghastly white. Vigil surged forward, sprinting now, his boots punching through the snow. When he reached the pair, the man fell to his knees, the boy limp in his arms.

“Trist,” Knavel said. “My other son. He’s back there. We have to get him.”

Davis pulled off his parka, and he and Vigil quickly grabbed Kaeleb, stripped off his wet layers, and wrapped him in the dry, warm coat. While Davis carried Kaeleb across the ice, Vigil and Knavel turned back to search for the older boy. They found him curled in the fetal position, lying



**The Knavel family
(from left): Tristen,
Rachel, Paige (at top),
Jarred, Tawney,
and Kaeleb.**

on an ice-covered inlet, still breathing. After the men removed the boy's soaked clothes, Vigil wrapped him in his coat and lifted his rigid body. As they made their way toward the ice to reach the vehicles, Vigil stopped. At 65 pounds, Tristen was heavy enough that carrying him across the ice risked breaking through it.

"I have a plastic sled in the truck," Knavel said. "We can pull him across."

"Can you get it?" Vigil replied. "Do you have the strength?"

"Yeah," Knavel said, now functioning entirely on adrenaline. "I can do it."

While Knavel loped across the ice, Vigil carried Tristen to the shore and held him close. Vigil, who has five children, spoke to the boy in his arms

as if he were one of his own. "You can do it, man," he whispered into Tristen's ear. "Just hang on. You're so strong. You're the Incredible Hulk."

Tristen was shivering uncontrollably now, in advanced hypothermia. After 20 minutes, Davis returned with the sled, which helped disperse the weight, and they dragged the boy across the slushy surface.

The truck was running when they reached it. Kaeleb was in the backseat with the heat blasting. There was no cell phone reception this far down in the gorge, so the only option was to get Tristen inside the rig and drive out to the highway as quickly as possible.

"We'll follow you," Vigil said. "But you gotta go now."

The cab was a sanctuary of warmth and safety. Kaeleb already appeared revived, sitting up and talking. The men wrapped Tristen in heavy blankets, but he remained nearly unconscious in the backseat. Knavel floored it onto the dirt road and, using the truck's OnStar service, reached a dispatcher, who sent an ambulance to meet them at the highway.

Rachel Knavel was at home when the sheriff called: Her sons had fallen in the lake, he told her. They were on their way to Memorial Hospital in Rock Springs, 15 miles away, to be treated for hypothermia.

At the hospital, Rachel found the police interviewing her husband, draped in a blanket but still wearing his wet pants. Kaeleb was resting and alert in a bed in the ER. But Tristen was in critical condition. His core temperature was a life-threatening 80 degrees. Rewarming anyone from such extreme cold is a dangerous, delicate process, and children are especially vulnerable to brain damage or cardiac arrest.

Tristen would be airlifted to Primary Children's Medical Center in Salt Lake City, 180 miles away. Worried that he would stop breathing on the way, physicians in Rock Springs were about to intubate him when his eyes flickered open.

"Where's Kaeleb?" he murmured.

A nurse went to get Kaeleb, who ran to the bed and embraced his older brother, tears streaming down his

face. "Trist and your mom have to go to Salt Lake," Knavel told Kaeleb. On board the plane, Rachel leaned over her son, stroking his head. "Did they cut my hair off?" he said weakly.

"No, no, honey," Rachel said, choking back sobs. "Your hair's still beautiful."

In Salt Lake City, Rachel wept at the speed with which the dozen doctors and nurses assembled to care for her child. After 45 minutes, Tristen was transferred to the ICU in stable condition. The medical staff seemed to think he'd made an astonishing recovery. The nurse who led Rachel to her son's bedside said with a gentle smile, "There really are stories like this."

Rachel stayed propped in a chair next to Tristen's bed all night, unable to sleep. By the next afternoon, Tristen was talking, eating ice cream, and playing his favorite video game, RuneScape, in which players go on dangerous quests in a fantasy world.

Once they returned to Wyoming, the Knavels hosted a dinner for the Vigil and Davis families—a lively affair, with hugs and tears and flowing laughter. The next day, Tristen won the state chess championship in his age group. The whole family saw a trauma counselor to help them cope with the aftermath of the incident.

"At first I was angry with Jarred," Rachel said later. "But then I heard what he went through, how he never dwelled on his heroic efforts, and I understood that it was an accident, that, really, there was no one to blame." She paused, voice breaking. "He and Brian and Josh saved our boys' lives." ■



The Longest War

In March, the war in Afghanistan will become the lengthiest military conflict in U.S. history. As our country's involvement escalated, we asked 11 photojournalists to select the one image that sums up their experience covering the war. Here, the pictures they chose, and why.

ALL PHOTOGRAPHS FROM VII INTERVIEWS BY KIM BARKER



Korengal Valley, 2009

Adam Ferguson first visited Afghanistan in early 2008 and has been back six times.

◀ It was my first day in the Korengal. I walked 600 meters uphill on an ammunition drop to the observation post that overlooks the military outpost there. This soldier was standing on the ledge over the valley and had a moment. He's in front of a beautiful landscape of mountains, and his head is in his hands. The guys really are under the gun. They live inside the wire, in the middle of nowhere, separated from the civilian population. They go out on patrol, and they get shot at or attacked almost every day. They never really penetrate that landscape, that culture. ▶

Kabul, 2002

Ashley Gilbertson has worked extensively in Kosovo and Iraq. He made one trip to Afghanistan, in 2002.

☪ A kid watched a soccer game from behind the wreckage of a Soviet helicopter. Over there, kids play in the rubble, near tanks, in extremely dangerous areas. One kid, one moment, can affect you profoundly. He's, what, ten years old? He could be a kid from anywhere. But he's trapped in this horrible situation, and this is his everyday life.

Going back and finding him would be impossible. I didn't get his name. But I think about him. I wonder about thousands of kids. Who in my archives is still alive? ☪





Kabul, 1996

James Nachtwey has been covering conflicts around the globe since 1981 and has worked in Afghanistan about ten times since 1988.

☪ Afghanistan is fascinating. Except for the weapons and Japanese trucks, it could be 600 years ago. This had been the central business district of Kabul, destroyed following the 1989 withdrawal of the Soviets, when various factions were attacking each other. When I took the photograph, the Taliban were assaulting the city. People lived in these ruins. Some were being blown up by land mines when they scavenged for building materials and firewood. I think what's significant about this image, especially in light of where we are now, is that our attention to Afghanistan had lapsed. We forgot about it. In this photo, the woman looks almost like a ghost floating through the ruined landscape. Now this part of the city has been rebuilt. It doesn't look like such a moonscape. ☪

Kabul, 2001

John Stanmeyer spent much of the last decade documenting the political and social changes in Indonesia. He traveled to Afghanistan in 2001, returning five or six times.

☪ This picture happened the day after the Taliban fled Kabul. I had followed the Northern Alliance progression down from Kunduz in the north. It was as if we were driving through the wrinkles of God's hands. I felt so insignificant passing through those mountains. We arrived in Kabul and saw this breath of fresh air. It was suddenly a bunch of color walking around, such a contrast to the beige dirt everywhere in Afghanistan and the men all wearing those same beige outfits. The only color was that blue of the burka. Under the Taliban regime, there were no kites, no balloons, no music, no TVs. This picture signifies hope, life, celebration of humanness. Having colors, balloons, kites, and music was a monumental shift. Where did this man get the helium? ☪





Kabul, 2001

Gary Knight began his career covering military conflicts in Southeast Asia. He has visited Afghanistan many times since 1988.

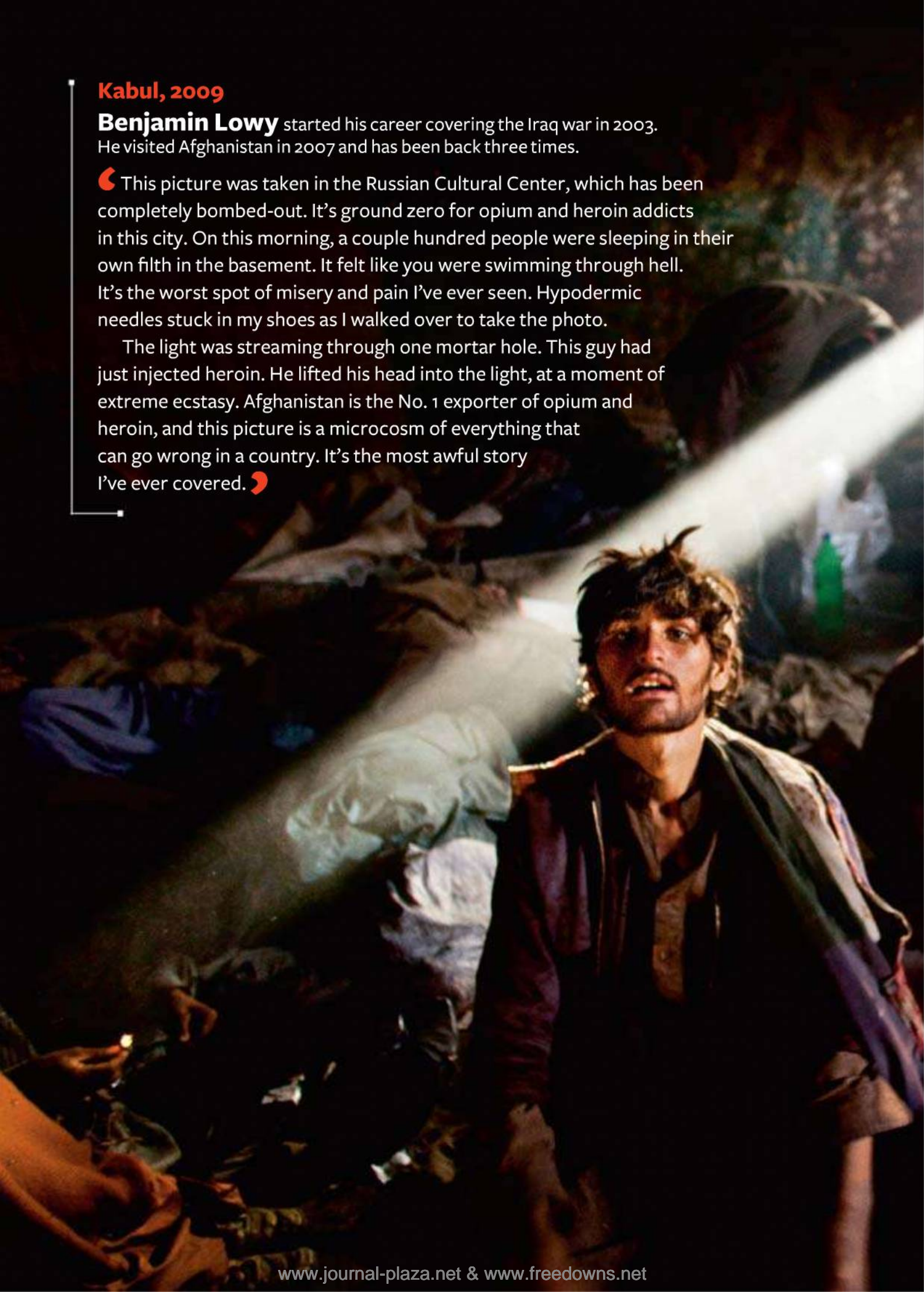
☪ By 2001, I had worked in Afghanistan for more than a dozen years. This picture was taken when hundreds of Afghan women came out on the street after the Taliban fled. Women had simply vanished under the Taliban. Now hundreds removed their burkas and revealed their faces in public at the same time. I loved it. I had my picture taken with them and sent it to my kids. It was just after 9/11, so it was a great thing to see something positive, affirming, so soon after that. It's quite sad now, when I look back. I wonder what's happened to these women, whether their dreams of that day were fulfilled. ☪

Kabul, 2009

Benjamin Lowy started his career covering the Iraq war in 2003. He visited Afghanistan in 2007 and has been back three times.

☪ This picture was taken in the Russian Cultural Center, which has been completely bombed-out. It's ground zero for opium and heroin addicts in this city. On this morning, a couple hundred people were sleeping in their own filth in the basement. It felt like you were swimming through hell. It's the worst spot of misery and pain I've ever seen. Hypodermic needles stuck in my shoes as I walked over to take the photo.

The light was streaming through one mortar hole. This guy had just injected heroin. He lifted his head into the light, at a moment of extreme ecstasy. Afghanistan is the No. 1 exporter of opium and heroin, and this picture is a microcosm of everything that can go wrong in a country. It's the most awful story I've ever covered. ☪

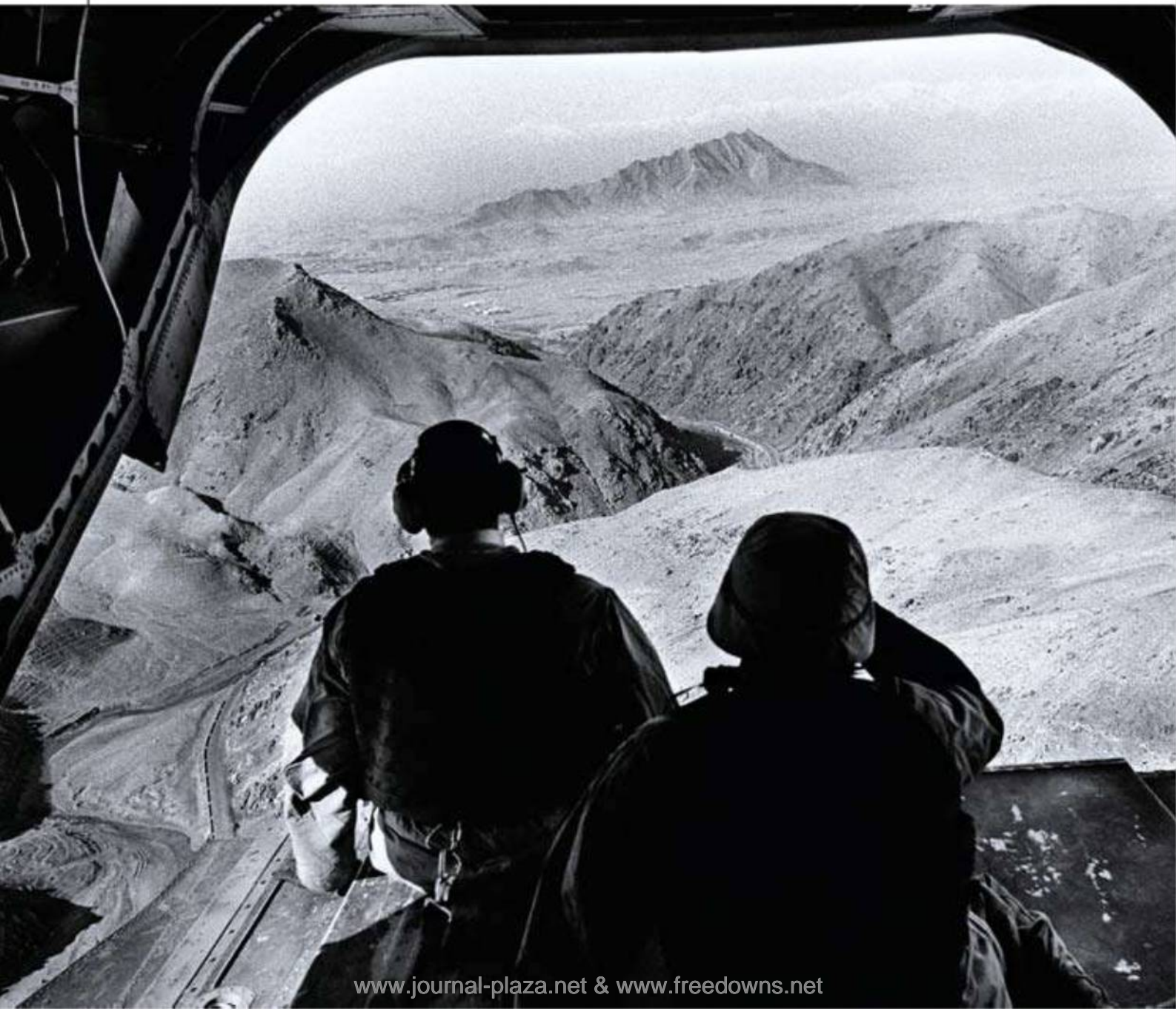




Kohe Safi Mountains, 2002

Seamus Murphy's new book, *A Darkness Visible: Afghanistan*, documents the rise of the Taliban and the impact of the U.S. invasion. He has traveled to Afghanistan 13 times since 1994.

☪ One year after the fall of the Taliban, I did an embed with the 82nd Airborne. My God, in 2002, there was so much hope. It was before corruption, before Iraq. It was when anything could happen. People were rebuilding their lives. The Taliban coming back? I don't think anyone had even thought about it. It was a more innocent time. These soldiers were searching for something out the back door of a helicopter; they could have been looking for anything, Osama, the Taliban, weapons. They're hopeful they're going to find it, in the beauty, bleakness, and vastness of that landscape. The mood was upbeat; there certainly weren't any fears of improvised explosive devices. Now it's pretty depressing. The reason I keep going back is that the Afghans are amazing. They're so resilient and have to be to live through what they've lived through. ☪





Alasai Valley, 2009

Eric Bouvet has been photographing Afghanistan since 1986, documenting life under the Taliban, the mujahideen, and several foreign armies. He has visited the country about a dozen times.

🔴 I've been doing this job for 28 years, with armies all over the world. I'd never seen this before. It's called a sandbox exercise, where the military trains soldiers by moving around plastic figures. I thought it was funny. Here, a French soldier was teaching the Afghans how to retreat from the enemy. The Afghans are courageous. They can run and shoot. But they don't know how to organize, take a position, defend it, or come back alive. They are not good at retreating. When they hold their rifles, they're pointing anywhere, near their heads. They walk like they're on a promenade. I played with these plastic soldiers when I was a kid. To see them here all of a sudden, at war, was incredible. The enemies are everywhere nearby. It's real life, not a game. 🔴

Korengal Valley, 2007

Balazs Gardi focuses on capturing the everyday life of those caught in humanitarian crises. He first visited Afghanistan in 2001 and has returned more than ten times.

☪ War is very cruel. My job as a photographer is to explain what's happening and to provoke emotions. I had been following a platoon in the Korengal Valley when the American soldiers intercepted a radio conversation from a house indicating enemy activity. They decided to hit it with rockets. It's hard to tell here who was killed because typically the other side take their wounded and dead fighters with them. The villagers said there were five dead and 11 wounded, all women and children. They put them all in one room. After the Americans showed up the next morning, the villagers asked permission to bury their dead. Then they brought out the injured children, one by one, for the American medics to treat. This boy had shrapnel wounds. He survived, but his injuries were very painful. Without any barrier of language, this photo makes you feel the horror of war, of what it has done to Afghans. ☪

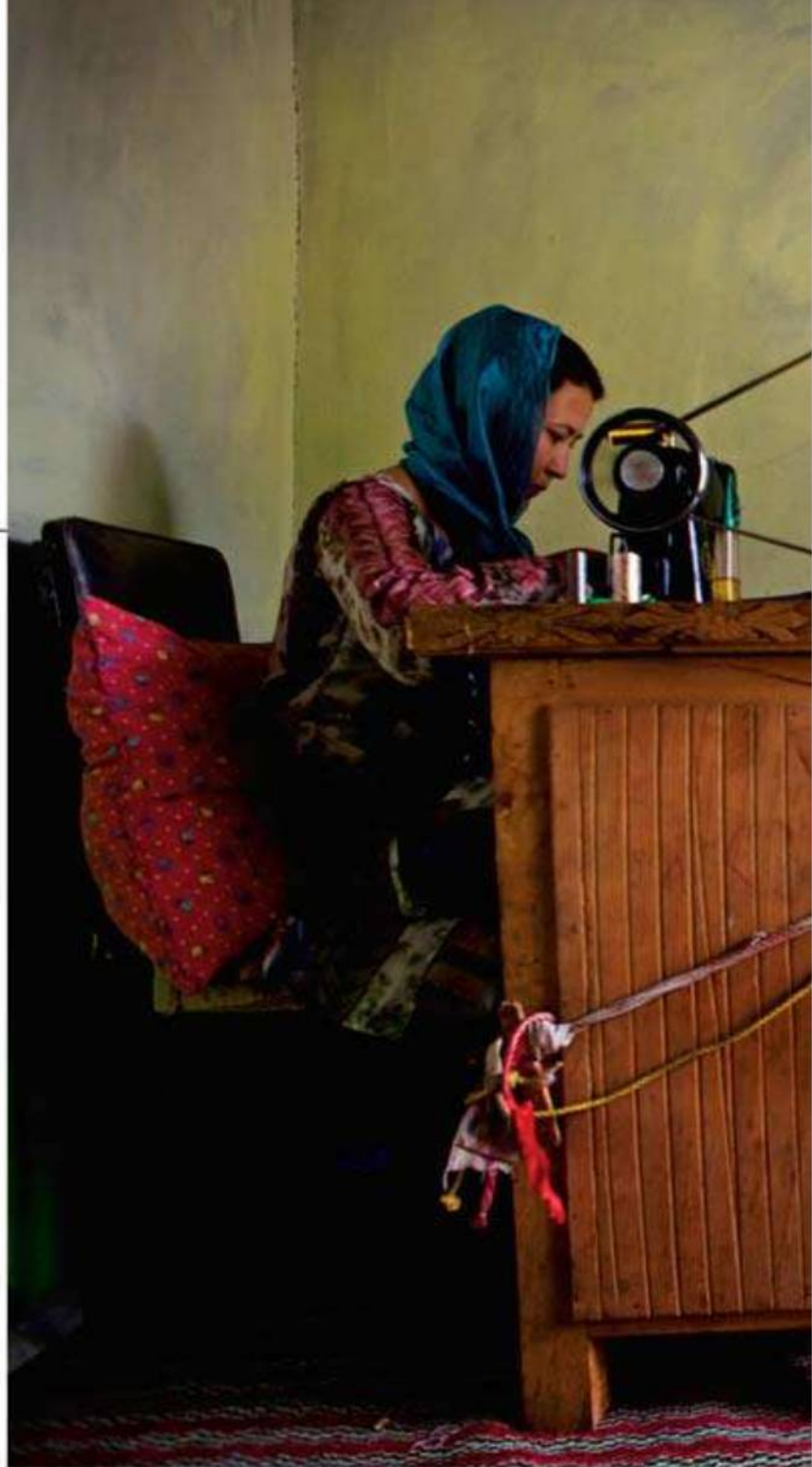




Kabul, 2008

Donald Weber has been documenting daily life in post-Soviet countries since 2005. He made one trip to Afghanistan, in 2008.

☪ I wanted to show something different from what I was used to seeing in pictures of Afghanistan—something positive. When I was in this room, I was quite shocked because, being a man, I thought it would be impossible to go inside Afghan women’s homes. I was surprised by the warmth and hospitality they extended to me. And they were nothing like what I thought Afghan women would be or the images I had seen. They didn’t have burkas, and they immediately came up and talked to me. This picture is of two girls working on an embroidery machine. The young ones have to power the machines. So they go to school, come home, and start pedaling. No shoes. Their mother was an entrepreneur. Her husband was an alcoholic; she saw that he wasn’t going to do anything for her. She received a \$200 loan through a microfinance program run by a nonprofit. Every month, she had to pay them back \$5 or \$10. First she bought a sewing machine, then the embroidery machine. She eventually wanted to buy a cow. ☪





Herat, 2005

Stephanie Sinclair first visited Afghanistan in 2003 and has been back four times.

☪ This picture [next page] shows how life goes on, no matter what. It was an engagement party, and all the kids tried to peek inside. The women were singing and clapping. Most had their burkas off. It was a place for them to let their hair down. Some girls came up to me with a camera. My headscarf had fallen down, so I pulled it up. They laughed and pulled it down again. They wanted a picture of me as I ordinarily would be. The only difference between us is where I was born and my opportunities. We have to fight for and take care of each other. Photography is the way I know how to do that. ☪





How to Find Anything

By Joe Kita

It's fun to recall the best things we've stumbled upon. Maybe you've been lucky enough to find true love, your vintage Barbie, a lost dog, or your white Taurus among hundreds just like it in the Walt Disney World parking lot. No doubt, the memories still make you smile. That's because there's surprise and enduring delight in finding things—whether it's a quarter on the sidewalk or God himself.

On the pages that follow, you'll discover lots of practical advice for finding all sorts of quirky and vital things. So regardless of what you're looking for, our wish is that you may one day find it.



How to Find ...



THE BEST PLACE TO LIVE

Forget those annual magazine rankings; there's more to finding the ideal place to settle down than checking crime rates and school taxes. Shortly after Fred and Deb Matheny graduated from a college in Ohio, they loaded up their Mustang and drove west for six weeks and 4,000 miles of exploration. They had a list of places to visit and things they desired, but above all they were searching for a place that felt like home. They eventually found it in Montrose, Colorado, with a view of the San Juan Mountains. That was 40 years ago. If it's time for you to make a change, try doing the same.

THE TV REMOTE

If you're forever misplacing it (or your keys or your purse), consider the KeyRinger. It operates on the same principle as the Find button on a cordless phone. Press one KeyRinger, and it triggers a "loud, distinctive sound" and a "bright flashing light" in its mate, which can be up to 300 feet away. Order the \$29.95 sets at keyringer.com (or call 800-776-4888).

RELIEF FROM AN ACHING BACK

Before you call the chiropractor or a physical therapist, try spending a few days without your wallet or purse. You heard us. Men's wallets can be so thick, they press on nerves when sat on for any length of time. Likewise, women's shoulder bags can weigh ten pounds or more and can twist the body in all sorts of weird ways. Clean out your wallet or purse, and see if the pain doesn't ease.

YOUR CAR IN A GIANT PARKING LOT

You're so goofy with fatigue after a full day at Walt Disney World that you can't remember if you parked in Mickey or Pluto. What to do? Tell the tram driver the approximate time you arrived, and he'll drop you in the vicinity. Then walk the rows, pressing the alarm button on your remote. To keep this from happening again in any giant lot, download Car Finder, a 99-cent iPhone app by Intridea. (BlackBerry's Carfinder, by Neosistec, is free.) After you park, use it to get a GPS fix. When it's time to go home, it'll guide you back. Do the same with portable GPS units by setting your parking spot as a waypoint.

YOUR WAY OUT OF THE WOODS

Ashley Sharko and two college friends got lost for 55 hours in the Grand Tetons. They spent two near-freezing nights without food or water huddled under pine boughs. The incident taught Sharko some hard lessons about wilderness hiking: 1) Always leave a note about where you're heading (it was a text to her dad that aided her rescue); 2) follow water downstream to find civilization, but be prepared to turn back if it leads instead to cliffs or a waterfall; 3) stay in open areas during daylight search hours (Sharko was spotted by a helicopter). If you bed down for the night, mark a nearby open area with rocks or colorful

gear; and 4) if you encounter a bear (as she did), avoid eye contact and back away slowly and quietly. If it's charging, jump, yell, and wave your arms to chase it away.

MORE SAFETY AND SECURITY

Two of the hottest tech gadgets are mobile phones and GPS units for your car. Both can simplify your life enormously or, if you're not careful, ruin it. To protect yours: Never program your home address into your GPS. If your car is stolen, all the thief has to do is hit that Go Home button to be guided to your place and, since he knows you're not there, press the garage-door opener for access. Instead, program a local store's address. Be careful how you list people in your phone's contacts list. If you lose your cell, the thief can text *Hubby* for a "forgotten" PIN and then use your bank card to clear out your account. Use first names instead.

MORE TIME (FOR EVERYTHING)

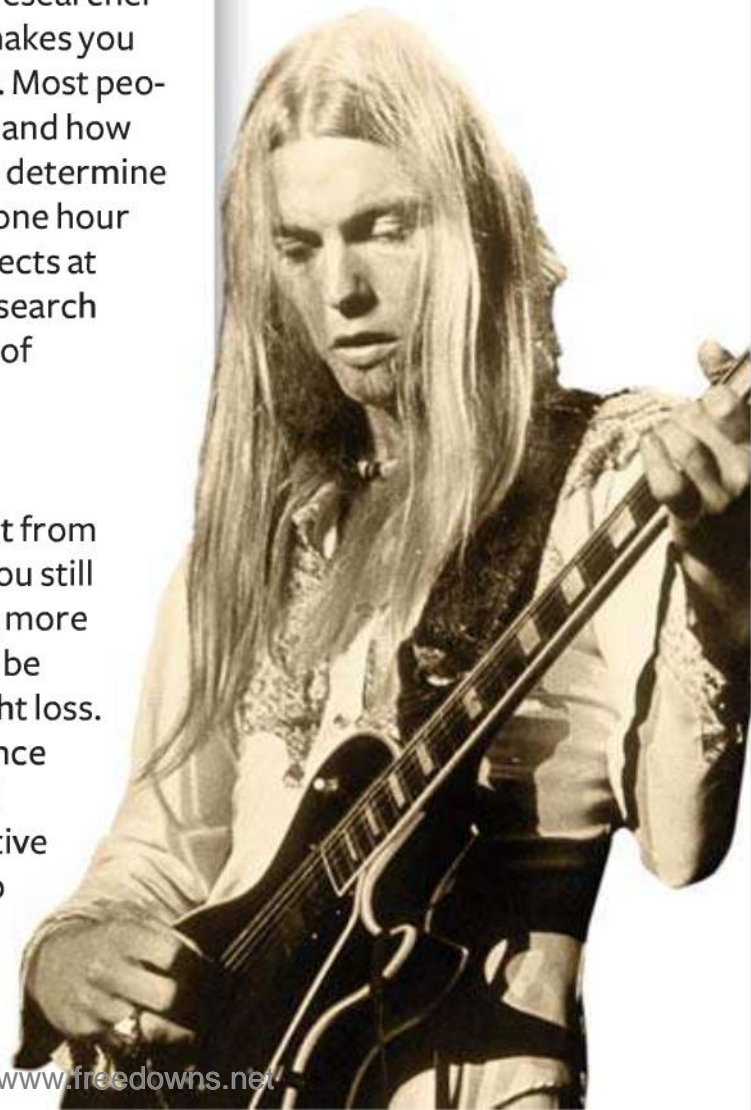
It may sound improbable, but the secret to finding more time in your day is spending more time in bed at night. According to James Maas, PhD, a sleep researcher at Cornell University, "being sleep-deprived makes you do everything more slowly and with less focus. Most people don't realize what it's like to be fully awake and how much they can accomplish when they are." To determine if this is the solution to your time crunch, add one hour to your nightly rest for a week. When test subjects at Henry Ford Hospital's Sleep Disorders and Research Center (Detroit, Michigan) did this, their level of alertness jumped 25 percent.

MORE TIME (FOR EXERCISE)

Stop thinking of it as exercise. That separates it from life, which is counterproductive. No wonder you still don't have ripped abs! Better to think of being more active. This subtle shift in mind-set appears to be more conducive to long-term health and weight loss. Russell Pate, PhD, a professor of exercise science at the University of South Carolina, compared two people, one who was "sedentary" (but active most of the day) and one who exercised for 60 minutes daily (but who was not very active).

A SEAT AT THAT ALLMAN BROTHERS CONCERT YOUR MOM WOULDN'T LET YOU ATTEND

On wolfgangsvault.com, Hendrix, the Dead, and other classic rockers are still touring, and you can score free, front-row tickets ... years later. This site streams rare, vintage concerts (jazz and country too) at no charge. (Headliners will not, however, come out for encores if you flick your Bic.)





A RIPE WATERMELON

Bob Morrissey, executive director of the National Watermelon Association, suggests you pick out a few equal-size melons and compare them using these criteria:

Weight Heavier is always better; a good melon is 92 percent water.

Yellowing The bottom of the melon should be a creamy yellow; white means it's not fully ripe.

Thump Put 'em on a counter and give each one a palm smack; the more hollow it sounds, the riper it's likely to be. Bibs are in aisle nine.

The sedentary person expended 10 percent more energy than the exerciser. So if you're constantly feeling as if you don't have time to get to the gym, make the world your gym. Do errands on foot, trade the tractor for a push mower, and open the garage door by hand rather than remote. Active is the new fit.

MORE TIME (FOR THE THINGS YOU ENJOY)

Most people have a calendar (either paper or electronic) where they dutifully block out their days. But the most important things are rarely scheduled—time for spouses, kids, friends, and, especially, yourself. Here's one little change that will immediately raise your life-satisfaction level: Block out specific “you” and “them” time on your calendar for the next few months. No matter how busy you get, don't miss these appointments.

THE IDEAL DIET

Stop going from one fad eating plan to another. Instead, take the advice of Ellie Krieger, a Food Network chef and the author of *So Easy: Luscious, Healthy Recipes for Every Meal of the Week*. “Ask yourself one question before embarking on any diet,” she advises. “And that is ‘Can I eat this way for the rest of my life?’” If the answer is no, it's not worth the effort, because you'll eventually come off it. Only diets that are sustainable are ultimately successful.

THE PERFECT DOG

You'd never buy a car based on appearance alone, so why adopt a dog that way? Cesar Millan, star of the TV show *Dog Whisperer*, recommends taking potential pets for a test-drive. Here's how:

Decide on horsepower. The biggest mistake people make is selecting a dog without considering its energy level. There are four basic engines: low, medium, high, and very high. Match yours to the dog's.

Pick a model. Large or small. Short hair or long. New or pre-owned.

Bring the right equipment. You'll need a collar and a four- or six-foot lead to match the size of the dog. Also bring a tennis ball, a plush toy, and liver or chicken treats.

Test responsiveness. In an open area away from the house or kennel, introduce the scent of the treats. Then introduce the toys. Determine what interests the dog more. This is important because knowing whether he's toy-driven or treat-driven (or neither) will make it easier to train him.

Bring him up to speed. Start walking with the dog. Is he tracking, hunting, or excitedly pulling you along? All these mean he's ignoring you. You want a dog that responds to you.

Maneuver around obstacles. If possible, expose him to cats, other dogs, children, and traffic. Note if he's calm, shy, or aggressive.

Return him and try another. Ten to 15 minutes is all that's required for a good test-drive. Never adopt the first dog you try; four to five is recommended. For more great dog advice, visit cesarsway.com.

THE BEST SEAT IN COACH

Click on seatguru.com. Indicate the airline and type of plane you'll be flying, and you'll see an easy-to-read schematic of the most accommodating seats.

A JOB

Try to land an interview between 9 a.m. and 11 a.m. According to a survey by Robert Half Finance & Accounting, 69 percent of executives polled said that's the most productive meeting time. (After 3 p.m. is the worst.) And once you're in the door, make sure you're "on." Even though job interviews can last an hour or more, it's in the first ten minutes that managers form their opinion of you. The biggest mistake interviewees make? Having little or no knowledge of the company they want to work for.

A WAY TO WORK FOR YOURSELF

The easiest way to become an entrepreneur is to become a consultant. Instead of deep pockets, all that's required is deep knowledge and experience in one subject area. Pamela Mitchell, president of the Reinvention Institute in Miami, suggests offering your services free of charge to a nonprofit in order to build your résumé and con-

THE PERFECT DOG (WHEN IT GETS LOST)

If you're all shook up about losing little Elvis and you don't know where to look, call 877-738-8686 or visit findtoto.com. This service will call up to 10,000 people in the area where your dog was last seen with a message: "This is a lost-pet alert from your neighbor [your name], who lost her dog ..." A description and last-seen information, along with your contact info, are provided. Prices start at \$85 for 250 calls.





A NEEDLE IN A HAYSTACK

The *MythBusters* show on the Discovery Channel undertook this challenge. To make it even tougher, they used traditional bone needles as well as steel ones, which eliminated the obvious solutions of high-powered magnets and metal detectors. Competing teams built two different contraptions. The first spun and burned the hay as it was blown through a series of tubes, with the hope that only the needles would survive. The second agitated the hay as it floated through a tank of water, hoping the needles would fall to the bottom. It took both teams six hours of burning and agitating before finding a single needle, but it was the water approach that proved more fruitful. Watch the episode at video.google.com.

tacts. When you're approached by potential clients, never say you're "consulting on the side," because that devalues your work. Instead, look and act the part, always offering solutions rather than just identifying problems. Before you quit your current job, says Stephen Betts, PhD, a professor at William Paterson University, talk to your boss about becoming your department's "intrapreneur"—someone whose chief duty is innovation. If you can convince him it's necessary, you'll have the best of both worlds: a regular paycheck and the freedom to work outside the box.

NEW MUSIC YOU'LL LOVE

If you have an iPod and purchase music from the iTunes Store, the site's Genius function will automatically recommend new artists and songs based on your previous purchases and ratings. Other options: pandora.com and slacker.com. Type in the name of your favorite artist to create a virtual radio station that plays his or her music and stuff that's similar. Both sites are free, and they're even streamable to your mobile phone.

WHAT'S EATING YOUR SIGNIFICANT OTHER

To better understand your husband or wife, do this simple exercise: Pretend that you are your spouse, and have your mate do the same. Then write about what it's like to be married to you. Be honest. Then exchange what you've written. "I have couples do this all the time," says Sherry Amatenstein, author of *The Complete Marriage Counselor*, "and it's revelatory. Underneath all the defensiveness, there's usually a fear of not being understood. This exercise helps couples realize how important it is to listen to each other and replace anger with empathy. Couples often need help getting their egos out of the way so they can really see their partner as a separate entity."

A BUYER FOR YOUR HOME

Fresh paint and flowers aren't enough—not in this market. Susan Phillips, a theatrical-set designer (spotlightondecor.com), says the secret to a fast, profitable sale is "staging." She uses traditional set-design elements to



QUALITY MEAT

If you're trying to clean up your diet by eating more nutritious, grass-fed meats and dairy products that are not genetically modified, you may be having difficulty locating a trustworthy local supplier. Go to eatwild.com and click on your state for a list of nearby sources. There are more than you think.

GOD

If the paparazzi ever snapped a photo of the ultimate celebrity, what would it look like? Quite possibly, what you see below. This is just one of 150,000 water droplets that Martin Waugh has photographed (liquidsculpture.com). Churches and spiritual organizations, his biggest clients, see evidence in his photographs of something bigger at work. "I never expected that kind of reaction," says Waugh, an admittedly nonreligious physicist. "But when you take almost anything and look at it closely with love, it creates an almost religious experience inside you. Something that's supposedly simple and predictable turns out to be complex and incredibly beautiful." Try it: In addition to looking up for answers and inspiration, look around.



hook home-buying audiences. Here's how to transform your open house into opening night:

Define the space. Confusion on a set confuses the audience, so make the purpose of each room clear. Get rid of toys in the den. Roll the exercise bike out of the kitchen.

Unblock the sight lines. Actors need clear paths to maneuver, and so do home buyers. Make it easy to walk from the door to a window in the master suite or from the hallway to a living-room sofa.

Highlight the focal points. Reds and yellows are "advancing" colors; blues and greens are "receding" ones. Remember that, and you'll be able to control your audience's gaze. Elegant granite countertop? Place a bowl of red peppers on top. Beautiful fireplace? Hang a yellow painting above it. Dreary corner? Put a plant there.

Light to flatter. Soft, southern light makes complexions look warmer and healthier. Harsh, northern light makes people look sick. So replace stark daylight bulbs with warmer ones, especially near mirrors.

Quiet the set. Don't distract your audience with creaky doors or floors. A noisy set makes people question the integrity of what they're seeing. Got all that? Action!

NEWS YOU WANT

To follow breaking stories, track business competitors, stay abreast of medical advances, or just monitor what other people are saying about you, go to google.com/alerts. Once you register for a free gmail account (it's not necessary to sign up, but you'll find it'll be easier to manage your alerts), you can create alerts on anything you want. Essentially, it's like having your own personal search engine that scans the Internet and reports back via e-mail.

THE RIGHT COMPUTER HEIGHT

Dig out the measuring tape and protractor. Apply these expert ergonomic recommendations to your workstation:

- 2 to 3 inches between the top of your thighs and bottom of the desk
- 2 to 4 inches between the edge of the chair and the backs of your knees

- 90-degree knee angle (feet flat on the floor)
- 90-degree elbow angle (forearms are parallel to the floor and 1 to 2 inches above the keyboard and mouse)
- 90- to 115-degree angle between your torso and thighs
- 18 to 30 inches between your eyes and the monitor
- The top of the screen should be at eye level (if you wear bifocals, lower the monitor or raise your chair 1 to 2 inches; you may need a footrest to maintain that 90-degree knee angle)

Now get back to work!

A LOVED ONE WHO'S TRAVELING

Instead of wading through airline websites, just type the name of the carrier and flight number into Google's search box. Click on the FlightAware site, and you'll see departure and arrival information instantly, plus weather and traffic conditions, any delay projections, and even a map showing the flight's current location.

THE LOWEST PRICE

Online is where the biggest savings are. Here's your shopping strategy: 1) Get the exact product name from the manufacturer's website, 2) enter it into shopzilla.com to find the retailer with the lowest price, 3) enter the name of that retailer into retailmenot.com to see if there are any free-shipping or bonus-discount coupons, 4) buy.

THE FOUNTAIN OF YOUTH

What *is* the fountain of youth? Exactly what it suggests. Being just 2 percent underhydrated can make you act and feel older. For a sharp mind, smooth skin, better health, and fluid movement, you need water. But forget about the old eight-times-eight rule (eight 8-ounce glasses of water daily). Healthy people, it turns out, get all the water they need from what they eat and drink (that includes tea and coffee but not alcoholic beverages). Thirst, though, should be your guide. If you've worked up a sweat exercising, are in a hot climate, or are taking medications, you may need to drink more than usual. ■

CAN'T FIND IT?

Try these websites and free apps.

A fresh start. Out of work? Jump-start your new career with free business cards at vistaprint.com.

An escape. Need to get out of a boring dinner or an interminable meeting? Escape Call Free will ring your iPhone, providing you with the perfect getaway.

Your travel plans. E-mail the details to tripit.com. It'll organize it all and send you a master itinerary.

Help with technology. Go to cnet.com for unbiased reviews of electronics.

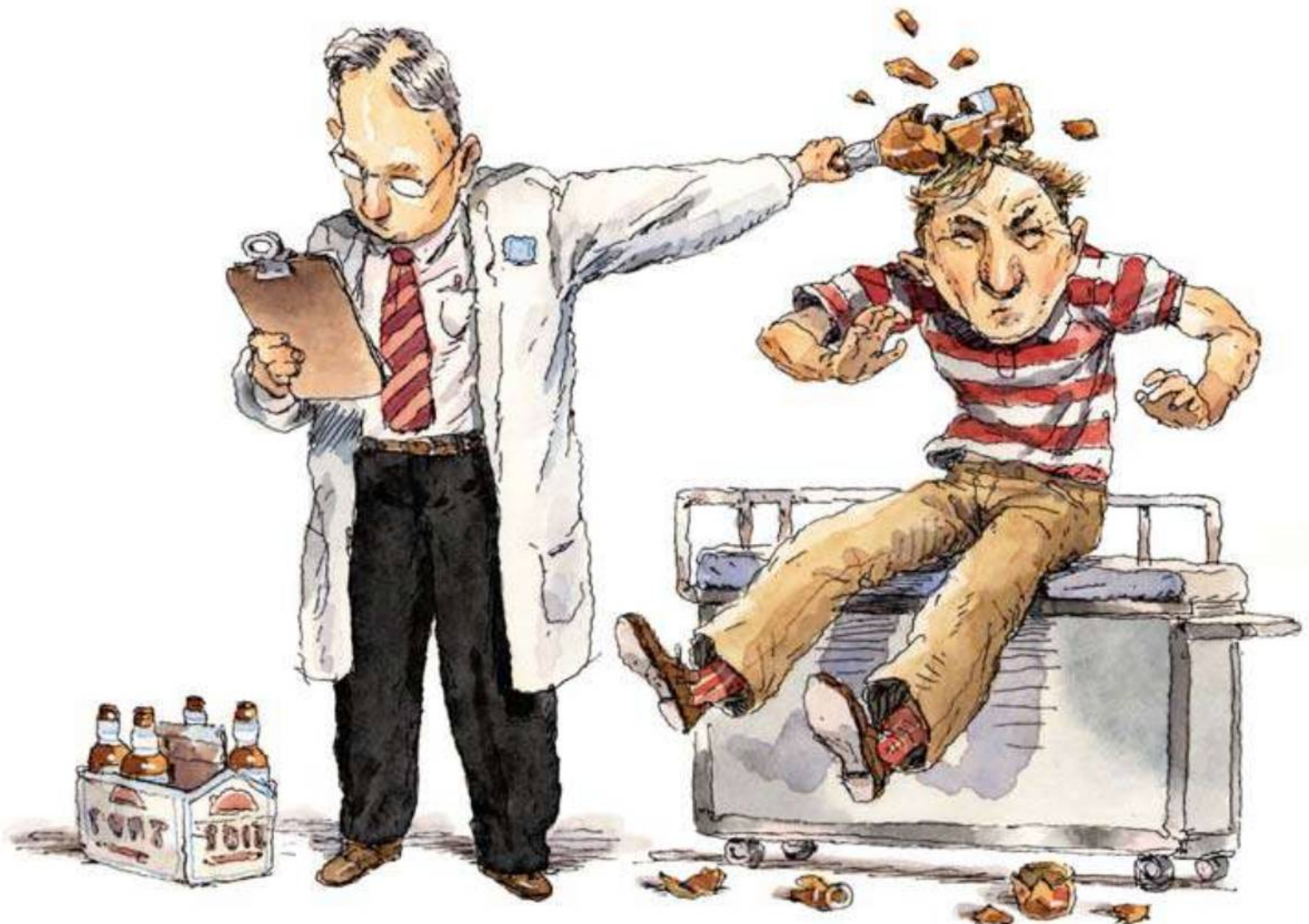
The score. Get real-time scores and game summaries for sports leagues around the world (ESPN ScoreCenter, iPhones).

Your way around town. Poynt will locate businesses, make reservations, and find a movie (BlackBerry).

Apps for your cell phone. Don't have an iPhone or a BlackBerry? Go to getjar.com and type in your mobile model to see what's available.

MAD Science

The craziest discoveries, inventions, and experiments ever! **By Andy Simmons**



Innovation. It's what got us through the Dark Ages, polio, and Celine Dion. But over the years, instead of moving forward, some scientists and inventors have taken a few steps back, while others have plumbed the depths of dumb luck. This article is dedicated to all the men and women who knew they'd never find a cure for the common cold, so they aimed much, much lower.

USELESS Discoveries

When we consider the great scientists, we think of such Nobel laureates as Curie, Einstein, Whitcome ... What? You've never heard of Katherine K. Whitcome? You mean you missed the paper by the University of Cincinnati assistant professor and her colleagues explaining why pregnant women don't tip over? She, too, is a laureate—an Ig Nobel laureate. These tongue-in-cheek annual awards are bestowed upon those who dabble in some very strange science. Here are some of last year's winners.

PEACE PRIZE

Stephan Bolliger, Steffen Ross, Lars Oesterhelweg, Michael Thali, and Beat Kneubuehl of the University of Bern, Switzerland, for determining which hurts more—being smashed over the head with a full bottle of beer or with an empty bottle.

An inherent problem in an experiment of this nature is finding volunteers who will agree to be brained with a beer bottle in the name of science. The scientists overcame this obstacle by dropping steel balls onto full and empty beer bottles. They found that the empties were sturdier than their full brethren because the

USELESS Science That Ended Up **USEFUL**

The Principle of Limited Sloppiness is a phrase used to describe fortuitous or accidental discoveries (we're talking screwups) that actually helped humankind. The best-known example was by Alexander Fleming. Halfway through an experiment with bacteria, he

up and went on vacation. Slob that he was, he left a dirty petri dish in the lab sink. When he got back, he found bacteria had grown all over the plate, except in an area where mold had formed. That discovery led to two things: 1) penicillin and

How useful!



gas pressure from the liquid produces additional strain on the glass.

Needless to say, full or not, beer bottles can cause a whole lot of hurt, which is why the scientists advocate prohibiting them “in situations [that] involve risk of human conflicts.” Of course, if we outlaw beer bottles, only outlaws will drink beer from bottles.

PUBLIC HEALTH PRIZE

Elena N. Bodnar, Raphael C. Lee, and Sandra Marijan of Chicago, for inventing a brassiere that, in an emergency, can be converted into a pair of protective face masks, one for the wearer and one to be given to a lucky bystander.

It appears that in the face of chemical or biological warfare, a woman’s primary job is to doff her clothes. The face-mask bra isn’t some tactic of the porn industry. Instead, it’s intended for anyone who may come in contact with dangerous fumes. Masks, say the inventors, may not be available, but there’s almost always a bra handy.

The cups are made of air filters and can be disconnected, then shared. The woman can easily strap it over her nose and mouth “to help purify the inhaled air,” reads the report, “while keeping her hands free,” presumably to fend off unwanted suitors.

MEDICINE PRIZE

Donald L. Unger of Thousand Oaks, California, for investigating a possible cause of arthritis of the fingers, by cracking the knuckles of his left hand—but never the knuckles of his right hand—twice a day for 60 years.

After being warned by his mother to swear off that demon knuckle cracking, young Donald Unger tested the accuracy of this hypothesis on himself. More than 219,000 cracked knuckles later, the verdict is in: Crack away. Unger could detect no difference between the two hands, and he found no evidence of arthritis. From why you shouldn’t run with scissors to why you should wait an hour after eating before you swim, Unger’s sem-

MARY EVANS PICTURE LIBRARY/ALAMY

2) Mrs. Fleming hiring a maid. Here are more examples:

INVENTOR: A Dutch shipmaster

YEAR: 16th century

WHAT HAPPENED: He used heat to concentrate wine in order to make it easier to transport, with the idea of adding water

to reconstitute it when he arrived.

BIG DISCOVERY: Concentrated wine is better than watered-down wine.

AS A RESULT: “Burnt wine,” or “brandewijn” in Dutch, became a big hit. Call it brandy, since after a few drinks of the stuff, there’s no way you can pronounce *brandewijn*

so a bartender can understand what you’re ordering.

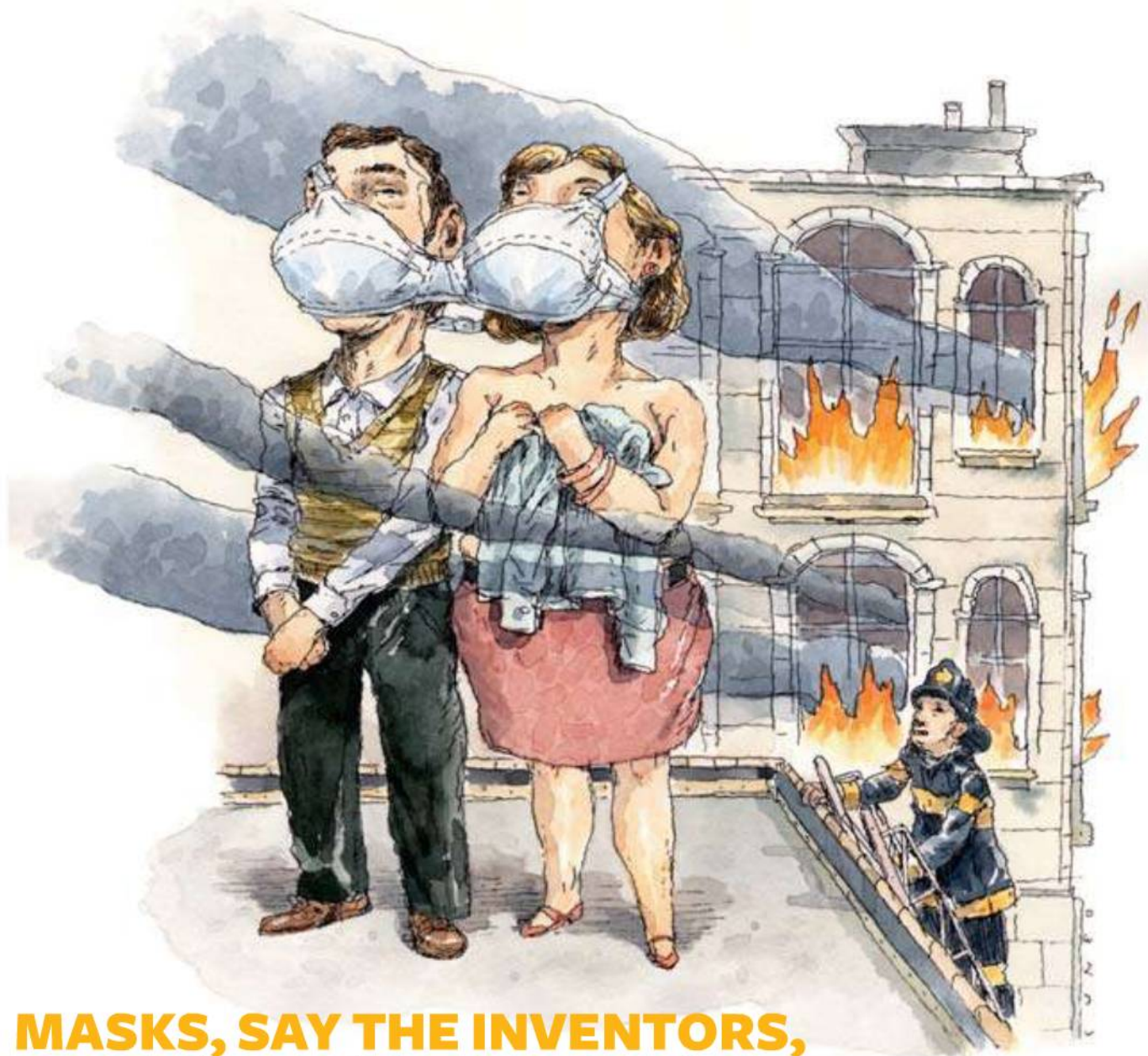
INVENTOR:

Horace Wells

YEAR: 1844

This won’t hurt a bit!





MASKS, SAY THE INVENTORS,
may not be available, but there's almost
ALWAYS A BRA HANDY.

WHAT HAPPENED: In its salad days, nitrous oxide was strictly a party toy, since it made people howl like hyenas. But a friend of the dentist took too much of the stuff at a laughing-gas stage show and gashed his leg.

BIG DISCOVERY: The friend hadn't realized he'd hurt himself.

AS A RESULT: Nitrous oxide became an early form of anesthesia.

INVENTORS: Constantin Fahlberg and Ira Remsen
YEAR: 1879

WHAT HAPPENED: After spending the day studying coal tar derivatives, Fahlberg left his Johns Hopkins

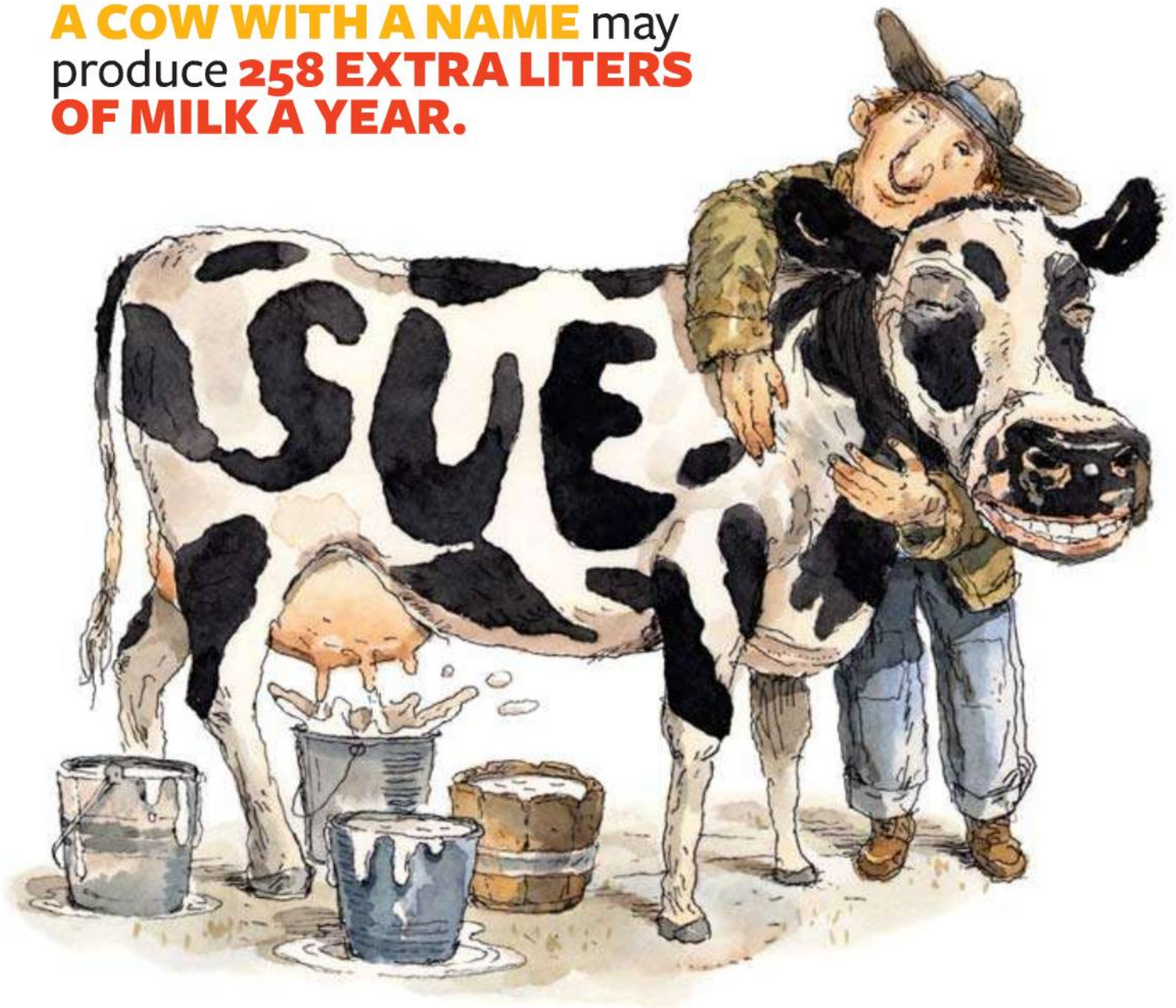
laboratory and went to dinner.

BIG DISCOVERY: Something he ate tasted particularly sweet, which he traced to a chemical compound he'd spilled on his hand. Best of all, it turned out to be calorie-free.

AS A RESULT: He cut Remsen and the university out of



A COW WITH A NAME may produce **258 EXTRA LITERS OF MILK A YEAR.**



millions of dollars when he secretly patented the breakthrough discovery, saccharin.

INVENTOR:

James Wright

YEAR: 1943

WHAT HAPPENED:

During the war years, the General Electric engineer combined silicone oil and

boric acid in an attempt to find a cheap alternative to rubber for tank treads, boots, etc.

BIG DISCOVERY: It didn't work. But the scientists had a blast bouncing and stretching his mistake, when they weren't using it to transfer comics onto paper.

AS A RESULT: Kids had a

blast playing with the Silly Putty too.

INVENTOR:

Thomas Adams

YEAR: 1870

WHAT HAPPENED:

He was experimenting with chicle, the sap from a South American tree, as a substitute for rubber. After mounting failures,

inal research has thrown everything our mothers told us into question.

VETERINARY MEDICINE PRIZE

Catherine Douglas and Peter Rowlinson of Newcastle University, United Kingdom, for showing that cows that have names give more milk than cows that are nameless.

Admit it, when was the last time you paid a compliment to a heifer? Or told one, “You’re a thousand roast beef sandwiches wrapped in a gorgeous leather jacket”? It turns out our attitudes make a difference. Being friendly and remembering a cow’s name can increase milk yield by 258 liters a year. This came as no surprise to farmers, one of whom told the researchers that cows “hurt and love like anyone else.”

CHEMISTRY PRIZE

Javier Morales, Miguel Apátiga, and Victor M. Castaño of Universidad Nacional Autónoma de México, for creating diamonds from tequila.

As if there weren’t already enough reasons to love tequila! It seems we can spill a little on the bar and make diamonds. Of course, you have to heat it up to 536 degrees Fahrenheit and do a bunch of other stuff to it before you can place it on your main squeeze’s finger. But the first round is on us!

BIOLOGY PRIZE

Fumiaki Taguchi, Song Guofu, and Zhang Guanglei of Kitasato University Graduate School of Medical Sciences in Japan, for demonstrating that kitchen refuse can be reduced by more than 90 percent by using an enzyme-producing bacteria extracted from the feces of giant pandas.

While this has potential applications—reducing garbage and waste—it still raises the question, How did it dawn on someone to try this experiment? And, of course, if one of your aims in ridding yourself of garbage is to get rid of the stench, adding poop to it is not likely to help.

the dejected inventor popped a piece into his mouth.

BIG DISCOVERY:

He liked it!

AS A RESULT:

Adams New York No. 1 became the first mass-produced chewing gum in the world.



Mmm ...!

INVENTOR:

Percy Spencer

YEAR: 1946

WHAT HAPPENED:

With the end of World War II, the Raytheon

engineer was looking for other uses for the magnetron, which generated the microwaves for radar systems. While Spencer was standing next to the device one day, a chocolate bar in his pocket melted.

BIG DISCOVERY: The magnetron worked even better on popcorn.

AS A RESULT: Or-



“UN-USELESS” Inventions

C *hindogu* is the Japanese term for “un-useless” ideas (it literally means “weird tool”). From a practical standpoint, chindogus are (almost) completely ineffectual. But the beauty in a chindogu becomes apparent the minute you stop to think, I can almost imagine using this.

1. BACK SCRATCHER’S T-SHIRT

Back scratching can be maddening. “To the right ... the right! ... Now to the left ... okay, up ... up!” Those days are gone thanks to this utilitarian garment, which is part Battleship, part itch’s worst enemy.

2. HAY FEVER HAT

Allergy sufferers, rejoice! Never again will you endure the ignominy of being out in public with no way to blow your nose. And you’ll be blowing in style with this handsome toilet-paper-roll holder on your head.



3. COMMUTER’S HELMET

Now you can sleep while you’re on the go! The suction cup on the back keeps the commuter’s head in place, while a message on the front asks fellow passengers, “Could you please wake me up when I reach the stop printed below? Many thanks.”

COURTESY CHINDOGU.COM/CHINDOGU

ville Redenbacher became very rich.

INVENTOR:

William Perkin

YEAR: 1856

WHAT HAPPENED: He was intent on discovering a cure for one of the deadliest diseases in the world, malaria.

BIG DISCOVERY: While

trying to replicate the malaria fighter quinine in his laboratory, Perkin inadvertently discovered the color mauve instead.

I’ll call it “Maude!”
No ...



AS A RESULT:

Perkin forgot about malaria and made a mint establishing the synthetic dye industry.

INVENTORS:

Alastair
and Jean
Carruthers

YEAR: 1987

SCIENCE PHOTO LIBRARY



2.

4. CHOP-STRAWS

How many times have you found yourself at a restaurant slurping the last of your noodle soup only to feel the glare of fellow diners? No more, with this ingenious combination chopstick/straw.



3.



4.

Do you have a chindogu of your own? Send a photo of it to readersdigest.com/inventions, and we may run it in the magazine. For more photos, go to chindogu.com.

WHAT HAPPENED: The couple were using small doses of a deadly toxin to treat “crossed eyes” eyelid spasms and other eye-muscle disorders when they noticed an interesting side effect.

BIG DISCOVERY: Wrinkles magically disappeared.

AS A RESULT: The ex-

pressionless face became the “it” look, thanks to Botox.

INVENTORS: Scientists at Pfizer

YEAR: 1992

WHAT HAPPENED: A Welsh hamlet was ground zero for a test on a pill to fight angina. Unfortunately for the afflicted, it

had little success against the disease.

BIG DISCOVERY: Though it didn’t work, the men taking part in the study refused to give up their medicine.

AS A RESULT: The scientists switched gears and marketed the drug, Viagra, for a very different purpose. ■

AGAINST THE

**For these athletes,
the impossible was just
the beginning. Four
stories of strength and
determination.**

As told to
KENNETH MILLER

The Heart of a Champion

Shannon Kelly's heart condition almost killed her. Now she has a new hobby: competing in triathlons.

I remember being able to run a mile when I was 13 years old, but I started to slow down after that and I didn't know why. I played tennis in high school, but when my coach wanted me to run a couple of laps around the track, I almost passed out. He would say, "Shannon's got a good stroke, but she won't run for the ball." I wanted to, but I couldn't.

When I was 18, my mom found out that she had hypertrophic cardiomyopathy—an enlarged heart muscle. Her mother had



**“After my transplant,
I thought, Now I
can start my new
life,” says Shannon
Kelly, 39.**

died of the same thing at 47, and my mom was 42; she was really worried. Then the cardiologist tested my younger brother and me for the disease. He was fine, but I had it. He said I would probably need a transplant at some point.

My mother's condition deteriorated over the next few years, and I got a pacemaker at 21. It helped my heart beat better, but I still had trouble walking up any type of incline. I had congestive heart failure too—my lungs filled up with water a couple of times, and I ended up in the hospital.

MMy mom got a transplant when I was 24; it saved her life. But I wasn't sick enough to qualify. After college, I became a website designer, married, and settled with my husband in Yonkers, New York. With each passing year, my disease got worse and our life got more constricted. By my mid-30s, I couldn't make a bed without getting winded. I had to sleep propped up on pillows so I could breathe.

Then, in April 2006, I wound up back in the ICU with heart failure. My doctor said, "There's nothing more I can do for you at this point. Your heart is dying." He recommended me for a transplant. I was in such bad health that they put me at the top of the waiting list, but it can still take ages to find a match; some people never do. Luckily, I got the call within a month. The surgery took six hours, but as soon as I woke up, I could feel it—my new heart was so strong.

When I left the hospital, I could

climb the eight flights of stairs in the unit without stopping. I decided I was really going to build up my strength. I started running on a treadmill at the gym and signed up for tennis lessons. I could finally run for the ball!

I wanted to push myself further. So in July 2008, I played tennis in the Transplant Games. Then the wife of one of my teammates told me about a women's triathlon—a half-mile swim, followed by a 12-mile bike ride and a 2.1-mile run. The event was scheduled for a year later at Mount Snow, Vermont, and I thought, Let me see if I can work up to that.

Soon I was running three miles a day. I bought a bike and started swimming. And one morning last summer, I was standing by a lake with several dozen other women. They write your race number on your arm with a marker, and I had them add the words *Thank you, donor family*.

Once we jumped into the water, adrenaline took over. They'd assigned me a "swim angel" with a flotation device in case I had trouble, but I left her behind. The biking part was a killer, but the running seemed easy. I finished the race in the middle of the pack—number 93 out of 189—and it felt amazing.

I've signed up to do more triathlons this year, and I'll be thinking about my donor each time. All I know about him is that he was 17 years old and that he and his family gave me a second chance at life. This heart is a tremendous gift, and it's up to me to stay fit and take care of it.

Standing Tall

Staff Sgt. Heath Calhoun lost both legs in a 2003 grenade attack in Iraq. But that didn't stop him.

After the rocket hit, I was lying in the back of the truck, and I could see that my legs were messed up—my trousers were ripped, and I was bleeding pretty bad. I tried to stand up. A bunch of men from my unit held me down, and I went into shock.

I ended up getting a double amputation above the knees, then being flown to Walter Reed hospital in Bethesda, Maryland. Before I got hit, I'd been a good runner, but now I didn't know if I'd walk again. After months of physical therapy, I should have been using prostheses. But there

are challenges, in terms of balance, gait, and fit, for people who have lost as much of both legs as I have, and I couldn't seem to learn how.

When I'd been in the hospital for five months, the Disabled American Veterans held a winter sports clinic in Aspen, Colorado, and I attended with my wife. I'd skied a few times in high school, but nothing major. At the clinic, they taught me how to use a monoski.

Skiing was the first thing that gave

PHOTOGRAPHED BY JOANNA B. PINNEO/AURORA



Heath Calhoun, 30, takes to the slopes on a monoski.

me my legs back. I could use the same ski lift as everybody else. The only limitation on which slope I went down was my skill level. I didn't develop much proficiency that weekend, but I had a blast.

When I went home to Clarksville, Tennessee, four months later, I continued physical therapy. In the summer of '04, I rode a handcycle for about 40 miles in a fund-raiser for the Wounded Warrior Project. I enjoyed it so much that the next year, I cycled across the country with a couple of other guys. It took us two months. Seeing the U.S.A. one town at a time was very cool.

That winter, I trained in a mono-ski camp for people with disabilities. But I still wasn't walking, and I figured there was something about me that was causing the problems. Then I found a prosthetics company that had worked with a lot of bilateral above-

the-knee amputees. I got my new legs that July 2006—complete with micro-processors that adjust for activity level and terrain—and I haven't used a wheelchair since.

The prostheses allowed me to branch out into other sports. In 2007, I won silver medals in the 100- and 200-meter dashes at the Endeavor Games. I've been on a relay team in a couple of triathlons and played in a golf tournament. But my main sport is skiing. I live in Clarksville with my wife and three kids, but I've spent the past three winters in Aspen, competing in Alpine events with financial support from the Veterans Paralympic Performance Program.

When I'm out on the slopes, it feels good to know that I ski better than most people who have their legs. Being disabled is a relative term—you can still do plenty with what the good Lord has given you.

Playing Through Pain

Kristy McPherson was diagnosed with juvenile rheumatoid arthritis at age 11. Today, she's one of the best in her sport.

Growing up in Conway, South Carolina, I was always athletic and competitive. I joined the school softball and basketball teams and played football with the guys in the neighborhood. One afternoon, my brother tackled me in the yard, and I felt some kind of pop. About an hour later, I tried to get up from a chair and couldn't

move. Over the weekend, my joints swelled up and I had trouble swallowing. My mother took me to the hospital.

It took nearly six months to diagnose what was wrong with me. Then I was put on medication for rheumatoid arthritis and went through physical therapy to get walking again. But I had so much joint damage that I couldn't run like I used to. I sat on the porch while the other kids played.

My dad was a serious golfer and had won amateur tournaments. One day he said, "Let's try golf." He car-



**“Getting sick
changed my whole
outlook,” says Kristy
McPherson, 28.**

ried me onto the course and sat me in a cart. Seeing him hit all those good shots made me want to do it too.

After a while, I tried doing a little putting. It wasn't easy at first, because I had a lot of pain in my hands. I'd played some junior golf when I was seven or eight, but it had never really caught my interest—it was too quiet for me. Now it hurt each time I hit the ball. But I was happy to be outside, happy to have a chance at competing

again, and I fell in love with the sport.

By the time I was 13 or 14, I was good but not very good. That made me mad, so I started working hard. I made the high school team, but I got frustrated when I didn't win, so I worked harder. After practice, I'd hit another nine holes by myself. Golf was the most challenging game I'd ever played.

I got a golf scholarship to the University of South Carolina and turned

pro after I graduated. It took me three years to qualify for the PGA Tour, but I just finished my third season—my best yet, with six top-ten finishes. I still take medication, and I'm stiff and in pain sometimes, especially on cold, damp days. But I've gotten used to that.

I probably wouldn't be a professional athlete if I hadn't gotten sick. The experience taught me patience, and I learned to take nothing for granted. I know how blessed I am to do what I do.

A Burden Lifted

When Jeff Schulman weighed more than 400 pounds, his ankles ached from walking. Then he started running.

As a kid in the Bronx, I was always chubby, but I was also into sports—Little League, soccer, football. In college, I was less active, and I started blowing up. It got out of control when I went to law school. I could easily have half a large pizza in one sitting. I'd eat several hamburgers for lunch and a huge bowl of pasta with butter for dinner, and I'd snack constantly on pretzels and chips.

I'd made a mental decision a thousand times: I'm going to start losing weight now. But what prompted me to get serious about it was turning 30. At that point, I weighed 414 pounds. I was always tired. I have a family history of heart disease, and I was scared.

**Marathoner
Jeff Schulman,
33, with the
pants he used
to wear.**



I also wanted to look better. So a few weeks after my birthday, in the spring of 2006, I walked into the office of a weight-loss doctor.

She was very understanding, very compassionate. Her focus was on balanced meals and portion control, and she wanted me to exercise.

Walking was all I could do at first.

I started by walking to a subway stop a few blocks away instead of the one closest to my apartment. On weekends, I'd walk in Central Park. I gradually increased the distance, until one weekend, about a year into it, I found myself saying, Wow, this seems pretty easy. So I started to run. At first I could run for only two minutes, but I built up my endurance. I joined a gym, too, and did cardio and weight training six days a week.

It made a difference. I was losing nine or ten pounds a month, and I had a lot more energy. And there's something about running: It makes you feel like a kid again. I enjoyed it.

I started to think about the New York City Marathon, which goes right past my apartment building. For years, I watched the runners and thought, This looks like fun, but these people are crazy. I could never do that. But now I realized that maybe I could. I joined the New York Road Runners—the group that organizes the marathon. I ran a 10K, some four- and five-mile races, then a half-marathon. I still wasn't confident I could run a full 26 miles. But I told

myself I was going to do it, no matter what.

By my 33rd birthday, in the spring of 2009, I was down to 180 pounds. That summer, I started formally training for the marathon. And on the morning of November 1, I stood on the Verrazano Bridge in Staten Island with more than 40,000 other runners, waiting for the event to start. It was exciting but also scary: You can see the Manhattan skyline on the horizon, and it looks so far away.

When we started moving, it was an incredible feeling to have spectators cheering me on, handing me cups of water. In Harlem, my mom and brother stood on a street corner, waving. And then I crossed the finish line in Central Park, and somebody put a medal around my neck. I was in tears from being so happy. My friends sprayed me with champagne, as if I'd won the Super Bowl.

My goal had been to finish, ideally in less than four hours. I made it in three hours, 54 minutes and change. And at that moment, I knew: If I set my mind to something, nothing is impossible.

IT SEEMED LIKE AN EMERGENCY AT THE TIME

German police chastised a woman after she called Germany's version of 911 for help with a crossword clue. The Ananova news site quotes her explanation: "The clue was for the full name of a police border protection unit, so I thought they would not mind helping—but they were really rude."

Climate Engineering

BY ANNA KUCHMENT

Chinese and Russian scientists claim to make it rain or snow on command. But can we slow global warming with massive operations called geoengineering? A growing number of experts say yes—and that radically altering our environment may be our last, best hope of avoiding disaster. From orbiting space mirrors to artificial trees to brighter clouds, here's what's under discussion.

Flash Points

► Risks vs. rewards

Like any untested technology, geoengineering harbors unknown risks. An artificial cooling of the earth could disrupt global weather patterns, bringing drought and famine to parts of North Africa, India, and China.

► What it would cost

Hoisting mirrors or sun shields into space could cost trillions, according to a September 2009 report by the United Kingdom's Royal Society. Stratospheric aerosols, which could block solar radiation and cool the earth, could cost tens of billions of dollars a year; cloud

brightening, which reflects sunlight away from the earth, \$2 billion a year. Expensive, yes, but to some economists, geoengineering is worth pursuing. One well-regarded but controversial report projects that stratospheric aerosols could carry a benefit 27 times higher than their cost; it also suggests that marine cloud brightening could save \$7.5 trillion by reducing the damage caused by global warming.

► **The “Greenfinger” scenario** David Victor, a climate policy expert at the University of California, San Diego, worries about

the prospect of a single nation taking matters into its own hands. “It could be a Hail Mary pass by a country getting hammered by global warming,” he says. A wealthy individual—Victor calls him a “lone Greenfinger”—could also choose to go it alone. To prevent unilateral action, experts need a framework for researching geoengineering and deciding, as Victor says, “who gets to put their hand on the thermostat.” One such meeting, organized by the nonprofit Climate Institute in Washington, D.C., will take place this month.

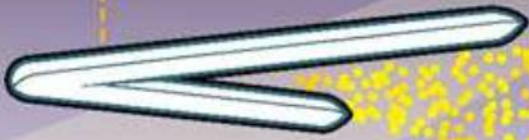
COOL OPTIONS



AEROSOLS

Blimps blast chemicals into the stratosphere to reflect the sun's rays.

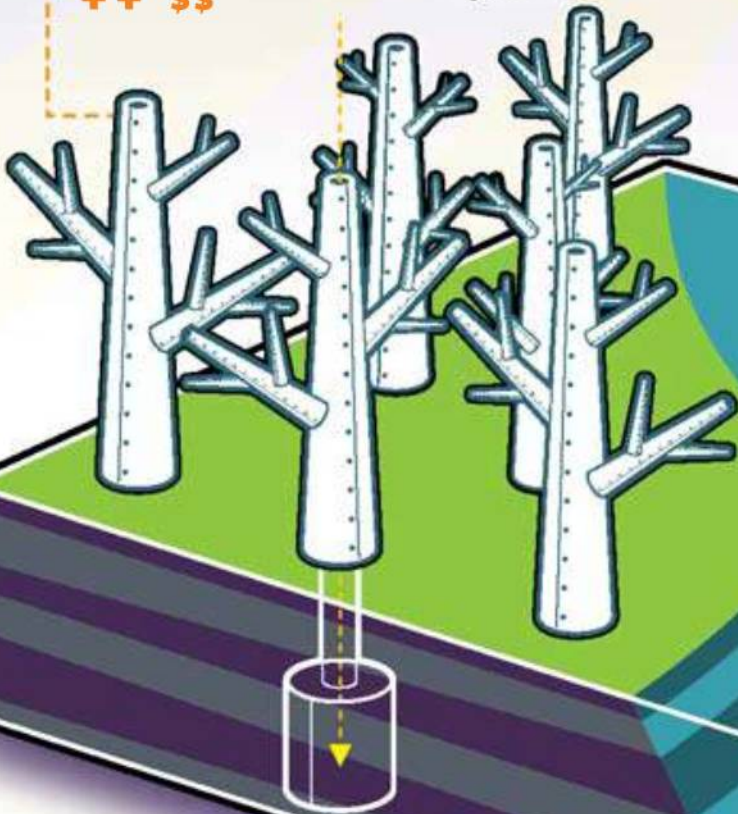
+ \$



ARTIFICIAL TREES

Carbon-eating "trees" absorb CO₂ from the air and store it underground.

++ \$\$



EFFECTIVENESS



Potential to cool the earth

READINESS

- + Within years
- ++ Within decades
- +++ Within 50 years

COST

- \$ A fistful of billions
- \$\$ A few billions more
- \$\$\$ You don't want to know



SPACE MIRRORS

Orbiting lenses diffuse sun's rays.

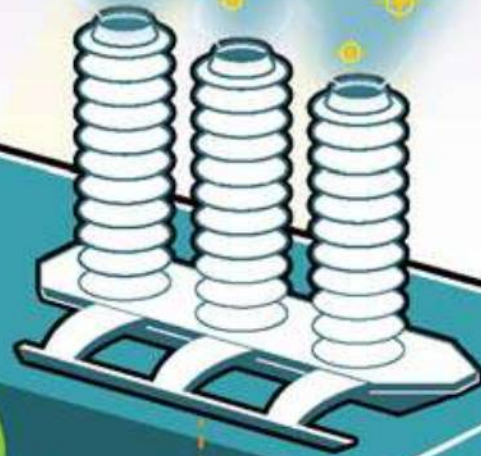
+++ \$\$\$



CLOUD BRIGHTENING

Wind-powered ocean vessels spray sea-water to create clouds to reflect sun's rays.

+ \$



Forward Thinking

► **Contain the carbon**

Removing carbon from the air and storing it underground, or reusing it for fuel, would help slow and possibly reverse global warming. This solution, says David Keith, a physicist at the University of Calgary, would cost considerably less than what we might spend converting carbon-fed electrical to rooftop solar power. England's Institution of Mechanical Engineers has even come up with a proposal to line highways with "artificial trees"

that would collect carbon dioxide at rates far exceeding those of lazy natural trees and convert it into a form that's easily collected and stored.

► **Deflect, deflect, deflect** National Center for Atmospheric Research climatologist John Latham, along with University of Edinburgh engineer Stephen Salter, has designed a novel way of "brightening" clouds: a fleet of remote-controlled, wind-powered ships that would spray a fine seawater mist into marine clouds. "It's estab-

lished that if you have a lot of little drops instead of a few big ones, then the clouds are more reflective," says Latham. They hope to increase that reflectivity by 10 percent, which, they say, would hold the earth's temperature steady until at least 2050. Keith is devising a reflective metal particle that could levitate itself above the ozone layer to reflect heat from the sun back into space, although his main focus remains on reflective aerosols. Washington-based Intellec-

THE TIME LINE

874–853 BC / The prophet Elijah scales Mount Carmel in Israel and prays for rain. It pours.

400–200 BC / Bronze Age cultures in China and Southeast Asia bang the kettle gong in rainmaking ceremonies.

1824 / Thomas Jefferson calls for an index of the American climate to monitor the effects of massive forest clearing and marsh draining.

1830s / James Espy, the first national meteorologist, proposes lighting huge fires along the Appalachian Mountains to control and enhance the nation's rainfall.

1901 / Swedish meteorologist Nils

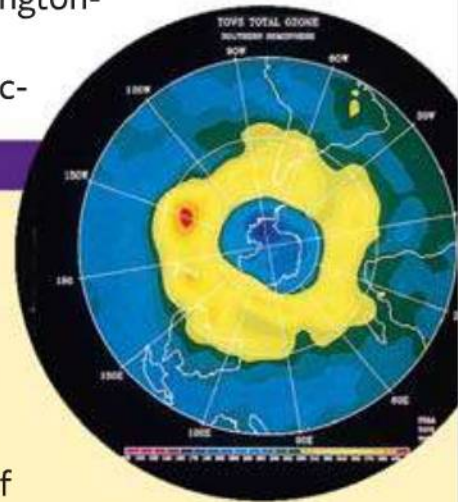
Ekholm publishes a research paper on the possibility of climate modification.

1932 / The U.S.S.R.'s Leningrad Institute of Rainmaking is founded.

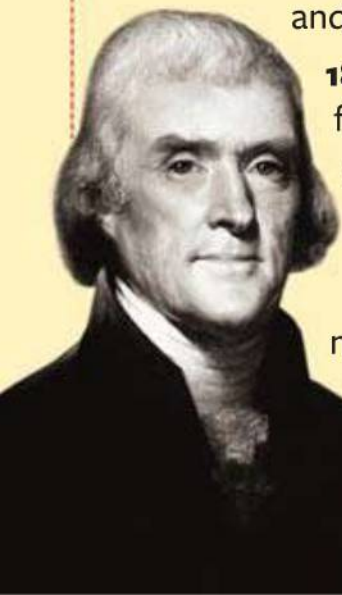
1946 / Researchers at General Electric spread the word about cloud seeding, leading to a commercial boom in weather-modification technology.

1960–1961 / The U.S.S.R. reports clearing clouds over 12,000 square miles.

1965 / President Lyndon Johnson's Science Advisory Committee issues the first high-level government report to include a discussion of ways to manipulate climate.



The ozone hole over Antarctica



(JEFFERSON) BETTMANN/CORBIS; (OZONE) AP IMAGES; (BEIJING) DIEGO AZUBEL/EPA/CORBIS

tual Ventures Lab, owned by former Microsoft guru Nathan Myhrvold, has proposed an 18-mile-long hose suspended from balloons that would pump liquefied sulfur dioxide (a gas emitted when volcanoes erupt) into the stratosphere.

► **Show them the money** Last year, a House of Representatives committee held its first hearing on climate engineering but shied away from funding any proposals. “We need a balanced, open, publicly funded research program,” says Keith.

The Back-and-Forth ...

◀ **A tiny investment in climate engineering might be able to reduce as much of global warming’s effects as trillions of dollars spent on emissions reductions.** ▶

Bjorn Lomborg, the Copenhagen Consensus Center

◀ **Geoengineering is a far-fetched, pie-in-the-sky dream to avoid having to make the emissions cuts we have to make now.** ▶

Michael Crocker, spokesman for Greenpeace

1966 / The U.S. tests cloud seeding in Vietnam.

1977 / Russian physicist Mikhail Budyko proposes using planes to release sulfur dioxide into the stratosphere, creating, in effect, a fake volcanic eruption.

1992 / The National Academy of Sciences report “Policy Implications of Greenhouse Warming” advocates climate control.

2006 / Nobel-winning chemist Paul Crutzen suggests launching sulfur dioxide into the stratosphere with weather balloons instead of planes.

June 2007 / A Carnegie Institution report suggests using sulfate particles to roll back rising global temperatures, returning the planet to the average temperatures of 1900.

February 2009 / Desperate to end a drought, Chinese meteorologists fire explosive rockets loaded with chemicals into the sky. A snowfall blankets Beijing.

October 2009 / China claims to have prevented rain during its 60th-anniversary parade by sprinkling liquid nitrogen into clouds.





CREDIT CARD TRICKS & TRAPS

A new law means new loopholes, new outrages, more fine print, and bigger bucks—for the credit card companies

BY MAX ALEXANDER

If you don't already hate your credit card company, see how you feel in 20 minutes. Did you finally think you'd caught a break when the government tightened laws to protect consumers? Well, the credit card companies were way ahead of everyone, innovating their way around the Credit Card Accountability, Responsibility, and Disclosure Act of 2009. They created—no kidding—a credit card with an interest rate of 79.9 percent. If you decided to spend less money each month, there was a card that charged you more interest for that privilege. If you didn't agree to pay a higher interest rate, one company doubled your minimum payment—overnight, with no warning. And one card featured a vanishing credit limit—from \$30,000 to \$15,000, and then (after you called to complain) \$8,000.

In advance of new regulations meant to protect us (many of the provisions took effect February 22), issuers raised rates, jacked up minimum payments, lowered credit limits, and tacked on even more crazy fees to protect their bottom line. Seemingly no one has been spared:

The retired Navy officer in Belfair, Washington, with an excellent credit

rating and a six-figure money market account? Capital One raised his rate from 6.9 percent to 15.9 percent and gave no reason. A spokeswoman for the bank said, “Account changes like this are necessary in order for us to appropriately account [for] risk and continue to lend in the current environment.”

The craniosacral therapist in Richardson, Texas, who charged \$45,000 to finance her education and who had a good payment record? Chase raised her minimum payment from 2 percent of her balance to 5 percent and started taking the extra \$433 out of her bank account automatically. A Chase spokeswoman said that last August, fewer than 1 percent of its customers—typically those who “have not made as much progress” on their balance—saw their

monthly minimum payments increase from 2 percent to 5 percent.

The freelance editor in Tallahassee, Florida, who always pays her balance in full? She got slapped with a \$45 annual fee on her Bank of America card. (“They couldn’t soak me with interest payments, so they thought they’d take it out on the front end,” says Lisa Finkelstein.) A bank spokeswoman says, “We are testing an annual fee on a very, very limited number of accounts.”



In a recent study by comScore, a marketing research firm, 53 percent of more than 2,000 respondents reported that a bank had raised their interest rate on a credit card in the last year, 26 percent reported reduced credit limits, and 21 percent complained about increased fees. Whatever their reasoning for the changes, banks seem intent on firing their customers, and it’s working. The comScore study reported that 27 percent of respondents simply stopped using a card after the terms were altered.

Now that the new consumer-friendly law has taken effect, we can all just get along, right? Sorry to say, the cat-and-mouse game between consumers and credit card issuers is hardly over. Many of these tricks are still legal and thriving under the new law, along with many more loopholes that banks are eager to test. Here are answers to the most pressing questions about the new regulations—and tips for avoiding traps.

Q: Under the new rules, banks can't mess with my interest rate, right?

A: **MAYBE.** The law prevents issuers from raising rates on existing balances *in most situations*. That's one of the biggest changes, eliminating a trap that has sent millions of families into debt spirals.

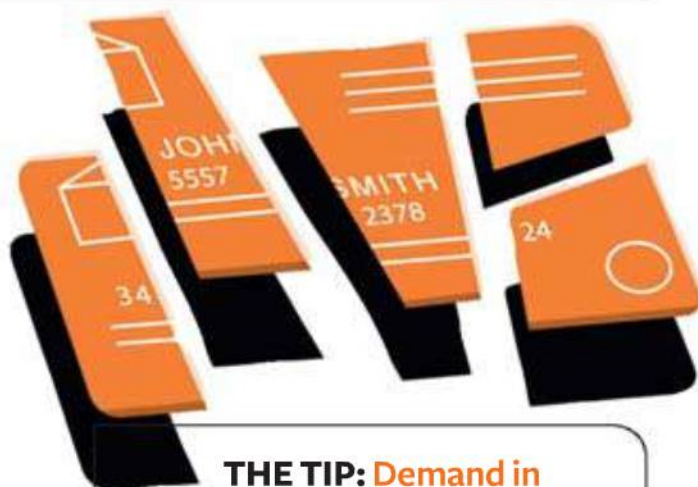
THE CATCH: After 12 months, banks can raise rates as high as they want on *future* purchases as long as they give 45 days' notice. Consumers started getting a taste of these higher rates in late 2009. A 26-year-old job recruiter in Los Angeles had her American Express card rate bumped from 9.24 percent to 12.24 percent (even though she had never made a late payment). When she called Amex, "they said they were doing it to everybody," she reports. A spokeswoman for the company says that last August, "in response to the business and economic environment, we found it necessary to increase some rates and fees on products."

THE TIP: "Watch your interest rates closely," says Josh Frank, a senior researcher at the Center for Responsible Lending (CRL). As tedious and spirit sapping as it sounds, open and read everything that comes from your credit card company. "Some companies are sending out bills in plain envelopes," says Lewis Mandell, a professor of finance and business economics at the University of Washington. Don't mistake it for junk mail and throw it out. Remember: After 45 days, the new rate takes effect unless you have notified the bank that you choose not to accept it.

Q: So I have the right to refuse the new rate?

A: **SORT OF.** The law says you can refuse to accept any new interest rate within the 45-day notification period, but you must stop using the card. You'll have to pay off your existing balance over five years, at the old rate. Or pay double the minimum payment until the account is paid off.

THE CATCH: "Some issuers are not actually closing the account if you opt out," says Josh Frank. "So if you accidentally use that card, it would constitute acceptance and trigger a rate increase."



THE TIP: Demand in writing that the account be closed. Until then, don't use the card. Make sure you turn off automated payments on the card (check your online bank account).

Q: I'll always have 45 days' notice on the new rate, right?

A **IT DEPENDS.** A variable rate card—like a variable rate mortgage—is one whose rate is tied to an index beyond the control of the card issuer, usually the prime rate. That means the rate can rise or fall with the prime every month—including the interest applied to existing balances—and banks are not required to notify you.

THE CATCH: You won't be getting credit at the prime rate. Lauren Bowne, a staff attorney at Consumers Union, says, "The margins we've seen are astronomical," referring to the amount the bank tacks on to the prime to arrive at *your* rate. "Citibank set a rate of 26.74 over prime for some accounts, for a total of 29.99. This is not a bargain." If a bank adjusts your

margin, it has to give you 45 days' notice. A Citibank spokesman says, "Customers can opt out and pay off an existing balance over time at their current rate."

When the prime rate, now just 3.25 percent, goes up, things will get really ugly. For example, if the prime rate doubles to 6.5 percent (where it was two years ago), your interest rate on that Citibank card would be 33.24 percent. Ouch! It's not surprising that virtually all bank credit cards are switching to variable rates.

THE TIP: Avoiding this loophole will be next to impossible. But you can still shop around for the best variable rate at comparison sites like credit.com, lowcards.com, creditcards.com, and billshrink.com. Pay attention to the margin over prime that the issuer is tacking on to the card.

Q: So I'll have to track the prime and see where my card rate is headed?

A **GOOD LUCK.** Instead of tying your interest rate to something concrete and current—like, say, the prime rate on the closing date of the billing cycle—a bank could peg your inter-

est to the average prime rate over *the last 90 days*. This new practice, dubbed "pick a rate" (the bank does the picking), allows banks to rake in big profits.

THE CATCH: The prime rate can change dramatically. (It soared to 21.5 percent in 1980.) A stable prime, however, means many consumers probably won't notice the change. (Banks are, however, required to notify consumers if they switch to a pick-a-rate structure.)

THE TIP: Read the fine print. It may be in the Schumer box—the plain English disclosure that comes with your credit card offer—or it may be enclosed in your statement. You want your rate to be based on the prime within a few days of the latest billing cycle. If it's not, you're about to fall into a pick-a-rate trap.



THE TIP:

Set up automatic bill pay so you don't miss a payment.

Q: It seems like my credit card bill is coming earlier than ever. What's up with that?

A: **THE NEW LAW INCREASES THE GRACE PERIOD FROM 14 TO 21 DAYS.**

That means your bill will come earlier, giving you more time to pay it. To avoid confusion, the law also requires issuers to make bills due on the same due date every month.

THE CATCH: With all that extra time, says Bill Hardekopf, CEO of LowCards.com, "you stand a greater risk of leaving that bill in the pile. There could actually be more late fees as a result of this change."

Q: You said banks can't raise the rate on my existing balance "in most situations." What does that mean?

A: **THERE ARE EXCEPTIONS.** The biggest one is if you are more than 60 days past due.

But the new penalty rate must be removed after six months, assuming you have made on-time payments during that period. In addition, banks are still allowed to adver-

tise teaser "promotional rates" to lure new customers, and those rates can be raised after six months.

THE CATCH: Several, actually. For starters, there is still what's known as a hair-trigger provision in the system—that is, a payment that arrives after 60 days will trigger the new rate. Second, to qualify for the rate reduction after six months, you need to make every payment on time. If you're so much as one day late on any payment, the bank has the right to impose the new interest rate permanently. Currently, there is no limit on how high the penalty rate can go.

THE TIP: "Don't be 60 days late," says Chi Chi Wu, an attorney with the National Consumer Law Center. If you do get socked with a penalty rate, move mountains to pay on time for the next six months. And to avoid getting trapped by bait-and-switch teaser rates, Bill Hardekopf advises consumers to call the bank and ask whether a rate is "introductory."

Q: If I'm late paying some unrelated account, like my cell phone bill, that can't be used to raise my rate, can it?

A: **YES AND NO.** You're talking about universal default. The new law prevents issuers from jacking up rates on previous purchases if you're late on some other bill.

THE CATCH: "If a credit card company wants to use your credit history to raise your interest rate going forward, it can," says Travis Plunkett, legislative director of the Consumer Federation of America.

THE TIP: Some rules never change: Pay all your bills on time.

Q: What about all those fees?

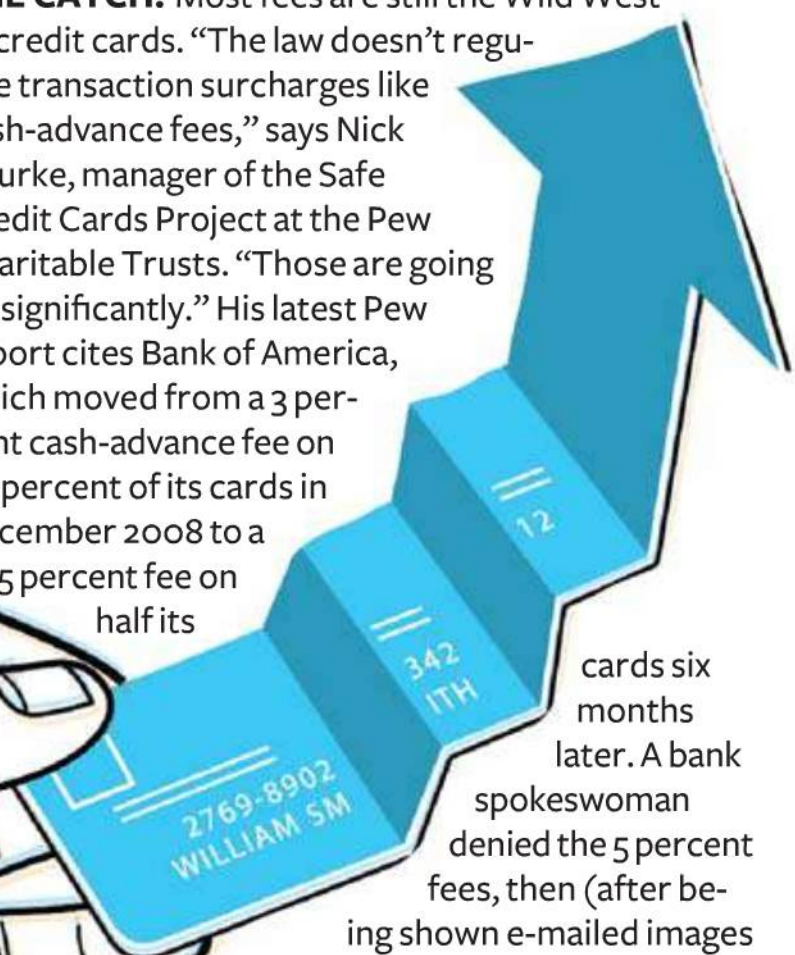
A: **EXPECT TO PAY MORE.** Fees account for 39 percent of card issuers' revenue, so they aren't going away. The new law barely addresses fees, except to say you can't be charged a fee for going over your credit limit (unless you "opt in" to such fees) or a processing fee for paying your bill (unless you ask a rep to expedite your payment). And penalty fees, such as those ubiquitous \$39 charges for late payments, must be "reasonable and proportional" to the violation, although as of January, the Fed hadn't spelled out what that means.

THE CATCH: Most fees are still the Wild West of credit cards. "The law doesn't regulate transaction surcharges like cash-advance fees," says Nick Bourke, manager of the Safe Credit Cards Project at the Pew Charitable Trusts. "Those are going up significantly." His latest Pew report cites Bank of America, which moved from a 3 percent cash-advance fee on 99 percent of its cards in December 2008 to a

5 percent fee on half its

cards six months later. A bank spokeswoman denied the 5 percent fees, then (after being shown e-mailed images of the fee disclosures in bank documents) said they were tested for a limited time and are now down to 4 percent. When told the bank's website still featured cards charging 5 percent, she said the site was "outdated."

Other sneaky fees on the rise include annual "membership" fees (join the club!) ranging from \$30 to



\$100, “inactivity” fees on open accounts that have not been used (literally a fee for nothing, as high as \$36 a year), and similar monthly “service” fees. Some issuers are charging currency-exchange fees just for buying something online from a foreign company, even if it’s priced in dollars.

And in cases where fees are regulated, card issuers are finding even nastier tricks to empty your wallet. Perhaps the sneakiest fee dodge is from First Premier Bank, which issues so-called fee harvester cards that soak people whose credit is so bad, they can’t qualify for a regular card. Such cards typically start with a credit limit of \$250 and annual fees totaling more than that—so the holder is in debt before buying anything. In an attempt to rein in such practices, the new law limits fees (not in-

cluding penalty fees) to 25 percent of the available credit the first year. In response, First Premier jacked its interest rate up to 79.9 percent—a new record. “We go to great lengths to provide our customers with a full disclosure and a refund of fees if not satisfied,” said a bank spokeswoman.

THE TIP: Shop around for cards with minimal fees. Since fees can change, pay attention to your monthly bill, whether it arrives in the mail or online. Do not agree to fees for going over your credit limit. To avoid embarrassment at the cash register, sign up for free online and text alerts when you’re approaching your limit.

By now, you might be wondering, What’s the point of passing new laws when the credit card industry just finds ever more creative ways around them? Many consumer advocates are asking the same question while praising the new law as a big step. “The credit card industry is always going to be one step ahead,” says Heather McGhee of Demos, a nonpartisan think tank. “We can’t keep going back to Congress every year and saying, ‘Uh-oh, they’ve invented this new trap.’”

Lauren Bowne of Consumers Union says the best way individuals can guard against new tricks and traps is to avoid racking up credit card debt. “No matter what laws get passed,” she says, “consumers will still have to decide if it’s worth spending 20 percent more to buy that stereo. Maybe people will open fewer credit cards. That’s going to be a positive.”

Indeed, customers who aren’t deep in debt can find themselves squarely in the driver’s seat. When Citibank raised its rate from 12.99 to 29.99 percent, Jason and Lori Gradel of Huntington Beach, California, called to complain. While they waited for the bank to get back to them, they paid off their \$4,800 balance from savings. “We had that bargaining chip,” says Jason. “We said, ‘Go ahead and close the account. We’re at zero balance.’”

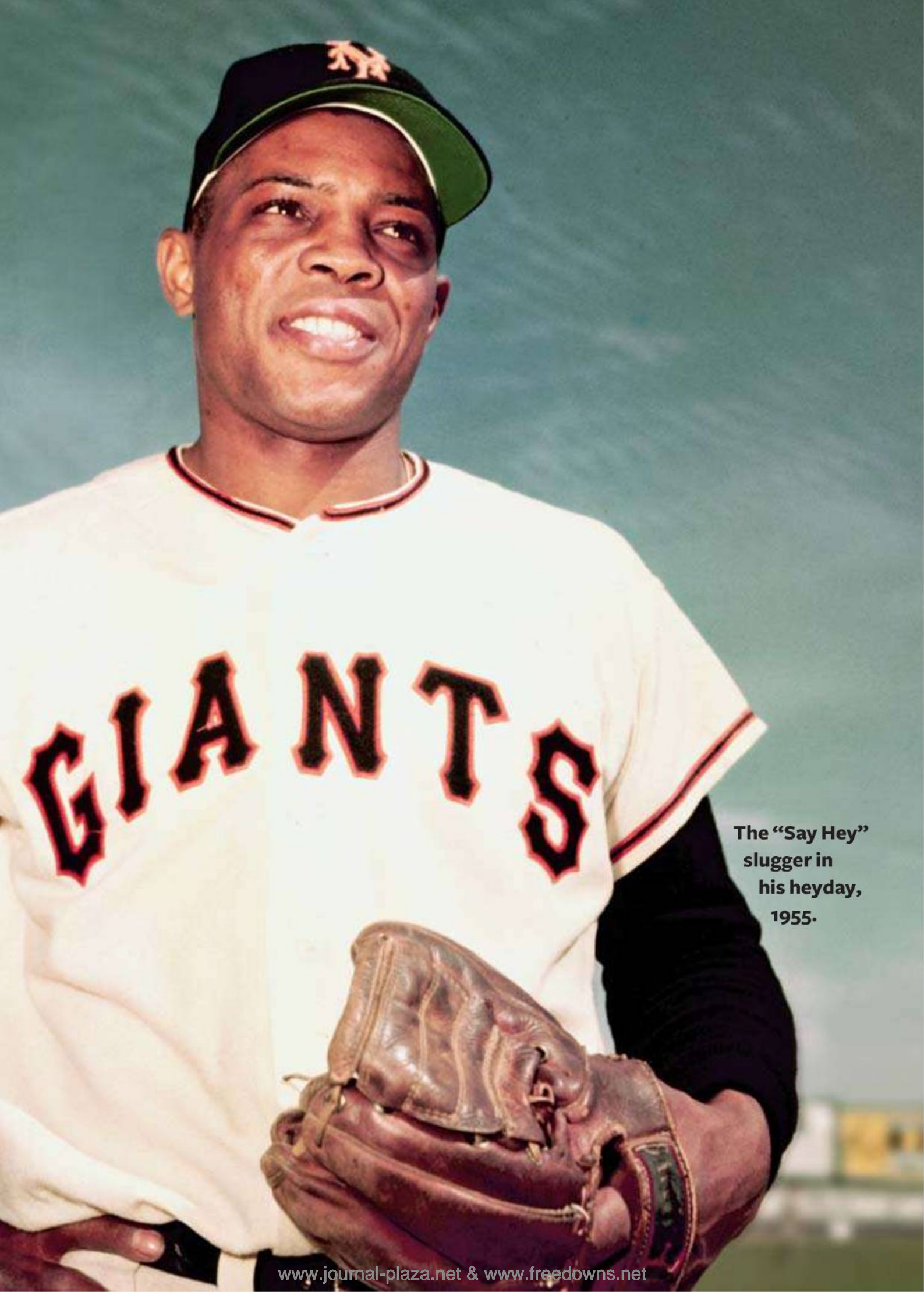
Citibank’s response? It rolled back the couple’s interest rate to 8.99—four points lower than the original rate. “For us,” says Jason, “it was such a comfort to be able to say, ‘We’re not bound to you guys.’” ■

American Idol

The never-before-told story of baseball legend
Willie Mays

BY JAMES S. HIRSCH

FROM *WILLIE MAYS: THE LIFE, THE LEGEND*



The "Say Hey"
slugger in
his heyday,
1955.

In the movie *Manhattan*, Woody Allen said that Willie Mays was one of the things that made life worth living, right after Groucho Marx but before “those incredible apples and pears by Cézanne.” Charles M. Schulz said he used Mays’s name in his Peanuts strips more than any other because “to me, Willie Mays has always symbolized perfection.” And the actress Tallulah Bankhead, reflecting on Mays in a *Look* essay, wrote, “Everything he does on the field has a theatrical quality. Even when he strikes out, he can put on a show. He rescues the heroine from the railroad tracks just as she’s about to be sliced up by the midnight express.” She added, “There have been two geniuses—Willie Mays and William Shakespeare.”

Shortly after he was called up to the New York Giants from the minor leagues, the young Alabaman blasted home runs over the lights at the Polo Grounds in upper Manhattan, chased down fly balls in the cavernous outfield, unleashed deadly throws to the plate, and ran the bases with daring glee. But what really mesmerized Mays’s teammates and the crowds was his incandescent personality, bringing, said team manager Leo Durocher, “a contagious happiness that gets everybody on the [ball] club.”

Long before his Rookie of the Year award; long before his two Most Valuable Player awards, his one batting title, and his 12 Gold Glove awards; long before his 24 All-Star Games, his 3,283 hits, and his 660 home runs; and long before “the Catch”—his famous over-the-shoulder grab in the 1954 World Series—Willie Mays was a legend. By the time he retired, in 1973, he was an American icon whose athletic

brilliance and stylistic bravado contributed to the assimilation of blacks during the turbulent civil rights era, a distinctive figure of ambition, sacrifice, and triumph who became a lasting cultural touchstone for the nation.

He was the game’s first true international star, playing before huge crowds from Mexico to Venezuela to Japan in winter-league games or exhibitions. He was a worthy antidote to Ralph Ellison’s lament that the Negro was the “invisible man.” Mays’s star power helped make him the highest-paid player in the league, topping the magical figure of \$100,000 a year in 1963.

One of the most recognized and admired blacks of the civil rights period, Mays led by example, yet his role in the movement became the most controversial part of his legacy. In some quarters, he was scorned as a “do-nothing Negro” or an Uncle Tom for refusing to actively support civil rights or even to speak out when



PREVIOUS SPREAD AND THIS PAGE: BETTMANN/CORBIS

he himself was victimized or his hometown of Birmingham, Alabama, was terrorized. But Mays countered racial discrimination on his own terms, in ways that he understood—as a role model who never drank or smoked, who avoided scandal, and who gave his time and money to children’s causes; as a player who excelled through discipline and preparation; and as a man who brought Americans together through the force of his personality and his passion for the game. Mays knew his influence, particularly on the

Willie Mays acknowledges the fans on August 8, 1954, at New York’s Polo Grounds.

bigots. “I changed the hatred to laughter,” he said.

Just who is Willie Mays? To his fans, he’s long been an enigma who spoons out just enough biographical morsels to nourish their curiosity but not satisfy their appetite. Today, at age 78, he has a small circle of loyal friends who love him unconditionally. He gives generously to youth leagues, schools, and hospitals; he signs baseballs for sick children. “It’s not about me,” he says. “I had my life.” But baseball, of course, is his rightful legacy, and now, almost

60 years since he joined the Giants, the accomplishments of Willie Mays loom larger than ever.


THE ROOKIE

Willie Mays had dazzled enthusiastic crowds in the minor leagues, and on May 24, 1951, he left Sioux City, Iowa, traveling light: a change of clothes and some toiletries, his glove, his spikes, and his two favorite 34-ounce Adirondack bats. At the airport in Omaha, Nebraska, the 20-year-old bought a ticket from

later evoke comparisons to Michelangelo's finest work. He was taut and fluid but not physically imposing. Only his rippling forearms and massive hands, each one large enough to grip four baseballs, hinted at his crushing strength.

Mays entered the office of Horace C. Stoneham, the Giants' owner. A bank manager look-alike, Stoneham, 48, cared deeply about all his players, their finances, their families, and their well-being, and he would help them just as he would his

own children. He also needed good players. And he never needed one more than he needed Willie Mays.



We'll tell them you're the answer to what the Giants have got to have.'

HORACE C. STONEHAM, GIANTS OWNER, TO MAYS

United Airlines for an all-night journey, landing in New York early the following day. He'd been there once before, three years earlier, to play at the Polo Grounds with the Birmingham Black Barons. Then, the team veterans had protected the youngster, instructing him on how to dress, act, and play ball; on how to represent his team, his city, his race. But now, on a sunny morning at La Guardia Airport, Willie Mays slid into the backseat of a taxi, alone, and pressed his face to the window. He had never seen so many people walk so fast in his life.

He was driven to the Midtown offices of his employer, the New York Giants, and escorted inside. At five foot 11 and 160 pounds, he did not yet have the sculpted body that would

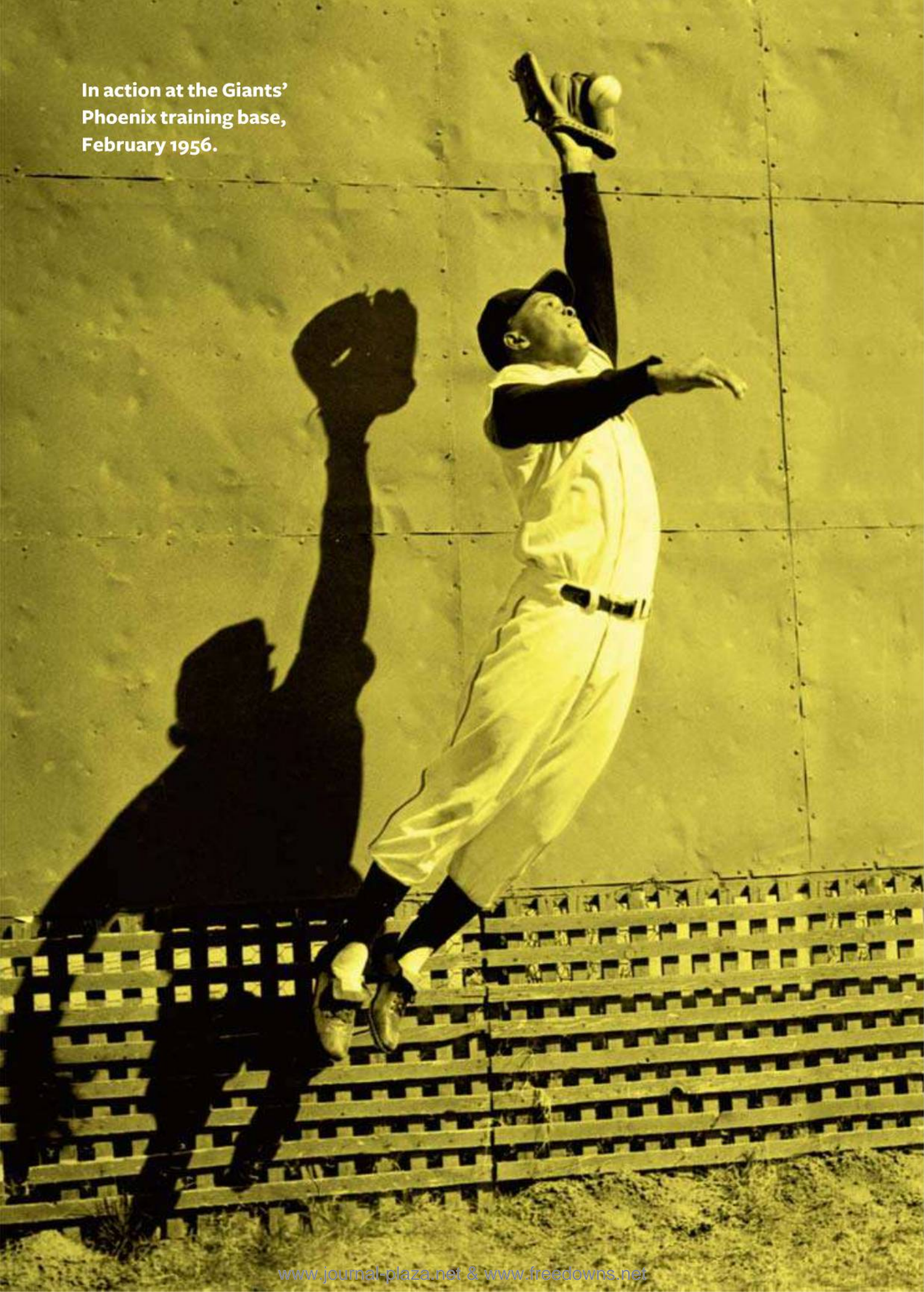
"Glad you could make it so soon," Stoneham said as the rookie entered his office. "But they aren't glad where you came from."

Mays, confused, said nothing.

"The Minneapolis fans," Stoneham said. "They're upset." Mays had begun the season with the Minneapolis Millers, a Giants farm club. In 35 games, he'd hit .477. One searing drive had punctured a hole in the fence in Milwaukee. Stoneham told Mays that the Giants were putting an ad in a Minneapolis newspaper to apologize for taking the local team's prodigy. "We're going to tell them," Stoneham explained, "that you're the answer to what the Giants have got to have."

Mays remained silent.

In action at the Giants'
Phoenix training base,
February 1956.



"It's unusual, I know," Stoneham said. "But ... is something the matter?"

Mays finally found his voice, high-pitched and earnest: "Mr. Stoneham, what if—"

"What if what?"

"What if I don't make it?"

Stoneham pointed to a folder on

wear, shirts, socks—until your stuff gets here."

The door opened, and Frank Forbes, a black fight promoter hired to be Mays's chaperone, walked through. "Here he is," Stoneham said. "Take him with you." He extended his hand to Mays. "Good luck, Willie."

"Thank you," the rookie replied. "I hope I can get into a few games, get a few chances to help. I hope you won't be sorry."

Mays is the tie that binds so many of us to our carefree days of the past.'

MILTON GROSS, JOURNALIST

his desk that was stuffed with papers. Mays saw his name on the cover. "You think we just picked your name out of a hat?" Stoneham demanded. "You think we brought you up because somebody saw your name in a headline one day in Louisville or Columbus or Kansas City? You think our scouts haven't checked you out? You think all of this is something somebody just dreamed up in the middle of the night two days ago?"

Mays stood there, unsettled by the barrage.

The owner pushed a buzzer on his desk and spoke into the intercom. "Ask Frank to come in." He looked at Mays. "Got luggage?"

"No, sir. It's still back in Minneapolis. They're sending it on."

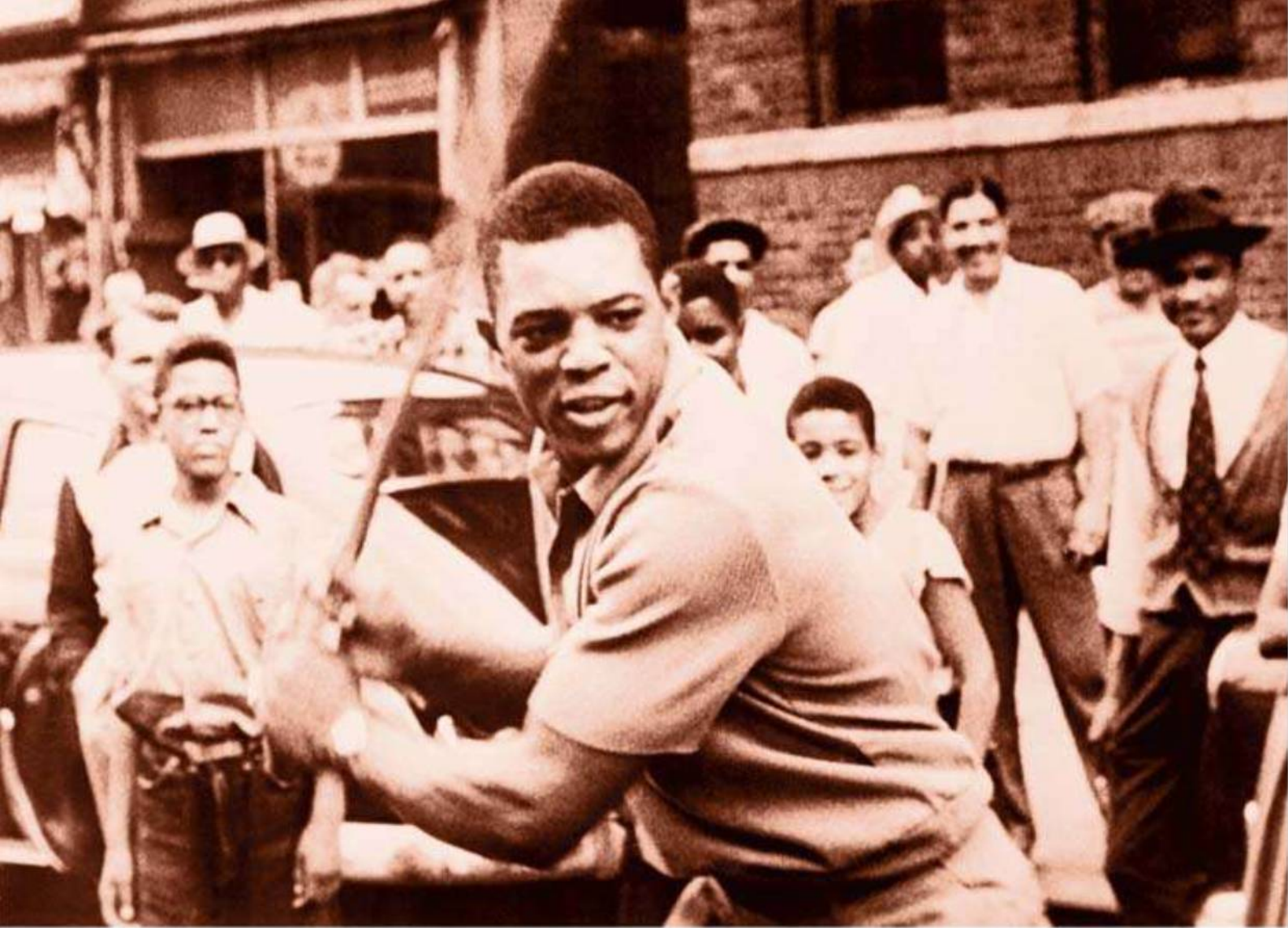
Stoneham nodded and pushed the buzzer again. "Ask Brannick to save out 70, 80 dollars," he said, referring to the team's traveling secretary, Eddie Brannick. Then, to Mays: "Buy yourself a couple of things—under-

"I won't be sorry." Stoneham turned away, then suddenly turned back. "'Get in a few games?' 'Get a few chances to help?' Don't you know you're starting tonight?"

Mays's mouth went dry. "Starting? Where?"

Stoneham laughed. "Center field!" he said. "Where else?"

The team had already gone to Philadelphia for a three-game series that would begin that night. Forbes and Mays hustled to Penn Station, boarded a train, and sat in a Pullman parlor car. Mays had seen the opulent coaches in the movies, the ubiquitous "Negro" porter fawning over white passengers. But now that he himself was the passenger, the swivel armchairs were layered with meaning. His own father, Willie Howard Mays Sr., had been a Pullman porter, making beds in the sleeping cars chugging out of Birmingham as the train's quiet rhythm lulled the white passengers to sleep. Now his son sat in a



Pullman car, heading south on an 85-mile trip that the young man could not have envisioned even a month earlier.

The clicking of the wheels said to Willie, *You're a Giant. You're a Giant. You're a Giant. You're a Giant.*

THE STAR

Nearly 20 years after he joined the team and helped it capture a World Series and two pennants, Mays entered an exclusive club. On September 28, 1970, he recorded at-bat number 10,000 of his career. Only Ty Cobb (11,434) and Stan Musial (10,972) had more.

The cover of *Saturday Review*

A pro shows them how it's done: playing stickball with kids in Harlem, circa 1954.

blared, "The Age of Willie Mays." The date was May 8, 1971, two days after Mays

had turned 40, and the photo was one of Willie's favorites. Set in an ornate gold frame, it showed him at the plate, swinging the bat, his arms extended, his eyes on the ball. His uniform, #24, was skintight, and what Mays loved about the picture was its display of his muscular thighs, torso, and arms—he had a few gray hairs on his temples and a slightly receding hairline, but he still had his 32-inch waist, Herculean arms, and sculpted physique. Giants manager Charlie Fox noted that this was no accident. "In 22 years," he said, "Willie has gained a pound

and a half. You spread a buffet for the team after a game, and young players gobble everything in sight. Willie will take one stick of gum.”

There was poetic symmetry in Mays’s life. He had been born 40 years earlier and had joined the Giants 20 years earlier. He’d achieved

He’d say, “Don’t get happy [about] two home runs ... You got lucky.”’

BARRY BONDS, BASEBALL PLAYER, ON MAYS

royal status, recognized by writers, players, and fans alike. While a poll of the players in 1970 ranked Mays as the fourth-best outfielder, the fans elected him as starter for the All-Star Game. Once, in Los Angeles, he was hit by a pitch in the small of the back. “The pitcher, Don Sutton, looked on in horror,” journalist Jim Murray wrote, “as if he had just thrown a dart through the Mona Lisa or cracked a statue of Saint Francis with a well-aimed rock ... Sutton ran up like a Red Cross nurse. The crowd—a Dodger crowd, mind you—booed him.”

Milton Gross, Mays’s longtime friend, wrote in the *New York Post*, “Mays is more than a man nearing middle age so far as baseball is concerned. He is an emotional experience. He is the tie that binds so many of us to our carefree days of the past, and for the younger generation, he is the legend that lives, the only authentic piece of active history which links baseball as it is to what it used to be.”

Sportswriter Joe Falls lamented that Mays had never played in his city, Detroit, and that he had never seen Mays play in person. So he flew to Cincinnati to watch him. Mays struck out twice and popped out twice, but he also went deep into center field for a towering fly, turned around, and—

plop!—the ball fell into his glove. “The trip was worthwhile,” Falls wrote.

He had an even better anecdote in 1971, when Mays finally

played at Detroit’s Tiger Stadium in the All-Star Game. The next day, two young men dialed Joe Falls with a story that highlighted the bond between Mays and his fans. Tim Hemming, 19, and Ron Salsido, 21, called Mays’s hotel room at 4 a.m. on game day. Though half asleep, Mays answered the phone. He spoke to the guys and agreed to help them. They had bleacher seats, and before the bottom of the first inning, one of them threw a baseball onto the field. Mays picked it up, signed it, and threw it back, setting off a mad scramble among the crowd.

“I got a black eye out of it,” Hemming said. “But I got the ball.”

THE ICON

During spring training of 1993, Willie Mays signed a lifetime contract with the Giants as a special assistant, and he helped build public support for a new downtown stadium in San Francisco. Pacific Bell Park opened in

2000. Its name was changed to SBC Park, then to AT&T Park. What hasn't changed is the magnificent nine-foot bronze statue of Mays, shown after he's taken a mighty swing, or the 24 palm trees behind it, or the stadium address, 24 Willie Mays Plaza. Mays has a private box, where old teammates like Johnny Antonelli and Ray Sadecki will stop by, see how he's doing, still looking out for him.

Mays attends spring training games, hobnobs with the club's investors, visits farm

teams, and performs ceremonial functions. But he is happiest with the team before a game, razzing the players and maintaining ties with clubhouse attendants like Mike Murphy, who has known Mays since 1958 and is moved to tears

when he talks about him. Of "Murph," Mays likes to say, "I raised him."

The generational divide between Mays and the younger players is significant—the music, the BlackBerries, the tattoos—but he has always judged players by the contributions they make to the team. He is old-fashioned but not closed-minded. Asked if Major League Baseball is ready for an openly gay player, Mays asks, "Can he hit?"

For a number of years, Mays's most visible position with the Giants was

as Barry Bonds's patron. Bonds had been a divisive figure since entering the majors with the Pittsburgh Pirates, winning acclaim for his superior talents while alienating the fans, the media, and his teammates with his truculence and egoism. None of those attributes changed in San Francisco. What did change was that he was now under the eye of both his father, hired as the Giants' first-base coach, and his godfather, Willie Mays. At 28, Bonds had already distinguished himself as

the rightful heir to Mays, having surpassed 30 homers and 30 stolen bases in two separate seasons. He'd collected three Gold Gloves too. But Mays pushed Bonds for more.

"He would always give me his blessing," says Bonds, "but he did not allow me

to get satisfied. He would come to my locker and say, 'What's wrong with you? Don't get happy because you hit two home runs. That second swing, you got lucky.'"

Bonds's first year in San Francisco was his best to date (.336, 46 homers, 123 RBIs). "For me to satisfy my father and my godfather was more important than anything in baseball," he says. Bonds's triumphs ultimately put Mays in an uncomfortable position: By 2003, when Bonds was pursuing



**Barack Obama and Willie Mays
before the 2008 election.**

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Hank Aaron's all-time home-run record of 755, Bonds testified to a grand jury that he had mistakenly used a steroid given to him by his trainer. He was vilified by many as the juicer who held some of the game's most treasured records. Despite this, Mays stood by him. "I've always told Barry, 'Whatever you do, whether right or wrong, I'm here for you,'" says Mays.

apply lipstick, and paint her nails, and he holds her elbow and walks with her around their grounds and talks to her in a soft, sweet voice.

"Every time he sees Mae, it's as if he's just seen her for the first time," Anderson says. "He wants to know her plan for the day, and her face brightens up. Sometimes she responds the right way, sometimes not. But Willie ex-

Every time Willie sees his wife, it's as if he's just seen her for the first time.'

RENE ANDERSON, MAYS'S PERSONAL ASSISTANT

Willie and his second wife, Mae, to whom he's been happily married for more than 35 years, never had children of their own; he has an adopted son from his previous marriage with whom he's no longer close. In 1997, Mae was dealt a blow when she was diagnosed with a form of dementia, which was later confirmed as Alzheimer's. She was only 59, and she was a young 59—trim, vivacious, and beautiful. Willie eventually found help at the Institute on Aging, which sends caregivers to their home in the San Francisco area every day.

Rene Anderson, Willie's personal assistant, and their friends help out as well. The progressive nature of the disease has inevitably diminished Mae's strength and her memory, but with help, she stays active, jogging down the halls of the house and using a treadmill. Willie instructs her aides to brush Mae's hair in the morning,

pects her to have a good day, and when he's gone, sometimes she'll ask about him."

Willie says, "I try to do whatever I can, because it's hard to see her walk around and not be able to understand what we're talking about. But sometimes she can understand more than you think. So I just do what I have to do and make sure that she's okay and hope that I don't have to put her in a home or anything like that. As long as I'm around, I don't think that will happen."

Mae sleeps in a special hospital bed in her own room, but Willie listens for her. "I find myself getting up at four or five in the morning, going there and making sure she's okay ... it's difficult sometimes."

Before bedtime, Mae will watch a ball game on television, sitting in the dark, her eyes focusing and then fading, as if searching for a familiar figure. The game continues, and it's easy to believe that Mae is looking for her husband to come to the plate, bat in hand, eager to take his licks.

Willie himself was diagnosed with glaucoma in the 1990s and by 2005 had to stop driving cars and playing golf. He still travels extensively, typically with Anderson and sometimes a friend. He still uses a rubber band like a money clip for his thick roll of cash. He uses cash to shop and to tip. He also uses it for those in need. When a friend died, he gave the widow an envelope with \$5,000 inside.

Mays is quite aware of the trajectory of his life, from a poor Depression-era black kid in Alabama to someone who can go anywhere in America and be treated like royalty. "I could not have dreamed," he says, "the life I've lived."

Like many older African Americans, he also could not have dreamed that he would see a black man in the White House one day. Mays met Barack Obama in 2006, before Obama had declared his candidacy for president. Mays had never followed presidential politics, but he closely tracked the 2008 race on television and stayed up until 5 a.m. watching the returns. When the

results were clear, he wept. Later that day, he had an e-mail sent to Obama:

*Dear Mr. President,
Move on in.
Your Friend,
Willie Mays*

One of Mays's few remaining goals was to fly on Air Force One, a message relayed to the president by a mutual friend. When Obama flew to St. Louis for the 2009 All-Star Game, he invited Mays to join him on his plane and to be his guest at the game. Asked afterward what his next goal was, Mays said, "Bowling in the White House."

Of course, Willie Mays still watches baseball games on television at home, sitting in an easy chair. Sometimes he'll doze off when the game is on, then will wake with a start when he hears the announcer cry, "A Willie Mays catch!"

Other times, the announcer will pose a baseball trivia question.

And Willie Mays will answer, "Me!" Then he'll rest his eyes.

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My five-year-old son and I were discussing some of the differences between his childhood and mine. I pointed out that when I was young, we didn't have Nintendo, cell phones, computers, or even digital cameras.

I realized just how difficult this was for him to comprehend when he asked, "Did you have fruit?"

Michelle Porter

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Eater's Digest



JOSEPH DE LEO

**HOT NEW
COOKBOOKS**

**FROM FOOD
NETWORK
STARS**

Wouldn't it be great to have a little help in choosing the best new cookbooks to add to your shelf? Starting this month, we're sifting through piles of releases to bring you the finest of the bunch. What's got us eager to start sautéing: cookbooks from notable chefs Daisy Martinez (pictured) and Giada De Laurentiis, both offering family-friendly meals that are anything but ordinary. *Daisy: Morning, Noon and Night* is full of bold Latin flavors that are surprisingly easy to pull off in your own kitchen. *Giada at Home* combines De Laurentiis's signature style of modern Italian cooking and influences from her California upbringing. These new tastes will quickly become old favorites.

Braised Chicken with Coconut Milk and Curry

Makes 6 servings

Daisy Martinez's coconut-curry-tomato combo is a classic Latin sauce that just gets better if leftovers sit a few days.

- 2 small (about 3 lbs. each) chickens, cut into pieces**
- Kosher or fine sea salt and freshly ground pepper**
- Vegetable oil**
- 1 cup sofrito, homemade or store-bought***
- 1½ tsp. curry powder**
- ¼ tsp. ground cloves**
- ¼ cup all-purpose flour**
- 1 cup store-bought chicken broth**
- 1 can (13½ oz.) unsweetened coconut milk**

1. Pat chicken pieces dry with paper towels. Season generously on all sides with salt and pepper. Pour in enough vegetable oil to cover bottom of large Dutch oven or other heavy pot with lid. Heat over medium-high heat.

2. Lay as many pieces of chicken into pan as fit without bumping up against each other. Cook, turning as necessary, until browned on all sides, about 10 minutes (adjust heat during browning to keep up lively sizzle). Remove chicken from pot and repeat with remaining pieces.

3. Pour off all but ¼ cup of fat from pot. Add sofrito, curry powder, and cloves and cook until liquid has evaporated and sofrito is sizzling. Lower heat and whisk in flour, then continue whisking until flour absorbs oil. Slowly pour in chicken broth and coconut milk while continuing to



whisk. Season lightly with salt and pepper and bring sauce to a simmer over medium heat.

4. Return chicken to pot, cover, and cook until chicken is very tender (almost falling from bone), about 25 minutes. Check a few times to make sure sauce stays at gentle simmer, turning pieces and moving them around so everything cooks evenly.

5. Spoon chicken into warm serving bowl or set Dutch oven on table and serve from it.



*Sofrito, a chunky, spicy sauce, is available at most grocery stores and Latin markets. For Martinez's recipe, visit daisymartinez.com.

Pasta Ponza

Makes 4 to 6 servings

Giada De Laurentiis bakes a tomato-bread crumb mixture in the oven to give this easy pasta unusual texture and depth.

Unsalted butter, for greasing

2 cups (12 oz.) red cherry or grape tomatoes, halved

2 cups (12 oz.) yellow cherry or grape tomatoes, halved

¼ cup capers, rinsed and drained

1 tbs. olive oil, plus more for drizzling

½ tsp. salt, or more to taste

¼ tsp. freshly ground black pepper, or more to taste

½ cup Italian-style seasoned dried bread crumbs

1 lb. ziti or other short tube-shaped pasta

¼ cups grated Pecorino Romano cheese

¼ cup chopped fresh flat-leaf parsley leaves

1. Place oven rack in center of oven and preheat to 375°F. Butter 8-by-8-inch glass baking dish.

2. Combine tomatoes, capers, olive oil, salt, and pepper in prepared baking dish and toss together. Sprinkle bread crumbs over tomato mixture. Drizzle top with olive oil, and bake until top is golden, 30 to 35 minutes. Cool 5 minutes.

3. Meanwhile, bring large pot of salted water to boil. Add pasta and cook, stirring occasionally, until tender but still firm to the bite, 8 to 10 minutes.

4. Drain pasta, reserving about 1 cup pasta water. Transfer pasta to large serving bowl. Spoon tomato mixture over pasta (if needed, thin out sauce with a little pasta water). Add cheese and toss well. Season with salt and pepper, sprinkle with parsley, and serve immediately.



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Turkey Meatloaf with Feta and Sun-Dried Tomatoes

Makes 4 servings

De Laurentiis adds tangy sun-dried tomatoes and salty feta cheese to make this meatloaf extra juicy and flavorful.

Vegetable oil cooking spray

- ½ cup plain dried bread crumbs
- ⅓ cup chopped fresh flat-leaf parsley leaves
- ¼ cup chopped garlic- and herb-marinated sun-dried tomatoes
- 2 garlic cloves, minced
- 2 large eggs, at room temperature, lightly beaten
- ¼ cup olive oil
- ½ cup crumbled feta cheese
- 1½ tsp. salt
- 1 tsp. freshly ground black pepper
- 1 lb. ground turkey, preferably dark meat

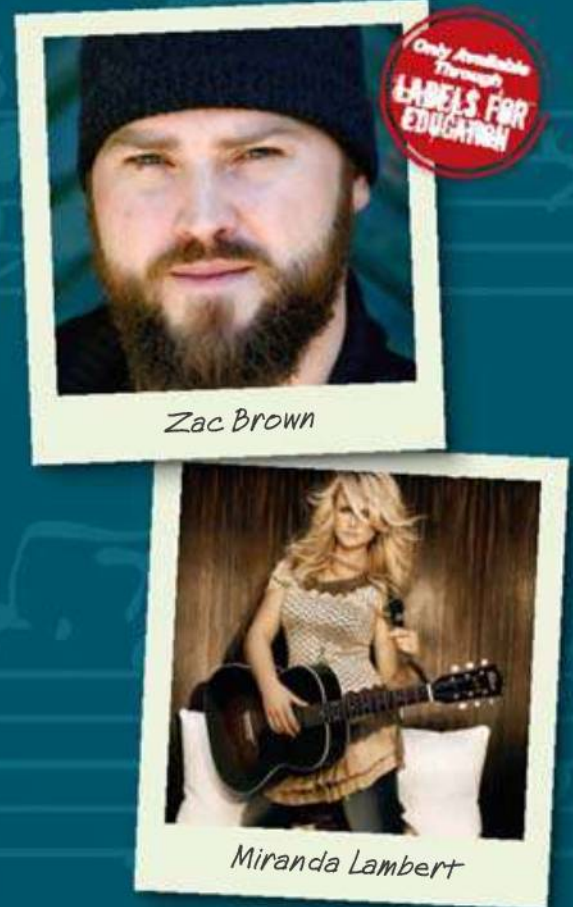
1. Place oven rack in center of oven and preheat to 350°F. Spray 9-by-5-inch non-stick loaf pan with cooking spray.
2. In large bowl, stir together bread crumbs, parsley, sun-dried tomatoes, garlic, eggs, olive oil, feta, salt, and pepper. Add turkey and gently stir to combine, being careful not to overwork meat. Carefully pack meat mixture into prepared pan; it will fill pan halfway. Bake until internal temperature registers 165°F on instant-read thermometer, 40 to 45 minutes.
3. Remove pan from oven and let meatloaf rest 5 minutes. Use paper towel to remove any fat that may settle on surface. Slice and serve.

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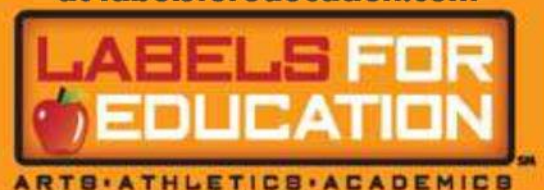
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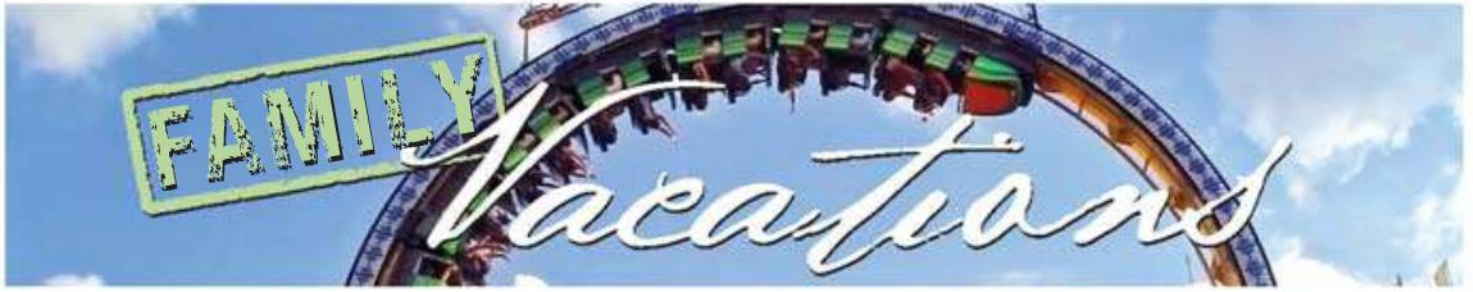
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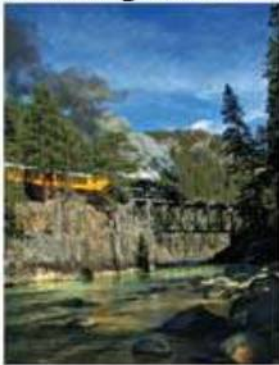
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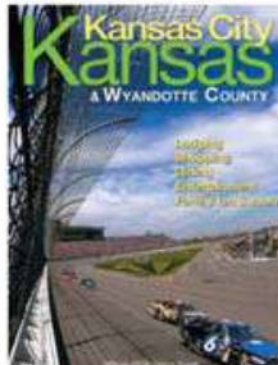
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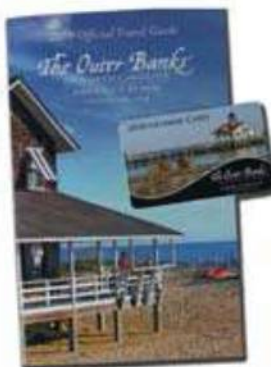
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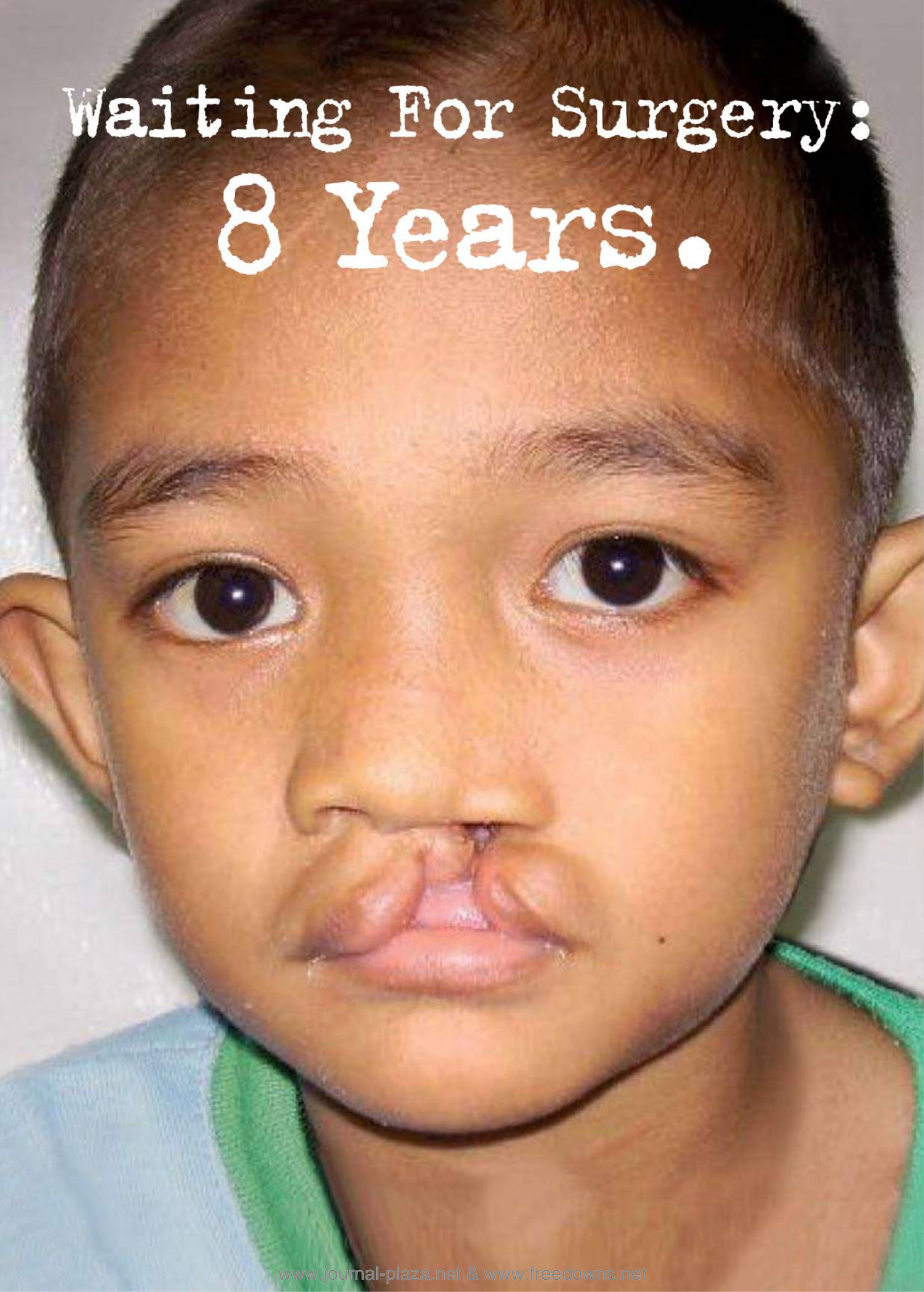
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Quotes

ON PRACTICE



If I've learned nothing else, it's that time and practice equal achievement. *Andre Agassi, Open: An Autobiography*

There are no shortcuts to any place worth going. *Beverly Sills*

Talent is only a starting point.

Irving Berlin

I don't know if I practiced more than anybody, but I sure practiced enough. I still wonder if somebody—somewhere—was practicing more than me.

Larry Bird, Drive: The Story of My Life

Practice is a means of inviting the perfection desired. *Martha Graham*

One day of practice is like one day of clean living. It doesn't do you any good.

Abe Lemons, basketball player and coach

Got That?

Thus ends tonight's story. After seeing it, I think you'll treat your neighbor more kindly. After all, he may be a former ax murderer. Of course, there's nothing to worry about. He's probably out of practice.

Alfred Hitchcock, Alfred Hitchcock Presents

An inventor fails 999 times, and if he succeeds once, he's in. He treats his failures simply as practice shots.

Charles Kettering, inventor

The ordinary acts we practice every day at home are of more importance to the soul than their simplicity might suggest.

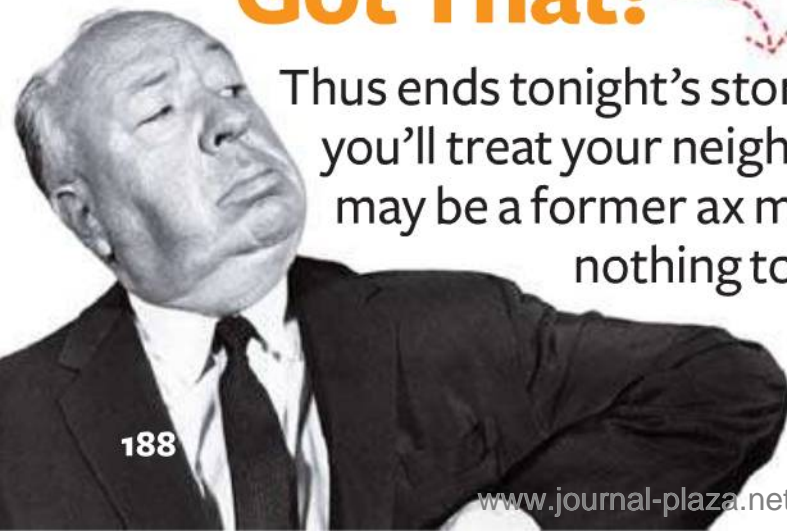
Thomas Moore, author and lecturer

If at first you don't succeed—so much for skydiving.

Henny Youngman

Good, better, best. Never let it rest. Until your good is better and your better is best.

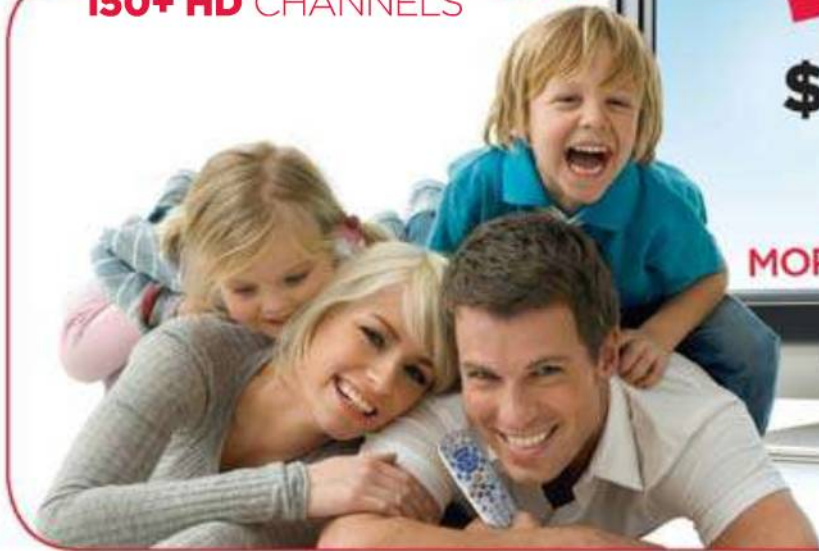
Tim Duncan, basketball player, quoting his mother





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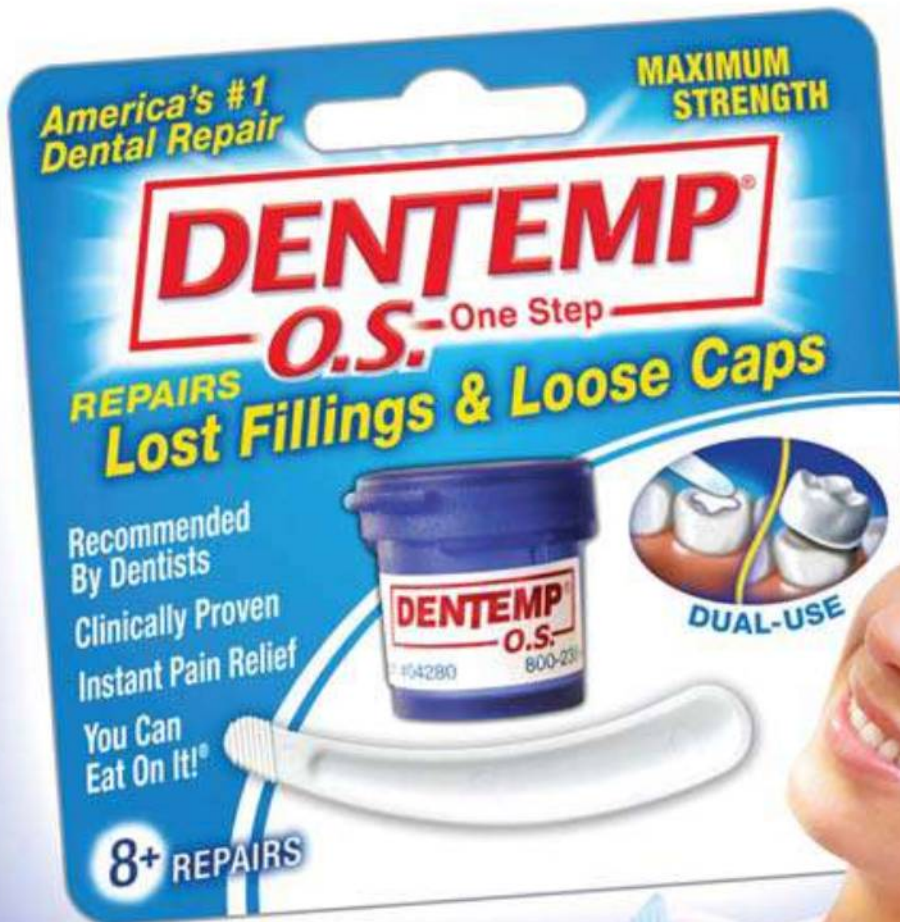
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Word Power

EMILY COX & HENRY RATHVON

Nomenclature What do Mae West and the prophet Jeremiah have in common? They both inspired new words. World War II servicemen called their inflatable life jackets Mae Wests, after the voluptuous actress, and Jeremiah, who is traditionally credited with the book of Lamentations, gave us the word *jeremiad*, or complaint. But you don't have to be a famous sinner or saint to get your name in the dictionary. Sometimes the original namesake is forgotten today, but his or her word lives on. For quiz answers, **turn the page**.

1. salchow ('sow-cow) *n.*—A: heavy-coated dog breed. B: vegetable stew. C: figure skating jump.

2. martinet (mar-tuh-'net) *n.*—A: woodland songbird. B: gossipy neighbor. C: strict disciplinarian.

3. mesmerize ('mez-muh-rise) *v.*—A: stimulate with a shock. B: predict the future. C: spellbind.

4. quisling ('kwiz-ling) *n.*—A: medicinal tea. B: traitor. C: whim.

5. Beaufort scale ('bo-furt) *n.*—A: measure of wind force. B: measure of earthquakes. C: measure of rainfall.

6. theremin ('ther-uh-mun) *n.*—A: dome-topped house. B: iron-rich diet supplement. C: electronic musical instrument.

7. Queensberry rules ('kweenz-ber-ee) *n.*—A: principles of poker. B: boxing regulations. C: bylaws of diplomacy.

8. bowdlerize ('bode-luh-rise or bowd-) *v.*—A: talk in circles. B: develop land for commercial use. C: censor prudishly.

9. Snellen chart ('snel-un) *n.*—A: calorie-rating system. B: measure of bridge capacity. C: test for eyesight.

10. draconian (dray-'konee-un) *adj.*—A: severe. B: affected by the full moon. C: unnecessarily complicated.

11. maudlin ('mawd-lun) *adj.*—A: sentimental. B: trendy. C: average.

12. curie ('cure-ee) *n.*—A: small fruit-filled pastry. B: unit of radioactivity. C: object provoking wonderment.

13. Machiavellian (mah-kee-uh-'vel-ee-un) *adj.*—A: traveling at the speed of sound. B: politically dishonest. C: ornate, as of architecture.



Naming Names

Add letters before and/or after each of the following names to turn it into a common word. (Hint: No plurals are used.)

1. __ ETHAN __
2. __ MARTIN __
3. __ MOE __
4. __ __ __ EMMA
5. __ __ JUSTIN __
6. __ CARL __
7. __ __ LISA __
8. __ LOIS __
9. __ __ ALLEN __
10. __ __ __ __ NORMA __



Answers

1. salchow—[C] figure skating jump. Swedish skater Ulrich Salchow. Uncle Larry's attempt at a double *salchow* ended with a broken tailbone.

2. martinet—[C] strict disciplinarian. French army officer Jean Martinet. My Latin teacher, a known *martinet*, made us conjugate the verb *esse* 50 times.

3. mesmerize—[C] spellbind. German physician Franz Anton Mesmer. The new reality show is stupid and offensive, but we were *mesmerized* anyway.

4. quisling—[B] traitor. Vidkun Quisling, pro-Nazi Norwegian politician. Ever since Johnny Damon left the Sox for the Yankees, Dad has called him a *quisling*.

5. Beaufort scale—[A] measure of wind force. British admiral Sir Francis Beaufort. I'm pretty sure that a 10 on the *Beaufort scale* is too high for kite flying.

6. theremin—[C] electronic musical instrument. Russian engineer Leon Theremin. The otherworldly sound in the Beach Boys' "Good Vibrations" was made by a *theremin*.

7. Queensberry rules—[B] boxing regulations. John Sholto Douglas, 9th Marquess of Queensberry. Pugsy

wore cleats in the ring, in clear violation of the *Queensberry rules*.

8. bowdlerize—[C] censor prudishly. English editor Thomas Bowdler. The church group's *bowdlerized* version of *A Streetcar Named Desire* somehow lacked punch.

9. Snellen chart—[C] test for eyesight. Dutch ophthalmologist Herman Snellen. This book is so hard to read, it might as well be a *Snellen chart*.

10. draconian—[A] severe. Athenian lawmaker Draco. The *draconian* condo association bans window boxes.

11. maudlin—[A] sentimental. Mary Magdalene, traditionally depicted as a weeping penitent. Instead of a *maudlin* wedding song, the couple chose Led Zeppelin's "Whole Lotta Love."

12. curie—[B] unit of radioactivity. French chemists Pierre and Marie Curie. One *curie* is a relatively big amount, but Marie Curie didn't want the name associated with a tiny unit.

13. Machiavellian—[B] politically dishonest. Italian political philosopher Niccolò Machiavelli. The garden club president, in her *Machiavellian* rise to power, gave first place to an influential member's African violet.

VOCABULARY RATINGS 7 and below
name-dropper 8–10 household name
11–13 your name in lights

> Naming Names

- | | |
|--------------|----------------|
| 1. methane | 6. scarlet |
| 2. smarting | 7. palisade |
| 3. amoeba | 8. cloister |
| 4. dilemma | 9. challenge |
| 5. adjusting | 10. paranormal |



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Clearly, my husband and I need to brush up on our flirting. The other night, after I crawled into bed next to him, he wrapped his large arms around me, drew a deep breath, and whispered, “Mmm ... that Vicks smells good.”

*Rebecca Rizzuti,
Margate, Florida*



Before my daughter went on her first date, I gave her “the talk.”

“Sometimes, it’s easy to get carried away when you’re with a boy,” I said. “Remember, a short moment of indiscretion could ruin your life.”

“Don’t worry,” she said. “I don’t plan on ruining my life until I get married.” *Cyndi LaSala, Renton, Washington*

Driving back from Vermont, I stopped at a vegetable stand. It was deserted except for a sleeping German shepherd. I stepped over the dog, helped myself to some corn, then opened the cash-box to pay. Taped

to the inside of the lid was this note: “The dog can count.”

Carleen Crummett, West Newton, Massachusetts

When my insurance company refused to pay for my newborn son’s circumcision, I got a letter explaining its logic. Under the procedure “Circumcision” was written “Unable to locate member.” *Amber Schroetlin, Parachute, Colorado*

When my petite mother found her seat on the airplane, she was crushed between my 200-plus-pound father and another large man.

“I bet you wish

My son, a high school senior, went to take a national literacy test recently. A sign on the classroom door read “Literacy Testing in Progress: Do Not Distrub!”

Cathy Dillard, Rogers, Arkansas

readersdigest.com 3/10

you'd married a smaller man," my father said.

My mother mumbled, "I did."

Judith Seyfert, Eagle, Idaho

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From the *Richmond (Virginia) Times-Dispatch*,
submitted by *Fran Costin De Jan*,
Richmond, Virginia

- "For sale—Blue sofa with two attached lazy boys."

From the (Brillion, Wisconsin) *Lake to Lake Shopper*,
submitted by *Alice J. Wagner*,
Brillion, Wisconsin

- "Nice 2-bedroom home. The owner has noted that there are termites that have done some damage. Selling house 'as is.' Don't Wait. This Wonderful Property Will Not Last Long."

From a real estate website,
submitted by *Clifford Gale II*,
Paris, Illinois

Once I'd finished reviewing my daughter's homework, I gave her an impromptu quiz. "What is a group of whales called?" I asked. "I'll give you a hint—it sounds like something you use to listen to music."

"An iPod?" she guessed.

"Close," I said. "But what

I'm thinking of is a little smaller."

"A Shuffle!"

Gary Selinger, Piscataway, New Jersey

I'd just come home from my sixth medical appointment of the week with one more to go, so I was in a lousy mood when my daughter called. After I recited my woes, my daughter said, "Well, seven doctors is better than one coroner."

Wendy Garrett, Dickinson, Texas

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Seen in Key Largo, Florida; from *Signspotting 2: More Absurd & Amusing Signs from Around the World* (Lonely Planet Publications)

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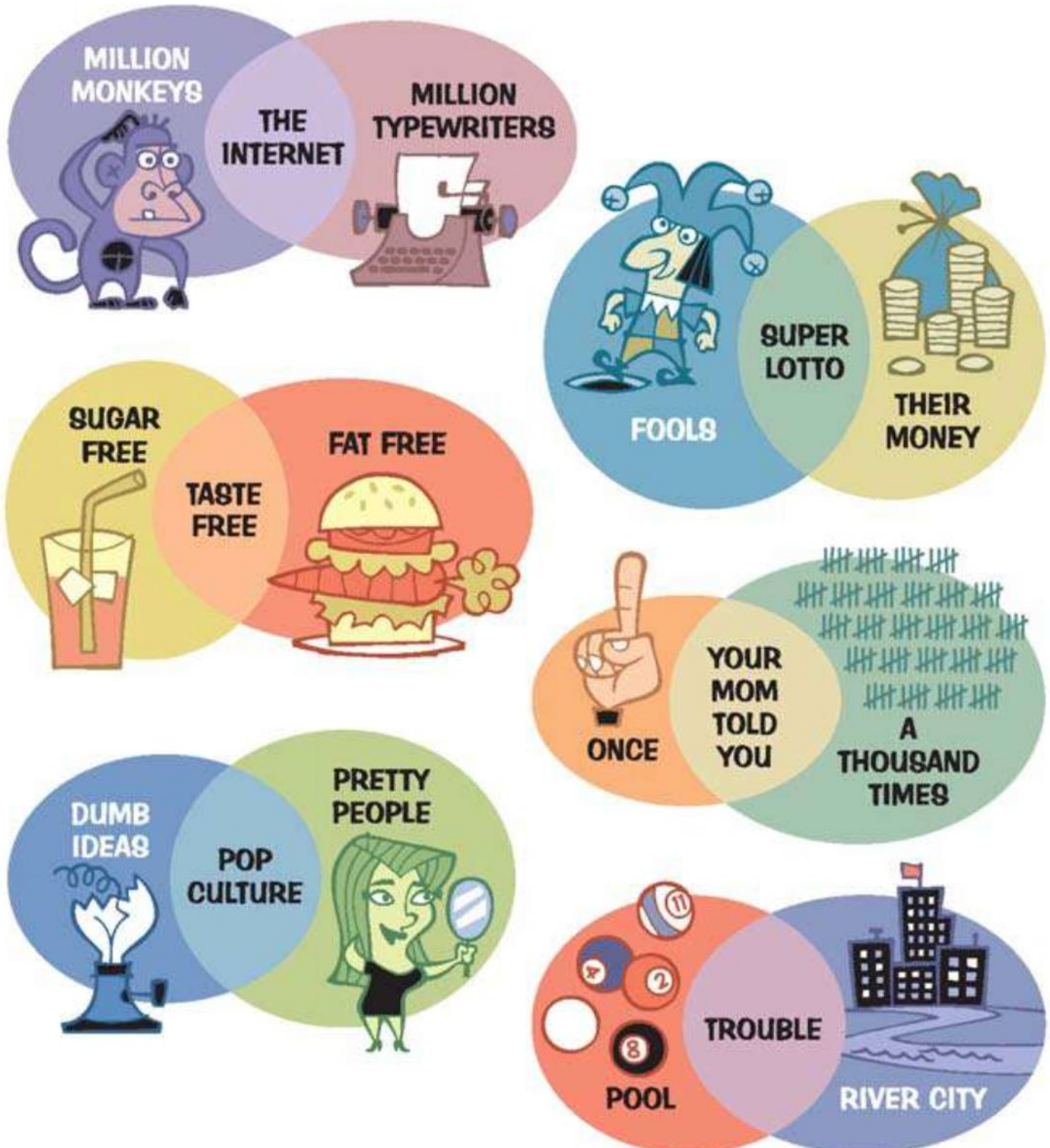
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Last Laugh

Venn Again, Maybe Not By Terry Colon

Certain combinations just don't work. Vinegar plus baking soda causes an explosion, as do Kathy Griffin and an open mike. Here are some other questionable relationships. Have your own examples? Send them to readersdigest.com/venn.



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