

**BRAIN MAGIC** Outsmart Your Age!

PAGE 106

# Reader's Digest

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WORLD'S  
BEST-READ  
MAGAZINE

**25**  
Breakthroughs  
to Improve  
Your Life

PAGE 84

**EXCLUSIVE**

**Michael  
J. Fox**

**'WHAT MY  
ILLNESS  
TAUGHT ME'**

PAGE 78

**Meet  
America's  
Cheapest  
Person**

PAGE 140



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**NORMAL OR  
NUTS?**  
Your habits, quirks, and  
fears explained

PAGE 126

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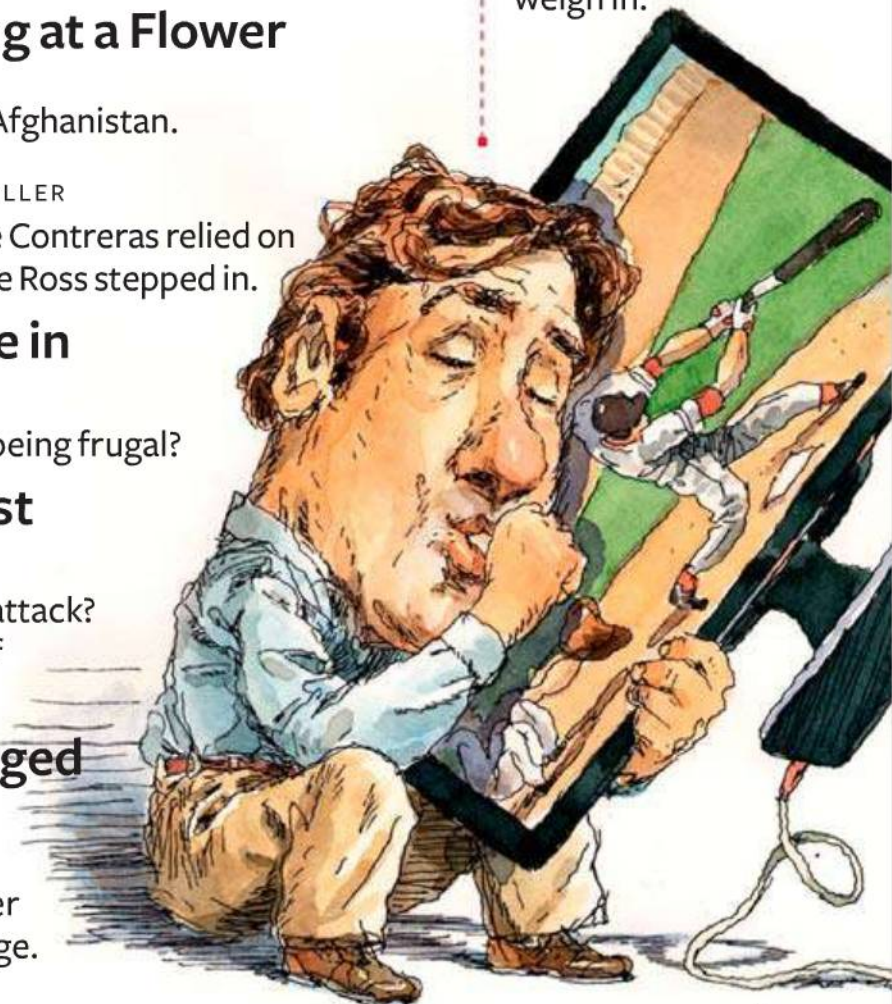
## F E A T U R E S

- 78 Michael J. Fox's Recipe for Happiness** AMY WALLACE  
A chat with the actor, plus an exclusive excerpt from his new book.
- 84 Next Big Things**  
Twenty-five brilliant inventions for everyday life.
- 98 She Found the Strength** JOSHUA WOLF SHENK  
When a college student smashed his head on a mountain rock, his girlfriend had to do the impossible.
- 106 Brain Magic** BARBARA STRAUCH  
Why you're getting smarter with age—and other surprises.
- 112 The New American Migrants**  
BRIAN MOCKENHAUPT  
More middle-class workers face a Third World dilemma: To feed your family, you may have to leave them behind.
- 122 Four Ways of Looking at a Flower**  
KATHLEEN FIFIELD  
Petal power, from Belgium to Afghanistan.
- 134 Stand by Me** KENNETH MILLER  
Growing up without a dad, Jose Contreras relied on himself. When he couldn't, Mike Ross stepped in.
- 140 The Cheapest People in America** LENORE SKENAZY  
Who's a tightwad? Who's just being frugal?
- 148 Quick Study: The Best Defense** MARK LASSWELL  
How would we stop a nuclear attack? The Reader's Digest Version of missile defense.
- 152 The Book That Changed My Life** RICK BRAGG  
*To Kill a Mockingbird* turns 50 this year. A celebrated writer reflects on its enduring message.

**126 Are You Normal or Nuts?**

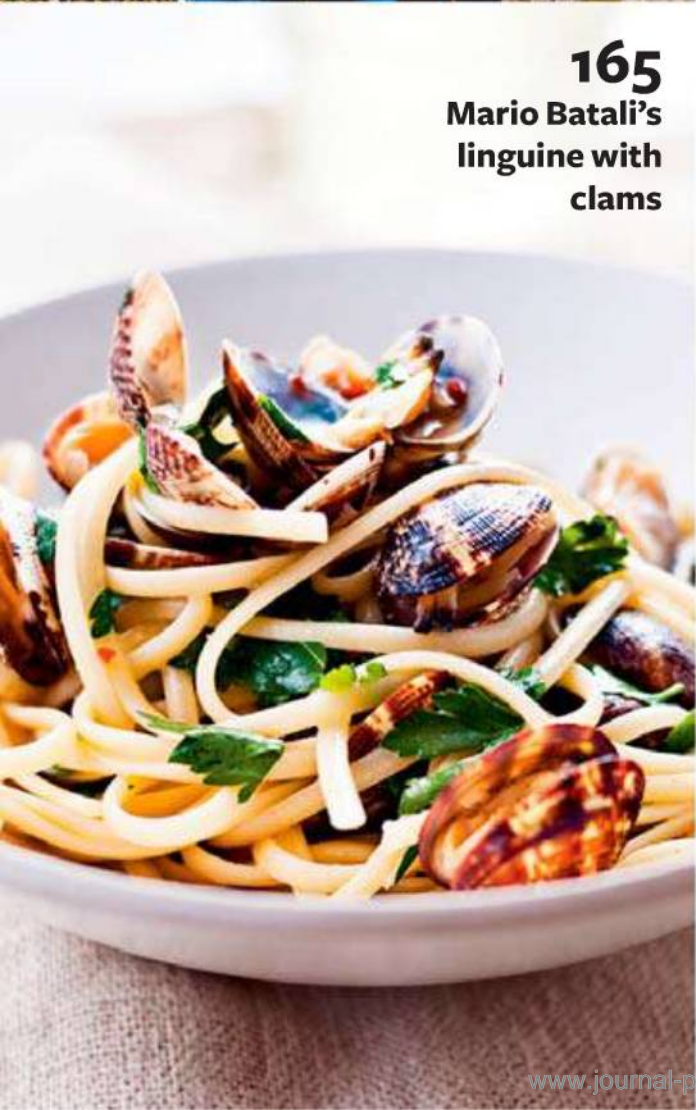
JANCEE DUNN

We're all a little weird, but which of our behaviors are wacky and which are worrisome? We asked the experts to weigh in.





**34**  
They acted fast:  
Cameron Aulner  
and Chris Belvin



**165**  
Mario Batali's  
linguine with  
clams

# Readers Digest

## C O L U M N S

- 45** **Outrageous!** Greedy politicians have stolen our national-security budget  
MICHAEL CROWLEY
- 53** **Here's the Deal** Lose weight without losing money JANICE LIEBERMAN
- 58** **Ask Laskas** Commonsense advice  
JEANNE MARIE LASKAS

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

- 7** **React** Your letters
- 13** **The Digest** Travel tips, bargaining tricks, 13 things your financial adviser won't tell you
- 28** **Around the World with One Question** How to discipline kids
- 34** **Heroes** When a girl cries for help, two men go after her assailant  
KATHLEEN FIFIELD
- 38** **Laugh!** Our favorite jokes
- 41** **Make It Matter** Bob Haverstick makes wishes a reality  
PETRA GUGLIELMETTI
- 48** **Off Base** Humor in uniform
- 61** **Dreamers** A new business makes it easier to find clothes that fit  
MARGARET HEFFERNAN
- 64** **@Work** Office humor
- 67** **Health** The best allergy fixes
- 165** **Eater's Digest** Chefs' recipes
- 171** **Quotes** On sleep
- 173** **Word Power** Test yourself
- 176** **Life** Funny true stories
- 180** **Last Laugh**

PHOTOGRAPHED BY JOANNA B. PINNEO

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## Truth or Error?

Finally, the frustrations of working in an emergency room have been revealed (“50 Secrets the ER Staff Won’t Tell You”). Those descriptions hit the bull’s-eye. Thank you!

*William Towns,*  
ER nurse-practitioner, via Internet

The majority of hospital workers are caring and committed people who work hard and love what they do. As usual, the complainers get more exposure in pieces like this. It makes for more interesting reading but unfairly maligns the dedicated, hardworking majority.

*Michael Swor, MD,* Sarasota, Florida

As an ER nurse and paramedic with 16 years of experience at the largest ER in my state, I found this article demeaning. It appears that Ginny Graves surveyed a small percentage of health-care workers—those who don’t seem very content with their place in this world. Perhaps you should have printed information that could actually help people. To quote one of



**ER doctors, nurses,** and paramedics see us when we are not exactly at our best: when we are scared, sick, or bleeding and in pain. To hear “We’ll treat you, but we might not be nice” just makes the experience that much more ghastly. Perhaps Dr. Allen Roberts, in particular, should consider another line of work.

*Beverly Carter,* Boise, Idaho

your sources, “One of our favorite lines is ‘You can’t fix stupidity.’” How does your article help that problem? *Emily Kirk,* Byron Center, Michigan

## Armed Force

I’m appalled at the stories of police invading homes of the innocent, and I’m frightened to hear that they’re

## We Want to Hear from You!

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becoming so common (Outrageous! “Terror in the House”). Funds allocated for equipment and “training” would be better spent on investigations and the use of common sense.

*Alexandra Polley, San Diego, California*

The statistic of 400 mistaken raids in ten years is not so outrageous

when you consider there are over 800,000 police officers in the United States. An average of 40 incidents a year is an epidemic? Spend some time riding in a patrol car or reading police officers’ memorial pages. These men and women get suited up every day to protect and serve our country, and many

## ADVICE FOR NEW GRADS ... THE READER’S DIGEST VERSION

This month, we asked our e-mail panel to offer guidance to young graduates venturing into the work world. The most cited wisdom? “Follow your dreams” (15 percent), then “Work hard” (11 percent) and “Save more than you spend” (7 percent). Here’s more:

>> Be curious, ask questions, listen to the answers. Learn something new every day. Take risks, apologize, and forgive. Be kind, and embrace joy!

*L. M., Eastpointe, Michigan*

>> Life itself isn’t fair. Get over it, and don’t blame others.

*I. M., Orange, California*

>> Your kindness will be remembered much longer than your brilliance.

*B. F., Sebastopol, California*

>> It is not how much money you make; it is how you manage the money you do make.

*I. S., George, Iowa*

>> Pray.

*L. H., Strykersville, New York*

>> Choose your attitude each day: Own it, and don’t let others determine your happiness.

*N. R., Homer, Michigan*

>> Speak like an adult: Drop *wow*, *man*, and *like* from your vocabulary.

*W. R., Loris, South Carolina*

>> For the first year or so, do some actual work—try making the product.

*N. A., Buellton, California*

>> Make a lot of money and buy an island. I’ll live on the other side (you won’t see me).

*R. F., Sterling, Virginia*

>> Expect more from yourself than you expect from others.

*L. P., Wyoming, Michigan*

>> Always give 100 percent at work—then leave it at work, and give 100 percent at home.

*J. K., Tampa, Florida*

>> Shave, use good grammar, be at least five minutes early, sit up straight. Don’t mumble.

*E. S., Falcon, Colorado*

>> Early to bed and early to rise. Work like hell and advertise.

*N. K., West Palm Beach, Florida*

>> Begin as you mean to go on.

*P. H., Boone, North Carolina*

>> In relationships, focus on the 90 percent that you like rather than the 10 percent you don’t like.

*G. C., Lake Forest, California*

### Want your opinion heard?

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

never make it back home to their families. *Jake Bramer*, Jamestown, Tennessee

My family was held hostage, assaulted, and terrorized by a SWAT team. The officers had the wrong house—the search warrant had a different address. As a U.S. citizen, I should have the right to peace in my own home, but I don't have that peace any longer. *M. C.*, via Internet

## PC Transformation

I tried the site Janice Lieberman suggested (ccleaner.com), and it transformed my computer (Here's the Deal: "A Free Tech Checkup"). My computer was as slow as a slug, and now it's superfast. The product cleared out 7,507 junk files—that's 758 megabytes of free drive space!

*Savannah Johnson*, Watkinsville, Georgia

## The Longest War—Not!

How can anyone forget the Vietnam War? That war was certainly longer than the eight years we've been in Afghanistan ("The Longest War"): a little something that John F. Kennedy took over from France in the early '60s, that Lyndon Johnson greatly expanded, and that Richard Nixon finally ended in 1973. Were all your editors asleep?

*Catherine Graziano*, Raleigh, North Carolina

*Editors' note: Although it's true that the United States had military advisers in South Vietnam earlier, the Gulf of Tonkin Resolution, passed by Congress on August 7, 1964, is generally*

*considered to be the start of the war because it authorized Johnson's use of military force. The Paris Peace Accords, signed on January 27, 1973, marked the end of our role in the war. By those dates, the United States was fully engaged in the Vietnam conflict for eight years, five months, and 20 days. The war in Afghanistan began on October 7, 2001, and thus, on March 28, 2010, surpassed the Vietnam War in duration.*

## Counter Comments

I disagree with Jeanne Marie Laskas's advice on regifting. I'm a mother-in-law who has received many lovely gifts from my children and their spouses. Such nice things should be returned for their enjoyment when I can no longer use them. Why give them to someone else?

*Kay Bashford*, Arvada, Colorado

I'm at the stage of my life where I want to declutter. I tried to give my son something he had given me, and he was shocked (he will understand when he gets to be my age). Judging by his reaction, I am stuck with all his gifts until the day I die.

*L. N.*, via Internet

## Overhaul Credit

The credit card companies are building a huge reservoir of ill will ("Credit Card Tricks & Traps"). What an opportunity for companies that are willing to make changes to attract the business that the others will lose.

*H. K.*, Berryville, Arkansas

## Fair-Weather Fun

There's nothing better than playing outside with your pup on a beautiful day. Here are a few activities that will keep Spot happy—and healthy.

**Go Fetch:** Fetch never goes out of style, and it satisfies a dog's instinct to hunt and retrieve.

**Make a Splash:** Water activities provide exercise and cool your pet on a hot day. Dogs are natural swimmers, but always consider safety before diving in.

**Hide and Seek:** Indulge your natural hunter by hiding toys around the yard. Cardboard boxes filled with crumpled-up newspaper that hides toys will allow him to dig for the prize—without destroying the yard.

**Obstacle Course:** Create an obstacle course in your backyard using toys, furniture, string, and your imagination! Challenging your dog strengthens the bond between owner and pet, keeps dogs focused, and reinforces obedience training.

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# The Digest

the who ● the how ● the now



**“Never in my life** have I received such treatment. They threw an apple at me.” “Well, watermelons are out of season.” MGM’s *A Night at the Opera* had revolutionary dialogue for 1935—and a poster to match. Stroll through 50 years of highlights in *Starstruck: Vintage Movie Posters from Classic Hollywood* by Ira M. Resnick (Abbeville Press, \$65).

## 5 Principles of Bargaining

1. "Know your negotiating partner." Talk technical or chew the fat, as necessary.
2. "Know the product or service you are trying to buy."
3. Humor helps. "The future of humankind is probably not at stake."
4. Be nice. It pays in the end.
5. "Know when to stop. Enough is enough. Sometimes more gets you less."

SOURCE: **ALLAN STARK OF NEGOTIATE4U**, QUOTED BY MICHAEL S. ROSENWALD IN THE WASHINGTON POST.

## 2 Books by Our Editors

**[Pierre Bernard's]** students made up a Who's Who of American life: college presidents, medical doctors, ministers, a spy or two, theologians, heiresses, a future congresswoman, famed authors, and composers ... Like a benevolent physician, he ministered to their needs, body and soul. He sheltered them, entertained them, and gathered them together to teach them the art of living. They stood on their heads for him, worked in his fields, sang in his theatrical productions, and performed in elaborate, professional-level circuses for his approval.

**THE GREAT OOM: THE IMPROBABLE BIRTH OF YOGA IN AMERICA** BY ROBERT LOVE (VIKING, \$27.95)

**Our father offered** everyone who pulled up the dandelions a penny a pop. Our lawn sprouted children, some we did not know. Scattered by the fistful. Kicking up daisies. Our father in the doorway stood there and laughed. The roses were in bloom. He had his wallet in his hand and the intent to make good. The elm trees had their limbs sawed off. A shot was heard. Heads, stems: Everything uprooted on the lawn began to turn.

**FURTHER ADVENTURES IN THE RESTLESS UNIVERSE** BY DAWN RAFFEL (DZANC BOOKS, \$14.95)

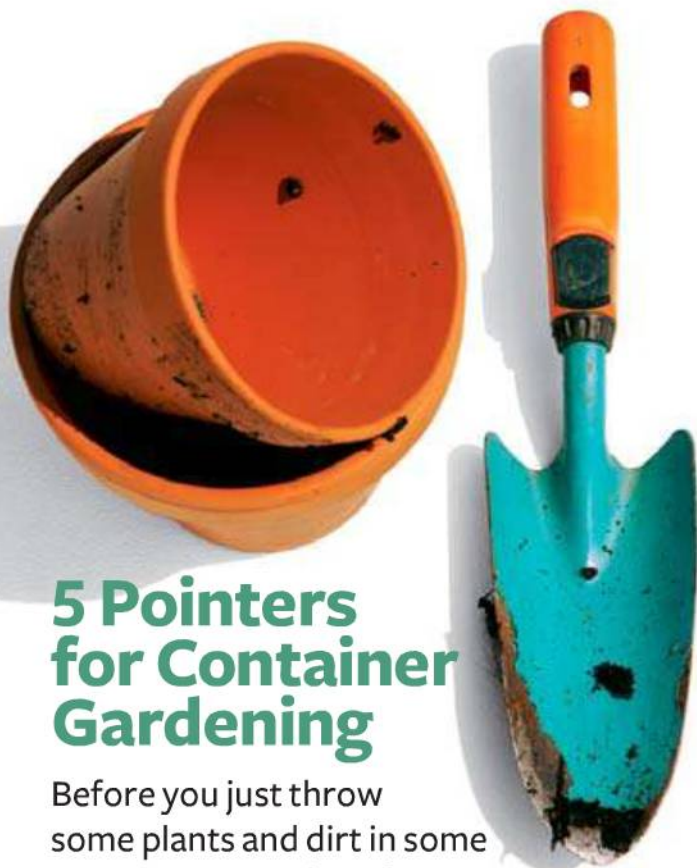
## 4 Things They Teach in Culinary School

1. The freshest shrimp might be frozen shrimp ("fresh" is often thawed).
2. Rip, don't cut, salad greens (except for romaine).
3. Fresh fish smells like the water it came from. Old fish smells like fish.
4. A cook knows how to make something; a chef knows why to make it that way.

SOURCE: **101 THINGS I LEARNED IN CULINARY SCHOOL** BY LOUIS EGUARAS WITH MATTHEW FREDERICK (GRAND CENTRAL, \$15)







## 5 Pointers for Container Gardening

Before you just throw some plants and dirt in some container, consider a few tips to make your blooms lusher and lovelier:

Don't wait for plants to "grow into" the pot. Pack them in, then prune or remove them later.

Water them in the morning, so leaves aren't wet (and susceptible to disease) at night. Check the soil often, and water accordingly.

Let that water drain. Make sure the pot has drainage holes, and use a drainage-friendly potting soil, not dirt from the backyard.

Mix a granular slow-release fertilizer with the potting soil before you plant. Use a water-soluble, half-strength fertilizer when plants are actively growing.

Deadheading once a week will help plants bloom and fill out.

SOURCE: **THE NONSTOP GARDEN: A STEP-BY-STEP GUIDE TO SMART PLANT CHOICES AND FOUR-SEASON DESIGNS** BY STEPHANIE COHEN AND JENNIFER BENNER (FORTHCOMING FROM TIMBER PRESS, \$19.95)

## 8 Tips for Family Trips

📌 Go to flickr.com and search for your vacation spot to see real-people photos of the sites you're considering.

📌 Check your airline's foreign partner, which may have a cheaper rate for the very same flight.

📌 If you're taking your dog, take a Frisbee as well. It's exercise—and a water bowl.

📌 Clip restaurant and fast-food coupons and keep them in the glove compartment for inevitable vacation stops.

📌 Before you travel overseas, call the 800 number on your health insurance card and ask for a number that will work in your destination country. (The 800 number usually won't.)

📌 If you're going to return to a hotel, ask the housekeeper which room to request next time.

📌 In developing countries, ask a local pharmacist for restaurant recommendations. (They tend to speak English and know the safest places.)

📌 Try toothpaste for bee stings.

SOURCE: **THE SMART FAMILY'S PASSPORT: 350 MONEY, TIME & SANITY SAVING TIPS** (QUIRK BOOKS, \$14.95)





## Quiet, Please

Why the sounds of silence nourish our mind and body

**G**eorge Prochnik would like the world to put a sock in it. He makes his case in a new book, *In Pursuit of Silence: Listening for Meaning in a World of Noise* (Doubleday, \$26). Here he explains himself (using his indoor voice):

“Jackhammers. Leaf blowers. Car alarms. The aggravating, tinny sound coming out of iPod earphones. We’ve become so accustomed to noise, there’s almost an ingrained prejudice against the idea that silence might be beneficial. If you tell someone to be quiet, you sound like an old man. But it’s never been more essential to find sustainable quiet. Silence focuses us, brings us closer to the people around us, improves our health, and is a key to lasting peace and contentment.

“We need to excite people about the

sounds you start to hear if you merely quiet things down a little. During a Japanese tea ceremony, the smallest sounds become a kind of artistry—the clacking spoons on a bowl, the edges of a kimono brushing against the floor. In ancient times, even those who entered a Zen garden without being in a silent frame of mind—samurai warriors, even—were seduced into silence.

“We have different samurai today: televisions blaring at high volume, restaurants assaulting our ears with deafening music. It’s okay to ask your waiter to lower the music. It’s okay to socialize with friends in a way that doesn’t revolve around noise. At work and at home, we need to find places that are escapes from the world of sound. That’s not as difficult as you might think. It may involve good earplugs (I favor blue Hearos from the Xtreme Protection Series), though you want it to be more encompassing. Find a fountain or a place where water flows. Falling water not only masks noise; it has acoustic properties that are psychologically beneficial.

“In deaf communities, attentiveness is heightened in almost every aspect of life. If two deaf people are walking together, using sign language, they constantly watch out for each other and protect each other by holding the other in their gaze. They are connected yet also keenly aware of their surroundings. Even deaf teenagers! We in the hearing world can learn from them. If we remove the overwhelming blasts of noise, we become aware of an extraordinarily rich world around us—of little rustling sounds and the patter of footsteps, of bird songs and ice cracking. It’s astonishing how beautiful things sound when you can really listen.” Interview by *David Hochman*



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## The Digest thirteen things

# ...Your **Financial Adviser** Won't Tell You

Certified financial planners and NAPFA-registered financial advisers take a pledge to put their clients' interests ahead of their own, but traditional stockbrokers aren't held to the same standard, even if they've given themselves the title "financial adviser."

Do some digging before you hand me the keys to your future. Use Broker-Check at [finra.org](http://finra.org) to see if I've been in trouble.

If I work on commission, I typically make money whenever you buy a new product, and I've probably got monthly quotas to meet. That's why I always seem to call with something to purchase at the end of the month.

I may have other incentives to get you to buy. If I sell to enough people, I could win a trip to the Caribbean, a new laptop, or a big bonus. (The guys behind the product may also have bought my dinner at Morton's last week and sponsored our corporate golf tournament.)

Before buying a mutual fund with a load, see if there is a better option. For every fund that has one of these sales charges, there's usually a similar one that doesn't.

Be careful with annuities.

They pay me big commissions, but they're not a good fit for many clients.

Stay away from investments that have a fee to get back out. If you get married, get divorced, change jobs, or move, it can come back to bite you.

There have been ten recessions since 1953. I have no clue where the market is going, and neither does anyone else. So if someone promises a certain amount of growth, walk away.

You're spending way too much. But I'm not going to be the one to tell you to give up your cleaning lady or your fancy car—or me.

Some of us can give discounts, but you may not get one if you don't ask.

Haven't heard from me in a while? Not a good sign. I don't like to be the bearer of bad news.

Everyone wants no fees, no risk, double-digit returns. I want a pot of gold at the end of the rainbow.

If it sounds too good to be true, it probably is.

Sources: Jim Joseph, certified financial planner, Rockville, Maryland; John Gugle, CFP, Charlotte, North Carolina; Geoffrey Hakim, founder, Marin Capital Management, San Rafael, California; Mark Stein, CFP, president, AeGIS Financial Advisors, Phoenix, Arizona; Terri Hickman, financial consultant, Grand Junction, Colorado; and Dana Anspach, principal, Wealth Management Solutions, Scottsdale, Arizona.

Interviews by *Michelle Crouch*

 **More things your financial adviser won't tell you are at [readersdigest.com/finance](http://readersdigest.com/finance).**



# 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](http://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](http://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](http://www.pparx.org)





## 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](http://www.abilify.com). Talk to your healthcare professional if you have questions or develop any side effects.

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

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

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

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

Some medicines\* include:

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

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

### How should I take ABILIFY (aripiprazole)?

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

### General advice about ABILIFY:

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

### Find out more about ABILIFY:

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

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

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



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.

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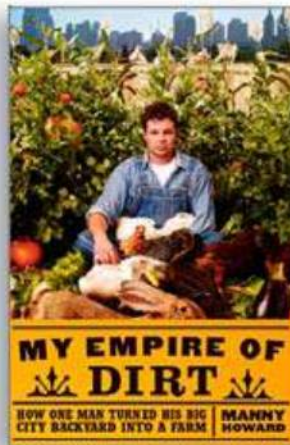
570US08CBS01603 0309L-2757 D6-B0001D-11-09-MDD November 2009

● **marriage** It's now possible to deconstruct a marriage down to its most basic parts and predict, with surprising accuracy, the likelihood that a marriage will survive or end in divorce ... A gesture as seemingly minor as eye rolling or the manner in which a man retells the story of how he met his wife can be strong predictors of happily married life or a looming divorce ... Strong marriages have at least a five-to-one daily ratio of positive to negative interactions.

**FOR BETTER: THE SCIENCE OF A GOOD MARRIAGE**  
BY TARA PARKER-POPE  
(DUTTON, \$25.95)



**LIFE WOULD BE PERFECT IF I LIVED IN THAT HOUSE** BY MEGHAN DAUM (ALFRED A. KNOPF, \$24.95)



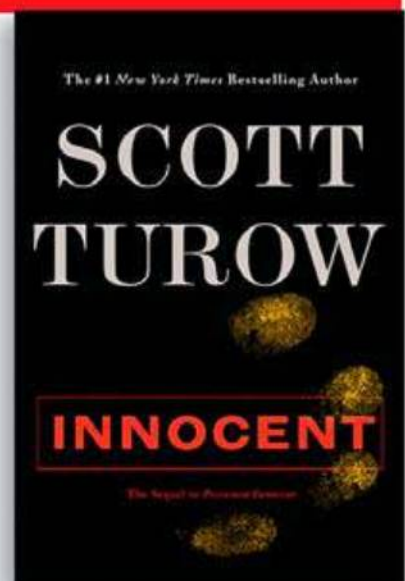
potatoes. I harvest potatoes. I boil potatoes. I eat potatoes. I feed tilapia. I breed tilapia. I kill tilapia. I gut tilapia. I roast tilapia. I eat tilapia. At least that is my theory.

**MY EMPIRE OF DIRT** BY MANNY HOWARD (SCRIBNER, \$25)

● **food** Why grow food ..., and for heaven's sake, why kill food, when you can buy it on the corner? ... Life on the Farm is going to be a series of spare declarations. I plant potatoes. I water

● **memoir** Our homes protect us from the outside world, show off our taste, and accommodate our stuff. Perhaps above all, they prove to ourselves and to the world that we've really and truly moved out of our childhood bedrooms. But ... what do we do when the market tanks, the hillside collapses, the subprime mortgage comes home to roost, or we're just too tired to keep working the extra jobs and overtime now required to afford what used to be a staple of middle-class life?

● **novel** A man is sitting on a bed. He is my father. The body of a woman is beneath the covers. She was my mother. This is not really where the story starts. Or how it ends. But it is the moment my mind returns to ... The police will have him go through his account three or four more times—how he sat there and why. His response will never vary. He will answer every question in his usual contained manner, the stolid man of law who looks out on life as an endless sea. He will tell them how he moved each item. He will tell them where he spent each hour. But he will not tell anybody about the girl.



**INNOCENT** BY SCOTT TUROW  
(GRAND CENTRAL, \$27.99)





TOBACCO...



COFFEE...



TEA...



RED WINE...

## ...stains have met their match!

Many of the things we love can cause serious stains on our teeth. TOPOL® Plus toothpaste fights plaque buildup, prevents cavities, freshens breath, and has a unique polishing system that gently yet effectively removes stains and helps keep them from coming back.

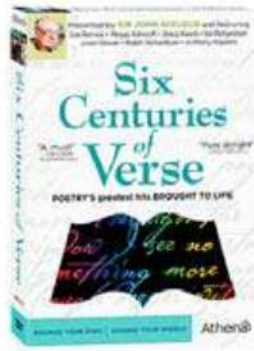


[www.nicenebrands.com](http://www.nicenebrands.com)

# hello

## Poetry you can understand.

If you dozed through Chaucer and Milton (or Frost and Lowell) in school, you'll wake up when you watch actors do what your professors could not: bring the words to life. *Six Centuries of Verse* (\$69.99) is a three-DVD set that features John Gielgud, Anthony Hopkins, Lee Remick, Stacy Keach, and Peggy Ashcroft, among others—and does in 410 minutes what years of textbooks could not.



**Office meetings you can sit through.** Would it help if your company gave everyone a water pistol and let you wet the naysayers and the Debbie Downers? That's what Dixon Schwabl Advertising in Rochester, New York, does to make meetings more comfortable and productive, according to the *Wall Street Journal*. Other techniques: allowing suggestions to be anonymous and using crayons and construction paper instead of words.



# goodbye

**Hummel figurines that are worth a mint.** Don't count on Grandma's collection to pay for retirement, reports [walletpop.com](http://walletpop.com). The market for the china figurines—designed by a German nun in 1935 and brought back by soldiers returning from World War II—has run its course. Indeed, the

“made for collectors” market is overrun with knickknacks that will likely never bring a good return on Grandma's investment.



## Communication

**problems.** High fives and sympathetic touches can say more than words. The *New York Times* reports that rather than merely adding oomph to words, touch is its own complicated, highly accurate, highly effective signaling system.

**Great ideas that go down the drain.** Ever think of something in the shower and forget it by the time you towel off? AquaNotes has created a waterproof pad of paper and pencil—with suction cups! (\$6.99, [myaquanotes.com](http://myaquanotes.com))

## ● think about it

**Tempus fugit, baby.** And how. Oh, the cruelty of passport renewal. The last time they took your passport picture, back in the day, you were okay-looking, even in that ghoulish post office fluorescence. You didn't think you looked okay at the time, but it turns out you were incorrect. You should have appreciated what you had, the medium-attractive looks you had. Standard rather than “interesting,” but, you know, so what.

*Jenny Allen, “Lost and Found,” In the Fullness of Time: 32 Women on Life After 50 (Atria, \$16)*

PIER/THE IMAGE BANK/GETTY IMAGES; ACORN MEDIA; ORIGINAL “MERRY WANDERER” BY M.I. HUMMEL ©ARS/AG



# Share the magic



**FOUR PRINCESS STORIES  
and a music player  
with 24 TUNES!**

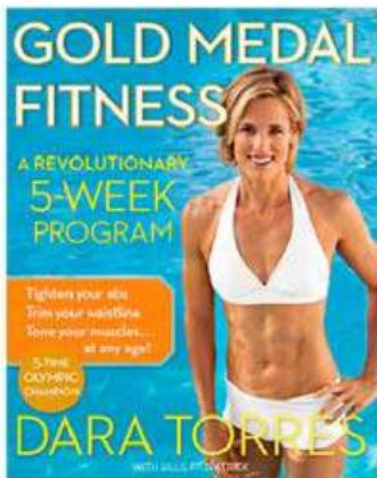
**Reader's  
Digest**  
Children's Books®

★★★★★ Available in bookstores and everywhere books are sold ★★★★★



### WHAT SHE'S PLUGGING

Her book *Gold Medal Fitness* (Broadway Books, \$25.99). "It's a health and exercise and nutrition book with all my secrets about how I got so fit. There's a five-week workout plan and food plan, because five weeks is sort of the do-or-don't or hit-or-miss mark when you know if you'll stay with it."



### WHERE SHE'S SURFING

"Clothing sites. Lately, I've been going to Sun Valley and New York, so I've been into boots. I have *USA Today* and the *New York Post* on my iPhone. I also go to iTunes. I'm always downloading music."

**Dara Torres** competed in her fifth Olympic Games in 2008, at age 41, and added three more medals to her collection.



### WHAT SHE'S WATCHING

"My two favorite shows are *House* and *Burn Notice* [left]. I like *Dog the Bounty Hunter* every once in a while when I'm in a specific mood. I also love *NCIS*, the regular one. (I haven't seen the L.A. one.)"

### WHAT SHE'S LISTENING TO

"You can't go wrong with classic rock, but I'm really liking the hip-hop stuff like Beyoncé. I also like Jay-Z, Rihanna ... anything that has a good beat so I can work out to it. I always tend to go back to Led Zeppelin, the Who, the Rolling Stones, the Doors, and the Police. Before a race, I like to listen to AC/DC's 'Back in Black.'"

### WHAT SHE'S FEEDING HER DAUGHTER

"Tessa is four, and the only veggie she'll eat is asparagus, but thankfully she eats a lot of fruit. She's a pasta, rice, and chicken girl right now."

### HER READER'S DIGEST VERSION OF LIFE

"Treat people the way you want to be treated. And don't put an age limit on your dreams."



ILLUSTRATED BY ZACH TRENHOLM; GLENN WATSON/USA NETWORK; MARTY MELVILLE/GETTY IMAGES



Bayer HealthCare



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

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

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


\*Use as directed for minor arthritis pain.

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

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## What's the Best Way to Discipline Kids?

**S**pare the rod, period. That's what parents across the globe told us when we asked how they discipline their children. Respondents in all 16 countries in this month's global survey picked a good talking-to as the best tactic for teaching a lesson, by a wide margin. Taking away a privilege placed second. Two other traditional forms of discipline—sending kids to their rooms and spanking—were the least favored choices in all but two countries. Among respondents who did favor physical punishment, men outnumbered women in every country except Canada, France, and India. Not a single woman in the United States expressed a preference for spanking.


 My two daughters are very naughty, but they always react well to a conversation or a scolding.

*Carlos Martinez, 36,  
Guadalajara, Mexico*

 If talking doesn't work, I take away my children's computer and texting privileges. *Priscilla Ferren, 36,  
Melissa, Texas*

 Though I do not spank my kids, I know it still happens. Parents are not infallible, you know.

*Barbara Erbe, 42,  
Frankfurt, Germany*

 Discipline is a must. But pain can't teach kids as much as love can.

*Lavanya  
Krishnamurthy, 36,  
Ipoh, Malaysia*

 For more on our Around the World survey, watch CNN International and go to [readersdigest.com/worldquestions](http://readersdigest.com/worldquestions).



In the U.S., women were more likely to choose talking (by a 20% margin). Men were 13% more likely to prefer taking away a privilege.



### 1st Choice Talk It Out

India	85%
Malaysia	84
Philippines	84
Italy	83
China	81
Brazil	78
Mexico	75
France	71
Russia	71
Germany	66
Netherlands	65
Spain	64
U.K.	61
Canada	58
U.S.	56
Australia	53

### 2nd Choice Take Away a Privilege

Australia	39%
Canada	37
U.S.	37
Spain	29
U.K.	25

In China, where a quarter of the population is under 18, not one single respondent favored physical punishment.



### 3rd Choice Send Them to Their Rooms

China	12%
France	12
India	11



### 4th Choice Physical Punishment

Germany	7%
Russia	7
U.K.	7

Go figure: German law prohibits parents from spanking kids, yet more Germans voted for physical punishment than respondents in 13 other countries.

# Osteoporosis:



**Q:** My doctor told me I have postmenopausal osteoporosis. But I feel fine and I just assumed I didn't have to be concerned about this.

## **Dr. Anderson:**

Many women don't know they have osteoporosis because it often has no signs or symptoms. But on the inside, your bones can weaken over time, making you vulnerable to fracture. So a diagnosis of osteoporosis is something you really shouldn't ignore.

**Q:** Is there anything I should be doing?

**Dr. A:** Treatment can help you avoid fractures and associated complications. 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. Lori Anderson – Obstetrics & Gynecology  
WomenCare PC, Arlington Heights, IL

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*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 problems of the esophagus which delay emptying into the stomach, 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](http://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](http://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 problems of the esophagus which delay emptying
- 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](http://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:

Procter & Gamble Pharmaceuticals, Inc.  
Cincinnati, OH 45202  
and  
sanofi-aventis U.S. LLC  
Bridgewater, NJ 08807

DECEMBER 2009

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*The Alliance for Better Bone Health*

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# Heroes



**Chris Belvin (left)  
says that what  
Cameron Aulner  
did “makes you  
feel good about  
people.”**

# “Somebody Help Me!”

When they hear a little girl’s cry for help, two strangers go after her assailant

BY KATHLEEN FIFIELD

It was his first day working at Walmart in Westminster, Colorado, last September, and Cameron Aulner had a few butterflies in his stomach. He’d be selling cable and phone services inside the store for Comcast and had been given only 30 minutes of sales training. Still, he was almost certain he’d ace the job once he started talking to actual people.

An hour into his shift, he’d already made a couple of sales. Out of the blue, a man started shouting, “Stop that guy!” from another part of the store. Aulner, 22, who’d lost the use of his legs eight years earlier in a fall from a roof, backed up his wheelchair to avoid trouble. There must be a shoplifter, he thought. None of my business. But the voice grew louder, and then the man said something—Aulner couldn’t quite hear what—about a little girl.

Chris Belvin, 42, was shopping with his two young sons. He’d thought of taking a pass on Walmart that morning; he’d woken up with the flu and was moving slowly. But it was his younger son Keegan’s eighth birthday. These days, instead

of the big birthday parties he and his wife, Cindy, used to throw when the kids were little, they’d take them shopping and then go home for cake. When Keegan said, “Dad, you’re coming to the store, aren’t you?” Belvin couldn’t say no.

Now, with Cindy trawling the grocery aisles, he took Keegan and Adam, ten, to check out the toys. A former security guard, Belvin immediately noticed the scruffy guy in the tan baseball hat walking quickly down the aisles. The guy didn’t look like he was shopping. Then Belvin heard the cry of a little girl: “Somebody help me!”

In the LEGO aisle, a ten-year-old girl had been pushing her two-year-old brother in a cart. Now Belvin overheard her frantically telling someone that a man had just grabbed her backside. “Was he wearing a black shirt and a tan baseball hat?” Belvin asked her. When she said yes, he took off to find him.

Heading toward the front of the store, he spotted the man about 30 yards ahead walking rapidly toward the door. As Belvin closed in on him, the guy started running.

Belvin yelled, "Stop him! That man just grabbed a little girl." And then he saw Cameron Aulner leave his station and wheel quickly toward the checkout aisles. "I thought, What the heck is this guy going to do?"

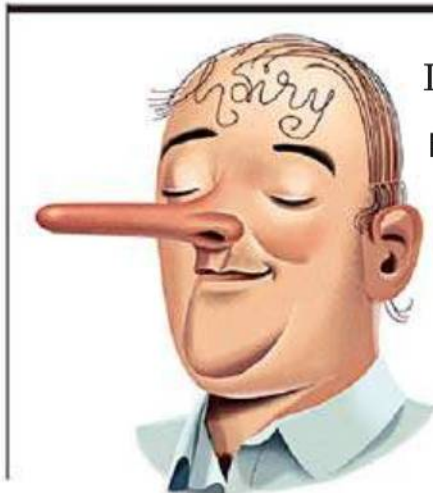
**A**s Belvin describes the situation, "Cameron wheeled himself in front at the perfect time. The guy crashed into him, and Cameron fell out of his chair." Belvin and two other men ran over, while Aulner struggled to hang on to the suspect, whom he'd dragged to the floor as he went down. "I think he was pretty surprised that a guy in a wheelchair just tackled him," says Aulner. While one of the other men helped Aulner back into his chair, Belvin jerked the suspect to his feet. The guy tried to pull away, but by the time the store's security guard appeared a few minutes later, the suspect had given up.

It's not every call you go on when the suspect is already subdued, says James Bolger, the Westminster police officer on the scene. As he led the assailant, Kevin Salyers, 34,

away, a group of customers let loose with a barrage of expletives. Belvin, meanwhile, rounded up his sons and returned to the little girl, who later told the police that Salyers had passed her twice and then squeezed her backside as she tried to press against a shelf of toys. Salyers later pleaded guilty to a misdemeanor.

The girl's parents, who'd been shopping elsewhere in the store, rushed to their daughter's side and thanked Belvin and Aulner. So did other shoppers: One woman handed Belvin a gift certificate to Pizza Hut, which he then gave to the little girl. "You did exactly what you're supposed to do," he told her. "You're very brave."

For months, Aulner received handshakes and shout-outs from Walmart staffers and shoppers who heard the story. He says he acted on instinct and credits his only season of high school football for his swift response—and winning tackle. "You don't disrespect a woman, whether she's two or 100," he says, adding, "I don't think of myself as a hero. I just did what's right."



IT'S BEGINNING TO WEAR THIN

**Every woman loves labels.** Except Hester Prynne.

Comic *Claudia Cogan*

**A comb-over is the** original bald-faced lie.

Comic *Myq Kaplan*

**Men with pierced ears** are better prepared for marriage—they've experienced pain and bought jewelry.

Comic *Rita Rudner*

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**naturally!**



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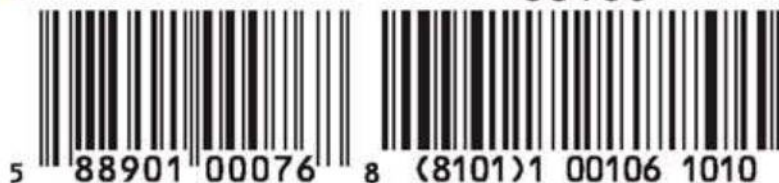


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00106



# Laugh! 😊

**A** guy in a Kia pulls up next to a Rolls-Royce at a red light and asks, “Hey, is your car Bluetooth enabled?” The Rolls owner nods.

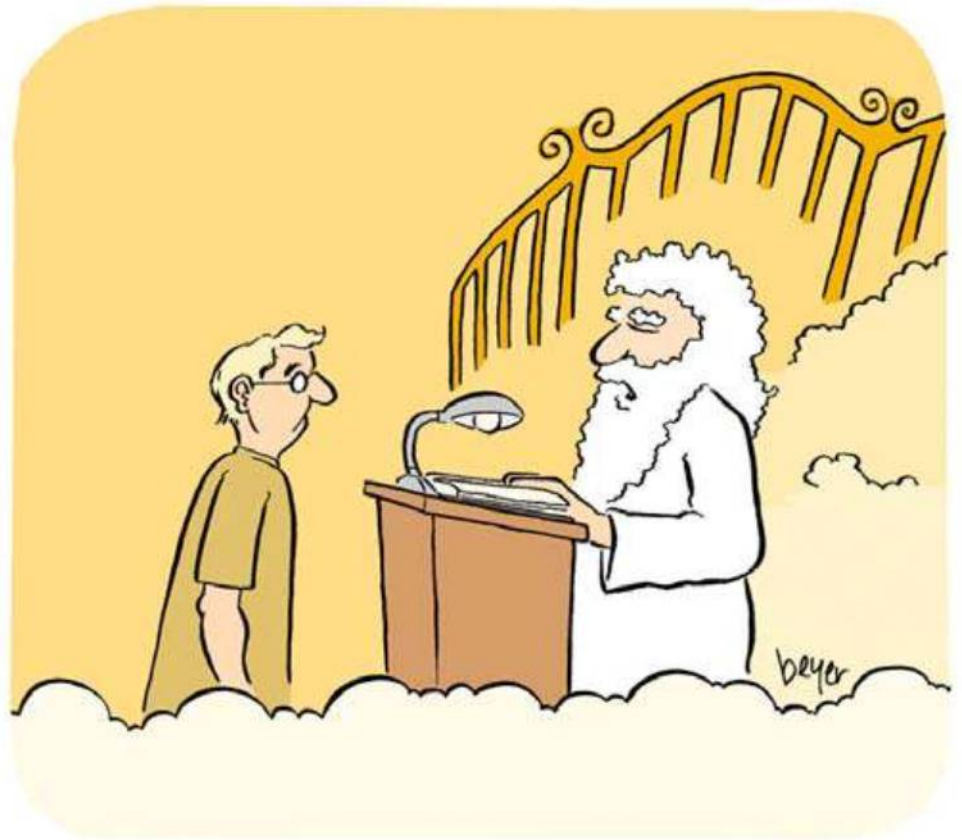
“So is mine. Got Wi-Fi?” The Rolls owner nods again. “Me too. What about a double bed?”

“No. Do you?” asks the Rolls guy.

“Yep.” The light turns, and the Kia takes off. Jealous, the Rolls guy heads to the Pimp My Rolls customizing shop and gets a double bed put in, then drives around until he finds the Kia parked on the side of the road. He raps on the window. “Guess what. I got a double bed put in my car too.”

The Kia owner peers out. “You got me out of the shower to tell me that?!”

**A helicopter loses** power over a remote Scottish island and makes an emergency landing. Luckily, there’s a cottage nearby, so the pilot knocks on the door. “Is there a mechanic



*“Username and password, please.”*

in the area?” he asks the woman who answers.

She thinks for a minute. “No, but we do have a McArdle and a McKay.”

**I quit my job** at the helium gas factory. I refuse to be spoken to in that tone. *Comic Stewart Francis*

**An elderly man** visits the doctor for a checkup. “Mr. Smith, you’re in great shape,” says the doctor afterward.

“How do you do it?”  
“Well,” says Mr. Smith, “I don’t

**The nice thing about meditation is that it makes doing nothing quite respectable.**

*Comic Paul Dean*



drink, I don't smoke, and the good Lord looks out for me. For weeks now, every time I go to the bathroom in the middle of the night, he turns the light on for me."

Concerned, the doctor finds Mrs. Smith in the waiting room and tells her what her husband said.

"I don't think that's anything to worry about," she says. "And on the bright side, it does explain who's been peeing in the fridge."


Submitted by *Terry Sangster*

## Charlotte's Safety Net

Looking for a kids' book? Here are some titles that "helicopter parents" would no doubt clamor for.

- Pat the Bunny and Then Slather Your Hands with Purell
- The Little Engine That Didn't Risk It
- Clifford the Big Red Hypoallergenic Dog
- Charlie and the Individually Wrapped 100-Calorie Serving of Free Trade Chocolate
- Curious George Doesn't Go Anywhere
- One Fish, Two Fish, Red Fish, Mercury Poison
- Encyclopedia Brown and the Case of the Missing Childhood
- You're a Good Man, Charlie Brown ... But Just in Case, We'll Need Fingerprints and a Background Check

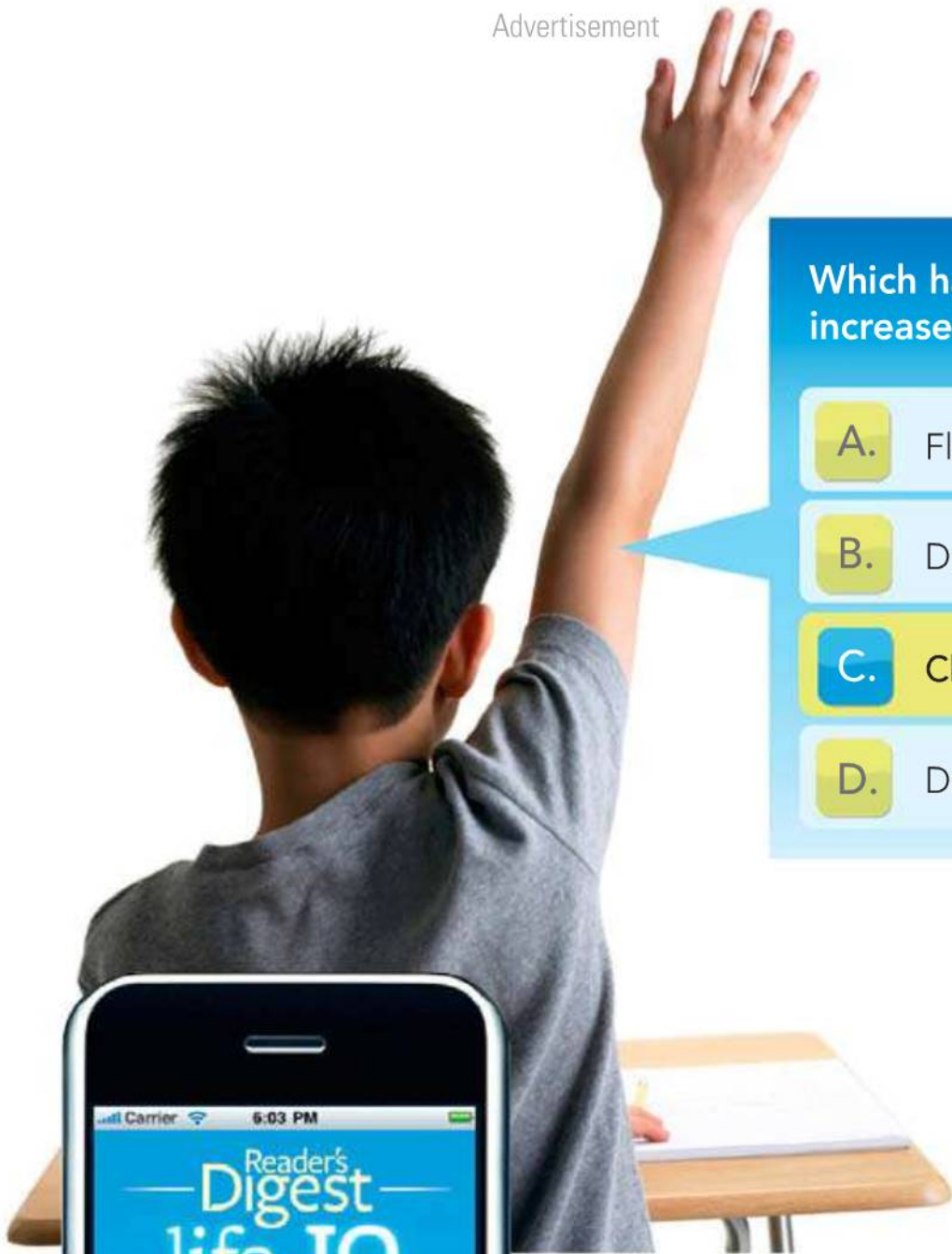
Source: [freerangekids.wordpress.com](http://freerangekids.wordpress.com)

 Your favorite new joke, funny anecdote, or crazy news story might be worth \$\$\$.  
See page 65 for details.


## IT'S A RAT TRAP

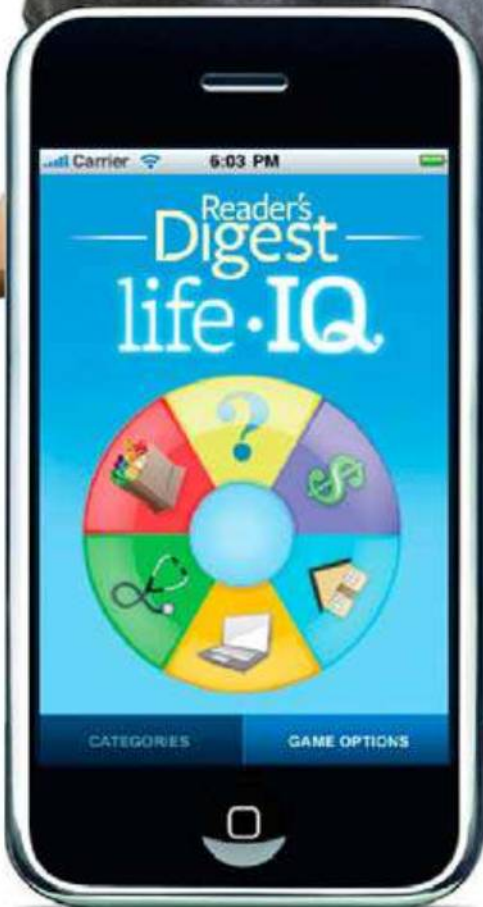
**A rat stuck** in a New York pavement crack had its dignity further undermined by a slew of Photoshopped send-ups online.





Which habit helped kids increase their test scores?

- A. Flash cards
- B. Drinking green tea
- C. Chewing gum 
- D. Drinking vitamin water



## What's Your life-IQ?

Test your everyday smarts with life•IQ, the fun new iPhone app from the editors of Reader's Digest. From health and home to money, technology, and food, you'll get short, useful tips to help make your life simpler and better.

Get it for free at the iTunes App Store.

*Answer: C. The Reader's Digest Version: Gum-chewing kids had higher final math grades than their non-chewing schoolmates. Chewing may ease stress and anxiety, say researchers. A bonus: Gum chewers eat fewer sweets, too, which keeps them healthier.*

# Make It Matter

Thanks to Haverstick, Kathleen Duffy, 80, will take a run on the Indy 500 track this month.



## The Wish Master

Bob Haverstick spends his days granting wishes—whether it’s delivering groceries to the hungry or celebrities to fans **BY PETRA GUGLIEMMETTI**

PHOTOGRAPHED BY ANDY GOODWIN

If anyone has a connection to Al Pacino, please get in touch with Bob Haverstick ASAP. There’s a 77-year-old woman in Manhattan who’d like to have coffee with the actor—she’s a big fan—and

Haverstick is on a mission to make her wish a reality.

Over the past ten years, through the nonprofit he founded, Never Too Late, Haverstick has granted more than 1,900 such wishes for

senior citizens and terminally ill adults around the country. He sent a 93-year-old woman (“a whizbang ballplayer when she was young,” he says) to physical therapy so she could hit a baseball one more time, at an Indianapolis Indians game. (“She hit that ball, and the crowd

## He hired a nurse and an ambulance to get a dying mom to her daughter’s graduation.

went wild,” he reports.) He hired a nurse and an ambulance to transport a dying mom to her daughter’s high school graduation. He even finagled a meeting with Bill Cosby for a man who’d learned to read at the age of 70 using Cosby’s *Little Bill* books.

Haverstick, 62, and dozens of volunteers figure out the logistics. “Some wishes take one phone call,” he says. “Others have us going through back doors and over the wall, making a tunnel, connecting dots, and doing whatever it takes.”

Haverstick’s toughest challenge came from Lucious Newsom, a minister—“the Mother Teresa of Indianapolis”—who told Haverstick that he wanted help feeding hungry families in the neighborhood as a way to celebrate his 90th birthday. “His list of families was huge,” recalls Haverstick, “but we got churches involved, people called Kroger and Walmart for us, and checks started coming in.

We ended up collecting 1,250 bags of groceries. The night before, I was up wondering how we’d get all those bags delivered.” But they did.

Last year, Never Too Late (nevertoolate.org) spent about \$70,000 fulfilling wishes, at an average of \$300 each. Haverstick relies on a steady

pool of donors, as well as silent auctions and golf outings. Whether someone’s wish involves a tractor or a plane, Haverstick can almost always find a loaner.

Haverstick’s wish-granting idea started much smaller and more local, near his hometown of Indianapolis. “Back in the late ’90s, I was looking for a sense of purpose for the second half of my life,” he says. As a marketing director at a computer software company, he’d gotten a taste of what it was like to grant people’s wishes while managing the firm’s community outreach program. In January 2000, he began soliciting wishes at the nursing home where his mother-in-law had lived out her last days.

Haverstick wasn’t prepared for the first problem he encountered: getting people to actually cop to their wishes. “I’d forgotten this is the Greatest Generation,” he says. “They are proud and independent. They are not about to raise their hands and say ‘gimme.’ I have to tell them that this isn’t charity. This is a way of saying ‘Thank you for your years of dedication and commitment.’”

Eventually, the wishes began roll-

ing in. Every wish, though, has to be reasonable and affordable. “Sometimes,” he says, “someone will tell us, ‘I want to pay off my mortgage so I can be a full-time minister,’ and we say, ‘Good luck with that.’” More often, the wishes come from the heart—and can be surprising even to immediate family members.

While Haverstick got the charity off the ground, his wife, Cathy Kane,

supported him financially. “I don’t take any money for this,” he says. “Cath has been there for me all these years while I get to go out and sprinkle happy dust on people.” Asked about his own wish, he says, “This is it. Living vicariously through all these wishes was *my* dream.”

 **Know someone who is making it matter as a volunteer? E-mail us at [readersdigest.com/makeitmatter](mailto:readersdigest.com/makeitmatter).**

## Fresh Start

**Every Christmas,** Olivia Stinson’s church in Charlotte, North Carolina, threw a party for children whose parents were in prison. “But it was always awkward,” the 17-year-old honor student recalls. “We had no idea who they were living with or what they needed. I wanted to tell them, ‘We’re here for you,’ but I barely knew their names.”

So three years ago, Olivia invited the children as well as members of her church youth group to form the PEN (Peers Engaged & Networking) Pals Book Club. “I wanted to get to know the kids and do something educational and fun,” says Olivia.

Her instincts were on-target. Experts say many children with a parent in prison are stigmatized, and they are



more likely to struggle in school and have behavior problems.

Olivia organized bowling and roller-skating parties and trips to a children’s theater. The group also does its own service projects. Members have volunteered at a men’s shelter, collected school supplies for underprivileged children, and “adopted” three families, helping them with clothing and other needs.

Olivia’s mother, Jacqueline, a former teacher, leads the book club discus-

sions. After the teens read *Tears of a Tiger* by Sharon M. Draper, about driving drunk, the sheriff let them drive a golf cart through a coned course wearing goggles, to show how drinking would change their vision.

The group has about 35 members ages 12 to 18; a new club for kids under 12 has 20 members. Grants and awards cover most of the \$4,000 budget, supplemented by donations of books and theater tickets.

Olivia would like to see PEN Pals expand across the state. “I realize I’m not really different from these kids,” she says, “except their parents made a mistake and ended up in prison. The kids can’t control that. I just want to do what I can so they won’t follow in their parents’ footsteps.”

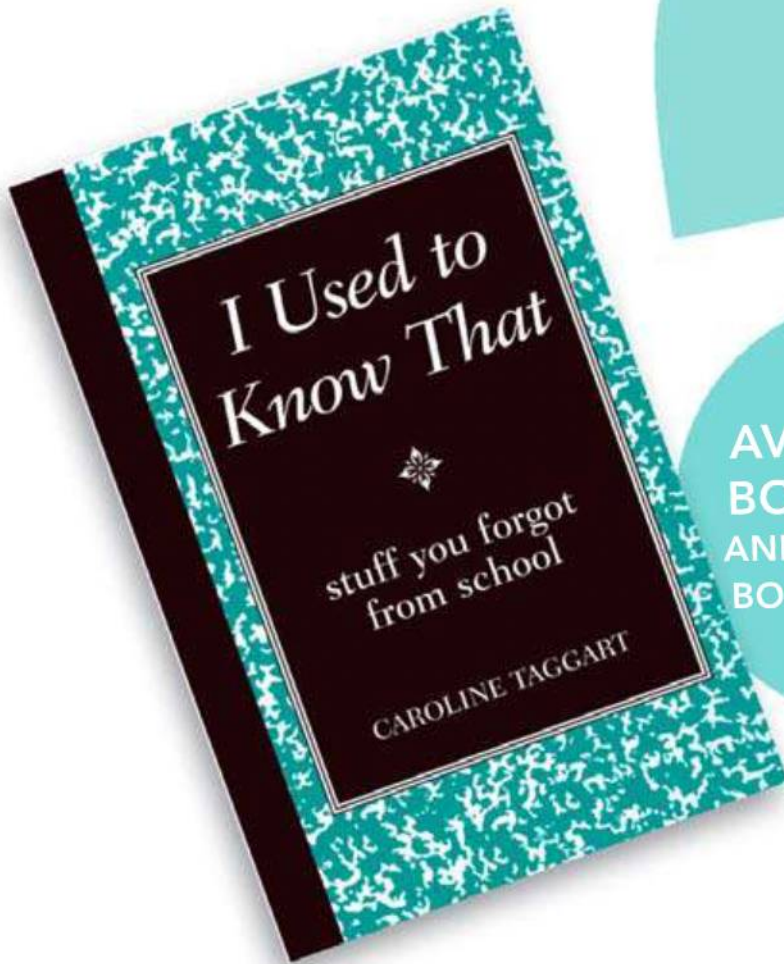
*Michelle Crouch*

**WHO** was the first president to live in the White House?

**WHAT** are the seven deadly sins?

**HOW** did Samuel Clemens create his pen name, Mark Twain?

Find out the answers to these and hundreds more fascinating facts on geography, literature, science, and more, in the new book *I Used to Know That* by Caroline Taggart, published by Reader's Digest.



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Answers: John Adams was the first president to live in the White House; the seven deadly sins are wrath, greed, sloth, pride, lust, envy, and gluttony; and Samuel Clemens took the name Mark Twain from a term that means a river is safe to navigate.

Reader's  
**Digest**



# Outrageous

MICHAEL CROWLEY

## Wasting Anti-Terror \$\$

Plasma TVs, sports cars, and tanks for small towns? Greedy politicians have stolen our security budget.

**T**he border crossing between Whitetail, Montana, and the Canadian province of Saskatchewan isn't what you'd call bustling. On most days, the checkpoint in this sleepy town, pop. 110, sees between two and five vehicles. Given the porousness of America's borders with Mexico, this lonely outpost hardly seems like a high priority when it comes to national security. But when Congress passed its \$787 billion economic stimulus bill last year, the Department of Homeland Security (DHS) decided that the Whitetail checkpoint

needed an upgrade. Not just a new sign or a fresh coat of paint but a total rehab. Price tag: \$15 million.

Another border crossing in nearby Scobey also got a stimulus-bill upgrade. Compared with Whitetail, Scobey is like Times Square: One local estimated that a whopping



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

ILLUSTRATED BY TIM BOWER; PHOTOGRAPHED BY KAREN BALLARD/REDUX

20 cars per day pass through that checkpoint. And yet you still have to wonder how the cost—another \$15 million—could possibly be justified.

It turns out these two remote border stations were just the beginning. All told, the stimulus bill contained over \$200 million for 22 Canadian checkpoints, which see an average of

## **Congress continues to shortchange big cities, where we know Al Qaeda wants to strike.**

four cars and one truck per hour, says Senator Byron Dorgan (D-SD). “It is an unbelievable waste of taxpayer money,” Dorgan added after blowing the whistle on the plan last year.

Government waste is never acceptable. But it’s all the more maddening when it involves money meant to keep us safe—especially now, after recent intelligence reports revealed that Al Qaeda is planning new attacks. Since September 11, America has spent hundreds of billions of dollars strengthening our defenses against terrorism. This year’s DHS budget alone tops \$42 billion. Much of that money has made us safer. But billions have been misspent or plain wasted, steered by shortsighted politicians into dubious pork projects and ill-considered programs that don’t protect us.

Between 2004 and 2008, Washington sent \$63 million to the politi-

cally connected American Trucking Association for an anti-terrorist “highway watch” program. The idea, to train truckers to identify terrorists, showed few results but spent almost \$10 million on administration and marketing in ten months—though it employed only about 14 people directly.

Fortunately, Congress killed that turkey, but Washington’s myopic mind-set carries on. Last July, Connecticut senator Chris Dodd sponsored an amendment to the DHS budget bill that snatched away \$4.5 million targeted for air-

port security—specifically, screening for explosives—and gave it to a firefighters grant to save jobs. Several months later, the Detroit underwear bomber showed up the folly of siphoning off airport security dollars.

Expect this trend to continue. A nonsensical federal grant formula written by Congress guarantees millions every year for states like Wyoming and Alaska (each of which received \$6.5 million last year). “We are sending billions in DHS grants to jurisdictions where the risk is minimal or nonexistent,” says Heritage Foundation fellow Matt A. Mayer.

In this category, nothing beats the Urban Areas Security Initiative grant program, which was designed to send extra money to the cities most at risk. Mayer, who oversaw DHS grants during the Bush years, says he saw the urban program become politicized as it grew from



six cities to more than 60. Take the case of Sacramento, California. A 2008 risk assessment found that it was no longer among the top 46 at-risk cities—the cutoff number for the grants at the time. The Bush administration feared a political fight, Mayer says. So instead of cutting off Sacramento’s money, the DHS expanded the program to include the top 60 at-risk cities, which just happened to include Sacramento. “We continue to send money to places like Omaha, Toledo, and Providence,” Mayer says. “Which means we’re underfunding places like Chicago, New York, Houston, and Washington, D.C., where we know Al Qaeda wants to strike.”

To really appreciate the absurdity here, you have to look at how all this cash is spent at the local level. Last December, for instance, the town of Buckeye, Arizona—pop.

40,000—dropped \$250,000 in Homeland Security grant money on an 8.5-ton BearCat armored personnel vehicle. The BearCat features multiple gun ports and steel plating that can resist grenade blasts and armor-piercing bullets. And Buckeye isn’t alone—it followed in the steps of other terrorist hot spots like Germantown, Tennessee; Middleton, Wisconsin; and scenic Santa Fe, New Mexico—all of which own shiny BearCats paid for with anti-terror funds. A Middleton sheriff mused, “You kind of wonder how you got along without it.”

In California, a 2009 report by the nonprofit California Watch found that the state had spent DHS dollars on everything from a plasma TV to a lawn mower and even a sports coupe. Secretary Janet Napolitano told *Reader’s Digest* that her department “is approaching grants in a whole new way, focusing on how state and local governments can put these security dollars to work while maximizing efficiency and prioritizing risk.” In fact, the DHS says it will reduce the price of those border post rehabs by 25 percent.

Congress needs to show political courage and slash funding for states and cities that face no real terror risk. Better to invest in truly vulnerable areas like explosives screening at airports. A good start? Give the White-tail border station a low-budget sprucing up—and leave it at that.

 **Outraged? Tell Michael Crowley about it at [readersdigest.com/crowley](http://readersdigest.com/crowley).**

## Do More

> **GET INFORMED** The DHS details the grants it sends to cities and states online. Find out your state’s share at [dhs.gov/xgovt/grants](http://dhs.gov/xgovt/grants).

> **KEEP WATCH** The nonprofit Project on Government Oversight pays close attention to the DHS. Check out its reports online at [pogo.org](http://pogo.org).

> **SPEAK UP** Contact your members of Congress and ask what they’re doing to make sure our security dollars are spent on protection, not politics.

# OffBase

**W**hile on maneuvers, we came upon a stranded Humvee under the command of a lieutenant. The officer was gone, but his driver told us the engine had quit on them. We took a look and determined they'd run out of gas.

"Where's the lieutenant?" I asked.

The driver responded, "He drove off to get help in the fuel truck that was following us."

*Carl Courville*

## **As a new paratrooper,**

I was struck by all the T-shirts on base emblazoned with the motto "Death from above!" Later I noticed a submariner with a T-shirt that declared "Death from below!"

Then, standing in line for chow one day, I was served by an Army cook. His T-shirt had a skull with a crossed fork and spoon underneath and yet another warning: "Death from within!"

*Chaplain Ron Prosis*

**My father was** telling his young nephew about fighting in Vietnam.

"Are you a hero?" Jose asked.

"Nah," said Dad.

"Did you ever shoot anyone?"



"How about if I just follow you on Twitter instead?"

"No. All I did was aim at 'em."  
Pause ... "Who's Adam?"

*Margarita Bemis*

**One of our visiting** Italian students at Sheppard Air Force Base said he wouldn't be able to fly that day.

"Why?" his teacher asked.

Marshaling all the English he knew, the student pointed to his ears and explained, "It's my fallopian tubes."

*James Schaeffer*



**Your favorite new joke, funny military anecdote, or crazy news story might be worth \$\$\$.** See page 65 for details.



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

**Important Safety Information**

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

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

**Please see important Patient Information on the next page.**

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SONE-00069.B 06/2009

RD0510





## Patient Information

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

## Glossary of Terms

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

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

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

## Table of Contents

- Glossary of Terms
- Table of Contents
- What is the Synvisc-One® product?
- How is the Synvisc-One® product used? (Indications)
- How is the Synvisc-One® product given?
- Are there any reasons why I should not receive a Synvisc-One® injection? (Contraindications)
- What should my doctor warn me about?
- What are the risks of getting a Synvisc-One® injection?
- What are the benefits of getting a Synvisc-One® injection?
- What do I need to do after I get a Synvisc-One® injection?
- What other treatments are available for OA?
  - Non-drug treatments
  - Drug therapy
- When should you call your doctor? (Troubleshooting)
- What adverse events were observed in the clinical study?
- How do I get more information about the Synvisc-One® product? (User Assistance)

## What is the Synvisc-One® product?

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

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

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

## How is the Synvisc-One® product given?

Your doctor will inject Synvisc-One into your knee.

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

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

- Should not be used in patients who have had any prior allergic reactions to Synvisc, Synvisc-One or any hyaluronan-based products. Signs of an allergic reaction may include swelling of your face, tongue, or throat; difficulty breathing or swallowing; shortness of breath; wheezing; chest pain; a tightness in your throat; sleepiness; rash; itching; hives; flushing; and/or fever.
- Should not be used in patients with a knee joint infection, skin disease or infection around the area where the injection will be given, or circulatory problems in the legs.

## What should my doctor warn me about?

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

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

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

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

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

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

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

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

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

## What other treatments are available for OA?

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

### Non-drug treatments

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

### Drug therapy

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

## When should I call my doctor? (Troubleshooting)

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

## What did the clinical studies show?

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

A total of 253 patients in the study were assigned by chance to receive either a single injection of Synvisc-One (n=123 patients), or an injection of the same volume of salt water (a "Saline Control" injection) (n=130 patients). Neither the patients nor the doctors evaluating them knew which treatment they received. Any fluid that was present in the patient's knee was removed before the injection.

The patients were seen by their doctor at standard times over 6 months. Information was collected about how much pain they were experiencing doing various types of activities, how much they were limited in their daily activities by their OA, and on their overall condition. Their doctor also provided an overall rating of their OA.

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

#### What adverse events were observed in the clinical study?

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

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

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

#### How do I get more information about the Synvisc-One® product? (User Assistance)

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

#### Manufactured and Distributed by:

Genzyme Biosurgery  
A division of Genzyme Corporation  
1125 Pleasant View Terrace  
Ridgefield, New Jersey 07657

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Your Guide to What's Happening Now.

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## Genentech

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Wet AMD is the leading cause of blindness in people aged 60 and older. Learn your risk factors at [AMDawareness.org](http://AMDawareness.org)



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# Here's <sup>the</sup> Deal

JANICE LIEBERMAN

## Fitness for Less

### Six ways to exercise and lose inches without losing your money or your motivation

**A**fter having my last baby, I knew it was time to work off the extra pounds. Sleep deprived and chubby, I fell for a TV commercial touting a great all-in-one exercise system. Three years later, it's still parked in my basement. I admit it: I need the energy of classmates and a motivating instructor, so I joined a center two minutes from my house. I'm there twice a week, rain or shine. No surprise, I've lost the baby weight—and then some.

We all know we need to eat less and move more, but that doesn't always translate into

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

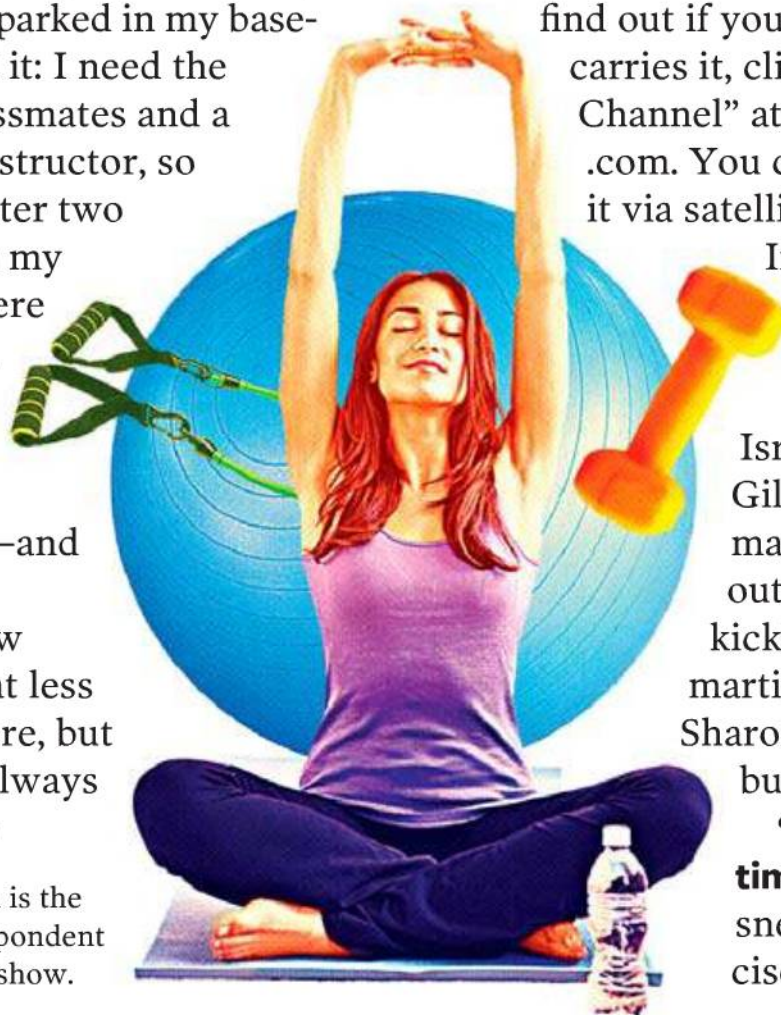
action. So whatever your excuse, I've got a solution. Many are free.

**“The gym is boring and too far away.”** Is your living room close enough? Turn on FitTV for a wide selection of half-hour shows. (To find out if your cable provider carries it, click on “Get the Channel” at [fittv.discovery.com](http://fittv.discovery.com). You can also catch it via satellite, on DirecTV.)

Indian fitness star Hemalayaa teaches a Bollywood class.

Israeli decathlete Gilad leads a commando-type workout (cardio bursts, kickboxing, and martial arts). Or try Sharon Mann's calorie-burning boot camp.

**“I don't have time.”** Need to sneak in some exercise before your



ILLUSTRATED BY SEAN MCCABE; INFINITYPHOTOGRAPHYINC.COM

morning commute? Log on to exercisetelevision.com and choose one of 600 video workouts. (Most are two to five minutes each, and they're free.) Stressed-out? Try Kori Flechtner's "Yoga Works Sun Salutation Energy." Feeling sluggish? There's Billy Blanks Jr.'s "Cardio Quickie." (Adults should do at least 150 minutes of moderate-intensity exercise a week, but these mini workouts add up.)

**"Home equipment is too expensive."** Ken Grant, owner of Get Fit 516 Fitness Services in Franklin Square, New York, says all you need is a set of latex bands (they're color-coded for the level of resistance), tension tubes (they look like rubber jump ropes with handles), a medicine ball (weights range from 2 to 25 pounds), and a stability ball (the size will depend on your height). For instructional videos, go to wonderhowto.com. Before you spring for the equipment (about \$100), check freecycle.org to see if someone in

your area is getting rid of whatever you need. (Maybe I should freecycle that basement relic of mine!)

**"I'm not disciplined."** If you're like me and you need someone pushing you to feel the burn, but you don't want to shell out the \$30 to \$100 per session with a personal trainer, register on freetrainers.com. Fill out a questionnaire about your fitness level and goals to receive a free customized workout.

**"I need company."** On meetup.com and exercisefriends.com, you can connect with people who share your interests, whether it's walking, biking, running, or rowing. Type in your favorite activity and zip code to get a list of groups. At Meetup, you can be really specific, like "hiking with your dog" or "Laughter Yoga." Active.com, a free clearinghouse of sports and recreational activities, is great if you're looking for a Little League team for your kid or a tennis league for yourself.

**"I hate to exercise."** There. You said it. Couch potatoes and computer addicts can keep it challenging—and fun—with the Wii Fit Plus, Nintendo's exercise video game and balance board (\$100). The \$200 Wii console isn't cheap, but you get more than 60 activities, from hula hooping to strength training. The adventurous can try the ski slalom or Big Top Juggling (bet you can't balance on a ball while juggling!).



Read Janice Lieberman's blog and submit your questions at [readersdigest.com/askjanice](http://readersdigest.com/askjanice).

## Sites for Savings

- > **8coupons.com** Discounts on restaurants, entertainment, spa treatments, and services, like tutoring and dry cleaning, in your zip code.
- > **couponsweet.com** The best codes and coupon deals on Twitter. Big savings from name-brand retailers.
- > **dealsea.com** Short-term deep discounts that expire in hours or days. Example: 60 percent off Marc Jacobs sunglasses.



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



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.\*
- and a plan that offers you practical tips, tools and resources to help you take an active role in your treatment.

Visit [Toviaz.com](http://Toviaz.com) or call 1-877-TOVIAZ-9

\*Results may vary.

The plan focuses on four core areas:

-  food & drink  
make more informed choices
-  teach your bladder  
train your bladder to "wait"
-  daily Toviaz®  
always take as directed
-  keep track  
share with your doctor

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



Please see Important Product Information on back.

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

FEU00183C

# IMPORTANT FACTS

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

(TOH-vee-as)

## ABOUT OVERACTIVE BLADDER

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

## WHO IS TOVIAZ FOR?

Who can take TOVIAZ?

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

Who should not take TOVIAZ?

Do not take TOVIAZ if you:

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

## BEFORE YOU START TOVIAZ

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

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

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

## POSSIBLE SIDE EFFECTS OF TOVIAZ

The most common side effects are:

- Dry mouth
- Constipation

TOVIAZ may cause other less common side effects, including:

- Dry eyes
- Trouble emptying the bladder

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

## HOW TO TAKE TOVIAZ

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

Things you should keep in mind when taking TOVIAZ:

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

## What is TOVIAZ?

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

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

## NEED MORE INFORMATION?

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



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# Ask Laskas

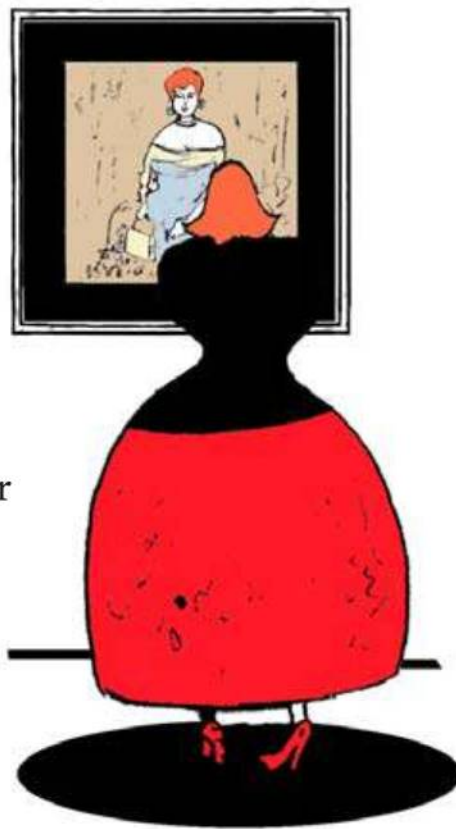
JEANNE MARIE LASKAS

▶ **I met an attractive, intelligent woman at an art gallery party a few weeks ago. We'd been talking for half an hour and making plans to meet for coffee, when things suddenly went downhill. I told her she had a "nice, full, hourglass figure," meaning to be complimentary. But she was offended and said, "Oh, really! Well, perhaps I should do some plus-size modeling!" I tried to clarify, but I only exacerbated things by using the term healthy. With a look of complete disgust, she slapped my face and departed. Was I wrong to try to compliment her?**

Red-Cheeked

Dear Red,  
Oh, dear. This sad tale calls for a public service announcement. Listen up, men. There are places you must never, ever go when it comes to impressing women, and at the top of that list is body size. A woman's size is never something to comment on within the first 30 minutes of meeting her (or the first 30 months, for that matter). Stay away from the topic altogether, even if you mean to be complimentary. On the rare occasion that

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



ILLUSTRATED BY ISTVAN BANYAI; FRANK VERONSKY

body size becomes a conversation topic, deflect immediately, shrug, and say, “I think you’re beautiful.”

▶ **How much should** *we charge a child living at home? She graduated from college last year but hasn’t found a “real” job in her field. In the meantime, she earns a decent salary working in a friend’s office.* Dad

Dear Dad,  
No blanket rule here. The real question, when it comes to family supporting family, is how you define payment. If your household needs the cash, then she should contribute: Check local rents and charge accordingly. If money is not the issue, consider doing your daughter an even greater service by requiring her participation as a family member: some cooking, cleaning, grocery shopping, certain household bills she tracks and pays. Lessons in adult responsibility can be more valuable than cash.

▶ **My husband was** *laid off after nearly 20 years with the same company. Except for a few menial jobs as a teenager, this constitutes his entire work history. For the past ten years, he has been an alcoholic in recovery and is very active in the local Alcoholics Anonymous program, serving as secretary, treasurer, and district rep, mentoring other alcoholics, and speaking at rehab centers. Is it appropriate to include his AA activities on his résumé? He worries that a poten-*


## Life’s Little Etiquette Conundrums

▶ **At what age is it appropriate to stop sending birthday and holiday checks to nephews and nieces? It can’t go on for the rest of their lives, can it?**

Why not? That’s not to say you should fork over bucks for the rest of their lives—or that you should do it at all. Birthday and holiday gifts are one way for the older generation to say “I love you” to the next. I can’t imagine anyone getting too old for that message. If funds are tight, a card without the check is fine at any age.

*tial employer will stop reading after the word alcoholic. But without his AA work, nothing on his résumé makes him stand out.* Wondering

Dear Wondering,  
Many employers would greatly admire your husband’s AA work and could get past the *a*-word. Sadly, an equal number will be scared off. The work your husband has done with AA shows he has a wide range of financial, organizational, and public speaking skills. Encourage him to develop a functional résumé, which will allow him to list his proven abilities, documented by examples drawn from all aspects of his life. (If he Googles *functional résumé*, he’ll find helpful resources.)

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

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# Dreamer\$

PHOTOGRAPHED BY LORI STOLL



## Dressed for Success

Louise Wannier has faced the mirror too—and now she's making it easier to find clothes that fit

BY MARGARET HEFFERNAN

One of life's eternal mysteries—why some clothes fit and some don't—became clear to Louise Wannier in a fashion sketching class.

“We were learning to draw exact-proportion sketches but from one standard model,” Wannier, 53, remembers. “Since women come in all sizes and shapes, I asked the teacher when we would learn about other body proportions. And she said, ‘We don’t. There are 5,000 designers, and each one designs to his own model.’”

“I like having my own free personal shopper,” says Wannier.

Suddenly, Wannier understood why some labels fit and some don't—and why fitting rooms everywhere are full of frustrated women. "I knew right then that there was a business in helping women quickly find clothes for *their* shape and that it needed to be online."

## **Within 24 hours, over 700 women tried the prototype. And a third of them signed up.**

Wannier, who had started two successful technology companies, rushed home to begin work on the idea. Two years later, in October 2006, she launched myshape.com. Customers go online to enter their measurements (there are 11, from arm length to hip width) and are assigned one of seven body types based on their proportions. Software identifies selections for each shape by price (as low as \$14.49 for a top, up to \$605 for a coat), profile (modern classic, romantic glam, and artistic trendy), designer (from August Silk to Tadashi), and lifestyle (work attire to dress-up).

Wannier had a degree in textile design and an MBA, but she had a lot to learn about the garment industry. And while she had money from the sale of one of her businesses to kick-start MyShape, she needed investors. Most of those prospects were men, and they simply didn't get

the concept—until they saw models of various shapes and sizes in leotards, complete with lumps, bumps, and bulges. They were impressed with Wannier's vision and hopped on board, putting up \$32 million and helping her develop a business plan while she designed and patented the technology.

Once Wannier had a prototype, she set up an online survey for potential customers. Within 24 hours, she got over 700 responses; a third of them signed up. "We were astonished," recalls

Wannier, who double-checked the results just to be sure. "It convinced us there really was a demand."

Wannier had an e-commerce site, but she still needed something to sell on it.

She moved out of her kitchen and into an office and brought in retail specialists who could persuade skeptical designers to entrust their clothes to a start-up without an established reputation. She refers to that period as a "bit of madness."

Today, with 700,000 customers and 300 designers, the site has proved its usefulness. "Some weeks," says Wannier, "we get 100 percent customer satisfaction. And designers are delighted: They get a new distribution channel, absolute customer loyalty, and returns that are 10 percent lower than on other sites."

While MyShape continues to sign up customers and designers, the company is not yet profitable.



“We get a percentage of the price of the clothes,” says Wannier. “In this economy, women are spending less. In order to make money, then, we have to attract more customers who will come back again and again.”

Asked what the future holds for MyShape, she says, “Next year, we’ll start providing the technology to other online stores, so my dream is that our way of shopping becomes the way everyone does it.”

## Getting Ahead with LOUISE WANNIER

### What is your biggest challenge?

I call what we do “Me” Commerce. Personalization is very hard to do well on the Internet because people are so different, not just in terms of fashion and lifestyle but also in behaviors and tastes. We have to be committed to listening to our customers, and we have to find out why others are not yet our customers.

### What shape and style are you?

The seven body shapes correspond to the letters in MyShape. I’m an A, which means broader hips and narrow shoulders. And I’m eclectic—I like everything but traditional.

### What’s the hardest part of running a business?

Getting people to

speaking their minds is tough. When we launched a software product at one of my earlier companies, we knew something wasn’t quite right. I heard people talking among themselves about it, so I called the staff together and insisted they come clean. It turned out everyone was in agreement:

The product was too complicated, with too many features. We made changes in a week.

### What do you do in your spare time?

I like to find quiet time to create. I love spending time with my husband—he’s a great cook!—and our four kids [ages 21 to 27]. I enjoy photography, relaxing with friends, and salsa and folk

dancing. And I like meeting and mentoring budding entrepreneurs.

### How come most startups fail?

Because there’s so much opportunity that it’s hard to stay focused on the mission. I’ve struggled with this in every start-up. I begin with a big game plan for the first five to ten years. But then I see so many possibilities, and I want to get it all done in a few years. I’ve learned that you have to focus on making the business profitable. Otherwise, it’s a charity, not a business.

### Do you ever hear from your customers?

All the time. One of my favorite e-mails is from a woman in California: “When I tried on the dress, my husband whipped out the camera. It looked that good!”



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# The Best Allergy Fix

If the very thought of spring makes you sneeze, here's good news: Research shows just how much immunotherapy—aka allergy shots—can help your health and wallet. An 11-year study of more than 13,000 Florida children found that the shots slashed health costs by a third and prescription costs by 16 percent. Kids getting the shots began to feel better as early as three months into treatment. “This

**M**y husband, a deputy district attorney, was teaching an antidrug class to a group of Cub Scouts. When he asked if anyone could list the gateway drugs, one Scout had the answer: “Cigarettes, beer, and marinara.” *Lori Wolf*



**Going on a job interview?** *Take pity on the poor hiring managers, who filed these reports:*

- “The applicant smelled his armpits on the way to the interview room.”
- “The candidate told the interviewer he was fired from his last job for beating up his boss.”
- “An applicant said she was a ‘people person,’ not a ‘numbers person,’ in her interview for an accounting position.” Source: careerbuilder.com

**A sign outside a nursery:** “It’s spring! We’re so excited, we wet our plants!”  
*Becky Adair*

**Found in a heap of recycled files donated to our school was this curiously labeled folder: “Excuses I Have Used.”**

*Nancy Eiler*

*“A show of hands: Either we go with Mr. Kelly’s restructuring plan or the little fellow and his ‘pot o’ gold.”*

**Brevity is next to confusion** in the insurance business. When a client died, her daughter told our agency that she would cancel the home policy the following week, once her mother’s belongings were removed. Simple, right? Here’s the note that was placed in the client’s file:

*“Deceased will call next week to cancel moving her things out.”* *Karla Wynder*

**In January,** my wife, a physician, met with an elderly

## TEACH YOUR TEACHERS WELL

During a lecture on the influence of media on teens, a typo in the PowerPoint presentation revealed the professor's true opinion. The title read "Three Reasons Teens Are Vulnerable Toads." *Michael Dobler*

"You need to be careful when writing comments," our principal told the faculty. He held a report card for a Susan Crabbe. A colleague had written, "Susan is beginning to come out of her shell." *Margaret Wharf*

After a lengthy course on improving computer skills, a teacher finally seemed to get the hang of it. In fact, he admitted in his self-evaluation, "computers have simplified and shortened my life." *Bart Altenbernd*

patient. "So was Santa good to you?" she asked.

"Real good," he said. "I got an SUV."

"Nice."

"Yeah ... Socks, Underwear, and Viagra." *Bruce Noble*

"Isn't the market flooded with these types of books?" I asked another editor. "How do we expect to turn a profit?"

"Don't worry," he assured me. "These books appeal to a wider audience than most." *Will Stevens*

### Book Smart, Bookstore Dumb

After searching for a particular book on dinosaurs in the science section without luck, a customer looked to me for help. She showed me a piece of paper with the title written on it: *Thesaurus*.

A woman stopped by our customer-service desk and asked me for a copy of the book that has Jesus in it. After much back-and-forth, I determined that she wanted the Bible.

*From collegehumor.com*

**After I took** a job at a small publishing house, the first books I was assigned to edit were all on the topic of dieting.



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## Numbers That Count

reaffirms what we've seen in practice—fewer office visits and less need for medicine,” says researcher Linda Cox, MD. “The treatment actually changes the body’s allergic response instead of just masking symptoms.”

Immunotherapy is worth considering for anyone who doesn’t get enough relief from medications or who just hates paying for them, Dr. Cox says. Another selling point: Unlike other remedies, immunotherapy reduces the risk of allergies morphing into asthma.

Of course, no one likes shots—and immunotherapy typically requires 20 to 30 in the first six months. But new developments could soon make needles unnecessary. Several companies are developing sublingual tablets—pills that deliver tiny doses of allergens under the tongue. A 2008 study from London’s Imperial College found the tablets to be as effective as shots. Now widely used in Europe, sublingual immunotherapy may get FDA approval within a couple of years, Dr. Cox says. Also in the pipeline: a new treatment that requires just four shots in six weeks.

*Beth Howard*

## 1 gram

### Amount of salt

(about ½ teaspoon) that, if shaved off the typical daily American diet, could prevent up to 23,000 strokes and 35,000 heart attacks yearly—and 32,000 deaths



## Sneeze Less Now

Our experts say these five simple, proven steps can help keep hay fever at bay.

- **Spritz a saline rinse into your nose daily to wash away pollen, says H. James Wedner, MD, of the Washington University School of Medicine in St. Louis.**
- **Change your car’s cabin air filter at least**

- yearly, says Dr. Wedner. Older filters can blast pollen into your face.**
- **Consider a mask when pollen gets bad, says Nathanael Horne, MD, of New York Medical College. An allergy mask with an N95 rating really helps if you’re gardening or walking through a pollen cloud. Wearing glasses or sunglasses helps too.**

- **Save outdoor exercise for the evening, says Dr. Wedner. Many trees shed pollen at first light; ragweed pollen count tends to spike at midday.**
- **Don’t dawdle. Start these steps a week or so before you expect your allergies to arrive, says Dr. Horne. Allergy season tends to start earlier these days.**

*Chris Woolston*



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## Dose It Safely

It's so easy to pull out a kitchen spoon to give or take a dose of liquid medicine. But it's a bad idea, shows a new study from Cornell University. When people used a medium-size tablespoon, they underdosed by more than 8 percent, on average—even after they saw the correct amount. Using a larger spoon, they overdosed by nearly 12 percent. Those errors could be dangerous if you're taking a medicine two or three times per day—or giving even a single dose to a child, says study coauthor Koert van Ittersum, PhD. So stick to droppers meant for medicines, dosing cups, or dosing syringes.

Other stay-safe tips: Don't split sustained-, controlled-, or extended-release tablets—that dumps the medicine all at once. Don't halve pills with an enteric coating either. Do remove an old transdermal patch before putting on a new one. A patch can release medicine even after it's time to toss it. **B. H.**

## Death by TV?

If vegging out in front of a TV is your favorite hobby, you may be courting an early death—even if you're not overweight. That's what Australian researchers found after tracking nearly 9,000 people for an average of six years. Regardless of their weight, those who watched television

for more than four hours daily had a 46 percent higher risk of death, compared with people who channel surfed for less than two hours. (According to a recent report, Americans watch TV about five hours daily.)

Television itself isn't the problem, says study author David Dunstan,

PhD, of the Baker IDI Heart and Diabetes Institute. Instead, the danger comes from all that sitting, which takes the place of activity—including the non-sweaty kind that naturally occurs when you're not glued to the tube. "Too much sitting is simply bad for you," Dunstan says. **B. H.**





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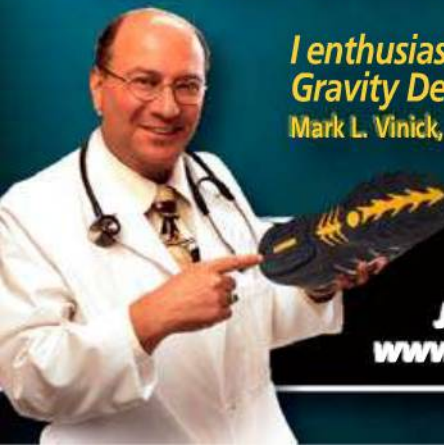
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## Fix It with Food: Cut Cancer Risk

**C**olorectal cancer is the second-leading cause of cancer deaths in the United States. To lower your risk, recommends the American Cancer Society, dial back on red and processed meat and crank up your intake of fruits, veggies, and whole grains. Make room on the menu for these superfoods too (new research suggests they're particularly effective):

**MILK** Drinking two cups or more each day reduces the risk of developing colon cancer by 22 percent, according to a new review of 27 studies. Stick to 1 percent or skim—these varieties seem to confer the greatest benefits.

**FISH** In a recent study of more than 1,800 American adults, those who ate plenty of food with high levels of

(CAN) LIPPMANN/PHOTOCUISINE/CORBIS;  
(FISH) KARINE TESSON/STOCKFOOD MUNICH

## Cutting Back on a Risky Chemical

Concerns are growing about a chemical known as bisphenol A (BPA). Though it's nearly everywhere—in the linings of food cans and many hard-plastic drinking cups, bottles, and containers—the FDA recently advised consumers to reduce their exposure. Among other reasons for worry, a new study suggests that men with high levels of BPA are more likely to have cardiovascular disease. To avoid unnecessary doses:



omega-3 fatty acids cut their risk by as much as 39 percent. Having two meals of fatty fish (such as tuna, salmon, or sardines) a week does the trick, the researchers say. That's the same amount shown to help keep your heart healthy.

**SOY** For every five grams of soy eaten daily (about one eighth cup of tofu), your chance of developing colorectal cancer drops by 8 percent, according to a recent study of more than 68,000 Chinese women. Other research shows that natural fat molecules in soy called sphingadienes may be toxic to cancer cells in the colon.

**GARLIC** It's not only tasty but also rich in antioxidants that help stop colon tumors from forming, according to two reviews. Five cloves a week, raw or uncooked, cut your risk by 31 percent on average. *Janis Graham*



## Ginkgo? Forget It

Every year, Americans spend millions of dollars on ginkgo biloba in the hope that the supplement will prevent memory loss. Save your money: According to a large study, older adults who took ginkgo pills for up to seven years were just as likely to experience memory loss and cognitive problems as those who took placebos. Earlier results had shown that ginkgo didn't prevent full-blown Alzheimer's; researchers had hoped this study would find subtler benefits. What does help, research suggests: a heart-healthy diet and regular exercise. *J. G.*

● **Switch to cartons.** BPA in the lining of metal cans may leach into foods and beverages. Look for soup, tomatoes, sauce, and juice in cartons or bottles; pick fresh or frozen fruits and veggies instead of canned.

● **Know your numbers.** Plastic containers marked with recycle codes 3 or 7 may contain BPA; those marked with 1, 2, 4, 5, or 6 rarely do.

● **Toss your old bottles.** Most U.S. manufacturers of plastic baby bottles—and many makers of hard-plastic sport water bottles, too—stopped using BPA more than a year ago.

● **Heat food in glass.** High temps speed the release of BPA from packaging materials, so transfer food from plastic trays to a microwave-safe glass or ceramic plate before zapping. *J. G.*

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All Natural*	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>NO Corn, Wheat or Soy</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
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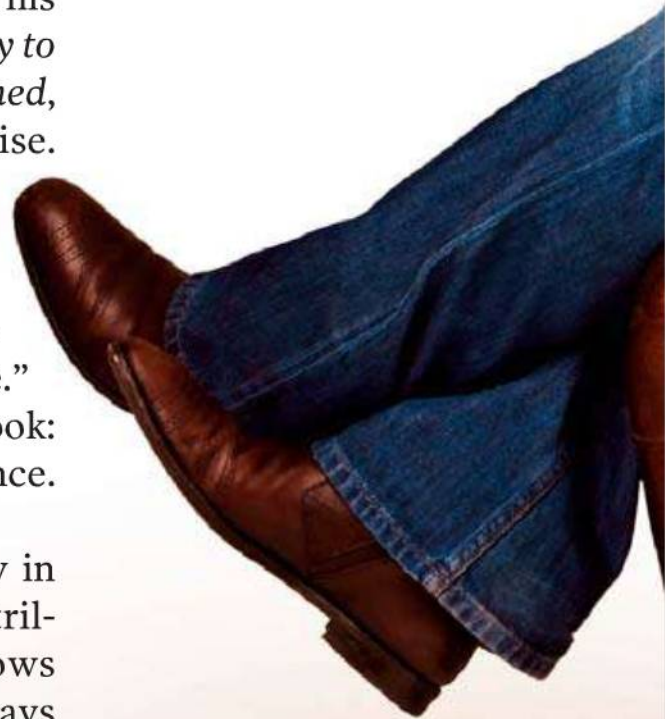
# Michael J. Fox's recipe for happy

BY AMY WALLACE

**Ask Michael J. Fox what prompted** him to write his third book, *A Funny Thing Happened on the Way to the Future: Twists and Turns and Lessons Learned*, and he does exactly as you'd expect: crack wise. The 48-year-old actor, author, and advocate for medical research (he was diagnosed with Parkinson's disease in 1991) says he's finally gotten to the point where he can "dispense a certain degree of advice with a straight face." A beat, though, and he adds this about the book: "There's no expertise in it. It's all my experience. I don't have the *burden* of expertise."

Two decades after portraying Marty McFly in the final installment of the *Back to the Future* trilogy, Fox has largely given up acting. He knows that for many fans, his face and voice will always conjure memories of Alex P. Keaton, the conservative teen he portrayed on the 1980s sitcom *Family Ties*. But if you want his recipe for happiness, it's simple: Leave the past behind (yes, the '80s too!) and live in the moment.

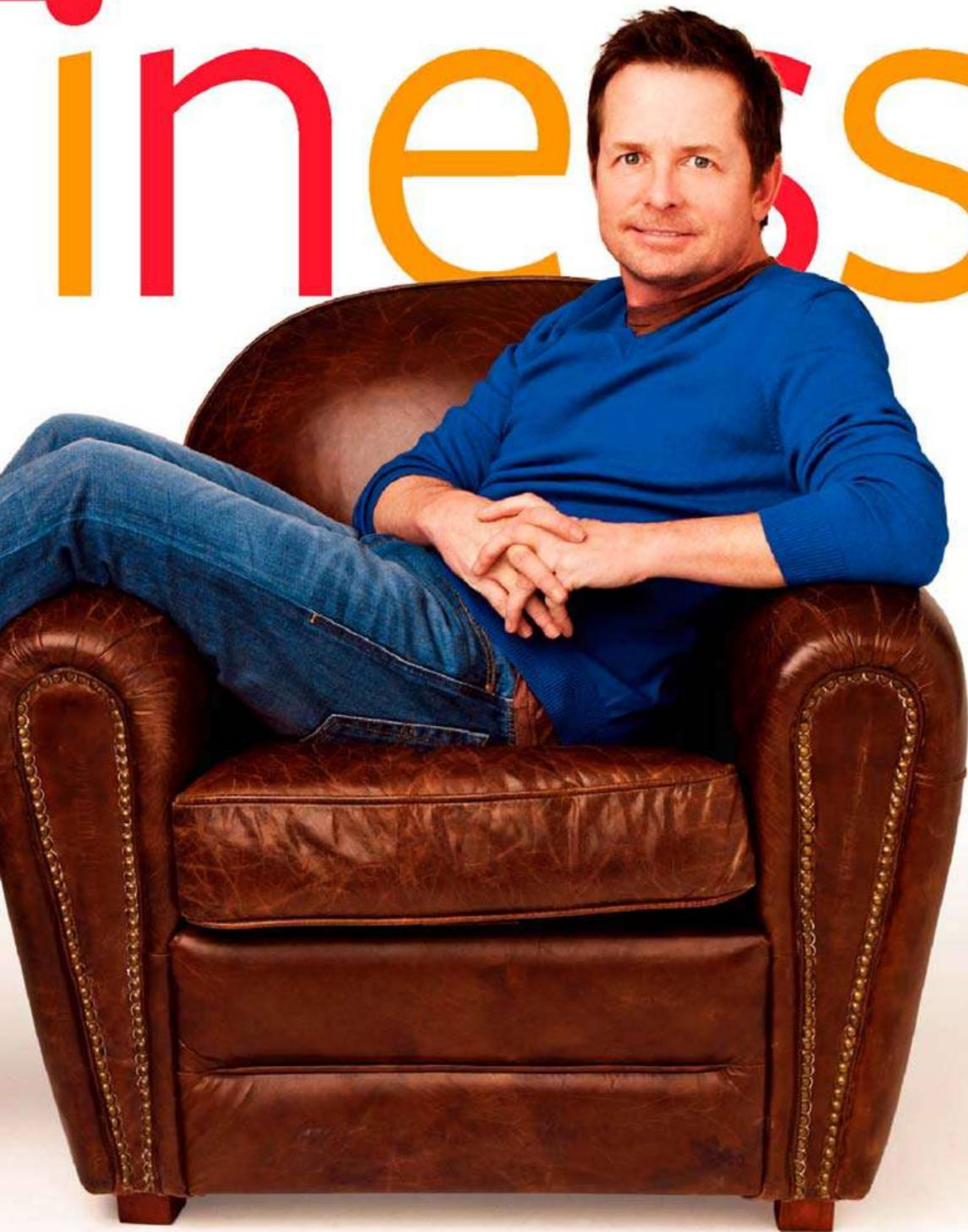
**Reader's Digest:** *You joke in your new book that you are fortunate to have married someone—actress Tracy Pollan—who is smarter and better*



**Fox says he practices two principles daily: acceptance and gratitude.**



ines





Fox with (from left) wife Tracy and children Sam, Esme, Schuyler, and Aquinnah.

looking than you. Do you think marital bliss boils down to that one choice: marrying the right person?

**Michael J. Fox:** Obviously, that's fundamental. But the key to our marriage is the capacity to give each other a break. And to realize that it's not how our similarities work together; it's how our differences work together.

**RD:** Do you mean letting stuff go? Not sweating the small stuff?

**MJF:** Yes. How worth it is this to get crazy about. When people say about someone, "If they only knew!"—well, they can't know. Because they're not you. You have to take it in stride and realize that someone can care for you and still not understand your every motive, emotion, need, and desire.

**RD:** You have four kids, with twin daughters in the middle.

**MJF:** Is it only four? It feels like five sometimes.

**RD:** Share some advice on parenting that begins "Always ..."

**MJF:** Always be available to your kids. Because if you say, "Give me five minutes, give me ten minutes," it'll be 15, it'll be 20. And then when you get there, the shine will have worn off whatever it is they wanted to share with you. I've never gotten up to see something one of my kids wanted to show me and not been rewarded.

**RD:** Your last book, *Always Looking Up*, was about optimism. It's the rare person who is as positive as you are.

*What's your prescription for dealing with really negative, difficult people?*

**MJF:** I think the scariest person in the world is the person with no sense of humor. So that's a test. If you have doubts about someone, lay on a couple of jokes. If he doesn't find anything funny, your radar should be screaming. Then I would say be patient with people who are negative, because they're really having a hard time.

**RD:** *You have done some guest spots on Denis Leary's series on FX, Rescue Me. Any acting gigs coming up that we should know about?*

**MJF:** No. I haven't done anything in a while. The *Rescue Me* gig was a unique opportunity to play a character—a misanthropic, angry guy—who was so contrary to how people think of me. If another opportunity like that comes up, I'll grab it. But in the meantime, I'll let Tracy do the work.

**RD:** *You've been open about the fact that after you were diagnosed with Parkinson's, you sought to drink yourself into "a place of indifference." You describe your first years of sobriety as being "like a knife fight in a closet." Is being sober still a struggle?*

**MJF:** I want to be really careful not to violate some of the principles by which I became sober. I wouldn't say it's a struggle. I'd rather drink battery acid than have a beer right now. But I would say that I picked up tools that helped me with Parkinson's. And I say in this new book: There's no better lesson in loss of control than to

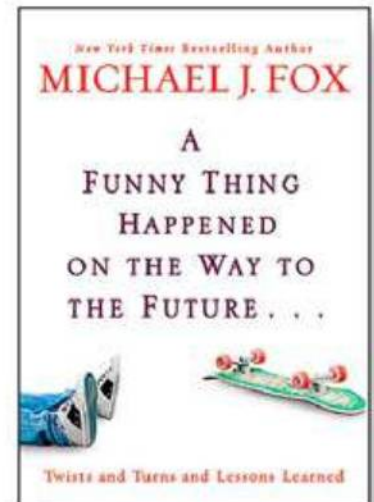
## An Accidental Education

In an exclusive excerpt from his new book, Michael J. Fox reveals what illness has taught him.

In 1990, when my son Sam was six months old, my father died unexpectedly. It's ironic, given his "prepare for the worst" philosophy and my appetite for risk, that his death would be the harbinger of the toughest period of my life. Within a year, I started to exhibit symptoms of Parkinson's disease, and a neurologist diagnosed young-onset PD. At 30 years old, I was told that whatever else I should expect, I could probably only work for another ten years. This was my explosion. This was my life skidding horribly sideways.

At first I went into denial. Refusing to disclose my situation to everyone but family, and covering the symptoms with medication, I was really trying to hide from myself. But with no escape from the disease, its symptoms, and its challenges, I was forced, after exercising in vain all other options, to resort to acceptance, which simply means acknowledging the reality of a situation. As my acceptance grew, I came to understand that loss is not a vacuum. If I didn't impulsively try to fill the space it creates, it gradually began to fill itself, or at least present choices.

I realized that the only choice *not* →



available to me was whether or not I had Parkinson's. Everything else was up to me. By choosing to learn more about the disease, I made better choices about how to treat it. This slowed the progress and made me feel better physically. When I felt better physically, I was happier and less isolated and could restore my relationships with my family and friends.

So let me make this suggestion. Don't spend a lot of time imagining the worst-case scenario. It rarely goes down as you imagine it will, and if by some fluke it does, you will have lived it twice. When things do go bad, don't run, don't hide. It will take time, but you'll find that even the gravest problems are finite, and your choices are infinite.

Believe me, I still have the occasional fantasy that I'll wake up one morning and realize I'm symptom-free. But I knew that absent the discovery of a cure, it could never happen.

Until it did.

If this sounds like a fairy tale, then the setting couldn't have been more appropriate: the mysterious and enchanting kingdom of Bhutan, nestled in the Himalayas. I was there shooting footage for a documentary on optimism for ABC that was conceived as a companion piece to my book *Always Looking Up*. Our plan was to seek out people, places, and things that represent the power of positive thinking. Whereas most nations will seemingly go to any length to increase their gross national product, the Bhutanese believe that economic development should never come at the cost

of their people's happiness—a policy they have labeled Gross National Happiness.

By the second day, I noticed a marked diminishment of the symptoms I generally wake up to every day. Over the next few days, I slogged through rice paddies, sat cross-legged while taking a meal with local families, and wandered for hours through a marketplace, investigating the myriad of sights, sounds, and smells. I was able to do all of this in inexplicably effortless fashion. Maybe it was the altitude that had brought about this change,

I skittered down the mountainside toward certain injury and possible death.

or perhaps it was the pills that I had been given to prevent altitude sickness. Whatever it was, I was grateful, though I had no delusions that it would remain that way once I returned to the States.

On the penultimate day of the trip, our producers and camera crew scheduled a demanding three-to-four-mile hike up a local mountain to film one of Bhutan's most important religious sites, a monastery they call Tiger's Nest. I surprised myself by volunteering to go along. On my descent, I attempted a shortcut down a 90-degree rock face. Overwhelmed by momentum, I skittered down the mountainside toward certain injury and possible death. Somehow I managed to fling myself sideways to the ground. This little flurry of excitement resulted

in scrapes, bruises, and a bloodied and mangled ring finger.

I wasn't able to remove my wedding ring, because of the swelling, and the next day, as we flew to India to make our connection back to the States, the cabin pressure caused the digit to balloon and discolor even more. An Indian doctor sitting across the aisle calmly informed me if I didn't cut that ring off in the next couple of hours, they'd be cutting off my finger. And so I made a detour to the hospital in New Delhi, the ring was removed, the finger was saved, and I was on my way home.

Back in the States, the Parkinson's symptoms returned. It was as if that reprieve had never happened. But of course, it did. I carry a reminder with me every day. I only have to look down at my homely and still-misshapen ring finger.

I also have a filmed record of the entire trip. Myself, I didn't take a single photograph, but that's not all that unusual for me. The act of positioning a camera between me and the object of my interest separates me from the experience. And if there's one basic lesson I've learned, it is the cardinal importance of this moment ... right now.

I'm not suggesting we wander around slack-jawed and stupefied, stumbling from moment to moment without considering history or the future. Still, what's happened before and what may happen later can't be as important as what's happening now. There's never a better time to celebrate the present. The present belongs to you. Let someone else take the picture ... just smile.

have Parkinson's. Because you learn very quickly what you can control and what you can't control. The only answer is to accept it. I do practice those principles every day: acceptance and gratitude.

**RD:** *One of the bravest things you've done in your advocacy is to reveal your own symptoms, once even forgoing medication before you addressed a Senate subcommittee. Some people criticized you for that.*

**MJF:** I couldn't understand the backlash. I thought, Wait a minute—I have some kind of public obligation to hide my essential being? In the years since, I've come to realize that when I'm symptom-free on the medication, that's not my natural state. My natural state is trembling and halting and having difficulty talking. So I enjoy the reprieve, but I'm not fooled by it. And if I'm in public and I *am* symptomatic, it has no bearing on who I am or what I'm trying to get done. Not to get too Zen about it, but if I stand apart from the moment and say, "In this moment, I'm struggling and I can't do what I want to do," not only have I not had a *good* moment, I've *missed* the moment completely, just by standing outside it and judging it.

**RD:** *Sounds like that's your central organizing principle.*

**MJF:** To return to marriage, it's about judgment. The least amount of judgment we can do, the better off we are.



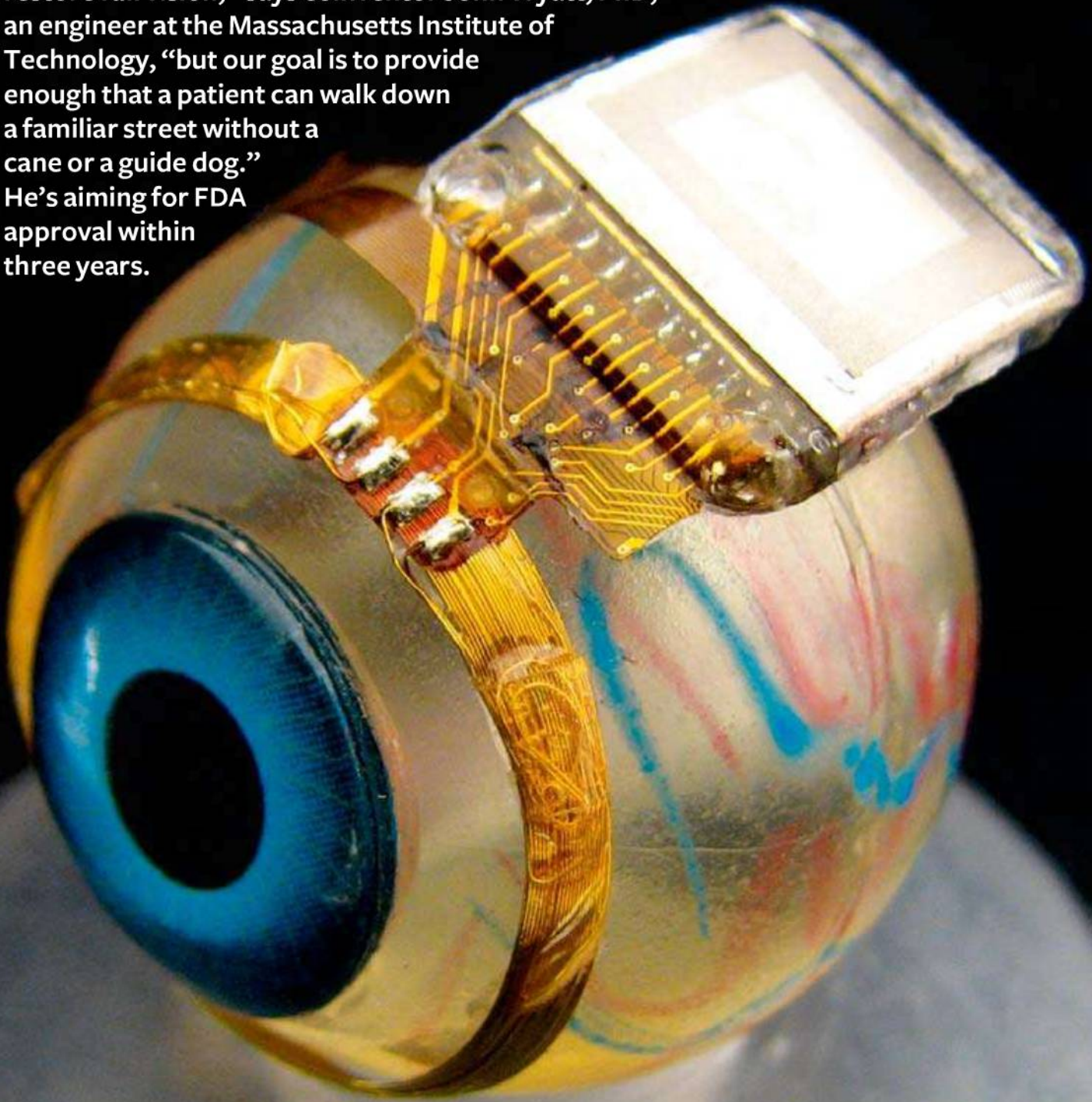
For Michael J. Fox's take on movies versus books, see [readersdigest.com/fox](http://readersdigest.com/fox).

# NEXT BIG THINGS

**25 IDEAS, INVENTIONS,  
AND GADGETS THAT WILL  
IMPROVE YOUR LIFE**

## SIGHT SAVER

This bionic eyeball might look like it's been plucked from the skull of a movie android, but it's really a symbol of hope for millions of people with retinal disease and age-related macular degeneration, two major causes of blindness. The invention works like this: A tiny camera, attached to a pair of glasses worn by the patient, gathers images much as a real eye would, then transmits them wirelessly to a titanium-encased microchip on the eyeball. The chip stimulates retinal nerve cells, which then send pictures along the optic nerve to the brain. "The implant can't restore full vision," says coinventor John Wyatt, PhD, an engineer at the Massachusetts Institute of Technology, "but our goal is to provide enough that a patient can walk down a familiar street without a cane or a guide dog." He's aiming for FDA approval within three years.



**FOUR-DAY WORKWEEK**

You can thank the recession for starting the conversation about better ways to work, says Rex Facer, a management professor at Brigham Young University. After Utah became the first state to mandate a four-day week for most of its employees, Facer found that workers, who

received the same salary either way, preferred four longer days to five shorter ones and called in sick less often. The state also saw its bills slashed: Fewer miles on state vehicles provided \$1.4 million in savings, while less overtime and sick leave cut another \$4.1 million. Although four days don't work for everyone, the trend is expected to grow.

Cities like Birmingham, Alabama, and Melbourne Beach, Florida, recently began offering Monday-to-Thursday schedules to some workers, and research suggests that more than a third of U.S. employers—including recent convert General Motors—now give the option. “It’s a way to attract and retain talented employees,” says Facer.

**SERIOUS FUN**

It’s soccer’s newest utility player: A ball called the sOcket generates and stores energy as players kick it, then provides energy at home. Fifteen minutes on the field captures enough energy to power a small light for three hours and may help people in developing nations replace kerosene, a leading cause of respiratory illness and fires. Working on the principle of flashlights that charge when shaken, the sOcket is the brainchild of Harvard students Jessica Lin, Julia Silverman, Jessica Matthews, and Hemali Thakkar and is being funded by the Clinton Global Initiative University and the Walmart Foundation. The ball will be sold in the U.S. as a high-end cell phone charger, and profits will provide low-cost balls to Third World nations.

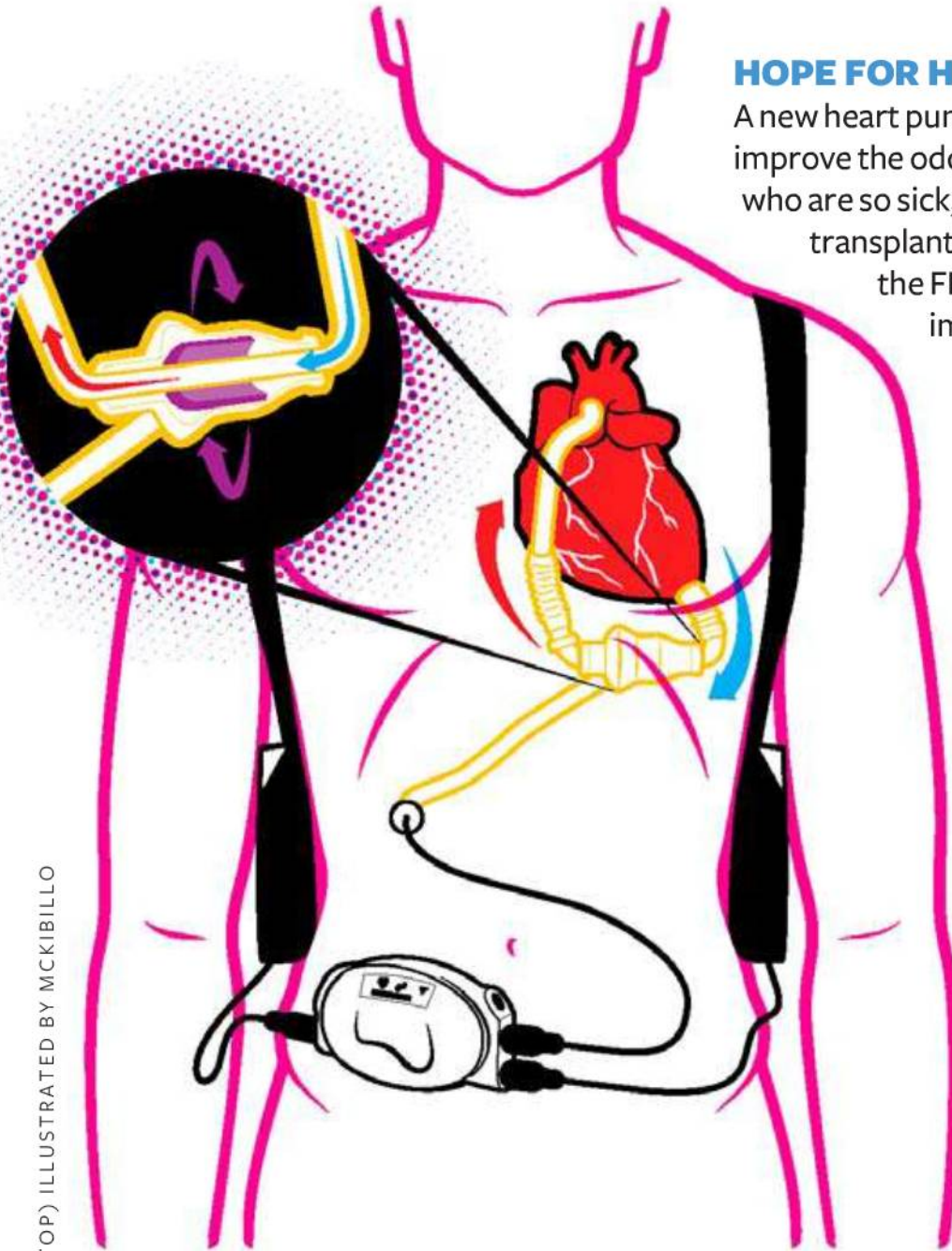
**NO-DRILL DENTAL WORK**

Blasting through a decaying tooth to reach a cavity can involve “drilling out healthy parts of a tooth to get to a small area of infection,” says Wayne Flavin, director of scientific affairs for DMG America, a dental-materials company. Enter Icon, the company’s new treatment for early cavities, which works by injecting liquid resin into the tooth. The quick-flowing resin reaches the inner “lattice” of decay faster than traditional metal or composite fillings can. Once inside the problem spot, it solidifies and stops the cavity from progressing. “Patients love it because there is no anesthetic and no drilling,” says John Rowe, DDS, a dentist in Jonesboro, Arkansas, who has been testing the product for more than a year. Already on the market in Europe, Icon will be widely available in the United States this year.



## HOPE FOR HEART PATIENTS

A new heart pump stands to dramatically improve the odds of survival for patients who are so sick, they aren't eligible for transplants. Just approved by the FDA, the Heart Mate II is implanted into patients' abdomens. Driven by a turbine engine the size of a D battery, it routes oxygenated blood from the weakened heart through its turbine to the rest of the body. In clinical trials, the chance of living two years more than doubled, says Joseph Rogers, MD, of Duke University, who coauthored a study of the device. "We can now take patients who previously had no options for treatment," he says, "and help them feel well and live longer."

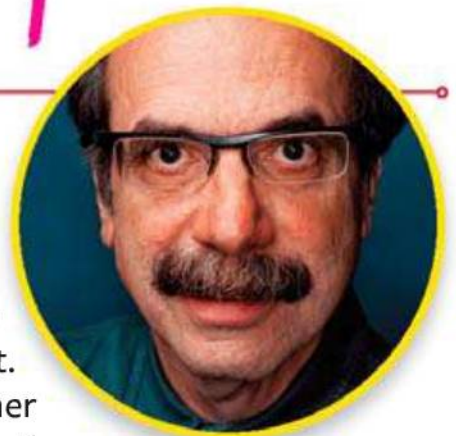


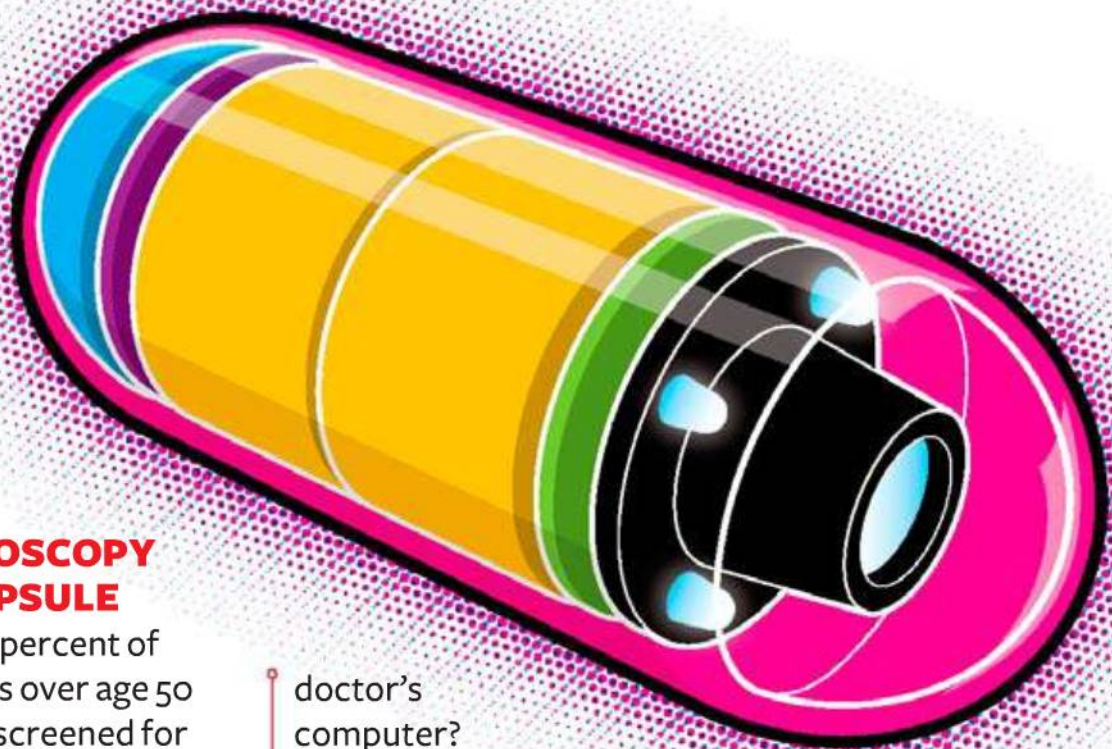
(KELLEY) PATRICK FRASER/CORBIS OUTLINE; (TOP) ILLUSTRATED BY MCKIBILLO

## FUTURE OF EDUCATION ▶

# THE

Our trend spotter is **David Kelley**, founder of the IDEO design firm and the Design School Stanford, which includes a K-12 lab: "In the classroom of the future, education will be custom-made for each student. Every child will have a laptop programmed for his or her learning style and speed. Homeschooling may also continue to increase for this reason—you can tailor the teaching to the child. At the same time, since we don't want computers to do all the teaching, we will see more hands-on projects and group work. More students will go out into the community to learn from business owners. And you'll see more retirees in the schools as mentors."





**COLONOSCOPY  
IN A CAPSULE**

About 40 percent of Americans over age 50 don't get screened for colon cancer, in part because the scoping procedure (complete with fasting, cleansing solutions, and anesthesia) is so unpopular. What if patients could swallow a camera-carrying pill instead—one that beams back images to their

doctor's computer? Would the less-fuss, less-muss approach bump up screening rates for the disease that's the No. 2 cancer killer? Already used to view the esophagus and small intestine, the pill is "a good first step," says Sherman

Chamberlain, MD, a Georgia gastroenterologist who has tested the device (it would be followed by the traditional test only if the doctor has concerns). Europe has approved the pill; U.S. tests are planned.



**A NEW WAY TO PAY**

Turn your cell phone into a "mobile wallet" and speed through the checkout line. With a smartphone app due out later this year that uses the same technology as "tap and go" cards used on commuter trains worldwide, you'll be able to access your financial data fast. Instead of fumbling for your wallet while bagging groceries, you select a credit or debit card from the screen, then tap the phone on the checkout console. Starting next year, you'll also be able to comparison shop this way: Touch your phone to a product and find out more about it, including what other stores are charging. Alas, you'll still have to figure out where to carry your driver's license.

(BOTTOM) COURTESY VIVOTECH; (TOP) ILLUSTRATED BY MCKIBILLO

(TOP) CONTRA COSTA TIMES/NEWS.COM; (DUO) COURTESY MYERS MOTORS; (LEAF) COURTESY NISSAN; (FIESTA) COURTESY FORD MOTOR COMPANY

# FUTURE OF GAMING ▶

**THE**

Here's what **Jane McGonigal**, director of game research and development at the Institute of the Future in Palo Alto, California, told us: "Good deeds will become a bigger draw for gamers. Players will undertake missions to help others—you will input your location and a 'ground crew' will suggest you spend your extra time watering a local garden. I'm working on a game in which ordinary people even attempt to solve problems like hunger, poverty, and disease. 'Winners' will be those who've completed missions in poorer countries like Kenya or Mexico. Top players will go to Washington to share their visions for the future."



## BETTER CARS

Rolling out from mid-2010 through 2012, these vehicles will change the way we drive.

### PTVs\*



### SPECS

Battery-powered two-seaters

### PROS

Easy to navigate traffic, easy to park

### CONS

Can't take much with you

### MODELS

**Duo**, from Myers Motors; **Tango**, from Commuter Cars

### COST

\$25,000 and up

\*Personal Transport Vehicles

### ELECTRIC CARS



Plug in and drive

2 cents per mile

Recharge after 40 to 100 miles

**Nissan LEAF**, the first mass-produced all-electric car; **Chevy Volt**

\$25,000 to \$35,000

### MINI CARS



Feisty and fuel efficient

Up to 50 mpg between fill-ups

Noisy at high speeds

**Ford Fiesta**; **Chevy Spark**

\$12,000 to \$17,000

**GREENER PACKAGING**

Engineering student Eben Bayer, an avid hiker, noticed how mushroom roots bind everything on the forest floor, from tree roots to soil. Bayer considered the dense network and wondered,

Could mushroom roots, or mycelia, be used as an eco-friendly alternative to foam packaging? He shared the idea with Rensselaer Polytechnic Institute classmate Gavin McIntyre. After planting mushrooms in Tupperware containers under McIntyre's bed, they eventually found that mycelia, combined with buckwheat and rice husks, can be shaped into biodegrad-

able blocks. Their product, EcoCradle, will debut soon as protective packaging for computers and furniture; it's also being tested as home insulation called Green-sulate. Early results show that the fungi-based forms hold heat and resist fire and mold better than petroleum-based synthetics—and require one tenth of the energy to produce.

**SPRAY-ON SOLAR PANELS**

While solar panels are hot with homeowners for warming the house and saving electricity, they're often rejected as costly and tricky to install. Now engineers are racing to make a more consumer-friendly version. One attractive candidate is solar ink. Applied with a spray gun, the ink allows builders and homeowners to turn windows, doors, and roofs into power-generating panels. Just spray it on the way you would on a model airplane, says Brian Korgel, the University of Texas at Austin chemical engineering professor who invented the technology. (The ink can also be printed on plastic sheets using an ink-jet-type printer.) He expects the ink to be available in three to five years.

**FUTURE OF TRANSPORTATION** ▶**THE**

The forecast from **Dan Sturges**, chairman of IntraGo, a transportation-solutions company in Boulder, Colorado: "Fifty percent of Americans can't access public transit without a car now, but the average car is driven only one hour per day. Soon you'll drive yourself to the train station, and someone else will pick up the car and drive it to the store and the doctor. Then you'll find a car at the station that night. It might be a different car, though—unless you spend a little extra for the original so you can leave your tennis racket in the trunk. Large numbers of people will have to participate for this to work, like with the fax machine, which didn't make sense until everyone had one."



## SMART HOMES

You're on vacation and, oops, you realize you forgot to lower the thermostat and shut down the computer. Soon a device that looks like an oversize iPhone will be able to do it for you. Intel's Home Dashboard uses Wi-Fi technology to communicate with the appliances in your home, letting you monitor how much electricity you're using and see which energy suckers are costing the most. The Dashboard stays home, but you can make

adjustments over the Internet using a computer or smartphone from anywhere in the world. The system includes several finger-operated apps, so you can also control your

security system or leave a video message for your spouse when you're at home. A prototype debuted in January; pilot programs will launch in homes this year.





**DO-IT-YOURSELF GLASSES**

Nearsighted atomic physicist Josh Silver had a vision. If he could design a pair of glasses he could adjust himself, maybe others would want them too. After ten years, the Oxford professor discovered that liquid—specifically silicone oil—was the key. To make the lenses, he filled two flexible membranes with

the oil and encased them in hard plastic. Now for the self-adjustment: To make the glasses stronger, you twist a plastic dial on each lens to add more liquid, which changes the shape of the lens. Specs too strong? Twist the other way, removing a bit of oil. There’s a cause greater than one’s own convenience too.

Think of places like sub-Saharan Africa, where there’s one optometrist for every million people. A pair of glasses that lasts forever takes on new meaning there. Now retired, Silver has started a nonprofit with a goal of distributing 1 billion pairs to poor nations. We’ll see them here in the next few years.



**STORM-PROOF HOUSES**

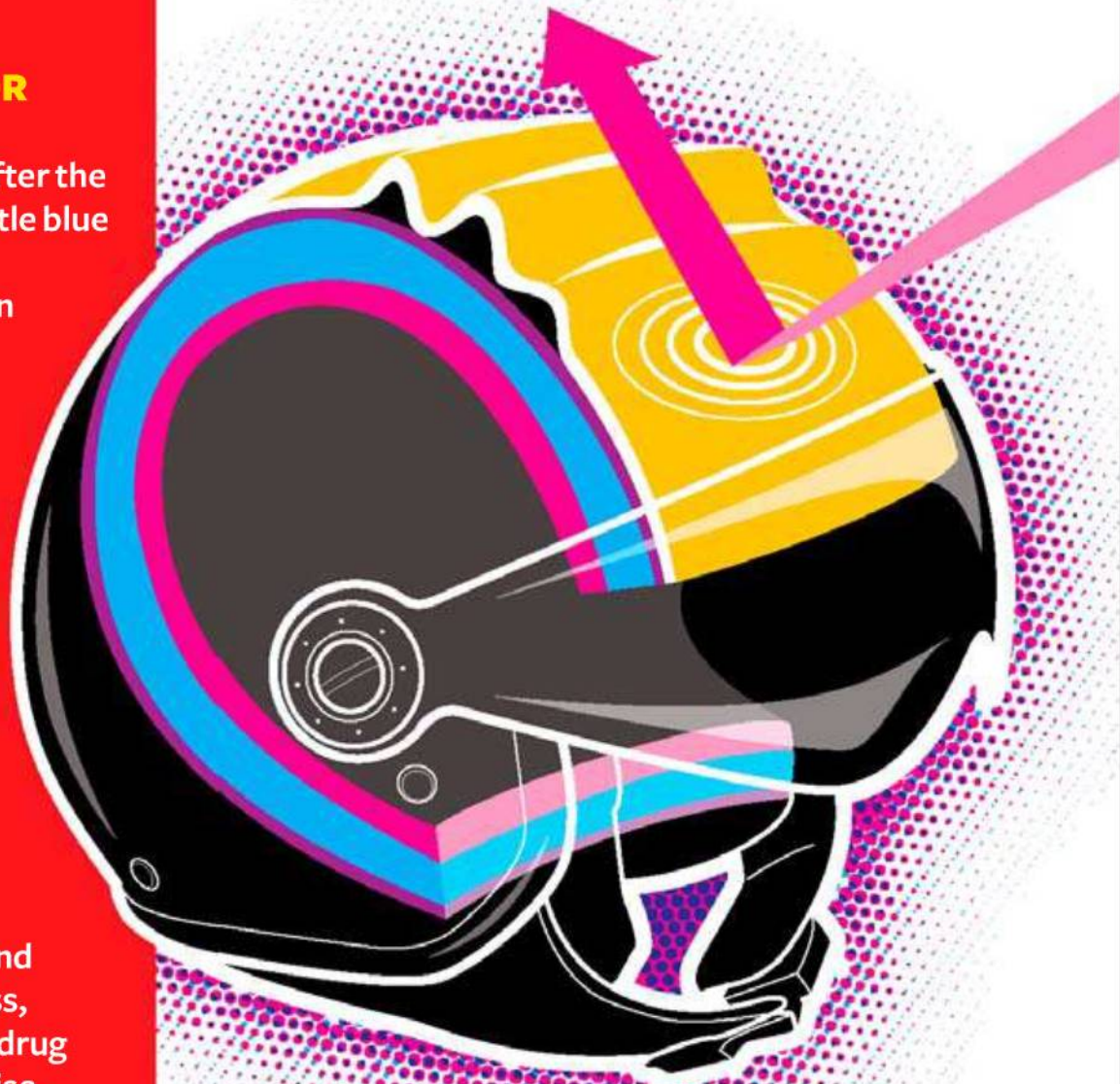
What if hurricanes could blow and blow but never blow your house down? “The normal house has 4,500 parts,” says Brian Bishop, the president and founder of New Panel Homes in Venice, Florida. “That’s just 4,500 opportunities for parts to fail.” Bishop has created a prefab house with 300 parts, including one-piece, fiber-cement walls and roofs that are fastened on steel or wooden frames with locking clips. Voilà! A cheaper house that can withstand 200-mph winds. Florida architect Robert Andrys built a structure with the panels in 2008—just in time for Hurricane Wilma. The building weathered the storm with no damage. But Bishop isn’t counting on nature alone: He shoots two-by-fours that travel at 50 feet per second into his walls to see if the projectiles will pierce them. “Every day in the field is like a science experiment,” he says.

(TOP) COURTESY CENTRE FOR VISION IN THE DEVELOPING WORLD; (LEFT) COURTESY NEW PANEL HOMES

## SEX BOOST FOR WOMEN

Almost a decade after the FDA approved a little blue pill to enhance the male libido, women may now get their turn. A German pharmaceutical company studied Flibanserin as an antidepressant, but it failed to perform better than a placebo. When tested later on 1,500 premenopausal women with reduced sex drives and sex-related distress, however, the new drug showed real promise. Flibanserin would be the first treatment for female sexual dysfunction that works on neurotransmitters in the brain, not hormones in the body. **Why that's good news:** "There are no concerns about serious side effects like blood clots or potential risks like cancer, as there are with hormone therapies," says Anita Clayton, MD, who coordinated the drug's third clinical trial at the University of Virginia. Now, if they could just find a sexier name for it.

ILLUSTRATED BY MCKIBILLO



## SAFER HELMETS

Place a finger to your scalp and move it to and fro and you'll feel the skin slide gently over the skull. Scientists took a tip from this bit of human physiology to develop a more protective motorcycle helmet. The secret is SuperSkin, a thin gelatinous layer covered with a tough plastic coating. When a biker falls and scrapes his or her helmet across the ground, the motion rotates the head, often causing brain and neck damage. With SuperSkin, the helmet behaves as the scalp does: It stretches a bit before breaking. "It took us 14 years to find a plastic that would work," says Ken Phillips, a British physician and the helmet's inventor. "Now we've got one that stretches 800 percent. The helmet's skin will break if it stretches too far, but you can actually save someone in the meantime." Currently, only motorcycle helmets are made with SuperSkin, but other sports helmets may not be far behind.

## HIGH-TECH GUITAR

A 26-year-old Australian designer has invented a brand-new way to be a rock star. The Misa Digital Guitar's fret board looks like a traditional six-string's—but with no strings attached. There's a touch pad where the sound hole normally is, and instead of plucking or strumming strings, you tap, drag, or brush the pad to “play” the instrument electronically. (Bonus: Bursts of funky blue light accompany each touch.) The guitar plugs into a synthesizer, which produces the music—kind of an electronica version of Jimi Hendrix. What remains in question: Will Misa go on the road with real musicians or stay home next to Rock Band in the living room? Look for it in stores this year.

COURTESY MISA DIGITAL



## FUTURE OF PHONES ▶

THE

**Jason Chen**, editor of the website [gizmodo.com](http://gizmodo.com), makes his prediction: “Data connections will get even faster, and you’ll link to your environment by cell phone. At a concert, your phone will stream views from other seats to you via a wireless network—while you listen to music from the mezzanine, you’ll watch it from center orchestra. When you point your phone at a crowd, it will use facial recognition software to ID people and directly connect you to their online profiles. When you go on vacation, you can point your phone at a monument and it will give you information about what you’re looking at—like a virtual tour guide.”



## COOL HOUSE

Dread the cost of air-conditioning? There may soon be a cheaper way to cool your home. The inventors of ThermalCORE have created a wall panel using microscopic paraffin wax capsules. During peak temperatures, the wax melts and absorbs heat, keeping the indoor temperature at about 73 degrees. At night, if the temperature dips, the wax solidifies, warming the room by releasing heat. ThermalCORE is being tested in California; similar material is already in use in Europe, where savings on AC have been as much as 20 percent. And watch for the German mug—made of ceramic and filled with a special wax—that keeps coffee at the perfect-for-drinking 136 degrees.



## ANTISMOKING VACCINE

We know that quitting smoking is tough. Even tougher: quitting for good. A new vaccine holds promise for the 90 percent of quitters who relapse. After six monthly injections, users of NicVax build up antibodies to nicotine, just as they would to a disease. If you smoke when you’re on

it, your bloodstream is flooded with nicotine. The antibodies attach to the nicotine’s molecules, making them too big to cross into the brain’s pleasure center. Result: smoking buzz officially killed. Unlike some anti-smoking drugs, the vaccine doesn’t act on the central nervous system, which may result in fewer side effects like dry mouth

and difficulty sleeping. In clinical trials, heavy smokers with high antibody levels were twice as likely to quit for a year, prompting Nora Volkow, MD, of the National Institute on Drug Abuse, to extol NicVax as “giving smokers a fighting chance to end the addiction-relapse cycle.” The vaccine could be available in 2012.

(TOP) COURTESY JASON CHEN

**DIGITAL COOKING**

Three-dimensional computer “printers” may one day cook our meals. The innovation comes from MIT design students Marcelo Coelho and Amit Zoran, who are creating a personal “food factory” using the tools of industrial design. By layering ingredients in the same way that

a printhead layers drops of ink, the Cornucopia “offers a new way to think about cooking,” says Coelho. How it works: You fill the canisters on top with the ingredients of a recipe, then enter directions digitally. The device draws down the correct combinations

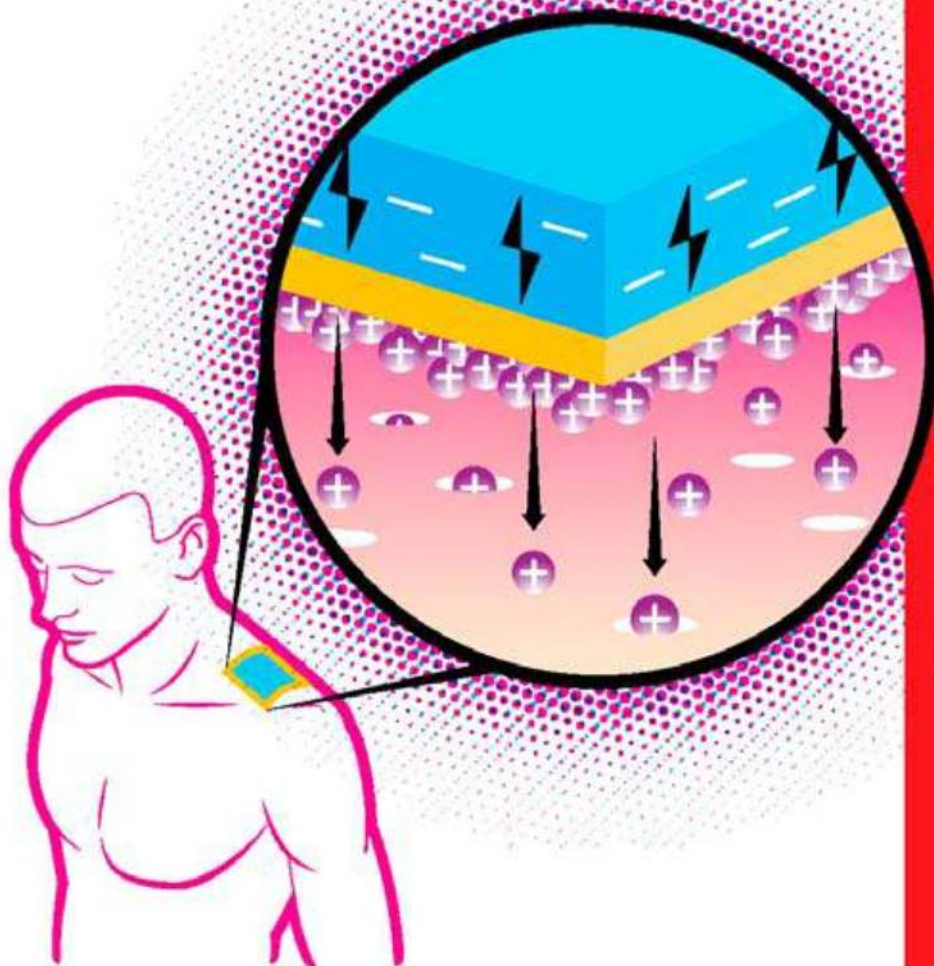
of ingredients and attached nozzles that cool, heat, and mix the flavors accordingly. If tests succeed, the kitchen aid could be available by 2013—with the intended audience superadventurous chefs for whom cooking is always an experiment.



AMIT ZORAN AND MARCELO COELHO/MIT MEDIA LAB

**GERM-FIGHTING FABRICS**

The next miracle fabric may truly be a miracle. iFyber cofounder Aaron Strickland has helped develop a technology that allows fabric to repel water and oil, fight germs, detect dangerous chemicals and explosives, and conduct enough energy to power an iPod. The company uses a special process to bind multi-functional nanoparticles to natural and synthetic fibers. In the next five years, expect to see practical applications in hospitals, hotels, law enforcement, and the military.



## NEEDLE-FREE VACCINES

Boston University researchers are working on a new method of inoculation—no injection necessary. The vaccine is deposited inside nanoparticles, each no bigger than a human pore. These particles are then applied to a foil-backed film that is placed on the skin much like a nicotine patch. A mild electrical charge from a small device, shaped like a gun, is used to drive the particles into the skin, where they're transported into the body. The new idea beats the old needle method: no need to buy syringes and no need to fill them either. And nobody will miss the pain. "It's easier for both doctor and patient," says David Sherr, PhD, the BU professor of environmental health who has developed the technology with engineering professor Mark Horenstein. A pilot study is under way.

**Contributing writers:** Joseph D'Agness, Kathleen Fifield, David Hochman, Denise Kiernan, Joe Kita, Fran Lostys, Bridget Nelson Monroe, and Sally Schultheiss.

ILLUSTRATED BY MCKIBILLO

## READY FOR YOUR OWN NEXT BIG THING? ▶

Great ideas start with inspiration. Creativity pointers from Michael Bungay Stanier, founder of the Box of Crayons consulting firm and author of the new book *Do More Great Work*:

- ▶ **STOP BEING SO EFFICIENT.** "You exhaust your brain by doing everyday boring stuff," he says. To get your mind out of über-productive mode, turn off your phone. Ignore e-mail.
- ▶ **ASK QUESTIONS.** Try these: What's the boldest thing I could do? The most fun thing? What would have the greatest impact?
- ▶ **SLEEP ON IT.** Before you go to bed, review the problem you're trying to solve. If an idea comes to you when you're in the half-state between wakefulness and deep sleep, write it down.
- ▶ **MANAGE YOUR EXPECTATIONS.** "You don't have to be Steve Jobs and invent another Apple," he says. If that's your standard, you'll fail. Instead of trying to be superartistic or technologically savvy, try to be a little more creative every day.



**REAL-LIFE DRAMA**

**Shelly  
Johnson and  
her boyfriend,  
Aaron Cole, safe  
and sound on her  
parents' Michigan  
farm.**




# **She found the strength**

**When a college  
student smashed  
his head on a  
mountain rock,  
his girlfriend  
had to do the  
impossible**

**BY JOSHUA WOLF SHENK**

PHOTOGRAPHED BY TAMARA REYNOLDS



**Aaron Cole couldn't pass up** an adventure, and his girlfriend, Shelly Johnson, couldn't say no to going along. Driving through New Hampshire on a vacation trip to Baxter State Park in Maine, the couple had already stopped to do somersaults off a lakeside cliff. When they saw Silver Cascade, a waterfall that tumbles down 600 feet in the White Mountain range, Cole had one thought: Let's climb it.

It was a sunny August day. The college students had set off in bathing suits and flip-flops. Soon they were grappling up the rocks on either side of the falls.

Their ascent was no jaunt—some vertical faces loomed as high as 15 feet. One climbing website cautions that the falls require “a combination of sure feet and steady nerves,” before bluntly warning against the attempt. An experienced climber, Johnson, 22, still needed a hand from Cole, 24. And as with all rock climbing, going up—with the terrain ahead clearly visible—is the easier part.

Just how, Johnson wondered, are we going to get down?

About 45 minutes into the hike and not far from the peak, Cole decided to walk into the falls where they ran

over moss-covered rocks. “Please don't,” Johnson called to him. But she knew Cole: Her concern would only egg him on. Not wanting to give him the satisfaction, she turned away.

When she turned back a few seconds later, she saw that Cole had fallen on his backside and begun sliding down the slick slope. With every moment, he picked up speed and careened toward a sharp drop-off.

For a second, Johnson stared in disbelief. Then she snapped to. “Roll over!” she yelled to Cole. She hoped he could roll his way out of the fast current and get a grip on one of the drier rocks just a few feet on either side of him.

But Cole couldn't get any traction. As Johnson looked on, he smashed his head on a rock, and his body went slack. Then he disappeared over the drop-off.

**Cole and Johnson** met in her senior year at Michigan's Grass Lake High School. His parents were her coaches—his dad in track, his mom in cheerleading. She and Cole connected the following spring, when he helped his dad at a track meet by refereeing the pole vault, one of Johnson's events.

On their first date, they went horseback riding and four-wheeling under the light of a full moon. The romance continued in college, where Johnson studies nursing at the University of Michigan and Cole pursues speech therapy at nearby Eastern Michigan University. And they took frequent

trips, to wakeboard, snowboard, ride horses, and camp.

It's always been a happy relationship, Johnson says, with just one sticking point: Cole's appetite for risk. "Let's put it this way," Johnson says. "We've been together four and a half years, and I can't remember the number of times that I've taken him to the hospital. He's never taken me once."

**Johnson had seen Cole** fall off horses and crash his snowboard, but those mishaps didn't prepare her for what happened at Silver Cascade. After scrambling down to peer over the drop-off, she found Cole lying face-down, about eight feet below, in a pool of water. He was thrashing

obvious. Blood poured from a two-inch gash between his left eyebrow and temple. On the back of his head, there was a lump the size of a goose egg. He also had a deep cut on his forearm.

With her nurse's training, Johnson could interpret more than what was obvious. Cole's eyes looked like they were rolling around in his head, and his pupils, she remembers, were "tiny black dots, like the tip of a ballpoint pen"—classic signs of brain trauma.

She could also see that the gash on Cole's arm was dangerously close to the radial artery. If he had nicked it, he could die.

The two had left their cell phones in the car, and there was no one else in sight. Johnson, knowing she was

a long way from help, faced an agonizing decision. Should

she try to get Cole

down the treacherous path by herself?

## Should she try to get Cole down the treacherous path?

### If he had a spinal cord injury, moving could paralyze him.

around in spasms. The entire puddle was red with his blood.

Johnson leaped into the water and managed to flip Cole over and drag him to a dry spot. He wasn't breathing, so she leaned in and gave him rescue breaths, something she'd done many times in CPR classes but never in real life. After the fourth breath, he spit up water, and his chest began to rise and fall. He came to but then quickly fell unconscious again.

With Cole now breathing, Johnson looked over his wounds. Some were

If he had a spinal cord injury, moving could paralyze him. But if she left him there, she felt sure, he would bleed to death. "I can't just leave him," she concluded.

**Johnson knew** Cole's wounds needed bandaging, but she had nothing except the clothes she was wearing—a pair of black surf shorts and a bikini. First she took off her shorts and wrapped them around his head like a tourniquet. But what about his arm wound?

“That’s when the swimsuit top came in handy,” Johnson says. “And there was no second where I thought, People are going to see me without my top on. When you’re in that situation, you’ll do anything. My bikini bottoms would have been off if I’d needed to.”

Johnson still struggles to explain

**She knelt beside Cole, holding his hand and stroking his hair.**

**“I love you,” she said.**

**“Lie still.”**

how she did what came

next. At five feet six inches, she weighs 115 pounds. Cole is four inches taller and weighs 160. Ordinarily, she can’t lift him for even a few seconds. But in the adrenaline rush after the accident, she was able to wrap Cole’s arms around her shoulders, reach behind her to grab his legs, and begin to make her way down the rocks. To descend the vertical faces, she had to slide her bottom and inch her way down, pressing hard with her back to pin him to the rocks.

“I was terrified he’d fall from behind me down the mountain,” she says.

“Stay with me,” she kept telling Cole. “Stay with me.”

She yelled for help, but the roar of the waterfall drowned out her voice. It’s like a nightmare, she thought: I’m screaming, but no one can hear. As she neared the bottom, about a half mile from the place where Cole had

slipped, Johnson called out to a group of people milling around the trail near a natural wading pool. “Help us!” she cried.

**Behind the wheel** of his Jeep Grand Cherokee, Vernon-John Gibbins was driving on New Hampshire’s lush, isolated Route 302 when a police car

whipped by and pulled over to the side of the road.

A critical-care nurse, Gibbins

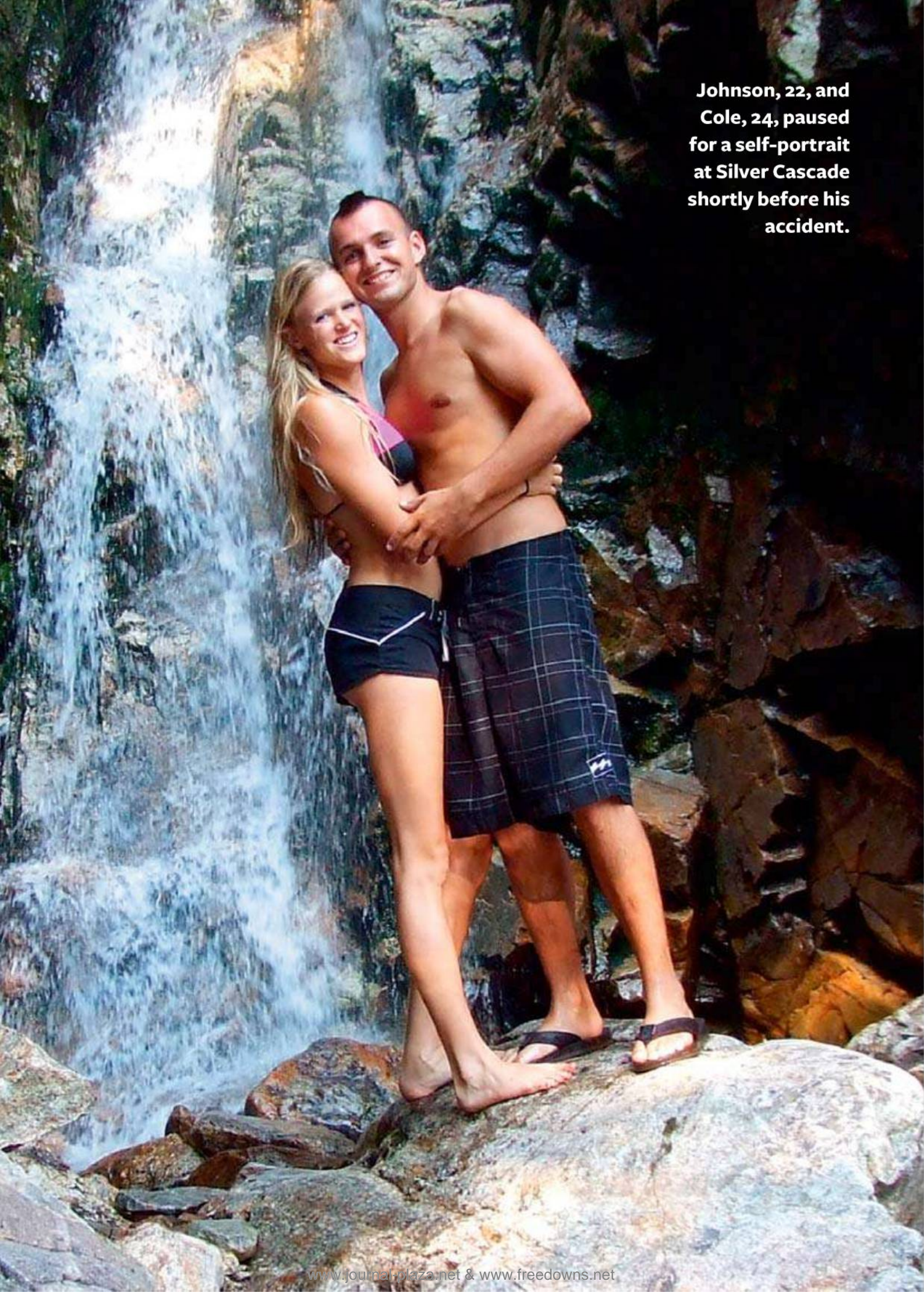
was on his way to Maine’s Camp Cedar, where he spends his summers running the health center.

When Gibbins saw the police officer rush across the road toward the falls with a first aid kit, he stopped his Jeep and ran to join the group standing around Cole, who was weak but conscious.

“You’re going to be fine,” Gibbins told Cole after checking his head and arm wounds. But he wasn’t so sure. Another hiker, one from the wading pool, had called 911, but how long would it take an ambulance to arrive in rural New Hampshire? As they waited, Johnson, who had retrieved a dress from the car, talked softly to Cole and held compressions on his wounds. But within minutes, Cole went from being calm and coherent—he knew his name and that he’d been in a climbing accident—to fighting three men who then had to pin him to the ground. Gibbins recognized the telltale signs of an internal head bleed, which puts pressure on the



**Johnson, 22, and  
Cole, 24, paused  
for a self-portrait  
at Silver Cascade  
shortly before his  
accident.**



brain and sometimes makes victims disoriented and aggressive.

After 15 minutes, an EMT arrived in an ambulance, but he didn't have the training to administer a sedative to Cole, which was necessary before inserting a breathing tube.

## Johnson can't account for how she carried her boyfriend down the mountain. "How in the world did I do that?"

Without intubation, Cole couldn't be transported, because he might stop breathing on the way. The EMT called a paramedic for help.

By now, Cole was slurring his words and still throwing punches. But even then, says Gibbins, he always seemed to calm down at the sound of Johnson's voice. She knelt by him, holding his hand and stroking his hair, telling him, "I love you," and "Lie still."

It took another 15 minutes for the second ambulance to arrive. The paramedic quickly gave Cole a shot of a sedative and inserted a breathing tube. But after a few minutes, Cole woke up and began to grab at the tube.

They were losing precious time. So they decided to carry Cole—despite his thrashing—across the rocks and through the weeds to the ambulance.

Thirty minutes later, they neared Littleton Hospital. "We're almost there," the driver called out.

Thank God, thought Gibbins, who

had accompanied the couple. But he worried the small facility might not be equipped to handle this kind of trauma.

At the hospital, the medics rolled Cole into the emergency room. There doctors quickly called for a helicopter to take him to Dartmouth-Hitchcock

Medical Center in Lebanon, where he could be evaluated by a brain surgeon.

When Gibbins glanced at

himself in the mirror in the ER bathroom, he saw that he was covered head to toe in Cole's blood.

**At Dartmouth,** Johnson spent the night on a couch in Cole's room. When she woke up, she immediately felt her exertions of the day before. "I'm a track runner, and I've been sore from lots of different things," she says. "But I literally could not move." And she was so hoarse that she could only whisper. The physical pain was compounded by worry.

Doctors kept Cole in an induced coma for two days, hoping that the swelling in his brain would recede. The medical team couldn't predict what his condition would be when he woke.

Johnson was still at his bedside when he did. The doctor told him to wiggle his toes, and he did. Then Johnson used one of their private signals: They hold up their fingers in a one-four-three pattern—first the pointer finger, then four fingers, then

three—their way of saying “I love you.”

When Johnson signaled, Cole lifted his hand and did the same, and Johnson melted with relief.

She wasn't the only one. As soon as Cole could talk, Johnson called Gibbins's cell phone. “I have someone who wants to say hello,” she said.

Then Gibbins heard a young man's voice. “Hey, buddy,” Cole said, and Gibbins broke down crying.

“I know that something led me to be on that road at that exact moment to be able to help him,” Gibbins says.

**Not only did Cole escape** brain damage but he also came through the experience with only scars on his arm,

leg, and forehead. “He calls them his warrior scars,” Johnson says.

Cole doesn't remember much of what happened after he slipped. But he does recall Johnson telling him not to walk in the water. “I think after this, we've settled down a little bit,” Cole says. “It knocked a little bit of the daredevil out of me.”

Johnson holds out hope that in the future, “there will be times when I'll say to him again, ‘Aaron, don't do that,’ and maybe he'll think twice.” She can't account for how she carried him down the mountain. “I look back and think, How in the world did I do that? It definitely makes me feel like there are powers out there stronger than mine.”

## WHAT WE HAVE HERE IS A FAILURE TO COMMUNICATE

**My husband is Irish** and I'm Scottish, so communication problems abound. One evening, he switched on an old film as I left the room. When I returned, I recognized one of the actors.

“Is that Stallone?” I asked.

“It's only just started,” he snapped back.

*Kathryn Murray*

**My friend's mother told** me about the two women who had moved in next door.

“I can't understand why there's no man in the house,” she said.

A week later, she decided to clear things up.

“Hello, Jean,” she said, leaning over the garden fence. “I hope you don't mind my asking, but are you and Lisa leprechauns?”

She came back into the house and announced, “Well, she said no, and that's good enough for me.”

*George Allan*





# Brain Magic

Why you're getting smarter with age—  
and other welcome surprises

BY BARBARA STRAUCH *From The Secret Life of the Grown-Up Brain*

**Recently, I tried—really tried—**to buy a book for my book club. I went online and ordered *The Alchemist*, by Paulo Coelho. Then, a week later, I had a free moment at work, and I thought, Oh, I should order that book club book. I went online and carefully typed in an order for *The Alchemist*—again.

A few days later, as I was jogging in the park, a faint bell went off in my head, and I thought, I bet I ordered the wrong book. At home, I checked my e-mail, and, sure enough, we were supposed to read *The Archivist*, by Martha Cooley.

I'd ordered the wrong book—twice.

And that wasn't the end of it. Later that week, I was talking with a fellow book club member, a neurologist, who, after hearing

my embarrassing story, started to laugh. It turned out that she'd gone to the library and had just as carefully selected a copy of *The Alienist*, by Caleb Carr.

So there you go. Two middle-aged brains, three wrong books.

We all worry about getting old. We all worry about getting sick. But we really worry about losing our minds. Will we forget to tie our shoes or zip our flies? Will we fumble our words and fall into our soup? Are our brains on an inevitable slide?

The quick answer is no. I looked into this subject partly because I wrote a book some years ago on the teenage brain. After it came out, I'd sometimes give talks on the topic for juvenile-justice or school groups, and I would usually be driven to the airport by the person who had arranged the event. More often than not, that person, like me, was middle-aged, and as we drove along, he or she would say something like "You know, you should write a book about *my* brain. It's horrible—I can't remember a thing. I forget where I'm going or why. And the names—the names are awful. It's scary." I would smile and nod, thinking of my own middle-aged brain. Where *do* all the names go?

Eventually, I spent considerable time tracking down those lost names, talking to researchers and digging into the latest science to find out what goes wrong in middle age and what it means. And I found something

unexpected—not bad news but good.

Yes, the brain at middle age has lost a step. Our problems are not imaginary, and our worries are not unreasonable. But neuroscientists have found that the middle-aged brain actually has surprising talents. It's developed powerful systems that can cut through the intricacies of complex problems to find concrete answers. It more calmly manages emotions and information and is cheerier than in younger years. Indeed, one new series of fascinating studies suggests that the way our brains age may give us a broader perspective on the world, a capacity to see patterns, connect the dots, even be more creative.

"From what we know now," says Laura Carstensen, PhD, director of the Stanford Center on Longevity at Stanford University, "I'd have to say that the middle-aged brain is downright formidable."

**All this may be hard** to believe. A friend once told me that she sometimes catches herself putting the bananas in the laundry chute. How can we possibly be smarter and be tossing the bananas into the laundry basket?

First, some evidence that we are, indeed, a bit smarter, at least in some ways. For that, look at one of the longest, largest, and most respected studies of people as they age, the Seattle Longitudinal Study, which has tracked the mental prowess of 6,000 people for more than 40 years. The

study found that, on average, participants performed better on cognitive tests in middle age than they had in early adulthood. From age 40 through their 60s, people did better on tests of vocabulary, spatial orientation skills (imagining what an object would look

like if it were rotated 180 degrees), and inductive reasoning than they had when they were in their 20s.

Sure, we *feel* dumber. Studies explain that too: They show that we really do have more difficulty with name retrieval, particularly the names

## Feeling Frayed? Try These Brain Boosters

Researchers used to think people lost 30 percent of their neurons as they aged. Now neuroscientists say that if you're healthy, you'll keep most of your neurons for your entire life. Here are some of the most promising ways to keep those brain cells in top form.

● **Seek out different ideas and challenging people.** By middle age, your brain has developed millions of networks of neurons—pathways that are strengthened every time you recall a given memory. These pathways help you solve familiar problems more easily than your younger peers. But if you always use the same well-worn routes to process information, your brain is less likely to get the stimulation it needs to spur development of new networks. You can get

that kind of stimulation from what adult-learning expert Jack Mezirow, PhD, calls a disorienting dilemma—something that shakes up your thinking. Try reading a book that challenges your long-held assumptions on a topic, seriously considering a political viewpoint other than your own, or taking up an instrument or a new language. The key is to get out of your comfort zone.

● **Use your imagination.** If you want to remember to buy a quart of milk on the way home from work, it can help if you imagine yourself taking it off the store shelf and paying for it. Studies by neuroscientist Denise Park, PhD, now at the University of Texas at Dallas, have shown that visualizing upcoming activities forces information into additional parts of your brain, creating a larger “neural footprint” and giving you more ways to remember what you need to do.

● **Pay attention at the start.** Brain scanners show that by middle age, your brain tends to have more trouble ignoring distractions in order to focus on new information, such as when you're introduced to someone new. As a result, that person's name may be stored in your memory less effectively. To avoid embarrassment next time you run into what's-his-name, be extra careful to pay attention from the get-go.

● **Exercise—and then exercise some more.** Like your heart, your brain needs good blood flow to stay vital, and the best way to get it is through regular exercise. Neurobiologist Fred Gage, PhD, of the Salk Institute for Biological Studies in San Diego, has shown that physical activity even prompts the growth of new brain cells. Those baby cells may help us cope with new experiences, Gage says—and actually enjoy them.

of those we've not seen in a while. Our brains also slow down a bit. For instance, if chess players compete in a game that depends on speed—say they're given a few seconds to move a piece—younger players usually beat older players. And brain scanners

do very well as you get older," says psychology professor Neil Charness, PhD, of Florida State University. "And it makes sense. Which would you rather have on your team: a highly experienced 55-year-old chess master or a 25-year-old novice?"

## Memory and brain speed decline as you get

show that the parts of the brain that specialize in daydreaming get more active as we age—no wonder we feel so distractible. But the bottom line is that the middle-aged brain can deliver in ways that matter.

Some of my favorite research on this looked at people in jobs where performance really counts: air-traffic controllers and pilots. In both studies, the researchers put older and younger professionals into simulators to see how they responded to demanding tasks, like coping with computer crashes and conflicting information (for the air-traffic controllers) or avoiding traffic and keeping track of cockpit instruments (for the pilots). Younger controllers were a little faster than older ones; younger pilots performed better than older ones early in the three-year study. But the seasoned pros in both professions did just as well or better on what mattered: keeping planes apart.

You see the same thing in studies on bridge players, chess masters, and bank managers: Memory and speed decline, but experience makes up for it. "If what you are doing depends on knowledge, then you're going to

What accounts for the against-all-odds prowess of the middle-aged brain? Practice, for starters—all those years spent wrangling planes or managing a household or heading to the office. Compensatory strategies, too—like making lists, lots of them, and pausing before you go into a party to summon the names of the people you're likely to see. But we're also aided by measurable brain changes. Some make us more optimistic as we age. Consider the amygdala—a structure deep in the brain that operates as your body's Homeland Security Department, the alert system that assesses potential threats. Researchers have found that as we get older, our amygdala reacts less to negative things. It still responds when there's a real threat but is less likely to get fired up every time a passerby frowns at you. That seems to help us do a better job of maintaining emotional stability. And we all know that those who can calmly assess a situation generally have an advantage.

Older brains are also better at making connections, research shows. Yes, you take longer to assimilate new information. But faced with information



that relates to what you already know, your brain tends to work quicker and smarter, discerning patterns and jumping to the logical end point.

A friend of mine who's been a doctor for more than 30 years said she can now often instantly evaluate a

in for an interview, compared with a worker over age 50.

We've extended our lives by dozens of years, and we're finding tantalizing new ways to extend our brain spans too (see "Feeling Frayed?" page 109). But we haven't taken a nanosec-

## older, **but experience makes up for it.**

situation, making it easier to come up with effective solutions. "When I walk into a hospital room, there's a lot in my head already," she said. "In many cases, I can foresee what will happen, and that helps a lot."

All of this adds up to exciting news—and a dilemma. After all, age discrimination is a fact. In 2002, researcher Joanna Lahey, PhD, now at Texas A&M University, sent out 4,000 résumés and found that a younger worker was more than 40 percent more likely to be called

ond to think about what to do with all those better years and better brains.

We need a new plan. Right now, we have to do too much in our early and middle adulthood—we frantically juggle kids and work, and it can feel like everything gets short shrift. Then later, when our brains are still blooming, we're often forced to stop working; we're made irrelevant. Perhaps it's time for a middle-age revolution. The best way to start, to my mind, is to finally give our middle-aged brains the respect they deserve.

### IT'S WORSE THAN WE THOUGHT

**Prior to a friend's** rehearsal dinner, a fellow guest was eyeing a pot of what appeared to be a cross between salsa and tomato soup.

"What's the soup?" she asked.

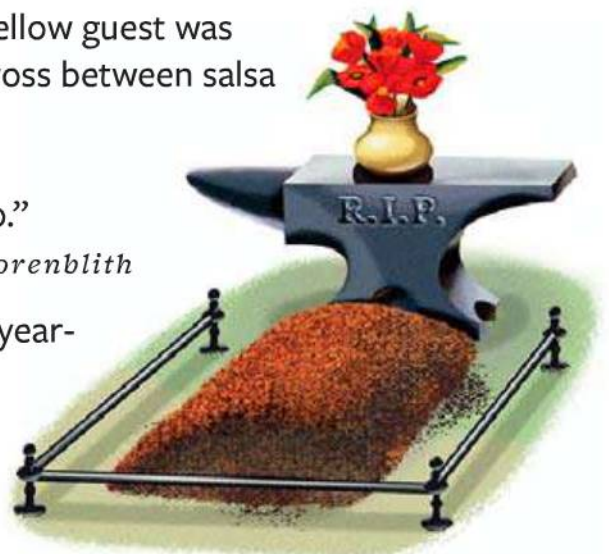
"Oh, that?" said the hostess. "Gestapo."

*Amy Corenblith*

**As we drove past** a cemetery, our five-year-old pointed to the headstones.

"I know why they put those heavy things on top of the graves," she announced. "So the dead person can't get up."

*C. Aberin*



# THE NEW AMERI



**Chris Morgan packing up his Chicago-area rental home, on his way to a new job in St. Louis.**

# CAN MIGRANTS

Laid off and locked into homes that can't be sold, a growing number of middle-class workers face a Third World dilemma: To feed your kids, you may have to leave them behind. Meet two families coping with the long, long, long-distance commute.

**BY BRIAN MOCKENHAUPT**

PHOTOGRAPHED BY TAMARA REYNOLDS



Daniel Butherus eases his black Dodge Ram pickup onto I-35, north out of Fort Worth, Texas, for the six-hour drive home.

He's tucked a small suitcase with a few changes of clothes into the backseat. A Bluetooth headset hangs from his right ear. He's already called his wife, Kelli, to let her know he'll be home by ten, and now he settles into the familiar rhythm of his weekly commute. Daydreaming, he calls it. As the miles pass, Daniel, 34, wonders when he'll have time to finish the basement of his Wichita, Kansas, home, or help his kids with schoolwork, or coach their basketball teams again.

On his journey, he sees a dozen pickups loaded with couches and dressers and cars pulling little U-Haul trailers. He wonders if each one represents another lost job or another uprooted family. He considers himself lucky: He still has a job and a home, even if the two are 380 miles apart.

Over these many months, he's also started spotting familiar faces, members of his tribe: the epic commuters. At a McDonald's in Oklahoma, he met a software engineer who commutes from St. Louis to Dallas, 1,200 miles in a weekend. That makes Daniel's drive seem swift, though it doesn't blunt the loneliness of his bachelor-like existence.

Daniel Butherus says he will do what he must to take care of his family. Fifteen years ago, he started on the Wichita assembly line at Cessna,

riveting airplane wing flaps. He went to school at night for manufacturing engineering, studied with his babies on his lap, stepped up to a promotion, and acquired an MBA in his off-hours. Since being laid off in June 2009, he's been working on contract for Lockheed Martin in Texas, where he builds the F-35 fighter jet and dreams of the weekends. "It's kind of like a country song," he says, laughing. "I lost my wife, my kids, my house, and my dog."

Just before 10 p.m., Daniel pulls into his driveway. Because he puts in ten-hour days, every other weekend is a three-day, a consolation for life away from home. He slips into his children's rooms and kisses his daughter, Erin, seven years old, blonde ringlets splayed across the pillow, and Clay, nine, with his sandy-colored brush cut. Daniel is a family man again, Kelli is no longer a single mom, and all is right for a few days at least.

**The recession may be ending on paper, but much of the country has yet to feel a reprieve. Unemployment hovers at 10 percent, savings have been ravaged, and housing markets, while no longer in free fall, have yet to rebound. And for a swelling sea of families like the Butheruses, avoiding financial calamity has meant living apart, with a week and sometimes months between visits home. Other families, like Chris and Lisa Morgan of Tyler, Texas, found the long-distance life so stressful that they've vowed to keep the family under one roof, even if it means moving cross-country to chase jobs.**

“It’s kind of like immigrants who come to the United States and keep their families in Mexico,” says William Frey, a demographer at the Brookings Institution who studies migration patterns of American workers. “They may bring the family eventually, or they may just keep sending the money back.” These are drastic steps for the middle class, adds Frey, “because people will try to figure out any other way to cope than to have to uproot themselves or their families.”

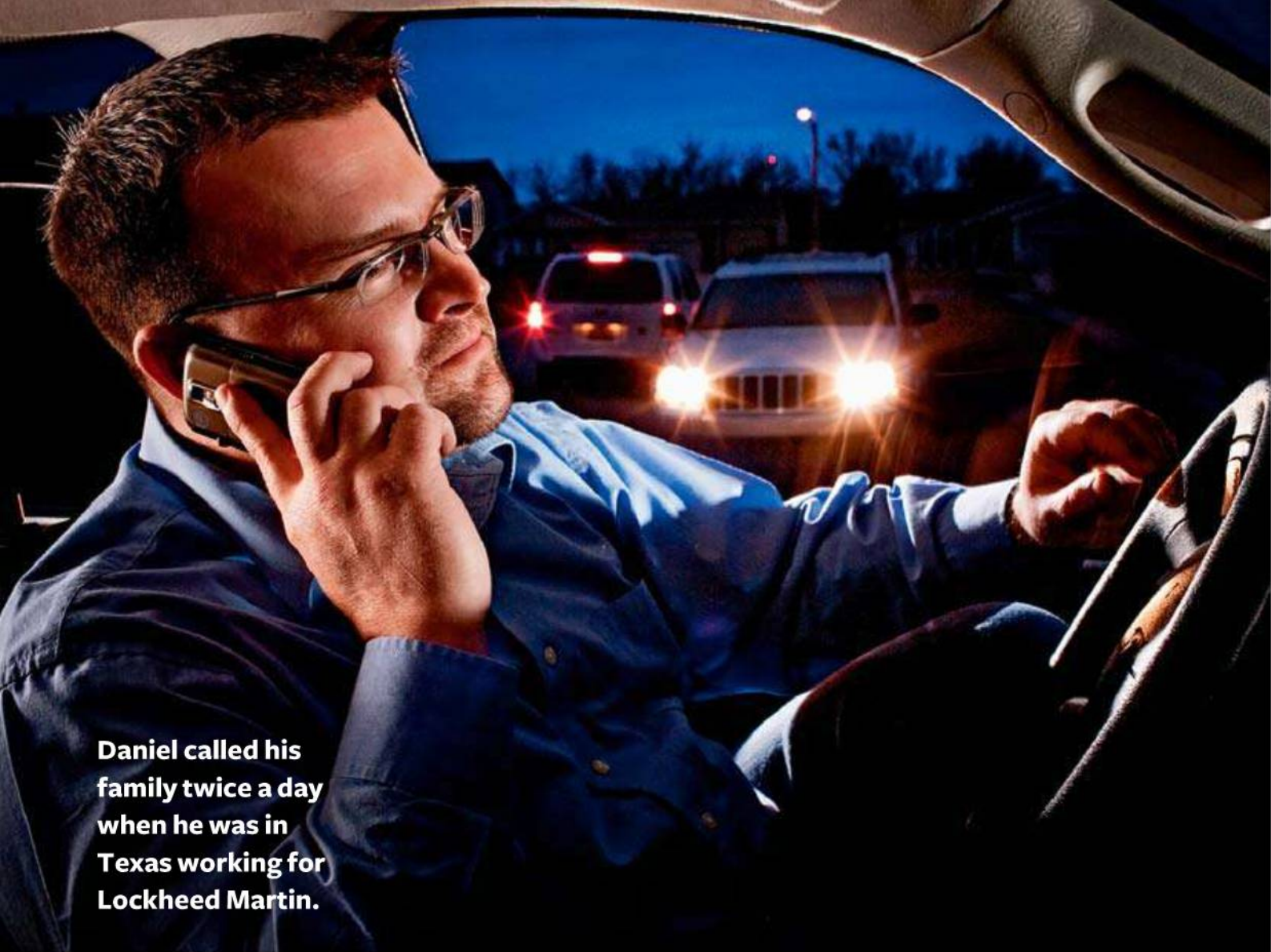
Like typical migrants, these workers belong to a shadow class that defies definition or documentation. The U.S. Census Bureau doesn’t track temporary moves; the Labor Department doesn’t tally contract work-

ers and freelancers—the so-called underemployed. White-, pink-, and blue-collar workers have all been conscripted into this mobile army of job seekers. With construction and housing at a standstill, Detroit has seen thousands of its workers hit the road in search of jobs. Of the 5,400 members of the International Brotherhood of Electrical Workers Local 58, for instance, more than half have lost full-time jobs. About 600 of them now roam the country, looking for temporary work, says Bob Hines, the union’s assistant business manager.

The economic landscape has shifted too. If Michigan has been the recession’s ground zero, the Lone Star State has been its bright spot. In Texas, the



**The Butherus family at home in Wichita. From left: Kelli, Clay, Daniel, Indy, and Erin.**



**Daniel called his family twice a day when he was in Texas working for Lockheed Martin.**

population has expanded since the recession began, and the state avoided the massive real estate bubble and bust that pummeled cities elsewhere. In a 2009 study of job growth, Texas cities grabbed seven of the top ten slots, aided by expansion in education, health care, energy, and defense. So migrant workers like Daniel Butherus have come to Texas, and like many of his tribe, he has come alone.

**On a Saturday morning** in Wichita, Daniel and Kelli cheer for Clay as he blocks a pass during a basketball game at the local YMCA. They were courtside the previous night, rooting for Erin and her team, the Cheetahs. A

year ago, Daniel coached both teams. Now he's just a spectator, sitting in the stands with his father, Tom, who has come to watch his grandchildren. Tom retired from Cessna last December, after 26 years, among the last of a generation of American workers who could spend their entire careers at a single company.

Daniel had hoped the industry that was so good to his father would hold the same security for him. "I have no desire to move around and jump from job to job," he says. "I want to find a place and work the rest of my life there. I want stability. People say you shouldn't spend your career in one place, because if you jump around, you

become more diverse in your skills. I just don't want to do that."

But Daniel had no choice. When auto executives flew to Washington on private jets for bailout talks in 2008, "Cessna's orders just died," he says. Layoffs followed close behind. "They thought the cuts would be 15 or 20 percent," Tom Butherus says, still stunned at how bad it became.

From late 2008 to mid 2009, Cessna slashed its global workforce of 16,000 in half. Among Daniel's colleagues—250 manufacturing en-

gineers—70 percent were let go. "It was a miserable several months," he says. By July, he had found a one-year contract job with Lockheed Martin, which means a paycheck but no health insurance or other benefits.

gineers—250 manufacturing en-

gineers—250 manufacturing en-

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## **Back home, Daniel kneels on the basement floor and digs a pile of laundry from the dryer. "This is my penance for being gone," he says.**

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gineers—70 percent were let go. "It was a miserable several months," he says. By July, he had found a one-year contract job with Lockheed Martin, which means a paycheck but no health insurance or other benefits.

Daniel and Kelli know it could have been worse. His new consulting job, though far away, pays well, and Kelli, 41, still has steady work as a high school math teacher. Many of their friends haven't been nearly as lucky. "In this area," Kelli says, "I know a lot of people who are jobless." On a recent weekend in Wichita, they went out to a fancy dinner with Daniel's best friend and his wife. Such date nights are rare; they usually take the

During the week, they both wake at 5 a.m. and text each other to make sure neither has overslept. Kelli dresses and feeds the kids, and by 6:45 she drops them at the home of a neighbor, whose children attend the same Catholic grade school. After teaching all day, Kelli comes home and helps Erin and Clay with their homework. She fixes dinner by five so they can be at practice—football in the fall, basketball in the winter, baseball and soccer in the spring and summer. Keeping a normal routine for the kids means little free time for her; to her regret, she has had to cut back on volunteer work with the church.

She's in awe of the single moms

who work with her at the high school. “I’d say, ‘How do you do it?’” Kelli says. “A lot of times, Daniel would call me at the worst possible time—we’ve just gotten home from practice, we’re doing spelling words, and I’m thinking about 20 other things I need to do.” But she knows her husband would rather be home, helping her with chores or the kids. She knows she herself couldn’t do it, being away from the kids for so long.

With Clay and Erin bathed and in

## WHAT DRIVES EPIC COMMUTERS

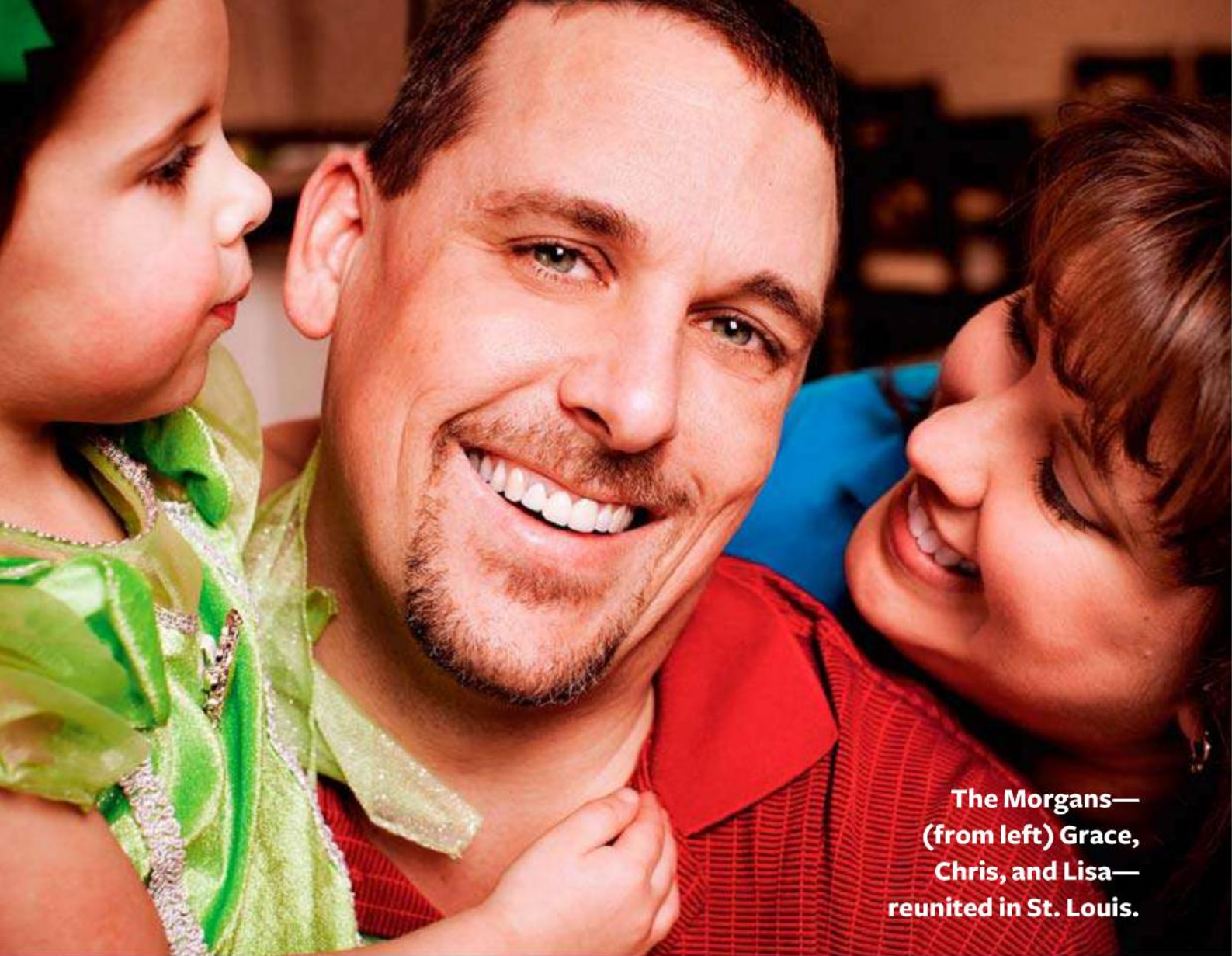
In the past three years, almost nine million jobs have disappeared from the economy, and underemployment—part-time, contract, and freelance work—has doubled, reaching a record high of 6.4 percent of all the employed in the fourth quarter of 2009, according to a new study. That’s another 8.9 million people who are ready, willing, and able to work full-time jobs but have to settle for less than 35 hours a week. “We’ve never seen a rise of that magnitude before,” says Andrew Sum, an economist at Northeastern University and author of the study. And since 2007, thousands of American companies have turned to transient workers to meet demand but have so far refused to add permanent jobs in significant numbers, leaving the unemployment rate hovering at 10 percent. The hardest-hit segments of the workforce are construction, manufacturing, middle management, and service, with the young and less educated suffering the most.

bed, dishes and laundry done, Kelli flops on the couch by nine to grade algebra quizzes and work on lesson plans. Before the layoff and the move, Daniel would be right there on the couch, rubbing her feet.

On weekends, he tries to make up for that absence. After Clay’s basketball game, he corrals the family’s black Lab, Indy, into the tub for a bath. Then it’s off to Walmart for a week’s worth of groceries, including a 12-pack of Diet Dr Pepper, Kelli’s favorite. Back home, he kneels on the basement floor and digs a pile of laundry from the dryer. “This is kind of my penance for being gone,” he says as he folds a Notre Dame T-shirt. “When people come over on the weekends, it looks like I’m a domestic god, when the truth is really I’m just guilty.”

**Chris and Lisa Morgan** tried the long-commute lifestyle—twice. In early 2008, Chris, 42, was settled in a good job close to home in Tyler, Texas. Then things fell apart. Out of work for three months, Chris took a position in Dallas, managing the collections department for a large cardiology group. He lived in an apartment and drove home to Tyler, two hours away, on weekends. “You do what you have to do,” he says. The Morgans planned to sell their home and move to Dallas, but the housing market tanked. In May 2009, the doctors’ office cut back its staff, and Chris was again unemployed. Last September, he found a good job through a friend of a friend, managing a medical and commercial





**The Morgans—  
(from left) Grace,  
Chris, and Lisa—  
reunited in St. Louis.**

collections agency outside Chicago.

Chris lived in a hotel during the week and came home most weekends, but the time apart was affecting their two-year-old daughter, Grace. “She started to get very clingy, very anxious,” says Lisa, a labor and delivery nurse who had stopped working when Grace was born. Adds Chris, “I’d put on a jacket to go outside or just leave the room and she’d start crying. Where did Daddy go? That’s what hurt the most.”

“It was too much of a strain,” Lisa says. “We just knew we had to be together, and whatever sacrifices that meant, we had to make them so we

could be together as a family.” The couple rented a small house in the western suburbs of Chicago, 950 miles from their family, friends, church, and Texas home, on which they were still paying a mortgage and utilities. But Lisa, 39, says they were happy to move. “We just tell everyone it’s an adventure,” she says.

Lisa and Grace joined Chris in their new place in December 2009, just in time for a white Christmas, a first for all three Morgans. Facebook and phone calls kept Lisa in touch with family and friends in Texas, but still she felt isolated. “You feel like you’re all by yourself with no one to reach

out to,” she says. They started visiting churches on Sundays, hoping to settle on one and begin building a new support network in Chicago.

But then, in February, just two months after the family moved north, Chris was laid off again. He and Lisa loaded up their Ford Expedition and drove back to Texas. With his good

day they were married,” Cooper says. “There’s an inclination to jump ship when it gets rough. The financial pot-holes that many couples have hit over the past 18 months create added emotional stresses that they may never have had to deal with before.”

In a recent poll of unemployed adults conducted by the *New York*

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**“When you don’t know when the next check is going to come in, you really have to rely on each other,” says Lisa Morgan. “It’s going to make you or break you.”**

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reputation and experience, Chris was quickly offered a job at an established hospital in St. Louis, charged with starting up a collections department. So now the Morgans, confident that this will be a long-term position, will put their home on the market and follow their adventure to Missouri.

Despite the strain of constant moving, Lisa believes the past two years have made her marriage stronger. “It was easy before, when we didn’t have to worry about money,” she says. “But when you don’t know when the next check is going to come in, you really have to rely on each other. It’s going to make you or break you.”

Aaron Cooper, PhD, a psychologist at the Family Institute at Northwestern University, says families like the Morgans who find a silver lining are lucky. “I counsel so many couples who have had it quite easy from the

*Times* and CBS News, nearly half reported depression, anxiety, and more arguments with family members.

For families that do survive financial disasters, Cooper says, thrift and making do with less can be lasting positive lessons that kids will carry into their adult lives. “Less materialism is good for children,” he says. “The kids who have the most are the least grateful for what they have. And gratitude is an important element in happy lives.”

**As the New Year arrived,** Daniel and Kelli Butherus found reason to hope. Before Christmas, Cessna called and said the company may be rehiring. Lockheed Martin had offered Daniel full-time work in Fort Worth, but that would mean selling the house, leaving friends and grandparents, a new school for the kids, and a job hunt and teacher recertification for Kelli.

"I'm thinking I'm better off doing the commute for as long as I can," Daniel says, waiting for something permanent in Wichita. He sits with Kelli in the living room while the kids play on the backyard jungle gym and try to keep Indy, freshly bathed, out of the mud. He pauses and looks down. "What's the right decision?"

Kelli shakes her head. "All I know is we're not doing the apart thing for another year," she says. "I'm not doing it, and I'm not making the kids do it. If we have to move, we have to move."

At church that morning, Kelli says she confessed to feeling jealous of families that are together all the time. By Sunday afternoon, the mood darkens in the Butherus house as the family readies for the weekly goodbye. Tears often accompany this moment.

"I don't want you to leave," Clay had said a few weeks earlier as he hugged his dad. "Can't you wait a little bit?"

"I don't like to go," Daniel told him, "but one day, you'll be a man, and you'll have to take care of your family."

Even if the kids don't understand now, they will someday, Daniel fig-

ures. "I could have survived on unemployment. But I worked awfully hard to get done with school while having two kids. I have the ability to work; there's no reason I shouldn't. And so long as I can, I'm going to," he says. "One day, our kids are going to go through the same things. There are going to be adversities. The only thing you can do is keep trying, keep fighting, keep pushing. You'll make it."

**True to his word,** Daniel Butherus keeps pushing, clocking nearly 800 miles a week, back and forth between two lives. But then, in late February, after eight months on the road, he receives the call he's been waiting for. In early March, he returned to his old job in Wichita, ending his membership in the tribe of the long-distance commuters. "Being gone felt like living underwater," he says, "and being home with the family just feels right. I don't want it any other way. I would fight tooth and nail to ensure that we always stay together. Being on the road and seeing all those vehicles loaded up, it's a picture of desperation."

## THE MONTHS

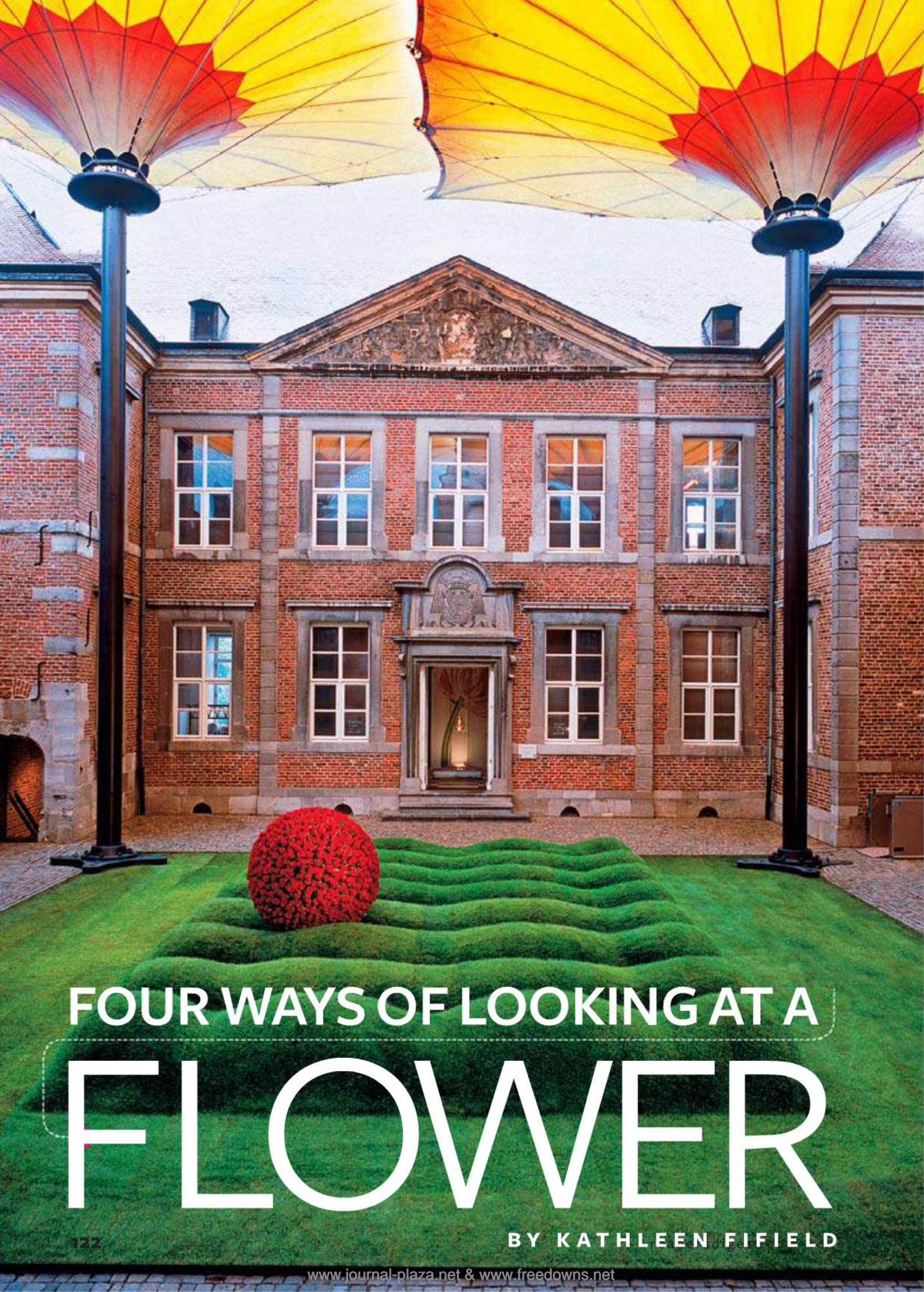
### May

May apple, daffodil,  
hyacinth, lily,  
and by the front  
porch steps

every billowing  
shade of purple

and lavender lilac,  
my mother's favorite flower,  
sweet breath drifting through  
the open windows:  
perfume of memory—conduit  
of spring. *Linda Pastan*

THE LAST UNCLE (W. W. NORTON, 2002). TO READ MORE POETRY, VISIT [POETRYFOUNDATION.ORG](http://POETRYFOUNDATION.ORG).



FOUR WAYS OF LOOKING AT A  
**FLOWER**

## AS SCULPTURE

Daniel Ost, 54, is one of those rare artists whose work is not meant to last. The surreal installation at left worked its magic in a Belgian floral exhibition for about four days before its globe of roses, suspended above waves of grass, gave out. The process, not the product, is the thing. “It never gets boring,” Ost says. “The moment you start, it’s already dying, like life.” As he prepared to leave for his 95th trip to Japan, Ost speculated on his avid fan base there. The Japanese, he said, “have the same target [as I do]. They want their work to be perfect.”

## AS ESSENCE

A chemist at International Flavors & Fragrances, Subha Patel catches, catalogs, and re-creates enticing aromas that will eventually be sold to top perfume companies. As part of her research, she launched a rose into space to test how a bloom’s environment affects its bouquet. Her finding: The flower smelled “less green” as it orbited in low gravity aboard a NASA shuttle. Among her more earthly discoveries: Cutting a bud instantly alters its aroma. Because different botanical essences have stronger or lighter scents at different times of the day, Patel works around the clock capturing condensation from the flowers’ essential oils. That natural variation, she says, is a good thing: “If everything had odor at the same time, it would be chaos out there.”



## AS A CASH CROP

Last summer, the U.S. government announced in blunt terms that its mission to eradicate Afghanistan's poppy crop, the source of almost all the world's opium, had been a failure. It wasn't just the huge military presence needed to patrol the fields or the skirmishes with Taliban fighters—it was the farmers themselves. Poppy cultivation accounts for a third of the country's GDP. Seeing their livelihood threatened by U.S. soldiers “drove the farmers into the hands of the Taliban,” maintains Brookings Institution fellow Vanda Felbab-Brown. Now a new U.S. policy intends to create “food zones,” with micro loans to encourage Afghans to grow new crops—probably a much more sensible approach than to burn or spray the fields, which had also been tried to no avail.



OMAR SOBHANI/REUTERS/CORBIS; ROBIN UTRECHT/ANP FOTO

## AS A TRADE

For 400 years or so, Holland has been known for growing tulips. But the real Dutch strength has been the business of flowers, not the bulbs themselves. More than half of the world's export of cut flowers moves through Dutch auction houses. Says Amy Stewart, author of *Flower Confidential*, over 20 million buds are auctioned each day, some flown in from places as far away as Kenya and Ecuador. (Some of the sunflowers at right were grown in Israel.) In an increasingly global market, the Dutch still “want their percentage of every flower that moves around the world,” says Stewart. These days, though, they have a little competition: An international flower auction house is growing in Dubai.



# Are You Normal or **Nuts?**

BY JANCEE DUNN

**We all like to think** we're regular folk, but even the most straitlaced among us has a boatload of habits that are downright peculiar. Which is as it should be. We're only human, which means we're all a little weird. As Whoopi Goldberg put it, "Normal" is nothing more than a cycle on a washing machine." So it's a sure bet that your nutty quirk—the one you think is so freakishly unusual—is shared by plenty of other people, whether it's an addiction to lip balm (yes, there's a Lip Balm Anonymous) or peladophobia (fear of bald people).

But there's a difference between wacky and worrisome. For this year's installment of Normal or Nuts? we received a torrent of questions from readers who courageously described their various phobias, foibles, and out-there habits. And because we are here not to judge but to help, we ran the letters by a panel of experts (see list, page 128) to discern which of these behaviors are charmingly eccentric and which may require professional attention. Here's what they said.

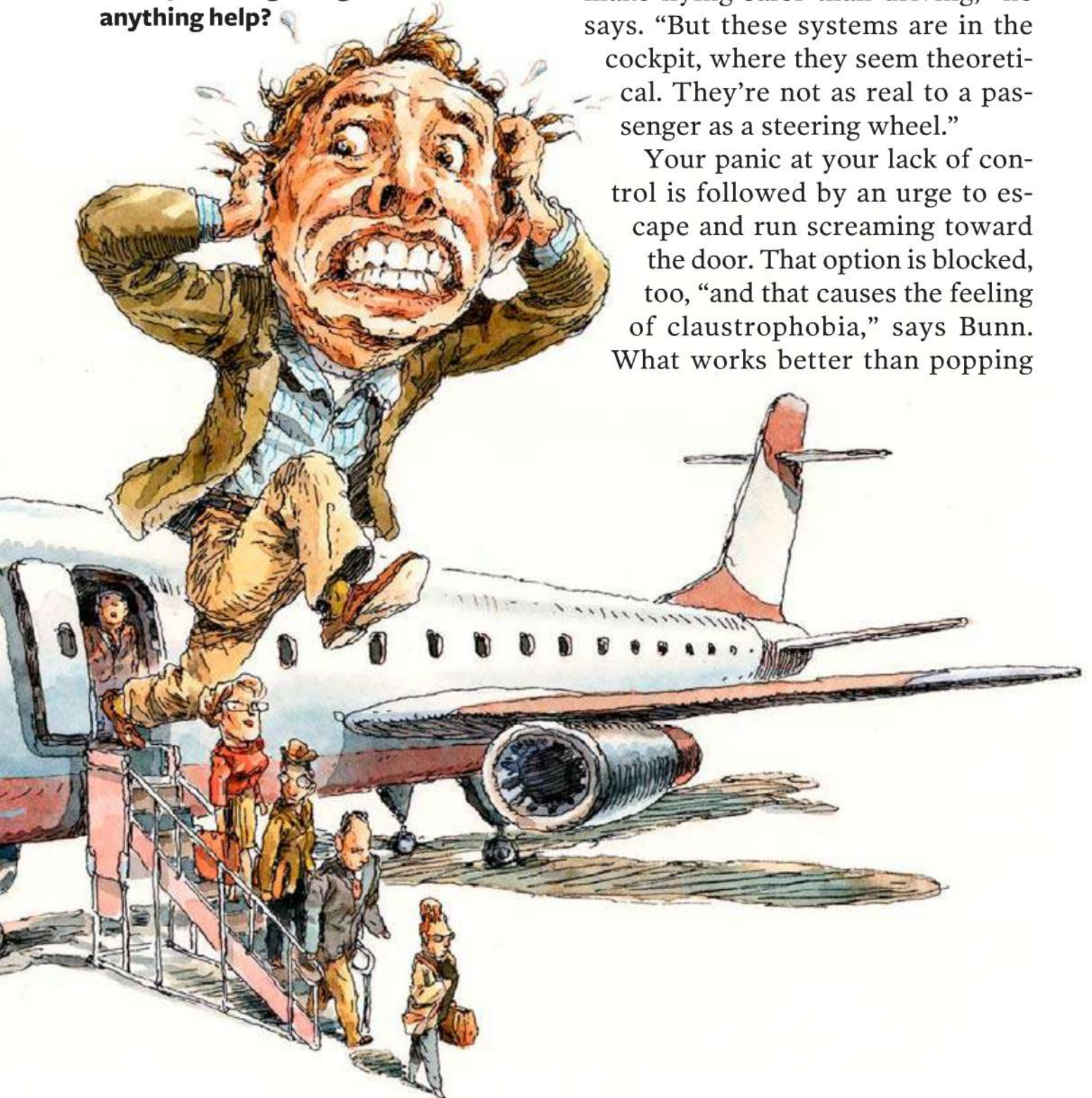




**?** I'm scared of flying. Let me correct that: I don't mind flying, but I can't stand being cooped up on a plane. If the doors don't open immediately after we land, I get sweaty, my heart starts pounding, and I feel like I'm going to start screaming. Traveling just isn't worth the anguish to me, but my wife is getting mad. Can anything help?

Yes—and we don't mean hefty penalties for airlines that keep planes sitting on the tarmac for hours. Your fear stems from the fact that you're not in the driver's seat, says Tom Bunn, a licensed therapist and founder of SOAR, a fear-of-flying program. "Backup systems in a plane make flying safer than driving," he says. "But these systems are in the cockpit, where they seem theoretical. They're not as real to a passenger as a steering wheel."

Your panic at your lack of control is followed by an urge to escape and run screaming toward the door. That option is blocked, too, "and that causes the feeling of claustrophobia," says Bunn. What works better than popping



ILLUSTRATED BY JOHN CUNEO

meds are cognitive behavioral methods, like building up your tolerance to anxiety using a flight simulator (mimicking a passenger's experience) or practicing sitting in small spaces, both best done with the help of a therapist.

"Your fears are interfering with your ability to travel and your relationship with your wife," says psychologist Sally A. Theran, PhD, of Wellesley College. Are you going to

## Our Panel of Experts

**David H. Barlow, PhD**, founder and director, Center for Anxiety and Related Disorders at Boston University

**Susan Bartell, PsyD**, clinical psychologist in private practice in Port Washington, New York, and author of six books

**Tom Bunn, LCSW**, therapist, retired airline captain, and founder of SOAR, a fear-of-flying program in Westport, Connecticut

**Nancy Cetlin, EdD**, psychologist and fear-of-public-speaking coach in Boston

**Joel Kramer, PsyD**, clinical professor of neuropsychology and director of the neuropsychology program at the Memory and Aging Center at the University of California, San Francisco

**Nando Pelusi, PhD**, psychologist in private practice in New York City and member of the board of advisers of the National Association of Cognitive-Behavioral Therapists

**Christopher Peterson, PhD**, professor of psychology at the University of Michigan

**Michael J. Peterson, MD, PhD**, assistant professor of psychiatry at the University of Wisconsin School of Medicine and Public Health

**Sally A. Theran, PhD**, assistant professor of psychology at Wellesley College

**Beverly E. Thorn, PhD**, professor and chair of the psychology department at the University of Alabama

deny the poor woman her dream of standing at the foot of the Acropolis? After all she's done for you!

**? I hate to have my feet touch the ground. I'm fine when I'm walking, but when I have to stand still, I get this weird tense feeling in my stomach. It's worse when I'm standing near a chair—I can't think of anything but my urge to get my feet off the floor.**

If you're calm only when you're walking, then for the majority of your day, you're feeling anxious—even if you're a mailman or a waiter. "Your description suggests that this is an obsession," says Michael J. Peterson, MD, a psychiatrist at the University of Wisconsin. He says people are usually able to describe an obsession as irrational or excessive ("It doesn't make sense, but ..."), yet they're unable to put it out of their mind or convince themselves not to act on it. Does this sound like you?

Pulling your feet off the floor, on the other hand, sounds like a compulsion, an action you take to manage your obsessive thoughts. Compulsions often revolve around safety concerns; worry about germ contamination is a common motivator, says New York City psychologist Nando Pelusi, PhD. For you, walking is a soothing form of self-stimulation and a way to focus your fretfulness: "Doing something that causes more brain stimulation is at least less anxiety provoking than doing nothing."

If he were treating you (and treatment is not a bad idea), Pelusi says,



“one assignment I might give you is to practice keeping your feet on the floor until the tense feeling goes away.” Facing your anxiety will ultimately help you reverse what’s become a habitual response.

**?** I talk to myself, about myself, in the third person, as if there’s a part of me observing myself, like, She is going to the store. I don’t do it all the time and never out loud, just in my head. It’s not a new problem, but lately I’ve been noticing it more. Am I nuts?

You join some esteemed company: Charles de Gaulle, Bob Dole, and rapper Flavor Flav have frequently referred to themselves in the third

person (and they’ve done it aloud). Why? New York psychologist Pelusi says that one way people learn things is by rehearsing a scenario in their heads. Most of us do this in a visual way: picturing ourselves at a new job or having a conversation with someone we need to impress. You just happen to do it verbally, as do many novelists and poets. “If you can vicariously experience what it would be like to do something and the effects it might have,” says Pelusi, “it’s a way of learning without actual trial and error.”

All that muttering makes you crazy like a fox, in other words. So feel free to tell yourself, She wrote in to the

experts at *Reader's Digest*, and they told her she was perfectly fine.

**? I'm the mother of two children. To my chagrin, I have always preferred my son over my daughter. I try to hide it, but I can't help it. This has been the case since they were small, but now they are teens, and I am sure they know. Is this normal?**

It's not unheard-of for a parent to prefer one child, says Susan Bartell, PsyD, a psychologist in private practice in Port Washington, New York. More often, a parent is partial to one child for a bit, then rotates to another, in an ongoing cycle. "It's not quite as common where they'll consistently prefer one, but sometimes it happens, especially if you have a very challenging child," she says. "Or your son may be easier because he's not coming at you with all the 'I hate you' stuff that a daughter may."

Bartell, who specializes in relationships between mothers and daughters, adds, "Above and beyond any relationship, including marriage, I think the mother-daughter connection is the most complicated. Moms instill all their wishes for themselves in their daughters, and all the complications they had in their own relationships with their mothers, they dump into their relationships with their daughters."

Whatever the situation with your daughter, here's the thing: Both of your kids have probably

known for a long time that you prefer your son. And down the line, says Bartell, this will damage your relationship with them and their relationship with each other. "Get professional help," she says, "or this will get worse and worse."

**? There have been lots of layoffs at my company, which has increased my workload (and stress load). All I want to do when I get home is turn on the TV. My wife thinks I should talk to a therapist, but I tell her I just need to recharge. Who's right?**

We have to side with your wife here. Because men are more likely to ignore it (and resist getting help), depression can take the form of irritability, workaholicism, risk-taking behavior (such as drinking too much or driving too



fast), or withdrawal, which can manifest itself as spending all your time with your best friend, the television.

On the other hand, you really could just be stressed-out, in which case—well, you're still wrong. Sorry, but studies suggest that watching too much TV can worsen mood and increase stress levels. Enjoy a favorite show, even two. After that, says Beverly E. Thorn, PhD, a professor of psychology at the University of Alabama, it's time to step away from the tube and rejoin your wife. "A 30-minute walk together in the evening would be good for your stress level, your physical health, and your relationship," she says.

**?** **Everyone says they can't remember names, but I really can't, and I forget faces too! Once, I didn't recognize a (fairly new) neighbor at the market. I'm not self-absorbed or uncaring—what's wrong with me?**

Odds are, nothing, says Joel Kramer, PsyD, a neuropsychologist in San Francisco. Everyone has strengths and weaknesses, he says, and some people are just bad at recalling names and faces.

Of course, it's also possible you have a condition called prosopagnosia, or face blindness, in which people suddenly have trouble recognizing family members, friends, or even themselves. Folks with this condition can have problems following the plot of movies because they can't keep track of the characters' identities. Prosopagnosia can be caused by

brain damage from a stroke or head trauma, or degenerative diseases.

So if it's a new symptom that's getting worse, Kramer suggests a doctor's visit, just in case. Otherwise, this may simply be a charming quirk (maybe not so charming to your neighbor).

**?** **Some people's voices drive me crazy. It could be their whininess or their intonation or the annoying habit of saying everything as a question? It gets so disturbing for me that I completely lose track of what they're actually saying. Am I alone?**

You're normal—it's those other people who have a problem, our experts say. "A lot of people actually have annoying voices," says psychologist Bartell. "Especially now that people talk on their cell phones so loudly all the time, you hear their obnoxious voices, whining, and complaining! And they don't have the self-reflection to know it, and no one is going to tell them."

You're also not the only one to be driven bonkers by people who say everything as a question, also known as uptalk. A New York University professor coined the term in 1993, no doubt to describe the linguistic habits of California teens in the 1980s. Now it's everywhere. New York senator Kirsten Gillibrand recently got fricasseed in the press for talking like a Valley Girl. Some experts think it conveys an informal friendliness; others think it telegraphs meekness.

What do whiners and questioners have in common? The fact that you

can't just put them on mute. It may help to focus on the content of the conversation rather than the incredibly irritating delivery.

**?** **I have a satisfying life and am generally happy, but not a day goes by without an uncomfortable scene in which I screwed up flashing through my mind. Sometimes I replay painful conversations I've had with two friends who are now estranged. Why am I plagued by regrets?**

You're "generally happy," yet you spend your life dwelling on the past—that doesn't really sync up, does it? Most of us cringe when we're ambushed by memories of that regrettable weekend in Cleveland or the bout of crying in the bathroom at the office party, but ... every day? Regrets, we've had a few, but we suspect that when you reflect on the movie of your life, you're fast-forwarding through all the slapstick scenes and romantic banter to pause only on the distressing moments, which blows them completely out of proportion.

You can change the way you think about your past, says Wellesley professor Theran. Paradoxically, one way to do it is to stay with your feelings of discomfort as they arise. "Expose yourself mentally to the feelings of shame or embarrassment long enough to allow them to increase and then decrease normally," she says. "Of course you're inclined to avoid your shameful memories, but that's the way they maintain their power. Try to tell yourself that you don't

have to be perfect and that we all do silly or embarrassing things."

And here's another reason to give yourself a break: Chances are good that what haunts you has already been forgotten on the other end. "We all tend to have a stronger memory for these kinds of things than other people do," says Theran.

**?** **I constantly find myself pulling out the stray hairs on my arms so that all the hair is closer to being uniform in length. I'll do it while I'm watching TV or reading a book, but friends have pointed it out to me while we're in the middle of a conversation. Is this a sign of boredom or something else?**

There's a name for this behavior: trichotillomania. "Usually, people who do this pull out the hair on their head, resulting in bald patches," says Christopher Peterson, PhD, of the University of Michigan. Some absently pull out a few hairs, while others go at it meticulously with tweezers. They may do it to relieve tension or just automatically—"much as you might be unaware of biting your fingernails," says David H. Barlow, PhD, an anxiety expert at Boston University. People who pull out their eyebrows or give themselves bald spots might be relieved to know that the condition is treatable. See a cognitive behavioral therapist and ask about newer antidepressants, which also treat anxiety.

Of course, whether you need treatment is up to you. Says Peterson, "If

having hair-free arms is not a source of worry to you, then don't worry." That said, be mindful when you're out with friends, who may not appreciate a garnish in their guacamole.

**? I work in sales and recently had to give a talk in front of about a hundred people. For weeks, I dreaded it. By the time I had to speak, I was nauseated and almost fainting from fear. There were times when I thought I was going to drop right onto the podium. What's wrong with me?**

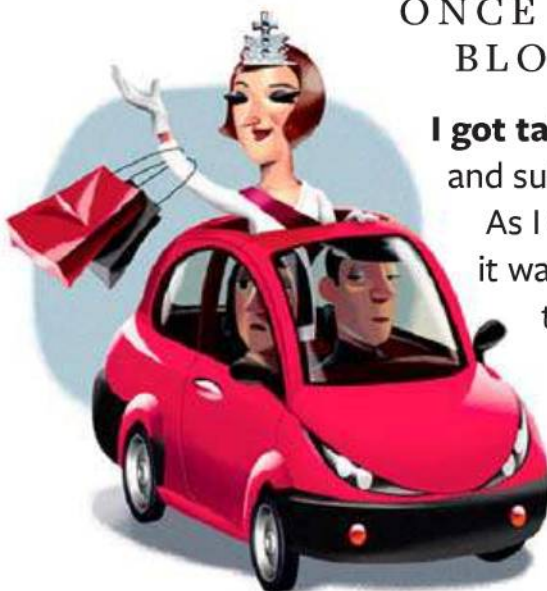
The famously silver-tongued Warren Buffett was once so petrified of public speaking that he made himself take a Dale Carnegie course (the certificate still hangs in his office). These days, Buffett tells his followers that it's crucial to get trained in public speaking.

But for most of us, doing so means facing down terror. Nancy Cetlin, EdD, a Boston psychologist, says that fear of public speaking is a common social phobia. "And the majority of

those who have it fear speaking more than death!" As Jerry Seinfeld put it, "This means to the average person, if you go to a funeral, you're better off in the casket than doing the eulogy."

Here are a few things to remember if you're dying up there on the podium. Although you may imagine that everyone knows how anxious you are, most often no one can tell. A good trick, Sally Theran says, is to focus on one or two friendly faces in the crowd. Deep-breathing techniques can also help, as can watching a videotape of yourself (to see for yourself that you didn't screw up). Cetlin has an arsenal of additional remedies, from neurofeedback to live coaching. Or you could always float the idea of videoconferences—you know, as a cost-cutting measure.

 **Pose your quirky questions and get expert answers at [readersdigest.com/normalornuts](http://readersdigest.com/normalornuts). Is your love life normal? Go to [readersdigest.com/normalbar](http://readersdigest.com/normalbar) to take our online survey.**



## ONCE AROUND THE BLOCK, JAMES!

**I got talking to a couple** at the supermarket and subsequently missed my bus.

As I walked home, a car pulled up. Seeing it was my new friends, I jumped in and told them where I lived.

"This was great—thank you," I said when we reached my house. "Do you have much farther to go?"

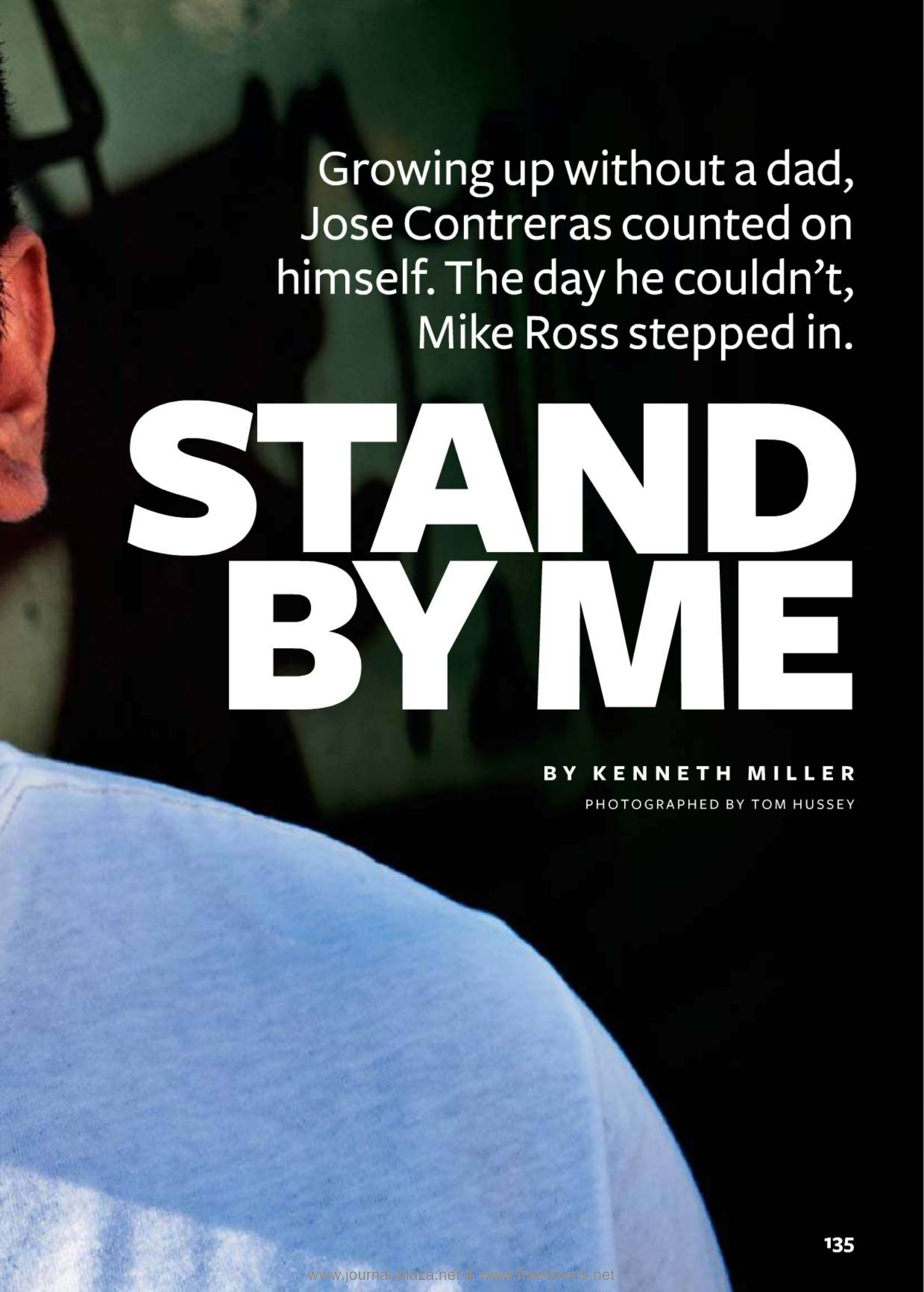
"Not really," they replied. "We were outside our door when you got in."

*Doreen Connor*



**“Mr. Ross has gotten a lot of kids off the streets,” Jose says of his scoutmaster. “He’s probably the best thing we’ve had in our lives.”**





Growing up without a dad,  
Jose Contreras counted on  
himself. The day he couldn't,  
Mike Ross stepped in.

# STAND BY ME

BY KENNETH MILLER

PHOTOGRAPHED BY TOM HUSSEY

**On his way to class** one day, Jose Contreras, 13, saw a taped-up poster for a new Boy Scout troop. Jose had never met a Boy Scout. People in his part of Dallas thought Scouting was strictly for suburban kids with spare cash for camping equipment. Still, the image—a boy rappelling from a tower, in a uniform pinned with badges—caught his eye. That could be me, he thought.

Jose's father had left when he was a toddler, and his mother, Maria, had always juggled a variety of jobs, barely earning enough to pay the bills. When his half brother, David, was born, Jose looked after him when Maria was at work. He was just seven, but he was mature for his age, and she felt she had no choice. Still, a few months later, Maria sent him to live with her parents in Mexico. "She was afraid I was missing my childhood," he recalls.

Jose spent four years on his grandparents' farm and never attended a day of school. Then, at 11, he moved back home to live with his mother and little brother in the mostly Hispanic neighborhood of Oak Cliff. The school dropout rate in the community was high, and many of the boys joined gangs, sold drugs, did time. There were lots of kids from fatherless homes with no money. But Jose was different. Jose shone. He excelled in math and art and, to help his family, found jobs mowing lawns and delivering newspapers. His classmates considered him friendly and easygoing—even gang members gave him respect. "I'm a very social

person," he says by way of explanation. "I get along with everyone."

**Oak Cliff is only five miles** out of central Dallas, but as Mike Ross headed southwest across the Trinity River, he was entering unknown territory. His usual commute took him north to a comfortable suburb; Ross, 47, worked as a tax professional for a multinational accounting firm. His father, a salesman for a sign company, and his mother, a homemaker, had only completed high school, but they urged him to go to college. "I'm a very lucky person," he says. "My mom and dad busted their butts so that I could do what I do."

After college, he spent eight years in the Army, rising to captain, with postings in South Korea and Philadelphia. He got married. When his tour of duty was done, he earned a law degree, then an MBA, and landed a job with a prestigious Dallas firm. Still, he says, he felt an emptiness. He missed mentoring young soldiers in the Army and missed the feeling that he served something larger than himself.

So one day he called the Scouts. Scouting "was the single defining experience of my youth," says Ross, who, at 17, made Eagle, a rank achieved by just 3 percent of Boy Scouts. When he asked coordinators at the local chapter where they most needed help, they assigned him to a brand-new troop of Hispanic recruits in Oak Cliff.

"Where's the scoutmaster?" Ross asked the official who met him at the school where Troop 2012 was to have



its first meeting. “You’re it,” the man told him. Ross was shocked—he’d expected to assist the troop, not lead it—but there were three boys waiting for him in the cafeteria.

He gamely improvised a talk about campouts and badges and demonstrated knot tying with his shoelace. Two of the kids watched politely, but the third, a sturdy older boy named Jose, was riveted. When Ross wrapped up the meeting, Jose gave him a firm handshake. “I’m really glad I joined,” the teenager said. “I think this is going to be good for me.”

**The troop’s first outing** was a camping trip to Possum Kingdom Lake. It rained all weekend, and a toxic bloom of algae sent dead fish floating to the surface. The boys had to chop wet

**Mike Ross (left) still leads Troop 2012, and Jose—now in college—helps out whenever he can.**

wood for a campfire, but Ross managed to roast three chickens on a branch and make s’mores for dessert. He told ghost stories, using a shovel for sound effects. “It was a horrible, cold mess,” Jose recalls, “but we had fun. We made everything happen.”

The growing troop met every Wednesday evening, learning how to give CPR, treat snake bites, and identify plants. Each boy had a task, and they learned to work together. They climbed at Camp Cherokee, went caving at Colorado Bend State Park, and attended the National Scout Jamboree in Virginia. Jose got to rappel from a tower, with the scoutmas-

ter cheering him on. Ross kept close to the kids, knew their struggles and aspirations, and quietly dug into his pocket when one of them needed a little extra. He led the troop with a gentle hand, coaxing when necessary but letting the boys find their own way forward. "He was a father figure

sleep. He missed classes, and for the first time, his grades slipped.

Ross sensed a change. "Why are you skipping meetings?" he asked, and Jose would only say he had too much work to do. Ross chose not to press.

Mid-semester, he made a big decision without fanfare: to transfer,

## Jose was facing the end of all that he'd worked for. Ross

watching over me," says Jose, "the first time I felt it from someone besides my mom." Jose bounded up the Scouting ranks, earning boxfuls of merit badges.

He entered high school and kept his focus. He walked away when gang fights rolled across the schoolyard, parties erupted into shootouts, and corner dealers offered heroin and crack. Instead, he hung out at art galleries in the gentrifying section of Oak Cliff, aced his precalculus final, and set his sights on college. He envisioned a career as an architect or an industrial designer. But even for Jose, getting there was not a straight path.

**At the start of** his junior year, his family faced a crisis: Maria was struggling to find enough work to keep them from losing their apartment. Jose had always brought in extra income, from his newspaper route or jobs at restaurants and electronics outlets. Now he would have to earn serious wages. He took an afternoon job cleaning offices and one at night making microchips at a manufacturing plant. There was no time left for homework, little for

with his mother's blessing, from Sunset High to Dallas Can! Academy, a charter school where potential dropouts could earn diplomas with minimal class time. Many of its graduates would be grateful for a factory job. "It's where gang members and girls with babies go for their last chance," Jose says.

Ross only learned about the transfer when another Scout mentioned it in passing. The news shook him. Contemplating his role, he thought, This is a good-hearted kid with talent and drive. But if somebody doesn't push him, he isn't going to get where he needs to be. Jose had always called the shots for himself, making choices that would swell any parent's heart with pride. Now he was facing the end of all that he'd worked for. Ross felt it was his duty to talk to Jose. He asked him to lunch and spoke to him firmly: "You're going to ruin your chances of going to college."

Jose put up a strong front. "I thought switching schools was better than just quitting," he told Ross. But the scoutmaster had a better idea.

Though he knew Maria only a little, Ross arranged a meeting in the family apartment and proposed a deal: He would pay Maria \$400 a month to cover half the rent and some other expenses. "Let's call it Jose's allowance," he told her. In return, Jose would quit his job and transfer back to Sunset High. Ross would be designated his academic guardian, which

down and find his strengths," he says.

Jose responded to Ross's concern. His grades rebounded, along with his enthusiasm for Scouting. Just before his 19th birthday, in 2006, he stood on a stage at his old elementary school as his mother, fighting tears, pinned an Eagle Scout badge to his chest. "You're a marked man now," Ross said in the induction speech. "You have assumed

## felt it was his duty to speak up.

a solemn obligation

would authorize him to discuss the boy's progress with teachers and school administrators. The evening ended with a handshake all around.

to do your duty to God, to country, to your fellow Scouts, and to mankind."

Ross worked out a plan with the school guidance counselors to give Jose an extra year to graduate. He tutored Jose in study skills, monitored his report cards, kept in touch with his teachers, and attended parents' night. Ross, who had divorced and remarried, was now stepfather to two teenage boys (both Scouts themselves). But he saw Jose as part of his larger family. "I wanted to help him reach

Jose grinned as he stepped up to give his own speech. "This might be the best day of my life," he said.

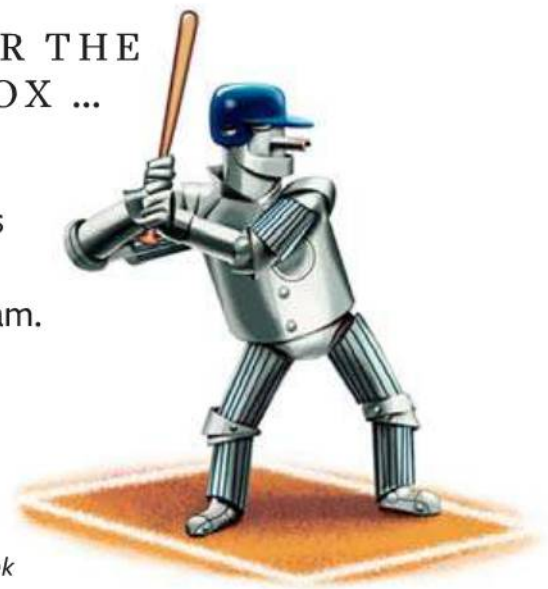
**Jose is the first person** in his family to get a high school diploma. Today, he's a sophomore at the University of Texas at Arlington, studying engineering. And after nine years, he knows he can still count on Ross. "I'll call to tell him an idea or just to get something off my chest," says Jose. "He's always been there for me."

### NOW BATTING FOR THE BOSTON LEAD SOX ...

**After Japanese inventors** announced that they had created robots that can throw strikes 90 percent of the time, the *Week* asked its readers to name the first all-robot baseball team. Their suggestions:

- The New York Clankees
- The Minnesota Tins
- The Oakland Ai's
- BALL-E
- The Metsons
- The Boys of Spring(s)

From the *Week*



# The Cheapest People in America



Think you know how to stretch a dollar? **Meet the experts.**

BY LENORE  
SKENAZY

**Crisp rice.** Those were the words my 13-year-old scrawled on our shopping list, and how they warmed the cockles of my cents-off soul. My son had not scrawled *Rice Krispies*. No, he was perfectly content to indulge Mom's penchant for off-brand, faded-label, sometimes slightly out-of-date cereal, as he was either resigned to his fate or (could I be this lucky?) actually unaware that other people breakfast on a national brand that does not include the occasional unpuffed, tooth-cracking rice pellet.

That's my boy!

Whether he realizes it or not, that kind of hard-nosed, chip-toothed frugality is exactly what is called for in these economically tossed times. Debt is everywhere; jobs aren't. And didn't we all just overdose on Godiva and iPods anyway? And SUVs? It was getting a little gross. Time to spend less and enjoy more! Or at least spend less. Which I enjoy!

Being cheap comes naturally to me, by way of a mom whose morning pot of coffee was reheated and savored throughout the day(s), between her trips from this outlet to that one to buy discount clothing with the labels snipped out, Quasimodo-shaped candy from the seconds shop, or cookies that looked like Oreos but weren't. In fact, they seemed to be stamped with something in Turkish.

There are those who like to distinguish between "the frugal," who get a kick out of saving money, and "tightwads," who die a thousand full-price deaths with each dollar spent. But the distinction is lost on me. I'm thrifty because I'm a tightwad and vice versa. Like many frugal folks, I also harbor a sneaking suspicion that paying retail is for suckers, as are any napkins not sold in single-ply stacks of 250 (or taken in giant wads from fast-food dispensers, but we'll get to that).

In other words, I'm as cheap as they

Legions  
of people  
keep an empty  
McDonald's cup  
in the car to run in  
and get a "refill"  
anytime.

come, or so I thought, until I started to hunt for the Cheapest People in America. Turns out I am a mere 25-cents-off coupon when it comes to scrimping and saving.

For instance, before interviewing several dozen cheap-



skates, I had no idea that there are legions of people who keep an empty McDonald's coffee cup in the car. That way, they can run in and get a "refill" anytime they spy a golden arch.

Janet Hinz has a dad who's one of them. An ethics professor in Whitefish Bay, Wisconsin, Hinz uses him as an example with her students: Yes, she posits, McDonald's does offer free refills, but for life? And how about people who go to the pizza parlor and empty the red pepper flakes into a napkin to take home (another trait of Papa Hinz), along with most of the rest of the napkins? Is that ethical? Do you ever take an extra napkin, or two, or 20? she asks her students. Where do you draw the line?

For penny-pinchers, the line between thrift and thievery turns out to be as tangled as a yard-sale yo-yo. For instance, I heard about one guy who gets into the movies this way: He strides in, holds his glasses aloft, and announces, "I found them in the car!" Then he keeps on walking.

Clever—yet criminal.

Merely classless was the boyfriend of a gal I'll call Chloe: He had her drive 40 miles to his house, then took her "out" to KFC. He paid with a two-for-one coupon and made Chloe pay her half. And speaking of half, another woman was having a hard time with her less than generous beau, so they decided to try some therapy and split the cost. After a few sessions that she paid for up front, she asked him to pay his share. He refused: "We talked about you most of the time."

This is the same guy she'd been dating on her 40th birthday, a day

on which she suggested they pack a picnic and bring along a bottle of champagne.

"No," said Prince Charming. "Let's wait for a special occasion."

She is happy to report that whatever that is, he'll be celebrating alone.

But then there are the people utterly simpatico in their skinflintedness. One couple I know spend their anniversary at the Hallmark store reading cards aloud to each other. Then they stroll back out, hearts touched, wallets not.

Doug and Denise Winston of Bakersfield, California, have also come to a dollar-saving détente. He no longer laughs when she maps out her Saturday errands so she can do them all without making any left turns. "It saves me wear and tear and time and fuel," explains Denise, a former banker, noting that UPS follows the same strategy.

## Cheap Quiz

### Frugal or Tightwad? You Decide

"Tightwads feel guilty spending money," says psychologist Elizabeth

Lombardo. "Frugal folk have fun saving." So which description fits you? We asked our reader panel to rate the following examples of miserliness as tightwad or frugal. Compare how you react ("Cool!" or "What the ...?") with their ratings.





Of course, UPS probably doesn't try her other trick: buying a gift card on her way into a restaurant. Often the restaurant will sell a \$25 card for \$20, says Denise. Then she and her husband waltz in, buy some happy hour beer with the card, and eat the bar snacks for dinner. Meantime, she's getting 5 percent back from her credit card (so the card really costs her only \$19), and her money is still in the bank, earning interest!

Denise knows she might sound almost pathologically stingy, but the Winstons have saved enough money to buy a plane. Yep, a private plane.

Other frugal folks divulged tips that might not quite cover the cost of



Pretending he left his glasses in the car got one miser into a movie theater for free.

a jet, even a toy one, but made some sense. For instance, if you've got a piece of meat with freezer burn, don't throw it out. Cut out the offensive portions, toss it in the slow

cooker, and make stew—for your dog. Speaking of food, when Ray Lesser was growing up in Cleveland, his mother and aunt, who lived down the street, struck a deal. "Every Tuesday,"

"We used to frequent a diner where the owners were very hard workers but very, very cheap. They would wash the foam cups and reuse coffee filters. Fine, if they stopped there. But they would also wash and reuse their sandwich toothpicks! Come on—how much money could they be saving? To this day, when I eat a club sandwich in a restaurant, I snap the

toothpicks so they can't be reused." *Greg Livadas, Rochester, New York*  
**92% of you say tightwad**

"My grandparents gave me a gift. I tore off the wrapping paper and was thrilled to find a blue Tiffany's box! When I opened it, I found a hair scrunchie inside. That's it. A scrunchie." *Michelle*  
 (who, for obvious reasons, wants the rest of her info withheld)  
**80% of you say tightwad**

"I thought I was cheap, always using the last drop of anything, recycling clothing into blankets, buying most clothes at the consignment shop. But last night, I was at my knitting group, and one of the members was crocheting pot-washing 'scrubbies' from strips of plastic bags. Who would do that?"  
*Constance Mettler, Coldwater, Michigan*  
**68% of you say frugal**

grocery and 50-cent bags of other people's toiletries at garage sales, and he uses spent spark plugs as fishing sinkers. But over the years, even as he drove his wife nuts with his parsimony, he harbored a deep secret.

"When we first got married, I'd put money away every month for our 25th anniversary," says Michnik. As the big year approached, he got on the Internet and started searching for a sweet little sports car.

For her.

Naturally, he bargained long and hard and finally found the best deal four hours away, outside Cleveland. So one day he told his wife a tall tale about their daughter's car breaking down out there and how they needed to meet her at the car dealer. "My wife

was livid. 'Why isn't she in school?' She was swearing for four hours," Michnik says. Still, he managed to

steer her into the dealership where there was a Mazda Miata tied with a big red bow. "She said, 'Jeez, I wish I had a car like this.' And I said, 'This is your car.'"

Adds Michnik, "She doesn't remember the rest of the day."

Michnik wins the Reader's Digest Cheapest Person in America award for saving relentlessly, obsessively, creatively. And if we had one, he just might win our Best Husband award too.

Alas, Mr. Michnik: There is no cash prize.



**Are you or is someone you know cheap? We want to hear examples. Send your story to [readersdigest.com/cheap](http://readersdigest.com/cheap).**

Even as he drove his wife nuts with his parsimony, he harbored a deep secret.

## Cheap Quiz

knew you could do that?"

*Sarah Wiles,*  
Skaneateles, New York  
**66% of you say frugal**

"My husband videotaped the contractor who cleaned our furnace so he could do it himself the following year by consulting his very own DIY video."

*Joanne Rock,*  
Peru, New York  
**78% of you say frugal**

"For years, we would exchange gifts with a couple for the holidays. I would send the wife something nice; she'd send me something cheap. A few years ago, she out-cheaped herself. When I opened her present, I discovered a tin quart of Vermont maple syrup—half used and two years expired."

*Beverly Solomon,*  
Lampasas, Texas  
**97% of you say tightwad**

"If you go to your local post office, don't forget to ask for an address-change card. They'll also give you a Home Depot coupon for 10 percent off. So now we don't ever go to Home Depot without making a pit stop at the post office first!"

*Beverly Flaxington,*  
Walpole, Massachusetts  
**54% of you say frugal**

# The Beginner's Guide to Being Cheap

BY TARA CONRY

**A**re you a repentant spend-thrift who's thinking that all this frugality is looking pretty sexy? Dip your toe into the cut-rate pool with these tips on getting the most out of what you have.

▶ Separate your bananas to keep them yellow longer. Bananas produce ethylene, a gas that causes them to ripen, and separating the bunch can slow down that process.

▶ Seal lettuce in a ziplock bag with a moistened paper towel to add days of leafy goodness.

▶ Shake the excess water off your disposable razor, then dip it in rubbing alcohol and store it in a dry place (do not leave it in your shower). This will clean the blade, stave off rusting, and add weeks of shaving life.

▶ Flip your mattress and rotate it every three months to extend its life span. As for couch cushions, don't just flip them—swap them with one another so they don't become molds of your family's backs and butts.

▶ Halve the amount of soap, toothpaste, shampoo, and detergent you use—you probably won't notice a difference. And your clothes should feel just as fluffy with only a quarter of a dryer sheet.

▶ Unplug your dryer. That lint you see is from your clothes slowly being disintegrated by all the tumbling.

Stick with our gentle friend the clothesline. If you do use a dryer, zip up metal zippers, before they mug other garments.

▶ Scoop out that remaining bit of lipstick from the tube with a lip brush. You'll be surprised at how many applications remain.

▶ Have the soles of your leather shoes lined with rubber to prevent them from wearing down. And don't wear them two days in a row. Leather shoes are susceptible to moisture and will last longer if you give them a day off.

▶ Air your bar of soap before using it? Many frugalistas swear this will allow it to harden and last longer, without affecting the lather.

Sources: Gary Foreman, editor of the Dollar Stretcher ([stretcher.com](http://stretcher.com)); Jeff Yeager, author of *The Ultimate Cheapskate's Road Map to True Riches*; Susan Palmquist of [budgetsmartgirl.com](http://budgetsmartgirl.com).





recommending it. Housewives embroidered pillows espousing it. But even back then, Weber says, people generally preferred praising thrift to actually practicing it. In fact, once people actually had extra money, they generally got around to spending it. Think of the Gilded Age and gold pocket watches. Think of the stock market, circa September 1929. We were never a nation entirely devoted to saving. But massive, mutant overspending seemed to come to a head just in the past generation, says Weber, when investment banking became the career of choice for college grads and McMansions sprang up like dandelions—giant, hard-to-heat,

How do you know you're officially a penny-pincher? You ration the toilet paper.

he says, “they would trade each other’s surplus leftovers and palm them off on us kids as a whole new meal.”

Throughout most of American history, it was considered admirable to waste not, want not, says Lauren Weber, author of *In Cheap We Trust: The Story of a Misunderstood American Virtue*. Ben Franklin got rich

overspending seemed to come to a head just in the past generation, says Weber, when investment banking became the career of choice for college grads and McMansions sprang up like dandelions—giant, hard-to-heat,

## Cheap Quiz

“I sign up for e-mail newsletters from our local movie theaters using different e-mail addresses. That way, I regularly get coupons for a free large popcorn, with unlimited refills!”

Jay Koebele,  
Winfield, Kansas

52% of you say frugal

“My kids love oatmeal, so when I saw a sale, I got a

year’s worth for \$5. It was the high-fiber kind, though, and a wiser mother probably could have warned me—they got terrible diarrhea. I thought, What am I going to do now? And I was so cheap, I kept giving it to them for about a month, because I thought maybe their bodies would adjust. They didn’t.”

Joanie Demer,  
Eureka, California

73% of you say tightwad

“We reuse our garbage bags. So when the trash trucks come, I empty the contents directly into the truck, then bring the bags back in the house to use for another week.”

Paul Carric Brunson,  
Washington, D.C.

75% of you say tightwad

“My sister would save the candy canes from her Christmas tree and reuse them, for years. Who

overmortgaged dandelions, which finally brought us to our knees.

Franklin-like thrift was certainly a virtue in Weber's own home: Her dad rationed toilet paper and kept the thermostat set to a frosty 50 degrees in the New England winter. But the money he saved allowed his three kids to go to college—the private college of their choice.

And that's the secret about cheap people: They aren't necessarily cheap on all fronts. Some spring for education or vacations, or they're generous with others if not with themselves.

"Everybody has his or her own drug" is how Buffalo, New York's Ken Michnik puts it. Michnik's "drug" is bargain hunting. To save money on car air fresheners—not a huge expense in the first place, one would think—he rips the perfume strips out of magazines and puts them in his vents. He buys damaged food at the

## The Psychology of the Cheapskate

**W**hat makes a person tighter than a bathing cap? Psychologists say that most cheap people are convinced that spending money is actually, literally, and morally wrong and that spendthrifts are evil (a spendthrift being anyone who buys undies that aren't labeled "slightly irregular").

Couples often drive each other crazy when they're Jack Sprattish in terms of spending, says Pittsburgh psychologist Elizabeth Lombardo, author of *A Happy You: Your Ultimate Prescription for Happiness*. That's because cheap people can't understand why everyone else doesn't see things the way they do: fiendishly overpriced. They may have come by this outlook via a deprived childhood (think Depression babies), or it may be partly genetic (Dad showers in his clothes to save on the cost of doing laundry), or it could come from seeing money squandered. In any case, stinginess is often tied to a warped sense of self-worth: "I don't deserve to spend any money."

On the other hand, Lombardo adds, a bargain can be a cheap thrill, literally, and when it makes you feel smart, that's a positive thing. "There's nothing wrong with being cheap," she says, "unless it's a complete preoccupation."



# Quick Study

## The Best Defense

BY MARK LASSWELL

Are our missiles smarter than the bad guys' rockets? Can we defend the homeland using laser beams and "brilliant pebbles"? With the rise of nuclear rogue states like North Korea and Iran, debate about missile defense has been reignited. But one president's national security is another's money pit. Whose vision will prevail?

### Flash Points

▶ **A nuclear Iran** Secretary of State Hillary Clinton raised the possibility of a "defense umbrella" in the Middle East, and last January, the U.S. military delivered missiles, radar, and defense technology to four Arab nations. Russia countered by selling Iran S-300 truck-mounted interceptors capable of destroying missiles or planes 90 miles away. And a new super-power standoff was born.

▶ **Pyongyang bang** North Korea added a novel twist to its saber rattling last summer by firing seven Scud-type missiles on July 4. Anticipating the move, the U.S. had sent a huge Sea-Based X-Band radar system to Hawaii; the system can guide under-

ground interceptor missiles, launched from bases in Alaska and California, toward long-range missiles in flight—from North Korea, for instance. Will it work? The vice chairman of the Joint Chiefs of Staff, Marine Gen. James Cartwright, says he has "90 percent plus" confidence in the system.

▶ **Cost? Effect?** Since Ronald Reagan announced his Strategic Defense Initiative—SDI, or Star Wars, as it is commonly known—in 1983, the United States has spent nearly \$150 billion testing a variety of missile-defense programs—to stop both short-range and intercontinental missiles. So far, the results have indeed been hit-or-miss.

Critics contend that the buildup is needlessly provocative and that the technology is too expensive and unlikely to work. Plans to deploy a nuclear shield are hindering talks to cut nuclear stockpiles. Missile defense, the criticism goes, is akin to throwing a rock in the air and trying to hit it with another rock—on a colossal scale.

▶ **Going conventional** President Obama's 2010 budget cut missile-defense spending by more than a billion dollars, crippling development of Bush-era technology like "multiple kill vehicles"—a cluster of lightweight projectiles shot from an interceptor at an incoming missile—and airborne laser beams.

**EARLY-WARNING SATELLITE**

**ENEMY MISSILE**

**INTERCEPTOR MISSILE**

**DESTRUCTION OF ENEMY MISSILE**

**IN-FLIGHT TRACKING SATELLITE**

**LAND-BASED RADAR**

**COMMAND CENTER**

**SEA-BASED RADAR**

## How to Stop a Missile in Mid-Flight

● Enemy ICBM is detected by early-warning satellite just seconds after liftoff.

● Data on trajectory and target are sent to a command center, then processed and sent to ground- and sea-based radars.

● Long-range interceptor missiles are launched from Alaska or California.

● Radars and satellites provide in-flight tracking and guidance to U.S. missiles, which home in on target.

● Destruction of enemy missile. Total time for take-down: 25 to 30 minutes.

The  
Book  
That  
Changed  
My  
Life

*To Kill a Mockingbird*  
turns 50 this year.  
Celebrated writer **Rick  
Bragg** reflects on its  
enduring message of  
courage and kindness.





## The Back-and-Forth ...

◀ It's plain to see the world around us gives ample reason to continue working on missile defense ... In 1972, nine countries had ballistic missiles. Today, it is at least 27. ▶

Former vice president *Dick Cheney*

◀ Our best defense against ballistic missiles from adversaries is through deterrence, containment, and diplomacy. ▶

*Kingston Reif*, deputy director of nuclear nonproliferation at the Center for Arms Control and Non-Proliferation

## Forward Thinking

### ▶ Call and response

With help from the U.S., Israel is building one of the world's most advanced missile-defense systems. The David's Sling interceptor, which knocks out lower-flying medium-range rockets, will be integrated with the Arrow 3, which shoots down longer-range missiles, and with Iron Dome mobile launchers designed to combat the cruder rockets lobbed over Israel's borders by Hamas and Hezbollah.

## THE TIME LINE

**1200s** / Military rockets take off. Chinese, Mongol, Arab, and other armies deploy gunpowder-filled projectiles, such as "fire arrows."

**by 1730** / German field artillery colonel Christoph Friedrich von Geissler builds rockets weighing 55 to 120 pounds.

**1792** / Tipu Sultan, ruler of Mysore in India, unleashes rocket barrages at British troops.

**1807** / British soldiers use Sir William Congreve's improved metal-cased rockets, igniting houses and buildings.

**1814** / British introduce rocketry to the New World in the War of 1812.

**1934** / Young Wernher von Braun and friends develop long-range, liquid-fueled missiles.

**1944** / German V-1 rockets run into cables tethering

British barrage balloons (meant to thwart low-flying aircraft)—an unanticipated but effective missile defense.

**1945–1946** / U.S. begins studying missile-defense options, including "energy beams" and "interceptor" missiles.

**1957** / Soviet Union tests first intercontinental ballistic missile.

**1959** / U.S. tests Nike Zeus land-based missile defense.



(ROCKET) SSPLI/GETTY IMAGES; (MISSILE) U.S. ARMY/HULTON ARCHIVE/GETTY IMAGES

Another advancement in Israel's missile defense: technology that will pinpoint expected rocket strikes and then call every cell phone in the area with a warning in the form of a vibration, light flash, or text message.

► **By land and by sea**

A recent technology breakthrough will coordinate information from widely dispersed radars, satellites, and other sensors, according to the Pentagon. The U.S. military will be better able to track enemy missiles throughout their flights, increasing the likeli-

hood of successful shoot-downs. "This capability did not exist five years ago," says the director of the Missile Defense Agency, Lt. Gen. Patrick O'Reilly. The system will be introduced by about 2015.

► **The ground game**

In the event of a Taliban coup, Pakistan's sizable nuclear arsenal could be vulnerable to hijacking. The Pentagon is talking behind the scenes with Pakistani military brass to ensure that the nukes remain secure, regardless of political turmoil. The plan: a boots-on-the-

ground approach, using elite U.S. Special Forces.

► **Designer drones** MIT professor Theodore Postol proposes using unmanned airborne vehicles to patrol the missile sites of rogue nations. These drones could launch interceptors to kill enemy missiles as they rise from their launchpads, scattering nuclear debris on the attacking nation. Postol calls it a designer missile defense: made just for Iran's and North Korea's limited threat, not that of China or the former Soviet Union. And just five would do the job.

**1961** / Soviet antiballistic missile successfully intercepts target.

**1967** / Outer Space Treaty signed, promising not to put nuclear weapons into orbit.

**1972** / Nixon and Brezhnev sign the first Strategic Arms Limitation Treaty.

**1983** / President Reagan plants the seed for SDI, a missile defense that could render nuclear weapons "impotent and obsolete."

**1989** / Defense Secretary Dick Cheney tells Congress that "brilliant pebbles"—satellite-based mini missiles—will be the Bush administration's antimissile focus, an approach still favored by some conservatives.



**1998** / North Korea fails to launch satellite into orbit with three-stage rocket.

**2000** / Presidential candidate George W. Bush proposes a blanket missile defense for U.S. and allies to

protect against "rogue states or accidental launches"—SDI 2.0.

**2009** / President Obama signs 2010 military budget, gutting development of futuristic missile defenses.

**2010** / The U.S. deploys Aegis cruisers with missile-defense radars to the Persian Gulf and sends Patriot missiles to four Arab states.



# M

My first copy was dog-eared and sun-baked, the pages brittle and brown, as if the paperback had rested in the back window of an old Pontiac instead of on a library shelf. Some kind of pestilence—water bugs, I believe—had gotten to it before I did, and it was hard to tell, as I turned to that first page, which of us would get more from it. I was an ignorant teenage schoolboy and read it because a teacher told me to, prodded as if by pitchfork down the hot, dull streets of a town called Maycomb in the desolate 1930s, and pressed into the company of a boy named Jem, a mouthy girl named Scout, and an odd little chucklehead named Dill whom, I am fairly sure, I would have beaten up and relieved of his milk money. I would have preferred the Hardy Boys, preferred to gallop alongside the Riders of the Purple Sage, but I was afraid of teachers then, and so I read. “Maycomb was an old town, but it was a tired old town ... Somehow, it was hotter then ... There was no hurry, for there was nowhere to go ...” I missed

a few words, bug-eaten or besmirched, but I read on, to a shot-down rabid dog, and a neighbor, Boo Radley, in hiding, and a young black man named Tom Robinson who is wrongly accused of raping a young white woman. And, of course, there is Atticus Finch, the lawyer who offers reason, and kindness, and some thin hope. He tries to save Robinson, but, as the pages turned, I saw that it would take more than one good Alabama man to make this sorry world all right.

*To Kill a Mockingbird* was published in 1960, but it was the middle 1970s before it reached the Roy Webb Road in Calhoun County, Alabama, and me. I began reading Harper Lee’s novel in the skimpy shade of a pine outside my grandmother’s house, fat beagles pressing against me, begging for attention, ignored. At dark, I kept reading, first on the couch, a bologna sandwich in one hand, then in my bed, by the light of a 60-watt bulb hanging from the ceiling on an orange drop cord. When my mother came in from her job as a maid and unplugged my chandelier, I replayed the story in my head until it was crowded out by dreams. I woke the next morning, smelling biscuits, and reached for the book again.

I remember this, some 35 years later, the same way I remember where I was when Elvis died or the first time I saw Paul “Bear” Bryant walk a sideline on a Saturday in fall. Some things are just important. And as the pages fluttered by, the ragged 50-cent paperback shook my conscience, broke my

heart, and took me into its landscape forever. I believed, at the time, I was the only person in the whole world who felt like that.

It was my first grown-up book, a story not pat or perfect, about children coming of age in a time when reality falls wretchedly short of ideals. Even as a lynch mob threatens Tom Robinson, Atticus Finch refuses to condemn the cruel conventions of his community and is willing to absorb the mob's hatred himself, stoic, till a villain named Robert E. Lee Ewell strikes at his own children. Atticus is not the book's only hero. Another steps from the closet, the shadows.

Many people see *To Kill a Mockingbird* as a civil rights novel, but it transcends that issue. It is a novel about right and wrong, about kindness and meanness. As a child in rural Alabama in the 1960s, I had seen such stories burn past me, somehow unreal and distant, as buses were overturned, as civil rights workers were beaten or shot from speeding cars. I did not truly feel those hatreds, or understand them, until I read that book.

Now that I know this novel's place in history, I wonder: How many read-

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Rick Bragg's bestselling books include *All Over but the Shoutin'* (1997), *Ava's Man* (2001), and *The Prince of Frogtown* (2008). He won the Pulitzer Prize for feature writing in 1996.

ers have gone with me into those pages and returned in some way different, in some way changed?

I am not talking of book sales, although Lee's Pulitzer Prize-winning novel is one of the most popular books of all time. It has sold an estimated 40 million copies, is a staple of school curricula, and has been translated into some 40 languages. It also made a glorious transition to screen in 1962 in the Academy Award-winning adaptation written by the great Horton Foote and starring Gregory Peck. Lee, who never wrote another novel, has been covered up to her

As so much poison spewed from so many courthouses, political platforms, and Klan picnics, it was a kind of poultice that should have drawn out that meanness.

chin in awards and citations and presented with every trophy short of a gold monkey.

But her novel's finest, most profound legacy is quieter, almost private, something between Lee and one reader at a time.

**You get to know readers,** a little bit, if you write books for a living. You get to see the depth to which they love a book. *To Kill a Mockingbird* is not just the kind of book people hold in their hearts; it's the kind people hold

**Gregory Peck  
and Harper  
Lee on the set  
of *To Kill a  
Mockingbird*,  
1962.**



to their hearts, wrapping their arms around it and pressing it against their breasts as if they could feel a heart-beat in its paper. I have seen people do that to copies signed and unsigned.

We writers should all be so lucky, to write a book people actually hug.

Don Brown, a retired newspaper editor who works across the hall from me at the University of Alabama, told me he has picked up countless books in his life, but this one he never really put down.

“I don’t think you do,” said Brown, now 73, who has a signed copy. “And I am so proud of it.”

It is not a complicated book, to him. “It is a sermon,” he said, “on courage as much as anything else.”

In the collected essays *Critical Insights: To Kill a Mockingbird*, author and English professor Edythe M. McGovern notes that a 1991 survey by the Book-of-the-Month Club and the Library of Congress Center for the Book found the novel was “most often

cited as making a difference in people's lives, second only to the Bible."

For Southerners, especially those who were alive in the segregated South, it was a reminder of our finer nature. As so much poison spewed from so many courthouses, statehouses, political platforms, and Klan picnics, it was a kind of poultice, a story set in the 1930s that should have drawn out that meanness, and shamed the wrongdoers of the 1960s into doing the right thing.

It did not. But it was, I guess, the closest thing to an antidote we, as a region, would have for a long, long time.

**We were not political**, my family and me. My people swung hammers, poured steel, heaved sticks of pulpwood onto ragged trucks, and made a little liquor deep in the pines along the Alabama-Georgia line. The women worked hunched over the spinning frames in the mill, breathing air that was thick with cotton. Men broke down truck tires in dirt-floor garages, their sledges ringing through the trees, and broke each other's bones, now and then, over a woman, or an insult, or an open jug. They sinned and got saved, backslid, then did it all over again, jerking in the grip of the Holy Ghost as if they had grabbed hold of a naked wire. They did a little time, some of them, till their

mamas bailed them out, but most of them just punched a time clock, fed their babies, and watched wrestling live from Birmingham on their black-and-white TVs. In late summer and early fall, they picked cotton in the fields beside black men and women, and if there was ever a conflict there, I was too dumb to see it. My mother worked on her knees cleaning the homes of the better-off white ladies in town and took in laundry. If anyone needed a prophet to tell us we were better than someone, better than anyone, I guess it was us.

He came to us from Barbour County, a pugnacious little man named George Wallace who promised to protect us from the outside agitators who were coming down here to destroy our way of life.

I did not need Harper Lee to tell me it was wrong to treat people badly because of color. I was raised right that way by my gentle mother. What Lee did was make me think about it.

It made no sense to me as I started school in Calhoun County in 1965. Were they going to take away our sledges? Were they going to unplug my mother's iron? Were they going to stop us from digging a ditch?

But still, we went to see him, to see

the show. I remember a rally in Anniston, the county seat, remember a band playing "Dixie," and an undulating canopy of Confederate battle flags, a whole auditorium of Stars and Bars and fluttering red. The little man got everyone all worked up. The gov'ment in Washington would not force us to go to school or otherwise have unwanted close association with colored people, he promised. I did not really understand it much. It was, though, quite a show.

Not long after that, our daddy got fairly well drunk and ran off. Things got bad for a while, till the black family that lived down the road brought my mother some food, including some good corn. I liked corn, so I liked them. I was six, I believe.

I did not need Harper Lee to tell me it was wrong to treat people badly because of color. I was raised right that way by my gentle mother. What Lee did was make me think about it, longer, deeper, as a man. I would not stand in the company of men who spouted meanness, or be a go-along, come-along racist for the sake of so-called good manners or peace in the family.

It is not much, maybe, to say, to claim.

But there was more to me after reading that book than before.

I hear it from people my age over and over again.

Many scholars have said that *To Kill a Mockingbird* was never intended as a civil rights book and, powerful as its message was, did not register among

the demagogues and night riders who tried, with terror and violence and the law itself, to hold back time. It was not widely banned by people in power, merely ignored. The violence of the 1960s, the murders of civil rights workers in Mississippi, the infamous bombing of the Sixteenth Street Baptist Church in Birmingham, and more, unfolded even as the book was still being lauded in literary circles.

But as those crimes smoked and then grew cold, the message in *To Kill a Mockingbird* lived on.

Doug Jones was a college student at the University of Alabama in the middle 1970s, then a law student at the Cumberland School of Law at Samford University. He remembers that he watched the movie first, then read the book.

"It was a dose of conscience," he said, "of right versus wrong."

Some three decades later, he was the U.S. Attorney and then special prosecutor who convicted the two surviving Klansmen who bombed the Sixteenth Street Baptist Church, killing four little girls, in 1963.

They had bragged of their crime, those men, certain no one would reach so far back in time to punish them. But Atticus, even in black and white, had endured in the mind of Jones and others who worked to make their case.

"The duty of a lawyer is to seek justice," Jones said. "You do it in a professional way, even if it is not popular. I have read that book a dozen times, sometimes read just bits and pieces, but I keep coming back to it. It lives."



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The book has had such an impact on our society that some literary types have apparently forgotten that it is not, in fact, real and debate Atticus as if he were a historical figure, now moldering in the grave.

Atticus, some say, fell short. He should have championed civil rights, should have railed in that courtroom, not bowed his head and let Tom Robinson go off to prison, hopeless, to be shot down trying to escape.

People loved her book and had to try to see her. But partly out of deference, partly because I would have felt like a clod, knocking on her door, I let her be.

Others defend Atticus, spitting mad. Maybe he does live.

Don Noble, professor emeritus of English at the University of Alabama, wrote it this way in *Critical Insights: To Kill a Mockingbird*: “Most readers, over these intervening years, have not expected sainthood from Atticus, and thus have not been miffed at his flaws. Most readers, in fact, understand the novel pretty well. Atticus is a decent man trying to do the right thing, and when we evaluate Atticus and his behavior in the privacy of our own hearts, it might be good to remember what many mothers have told their children over the years. What if everyone did that? What if everyone

behaved that way? Well, just imagine if everyone did behave like Atticus Finch in Alabama, or anywhere for that matter, in 1936. It would be a better world, I think.”

**As much as I loved that book**, I was conflicted a bit. It is easy to love it if your people are from the aristocracy, even a faded one. In my heart, I knew my people were at least marginally closer to the Ewells, who wreaked the misery in Lee’s book, than the educated, respectable Finches.

“No economic fluctuations,” Lee wrote, “changed their status.”

That drew a little blood.

It may be one reason why I never sought her out, to thank her.

Over my writing life, friends and others told me they were making pilgrimages to Lee’s hometown, Monroeville. It was well known she was a private person and did not do interviews, but their love of her book was so strong, they had to try to see her. Some succeeded.

But partly out of genuine deference, partly because I would have felt like a clod, knocking on her door, I let her be.

Then, in 2009, I won our state’s lifetime writing award (though I wondered if that meant I was about dead). It was named, of course, for Harper Lee.

“You should go see her,” people said.

I asked Wayne Greenhaw, a long-time friend of Lee’s, if he thought that it would be okay for me to see her, and he said he did not think she would mind.

I walked into the room to a slight, gray-haired woman in glasses, shook her hand, listened as she told me it was a pleasure to see me. I told her the pleasure was mine. Then, after untold conversations with newsmakers around this world, after a few thousand book signings, after a lifetime of small talk at early-morning television shows, literary festivals, and National Public Radio, I had nothing to say.

I just wanted to listen.

If I talked, I would miss something, for sure.

She chatted as people came in and

out of the room, made plans for lunch, and spoke briefly of one old friend, a strong, confident woman she once knew.

“She,” Lee said, “is the straw that stirs the liquor.”

Lovely.

Writers talk like that.

She said she had never seen the award, so we retrieved it from the car. It is a beautiful bronze replica of the courthouse clock tower in Monroeville, about the size of a mailbox and about the weight of a sack of fertilizer.

“Oh, my,” she said.

“Yes, ma’am,” I said. “It’s huge.”

Writers do not talk like that.

For a long time, her phrase stuck in my head.

The straw that stirs the liquor.

That is her, I believe.

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Scott is going to bed at a very reasonable hour.

Scott is drinking only on occasion, and even then it’s just one or two.

Scott quit smoking several months ago without any apparent difficulty.

Scott is making large, regular contributions to his savings account.

Scott is making yet another home-cooked meal, avoiding fast food as usual.

Scott is not gaining weight, and his clothes fit just fine.



*Scott A. Harris*

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Little did I know when I ordered the Exercise 2000 Elite® that it would prove valuable to my wife of 62 years. I got it for the stiffness in my legs and it works perfectly to get me loosened up after playing tennis in the morning. When I come home I immediately get on the Exerciser 2000 Elite® for ten minutes and I feel great! My wife suffers from restless leg syndrome at night. Instead of walking the floor for a long period of time, she just gets on the Exerciser for ten minutes and the symptoms subside. After wrestling with restless legs for a long time she is all smiles in the morning. Happy days are here again! Just thought you would like to know. —Dick P.

I am 76 years old, heavy, stiff with arthritis and a leukemic for the past nine years. Using your machine twice a day has made me feel ten years younger. I also have a great deal more energy. When you say that your company is in the business of "helping people feel better", it is no fib!  
—Kate B.

I am 97 years old and have edema in my left foot and leg. My daughter saw the Exerciser 2000 in an ad and encouraged me to try it. It is helping a lot and I feel alive again. Thank you!—Grace R.

I have loved your product for many years now and couldn't live without one. It truly is the best product on the market...and I would never pay a person to do what this does better. You have the control of it all...and I love that. It definitely pays for itself many times over!! —Kathy C.

I am an 88 year old woman with multiple health problems. After seeing the ad for the Exerciser 2000 Elite® I ordered it and use it daily. I can tell it has improved circulation in my legs and by doing that it has helped my balance and walking problems. To those of you that think that you can't do regular exercise anymore, try this piece of equipment and you will be amazed how much better you will feel. —Mildred F.

As a Chiropractor, I would say the Exerciser 2000 enables people to benefit themselves at home. It is a valuable asset in moving lymph fluid, oxygenating the blood, increasing immune system function, maintaining mobility in the spine, and freeing up a spine that had become stiff and arthritic. —Garry G., D.C.



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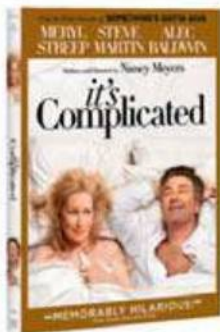
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# Eater's Digest

**MUST-TRY  
RECIPES FROM  
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## **THIS MONTH**

TV chef Sara Moulton does easy weeknight meals, and restaurateur Mario Batali brings you casual Italian dishes.

JAMIE TIAMPO





## Sautéed Beer-Batter Shrimp with Tartar Sauce

Makes 4 to 6 servings

Think of this dish as an American tempura, Moulton says.

**One 12-oz. bottle beer**

**1 cup plus ½ cup Wondra or unbleached all-purpose flour**

**1 tsp. Dijon mustard**

**Kosher salt**

**Tartar Sauce (recipe follows) or soy sauce**

**3 tbs. vegetable oil**

**1 lb. large shrimp, peeled and deveined**

**1.** Preheat oven to 300°F. Whisk together 1 cup beer, 1 cup flour, mustard, and ¼ tsp. salt until smooth. Strain batter into another bowl and let stand 10 minutes. Reserve extra beer. Make Tartar Sauce.

**2.** Put ½ cup flour into pie plate lined with waxed paper or parchment. (Batter should have the consistency of thick pancake batter. If it's too thick, whisk in up to ¼ cup more beer.)

**3.** Heat 1½ tbs. vegetable oil in large nonstick skillet over medium-high heat. Working with half the shrimp at a time, toss them in flour, lifting waxed paper on both sides to move them around. Transfer shrimp to strainer and shake off excess flour. Coat shrimp with batter, letting excess drip off, and add them to skillet. Cook, turning once, until they are golden, 1 to 2 minutes per side. (More batter will stay on side you first put down in skillet.)

**4.** Sprinkle cooked shrimp with salt, transfer to baking sheet, and keep them warm in oven while you cook remaining shrimp in remaining oil. Serve with Tartar Sauce or soy sauce for dipping.

### Tartar Sauce

Makes about 1¼ cups

Whisk together ¾ cup mayonnaise, ¼ cup finely chopped dill pickle, 1 trimmed and chopped medium scallion (about 2 tbs.), 1 tbs. drained capers, 1 tbs. fresh lemon juice, 1 tsp. Dijon mustard, ½ tsp. Worcestershire sauce, and ¼ tsp. hot sauce.

---

## Chicken and Caramelized Fennel

Makes 4 servings

Moulton uses fennel for a flavor boost—it turns sweet and tender when caramelized.

**2 medium fennel bulbs**

**Kosher salt and freshly ground black pepper**

**2 tbs. unsalted butter**

**2 tbs. extra-virgin olive oil**

**6 garlic cloves**

**1 cup canned chicken broth**

**4 chicken breast halves with bones and skin (about 3 lbs.)**



- ⅓ cup sun-dried tomatoes or ½ cup sun-dried tomatoes packed in oil**
- 1 tsp. freshly grated lemon zest**

- 1.** Preheat oven to 375°F. Trim fennel; slice bulbs lengthwise into ½-in. slices and season with salt and pepper to taste.
- 2.** Heat 1 tbs. butter and 1 tbs. olive oil in large skillet over medium heat until hot; add fennel and garlic. Cook, turning fennel slices once, until well browned on both sides, 12 minutes. Add chicken broth; bring to boil. Transfer mixture to baking dish, cover tightly, and place in oven. Bake until fennel is tender, about 30 minutes.
- 3.** While fennel bakes, heat remaining 1 tbs. butter and 1 tbs. olive oil in same large skillet over high heat until hot. Reduce heat to medium. Season chicken with salt and pepper and sauté, skin side down, until golden, about 8 minutes. Turn chicken and transfer skillet to oven. Roast chicken until cooked through, 25 to 30 minutes. Transfer chicken to platter, cover loosely with aluminum foil, and set aside for 10 minutes.
- 4.** Meanwhile, if using sun-dried tomatoes not packed in oil, cover the tomatoes with hot water in a bowl; let stand until plumped, about 10 minutes, then drain. Coarsely chop tomatoes (about ½ cup).
- 5.** When fennel has cooked, reserve a few pieces and divide rest among 4 dinner plates; keep warm. Transfer chicken broth, garlic, and reserved fennel to blender and blend until smooth. Transfer to saucepan, stir in tomatoes, lemon zest, and salt and pepper to taste, and heat until hot.
- 6.** Place 1 piece of chicken on top of fennel on each plate. Add drippings from chicken platter to sauce and spoon sauce over chicken and fennel.

## Linguine with Clams

Makes 6 servings

Batali uses white wine, garlic, and a touch of red pepper for a fast classic.

**Kosher salt**

- 6 tbs. extra-virgin olive oil**
- 3 garlic cloves, minced**
- 6 tbs. dry white wine**
- 1 tbs. hot red pepper flakes**
- 1 lb. small clams, such as Manila, or cockles, scrubbed**
- 1 lb. dried linguine**
- ⅓ cup coarsely chopped fresh Italian parsley**

- 1.** Bring 6 quarts water to boil in large pot and add 3 tbs. salt.
- 2.** Meanwhile, combine oil and garlic in large pot and cook, stirring, over medium-high heat until garlic is softened, about 1 minute. Add wine, red pepper flakes, and clams. Cover and cook, shaking pot occasionally, until clams open, about 5 minutes; transfer clams to bowl as they open. Remove pot from heat.
- 3.** Drop pasta into boiling water and cook until just al dente. Drain, reserving about ½ cup pasta water.



**4.** Add pasta and  $\frac{1}{4}$  cup pasta water to clam broth, and toss over medium heat until pasta is well coated (add splash more pasta water if necessary to loosen sauce). Stir in clams, with their juices, and toss until just heated through. Stir in parsley and serve.



## Pennette with Cauliflower Ragu

Makes 6 servings

Batali creates an out-of-the-ordinary sauce with cauliflower and bread crumbs.

- 1 medium cauliflower (about 2 lbs.)**
- $\frac{1}{4}$  cup extra-virgin olive oil**
- 1 medium white onion, cut into  $\frac{1}{4}$ -in. dice**
- 3 garlic cloves, smashed and peeled**
- Maldon or other flaky sea salt**
- $1\frac{1}{2}$  to 2 tsp. hot red pepper flakes**
- 6 tbs. unsalted butter, cut into 6 pieces**
- Kosher salt**
- 1 lb. pennette**

- $\frac{3}{4}$  cup freshly grated Parmigiano-Reggiano, plus extra for serving**
- $\frac{1}{2}$  cup coarse fresh bread crumbs, sautéed in 1 tbs. olive oil until golden brown**

**$1\frac{1}{2}$  tsp. minced fresh rosemary**

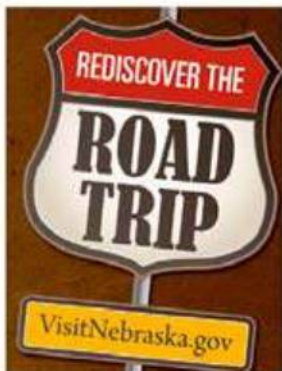
- 1.** Halve cauliflower. Remove leaves and cut out core and reserve. Cut cauliflower into small bite-size florets, reserving stalks. Chop core, leaves, and stalks.
- 2.** Combine oil, onion, garlic, and cauliflower core, leaves, and stalks in large pot, season with sea salt, and cook over medium heat, stirring frequently, until leaves are just beginning to wilt, about 3 minutes. Reduce heat to low and cook, stirring frequently, until leaves are just tender, 18 to 20 minutes.
- 3.** Add cauliflower florets, red pepper flakes, and 1 cup water and bring to simmer over medium-high heat. Reduce heat to gentle simmer, cover, and cook, stirring occasionally, until cauliflower is almost falling apart, 22 to 25 minutes. Add butter, stirring gently until it melts; season well with sea salt. Remove from heat.
- 4.** Bring 6 quarts water to boil in large pot and add 3 tbs. kosher salt. Drop in pasta and cook until just al dente.
- 5.** Drain pasta, reserving about  $\frac{2}{3}$  cup pasta water. Add pasta and  $\frac{1}{3}$  cup reserved water to ragu. Toss over medium heat until pasta is well coated (add more pasta water to thin sauce). Stir in cheese.
- 6.** Transfer pasta to serving bowl, sprinkle with bread crumbs and rosemary, and serve with additional grated cheese.

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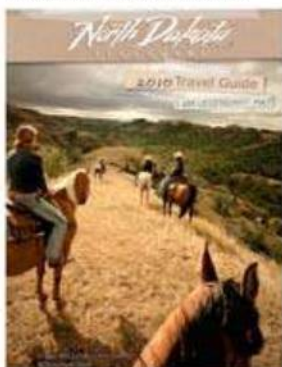
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# Word Power

EMILY COX & HENRY RATHVON

**Good Stock** You can't pick your family, but you can at least talk about them. Here are a few familial, if sometimes unfamiliar, words to bring to the next reunion. For quiz answers, **turn the page**.

**1. filial** ('fill-ee-ul) *adj.*—  
A: related by marriage.  
B: of sons and daughters.  
C: of brothers.

**2. kith** ('kith) *n.*—  
A: friends. B: in-laws.  
C: homestead.

**3. agnate** ('ag-nate) *adj.*—A: related on the father's side.  
B: descended from royalty. C: of a child with unmarried parents.

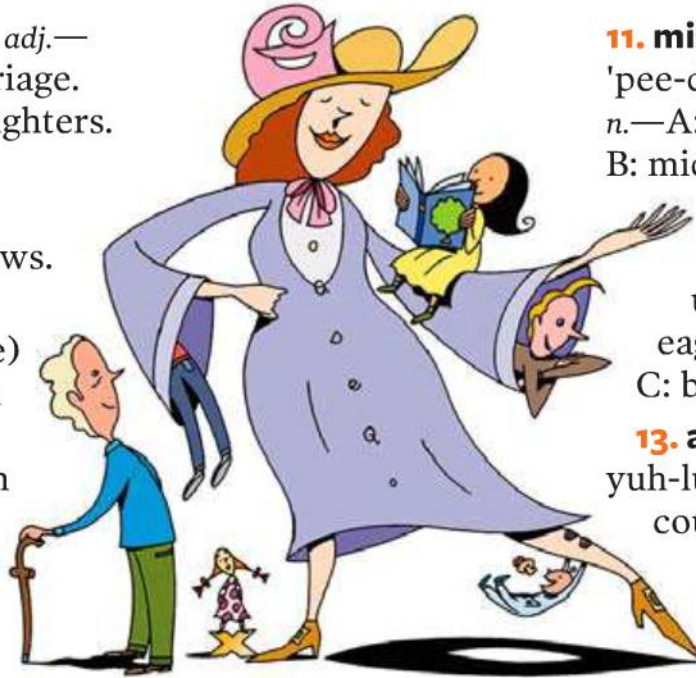
**4. sororal** (suh-'roar-ul) *adj.*—A: grandmotherly. B: motherly.  
C: sisterly.

**5. cognomen** (cog-'no-mun) *n.*—A: clan emblem.  
B: name. C: last of the male line.

**6. progeny** ('proj-uh-nee) *n.*—A: ancestors. B: descendants. C: extended family.

**7. cousin once removed** *n.*—A: your cousin's cousin. B: your cousin's child. C: your cousin's ex-spouse.

**8. nepotism** ('nep-uh-tiz-um) *n.*—A: marriage of first cousins. B: ninth generation. C: favoritism toward a relative.



**11. misopedia** (miss-oh-'pee-dee-uh or my-so-) *n.*—A: hatred of children.  
B: middle age. C: family history.

**12. pedigree** ('ped-uh-gree) *n.*—A: lineage. B: inheritance.  
C: birth announcement.

**13. avuncular** (uh-'vunk-yuh-lur) *adj.*—A: without cousins. B: adopted.  
C: like an uncle.

**14. polyandry** ('pah-lee-an-dree) *n.*—A: having two or more husbands. B: having two or more children.  
C: having male and female traits.

**9. congenital** (kun-'jen-uh-tul) *adj.*—A: acquired in utero. B: generation-skipping. C: of a multiple birth.

**10. ménage** (may-'nazh) *n.*—A: marriage vow. B: household. C: golden years.

**15. bairn** ('bayrn) *n.*—A: gap in genealogical record. B: poor relation. C: child.

## Write Smarter

The plural of last names, like that of most nouns, is formed by adding *s* or *es*. Hence, the Smiths, the Espositos, the Millses, and the Lytton-Salisburys play bridge every Saturday. You don't need an apostrophe unless you're talking about a family's house, as in: We're going to the Smiths' for our weekly bridge game. (Note that the apostrophe follows the *s*, as there is more than one Smith.)

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# Quotes

ON SLEEP

ILLUSTRATED BY KIRSTEN ULVE

I think sleeping was my problem in school. If school had started at four in the afternoon, I'd be a college graduate today.

*George Foreman*



How blessed are some people, whose lives have no fears, no dreads, to whom sleep is a blessing that comes nightly, and brings nothing but sweet dreams.

*Bram Stoker, Dracula*

All the sleep I ever needed is five minutes more.

*Wilson Mizner, playwright*

**No day is so bad it can't be fixed with a nap.**

*Carrie Snow, comedian*

Without enough sleep, we all become tall two-year-olds.

*JoJo Jensen, Dirt Farmer Wisdom*

A good laugh and a long sleep are the best cures in the doctor's book.

*Irish proverb*

**A ruffled mind makes a restless pillow.**

*Charlotte Brontë, The Professor*

You can hit my father over the head with a chair and he won't wake up, but my mother, all you have to do to my mother is cough somewhere in Siberia and she'll hear you.

*J. D. Salinger, The Catcher in the Rye*

Sleep is death without the responsibility.

*Fran Lebowitz, The Fran Lebowitz Reader*

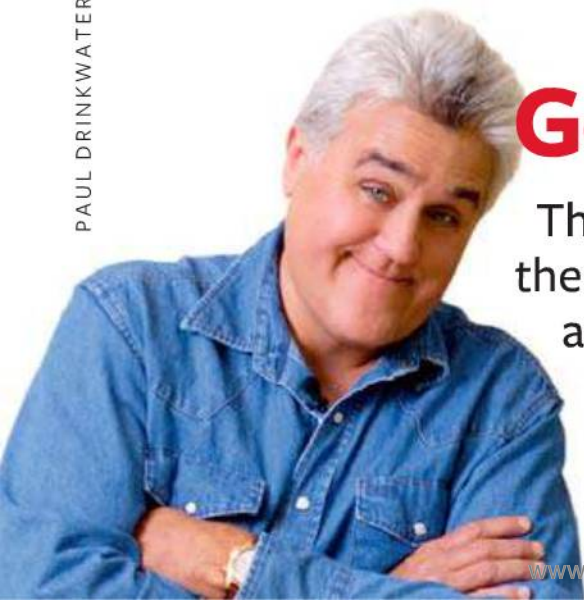
**Got That?**

There's a new type of alarm clock on the market. It makes no noise. It uses lights and gets brighter and brighter until you wake up. I already have one of these.

It's called a window.

*Jay Leno*

PAUL DRINKWATER/NBC PHOTO



## Answers

**1. filial**—[B] of sons and daughters. Francis still lives with his mother, partly out of *filial* devotion, partly out of an aversion to doing laundry.

**2. kith**—[A] friends. With all her *kith* and kin assembled, the bride got cold feet and fled the church.

**3. agnate**—[A] related on the father's side. My last name has no vowels because immigration officials misheard my *agnate* grandfather.

**4. sororal**—[C] sisterly. After a day of looking for Polly Pocket's shoes and refereeing *sororal* squabbles, the girls' mother collapsed onto the couch.

**5. cognomen**—[B] name. Eugene added the *cognomen* "the Great" to his business cards and letterhead.

**6. progeny**—[B] descendants. With seven siblings and all their spouses and *progeny*, we have a lot of birthdays to remember.

**7. cousin once removed**—[B] your cousin's child. The university allows only two commencement guests for each graduate: What am I going to tell all my great-aunts and *cousins once removed*?

**8. nepotism**—[C] favoritism toward a relative. When the umpire—who happened to be the base runner's

dad—yelled, "Safe!" the other team cried *nepotism*.

**9. congenital**—[A] acquired in utero. Nathaniel told the gym teacher that he has a *congenital* heart defect just so he won't have to play dodgeball.

**10. ménage**—[B] household. It's not a mansion, but it's just right for our little *ménage*.

**11. misopedia**—[A] hatred of children. W.C. Fields, who turned *misopedia* into comedic masterpieces, once said, "I love children. Yes, if properly cooked."

**12. pedigree**—[A] lineage. The freshman senator has a distinguished political *pedigree*, since both her father and grandfather held public office.

**13. avuncular**—[C] like an uncle. The pilot's *avuncular* voice was reassuring to the nervous flier.

**14. polyandry**—[A] having two or more husbands. *Polyandry* is rare in human societies, mostly because women object to picking up that many socks off the floor.

**15. bairn**—[C] child. Duncan has been playing the bagpipes since he was a wee *bairn*.

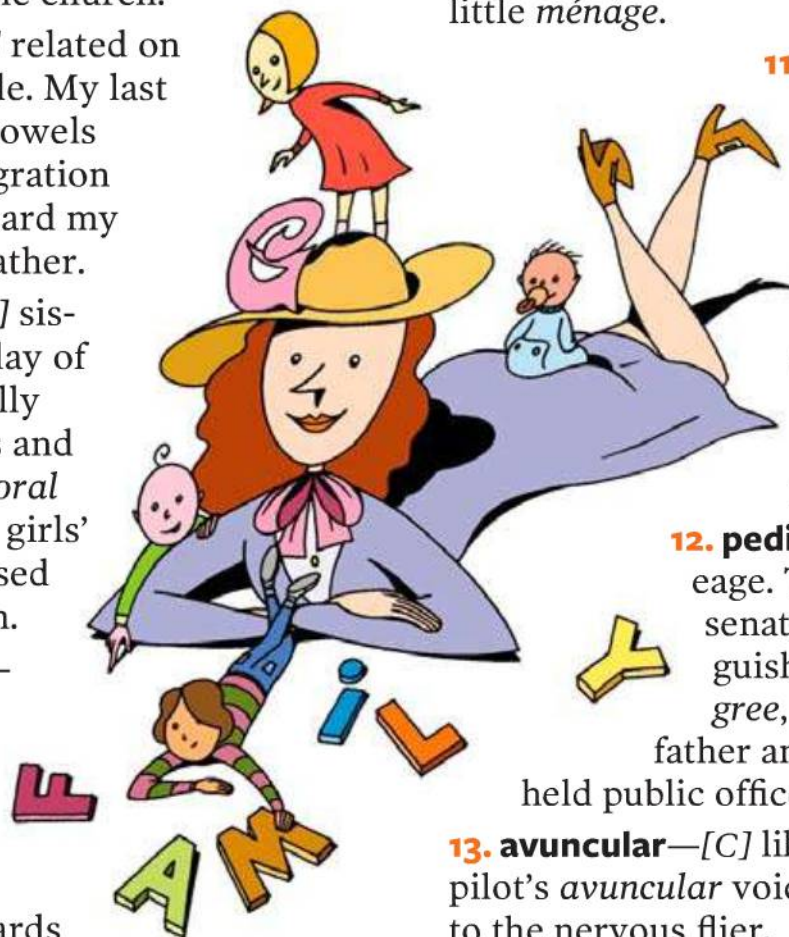
### VOCABULARY RATINGS

- 9 and below: black sheep
- 10–12: firstborn
- 13–15: godfather



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I stood in the ice cream parlor watching in amazement as the girl behind the counter piled one mammoth scoop of ice cream after another onto my cone. It was so huge, I began to question whether she'd heard my order.

"Excuse me," I said. "Is that a small?"

As she poured on the toppings, she replied, "Not yet!" *Gynyth Landis, Fort Myers, Florida*

**My 45-year-old** sister was attending the wedding of a childhood friend when she ran into people she hadn't seen in years. How long exactly? One of them shouted, "Kathy, you got your braces off!"

*Karla Ragainis, Kalamazoo, Michigan*

**When I asked** my friend if she was planning to attend church, she just shook her head. "I haven't gone in a long time," she said. "Besides, it's too



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

late for me. I've probably already broken all seven commandments."

*Nandiara Hentges, Bagdad, Arizona*

**It was time for** my dog's annual checkup. Following the vet's instructions, I collected a stool sample and dropped it in a plastic container before we left for his office. When we arrived, I handed the sample to the receptionist, who immediately cracked a smile. The container read "I Can't Believe It's

Not Butter." *Mitzi Barnes, Port St. Lucie, Florida*

**Suspecting he had** a serious medical

**Overheard in a ladies' fitting room:**  
**"Honestly, do these pants make my rear end look big?"**  
**"Honestly? Your rear end makes the pants look big."**

*Amy Bennett, Bent, New Mexico*

readersdigest.com 5/10

condition, I nagged my husband until he agreed to see a doctor. Once there, he was handed a mountain of forms to fill out. Next to "Reason for visit?" he wrote, "My wife made me."

*Susan Hutton, Hackettstown, New Jersey*

**There was a typo** on a test I was taking. Instead of "(D) none of the above," it said "(D) one of the above." So I circled it.

Source: mylifeisaverage.com

## Mommies Dearest

*Mother's Day is nigh, so we're loath to say this: Mothers aren't perfect. Here they admit it:*

- "My son knows he's not allowed downstairs until 9 a.m. Reason? He's been told that between 8 and 9 a.m., Mommy's fighting the monster that lives in the laundry basket."
- "I just ate a full pint of Häagen-Dazs, and when my three-year-old asked me what I was eating, I told her it was special medicine for mommies, because I didn't want to share."
- "My son was so excited for his second birthday, but when the day rolled around, I hadn't pulled anything together—so I told him

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that he had the day wrong and his birthday was actually the following week."

- "I haven't taught my kids to tell time yet ... That way, I can say it's bedtime whenever I want."

*From True Mom Confessions by Romi Lassally (Berkley)*

**I was sound asleep** when the telephone jarred me awake.

"Hi!" It was my peppy mother-in-law. She proceeded to rattle on about the busy day she had ahead and all the things that awaited her the rest of the week.

"Mom," I interrupted. "It's five in the morning."

"Really? What are you doing up so early?"

*Roseanne Sorcinelli, West Springfield, Massachusetts*

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100 PSI OILLESS  
AIR COMPRESSOR**

LOT NO. 97080

**SAVE  
42%**

**\$39<sup>99</sup>** REG. PRICE  
\$69.99



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**4-1/2" ANGLE  
GRINDER**

LOT NO. 95578

**SAVE  
44%**

**\$9<sup>99</sup>** REG. PRICE  
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TEMPERATURE  
HEAT GUN  
(572°/1112°)**

**SAVE  
60%**

**\$7<sup>99</sup>** REG. PRICE  
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**330 STORES NATIONWIDE**

**TO FIND THE STORE NEAREST YOU CHECK:  
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