

**ONLINE
SCAMS!**

7 Sure Signs of a Rip-off

PAGE 92

THE
WORLD'S
BEST-READ
MAGAZINE

Readers' Digest .com

**A SURFING PUG,
A HERO CAT & MORE
AMAZING
PETS**

PAGE 80

**TAP YOUR
BODY'S
HEALING
POWER**

PAGE 140

**"WHO KILLED
MY SON?"**

One man's story PAGE 146



August
2010
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F E A T U R E S

80 Amazing Pets GARY SLEDGE

A surfing dog, a heroic cat, and four more astounding animal stories.

92 Cyber Thieves! MAX ALEXANDER

Swindlers may be following your every tweet and post, looking for a chance to fleece you. Here's how to confound seven fast-growing cons.

102 Look Twice

See the world differently.

106 A Beautiful Mind AMY WALLACE

Ten ways *Eat, Pray, Love's* James Franco is more than just a pretty face.

110 The Secrets of Sobibor LEONARD FELSON

During World War II, the Nazis rushed to bury a death camp in the forest. Now survivors, witnesses, and scientists are unearthing the truth.

123 You Be the Judge VICKI GLEMBOCKI

Should a cousin adopted as an adult inherit a family's fortune?

126 Funny, You Don't Look Like Daniel Craig LENORE SKENAZY

Sharing a name with a celebrity can be ... complicated.

132 Fortunate Son KENNETH MILLER

Abused as a child, Rick Kelly was rescued by a loving couple. Could he do the same for another little boy?

140 The By-the-Clock Guide to Better Health

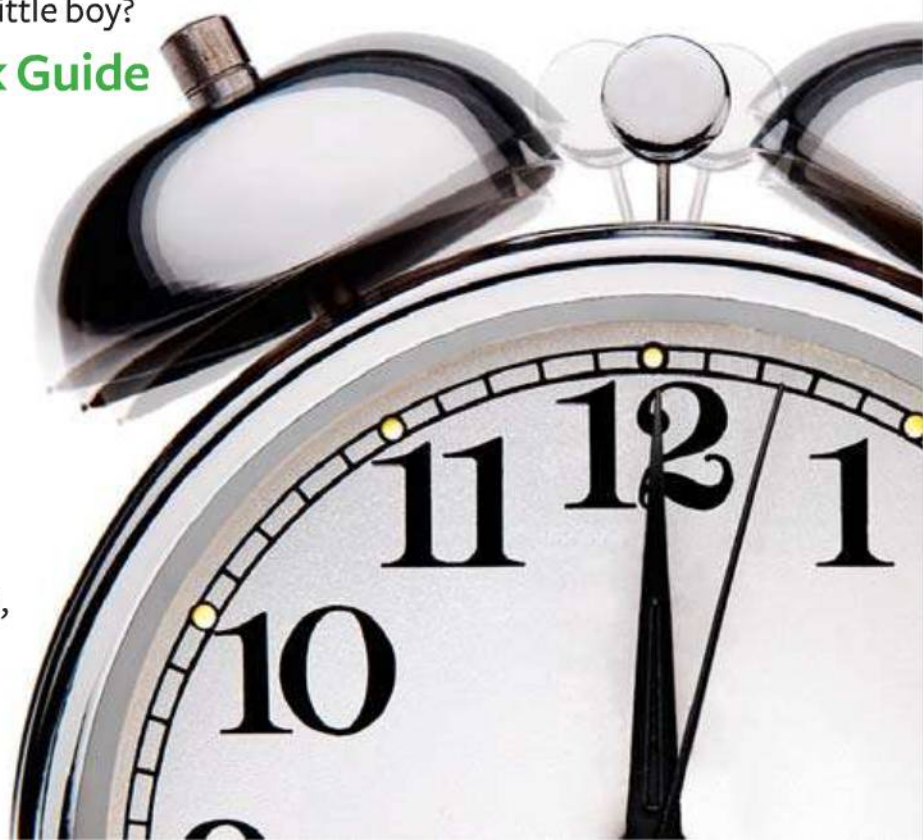
CHRISTIE ASCHWANDEN

Protect your heart, sleep better, and drop a few pounds by tapping into your body's natural rhythms.

BOOK EXCERPT**146 Killer Charm**

MICHAEL CAPUZZO

A shocking tale of torture, trickery, and a most unexpected criminal.





18

What Joy Behar loves ... and loathes



30

Ride gone wrong: Michelle Henderson and John Ritter

Reader's Digest

C O L U M N S

- 45 **Outrageous!** Coddling incompetent teachers is bad for students—and bad for America MICHAEL CROWLEY
- 49 **Here's the Deal** Bulk buyers' clever tips JANICE LIEBERMAN
- 56 **Ask Laskas** Commonsense advice JEANNE MARIE LASKAS

D E P A R T M E N T S

- 5 **React** Your letters
- 9 **The Digest** Lists you can learn from, how to fix college, and 13 things your butcher won't tell you
- 22 **Around the World with One Question** Do you text at the table?
- 24 **Laugh!** Our favorite jokes
- 30 **Heroes** Kitesurfing nearly ended a woman's life—until a fellow boarder swooped in KATHLEEN FIFIELD
- 35 **Make It Matter** Two teenagers give U.S. troops something fun to do in their free time PETRA GUGLIEMMETTI
- 38 **@Work** Office laughs
- 58 **Off Base** Humor in uniform
- 64 **My Story** Why playing it safe is worse than facing your fears LINDA GREENLAW
- 69 **Health** Weight-loss secrets
- 159 **Eater's Digest** Mexican-inspired recipes from chef Rick Bayless
- 163 **Quotes** Wise words
- 165 **Word Power** Test yourself
- 168 **Life** Your funny true stories
- 172 **Last Laugh**

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Dear Doctor,

I have bumps on my arms and body and I don't know why. My boyfriend thinks I'm cold and he's always trying to keep me warm, which okay, I enjoy, but I do not like constantly looking as if I have goose bumps. How can I get rid of my bumps and still keep my boyfriend?

Signed,
Brrrr not!

Dear Brrrr not,

You may have keratosis pilaris. Also called KP or "chicken skin bumps," this problem affects one out of every two people. KP Duty Dermatologist Moisturizing Therapy for Dry Skin is clinically proven to help improve the appearance of this condition. It works to exfoliate dry, crusty bumps while moisturizing skin and reducing the appearance of those pesky red polka dots! Skin is left feeling soft, smooth and boyfriend worthy. For best results, use it with KP Duty Body Scrub with Chemical + Physical Medi-Exfoliation.

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Audrey Kunin, M.D.
Founder of DERMAdoctor



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Cheap or Cheating?

I loved reading about the differences between being frugal and being a tightwad (“The Cheapest People in America”). Now I know: I am the queen of frugal—and not a tightwad! In today’s economy, we need to watch our pennies, and there are so many opportunities to save: free movie premieres, free cups of coffee (on tax day at Starbucks), free ice cream cones at Ben and Jerry’s, free plays, and free visits to lovely gardens in the Portland area. Thrift is a game for me, and I love every minute.

*Barbara Kochevar,
Gladstone, Oregon*

Saving McDonald’s cups for “free” refills? Pretending to retrieve your glasses from the car and walking into the movie theater without paying? As former store owners, we remember all too well the attitude that business owners are rolling in money and won’t suffer from this type of theft. Not true! Yes, these are tough times, and we need to be frugal, but we shouldn’t encourage people to take what doesn’t belong to them under the guise of “saving money.”

Donn and Jean Clarkson, Montrose, Michigan



It's nice to read that being frugal is now fashionable. We have four children, so I ration toilet paper, hand soap, and shampoo. After I recycle our cereal boxes, I reuse the inner bags. My mother-in-law says they keep her lettuce crisp. I find them handy for storing that leftover piece of pizza and fresh veggies.

Heather Friesen, Hesston, Kansas

Moving Stories

Thank you for helping me see that I am not alone (“The New American Migrants”). My husband lost his job in July 2009. He was fortunate to find a new one in September—two hours away. Commuting daily was not an option; we couldn’t absorb that kind of gas bill. He began staying with a friend during the week and coming home on his days off. I quit my job as a social worker to stay home and care for our two

STOP AND ENJOY ... THE READER'S DIGEST VERSION

This month, we asked our e-mail panel what they do to “stop and smell the roses.” The responses were far from garden-variety:

>> Take a ride on my Harley.

D. L., Denton, Texas

>> Grill outside, glass of wine in hand, family nearby. *B. F.*, Richfield, Wisconsin

>> Listen to opera.

J. T., Vancouver, Washington

>> Grab a lawn chair, a good book, and a glass of iced tea.

K. S., Schulenburg, Texas

>> Fly a kite. *D. W.*, Tulsa, Oklahoma

>> Sit on the beach and smell the pure salt air.

E. T., Oxford, Massachusetts

>> No electronics.

D. W., Arlington, Tennessee

>> Watch my son play softball with his dad. *S. L.*, Lakewood, Colorado

>> Sit on the back patio and enjoy a gentle rain.

L. G., Kamloops, British Columbia

>> Read aloud to my children.

M. E., Baltimore, Maryland

>> Weed in my yard on a nice evening. *R. A.*, Hays, Kansas

>> Drive the speed limit—and enjoy it. *G. T.*, Troy, Michigan

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

small children. We put a for-sale sign in the yard and waited. And waited. My husband has since found an apartment and continues to look for work that will support our family, even though jobs in his field now pay half of what they did a year ago.

Jennifer Varnado, Center Point, Louisiana

My eyes welled up when I read your article about epic commuters. I drive over 1,200 miles round-trip every weekend or so from Michigan to Virginia. It's very hard to be away from my family for days at a time. For everyone in a similar situation: Take it one day at a time, and have faith that it won't be long term.

Megan Raines, Auburn Hills, Michigan

Bravo to Daniel Butherus for saying, “I could have survived on unemployment. I have the ability to work; there's no reason I shouldn't. And so long as I can, I'm going to.” What a fantastic work ethic! It might not be the job you want, but it's important to show strength in adversity and work hard. It's the American way.

Janice Shermetaro, Palm Harbor, Florida

Another Life Changed

I just finished Rick Bragg's story about *To Kill a Mockingbird* (“The Book That Changed My Life”). My mind flooded with memories of that day long ago when I was 12 and discovered Harper Lee's wonderful story. It was printed in a *Reader's Digest* Condensed Book, one from my father's large collection. Thank

you, *Reader's Digest*. You fostered a lifelong love of reading. More kids today should be as blessed as I was.

Teresa Allen, Eureka, South Dakota

Rick Bragg quotes from an essay by Edythe M. McGovern stating that a 1991 survey by the Book-of-the-Month Club and the Library of Congress Center for the Book found *To Kill a Mockingbird* was “most often cited as making a difference in people’s lives, second only to the Bible.” McGovern was wrong, and Bragg should have checked his facts. Ayn Rand’s *Atlas Shrugged* was ranked second after the Bible.

Bernice Richmond, Naples, Florida

Editors' Note: You are right! To Kill a Mockingbird was actually ranked fourth, after Atlas Shrugged and The Road Less Traveled. Thanks for pointing this out.

To Speak or Spank?

You don’t need a survey to tell you that parents would prefer not to spank their children (“What’s the Best Way to Discipline Kids?”).

The question is not “How do parents discipline their children?” but rather “Has the method of discipline chosen by most parents been effective in raising well-behaved and respectful children?”

Bob Oxford, Framingham, Massachusetts

Grateful Verse

Thank you for including poetry in your publication and showing the world that you think it is important. In each of us lurks a poet, sometimes too shy to show himself and let others know that poetry is there.

D. Gary Christian, Santa Clara, Utah

Shhhh!

I agree with George Prochnik’s appreciation for silence, and I’d like to take it one more step: to calm the “visual” noise (“Quiet, Please”). Why do the 24/7 news and sports channels have the scrolling updates at the bottom of the screen? Must we have multiple feeds of information coming at us? I can’t watch a television show, read the bottom of the screen, and absorb both sets of data.

Sam Dixon, Greenville, South Carolina

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- React, Reader’s Digest, Box 200, Pleasantville, New York 10570-200. Include your full name, address, e-mail, and daytime phone number.

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The Digest



the who ● the how

● the now

Who needs Italy when we have Illinois? Sure, the Niles Leaning Tower may be half as tall (94 feet versus 175) and half as crooked (it tilts seven feet four inches instead of 13 feet) as the one in Pisa. But if it doesn't inspire you, there are 400 other distinctly different destinations in *John Margolies: Roadside America* (Taschen, \$39.99), including a doughnut-shaped doughnut shop, a whale-size bait shop, and only-in-the-U.S. miniature golf courses.

Extreme Makeover: College Edition

With tuition sky-high and the job market bottoming out, one professor suggests major changes

In *Crisis on Campus: A Bold Plan for Reforming Our Colleges and Universities* (Alfred A. Knopf, \$24, to be published in late August), Mark C. Taylor joins a growing number of pundits and academics alarmed by the high price and low yield of a college education. Taylor, chair of the department of religion at Columbia University, argues that our higher education system fails to prepare young people to thrive in a global economy—and that it's headed for a financial meltdown.

"If we project from where we are today, within ten years, the cost of four years at a top-tier school will be \$350,000," he says. "Parents used to pay for their kids' education by taking out a second mortgage, but of course that option has blown up." Students are also going into deeper debt—an

average of \$23,000 among those who've borrowed.

Taylor believes that liberal arts and a deep understanding of culture—our own and others'—are more important than ever. His beef is that while the

could provide salvation. Taylor's suggestions:

Shake up academic departments. Yes, kids will still choose a major, and some fields require specialized study. But a physics major might, for example,

“We have institutions made of walls, **in a world of webs.**”

world has become interconnected, departments on many campuses have grown increasingly specialized and insular. “We have institutions made of walls, in a world of webs,” he says. It's worse in graduate schools, where students develop arcane expertise: “We're training people for whom there are no jobs.” At the same time, networking between schools—sharing resources and creating partnerships—

be required to collaborate with a math major, a student in natural sciences, and perhaps an art student on a “zone of inquiry” such as media or the coming water shortage. “My wager is that over time, more innovative work will be done in the interdisciplinary zones,” he says. “Creativity always emerges at the edges, at the intersections.”

Encourage colleges to partner with one another. Schools can't

afford to excel in every discipline—or offer every class. More students should be allowed, even encouraged, to take courses at colleges other than the one in which they're enrolled, possibly via the Internet. Taylor also believes that wealthier schools—the educational haves—have a moral obligation to share with the have-nots via video-conferencing, not only in this country but also throughout the world.

Partner with (gasp) for-profits. Professors could participate in low-cost, widely accessible for-profit education online and create other income-generating alliances,

possibly with corporations. Many science departments already do this. “It’s incumbent on us to find new ways of financing what we do,” Taylor says.

Kill tenure. “No matter how well educators do what they do, you can’t know if there’s going to be a need for them in five years, let alone ten or 30,” Taylor says. “If you were the CEO of a start-up, would you hire anybody on a lifetime contract with no possibility of dismissal, regardless of

performance? That’s what you have with tenure.”

Focus on teaching.

Too much emphasis is placed on professors’ research and writing, especially at top-tier schools. “In my experience, faculty members at Williams College typically spend only 120 hours teaching in the classroom in a school year. At Columbia, it’s usually 140,” he calculates.

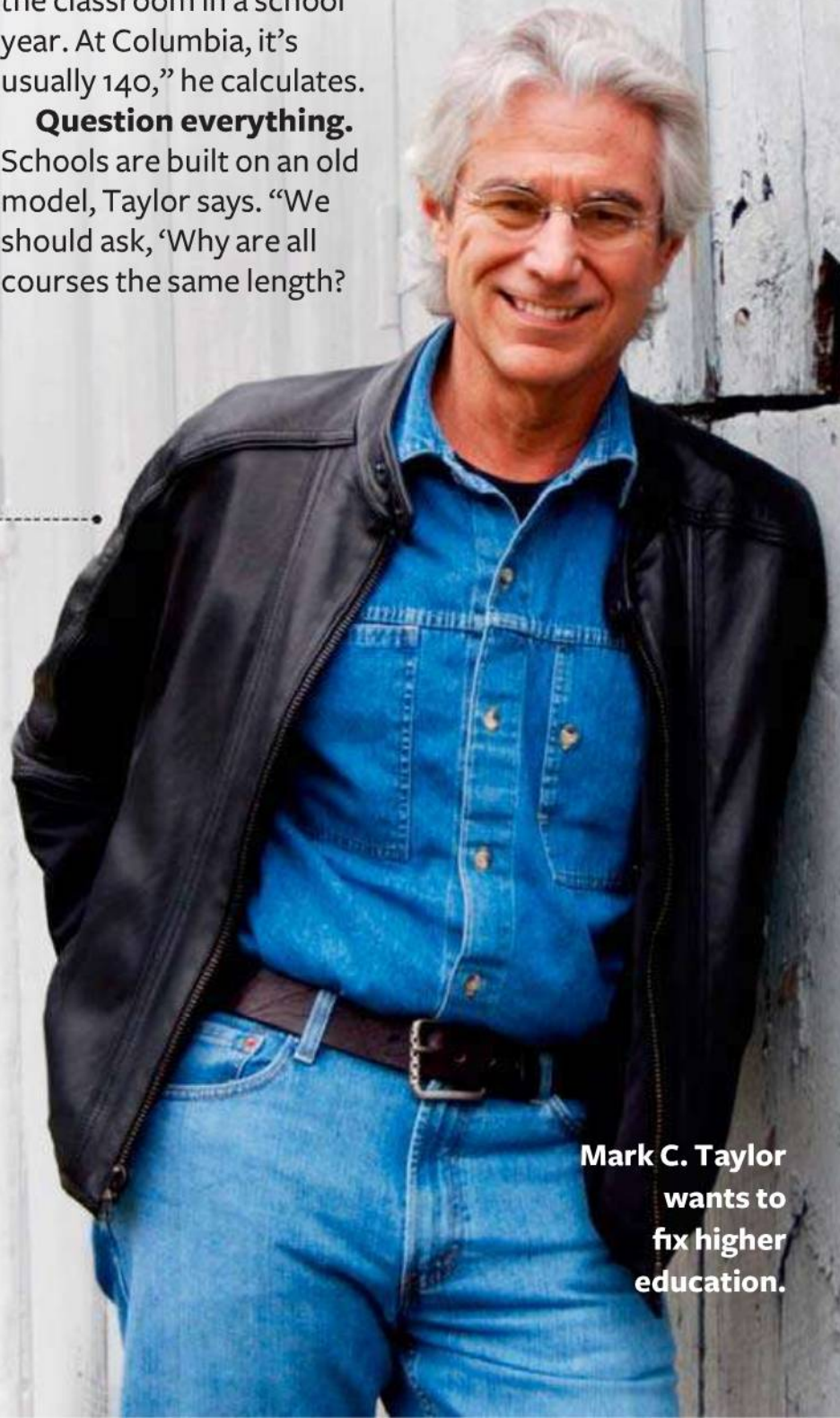
Question everything.

Schools are built on an old model, Taylor says. “We should ask, ‘Why are all courses the same length?

Why are they worth the same credits? Why is college four years?’”

Stay positive. “Addressing the problem of higher education and marshaling the resources to do it,” Taylor says, “are absolutely essential. Education is what makes us tick.”

Dawn Raffel



Mark C. Taylor wants to fix higher education.

...Your **Butcher** Won't Tell You

Don't be fooled by supermarket brand names like Butcher's Brand, Rancher's Reserve, and Blue Ribbon. The label to look for is *USDA Quality Grade*. Prime is the best (and most expensive), followed by choice, select, then standard.

A big part of our job is window dressing. We flip brown meat over, cut off fat, and dab away blood that might turn you off.

Your beef may get ground in Iowa, **stuffed in a long tube of plastic**, and trucked to our store, where we regrind and package it.

Some companies **pump carbon monoxide** into packaging to keep the meat from turning brown.

Make sure you check the price per pound or per serving. **The regular size is often cheaper** than the family pack.

Why are you so wedded to the cut of beef your recipe calls for? We can suggest cheaper options.

My favorite cut? The hanging tender. Also known as a hanger steak

or a bistro steak, **it's got great flavor at a good price.**

Take the meat tray at the bottom of the stack or the farthest in back.

Just like milk, it tends to be fresher.

Save \$1.50 to \$2 a pound on boneless pork chops.

Buy a whole boneless pork loin roast and slice it into chops an inch thick.

Yes, that 92/8 ground beef is lean, but if you make burgers with it, you might be disappointed. **Your favorite burger joint probably uses beef that's much fattier.**

Even if those chicken breasts say "100 percent natural," they may still be injected with sodium-

laden broth, salt water, or seaweed extract. **Always check the label.**

Some of the best tasting cuts are the ugliest ones, like the flap meat on the belly part of beef.

Ask me to help. Even if it's already on a tray wrapped in cellophane, **I can cut the fat off a roast**, trim a flank steak into stir-fry strips, or grind up a chuck roast. Then I'll neatly wrap it back up for you. All for no extra charge.

Sources: Butchers in New York City; Charlotte, North Carolina; San Francisco; Kingston, New York; and Timberville, Virginia; Lee O'Hara, author of *Beef Secrets Straight from the Butcher*; and the National Cattlemen's Beef Association.

Interviews by *Michelle Crouch*



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The Digest mini book excerpts

● **novel** **Take a long look at me, diary.** What do you see? A slight man with a gray, sunken battleship of a face, curious wet eyes, a giant gleaming forehead on which a dozen cavemen could have painted something nice, a sickle of a nose perched atop a tiny puckered mouth, and from the back, a growing bald spot whose shape perfectly replicates the great state of Ohio, with its capital city, Columbus, marked by a deep-brown mole. *Slight*. Slightness is my curse in every sense. A so-so body in a world where only an incredible one will do.

SUPER SAD TRUE LOVE STORY BY GARY SHTEYNGART (RANDOM HOUSE, \$25)



● **science** **To the rocket scientist,** you are a problem. You are the most irritating piece of machinery he or she will ever have to deal with. You and your fluctuating metabolism, your puny memory, your frame that comes in a million different configurations. You are unpredictable. You're inconstant. You take weeks to fix. The engineer must worry about the water and oxygen and food you'll need in space, about how much extra fuel it will take to launch your shrimp cocktail and irradiated beef tacos. A solar cell or a thruster nozzle is stable and undemanding. It does not excrete or panic or fall in love with the mission commander. It has no ego.

PACKING FOR MARS: THE CURIOUS SCIENCE OF LIFE IN THE VOID BY MARY ROACH (W. W. NORTON, \$25.95)

● **history** **She regretted that** she didn't spend a little more time studying her visitors. "I was so focused on the document itself, the fact that we had an original Bill of Rights on our conference table," she said. "It just really took your breath away." Faced with no better option, she simply offered a warning. "I will tell you this," she said. "If the document is what it appears to be, it has tremendous value, but the state that it belongs to could claim it. There are laws that apply to getting it back. It's priceless, but it's also worthless." The guests nodded and thanked her, then walked back out through the lobby. She never saw or heard from them again.

LOST RIGHTS: THE MISADVENTURES OF A STOLEN AMERICAN RELIC BY DAVID HOWARD (HOUGHTON MIFFLIN HARCOURT, \$26)

● **memoir** **One morning** [in Malibu Canyon], I looked across the room at my seven-month-old baby crawling across the den, and then I spotted the scorpion she was pulling herself toward, thinking it was some kind of strange toy. It was at that moment, I think, that I began to become a New Yorker. I wanted nothing more to do with desert arachnids, venomous snakes, or brush so dry it would ignite just from the sun.

COMPOSED BY ROSANNE CASH (VIKING, \$26.95)



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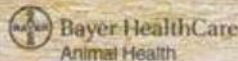


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The Digest lists you can learn from

6 Tips for **Complaining**

- 1. Photograph the problem**, then whip out the pictures as proof of, say, a less than relaxing hotel room.
- 2. Ask the manager** to come out from behind the counter for a private chat. He may appreciate your discretion and remedy the problem quickly.
- 3. State the facts**, without hyperbole, and their “unhappy effect” on you and your family. When the manager asks you how he can address the problem, calmly start reciting the list again. You may get more satisfaction than you imagined.
- 4. The longer you stay on** the phone with customer service reps, the harder they may try to satisfy you and get you off the line so they can make their hourly quotas.
- 5. Ask the company rep**, “What would you do if you were in my shoes?”
- 6. Write a letter**, be sure to use the word *fraud*, and send it registered mail for dramatic effect.

SOURCE: TIPS FROM READERS IN “**THE HAGGLER**,”
BY DAVID SEGAL, *NEW YORK TIMES*



7 Decorating **Dos and Don'ts**

Some advice on beautiful rooms from *House Beautiful*:

“Always group things in odd numbers.”

“Beware of using more than two pairs of anything in a room.”

“You never really know what a mirror will do until you hang it.”

“Pick your paint colors last.”

“Never, ever paint an entire room until you’ve lived with big sample boards of at least three possible colors for 24 hours.”

“Beige rooms are beautiful in sunlight but can die at night.”

“If you’re afraid of sitting on it, touching it, or breaking it, get rid of it.”

(LEFT) INFLEX PRODUCTIONS/IMAGE BANK/GETTY IMAGES

The 12 Best American Beers

In a blind taste test of 250 beers from around the world, these U.S. beers made the top 20, according to *The Beer Trials* (by Seamus Campbell and Robin Goldstein, Fearless Critic Media/Workman, \$14.95):

- Alaskan Smoked Porter** (Juneau)
- Boulder Planet Porter** (Colorado)
- Deschutes Obsidian Stout** (Bend, Oregon)
- Goose Island IPA** (Chicago)
- Great Divide Yeti Imperial Stout** (Denver)
- Bear Republic Hop Rod Rye** (Healdsburg, California)
- Lagunitas Pils** (Petaluma, California)
- North Coast Old Rasputin Imperial Stout** (Fort Bragg, California)
- Russian River Pliny the Elder** (Santa Rosa, California)
- Victory HopDevil Ale** (Downingtown, Pennsylvania)
- Victory Prima Pils** (Downingtown, Pennsylvania)
- Widmer Brothers Broken Halo IPA** (Portland, Oregon)



9 Tips for Shopping Farmers' Markets

The early birds get the best produce.

Shop around before you choose.

(The cheaper, better-looking lettuce may be a few stands away.)

Take your own bags and shop for the heavy stuff first (apples, potatoes) so it can go at the bottom and lighter produce can go on top.

Ask vendors for recipes.

Go ahead and leave home without your American Express card. (Bring cash.)

The bargains tend to be vegetables, not fruit.

Meat, eggs, dairy—usually eco-friendly and often overlooked.

Leave pets at home.

Don't haggle.

SOURCE: ECOSALON.COM

7 Places You Shouldn't Even Think of Visiting

In *101 Places Not to See Before You Die* (HarperCollins, \$13.99), Catherine Price lists destinations that are dangerous, dopey, or terminally dreary. Still, “the worse something is in the moment, the better the story when you get home.”

A few choices:

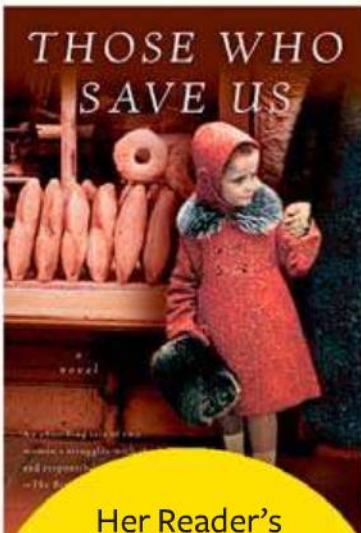
- ✗ The Beijing Museum of Tap Water
- ✗ Rush hour on a Samoan bus
- ✗ The Third Infiltration Tunnel at the DMZ, South Korea
- ✗ Amateur night at a shooting range
- ✗ Any place whose primary claim to fame is a large fiberglass thing
- ✗ The Poison Oak Show
- ✗ An airplane after it has been stranded on a runway for eight hours

Actress, writer, and comedian **Joy Behar** is cohost of *The View* and host of *The Joy Behar Show*.



WHAT SHE'S READING

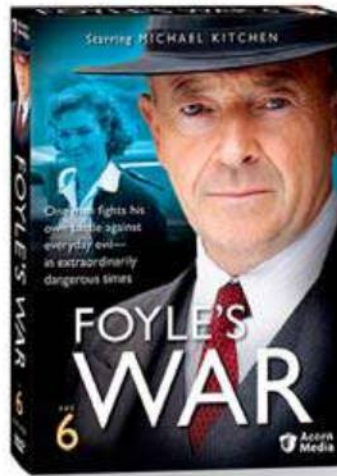
Those Who Save Us, by Jenna Blum. It's about a woman doing research on Germans in the United States and what they did during World War II. It's fiction, but it's based on real stories."



Her Reader's Digest Version of

LIFE AND WORK

"Life's a bitch, so laugh it up."



WHAT SHE'S WATCHING

Foyle's War on Masterpiece Theatre. Michael Kitchen plays a police officer in post-World War II England. It's soap opera on a higher level. People think it's scary and over their head. Nothing is more juicy and dishy than Masterpiece Theatre." (DVD, *Foyle's War*, set six, \$49.99)

WHERE SHE'S SURFING

"I read the Daily Beast and the Huffington Post. That's it. Maybe it's my age, but I'm really a newspaper and magazine person. I like to hold it in my hand and write on it and do the crossword puzzle."

WHAT SHE'S LISTENING TO

"I have SIRIUS Satellite Radio. I like Siriusly Sinatra—you know, old school. And Classic Vinyl; they play rock from the '60s and '70s. I love that music. That's where my taste goes basically. And I tune in to the Spa channel. It's very soothing. It's like you're lying on the table getting a massage."



WHAT SHE'S PLUGGING

The Joy Behar Show, 9 p.m. EST, on HLN. "It runs the gamut from the Gosselins to Gore Vidal. It's like my reading matter—from the *New York Times* to the *National Enquirer*."

Interview by Amy Wallace

(BEHAR) ILLUSTRATED BY ZACH TRENHOLM; (SINATRA) MICHAEL OCHS ARCHIVES/GETTY IMAGES

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

Visit 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 or call 1-800-FDA-1088.

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



Please see Important Product Information on back.

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.
- Call **1-877-9-TOVIAZ**.



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Do You Text at the Dinner Table?

Miss Manners says not to, and the world seems to agree. Of the 16 countries we polled, only four had a majority of respondents answer yes to mealtime texting. As you might expect, a greater number of those under 45 give their thumbs a workout at the table. Americans are among the most well mannered: Although some 90 percent of the U.S. population owns a mobile phone, we tied for third place among no-texting nations.

Cell phones are not allowed at the table. That is sacred family time.

*Cyndi Cirillo Hove, 47,
Santa Ana, California*

It is really impolite to do so, and honestly, how can you eat and text?

*Stephanie Kumpfert, 33,
Stuttgart, Germany*

Yes, I text at the table. And Google. And Twitter. And surf. And eat.

*Philip Lassner, 35,
Montreal, Quebec*

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



Not at the table

Canada	85%
Germany	84
Netherlands	83
U.S.	83
Spain	77
France	76
Australia	75
Italy	74
Brazil	73
U.K.	72
Russia	61
Mexico	51

More women than men admit to dinner-table texting in 11 of our surveyed countries. Only in **Canada, France, India, Malaysia,** and the **U.K.** did male texters outnumber females.

Brazil was the only country in which respondents over age 45 do more dinnertime texting than younger people. Why? “Years ago, our government banned computer imports,” says Sergio Charlab, editor of *Reader’s Digest* Brazil. “Older residents remember the craving for technology and now try to catch up whenever they can.”

Laugh! 😊

Every night, Harry goes out drinking. And every night, his wife, Louise, yells at him. One day, one of Louise's friends suggests that she try a different tack. "Welcome him home with a kiss and some loving words," she says. "He might change his ways."

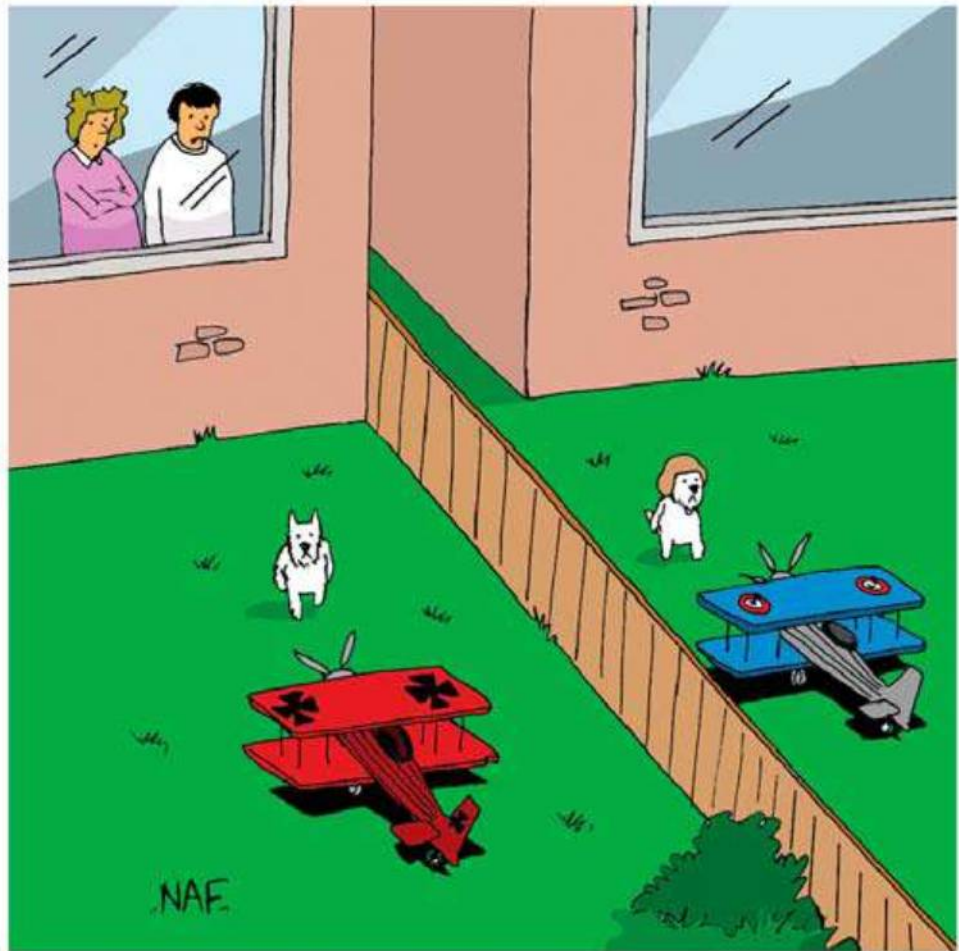
That night, Harry stumbles back home as usual. But instead of berating him, Louise helps him into an easy chair, puts his feet up on the ottoman, removes his shoes, and gently massages his neck.

"It's late," she whispers. "I think we should go upstairs to bed now, don't you?"

"Might as well," says Harry. "I'll get in trouble if I go home."

My mom wants me to name my kids after people in our family. So I'm naming my firstborn Uncle Karl.

Comic *Nick Vatterott*



"Uh-oh, here we go—another dogfight."

Sam shows up at a revival meeting, seeking help.

"I need you to pray for my hearing," he tells the preacher.

The preacher puts his fingers on Sam's ears and prays and prays. When he's done, he asks, "How's your hearing now?"

"I don't know," says Sam. "I don't go to court till next Tuesday."

Submitted by *James Hoskin*

You know you're dating the wrong guy when your friend steals your boyfriend and all you can think is, What does she see in him?

Comic *Sarah Blodgett*

I enrolled in an online school to become a private investiga-

tor. I gave them my money, and then I never heard back from them. I thought, Either I just got ripped off, or this is my first case.

Comic *Mike Vecchione*

It's so quiet in the Hollywood Starbucks this morning, you can hear a name drop. *Eli Braden*, on ComedySmack

"Why doesn't your mother like me?" a woman asks her boyfriend.

"Don't take it personally," he assures her. "She's never liked anyone I've dated. I once dated someone exactly like her, and that didn't work out at all."

"What happened?"

"My father couldn't stand her."

Submitted by *James Richens*

My house is haunted by a ghost-writer. Last night, I came home and my autobiography had been written.

Comic *Craig Sharf*

Q: How many divorced men does it take to change a lightbulb?

A: Who cares? They never get the house anyway.

Submitted by *Elsbeth McVie*

A man is madly in love with a princess and wants to propose, but an evil witch has cast a spell on him, and now he can say only one word a year. So he waits 14 agonizing years—accumulating all his words—before approaching his beloved. Finally, the big day arrives. When he sees her, his heart skips a beat. He gathers his nerve, drops to his knees, and intones, "My darling, I have waited many years to say this: Will you marry me?"

The princess turns around, smiles, and says, "Pardon?"

Submitted by *Wesley Joubert*

 **Your favorite new joke, funny anecdote, or crazy news story might be worth \$\$\$.** See page 39 for details.

WHY THE FACE?

Think you're being watched? These images from Flickr prove you are!





“Talk about a
wake-up call.
I had a heart attack
at 57.”

~John E.
Lafayette, CA
Heart attack: 8/16/2007



“I should have been doing more for my high cholesterol.
I learned the hard way. Now I trust my heart to Lipitor.”
Talk to your doctor about your risk and about Lipitor.

IMPORTANT SAFETY INFORMATION:

LIPITOR is not for everyone. It is not for those with liver problems. And it is not for women who are nursing, pregnant or may become pregnant.

If you take LIPITOR, tell your doctor if you feel any new muscle pain or weakness. This could be a sign of rare but serious muscle side effects. Tell your doctor about all medications you take. This may help avoid serious drug interactions. Your doctor should do blood tests to check your liver function before and during treatment and may adjust your dose.

Common side effects are diarrhea, upset stomach, muscle and joint pain, and changes in some blood tests.

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

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

- When diet and exercise are not enough, adding Lipitor may help. Lipitor is FDA-approved to reduce the risk of heart attack and stroke in patients who have heart disease or risk factors for heart disease, including family history of early heart disease, high blood pressure, low good cholesterol, age and smoking.
- Lipitor has been extensively studied with over 18 years of research. And Lipitor is backed by over 400 ongoing or completed clinical studies.



Have a heart to heart with your doctor about your risk.
And about Lipitor.

Call 1-888-LIPITOR (1-888-547-4867)
or visit www.lipitor.com/john

INDICATION:

LIPITOR is a prescription medicine that is used along with a low-fat diet. It lowers the LDL (“bad” cholesterol) and triglycerides in your blood. It can raise your HDL (“good” cholesterol) as well. LIPITOR can lower the risk for heart attack, stroke, certain types of heart surgery, and chest pain in patients who have heart disease or risk factors for heart disease such as age, smoking, high blood pressure, low HDL, or family history of early heart disease.

LIPITOR can lower the risk for heart attack or stroke in patients with diabetes and risk factors such as diabetic eye or kidney problems, smoking, or high blood pressure.

Please see additional important information on next pages.



IMPORTANT FACTS



LIPITOR.
atorvastatin calcium
tablets

(LIP-ih-tore)

LOWERING YOUR HIGH CHOLESTEROL

High cholesterol is more than just a number, it's a risk factor that should not be ignored. If your doctor said you have high cholesterol, you may be at an increased risk for heart attack and stroke. But the good news is, you can take steps to lower your cholesterol.

With the help of your doctor and a cholesterol-lowering medicine like LIPITOR, along with diet and exercise, you could be on your way to lowering your cholesterol.

Ready to start eating right and exercising more? Talk to your doctor and visit the American Heart Association at www.americanheart.org.

WHO IS LIPITOR FOR?

Who can take LIPITOR:

- People who cannot lower their cholesterol enough with diet and exercise
- Adults and children over 10

Who should NOT take LIPITOR:

- Women who are pregnant, may be pregnant, or may become pregnant. LIPITOR may harm your unborn baby. If you become pregnant, stop LIPITOR and call your doctor right away.
- Women who are breast-feeding. LIPITOR can pass into your breast milk and may harm your baby.
- People with liver problems
- People allergic to anything in LIPITOR

BEFORE YOU START LIPITOR

Tell your doctor:

- About all medications you take, including prescriptions, over-the-counter medications, vitamins, and herbal supplements
- If you have muscle aches or weakness
- If you drink more than 2 alcoholic drinks a day
- If you have diabetes or kidney problems
- If you have a thyroid problem

ABOUT LIPITOR

LIPITOR is a prescription medicine. Along with diet and exercise, it lowers “bad” cholesterol in your blood. It can also raise “good” cholesterol (HDL-C).

LIPITOR can lower the risk of heart attack, stroke, certain types of heart surgery, and chest pain in patients who have heart disease or risk factors for heart disease such as:

- age, smoking, high blood pressure, low HDL-C, family history of early heart disease

LIPITOR can lower the risk of heart attack or stroke in patients with diabetes and risk factors such as diabetic eye or kidney problems, smoking, or high blood pressure.

POSSIBLE SIDE EFFECTS OF LIPITOR

Serious side effects in a small number of people:

- **Muscle problems** that can lead to kidney problems, including kidney failure. Your chance for muscle problems is higher if you take certain other medicines with LIPITOR.
- **Liver problems.** Your doctor may do blood tests to check your liver before you start LIPITOR and while you are taking it.

Call your doctor right away if you have:

- Unexplained muscle weakness or pain, especially if you have a fever or feel very tired
- Allergic reactions including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing which may require treatment right away
- Nausea, vomiting, or stomach pain
- Feeling more tired than usual
- Allergic skin reactions
- Brown or dark-colored urine
- Your skin and the whites of your eyes turn yellow

Common side effects of LIPITOR are:

- Diarrhea
- Muscle and joint pain
- Upset stomach
- Changes in some blood tests

HOW TO TAKE LIPITOR

Do:

- Take LIPITOR as prescribed by your doctor.
- Try to eat heart-healthy foods while you take LIPITOR.
- Take LIPITOR at any time of day, with or without food.
- If you miss a dose, take it as soon as you remember. But if it has been more than 12 hours since your missed dose, wait. Take the next dose at your regular time.

Don't:

- Do not change or stop your dose before talking to your doctor.
- Do not start new medicines before talking to your doctor.
- Do not give your LIPITOR to other people. It may harm them even if your problems are the same.
- Do not break the tablet.

NEED MORE INFORMATION?

- Ask your doctor or health care provider.
- Go to www.lipitor.com or call 1-888-LIPITOR.
- Talk to your pharmacist.

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



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Rx only

Heroes



**Henderson
and Ritter in the
Florida surf.**

PHOTOGRAPHED BY PRESTON C. MACK/REDUX

Swept Away

Michelle Henderson took up kitesurfing for fun. It nearly ended her life—until a fellow boarder swooped in. **BY KATHLEEN FIFIELD**

For John Ritter, windy days are the best days. Every chance he gets, he heads for the Banana River, a long, narrow estuary that borders Cape Canaveral, Florida, to go kiteboarding, an adventure sport that combines elements of surfing and sailing. He straps himself into a harness connected to a 42-foot-long kite, then stands on a board as the wind pulls him across the water's surface. "It's my favorite thing to do," says Ritter, 53, a retired business owner.

Last fall, Michelle Henderson, an accomplished runner, diver, and longboard surfer, got the kitesurfing bug. "It looked like fun," says the 50-year-old orthopedic surgeon. "Just another crazy thing I wanted to challenge myself to do."

So Henderson got a kiteboard, took some lessons, and a few months later drove out to the Banana River. There she met Ritter, who took her under his wing as a

beginner. He offered to help her improve her skills. "I was doing the fairy godmother thing and looking out for her," he says.

They made a plan to get together one morning in November. The idea was that Ritter would instruct Henderson while his wife, Nancy, 49, trailed behind her on a Jet Ski. That way, there would be someone to retrieve Henderson if she got into trouble.

Ritter gave her a few tips. The breeze was irresistible, so after pointing Henderson into the wind, he took off. He'd sailed about three quarters of a mile down the river when he felt the gusts pick up. He knew that the stronger the wind grew, the more difficult it would be for Henderson to control her board. Worried, he turned and started sailing back toward the two women.

Henderson had already decided to head for shore. The wind was too

strong for her, and she wanted to save her energy for the lesson she'd scheduled for early afternoon. She prepared to land her kite by releasing one of the four lines that kept the sail in the air.

But she didn't have a chance. Seconds later, a huge gust sent the kite

She was jerked over and under the water as the runaway sail pulled her behind it.

billowing skyward, yanking Henderson, who hadn't yet unhooked herself from the harness, up with it. She released her board and tried to pull the safety release. Ordinarily, that would've detached the kite from the harness and sent it crashing into the water. Instead, another strong blast of wind propelled the kite upward again. Even more dangerous, the sail's lines started to twist together, round and round, creating what's known in kiteboarding circles as a death spiral. Still attached to the kite, Henderson was jerked over the water, then back under, as the runaway sail pulled her along behind it. Her mouth and nose filled with water again and again, the pressure from the harness on her rib cage restricting her lungs even further. She couldn't breathe.

Henderson knew she had to yank the safety release to detach from the kite. But she couldn't

locate it under the mass of tangled lines, let alone pull it. Nancy was several hundred feet away on the Jet Ski and couldn't get to her fast enough to help. Choking and fighting for air, Henderson knew she was only a few minutes away from drowning. Her heart told her she wasn't ready to go. She prayed to God: "I'm not done yet."

By now, the wind had jumped from 15 mph to nearly 40, and the waves were at least two feet high. Ritter, who was still a quarter of a mile away, could see that Henderson was attempting to release her kite. Good move, he thought. Then he realized she couldn't do it.

"She was going downwind at 20 miles per hour," he says. "That's when I knew we had a real problem." He took off after her on his board, but she was moving so quickly, he wasn't sure he could catch up with her.

As Ritter closed in, he lost his own board. Struggling to steer his kite while being dragged face-first across the water, he hit an upward surge and leapfrogged in front of Henderson. Controlling his kite with one hand, he grabbed her lines and pulled himself alongside her with the other.

Henderson felt Ritter lift her out of the water. "Grab onto me!" he shouted. As she held his arm, he tried to pull the release but couldn't reach it. Then suddenly, Ritter

let go. At that point, without him holding onto her, Henderson was sure she would die.

But Ritter had seen Nancy approaching and figured he'd have a better chance of helping Henderson from the Jet Ski; he landed his kite and jumped onto the vehicle, steering it from behind his wife. "We could barely get it to move forward," Ritter says. "The waves were so big that we couldn't punch through them."

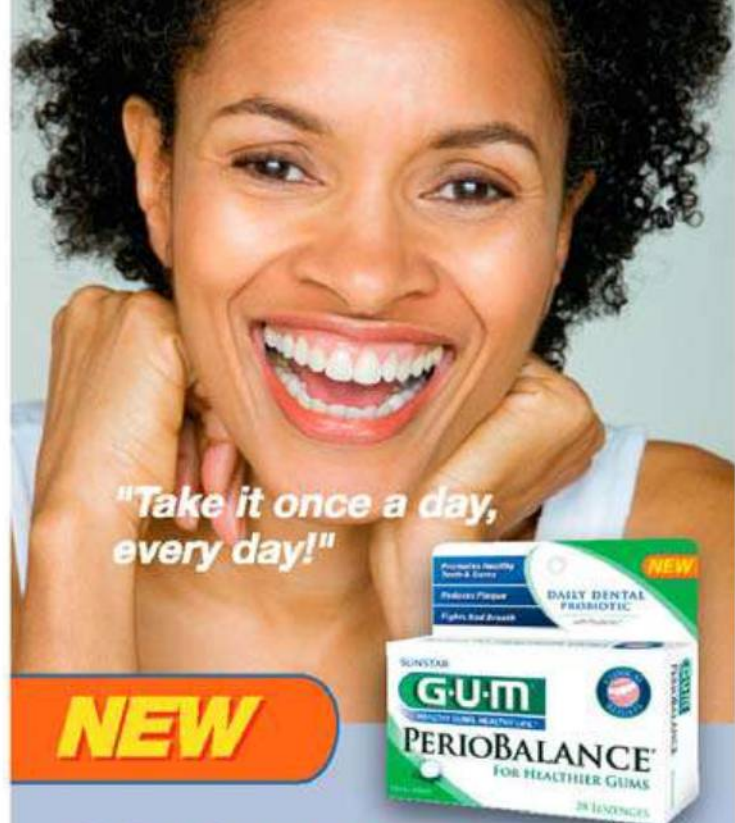
The couple ducked as Henderson's kite swooped wildly over their heads. Then, as the sail took a nose-dive, Ritter jumped for it. With all his might, he leaped from the Jet Ski onto the sail and wrestled it to the water, where it finally collapsed.

Henderson floated for a few minutes, then rallied to help pull in her lines. As she untwisted them, she counted the revolutions—more than 200—and was amazed that the kite had turned so many times.

Nancy wasn't surprised by her husband's actions that day. "I knew that John of all people could jump onto the kite," she says.

Ritter, for his part, credits Henderson: "She's in incredible physical condition, and if she weren't, she would have been dead when I got to her."

The experience hasn't kept Henderson off the board. She's taking more lessons and plans to keep kite-surfing. "Life is fragile, but it's meant to be enjoyed," she says. "I'm grateful that I'm still here to do that." ■



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GUM® PerioBalance®

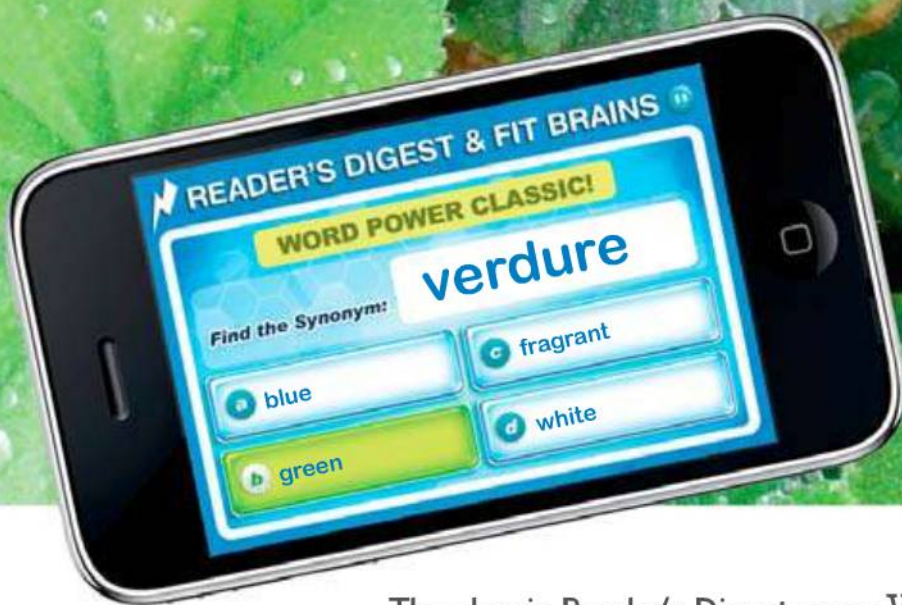
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Make It Matter

Game Boys

Jack Wilson and Peter Gallagher give U.S. troops something fun to do in their spare time

BY PETRA GUGLIELMETTI

Like most teenage guys, Peter Gallagher and Jack Wilson love to play video games, perhaps too much. That's why their parents established a strict rule: Games were off-limits, except on weekends. After school, the two would shoot hoops or head to lacrosse practice. But come Saturday, they'd fire up the Xbox 360 and play favorites including Madden NFL and the war game Call of Duty.

These days, the friends, now 18, are channeling their passion for gaming into something any parent would be proud of: their own

Jack, left, and Peter test the donations.

charity that aims to lift the spirits of U.S. troops fighting overseas.

Peter and Jack collect new and used handheld video games and gaming systems—like Game Boy, Nintendo DS, and PlayStation



PHOTOGRAPHED BY ANDREW BRUSSO

readersdigest.com 8/10

35

Portable—and send them to soldiers stationed in Iraq and Afghanistan. “A lot of the troops are not much older than Jack and me,” says Peter, a competitive water-skiier who teaches the sport to younger kids during the summer. “The games help take their minds off things.”

Peter and Jack started thinking about the troops in March 2008, when they organized a community-service project they called Cheer Up the Troops. They spent a week at two elementary schools near their homes in Westchester County, New York, helping students write 1,000

letters and create drawings to send to soldiers overseas.

That’s when Jack and Peter heard that handheld video games were in great demand. The teens put collection boxes in their school as well as in churches and fire stations. “It was amazing how many people had old games lying around,” says Jack.

The friends also collect batteries and cash donations that they use to buy new items at a discount. Sports games, like NBA Live and FIFA Soccer, and action and strategy games, like Warhammer and Age of Empires, have universal appeal. To give the troops “a taste of home,” says Jack, they ask the kids who donate their games to write

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and a goodness to savor.

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Feed the Senses™

a short note or e-mail to a soldier.

As demand grew, the teens started a charity, Games for Heroes, and contacted manufacturers. Sony, Electronic Arts, Capcom, and G-Net have donated about 1,000 games. In just two years, the charity has distributed more than \$100,000 in goods. The teens rely on word of mouth, recruitment and reserve centers, and networking to expand their database of names and addresses.

And the soldiers appreciate their efforts. While stationed in Iraq, 1st Lt. Daniel A. Garcia-Ascanio awarded the games and systems as prizes at a video game Olympics and a best-squad competition he hosted for the troops. The events, says

Garcia-Ascanio, were “a blast.” Some recipients regift the gaming systems when their stints are up, leaving them behind for others to play.

The teens will start college this fall—Peter at Elon University, in North Carolina, and Jack at Union College, in New York—but they remain committed to the project. They now plan to send games to wounded soldiers recovering at military hospitals in the United States. “We’re in this for the long haul,” says Peter. “We’ll ship games to our heroes until the last soldier comes home.”

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



Explore and enjoy our new look to create a sensory experience with every meal.



“Not to point fingers, Samson, but profits are down, and we smell a rat.”

When my summer teaching post in the Czech Republic came to an end, I told my students my next teaching destination would be in Australia, “the land down under.”

On my final day, they presented me with a card. The carefully worded note read “Good luck, and happy journey to the underworld.”

Lourdes H. Genosa

Scott Adams, creator of the *Dilbert* comic strip, asked visitors to his website to describe their job in one sentence. Here are some responses: My job is to ...

- Spend most of the day looking out the window.

Pilot

- Run away and call the police.

Security guard

I was delivering pizzas when I fell hard onto the sidewalk. Seeing me sprawled on the ground, my concerned customer yelled, “Oh, no! The pizzas!”

Richard Thompson

- Ensure that stupid people stay in the gene pool.

Lifeguard

- Copy and paste things on the Internet.

Student

- Talk in other people’s sleep.

University professor

Tourists say some odd things when they charter my boat in Key West. “How many sunset sails do you have at night?” asked one. Another wondered, “Does the water go around the island?”

But the most interesting came when I asked a customer why she’d brought along a dozen empty jars. She answered, “I want to take home a sample of each color of water that we’ll be going in.”

Denise Jackson

Court of Less Appeal

Justice isn't just blind—it's snickering at these real courtroom give-and-takes:

Judge (to young witness): Do you know what would happen to you if you told a lie?

Witness: Yes. I would go to hell.

Judge: Is that all?

Witness: Isn't that enough?

Q: Isn't it a fact that you have been running around with another woman?

A: Yes, it is, but you can't prove it!

Q: Have you ever heard about taking the Fifth?

A: A fifth of wine?

Q: No, the Fifth Amendment.

Q: What did your sister die of?

A: You would have to ask her.

I would be speculating if I told you.

Source: texasbar.com

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No purchase necessary to enter or win. Sweepstakes closes 2/18/11. Open to U.S. residents.

When I worked in my school library, a very confused guy asked me for help. "The computer just started typing in Latin. I can't understand it," he said. It turns out he was typing in italics. *Susanna Wolf, collegehumor.com*

COURTESY KULULA AIR



BUSINESS OF THE MONTH

Are you afraid of flying? Then Kulula Air is for you. The South African airline makes sure even the novice pilot knows where everything on the plane is located.

COPD left me short of breath.



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It's a maintenance medication that helps significantly improve my lung function starting within 5 minutes. And it makes a significant difference in my breathing.*

* Results may vary.

Remember, SYMBICORT does not replace a rescue inhaler for sudden symptoms.

Talk to your doctor about SYMBICORT today.



FREE PRESCRIPTION OFFER†

Call 1.888.533.2983 or visit MySymbicort.com/GO

† Subject to eligibility rules. Restrictions apply.

IMPORTANT SAFETY INFORMATION ABOUT SYMBICORT FOR COPD

SYMBICORT 160/4.5 is approved for adults with COPD, including chronic bronchitis and emphysema. You should only take 2 inhalations of SYMBICORT twice a day. Higher doses will not provide additional benefits.

Call your doctor if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems.

SYMBICORT may increase your risk of lung infection, osteoporosis, and some eye problems (cataracts or glaucoma). You should have regular eye exams.

Thrush in the mouth and throat may occur.

Tell your doctor if you have a heart condition or high blood pressure before taking SYMBICORT. Do not use SYMBICORT with another long-acting beta₂-agonist for any reason. SYMBICORT does not replace fast-acting inhalers for sudden symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

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

For more information, go to MySymbicort.com/GO or call 1-888-533-2983.

If you cannot afford your prescription, AstraZeneca may be able to help.

Symbicort[®]
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

AstraZeneca 

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care professional. Only your health care professional has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

In patients with asthma, long-acting beta₂-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), may increase the chance of death from asthma problems. In a large asthma study, more patients who used another LABA medicine died from asthma problems, compared with patients who did not use that LABA medicine. Talk with your health care professional about this risk and the benefits of treating your asthma with SYMBICORT.

SYMBICORT does not relieve sudden symptoms, so you should always have a fast-acting inhaler (short-acting beta₂-agonist medicine) with you. If you do not have this type of inhaler, talk with your health care professional to have one prescribed for you.

Get emergency medical care if your breathing problems worsen quickly and your fast-acting inhaler does not relieve them.

Do not stop using SYMBICORT unless your health care professional tells you to stop because your symptoms might get worse.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine taken twice a day, every day, over long periods of time to control asthma and chronic obstructive pulmonary disease (COPD).

Asthma

SYMBICORT 80/4.5 mcg or 160/4.5 mcg is used long-term, two times each day, to control symptoms of asthma and prevent symptoms such as wheezing in patients age 12 years and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used every day, two times each day, to help improve lung function for better breathing in adults with COPD.

SYMBICORT contains two medicines

- Budesonide (the same medicine found in PULMICORT FLEXHALER™ [budesonide inhalation powder]), an inhaled corticosteroid medicine, or ICS. ICS medicines help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®) is a long-acting beta₂-agonist medicine, or LABA. LABA medicines are used in patients with COPD and asthma. LABA medicines help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

WHO SHOULD NOT TAKE SYMBICORT?

You should not take SYMBICORT if your health care professional decides that your asthma or COPD is well controlled using another medicine, or you only use a fast-acting inhaler once in a while.

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

Visit www.MySymbicort.com
Or, call 1-866-SYMBICORT



WHAT SHOULD I TELL MY HEALTH CARE PROFESSIONAL BEFORE USING SYMBICORT?

Tell your health care professional about all of your health conditions, including if you

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are allergic to any medications
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant because it is not known if SYMBICORT may harm your unborn baby
- are breast-feeding because it is not known if SYMBICORT passes into your milk and if it can harm your baby. You and your health care professional should decide if you will be taking SYMBICORT while breast-feeding

Tell your health care professional about ALL the medicines you are taking, including all your prescription and nonprescription medicines, vitamins, and herbal supplements.

SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Be sure to keep track of ALL the medication you take. You might want to make a list and show it to your health care professional, including your pharmacist, each time you get any new medicine, just to be sure there are no potential drug interactions.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care professional has carefully demonstrated how to do so. If you have any questions concerning the use of SYMBICORT, ask your health care professional.

SYMBICORT should be taken twice (2 puffs each time) every day as prescribed by your health care professional.

SYMBICORT comes in 2 strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care professional will prescribe the strength that is best for you. SYMBICORT 160/4.5 is the approved dosage for COPD.

- Make sure that you rinse your mouth with water after each dose (2 puffs) of SYMBICORT without swallowing and spit the water out
- Do not change or stop any of the medicines you use to control or treat your breathing problems. Your health care professional will adjust your medicines as needed
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care professional
- Always have a fast-acting inhaler with you. Use it if you have breathing problems between doses of SYMBICORT

Seek emergency medical care if

- your breathing problems worsen quickly and your fast-acting inhaler does not relieve your breathing problems
- you experience any symptoms of a serious allergic reaction to SYMBICORT, such as a rash; hives; swelling of the face, mouth, or tongue; or breathing problems

Contact your health care professional if

- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row

Visit www.MySymbicort.com
Or, call 1-866-SYMBICORT



- you use up your entire fast-acting inhaler canister within 8 weeks
- your peak-flow meter results decrease. Your health care professional will tell you the numbers that are right for you
- your asthma symptoms do not improve after using SYMBICORT regularly for 1 week
- you have COPD and notice any symptoms such as increase in mucus or change in mucus color, fever, chills, increased cough, or increased breathing problems because these symptoms may mean you have pneumonia or another lung infection

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason, such as

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil® Aerolizer®, Brovana®, or Perforomist®

WHAT ARE OTHER IMPORTANT SAFETY CONSIDERATIONS WITH SYMBICORT?

- Increased risk of pneumonia if you have COPD
- Eye problems, such as glaucoma and cataracts. Regular eye exams should be considered while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Immune system effects and a higher chance for infections
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness

WHAT ARE OTHER POSSIBLE SIDE EFFECTS WITH SYMBICORT?

Adults and children age 12 years and older with asthma

- Headache
- Sore throat
- Oral thrush
- Upper respiratory tract infection

Patients with COPD

- Oral thrush

Long-acting beta₂-agonists may increase the risk of asthma-related death. Tell your health care professional about any side effect that bothers you or that does not go away.

These are not all the side effects with SYMBICORT. Ask your health care professional for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care professional about the full Prescribing Information and discuss it with him or her.

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Product of France

Rev 9/09 288159

Visit www.MySymbicort.com
Or, call 1-866-SYMBICORT





Outrageous

MICHAEL CROWLEY

No Teacher Left Behind

Powerful unions protect bad teachers but do nothing to guarantee our kids' education

For two years, Thomas Sheldon made good money doing nothing. In May 2008, school officials yanked him from his fourth-grade classroom, despite 18 years on the job. He had been accused of making abusive comments to his students and coworkers. He'd also been charged with harassing a colleague, contacting her in defiance of a school district order. Sheldon denied the charges and fought the school's attempts to fire him. But in Los Angeles, and all across America, firing a teacher is about as easy as passing a kidney stone. So, as his case wound through the school district's torturous administrative review process, Sheldon was ordered

Michael Crowley is a senior correspondent at *Time* magazine.

to "work" from home—which meant watching TV, downloading music, and lifting weights. Meanwhile, he collected his full annual salary of \$75,024, thanks to his powerful union. Nice work if you can get it.

And Sheldon has plenty of company. As of last year, the Los Angeles Unified School District was paying full salaries to some 160 teachers who had been pulled from classrooms while accusations of misconduct were being resolved. Sheldon's free ride finally ended in June when he opted not to appeal the decision to fire him.

But the absurd situation in Los Angeles pales in comparison with the madness of New York City's "rubber rooms." That's the nickname for the offices where about 650 of the city's public school employees were spending day after day sitting around doing, well,



ILLUSTRATED BY DANIEL HERTZBERG; PHOTOGRAPHED BY KAREN BALLARD/REDUX

whatever they felt like—reading books, solving crossword puzzles, surfing the Web. Most were teachers who had been removed from classrooms for alleged misconduct, including sexual relationships with students, failure to grade homework or follow the curriculum,

“Tenure is the holy grail of unions but has no educational value for kids,” says Rhee.

and outright incompetence. Like Los Angeles, New York City was unable to fire them because of union protections. All these idle teachers, meanwhile, drew full salaries and benefits—costing New York \$30 million last year alone—for doing nothing.

Well, not quite nothing. Take Alan Rosenfeld, a Queens teacher who was accused in 2002 of making lewd comments to at least six eighth-grade girls (“You have a sexy body,” he allegedly told one). A panel found Rosenfeld guilty of one charge, and school officials didn’t want him back in the classroom. But thanks to union protections, he couldn’t be fired. So Rosenfeld was sent to a rubber room, where he continued to collect not just his \$100,000 salary but also, according to the *New York Post*, the income he made running a law practice and real estate business—for eight years.

How widespread is the problem? A May 2008 survey by the nonpartisan Education Sector came up with this shocking finding: Nearly half the 1,000 teachers contacted said they personally know of a teacher “who is ineffective and should not be in the classroom.” Yet, thanks to

the unions and the politicians who have rewarded their generous donations, teachers enjoy job protection that would be laughed out of the private sector.

“Nobody, with the possible exception of federal judges,

deserves lifetime or guaranteed employment,” says Chester Finn, a longtime education reformer with Stanford University’s Hoover Institution. Finn says such protections are bad for the taxpayers who pay for long legal battles against the likes of Thomas Sheldon. They’re bad for our students. And they’re bad for America. In a 2006 assessment of 15-year-old students in 30 industrialized countries, America placed 25th in math and 21st in science.

Here’s an even bigger point. While we need to get rid of sleazeballs as fast as possible, it’s just as important to dump teachers who are plain incompetent. And there are plenty. Yet only about 2 percent of all teachers are either fired or don’t get their contracts renewed because of poor performance every year.

Worse, that figure is often lower among teachers within the magical force field of tenure. From Hawaii

to Utah to Delaware—states where fewer than half of fourth graders are proficient at reading or math—the average school district didn't dump a single tenured teacher in the 2007/2008 school year. In Minneapolis, some 75 teachers were canned between 2002/2003 and 2006/2007, a rate of 0.5 percent of the school system's tenured teachers per year. In Oklahoma City, only one teacher has been fired for poor performance since 2003.

The tenure system was created to prevent discrimination and to guarantee teachers due process. But other laws now make dismissals on the basis of gender or race illegal. And, in practice, tenure has become a way for rotten apples to cling to their jobs. As Michelle Rhee, the bold new schools chief trying to clean up Washington D.C.'s horren-

Do More

- > **Put on the pressure.** Contact the National Education Association (nea.org) and the American Federation of Teachers (aft.org). Voice your support for common-sense job protection for teachers, not lifetime tenure.
- > **Be involved.** Know your kids' teachers as well as the school administrators who hire and fire.
- > **Follow the money.** Check the Center for Responsive Politics' opensecrets.org to see how the NEA spends millions to buy influence.

dous public school system, puts it, "Tenure is the holy grail of teacher unions but has no educational value for kids; it benefits only adults."

It's painfully obvious that the unions need a shake-up. And politicians in both parties need to be more willing to challenge the tenure system and to reward high-performing teachers regardless of seniority. Change won't come easy given their massive political spending: In California alone, the biggest teachers union spent \$212 million over the past decade. Still, some states are taking action, including Arizona, which last year abolished its teacher seniority system. Washington, D.C.'s new schools chief was able to dismiss more than 200 employees—including a group of underperformers and several teachers she alleged had hit kids or missed up to 78 days of school—but only because a budget crunch gave her the power to force layoffs.

There is one more piece of good news: Last April, New York City and its teachers union finally decided to shut down those rubber rooms, and Los Angeles is considering similar action. But teachers in disciplinary limbo will still get paid in full; now they'll just be required to perform administrative tasks while they await their fate.

It's a small step for New York. But to fix our schools, America still needs to make a giant leap.



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



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Here's ^{the} Deal

JANICE LIEBERMAN

Never Run Out Again

Buy in bulk—the right way—and save hundreds of dollars. Here's how to stock up on staples.

Don't you hate it when you reach for trash bags, paper towels, or batteries, and you discover someone used the last one and didn't bother to mention it? Sure, it's annoying, but it can also put a dent in your wallet. Research has shown that consumers who make a midweek "fill in" trip to the store buy twice the number of items they had intended. Hit the supermarket aisles less often, and save almost \$1,000 a year—as well as a lot of frustration. Here are four strategies for stocking up on nonperishables.

Compare costs. Track prices of your must-have products at your local grocery store, then keep a best-price cheat sheet in your wallet. Next time you're stocking up, you won't have to wonder if you're getting a good buy.

Know the cost per unit (CPU)

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



before you buy in bulk. (That's the cost divided by quantity or unit of weight, like ounces.) That figure isn't always posted on the store shelf, but there are apps and online calculators that will do the math for you. Calcnexus.com has the Grocery Price Calculator, a free online tool that you can also access from most Web-enabled cell phones; it factors in coupons too. For \$2.99, BlackBerry users can access Price Comparer in the AppSuite (appworld.blackberry.com). Android users

Compare & Save



BATTERIES
Duracell AA
(Unit=
1 battery)

TRASH BAGS
Glad, Tall
Kitchen,
13 gallon,
Quick-Tie
(1 bag)

LAUNDRY DETERGENT
Tide Original,
2x Concentrated
liquid
(1 ounce)

DISH-WASHER GEL
Cascade,
lemon scent
(1 ounce)

TOILET PAPER
Scott, 1-ply
unscented,
1,000 sheets
per roll
(1 roll)

ALICE.COM	CPU: 79¢ \$9.49 for 12	CPU: 9¢ \$6.96 for 80 bags	CPU: 14¢ \$14.39 for 100 oz.	CPU: 7¢ \$4.99 for 75 oz.	CPU: 83¢ \$9.99 for 12 rolls
BJ'S	CPU: 38¢ \$13.69 for 36	CPU: 6¢ \$12.99 for 200 bags	CPU: 12¢ \$19.99 for 170 oz.	CPU: 6¢ \$9.49 for 155 oz.	CPU: 63¢ \$18.99 for 30 rolls
CVS	CPU: 86¢ \$8.59 for 10	N/A	CPU: 19¢ \$18.99 for 100 oz.	CPU: 9¢ \$6.49 for 75 oz.	CPU: \$1.25 \$4.99 for 4 rolls
7-ELEVEN	CPU: \$1.37 \$5.49 for 4	N/A	CPU: 28¢ \$6.99 for 25 oz.	CPU: 11¢ \$4.99 for 45 oz.	CPU: \$1.19 \$1.19 for 1 roll
SHOPRITE	CPU: 70¢ \$6.99 for 10	CPU: 8¢ \$6.79 for 80	CPU: 15¢ \$15.49 for 100 oz.	CPU: 7¢ \$5.49 for 75 oz.	CPU: 77¢ \$15.49 for 20 rolls
TARGET	CPU: 50¢ \$9.99 for 20	CPU: 9¢ \$7.14 for 80 bags	CPU: 11¢ \$10.99 for 100 oz.	CPU: 5¢ \$3.99 for 75 oz.	CPU: 62¢ \$14.99 for 24 rolls

■ highest price; ■ lowest price; CPU: cost per unit. Prices may vary.

can download the free Unit Price Compare at appstorehq.com.

“Hire” a virtual assistant. Turn the shopping over to an online team. Alice.com, a discounter, sells direct from the manufacturer. (It’s named

after the frugal housekeeper on *The Brady Bunch*.) Set up a free account and create a “shelf” of your favorite products. Manufacturer coupons are automatically applied, shipping is free, and you’ll receive alerts that

you may be running low. After your first order, there's a minimum purchase of six items.

Select your favorite products, from more than 16,000, at amazon.com's Subscribe & Save. Get a 15 percent discount and free shipping, and choose when you want to restock—from one- to six-month intervals.

Shop warehouse stores.

Even factoring in the annual membership fees—\$45 at BJ's, \$50 at Costco, and \$40 at Sam's Club—you can still save. Stay focused and buy only what you need and will use within a reasonable time period.

Don't overstock. Some products have a short shelf life. Bleach begins to lose its effectiveness after six months, say experts, but should perform well for at least nine months (unless it freezes or you store it someplace that is too hot).

And don't gamble with a jumbo case of diapers for your fast-growing newborn, says wisebread.com blogger Linsey Knerl. It's also best to test smaller sizes of products before buying in bulk, she adds. "I bought a large bottle of a cleaning product, only to find out my child was allergic to it. And I wasted \$50 on a vitamin supplement before I learned I was pregnant. I can't use it while I'm expecting or nursing, and I'll never use it all before it expires."

The bottom line. To find the best

Sites for Savings

- > **giveawayoftheday.com** Free software and games. Recent offers: Media Buddy converts audio and video files to play on DVD players, gaming consoles, or cell phones. Search for treasure in Crystal Cave Lost Treasures.
- > **goalgami.com** Set a goal and chart your progress with this free financial planning tool, whether you're buying a new car, planning a wedding, starting a business, or setting a retirement date.
- > **livingsocial.com** Take a two-hour cruise on Seattle's Lake Washington (\$26), detail your car in New Orleans (\$72), or play black-light miniature golf in Houston (\$10.75). Save 50 to 70 percent.

bargain store, I created a hypothetical shopping cart. I priced four batteries, two sticks of deodorant, eight rolls of paper towels, 100 ounces of laundry detergent, and 12 rolls of toilet paper at 7-Eleven, alice.com, amazon.com's Subscribe & Save, BJ's, CVS, Peapod (\$60 minimum purchase and a \$6.95 or \$9.95 delivery fee), ShopRite, and Target. The results, from lowest total cost to highest:

Target	\$31.36
BJ's	31.88
Amazon's Subscribe & Save	32.88
Peapod	39.20
alice.com	43.45
ShopRite	43.83
CVS	55.91
7-Eleven	71.27

The difference between the least and most expensive stores: a whopping \$39.91. For the full chart, go to readersdigest.com/bulk.

Additional reporting by *Tara Conry*

Pack a Punch in their Lunch

The best way to encourage your kids to eat a healthy lunch is to involve them in the planning and preparing. These tips can help.

* **Make a list** of all the things that are lunch-box acceptable to both you and your child. Be sure to revisit the list periodically.

* **Plan lunches** a week or two at a time, using your list.

* **Pack lunch** the night before, with your child's help.

* **Be creative:** A bagel spread with cream cheese and diced raw vegetables such as peppers and carrots makes a colorful and yummy lunch dish.

* **Think outside the bread.** A healthy lunch could be veggie sushi rolls or wraps, a thermos of chili or soup, or a container of sesame noodles.



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*Kris-Etherton, et al.; *Am J Clin Nutr* 2000;71(suppl):179S-88S.



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A Healthy Diet During Pregnancy Can Help Prevent Birth Defects And Clefts. Diet is an important part of pregnancy. Eat a healthy diet that contains lots of fruits and vegetables and foods fortified with folic acid. According to the U.S. Government, women who plan to have a child should be sure to take sufficient levels of folic acid (400 micrograms per day) during pregnancy to help prevent neural tube defects and reduce the risk for cleft lip and palate. When folic acid is taken one month before conception and throughout the first trimester, it has been proven to reduce the risk for neural tube defects by 50 to 70 per cent. Be sure to receive proper prenatal care, quit smoking, and follow your health care provider's guidelines for foods to avoid during pregnancy. For more information, visit www.SmileTrain.org. Smile Train is a 501 (c)(3) nonprofit recognized by the IRS, and all donations to Smile Train are tax-deductible in accordance with IRS regulations. © 2010 Smile Train.



Ask Laskas

JEANNE MARIE LASKAS

▶ **My bigmouth sister** has a habit of sticking her nose in my business. When her best friend’s husband needed a ride to his new job, she volunteered me, “because it’s on your way.” I wouldn’t mind except that even though he’s never said anything to me, he complains about my driving to his wife, and she tells my sister, who has made a sport of teasing me. I feel like letting him walk. Is that unreasonable? *Driven to Distraction*

Dear Driven,
Tell Mr. Snide that your bigmouth sister is “making up” stories about how he thinks you’re a lousy driver. Tell him you can’t possibly believe her because you know he’d never lower himself to gossiping. Then, as an aside, ask if he wants to continue the arrangement or if perhaps he’d like to drive sometime. He’ll get the message.



all started when ...” She’s not that self-centered in other respects, and there is much to like about her, but this flaw drives me crazy. How can I get through to her? *Stumped*

▶ **One of my close friends** has an annoying habit of always making the conversation about her. No matter what story I have to tell her, she’ll say, “Oh yeah, that happened to me once, and I didn’t like it. It



Dear Stumped,
Most of us are self-referential; some of us just manage it more politely. This is how relationships work: People are flawed in all sorts of ways. We tolerate each other’s flaws because other parts of the friendship outweigh them—or we end up lonely and miserable because no one mea-

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

ILLUSTRATED BY ISTVAN BANYAI; FRANK VERONSKY

sure up. So go hang out with your friend. Have fun. Give her an elbow once in a while and say, "Hey, I want to talk about me and not you right now!" Say it with the genuine affection you feel for her, and smile.

► **My husband doesn't want to entertain anyone during the week because he has so much work; on the weekends, he wants quiet time. If one of my friends wants to stop by or do something spontaneously, he nixes it because he's not "mentally prepared" (he needs a week's notice about any plans). Yet despite this attitude, he is expecting my friends to be on call when I deliver our baby (due in a few weeks). I think this is unfair, and I'm afraid I'll lose my friends, but he refuses to see my point.**

A Friend in Need

Dear Friend,
Negotiate, girl! That's what marriage is about. You two need to sit down with a pen and paper. Draw a line down the middle. On the left: "What the wife needs." On the right: "What the husband needs." Fill in the blanks and discuss how to accommodate each other. You'll need the loving support of friends when the baby comes. He must fulfill this most basic requirement.

► **I serve on my church's board of trustees, and the current president is a good Christian man, but at our monthly board meetings, he comes across as arrogant, domineering,**

Life's Little Etiquette Conundrums

Is it appropriate for me to announce that I'll be leaving the company at someone else's farewell party?

Why would you do that? Let others be the center of attention at their own party. Toast and bid farewell and make a fuss over the celebrated one. Forget about yourself until another day.

and long-winded. He is so worried about losing control of the meeting that he cuts off discussion prematurely and often ends up reprimanding us. I'm deeply concerned about the well-being and effectiveness of the board. I want to say something to him to make him see the havoc he's creating, but I fear it would only make matters worse. *Dismayed Congregant*

Dear Dismayed,
Sounds like Mr. Blowhard is in danger of toppling the whole kingdom. It's time to pull the other board members aside and ask if they think the guy is stifling debate and undermining morale. If others agree, what you have is a board problem, not a personal one. Convene a small group of influential and diplomatic board members to talk to him about your concerns.

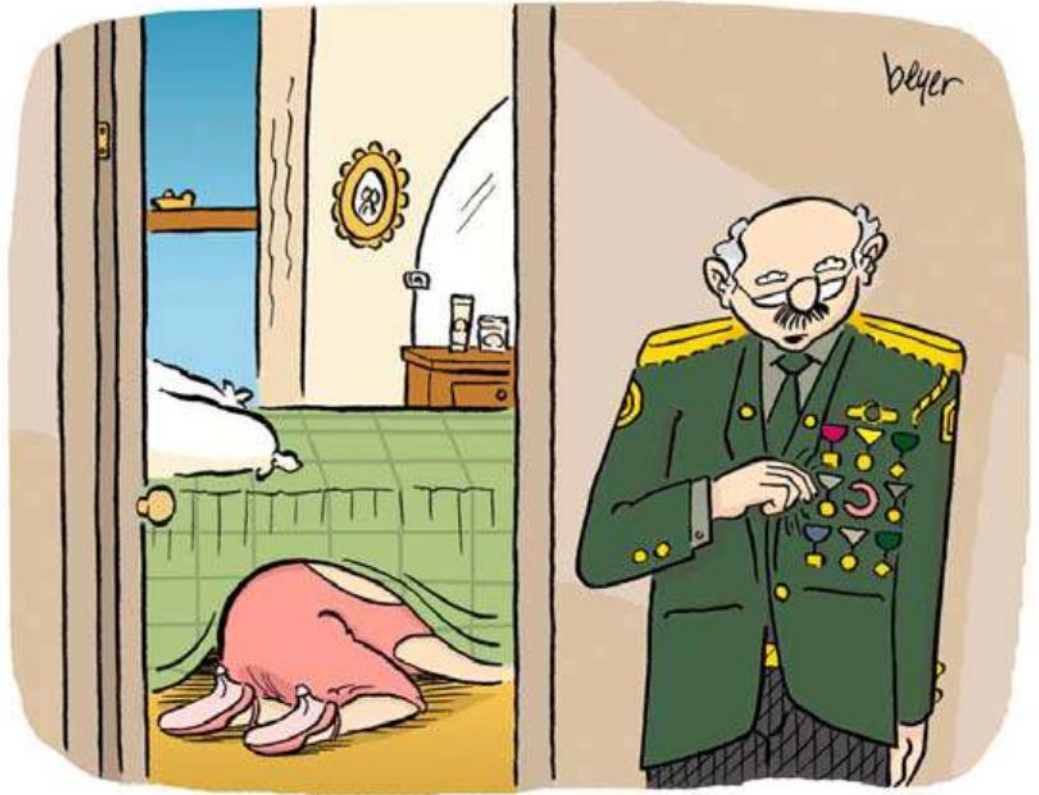


Send questions about manners, parents, partners, or office politics to readersdigest.com/laskas. Sending gives us permission to edit and publish.

OffBase

Our friend tells everyone that he began losing his hair while serving in Vietnam. His granddaughter incorporated that information into her grade school history report on the war. She wrote, “My grandpa went to Vietnam and got his hair shot off.”

Darlene Keranen



The Department of Defense

has a Contact Us link on its website inviting readers to pose any question they want. One guy did just that: “So do you have any top secret information you would like to tell me? I am doing a project for my senior economics class and was just wondering ... E-mail me back.”

Submitted by *Chris Pietras*,
from *Stars and Stripes*

The chief and I were on our submarine trying in vain to hook up some fire hoses. The wrenches we had didn’t fit the connections, so he resorted to banging away at the hoses to make things fit. Just then an ensign walked by.

“I found your earring.”

“Chief,” he yelled out, “I have a book on tools you can borrow.”

“Get it!” shouted the chief. “It’s got to be heavier than this wrench I’m using.”

Rich Stahl

As the soldier drove up to the Air Force base gate, my husband, who was on security detail at the time, had an inkling that the driver might have had a few. What gave him away? The guy thought he was at a tollbooth and handed my husband a dollar bill.

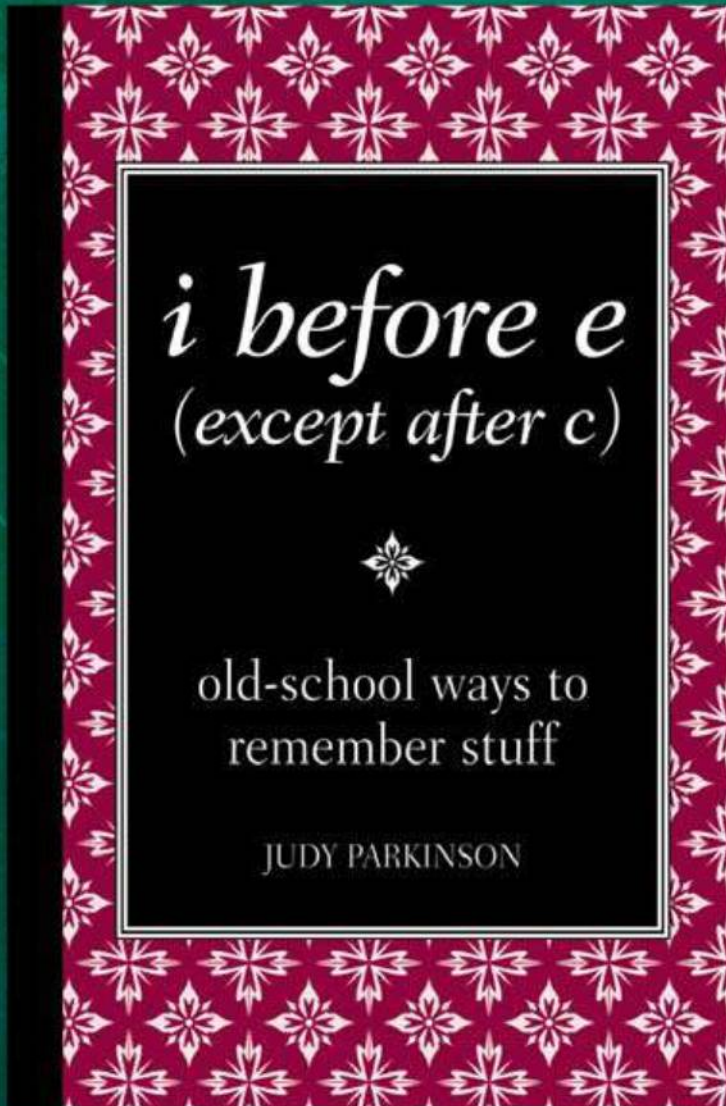
Michelle Bruce



Your favorite new joke, funny military anecdote, or crazy news story might be worth \$\$\$\$. See page 39 for details.

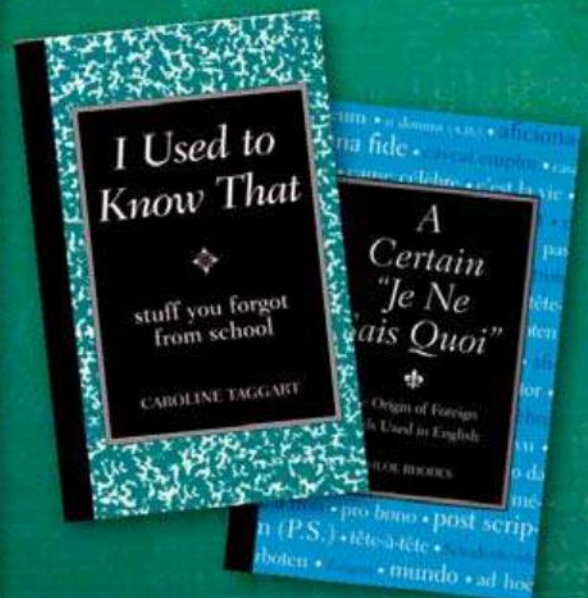
ILLUSTRATED BY DAN BEYER

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Reader's
Digest

I CHOSE

- To work on controlling my blood sugar.
- To talk to my doctor about insulin.
- To add insulin to my treatment plan.

If you have type 2 diabetes, and pills alone aren't controlling your blood sugar anymore, this could be the right time to consider adding insulin. Insulin is an effective way to lower blood sugar. Controlling blood sugar is important because, over time, high blood sugar can lead to serious complications.

Today, insulin comes in an easy-to-use pen. Insulin should be used as part of an overall diabetes treatment plan, which includes diet, exercise, and other diabetes medications. Make the choice to talk to your doctor about whether insulin is right for you.



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

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

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

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

The most common side effect of insulin, including Lantus®, is low blood sugar (hypoglycemia), which may be serious. Other possible side effects may include injection site reactions, including changes in fat tissue at the injection site, and allergic reactions, including itching and rash. In rare cases, some allergic reactions may be life threatening.

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

Indications and Usage

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

Do not use Lantus® to treat diabetic ketoacidosis.

Lantus® SoloSTAR® is a disposable prefilled insulin pen.

Please see additional important information on the next page.

WhyInsulin.com
1-877-665-9334

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

From the maker of Lantus® SoloSTAR®.
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sanofi aventis

US.GLA.10.03.189

BRIEF SUMMARY OF PRESCRIBING INFORMATION

HIGHLIGHTS OF PRESCRIBING INFORMATION

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

LANTUS[®] (insulin glargine [rDNA origin] injection) solution for subcutaneous injection
Initial U.S. Approval: 2000

INDICATIONS AND USAGE

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

Important Limitations of Use:

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

DOSAGE AND ADMINISTRATION

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

DOSAGE FORMS AND STRENGTHS

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

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

CONTRAINDICATIONS

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

WARNINGS AND PRECAUTIONS

- Dose adjustment and monitoring: Monitor blood glucose in all patients treated with insulin. Insulin regimens should be modified cautiously and only under medical supervision (5.1)

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

ADVERSE REACTIONS

Adverse reactions commonly associated with Lantus are:

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

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

DRUG INTERACTIONS

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

USE IN SPECIFIC POPULATIONS

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

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

Revised: 09/2009

GLA-BCPH-GD-SEP09

Rx Only

Life as a Daredevil

Captain Linda Greenlaw has risked life and limb for almost 30 years at sea. Ask her and she'll tell you why nothing—not even the Perfect Storm—is scarier than playing it safe.

I fell in love with my life at the age of 19, when I stepped aboard a commercial fishing vessel for the first time. In need of money for college tuition, I could have landed a waitressing gig—but I had a thirst for adventure and a willingness to out-work anybody. Before leaving on my first 30-day trip as cook and deck-hand, I was told that all I would need was a strong back and a weak mind. I figured I was pretty well suited for the job, and fishing I went, unaware that I was starting my career.

I've now spent the better part of three decades in pursuit of most anything with fins, 22 years of that devoted to the almighty swordfish. In 1991, I encountered the gale known as the Perfect Storm. (In the movie, Mary Elizabeth Mastrantonio played me; I was the female captain who survived.) I live with the reputation of being a daredevil. Accord-

ing to the Bureau of Labor Statistics, commercial fishing is America's most dangerous job. It hasn't gotten much safer over the decades. Hooks are still hooks. Sharks still have teeth. Weather is still weather. What has changed is my perception of what's at stake.

The first boat I skippered, after working my way up, was the *Gloria Dawn*, in 1986. I suppose I went through the same growing pains as any inexperienced captain with a wreck of a vessel and a ragtag crew of six men. The boat was too small for where I took her, which was basically all over the North Atlantic, and in such a state of disrepair that people considered me brave *and* crazy. I didn't set any records for catching fish, but I did impress everyone with

Linda Greenlaw's latest book about her maritime adventures is *Seaworthy: A Swordboat Captain Returns to the Sea*.



**Greenlaw aboard
her own boat, the
Mattie Belle.**

my ability to keep us afloat. Even the boat's owner seemed surprised when I returned to the dock at the conclusion of each 30-day trip.

When I complained to him that because of stray electrical current, my crew and I were getting zapped whenever we came into contact

Life without challenge and passion is far more destructive than physical danger.

with certain metal objects, he said, "Toughen up! It's only 12 volts!" And I was tough. I ran the *Gloria Dawn* under those conditions for nearly five years, which puts me somewhere beneath Pavlov's dog. More crazy than brave, I'd say.

I guess I'm lucky to have survived. I have lost a lot of friends who were less fortunate. But if I believed that luck alone controlled my destiny, I would have to recognize that someday my luck would run out, and I wouldn't dare leave the dock. I have never had a death wish. I've made so many promises to God while in the throes of a wicked storm—on one occasion with a deceased crew member in the bait freezer—that I must have lost all credibility. But as I matured, my greatest fear became *not* dying at sea. True fishermen want to die with their boots on.

So what's the real risk? For me, it's

not about imperiling life and limb for the glory of surviving. What I risk continually, what I fear most, is failure, which I define as passivity. I overcome that fear on a daily basis by rolling out of my bunk and stepping onto the deck. A mentor once told me that those who do nothing never make mistakes. I make a lot of mistakes. To my mind, that is preferable to playing it safe.

Perhaps my most poignant life experience began with the ring of a phone in August 2008. For the previous ten years, I had been employed in the relatively tame pursuits of lobstering and writing books. The offer to captain a swordfishing vessel heading to the Grand Banks of Newfoundland during the height of hurricane season was so tantalizing! I dived in like the kid who knows that if she tests the water with a toe, she'll have a change of heart and stay wrapped in her towel. At 47, I was facing my biggest challenge: At risk was my identity. I was terrified, but not of the sea. Instead, I was scared to death that I would no longer pace the wheelhouse floor in anticipation of that first setting of hooks, no longer stay awake while others slept, no longer come unglued and scream at my crew, and no longer feel that tug in my chest with every tug of a fish on the line. I had come to the realization that life without challenge and passion is far more destructive than physical danger.

That 60-day stint offshore was

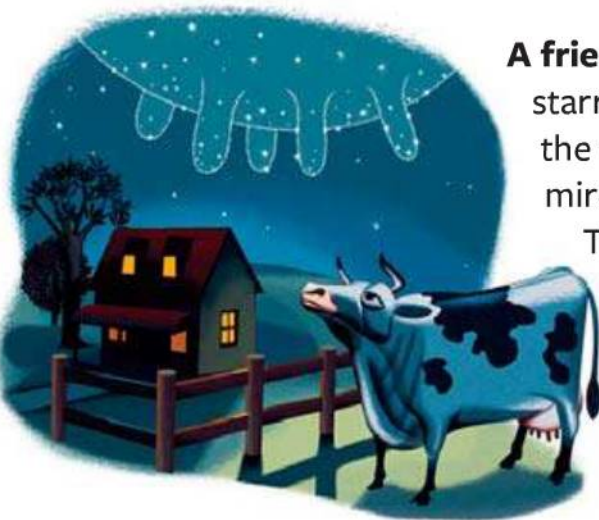
one of the most epic disasters of my commercial fishing career. The crew of four men and I weren't away from the dock 24 hours when the main engine blew apart, resulting in a tow into Nova Scotia. What a bad start to my comeback trip! Fresh from repairs and feeling a little desperate, I set my hooks dangerously close to Canada's 200-mile fishing-zone boundary, confident that we'd drift deeper into the international waters I traditionally and legally fished. And the payoff could be huge.

Things didn't go exactly as planned. I was arrested when I unwittingly strayed into Canadian waters—a prisoner aboard my own vessel, guarded by three armed men for the 48-hour steam to St. John's. Once ashore, I was handcuffed and jailed for what seemed an eternity but was in fact one day. Released, I embarked yet again on my comeback trip with an attitude of "the third time is a charm." The fishing was poor, and the weather was hor-

rid. My crew and I never received a dime for our extraordinary efforts. I suppose the \$65,000 bail for the boat and me didn't help our paychecks. Several months later, I was fined \$35,000 plus the value of my catch.

Anyone would agree that the trip was a total failure. But I loved it. (Well, not the arrest and incarceration.) I had paced and screamed and felt the tug in my heart more intensely than ever before. Leaving my comfort zone has made me more confident, even on dry land. Almost four years ago, I became the legal guardian of a young girl who has grown to be my daughter. Today she is nearly the age I was when I found my life's work. She is anxious about her future and nervous about making decisions. If there's anything she has learned from me, I hope it's this: When you are fully engaged, life is richer. To be consumed by doing what you love is the ultimate reward. Yes, it's risky. But it's worth it. Simply put, life is better out on a limb.

HOUSE WITH A VIEW



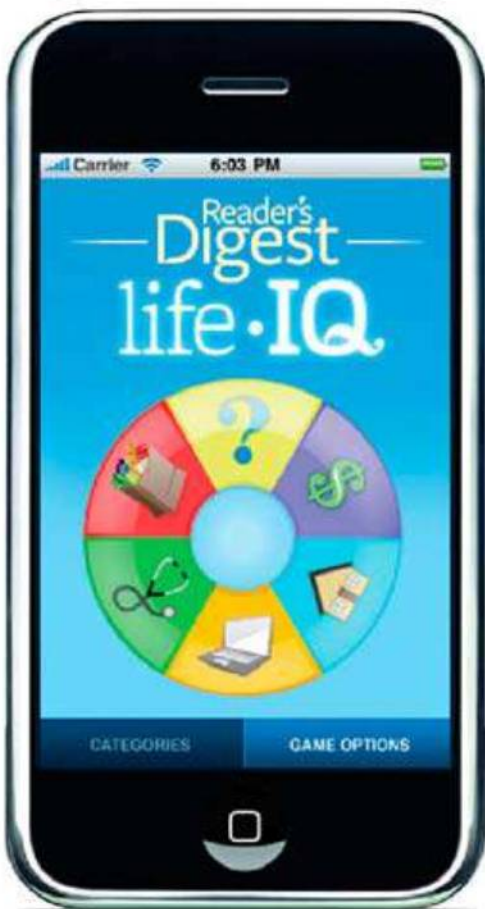
A friend was visiting me one clear and starry night. Gerald, a city dweller with only the vaguest knowledge of astronomy, admired the Milky Way when I pointed it out. The next day, with our other friends, we were talking about how lucky I am to live in the country. "And you know what's really incredible?" said Gerald. "The Milky Way passes right above his yard!"

Eric Thériault



Which substance makes a good substitute for commercial bug killers?

- A. Beer
- B. Mineral oil
- C. Salt Water
- D. Rubbing alcohol



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.


**Reader's
Digest**

Answer: D. Reader's Digest Version: Undiluted, cheap rubbing alcohol in a spray bottle replaces ant and roach killer, without leaving oily, deadly poison all over your house.

The Secret to Summer **Weight Loss**

If you're looking to jump-start a weight-loss program, consider a high-altitude vacation, suggests a study from Ludwig-Maximilians University in Munich. Investigators sent 20 obese men to a research station near the top of Germany's highest mountain (about 8,700 feet). For a week, the men ate what they liked and exercised no more than usual, but they burned an extra 268 calories daily and lost about three pounds each. Four weeks after their return to Munich, they were still burning calories at a faster rate. More research is planned, but adjusting to the relative lack of

oxygen at higher altitudes may have boosted the men's endurance so they could exert themselves longer back at home. *Beth Howard*



Colorado has the highest mean elevation of any state—and the lowest adult obesity rate.

The Coolest Summer Health Boosters

You can spend less time in the kitchen *and* make your diet healthier if you take advantage of smart freezer foods. We asked nutritionist Cynthia Sass for her favorites: These make it easy to get nutrients you're probably missing—and taste great too. Prices will vary.

Luna & Larry's Organic Coconut Bliss "Ice Cream"

\$5.99; coconutbliss.com

"This frozen treat is just as satisfying as premium ice cream—and some studies suggest that the saturated fat from coconut milk is surprisingly **easy on your waistline.**"

Stahlbush Farms Heirloom Boysenberries

\$3.99; stahlbush.com

"Blue and purple produce contain antioxidants that seem to **protect against cancer and memory loss**, but 88 percent of Americans don't eat enough. These are great for smoothies or as a topping for oatmeal and ice cream."

Amy's Steel-Cut Oats Hot Cereal Bowl

\$2.39; amyskitchen.com

"Steel-cut oats are a particularly tasty way to **lower your cholesterol**, but they take about half an hour to cook on the stovetop. This bowl is ready in minutes. And it has none of the sickly sweetness of most instant oatmeals."

Diana's Bananas Banana Babies

\$4.99; dianasbananas.com

"These dark-chocolate-covered bananas



on a stick make for perfect treats. One ‘baby’ counts as a **serving of fruit**, and it tastes fantastic.”

Woodstock Farms Organic Mixed Mushrooms

\$3.49; woodstock-farms.com

“I’d love to see people eating more mushrooms! They’re **low in calories and high in selenium, an antioxidant that may reduce cancer risk**. Use them in place of meat in stews and stir-fries.”

Kettle Cuisine Three Bean Chili

\$3.99; kettlecuisine.com

“Fiber is a **lifesaver and a waistline trimmer**, but most Americans fall far short of eating the recommended

amounts. This delicious chili gets you a whopping 13 grams per serving.”

Organic Bistro Wild Salmon

\$6.49; theorganicbistro.com

“This perfectly balanced entrée is one of the most convenient ways to fit in a serving of wild salmon, rich in **vitamin D and omega-3**.”

Seapoint Farms Organic Shelled Edamame

\$3.29; seapointfarms.com

“Eating plenty of edamame may **reduce the risk of heart disease, high blood pressure, and cancer**. Toss these into salads, blend them into hummus, or eat them plain for a great, low-calorie snack.”

Shoes Your Knees Will Love

Sturdy walking shoes, clogs, or athletic shoes that promise to keep your feet from rolling inward are often recommended for achy knees. But new research suggests flexible flats might be easier on your joints. Researchers at Rush Medical College in Chicago analyzed the gaits of 31 people with knee osteoarthritis, once without shoes and then in four different types of footwear.

The surprising results: Clogs and supportive “stability” shoes were hardest on knee joints. Wearing flip-flops or flat shoes with flexible soles or going barefoot subjected knees to 15 percent less force.

“Many rheumatologists recommend a cushioned gym shoe to provide shock absorption, based on common sense,” says study author Najia Shakoor, MD. “But until now, we didn’t know what this type of shoe really did to the joints.”

Dr. Shakoor doesn’t recommend wearing flip-flops, since they can contribute to foot problems and falls in older people. But if your knees are aching, she says, it might pay to try a flat shoe—one that bends easily and has arch support (you can add an insert). Consult your doctor if you have a history of foot problems. *B. H.*



Best Soda Alternatives

You know soft drinks aren't a smart way to slake your thirst—making them a habit increases your risk of obesity and diabetes. But water isn't the only smart alternative. Studies show surprising benefits from:

Orange juice Drinking a couple of glasses of OJ prevents the inflammation that can be triggered by a fast-food


breakfast, making damage to blood vessels less likely, a new study shows. The protective effect may come from the juice's high levels of flavonoids, plant pigments with anti-inflammatory properties.

Lemonade Several studies suggest lemonade can help ward off kidney stones, a painful problem that's on the increase. If you've had kidney stones, cut your risk of a recurrence by as much as 90 percent with a large daily dose: Mix four ounces of lemon juice with two liters

of water; drink straight up or sweetened, says Roger L. Sur, MD, director of the University of California, San Diego, Comprehensive Kidney Stone Center.

Grape juice It's a good source of anthocyanins, antioxidants that seem to enhance brain function. In one study, older adults who drank Concord grape juice daily for 12 weeks showed significant improvement on memory tests.

Janis Graham



Choose pure juices—juice “drinks” have more calories and fewer nutrients.

Moisturizing Shave Cream

PURE SILK®

For legs like Pure Silk.



NEW!

Aluminum cans — rust-proof & easy to recycle!

Shaving with soap and water won't get you this soft or this smooth. Enjoy soothing aloe and emollients to help prevent nicks and cuts. And magnificent moisturizers for legs that look and feel like pure silk!

Essential Minerals: Healthy or Hazardous?

A tantalizing new theory says that an excess of two common minerals—iron and copper—may be behind some cases of Alzheimer’s and heart disease. These minerals are essential for good health, but, says geneticist George J. Brewer, MD, of the University of Michigan in Ann Arbor, a surplus may increase oxidant damage to cells, raising the risk of disease. It’s clear that most Americans over 50 get a glut of these minerals (in fact, older men consume more than double the recommended dietary allowance of iron). Are they really making people sick? Not yet known, says nutrition researcher Richard Wood, PhD, of the University of Massachusetts, Amherst—but he and other experts agree that if you’re over 50, it’s worth taking some easy steps to reduce your intake:

✓ **Reconsider your multi habit.** Multivitamin formulas designed for adults over 50 are typically free of iron, but “it’s almost impossible to find one without copper,” Dr. Brewer says. Most health benefits for multis are unproven, so it may be safer to skip them if they’re not specifically prescribed by your doctor.

✓ **Drain before drinking.** Copper plumbing is found in more than 80 percent of houses in this country. But newer pipes—those less than five years old—can leach higher amounts of the mineral into your drinking water. Letting the water run for 15 to 30 seconds first thing in the morning will flush away excess copper. Some filters also reduce levels.

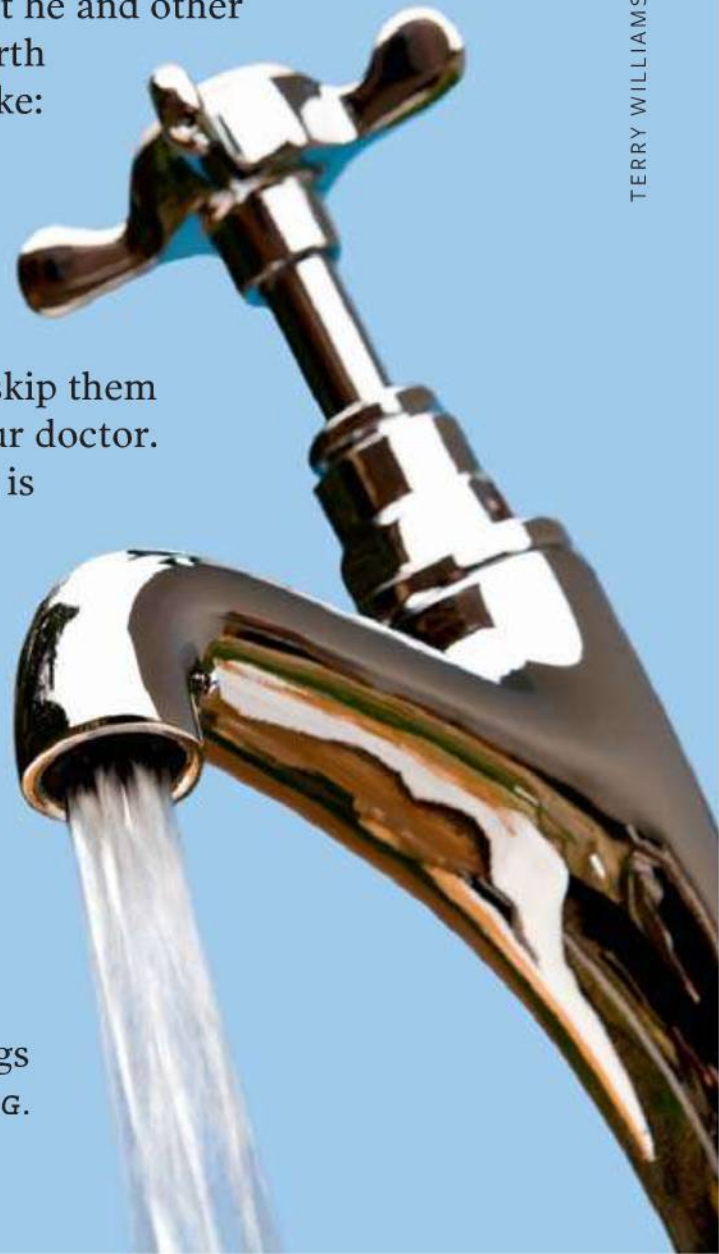
✓ **Eat less red meat.** You can quickly sail past recommended levels of iron if you eat lots of iron-rich beef, pork, or lamb. Limit yourself to two or three small servings a week.

J. G.

Numbers That Count

1 Night

How long it takes for loss of sleep to cause insulin resistance—which, over time, raises the risk of diabetes.



TERRY WILLIAMS/GETTY IMAGES



The classic Reader's Digest game Word Power is now available in three new exciting versions: online, downloadable, and iPhone app. Unscramble words, find synonyms, invite friends to play, and more.

Visit ReadersDigest.com/WordPower to get started.

New Ways to Boost Your Immunity

With a few simple changes now, you can prime your immune system to fight off microbial invaders this fall. Recent research suggests new tactics:

Pop a vitamin D supplement. In the first clinical study of this vitamin's powers against flu, kids given 1,200 IU of vitamin D₃ daily were nearly 60 percent less likely to come down with the illness than those who took a dummy pill.

Turn down a second helping. A new study from Tufts University found that when 46 overweight men and women ate fewer calories for

six months, their immune systems functioned better. Cutting calories by just 10 percent did the trick. Other recent research saw similar improvement after people lost an average of 13 pounds.

Pick high-fiber foods. Mice that were fed plenty of soluble fiber—the kind in oats and apples—showed fewer signs of illness when they were given a substance that tricks the body into acting as if it's infected with bacteria. Although animal studies are less reliable than human ones, there's little downside to eating high-fiber foods.

B. H.

Is the Kettlebell a Shortcut to Fitness?

Claim Working out with a kettlebell (a weight that resembles a cannonball with a handle attached to the top) burns more calories and builds strength faster than traditional strength training. Gyms across the country are adding kettlebell classes, and many personal trainers incorporate the weights into clients' workouts—all with the promise of an outsize payoff.

Truth New research suggests that kettlebells really may get you fitter faster. In a small study from the University of Wisconsin, La Crosse, seasoned exercisers burned nearly 300 calories in a 20-minute workout with the weights—significantly more than they would have with conventional strength training. To avoid back strain, start with a relatively light weight (8 pounds for women, 13 pounds for men). A good beginner's guide: the DVD *Kettlebells: The Iron Core Way, Vol. 1*, by personal trainer Sarah Lurie. *Elizabeth Drake*





FOR TYPE 2 DIABETES

**No Matter How
Hard You Try,
Your Blood
Sugar Numbers
Can Still Be
Too High.**

Ask your Doctor if adding Onglyza can help you.

When you need extra help, one option is Onglyza, a prescription medicine used along with diet and exercise to control high blood sugar in adults with type 2 diabetes. Onglyza can be used with one of several common oral diabetes medicines.* Your results may vary. Onglyza should not be used to treat type 1 diabetes or diabetic ketoacidosis (dangerously high levels of certain acids, known as ketones, in the blood or urine). Tell your doctor if you have a history or risk of diabetic ketoacidosis. Onglyza has not been studied with insulin.

May reduce spikes after you eat.

Onglyza may help reduce after-meal blood sugar spikes that can cause higher blood sugar levels. Onglyza may also help lower high morning blood sugar and A1C (the test done by your doctor every three months). Most people taking Onglyza did not experience hypoglycemia (very low blood sugar); however, it may occur, particularly when taken with another diabetes medicine, such as a sulfonylurea.



Important Safety Information.

When ONGLYZA is used with certain other diabetes medicines to treat high blood sugar, such as a sulfonylurea, hypoglycemia (low blood sugar) may occur. Symptoms of low blood sugar include shaking, hunger, sweating, headache, rapid heartbeat, change in mood, and change in vision. Follow your healthcare provider's instructions for treating low blood sugar.

If you have hypersensitivity (allergic) reactions such as rash, hives, and swelling of the face, lips, and throat, stop taking ONGLYZA and call your healthcare provider right away.

When ONGLYZA is used with a thiazolidinedione (TZD), such as pioglitazone or rosiglitazone, to treat high blood sugar, peripheral edema (fluid retention) may become worse. If you have symptoms of peripheral edema, such as swelling of hands, feet, or ankles, call your healthcare provider.

The most common side effects with ONGLYZA include upper respiratory tract infection, urinary tract infection, and

headache. Your healthcare provider should test your blood to measure how well your kidneys work. You may need a lower dose of ONGLYZA if your kidneys are not working well.

Tell your healthcare provider if you start or stop taking other medications, including antibiotics, antifungals or HIV/AIDS medications, as your healthcare provider may need to change your dose of ONGLYZA.

Tell your healthcare provider if you are pregnant or breast-feeding, or plan to become pregnant or breast-feed.

Please read the Important Patient Information about Onglyza on the following page and discuss it with your healthcare provider.

**ONCE-DAILY
onglyza**
**(saxagliptin) 5 mg
tablets**

Extra Help. Extra Control.

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

For more information and valuable savings offers call 1-800-ONGLYZA (800-664-5992) or visit www.Onglyza.com

*Metformin, a sulfonylurea or a TZD.



ONGLYZA (on-GLY-zah) (saxagliptin) tablets

Read the Patient Information that comes with ONGLYZA before you start taking it and each time you get a refill. There may be new information. This patient leaflet does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is ONGLYZA (saxagliptin)?

ONGLYZA is a prescription medicine used with diet and exercise to control high blood sugar (hyperglycemia) in adults with type 2 diabetes.

ONGLYZA lowers blood sugar by helping the body increase the level of insulin after meals.

ONGLYZA is unlikely to cause your blood sugar to be lowered to a dangerous level (hypoglycemia) because it does not work well when your blood sugar is low.

ONGLYZA has not been studied in children younger than 18 years old.

What should I tell my healthcare provider before taking ONGLYZA?

Before you take ONGLYZA, tell your healthcare provider about all of your medical conditions, including if you:

- have type 1 diabetes. ONGLYZA should not be used to treat people with type 1 diabetes.
- have a history or risk for diabetic ketoacidosis (high levels of certain acids, known as ketones, in the blood or urine). ONGLYZA should not be used for the treatment of diabetic ketoacidosis.
- have kidney problems.
- are taking insulin. ONGLYZA has not been studied with insulin.
- are pregnant or plan to become pregnant. It is not known if ONGLYZA will harm your unborn baby. If you are pregnant, talk with your healthcare provider about the best way to control your blood sugar while you are pregnant.
- are breast-feeding or plan to breast-feed. ONGLYZA may be passed in your milk to your baby. Talk with your healthcare provider about the best way to feed your baby while you take ONGLYZA.

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of your medicines and show it to your healthcare provider and pharmacist when you get a new medicine.

ONGLYZA may affect the way other medicines work, and other medicines may affect how ONGLYZA works. Contact your healthcare provider if you will be starting or stopping certain other types of medications, such as antibiotics, or medicines that treat fungus or HIV/AIDS, because your dose of ONGLYZA might need to be changed.

How should I take ONGLYZA?

- Take ONGLYZA by mouth one time each day exactly as directed by your healthcare provider. Do not change your dose without talking to your healthcare provider.
- ONGLYZA can be taken with or without food.
- During periods of stress on the body, such as:
 - fever
 - trauma
 - infection
 - surgeryContact your healthcare provider right away as your medication needs may change.
- Your healthcare provider should test your blood to measure how well your kidneys work. You may need a lower dose of ONGLYZA if your kidneys are not working well.
- Your healthcare provider may prescribe ONGLYZA along with other medicines that lower blood sugar.
- Follow your healthcare provider's instructions for treating blood sugar that is too low (hypoglycemia). Talk to your healthcare provider if low blood sugar is a problem for you.
- If you miss a dose of ONGLYZA, take it as soon as you remember. If it is almost time for your next dose, skip the missed dose. Just take the next dose at your regular time. Do not take two doses at the same time unless your healthcare provider tells you to do so. Talk to your healthcare provider if you have questions about a missed dose.
- If you take too much ONGLYZA, call your healthcare provider or Poison Control Center at 1-800-222-1222, or go to the nearest hospital emergency room right away.

What are the possible side effects of ONGLYZA?

Common side effects of ONGLYZA include:

- upper respiratory tract infection
- urinary tract infection
- headache

Low blood sugar (hypoglycemia) may become worse in people who already take another medication to treat diabetes, such as sulfonylureas. Tell your healthcare provider if you take other diabetes medicines. If you have symptoms of low blood sugar, you should check your blood sugar and treat if low, then call your healthcare provider. Symptoms of low blood sugar include:

- shaking
- sweating
- rapid heartbeat
- change in vision
- hunger
- headache
- change in mood

Swelling or fluid retention in your hands, feet, or ankles (peripheral edema) may become worse in people who also take a thiazolidinedione to treat diabetes. If you do not know whether you are already on this type of medication, ask your healthcare provider.

Allergic (hypersensitivity) reactions, such as rash, hives, and swelling of the face, lips, and throat. If you have these symptoms, stop taking ONGLYZA and call your healthcare provider right away.

These are not all of the possible side effects of ONGLYZA. Tell your healthcare provider if you have any side effects that bother you or that do not go away. For more information, ask your healthcare provider.

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

How should I store ONGLYZA?

Store ONGLYZA between 68° to 77°F (20° to 25°C).

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

General information about the use of ONGLYZA

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

This patient leaflet summarizes the most important information about ONGLYZA. If you would like to know more information about ONGLYZA, talk with your healthcare provider. You can ask your healthcare provider for additional information about ONGLYZA that is written for healthcare professionals. For more information, go to www.ONGLYZA.com or call 1-800-ONGLYZA.

What are the ingredients of ONGLYZA?

Active ingredient: saxagliptin

Inactive ingredients: lactose monohydrate, microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. In addition, the film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, titanium dioxide, talc, and iron oxides.

What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

The main goal of treating diabetes is to lower your blood sugar to a normal level.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

ONGLYZA (saxagliptin) tablets

Manufactured by:

 **Bristol-Myers Squibb**
Princeton, NJ 08543 USA

Marketed by:

Bristol-Myers Squibb Company
Princeton, NJ 08543

and

AstraZeneca Pharmaceuticals LP
Wilmington, DE 19850

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*A surfing dog,
a heroic cat,
and four more*

Amazing Pets

BY GARY SLEDGE

**Bugsy hits
the waves with
his owner,
David Yew.**



PHOTOGRAPHED BY TIM TADDER



Dude Dog

● **Visitors to Waikiki Beach** may do a double take at the four-legged surfer boarding in to shore, but the regulars don't blink. They know the eight-year-old pug is Buggy, a local legend whose owner, David Yew, taught the dude, er, dog to surf.

Yew, 39, got the notion while he and Buggy were out walking on the beach and came upon a statue of a surfer. Yew plunked the dog down on the surfboard to take a photo, and the scene looked so natural that Yew was inspired to take the next step. Soon enough, the two were tandem surfing.

"The first time we paddled out," Yew says, "Buggy ran right to the front of the board to hang ten." (That's eight, really—dogs have four toes per paw.)

The duo ride an 11-foot, rubber-

padded longboard. "It gives Buggy a better grip," Yew says. Not that the dog minds wiping out. He loves the water and dog-paddles so well that Yew has trouble keeping up.

Buggy wasn't always so frisky. Two days after Yew, a doctor of emergency medicine, adopted the 12-week-old puppy from a shelter, Buggy came down with kennel cough, which progressed to pneumonia. Yew rushed the pup to the ICU of a veterinary hospital, where he stayed until Yew could no longer afford to keep him there. Buggy needed further treatment, so Yew built his own ICU in his apartment.

He covered an empty fish tank with plastic to use it for nebulizer treatments and gave

the ailing pup intravenous antibiotics. Buggy pulled through.

Since then, the doc and dog have been inseparable. "Saving Buggy's life created unconditional trust between us," Yew says. "He knows I'll take care of him no matter what."

That may be what fuels Buggy's spirit. The pair surf together every week and have shared other escapades, including skydiving. At Yew's wedding to dentist Aimee Kim last year, a tuxedoed Buggy carried the rings down the aisle tucked into a pillow on his back.

Buggy and Yew have given up skydiving, at the bride's insistence. But hang up the board? No way. Says Yew, "I want this dog to experience the same joy that I have in my life."

● **The chestnut gelding** with one white sock and a blaze of white down his nose was a handful. Named Rocky, he sometimes gave even experienced riders trouble. His owner,

Steady Ride

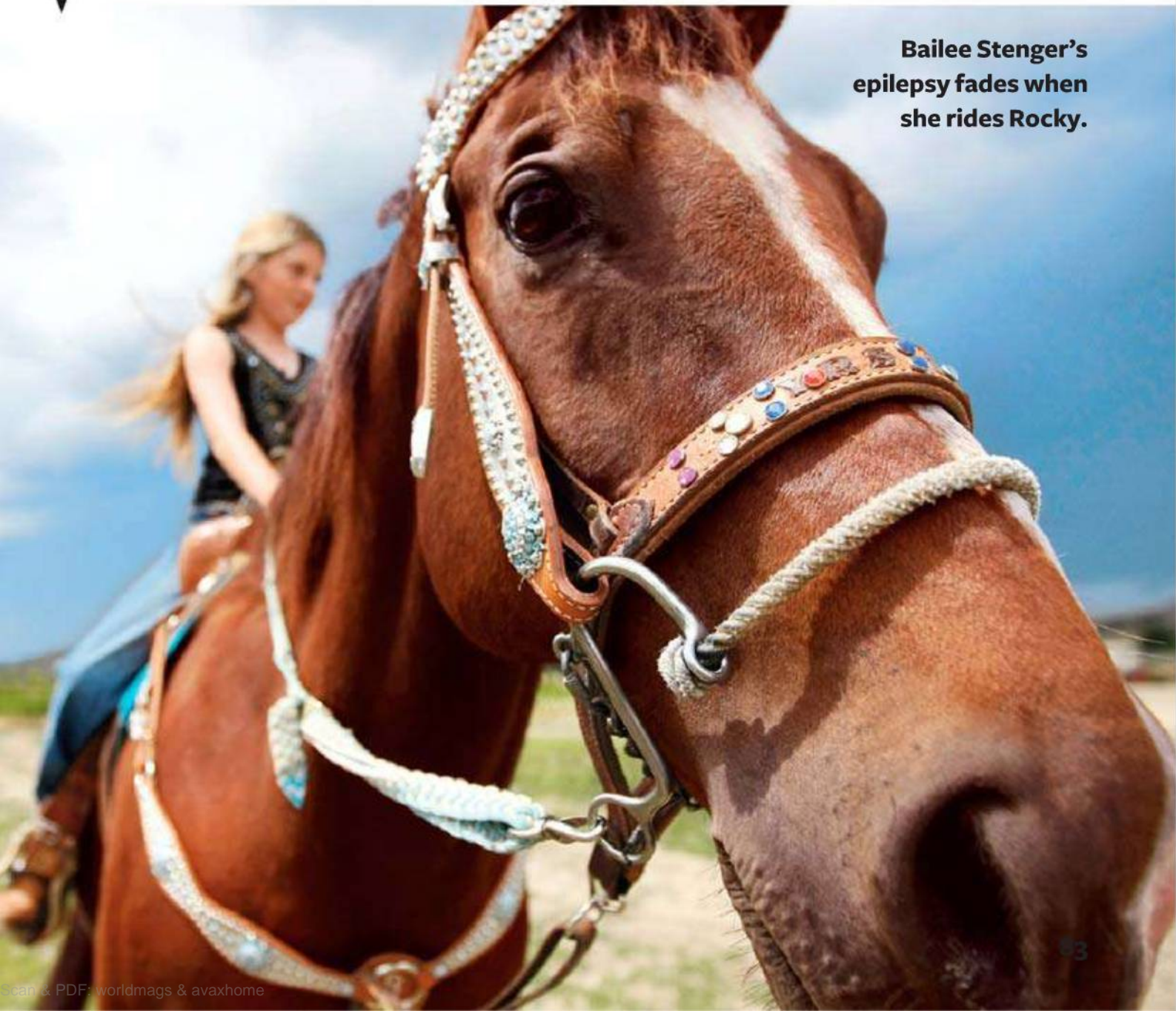
Suanne Stenger, of Worden, Montana, described him as “hyper and bouncy out of the gate.”

Stenger’s five-year-old daughter, Bailee, was an unlikely match for

the frisky Rocky. Diagnosed with epilepsy at age three, she routinely experienced dozens of seizures a day. Yet the girl had a passion for barrel racing, only natural in a family full of horse and rodeo people. (Her grandmother showed Appaloosas, her father had ridden bulls in high school, and her mother also ran barrels.)

When Bailee’s horse Scooty became sick during a race one day, the little girl asked to ride Rocky. At first,

Bailee Stenger’s epilepsy fades when she rides Rocky.



her mother didn't like the idea. "I was afraid she might not be able to control him," Stenger says. But with Bailee in the saddle, Rocky became a different horse. He ran smoothly, responding to cues from his small rider. His restlessness subsided.

Bailee too was different. Over the following months, as she continued to ride Rocky, she had fewer seizures. Astride Rocky, she stayed calm.

So attuned were the horse and rider that each settled the other down, even in frightening circumstances. Once, while putting a bridle on Rocky, Bailee collapsed and began convulsing on the ground between the horse's two front legs. Some horses might

have reared up or even stepped on the girl, but Rocky remained unruffled. In fact, he stood over Bailee like a sentry until Stenger arrived at her daughter's side.

In January 2007, Bailee underwent brain surgery to lessen her seizures. By Memorial Day weekend, she had improved so much that she wanted to ride Rocky at a race in Montana. The pair went on to win prizes two days in a row.

The bond between girl and horse grows stronger with each passing year. "He knows I'm little and can't take responsibility for stuff," says Bailee, now 12. "So he takes over, and we just go."

Neat Freak



● **Early one morning** in Fairfax, Virginia, Paige, a playful border collie, climbs into bed next to her sleeping owner, Lauren Girard. The dog gives her usual wake-up call by placing a paw on Girard, 25. Then the collie takes a corner of the blanket in her mouth and pulls it back. Girard opens her eyes and starts laughing.

Girard, who works as a chemist at the Food and Drug Administration's Center for Veterinary Medicine, is a busy woman. Fortunately, Paige helps out in all kinds of ways. The dog gathers Girard's laundry and carries it to the washing machine in her mouth. After a meal, she passes dishes to Girard for washing. Paige



**“Paige loves
learning tricks,”
says owner
Lauren Girard.**

Jeff Guidry and Freedom: “She has fire in her soul.”



even puts away groceries: First she opens the refrigerator door by pulling on a dish towel hanging from the handle, then she puts the food inside (though she does have a hard time resisting the hot dogs).

Girard found Paige through an

online classified ad three years ago. When the eight-week-old dog arrived, she needed to be housebroken and trained to obey commands. Girard enrolled her in obedience school, where the pup received top honors. It wasn't long before she could lie down and

ANN CHASE

roll over. The dog liked the workouts so much, she practically begged for more complicated routines. Soon afterward, with prompts from Girard, she mastered tasks like picking up a toy from the floor, walking to the toy box, and dropping it inside. “Paige is off-the-charts smart and energetic,” Girard says.

When bedtime arrives after a busy day, Paige even tucks herself into her dog bed. She jumps on it, lies down, grabs a corner of the blanket, and rolls herself up like a big burrito. The next morning, Paige will once again wake Girard up and get her off to work. By now, the collie has her owner well trained.

Feathered Friend

● **The fledgling bald eagle** with shattered wings was covered with lice and starving. She’d been discovered on a golf course, possibly pushed out of the nest by stronger siblings, brought to Sarvey Wildlife Care Center in Arlington, Washington, and put under the care of volunteer Jeff Guidry, now 56. The two seemed to bond immediately. “I wanted to help her right away,” Guidry recalls.

An eagle who can’t fly usually dies, but this fledgling wouldn’t give up. Guidry washed her and fed her soft foods through a tube; later he fed her rats, salmon, and quail from Sarvey’s wildlife larder. Though she would never fly, the eagle survived. Guidry named her Freedom.

As she grew, her white-feathered head, graceful white tail, golden beak, and intense yellow eyes gave her all the qualities of America’s iconic bird. Guidry trained her to accept a jess, a leather strap binding her to his gloved hand. They roamed the woods surrounding the wildlife center and along the Skagit River.

Two years after he saved Freedom, Guidry found a lump on his neck, which turned out to be stage 3 non-Hodgkin’s lymphoma. As he prepared to undergo chemotherapy treatments, a friend told him about visualization, a technique in which the patient concentrates on a positive image to help in healing. Guidry visualized Freedom. Eight months after being diagnosed, he was declared disease-free by his physician.

That day, he returned to the wildlife center to walk the woods with Freedom. When Guidry began to strap her to her harness, the eagle opened her wings and wrapped them around his head in a dramatic embrace—a gesture uncharacteristic of birds and one that she had never made before.

Freedom and Guidry now travel to schools and conventions throughout the Northwest teaching others about wildlife conservation—and about the connection that is possible between human beings and birds. “Her spirit,” Guidry says, “is magnificent.”

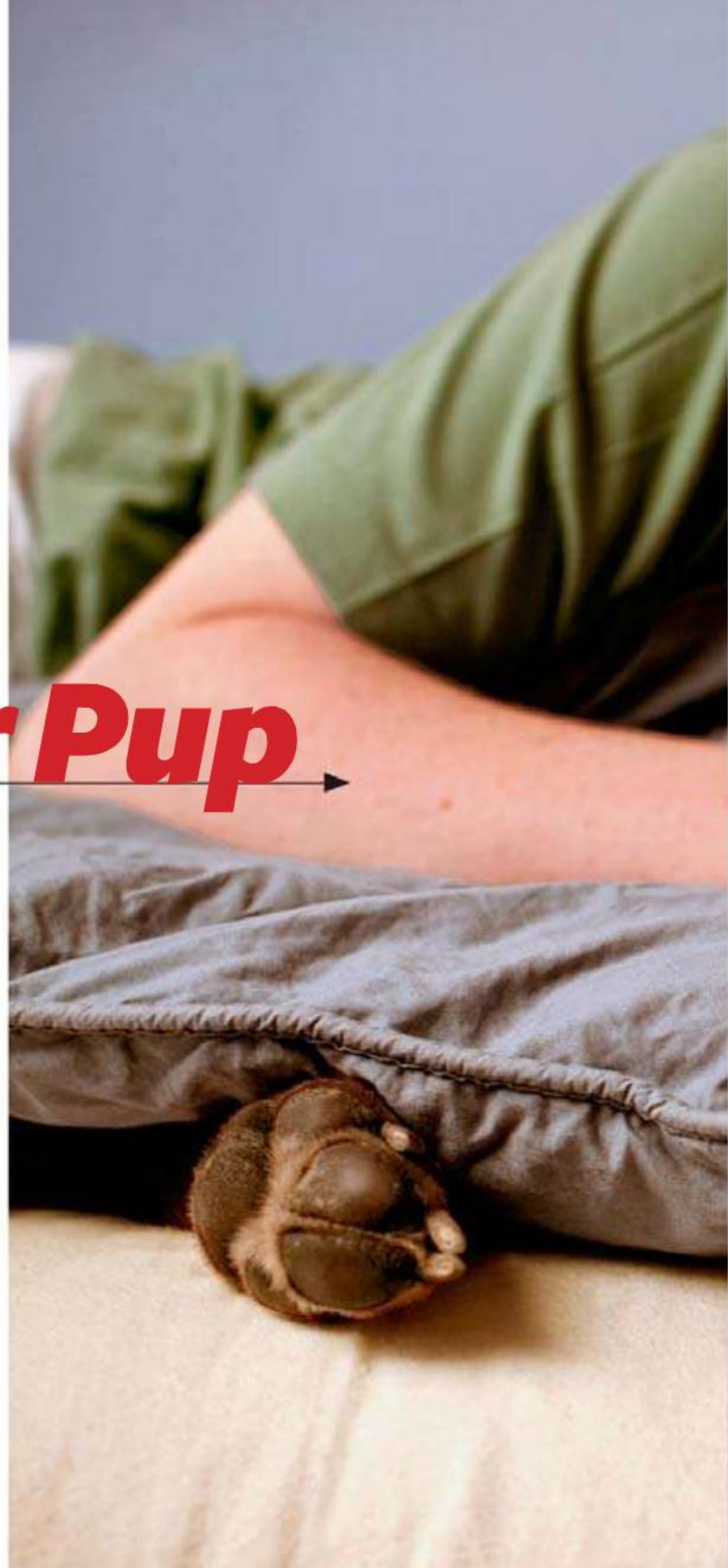
● **On March 11**, a sirenlike howl echoed through the Wiederin home in Omaha, Nebraska. Then Teresa Wiederin, 41, heard the family's dog, Jobe, a vizsla, scuttle across the hardwood floor and thud against her bedroom door. Jobe pushed it open, took Wiederin's wrist in his mouth, and led her to the living room, where her son Dominic, 19, lay in a recliner, in the midst of an allergy attack and gasping for breath. Jobe clamped his jaws

Protector Pup →


down onto the boy's sweatshirt and pulled Dominic out of the chair. His mother quickly gave him an injection of epinephrine, then his father drove him to the hospital.

The first time Dominic saw Jobe, he had no idea how important the dog would become to him. Driving home from his summer job in 2008, the high school student noticed a feeble-looking black dog wandering along the highway. Impulsively, he stopped his car and opened the passenger door. The dog climbed in beside him.

At home, Dominic asked his parents to let him keep the stray. Wiederin and her husband were less than enthusiastic—especially after a vet examined the dog and said he had cracked ribs, a broken tail, tapeworm, and cysts around his eyes. The white streak down his back was actually a wound that had never healed properly, and the dog wasn't even black, just filthy.



A bath revealed a coat of magnificent rust-red fur. After the vet reassured the family that the dog's problems were treatable, Dominic's parents relented. Their son named the vizsla after Job in the Bible and nursed him back to health.

A young boy with a mustache and a brown dog are lying together on a bed. The boy is wearing a green shirt and is looking towards the camera. The dog is a brown Weimaraner, looking towards the camera with its head resting on a white pillow. The boy's hand is resting on the dog's head.

**Dominic
Wiederin with
his guardian,
Jobe.**

Jobe would soon have the chance to return the favor—many times over. Dominic had his first allergy attack four months later, when he was with friends at a barbecue restaurant. While he was eating, Dominic broke out in hives and couldn't

breathe; it was later determined that the reaction was caused by spices in the barbecue sauce. He was rushed to the emergency room. The teen soon learned that tomatoes, nuts, corn, paprika, rice, and cat dander are among the triggers that can cause his throat



“Scooter’s handicap is not a problem for him,” says vet and owner Betsy Kennon.

to constrict, making it difficult to breathe. He has since had more than 100 life-threatening attacks.

Now Jobe watches over his owner. True to the vizsla breed, the dog is gentle, sensitive, and protective, staying close to Dominic day and night

and sensing whenever he's in distress. "I can be at peace," his mother says, "knowing that Jobe is on duty watching Dom."

Her son puts it more simply. "I saved him," he says. "Now Jobe saves me."

Healer on Wheels

● **A tuxedo kitten with** a broken spine lay on Pittsburgh veterinarian Betsy Kennon's examination table. A client had rushed him to Kennon's office after his pet husky brought the cat home in his mouth. The dog's owner was horrified, believing that his pet had caused the cat's injuries. But Kennon found no teeth marks or puncture wounds—and felt sure, she said, that the dog had saved, not harmed, the kitten.

In Kennon's opinion, however, the cat was a hopeless case. Many veterinarians would have put such a severely injured animal down. But she couldn't. The kitten's bright eyes and pathetic mewling had won her over. He had no identifying collar or microchip, so Kennon, 56, decided to keep him.

She gave him a round of shots and fed him. He couldn't move his hind legs but soon started pulling himself forward with his front legs. The vet named him Scooter and contacted a company that makes carts for disabled animals. Scooter took to his new wheels like a champ.

Kennon was convinced her kitten

could share his high spirits with others. So she took Scooter to Harmarville Rehabilitation Hospital for an audition as a pet therapy cat. His first patient was an elderly woman who'd had a stroke and hadn't spoken to anyone for two days. Scooter jumped out of Kennon's arms and onto the bed, rolled over to the patient, and snuggled close to her cheek, purring softly. The woman looked at Scooter. "Kitty," she murmured as she began to talk to him.

Amazed, Kennon turned to the therapist—and saw that she was in tears. The cat had engineered a small miracle.

Today Scooter spends about ten hours a month working with patients who are recovering from strokes and injuries. Again and again, Kennon watches as her cat provides hope and comfort. As one patient who'd had her leg amputated said, "If he can do it, so can I."



Vote for your favorite pet!

E-mail your choice by August 1 to pets@readersdigest.com. And don't miss our videos of these amazing animals at readersdigest.com/pets.

CYBER THIEVES!

Swindlers may be following your every tweet and post, looking for a chance to fleece you. **Here's how to confound seven fast-growing cons.**

BY MAX ALEXANDER

Tom Farmer loves the way Facebook helps him reconnect with old friends and former colleagues. So the 50-year-old communications consultant was excited to get a live chat message from Elissa, a woman he had worked with years ago. But after they exchanged pleasantries, the message quickly turned urgent. Elissa and a companion were in trouble in London.

“Mugged at gunpoint last night,” she wrote. “All cash, credit card, and phone were stolen.”

“Holy moly,” replied Farmer, who lives in Seattle. “Anything I can do for you from here?”

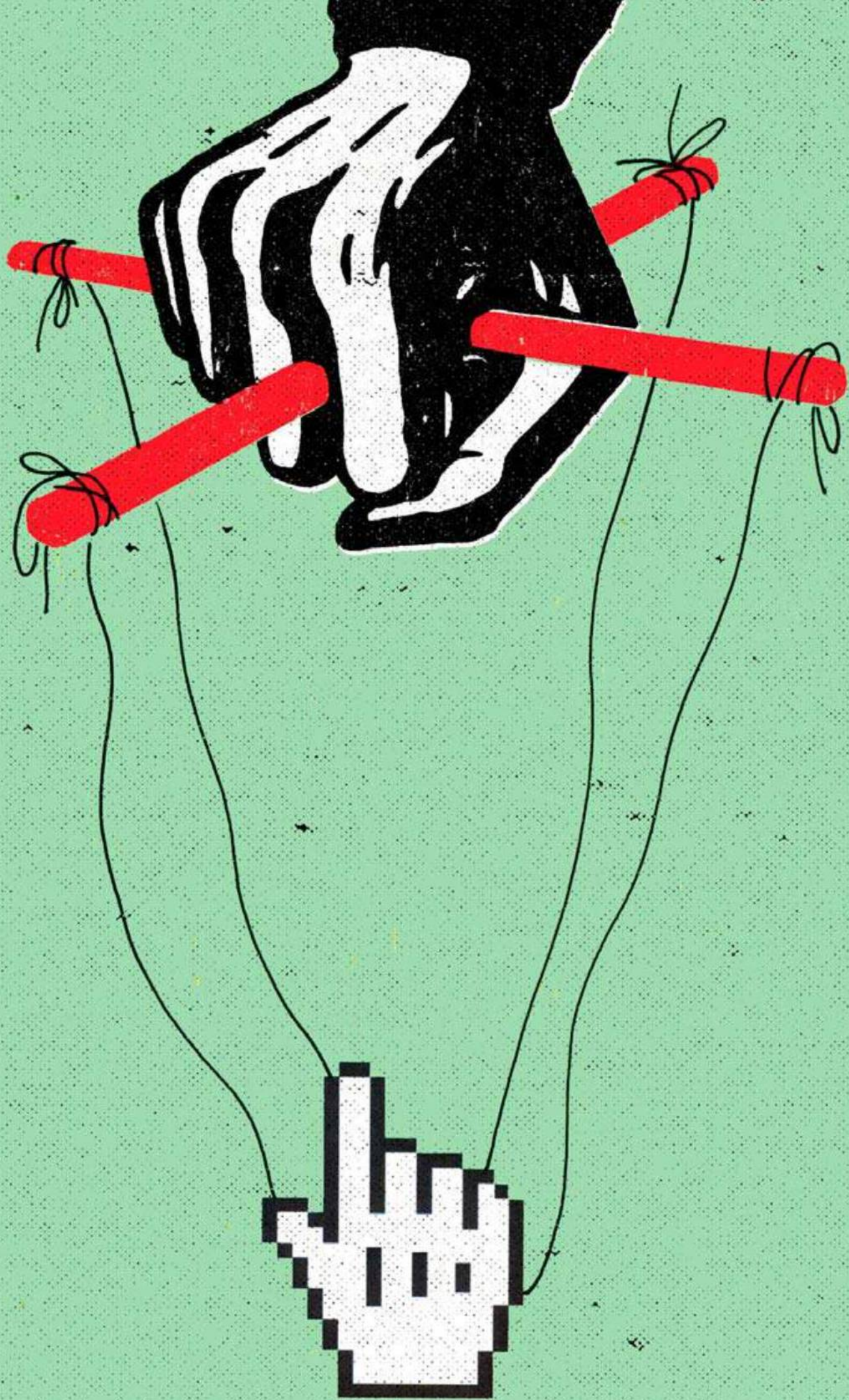
It just so happened there was. “Could you please loan me some few \$\$\$ to sort out the hotel bills and also take a cab to the airport,” she wrote. “I will definitely refund it back tomorrow.”

Farmer offered to call the hotel and cover the bill with his credit card, but Elissa kept insisting on a wire transfer. That’s when he grew suspicious. “Call me paranoid,” he wrote back, “but what company were we both working for when we met?”

After a long pause, Elissa answered correctly. Then Farmer realized that information could be gleaned from his Facebook profile. So he asked for the name of their boss.

Silence.

At that point, the jig was up. “Elissa,” it turned out, was one of a new breed of Internet crooks who use personal account information and sophisticated computer programs to trick you into thinking they are legitimate companies, services, or even your friend.



And they are succeeding. “The bad guys used to be pimply-faced teens in their mom’s basement, trying to prove how smart they were,” says Brian Yoder, vice president of engineering at CyberDefender, a manufacturer of antivirus software. “The predominant online crooks today are straight-up organized crime—many in Russia, Spain, and Ukraine. They don’t want to destroy your computer; they just want your money. They’re making millions of dollars a day, and they have big budgets.”

“Online crooks are straight-up organized crime—making millions of dollars a day.”

According to the Internet Crime Complaint Center (run by the FBI and the National White Collar Crime Center), reported Internet fraud last year raked in almost \$560 million, more than double the figure from 2008. The median individual loss was \$575. But the study’s researchers say the real number is in the billions of dollars, since it’s believed that fewer than one in ten Internet crimes gets reported.

The new scammers practice many cons, some new and some just variations on tried-and-true rip-offs. The big difference today is the use of social-networking sites to reel in victims. Once crooks gain access to a computer (often by enticing the user to click on a link and unwittingly download spyware), they mine it for passwords to Facebook, Twitter, and other accounts and pose as members, gaining the trust of friends and family. The nefarious networking quickly snowballs into millions of hacked computers, ripe for cons.

For these crooks, nothing is sacred. A Massachusetts woman found that scammers were

using a picture of her nine-month-old son, lifted from her blog, to represent an orphan from Cameroon up for adoption.

Malicious software “robots” lead the charge, but then human crooks in Third World sweatshops take over by typing in the letters and numbers of those “captcha” registration boxes (the ones with a jumble of characters that you have to replicate) that thwart mechanized spammers. Then other humans, working out of criminal call centers, communicate with the victim by e-mail, instant messaging, or text messaging.

Likely victims include the elderly, who are increasingly comfortable with computers yet tend to be overly trusting. But young adults fall for scams more than others, says Christine Durst, an Internet fraud expert who has consulted for the FBI and the FTC. “They tend to think they’re infallible.”

Here are some of the latest scams and ways to avoid them. And if you ever get a message from a friend who’s stranded in London with no cash, tell her to call collect so you can hear her voice.

1

FREE TRIAL OFFER! (Just pay forever)

>>How it works: You see an Internet offer for a free one-month trial of some amazing product—often a teeth whitener or a weight-loss program. All you pay is \$5.95 for shipping and handling.



>>What's really going on: Buried in fine print, often in a color that washes into the background, are terms that obligate you to pay \$79 to \$99 a month in fees, forever.

>>The big picture: “These guys are really shrewd,” says Durst. “They know that most people don’t read all the fine print before clicking on ‘I agree,’ and even people who glance at it just look for numbers. So the companies spell out the numbers, with no dollar signs; anything

that has to do with money or a time frame gets washed into the text.”

That’s exactly what you’ll see in the terms for Xtreme Cleanse, a weight-loss pill that ends up costing “seventy-nine dollars ninety-five cents plus five dollars and ninety-five cents shipping and handling” every month once the 14-day free trial period ends or until you cancel.

>>Avoidance maneuver: Read the fine print on offers, and don’t believe every testimonial. Check tineye.com, a search engine that scours the Web for identical photos. If that woman with perfect teeth shows up everywhere promoting different products, you can be fairly certain her “testimonial” is bogus. Reputable companies will allow you to cancel, but if you can’t get out of a “contract,” cancel your card immediately, then negotiate a refund; if that doesn’t work, appeal to your credit card company.

2

THE HOT SPOT IMPOSTER (He’s close, real close)

>>How it works: You’re sitting in an airport or a coffee shop and you log into the local Wi-Fi zone. It could be free, or it could resemble a pay service like Boingo Wireless. You get connected, and everything seems fine.

>>What's really going on: The site

only looks legitimate. It's actually run by a nearby criminal from a laptop. If it's a "free" site, the crook is mining your computer for banking, credit card, and other password information. If it's a fake pay site, he gets your purchase payment, then sells your card number to other crooks.

>> The big picture: Fake Wi-Fi hot spots are cropping up everywhere, and it can be difficult to tell them from the real thing. "It's lucrative and easy to do," says Yoder. "Criminals duplicate the legitimate Web page of a Wi-Fi provider like Verizon or AT&T and tweak it so it sends your information to their laptop."

>> Avoidance maneuver: Make sure you're not set up to automatically connect to nonpreferred networks. (For PCs, go to Network Connections and uncheck "Connect to non-preferred networks" in advanced wireless settings; for Macs, go to the Network pane in System Preferences and check "Ask to join new

networks.") Before traveling, buy a \$20 Visa or MasterCard gift card to purchase airport Wi-Fi access (enough for two days) so you won't broadcast your credit or debit card information. Or set up an advance account with providers at airports you'll be visiting (travelpost.com lists Wi-Fi services at all U.S. airports). And don't do any banking or Internet shopping from public hot spots unless you're certain the network is secure. (Look for *https* in the URL, or check the lower right-hand corner of your browser for a small padlock icon.)

3 | THE NOT-SO-SWEET TWEET (It's a real long shot)

>>How it works: You get a "tweet" from a Twitter follower, raving about a contest for a free iPad or some other expensive prize: "Just click on the link to learn more."

How Scammers Use Your Credit Card

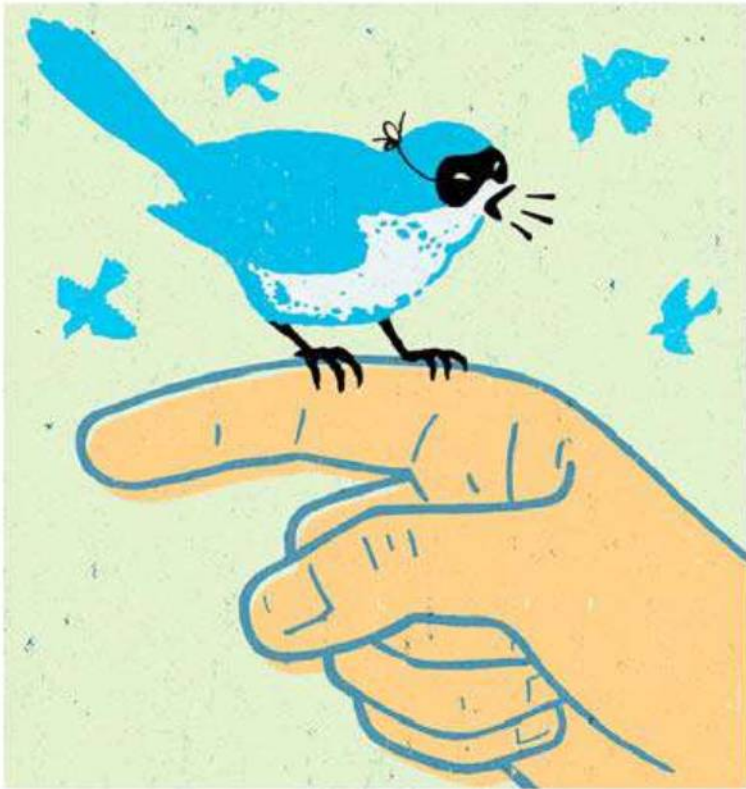
Ever wonder what Internet thieves do with all those stolen credit card numbers? One method of converting plastic into big bucks has evolved into its own con game: **the re-shipping scam**. In this ploy, scammers enlist innocent Americans as middlemen in a global fencing operation.

Here's how it happened

to 58-year-old Reba Jowers of Bay Minette, Alabama. Jowers, a graphics design consultant, saw an online want ad promising \$500 a week for working at home as a quality control checker. "People ordered a product, and it came to me. I made sure the contents matched the order on the invoice and

weren't damaged. Then I'd forward the product to the 'purchaser,'" she explains.

It sounded great, so she signed on. Within a week, she started receiving expensive items from online stores like Amazon and Best Buy—high-end digital cameras, binoculars, a watch. But before she even received a mail-



maximum for a tweet. These legitimate services break down a huge URL to 10 or 15 characters. But when users can't see the actual URL, it's easy for bad guys to post malicious links.

>>Avoidance maneuver: Before clicking on a Twitter link from a follower you don't know, check out his profile, says Josh George, a website entrepreneur in Vancouver, Washington, who follows online scams. "If he's following hundreds of thousands of people and nobody is following him, it's a bot," he says.

>>What's really going on: The link downloads a "bot" (software robot), adding your computer to a botnet of "zombies" that scammers use to send spam e-mail.

>>The big picture: Scammers are taking advantage of URL-shortening services that allow Twitter users to share links that would otherwise be longer than the 140-character

4 | YOUR COMPUTER IS INFECTED! (And we can help)

>>How it works: A window pops up about a legitimate-sounding anti-virus software program like "Anti-virus XP 2010" or "SecurityTool," alerting you that your machine has

ing list, a credit card company called: A customer's card was being used illegally for online shopping. Why were the packages being shipped to her?

"That put up a big red flag," says Jowers. She e-mailed her "employer" and asked that he stop sending merchandise to her. "He said it had

already been shipped to me." When Jowers threatened to call the police, her "employer" reminded her that she'd signed a contract. If she tried to break it, he said, he'd call the police on *her*. "He really tried to intimidate me," says Jowers. She contacted the FBI, who advised her to refuse any

more shipments. And she instructed UPS to return all packages to the stores.

Jowers never received payment from the bogus company, and she did not lose any of her own money. But had she continued to participate in the re-shipping scam, she says, "I probably could have been arrested."

been infected with a dangerous bug. You're prompted to click on a link that will run a scan. Of course, the virus is found—and for a fee, typically about \$50, the company promises to clean up your computer.

>>What's really going on: When you click on the link, the bogus company installs malware—malicious software—on your computer. No surprise, there will be no cleanup. But the thieves have your credit card number, you're out the money, and your computer is left on life support.

>>The big picture: “Scareware” like this is predicted to be the most costly Internet scam of 2010, with over a million users affected daily, according to Dave Marcus, director of security and research for McAfee Labs, a producer of antivirus software. “This is a very clever trick,” says Marcus, “because people have been told for the past 20 years to watch out for computer viruses.”

Even computer veterans fall prey. Stevie Wilson, a blogger and social-media business consultant in Los Angeles, got a pop-up from a company called Personal Antivirus. “It looked very Microsoft-ish, and it said I had downloaded a virus,” she recalls. “It did a scan and said it found 40 Trojan horses, worms, and viruses. I was concerned that they were infecting e-mails I was sending to clients, so I paid to upgrade my antivirus software. Right after I rebooted, my computer stopped working.”

Wilson had to wipe her computer hard drive clean and reinstall every-

thing. Although most of her files were backed up, she lost personal photos and hundreds of iTunes files. “I felt powerless,” she says.

>>Avoidance maneuver: If you get a pop-up virus warning, close the window without clicking on any links. Then run a full system scan using legitimate, updated antivirus software like free editions of AVG Anti-Virus or ThreatFire AntiVirus.

5 | DIALING FOR DOLLARS (With a ring of fraud)

>>How it works: You get a text message on your cell phone from your bank or credit card issuer: There's been a problem, and you need to call right away with some account information. Or the message says you've won a gift certificate to a chain store—just call the toll-free number to get yours now.

>>What's really going on: The “bank” is a scammer hoping you'll reveal your account information. The gift certificate is equally bogus; when you call the number, you'll be told you need to subscribe to magazines or pay shipping fees to collect your prize. If you bite, you will have surrendered your credit card information to “black hat” marketers who will ring up phony charges.

>>The big picture: Welcome to “smishing,” which stands for “SMS phishing,” the new, text-message version of the lucrative e-mail scam. In this ploy, scammers take advantage

How to Protect Yourself

Don't use passwords or user IDs that include personal information like your birth date or Social Security number.

Don't use your mother's maiden name as a security question. Pick something more obscure, like your childhood pet's name.

Don't leave passwords in plain view—on your monitor, for example.

Don't use the same password for multiple sites. If crooks crack your Twitter account, they can access your bank account too.

Do create passwords that are at least 8 to 16 characters long, with a mix of capital letters, numbers, and symbols.

They're harder to crack.

Do use random pattern codes to create passwords. For example, pick two computer keys—say, 4 and 7. Type straight down the keyboard from 4 until you reach the bottom (the letter V), then type one character to the left.

Then do the same for 7, this time using all caps. You now have a meaningless password that reads *4rfvc7UJMN*, but all you have to remember is 47. Or use the first letter of each word in a line from a favorite song or poem.

Do change passwords often, about once a month.

Do hold your cursor over an unknown link before clicking on it, and look at the bottom of your Web browser. It will show where the link is actually taking you to.

Do note the wording before the last period of a URL (just to the left of .com, .org, .edu, etc.). It's what counts. So paypal.com is legitimate, but paypal.1234.com is fake.

Do look out for links with the @ symbol. Browsers ignore everything to the left of it, so paypal@1234.com is not a PayPal site.

Do watch for deliberate misspellings—like *pay pol.com*—designed to trick you into clicking.

of the smart-phone revolution—hoping that a text message to your cell will make it less likely you'll investigate the source, as you might do while sitting at your desk. Since many banks and businesses do offer text-message notifications, the scam has the air of legitimacy.

Shirena Parker, a 20-year-old newlywed in Sacramento, California, was thrilled when she got a text message announcing she'd won a \$250 Wal-Mart gift card. When she called the number, a representative explained there would be a \$2 shipping charge (later upped to \$4 by

another "representative"). Parker gave the scammer her debit card number and started getting round-the-clock calls from him, asking for the phone numbers and e-mails of friends and family. "It was turning into harassment," she says. After two days, she contacted the Better Business Bureau, which told her that Wal-Mart was not giving away gift cards. Hearing that, Parker's husband canceled their debit card before the con could empty the account but not before he had helped himself to the \$4 "shipping" charge.

"I don't know how they got my

name and phone number,” says Parker. “But I learned my lesson.”

>>Avoidance maneuver: Real banks and stores might send you notices via text message (if you’ve signed up for the service), but they never ask for account information. If you’re unsure, call the bank or store directly. You can also try the Better Business Bureau, or Google the phone number to see if any scam reports turn up. Had Parker checked out the phone number, she would have learned this was a scam.

6 | WE ARE THE WORLD (The world of charity scams, that is)

>>How it works: You get an e-mail with an image of a malnourished orphan—from Haiti or another developing nation. “Please give what you can today,” goes the charity’s plea, followed by a request for cash. To speed relief efforts, the e-mail recommends you send a Western Union wire transfer as well as detailed personal information—your address and your Social Security and checking account numbers.

>>What’s really going on: The charity is a scam designed to harvest your cash and banking information. Nothing goes to helping disaster victims.

>>The big picture: The Internet, e-mail, and text messaging have given new life to age-old charity scams. “These cons watch the headlines very closely,” says Durst, and they quickly set up websites and

PayPal accounts to take advantage of people’s kindness and sympathy. Durst recalls seeing fake donation websites within days of Michael Jackson’s death, urging fans to contribute to his favorite charities.

>>Avoidance maneuver: Donate to real charities on their own websites. Find the sites yourself instead of clicking on links in e-mail solicitations; in the wake of the Haiti earthquake, scammers even set up fake Red Cross sites that looked real. Genuine aid organizations will accept donations by credit card or check; they won’t ask for wire transfers, bank account information, or Social Security numbers. Donations via text message are okay as long as you confirm the number with the organization.

7 | LOVE FOR SALE (The cruelest con)

>>How it works: You meet someone on a dating site, on Facebook, in a chat room, or while playing a virtual game. You exchange pictures, talk on the phone. It soon becomes obvious that you were meant for each other. But the love of your life lives in a foreign country and needs money to get away from a cruel father or to get medical care or to buy a plane ticket so you can finally be together.

>>What’s really going on: Your new love is a scam artist. There will be no tearful hug at the airport, no happily-ever-after. You will lose your money and possibly your faith in mankind.

>>The big picture: Online social networking has opened up bold new avenues for heartless scammers who specialize in luring lonely people into bogus friendships and love affairs, only to steal their money.

Cindy Dawson, a 39-year-old customer service representative for a manufacturing firm, fell for a Nigerian named Simon Peters whom she met on a dating site. “We started talking on the phone,” the divorced mother of three recalls. “He said his father lived in Bolingbrook, Illinois, not far from me.”

They exchanged photos; Peters was a handsome man. Dawson sent him pictures of her kids, who also talked to him on the phone.

“He kept saying how much he cared about me,” says Dawson, fighting back tears at the memory. “I was in love with him.”

Soon enough, Peters started asking for money—small amounts at first, to buy food. He always wanted the money wired by Western Union to someone named Adelwale Mazu. Peters said he couldn’t use his own name because he didn’t have the right documentation. “It started progressing to higher amounts of money,” says Dawson. “I sent him money for

airfare from Nigeria. I drove to the airport, but he never showed.”

Peters continued working the scam, explaining that authorities in Lagos wouldn’t let him board the plane. Then he needed money for school. Then he was stuck in London. “Everybody told me he was scamming me,” says Dawson, “but I didn’t want to believe it. Finally my 12-year-old daughter said, ‘Stop

sending him money; he’s never coming.’” After reading about this type of con on romancescams.org, Dawson searched for the fake name and figured out that Peters’s photo was a stock image of a male model repurposed from the Web. “He got about \$15,000 out of me,” she says.



“I was angry, and I felt stupid.”

>>Avoidance maneuver: “On the Internet, it is almost impossible to be too paranoid,” says Durst. “But don’t be paralyzed; be smart.” Dating and social-networking sites can be a great way to meet new friends, even from foreign countries. But if someone you know only from the Web asks for money, sign off quickly.



Have you been fleeced by an Internet con artist? Learn more about what to do at readersdigest.com/netsafety.



An aerial photograph of a forest. The trees are mostly dark green and blue, with a prominent, large, bright red tree trunk in the lower-left quadrant. The lighting creates a shimmering, textured effect on the canopy.

Look >>

SEE THE WORLD
DIFFERENTLY

ERIC GAY/AP IMAGES

Scan & Print: wordmags & avaxhome

«Twice

What looks like a compelling piece of abstract art is, unfortunately, a cresting environmental disaster. When the Deepwater Horizon oil rig exploded on April 20, 11 workers died, and the millions of gallons of oil that spilled into the Gulf of Mexico now threaten more than 500 species of migrant birds and fish and other marine life, including, at a critical breeding time, possibly half the U.S. supply of shrimp and oysters and a large quantity of blue crabs. The oil, as well as the chemicals used to battle it, will likely affect the Gulf, its residents, and the rest of the Western Hemisphere for years.

GERALD HERBERT/AP IMAGES



Ten ways *Eat, Pray, Love*'s **James Franco** is more than just a pretty face

Beautiful Mind

BY AMY WALLACE

In high school, James Franco was voted Senior with the Best Smile, a distinction that has stuck. His appeal only intensified when he played a tousle-haired bad boy on TV's high school melodrama *Freaks and Geeks*, which debuted in 1999. He won a Golden Globe in 2002 for his sensitive, spot-on portrayal of outsider heartthrob James Dean. The role of spoiled heir Harry Osborn in the *Spider-Man* blockbusters garnered the attention of mainstream audiences, which he will court again as one of Julia Roberts's love interests in this summer's expected juggernaut *Eat, Pray, Love* (based on the bestselling book by Elizabeth Gilbert). While Franco has succeeded in other kinds of roles, the romantic ones leave the

indelible impression. Let's just say the guy can't help it.

But spend a few minutes talking to him, and it quickly becomes clear that Franco, 32, has a lot more going on upstairs than great cheekbones. He is completing a master's degree in creative writing at Columbia University, and Scribner will publish his first collection of short stories in the fall. In September, he will head to Yale to begin a joint PhD program in English and film studies. Now, after dropping out of the University of California, Los Angeles, 13 years ago, Franco has made good on getting the "well-rounded education" that his parents—former art and math majors at Stanford University who raised him in Palo Alto with two younger brothers—wanted him



Actor James Franco heads to Yale this fall to work on a joint doctorate.

to have. Here, ten (other) things that could almost make you forget he's the subject of a viral video on the Web called "James Franco (Why Do You Look So Good?)."

1 He doesn't think he's all that.

"It's tricky because if I answer a question about my looks, it makes it sound like I think I'm great-looking. It's something I really try not to think about. My brother Dave is so much more handsome than I am. Anyway, nowadays most of the films that depend on the classic Hollywood model of a charming, good-looking man are generally going to be pretty boring. But it's not like I go out searching for movies and say, 'Let me find a character that will really let me ugly myself up.' A good role is a good role."

2 He took the role in *Eat, Pray, Love* because "it was an opportunity to be in the epitome of a romantic movie."

"I'm not usually drawn to romantic movies—it's just not my taste. But *Julia Roberts*, a bestselling book—it's always interesting to be in something that's the best in a genre. And the character is easygoing, laid-back, into meditation. And he's an actor. I understood him."

3 He was a bookworm growing up.

"After a certain period of getting into a lot of trouble, I became very focused on books. I started reading seriously when I was, like, 14. I became

interested in art, and to stay out of trouble, I would go after school each day to draw and paint at the Pacific Art League, where they had classes until 10 p.m."

4 He was afraid of acting.

"I'd always wanted to act. But it was a mystery how one actually becomes an actor. I was very shy, so getting onstage was a very scary thing. I didn't actually do it until my last year of high school."

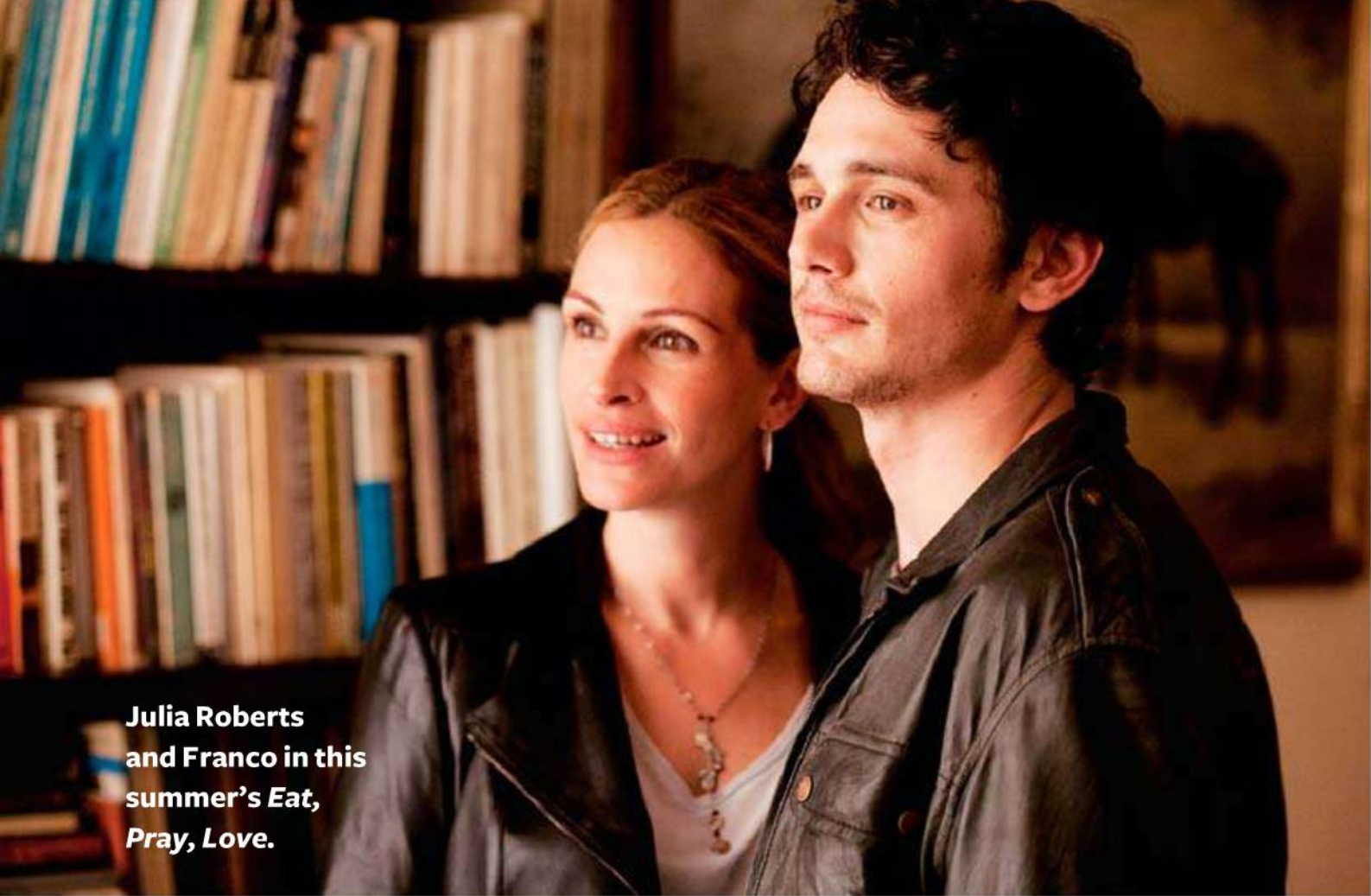
5 He struggled as an English major at UCLA and then dropped out.

"I couldn't get in to the good acting classes, because I hadn't applied to UCLA's drama school. So I began studying acting off campus. My grades were slipping. I wasn't really doing assignments."

6 He did some very goofy things in college.

"This is embarrassing: I started going to school in costume. I played different characters. I didn't have any money for real costumes, so I would wear a dumb cowboy hat made of plastic and speak with a terrible Southern accent. What was I thinking?"

7 Starting in late 2009, he guest-starred in several episodes of the long-running soap opera *General Hospital*. This summer, he did it again, even codirecting what he called a "very, very special" episode at the Museum of Contemporary Art in L.A.



Julia Roberts and Franco in this summer's *Eat, Pray, Love*.

“Fans get something valuable from soap operas. People generally look down on them, but a lot of mainstream movies and prime-time TV shows have a soap opera structure, where all the characters eventually become involved with one another, and there’s high melodrama. I’m interested in all of that.”

8 He just finished making *127 Hours*, in which he plays mountaineer Aron Ralston, who has to sever his arm in order to survive a climbing accident. But Franco doesn’t pretend he’s that macho.

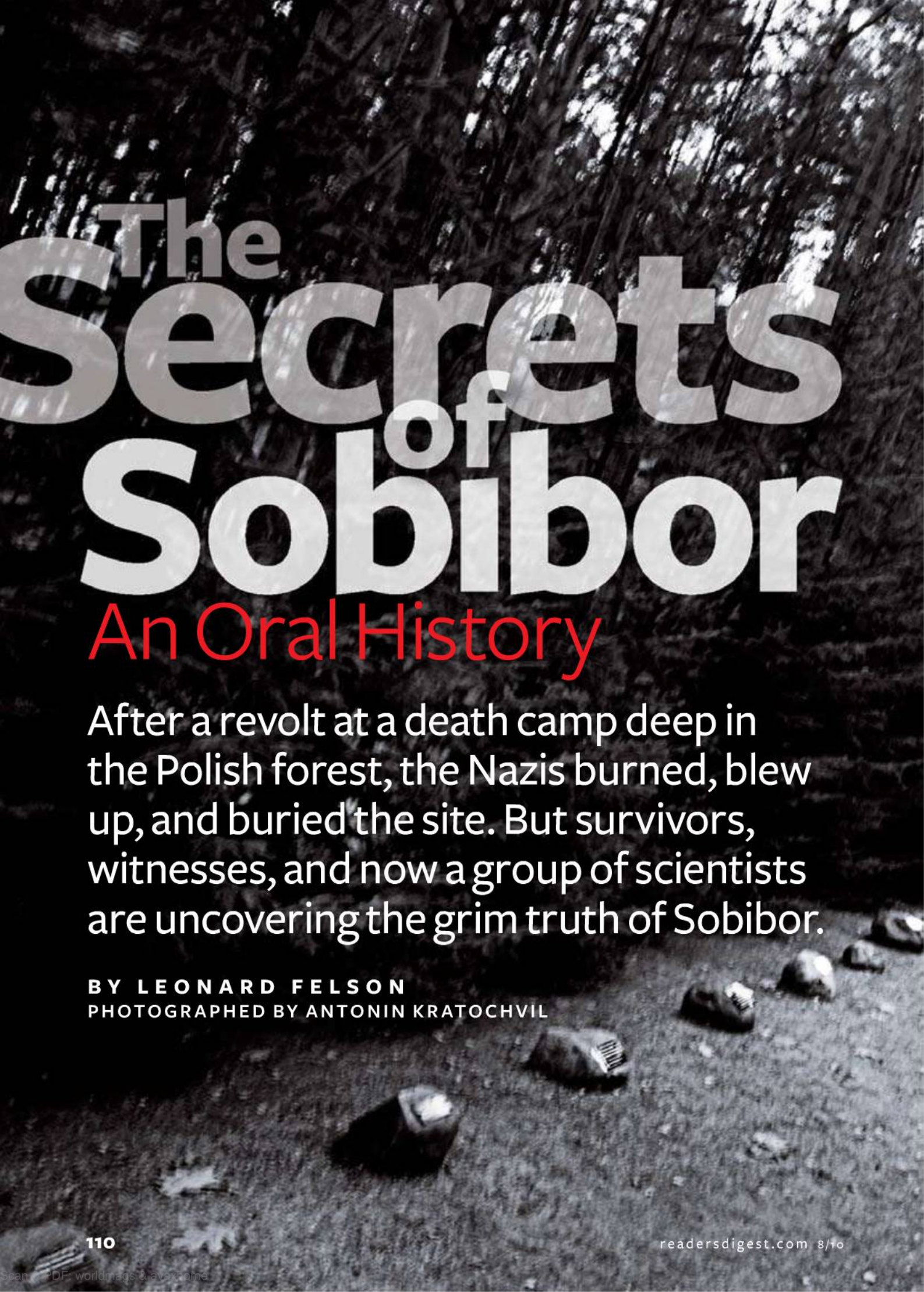
“Having just acted it, I’ll tell you it seems like no easy feat. You might have the will, but then there’s the actual doing.”

9 He has made tongue-in-cheek videos of acting lessons with his younger brother Dave that you can watch on *Funny or Die*, a comedy website cocreated by Will Ferrell. But he really does believe that acting can be taught.

“I went to acting school for eight years, and I saw people improve by applying certain techniques or with basic experience. Whether everyone becomes Daniel Day-Lewis is another story.”

10 For a funny, charming guy, he isn’t afraid to get deep.

“After I became an actor, my interests in literature and writing didn’t have space to grow. I wanted to pursue these and have accomplished professors there to guide me. School has really saved me. I went back for me.” ■



The Secrets of Sobibor

An Oral History

After a revolt at a death camp deep in the Polish forest, the Nazis burned, blew up, and buried the site. But survivors, witnesses, and now a group of scientists are uncovering the grim truth of Sobibor.

BY LEONARD FELSON
PHOTOGRAPHED BY ANTONIN KRATOCHVIL



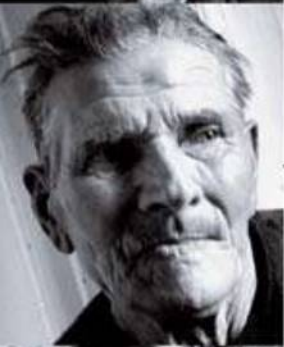
This lane, known as the Schlauch (the Hose) or Himmelfahrtstrasse (the Way to Heaven), ended at the gas chambers.



The People of Sobibor

The Survivor

Selma Wijnberg Engel, 88; retired jeweler; Branford, Connecticut



The Villager

Jan Manaj, 83; farmer; Luta, Poland



The Searcher

Yoram Haimi, 49; expedition leader and archaeologist, Yad Vashem International Institute for Holocaust Research and Ben-Gurion University of the Negev, Israel



The Archaeologist

Richard Freund, 55; director, Maurice Greenberg Center for Judaic Studies, University of Hartford



The Historian

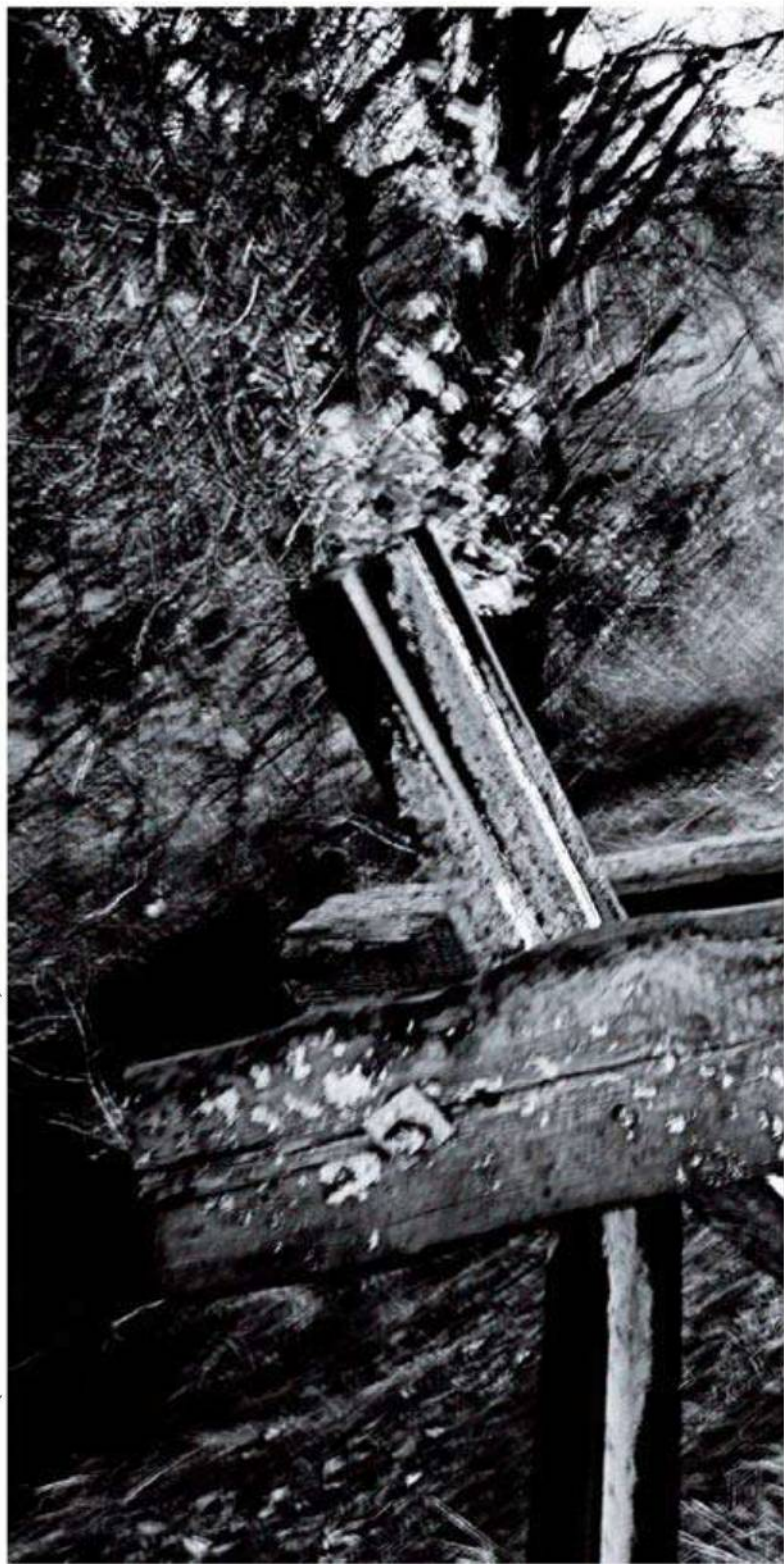
Avinoam "Avi" Patt, 34; assistant professor of history, Maurice Greenberg Center for Judaic Studies, University of Hartford



The Geophysicist

Paul Bauman, 51; chief geophysicist, WorleyParsons, a global energy, mining, and engineering firm in Calgary, Canada

How does history uncover an atrocity? How does science make sense of evil? The team that examined Sobibor in 2008 includes experts of all types. Yoram Haimi, an Israeli archaeologist and nephew of two Sobibor victims, has led three expeditions to the death camp since 2007. Avi Patt, a Holocaust historian from Connecticut (and himself the great-grandson of victims), interprets the past for the team, while Richard Freund, a



(PHOTOS OF PATT AND BAUMAN) COURTESY LEONARD FELSON

Judaica scholar, has helped raise money and spread awareness of the work to be done. Revealing what lies beneath the soil while respecting the dead, the team depends on the instruments of Canadian geophysicist Paul Bauman. And of course, to help the world remember what it must never forget, history relies on eyewitnesses like Jan Manaj and survivors like Selma Engel, who has the first word.

“I grew up in Zwolle, Holland. My parents owned a kosher hotel. My father died in 1941, before the Germans started rounding up the Jews. After my mother and my three brothers were sent away to Poland by the Germans, I didn’t want to live in the apartment anymore. A Catholic priest found a place for me to stay. One night, the gestapo broke into the home. I didn’t

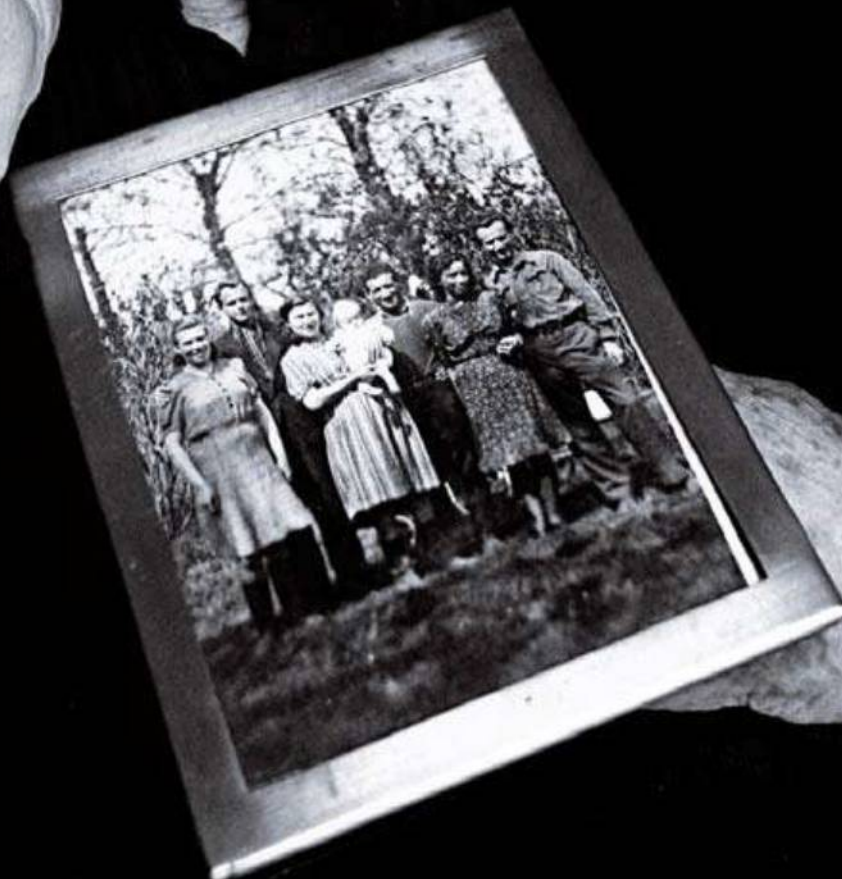


“We were on the train three days and three nights. When the train stopped, people in the town were trying to signal we were going to our deaths, but we didn’t understand. The train doors opened, and people fell out on top of each other.”

Selma Engel

“The Germans told them they had to take a shower because of the typhus outbreak. After that, they said, you can write to your family in Holland and tell them that you arrived at the camp. I saw people walking with their whole families to the showers. I heard a boy say to his father, ‘I want to go with you, Daddy.’ And the father said, ‘After the shower, we’ll see each other.’”

Selma Engel



have enough time to escape. I was 20. [After jail in Amsterdam and a concentration camp in the Netherlands], they sent me to Sobibor in a freight train.”

Selma Engel, the survivor

“Many camps at the end of World War II were destroyed, dismantled, or burned out of fear of being discovered by Allied forces. The open question was, What happened to Sobibor? ... This is exactly the kind of project we can do. Instead of spending years digging with no direction, we can map the subsurface to determine where to dig. From an archaeologist’s viewpoint, Sobibor is virgin territory. It has never been systematically excavated since it was cleared by the Nazis, who planted forests there to hide what they did. [This team] will be the first to document, in a dignified and scientifically accurate way, the entire sinister process without having to disturb human remains.”

Richard Freund, the archaeologist

“At least 167,000 people were on the transport list. They got off, and a couple of hours later, they were ash. When we arrived to map the site, I felt a little choked up. It’s very stark, that area. It’s all weeds and somewhat derelict. You realize how insane the whole thing was, how hopeless for the people getting off the trains. They had no idea what was in store for them.”

Paul Bauman, the geophysicist

“Before the war, Luta was predominantly a Ukrainian village, with Poles

and Jews. I had Jewish friends in school—Hanshe, Moishe, Yankel. Hanshe was very pretty. And the Germans came and took these Jewish families to the forest and shot them. In Luta, everyone knew the Germans were building a death camp nearby, but no one said anything. Everyone was looking out for himself. On one occasion, all the men were taken by Germans to be shot in retaliation for the partisan attacks on the German soldiers. They were almost executed, but the women of Luta bought them back. They paid the Germans with a huge supply of fresh eggs.”

Jan Manaj, the villager

“Passengers [disembarking] at the station had to go through various procedures: division according to sex, the surrender of their suitcases, removal of clothing, cutting of women’s hair, and the confiscation of possessions and valuables. On their way to the gas chambers, the naked victims passed various buildings: warehouse barracks; a former forester’s house (used as the camp offices and living quarters for some of the SS men); a small agricultural area with stables for horses, cattle, swine, chickens, and geese; and a small wooden Catholic chapel. A high observation tower overlooked the entire area. The exterminations were carried out in the northwestern part of the camp, the most isolated area. It contained the gas chambers, burial trenches, and housing for the Jewish prisoners employed there. A path, three to five feet wide and 492 feet long, led from the recep-

tion area to the extermination area. The path was fenced in on either side with barbed wire, intertwined with pine branches. Through it, the naked victims were herded toward the gas chambers.”

Richard Freund

“We were hit with whips. There was one woman. Her baby fell, and she said, ‘Can I take my baby?’ A German hit her in the face. She was bleeding. He told her, ‘We’ll take care of your baby.’ And they threw them in the fire. From there, we passed a whole bunch of Germans, and they picked me out [along with] a group of Dutch girls that I’d met in the Amsterdam jail. Somehow we stayed together—that was our luck. And the Germans say to us, ‘Go on the side.’ We had no idea what would happen to us.”

Selma Engel

“Most of my Jewish friends and their families never made it to Sobibor. They were taken into the forest and shot, then buried alongside the road. When I was about 16, I was forced one cold December day in 1942 to take the family’s horse and wooden cart, the one we used to carry hay or produce, to transport Jews to Sobibor. I wasn’t the only one. Every peasant had to provide a cart. My father was supposed to transport the Jews, but he was so scared, he hid, and I had to do it.”

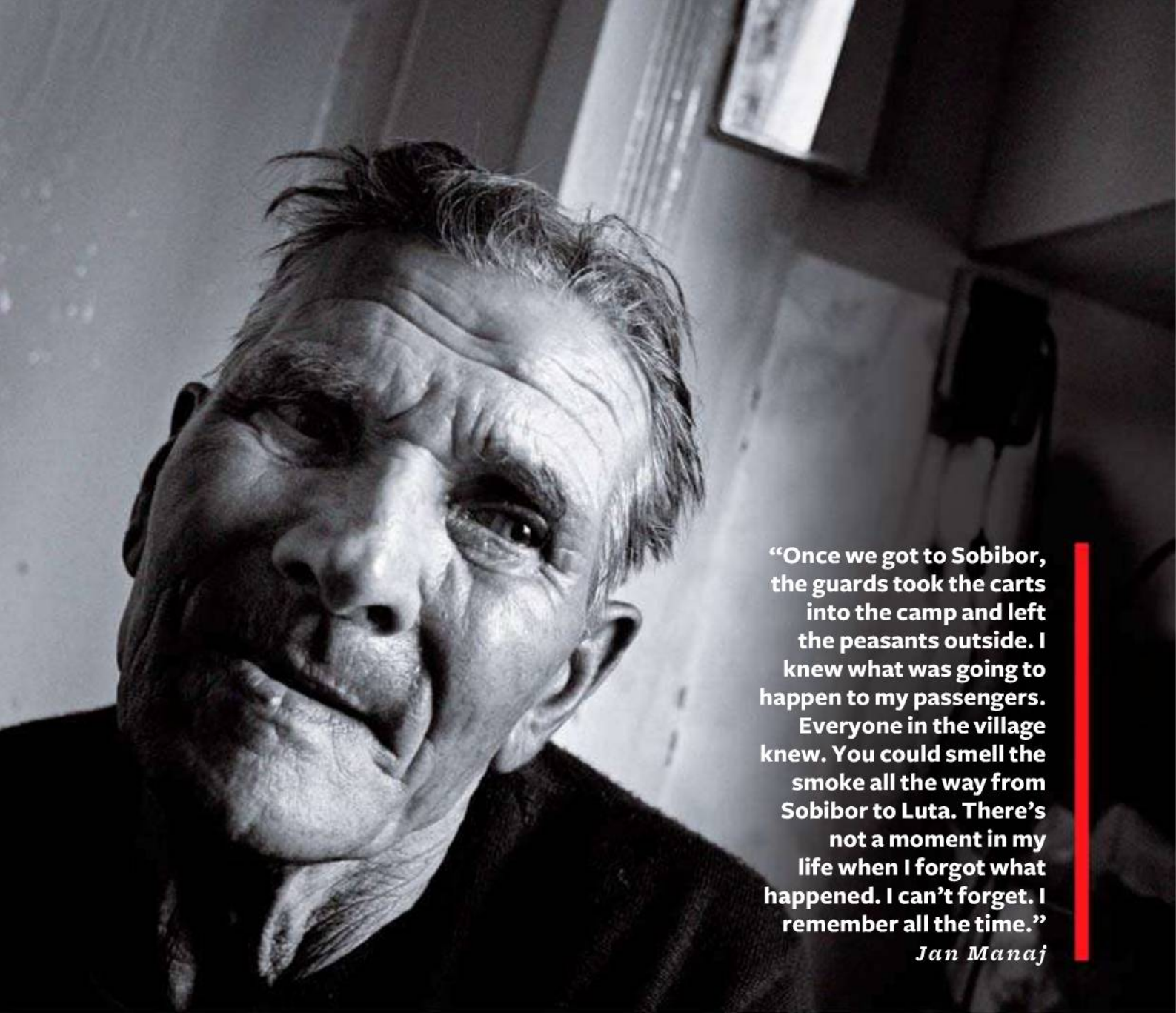
Jan Manaj

“Sobibor was the second killing center constructed as part of Operation Reinhard. It was built along the

Chelm-Wlodawa railway line, in a wooded, swampy, thinly populated region. The camp covered a rectangular area of 1,312 by 1,969 feet and was surrounded by a minefield 50 feet wide. This was the site, in fact, where my great-grandparents on my mother’s side had been deported from Vienna in the spring of 1942 to meet their deaths.”

Avi Patt, the historian

“We used GPR—ground penetrating radar. Think of it as an MRI of the ground. We were hoping to see construction material, concrete, wood, materials that wouldn’t be detected by other instruments. We used a high-resolution metal detector, the kind used to search for unexploded bombs and shrapnel. We wanted to find rail ties and spikes, barbed wire, spades, shovels, eating utensils. We had another detector, an EM 38. It is sensitive to subtle changes in conductivity. It can differentiate between compacted soil in a trench versus undisturbed soil. We could use it to uncover mass burial plots if the ashes gave off salt, as ashes often will. Our magnetometer measured, in incredibly high resolution, the earth’s magnetic field. Two things will change the magnetic



“Once we got to Sobibor, the guards took the carts into the camp and left the peasants outside. I knew what was going to happen to my passengers. Everyone in the village knew. You could smell the smoke all the way from Sobibor to Luta. There’s not a moment in my life when I forgot what happened. I can’t forget. I remember all the time.”

Jan Manaj

field: buried iron or steel and burned material.”

Paul Bauman

“I grew up hearing about how my two uncles—Maurice and Yahia Ben Zaquen—moved from their native Morocco to Paris in the 1930s to open a photography studio. They sent money and notes home to the family. The notes always ended, ‘Take care of our little sister,’ who was my mother. The notes stopped suddenly in 1941, after the Germans occupied Paris. Four years ago, I woke up suddenly

needing to know what happened to them. I went to Yad Vashem, Israel’s Holocaust memorial and the world authority on documenting and archiving that history.”

Yoram Haimi, the searcher

“The Germans shot and killed over a million Jews in their communities, but it was too hard, too labor-intensive, and a waste of ammunition. Heinrich Himmler, leader of the SS, said, ‘We need an easier way.’ So they took the euthanasia staff, which had already

secretly gassed people in Germany, to Sobibor. Franz Stangl [the commandant at Sobibor] was one of them. Psychologically, it made it much easier on the Germans because they didn't have to kill one to one."

Avi Patt

"We were sent to a small barracks. In the afternoon, we had to start working. We had to sort the contents of the backpacks. We saw packages of food and very nice clothes, everything you could have wanted. Sometimes we find a child in the luggage. Then I see all the women without hair. They go into the barracks with the showers, except no water comes out."

Selma Engel, diary, April 9, 1943

"When I arrived [at the site], my heart started to pound. I feel electricity in my fingers."

Yoram Haimi

"Haimi has attempted one of the most daunting tasks that an excavator undertakes, excavating a place where you have a personal connection: an extermination camp." *Richard Freund*

"Every day the Germans made us do something else. One day we had to

Barbed wire
Bullets
Bullet cartridges
A rusted curling iron
Cuticle scissors
A soldier's boot heel or stirrup
A metal plate and soup bowl
A bicycle wheel
Knives
Spoons
Belt buckles
Cigarette lighters
Metallic cigarette cases
Perfume and medicine bottles
Dentures
Glasses
Jars from the Netherlands that probably contained disinfectants

A partial list of the team's findings

walk for hours and sing songs. Some Jewish people had an instrument, and we had to dance. Chaim Engel asked me to dance. First time I met him, he fell instantly in love with me. That's the way I met Chaim, my husband. First day. He was from Poland. I did not know what was happening at Sobibor until two prisoners told me that all the people that came the same time I did were sent to the gas chambers and burned."

Selma Engel

"When the gas chambers were filled with victims, the gas that was vented into the rooms asphyxiated the victims in about 20 to 30 minutes. Before being

[burned] and buried, the bodies were searched for valuables, and gold teeth were removed."

"Excavating Nazi Extermination Centres," by Isaac Gilead, Yoram Haimi, and Wojciech Mazurek, 2009

"We stole from the backpacks. There was food there. I was very good at that. I put it in my bra, my underpants. That's the reason we stayed alive. I never believed that I would get out. I had typhus, and one day all the people who were sick were shot to death. I was just lucky."

Selma Engel



“A librarian suggested I start with a volume of thousands of French Jewish victims compiled by Serge Klarsfeld, the French Nazi-hunter. I ran my finger over some 52,000 names. So many names. This is futile, I thought. But then I saw my mother’s maiden name—Ben Zaquen. There, in black and white, were my lost uncles’ names.”

Yoram Haimi

“Yoram noticed a number of post holes, and he used those to target his excavations for the possible site of the gas chambers. After the Germans blew up the gas chambers, they pulled the concrete pillars out of the ground, and pieces of metal fell into the holes. Those pieces of metal became readily identified as magnetic anomalies.”

Paul Bauman

“The rebellion at Sobibor took place because of the Jewish Soviet army officers who were rounded up in 1943 as the Nazi army juggernaut pushed farther into the Soviet Union. These trained, fit officers formed the core of the rebellious crew at places like Sobibor.”

Richard Freund

“They devised a daring plan. SS officers would be lured into storehouses on the pretext that they were to be given new coats and boots. Once inside, they would be attacked by the prisoners and killed with axes and knives. Nazi weapons were to be seized, and at roll call, the camp would be set ablaze. All prisoners would have a chance to bolt for freedom. Once outside Sobibor’s gates, they would all be on their own.”

Avi Patt

“It seems they planned the escape for about a week. We knew something had to happen. There was no work, no transports. Chaim said to me, ‘Selma, put a lot of clothes on and be ready at four o’clock tomorrow.’ So I did, and he was standing there waiting with a young man, who was involved in the

uprising. The young man was supposed to kill a German with somebody else, but he was afraid to go. Chaim said, ‘You have to go. Ten SS men are dead, the electricity is out, and the telephone is cut off. They know. Now we are dead anyway.’ Chaim had a bread knife. We walk out on roll call, and I was alone. And the door opens, and out comes Chaim. That’s a miracle. How would I have gone alone? I put a handkerchief around his arm, and he took my hand and says, ‘Come,’ and we start running. Everyone starts running toward the entrance. We were running, running, running.”

Selma Engel

“By dusk, more than half the prisoners—about 300 people—had escaped. Most were killed by their Nazi pursuers or died crossing the minefields. After the revolt, some joined partisan units; others found shelter among sympathetic Poles. It is estimated that just 50 of the escapees survived the war.”

Avi Patt

“I was trying to imagine myself in [the escapees’] shoes: Where do you go? What direction do you run in?”

Paul Bauman

“This is the only revolt that succeeds in all of World War II. I have a dream in



the beginning that I will come here. Maybe I will find the identity cards of my uncles.”

Yoram Haimi

“News of the escape, which reached German headquarters after some delay because of the cut telephone lines, caused a good deal of panic. The search for escapees began only at dawn. Surveillance planes were employed to follow them in the fields and forests. The escapees split into smaller groups to avoid detection. In the week following the escape, 100 of the 300 escapees were captured or shot to death.

The vast majority did not live to witness the day of liberation.”

“The Nizkor Project,” by Yitzhak Arad, Yad Vashem Studies

“Chaim was the only man who took his girlfriend. We were in the woods, and a bunch of people from Sobibor wanted to shoot Chaim because they didn’t want me to come along. [They feared Selma, who didn’t look or speak Polish, would give them away.] So Chaim and I went by ourselves. I was at Sobibor for six months. Chaim was there for a year.”

Selma Engel



“There was a minefield on the other side of the trench, so it was an effective barrier, as well as fences in the foreground. Even now, it’s mucky and kind of gross, and it stinks. You certainly have a sense of the entrapment that people must have felt looking across that moat and minefield and the barbed wire fences.”

Paul Bauman

“The camp was liquidated immediately and covered over with dirt and trees, giving the impression that there was never one there. Nazi officials feared other camps would rebel and chaos would break out. Ironically, in their attempt to cover up what happened, the Nazis provided archaeologists with the single best evidence of this unspeakable crime—an untouched site.”

Richard Freund

“We filled a weather balloon with helium, attached a digital camera, tethered the balloon to a line of string, and let it float 1,000 feet above the site. The camera shot hundreds of photographs, which we compared with a 1944 aerial photo shot by the German Luftwaffe six months after the camp was dismantled. We immediately saw different shades of green in the grassy field ... The dark green areas would be associated with mass burials because ash is a great fertilizer. When you think about the fact that by now each victim’s ashes comprise the volume of a teacup, you realize you’re looking at a mass grave of tens of thousands of people.”

Paul Bauman

“My whole family got killed. I have nobody left in Holland. They all walked to the gas chamber. Healthy people with children. Twelve, 13, 14 years old. It is something that nobody can understand. And that is something I suffer now very much. I cannot sleep at night.”

Selma Engel

“When I tell my family or friends the story of what happened, they don’t believe it. They tell me I’m telling fairy tales.”

Jan Manaj

“There are 20 different maps of Sobibor, [drawn up from the memories of survivors and the Germans and Ukrainians who worked there]. We want to try to map Sobibor like it should be, like it was. I feel that after the Germans exploded the important buildings in the camp, they buried everything in a pit in the woods. For an archaeologist, this is the best place to excavate. And we’re still looking for the gas chambers. There is also a plan to build a new museum once we finish our excavations. Four countries are working on this—Poland, Israel, Holland, and Slovakia. But we need funding to do all of this. I don’t take money, and I don’t want money. Just enough to pay the workers and to finish the job. This work is a document for the next generation about what happened at Sobibor and about the Nazis’ attempt to erase history.”

Yoram Haimi

“My grandfather spent the rest of his life mourning the loss of his parents—they died at Sobibor—and wishing he had died with them. I’ve tried to tell him and my paternal great-grandparents, ‘Look, this family has continued. People lived.’”

Avi Patt

Additional reporting by *Nancy Coveney*



Read the diary Selma Engel kept during her escape and watch photographer Antonin Kratochvil’s film about Sobibor at readersdigest.com/sobibor.

Should a cousin adopted as an adult inherit the biggest piece of a family's fortune?

You Be the Judge

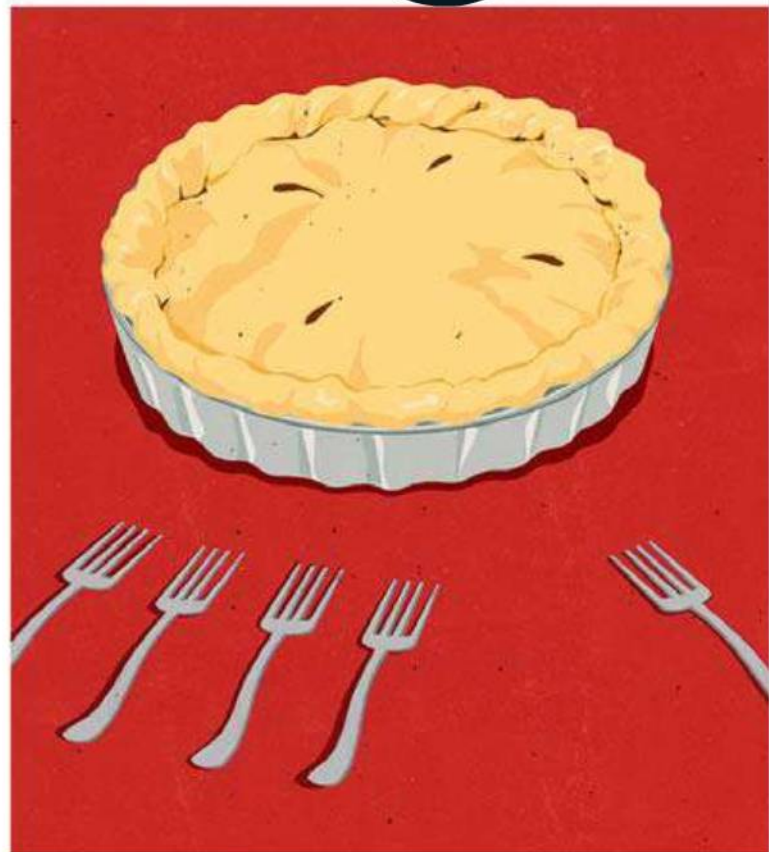
W

When their aunt Grace died, the Nixon kids figured they'd be coming into some cash.

Almost a century ago, in the heartland of Nebraska, their grandfather John Nixon had begun building a small fortune in the cattle-feed business that his father had started. It afforded him a residence in Omaha, a vacation home in Estes Park, Colorado, and the ability to set up a trust fund to support his family after his death.

Nixon died in 1965. As outlined in his will, his wife, Mary, was his sole heir. The will also stipulated that upon Mary's death, what remained of the trust would be split between their two children, Grace and John Jr. When Grace and John Jr. died, their shares would pass to their spouses and eventually to their children.

When Nixon wrote his will, in 1964,



BY VICKI GLEMBOCKI



**The siblings
were the rightful
heirs, since their
aunt had neither
a husband nor
children.
Or so they
thought.**

only John Jr. had kids. Grace, 43 at the time, had never married. So Nixon added a provision: If Grace died without children, her portion would go to her brother and his family.

Mary died in 1980 and John Jr. in 1975. As expected, his wife and eventually his four children—Robert, Ken,

Dianne, and Joanne—received what was left of his share. And when Grace died, in November 2006, John Jr.'s kids expected to get what remained of her share—around \$600,000, which they planned to divide among themselves. After all, they were Aunt Grace's heirs, since she had neither a husband nor children.

Or so they thought.

But a few weeks after Grace's death, each of John Jr.'s children received a letter from Wells Fargo Bank. They couldn't believe what they read. Another relative—their father's cousin, Richard Daley—had laid claim to the inheritance. Daley, a retired orthopedic surgeon in Phoenix who was married with four kids, was also, to the Nixons' great surprise, Aunt Grace's adopted son. "That seemed crazy," says Ken Nixon, now 60 and a pyrotechnics engineer in California.

Maybe not. It was no secret that Grace didn't like her brother and his family. In 1985, she approached her cousin, Daley, to propose that she adopt him so she could help pay for his children's education and also prevent her brother's kids from inheriting more of the trust. She was 64; Daley was 50. He agreed.

Grace and Daley petitioned the Superior Court of Los Angeles County, where she lived, asking to have the adoption granted. In 1986, the state of California, which allows adult adoptions, approved the request. Grace instructed Daley to keep the adop-

tion confidential, which he did—even from his own mother.

After the Nixons called Wells Fargo to protest Daley's claim on the trust, the bank filed a petition in Nebraska's Douglas County Court, asking the judge to make the official call: Which party is the legal beneficiary to Grace's portion of the trust?

At a hearing in November 2007, each side made its case.

For the Nixons, it came down to this: Grace would have been prevented from adopting Daley in Nebraska, where John Sr. lived and where the trust was created, because most adult adoptions are illegal there. In addition, John Liakos, one of the Nixons' attorneys, argued that Richard Daley could not have had two mothers at the same time. That, too, is illegal in Nebraska unless the

birth mother gives up her rights. "This whole thing was a scheme to beat [the Nixons] out of their inheritance," says Liakos.

Scheme or not, one of Daley's attorneys, Heather Voegele-Anderson, argued that since the California courts found the adoption to be proper and approved it knowing that Daley's mother was alive and had not relinquished her parental rights, Nebraska was obligated to recognize it. Plus, Nebraska had no laws denying adopted children their right to inherit. Furthermore, and most important, the will made perfectly clear that Grace's heirs could include "persons legally adopted."

Should Nebraska honor the adoption? Should Richard Daley get the inheritance? Were the Nixons victims of a scheme?

The Verdict



Under the U.S. Constitution, states must give "full faith and credit" to the judgments of other states. Which was exactly what the Douglas County judge ruled in December 2007: Nebraska was required to recognize the adoption that took place in California. Richard Daley, the judge ordered, is the sole beneficiary of Grace Nixon's portion of the Nixon family trust. The Nixon

siblings filed an appeal asking the Nebraska Supreme Court to review the case. Sixteen months later, on April 10, 2009, it upheld the lower court's decision: Daley is indeed Grace's rightful heir to the family fortune. Wells Fargo was ordered to deliver the trust's assets to him. "My grandfather," says Ken Nixon, "is rolling over in his grave."

KNOW OF AN INTERESTING CASE?

E-mail judgesideas@readersdigest.com. Your story could be the next *You Be the Judge*. Sending gives us permission to edit and publish.



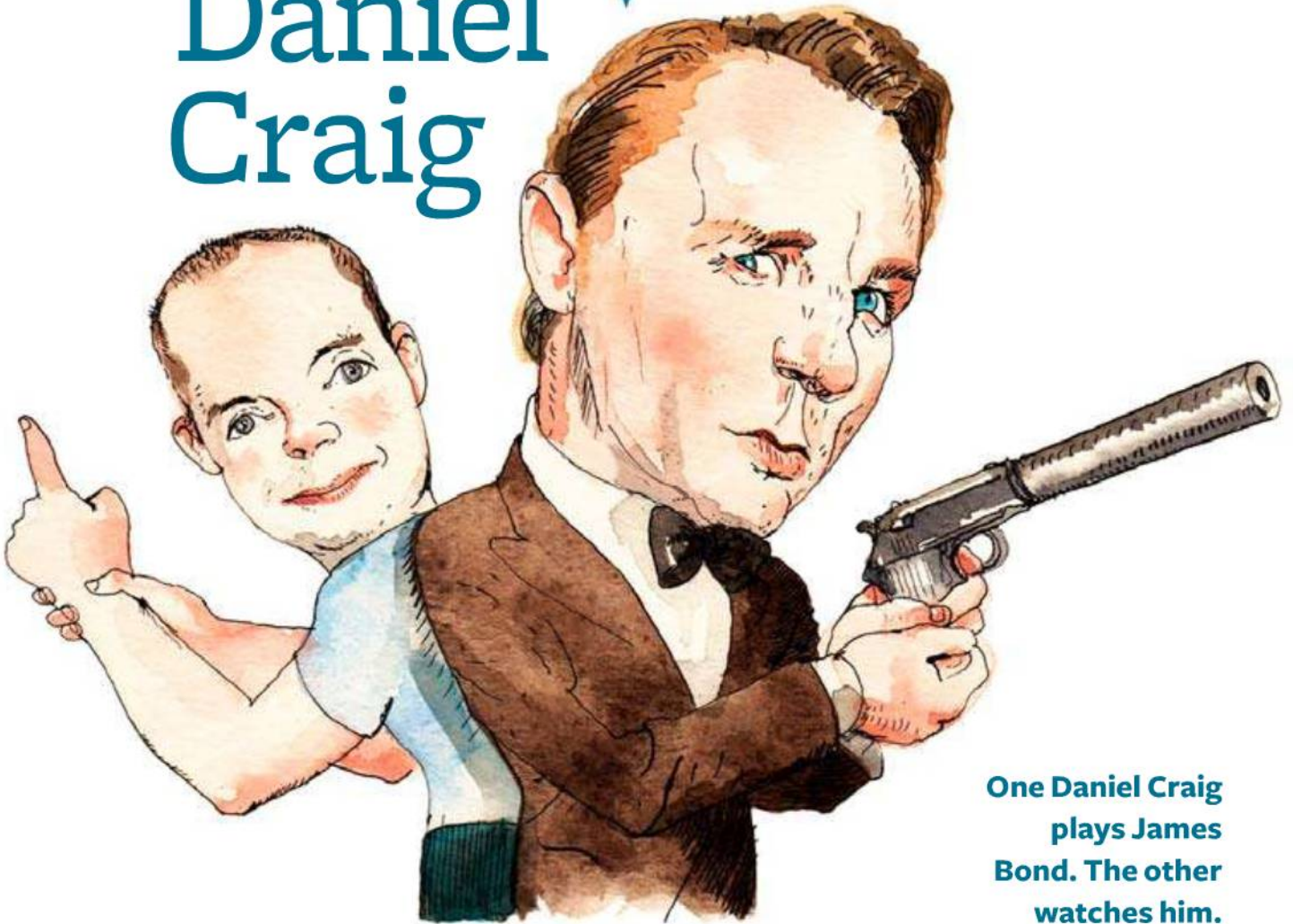
What do you think of the verdict?

Share your opinion at readersdigest.com/ybtj.

Funny, You Don't Look Like Daniel Craig

Sharing a name
with a celebrity
can be a blessing...
or a curse

BY LENORE SKENAZY



**One Daniel Craig
plays James
Bond. The other
watches him.**

Jim Hoover was basking in the glow of becoming a new father. Giddily, he filled in his son's birth certificate with the name of his old dog: Herbert. Ha-ha. Then he asked the nurse if he could have another certificate.

"Only," she replied, "if you have another child."

Thus did a new **Herbert Hoover** come into the world in 1968, unintentionally honoring the president who ushered in the Great Depression.

Herbert Hoover, now 41, lives in Harlem and makes pewter saltines (yes, you read that right) that are sold in stores and art galleries across the country.

So what were you expecting? A politician? A Republican, at least? I've got news for you: After interviewing everyone from (not *the*) **Michael Jordan** to (not *the*) **Michael Jackson**—not to mention (not *the*) **Betsy Ross**, **Kelly Clarkson**, **Oprah**, and a whole lot more—I learned that very few would be mistaken for their famous namesakes. But somehow, they all feel connected to their celebrity counterparts, for better or worse (for **Charles Manson**, just worse). And if you happen to share a famous name, here's a suggestion: Be prepared for anything.

PERKS

Marcia Clark—the budding publicist, not the ex-prosecutor—moved to New York on the cusp of the O. J. Simpson trial, when her namesake in California was busy trying to convict the former NFL star of a double murder. “I would get all these e-mails,” the 52-year-old arts consultant says. “‘Talk to the dog! The dog has all the information.’”

The only one who didn't seem to be paying her any special attention was her new boss—until the boss couldn't get lunch reservations at a hot new restaurant. “Marcia,” she said, emerging from her office, “would you call and make a reservation for four in your name?”

One phone call later, there was a table reserved for one o'clock, that very afternoon. Too bad her boss didn't take Marcia along.

Hard-to-get reservations, upgrades, first-class tickets—a lot of folks with famous names enjoy them all. Dallas sales rep **Carlos Santana** got special treatment in first class because the flight attendant thought he was the musician's son. (Nope!) Same thing happened to marketing consultant **Winton Churchill**. Guess the airline didn't notice he's missing an s in his first name. (He was named for a car, not the late British prime minister.) When Detroit property manager **James Joyce** visits any of the pubs worldwide that share his name, “it's usually good for a few free beers.” (By the way, before becoming a property manager, this Joyce was a teacher—and even *he* didn't make it all the way through *Ulysses*. “Nobody did.”)

Expecting similar hospitality, Californian **John Hancock** and his wife visited the Chicago skyscraper that bears

“Oprah” has opened many a door for Winfrey and Brown.



his name. Arriving at the observatory, 94 floors up, he handed over his ID and asked with a twinkle in his eye, “Can I get in free?”

Answer: no.

PAINS

Sharing a famous name is clearly not all upgrades and champagne. In fact, sometimes the champagne stops flowing pretty abruptly.

Businessman **Brian Williams** arrived at his Las Vegas hotel and was ushered into a fabulous suite. Less than an hour later, he was ushered out, with a brief apology.

“I was placed in a very nice room on a lower floor, overlooking the water show,” Williams says. It was a room where he got to hear “I’m proud to be an American” ... every 15 minutes.

When a car service was dispatched to pick up **David Cassidy** from the airport, the driver found himself chauffeuring a Long Island lawyer, not the *Partridge Family* singing sensation. “I told my wife I was picking up David Cassidy,” said the driver.

“Well, you did!” replied the good-natured attorney.

“You know what I mean,” the driver grumbled.

Yes, indeed.

Sweet and Sassy

Sharing a name with a confection poses its own problems. Travel and event planner Candy (Candice) Cain has heard every wise-crack. Here they are, along with her comebacks:

❶ “Wow! Your parents must have hated you, huh?”
“Actually, they were relieved when I got married. My maiden name is Corn.”

❷ “Candy Cain? Like something you eat?”
“No, like Cain and Abel. Cain killed his brother.”

❸ “Your name is really Candy Cain? Like the candy?” “Yes. They named it after me.”

Communications expert **Daniel Craig** gamely explains to surprised receptionists, cashiers, and clerks handling his credit card that he deliberately dropped the British accent, the tan, and the six-pack abs “so I can blend in with all you regular people.” How very James Bond of him.

Ted Kennedy, the head of CEO Challenges, a Colorado company that organizes networking events for captains of industry, has tried charming people out of their disappointment too. “One time I

had a meeting with the city of Boston about a CEO cycling event, and it was absolutely freaking packed to the rafters.” Then Kennedy got up to introduce himself—and 90 percent of the people left. “I was like, ‘Hey! Where are you all going? I’m as exciting as that other guy!’”

If ever he starts to feel sorry for himself, Kennedy recalls another non-celebrity celebrity encounter he had. “I met a guy named **Ronald McDonald**. I said, ‘Oh, my God, you poor slob! I can’t imagine what you go through!’ And he just shook his head, ‘Yeah. It really sucks.’”

Nor is it a picnic being a five-foot-

six-inch **Michael Jordan**. When the Atlanta editor of the website thrillist.com arrived at an invitation-only party and announced, “I’m Michael Jordan,” the three women at the check-in desk did a double take. Their smiles slid off. They demanded to see his license.

“It looks like you have a fake ID that says you’re Michael Jordan,” sneered the most brazen one, bending the license back and forth.

Jordan politely requested they summon one of the party organizers. The organizer vouched for him, and the skeptical checker apologized. “She said she was really hoping to meet Michael Jordan that night and everyone was kind of sad that he wasn’t coming,” recalls the editor. “Then she asked for my autograph.”

SUDDEN FAME

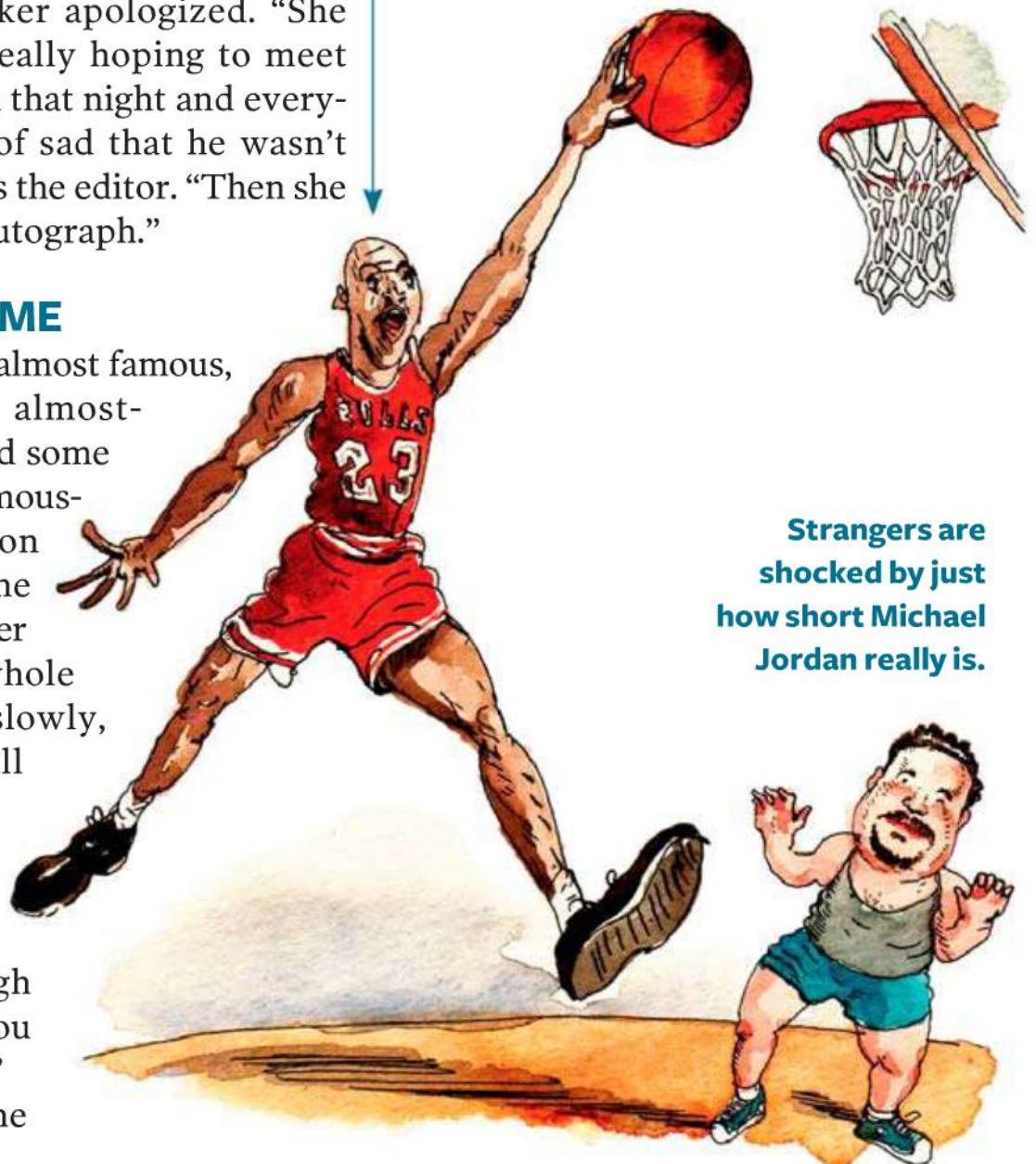
Some are born almost famous, some achieve almost-famousness, and some have almost-famousness thrust upon them, as did one particular mother of four. The whole thing started slowly, she says. A call or two a week. Usually something like, “Hi! This is Laura from high school! Don’t you remember me?”

Perplexed, the

woman had to admit that no, she did not. “Sorry, you have the wrong number.”

“You’re lying!” cried the caller before slamming down the phone. So did the others—who grew more numerous each week. Old ladies. Young girls. Drunk frat guys. And this is how **Kelly Clarkson** became aware of a new show called *American Idol*.

“The calls became more and more frequent, and the night she won, the phone was ringing off the hook,” recalls Clarkson, who, like the “Because of You” star, is not only a



Strangers are shocked by just how short Michael Jordan really is.

If Your Name Is X, You Will Always Hear Y

JIM MORRISON

(category manager for drugstore.com): “Come on, baby, light my fire.”

JENNIFER BEALE

(publicist): “*Dirty Dancing!*” (“Wrong,” Beale corrects them. “*Flash-dance.*” And besides, she adds, she’s Jennifer Beale, not Beals.)

COURTNEY LOVE

(speech pathology student): “Did you kill Kurt?”

BETSY ROSS

(restaurant manager): “Can you sew?”

MICHAEL JACKSON

(grant writer): “Can you dance like him?” Or, “Can you sing like him?”

TIM MCGRAW

(classical music administrator): “How’s Faith?”

LUCILLE BALL

(sales director): “Where’s Little Ricky?”

TERRY BRADSHAW

(production manager for a manufacturing company): “You don’t look like Terry Bradshaw!” (She—yes, she—replies, “TV makes you look a lot heavier and balder.”)

just a second. “I read an interview and someone asked [the *Idol* winner] how this new fame was affecting her, and she said it was strange: ‘Someone has me married with, like, five kids or something.’ And I thought, That’s me!”

THE HIDDEN BOND

Probably the weirdest thing about sharing the name of a famous person is that, even though the two of you may have nothing else in common, an invisible bond is formed. Just ask Phil Michaelson, founder of a tech company called KartMe. His name isn’t exactly the same as that

Texan but also—get this!—a singer.

Was it exciting to suddenly have a famous name?

“No! Annoying!” says the less-famous Clarkson. “My kids weren’t getting any sleep.”

The day after the younger Kelly Clarkson became the very first *Idol* winner, the older Kelly Clarkson called the phone company to demand an unlisted number. “They said, ‘What’s your name?’” she remembers. So she told them. “There’s a big intake of breath, and then they said, ‘Oh, right away, Miss Clarkson! We understand entirely!’”

One time, though, the unfamous Clarkson had the tables turned for

of **Phil Mickelson**, the professional golfer long considered a guy of enormous talent who just couldn’t win a major. Still, when Mickelson finally clinched the Masters in 2004, says Michaelson, “I was very excited to have that weight lifted off our collective back.”

For **Dave Mathews**, a tech guru, the opposite happened. Everyone loved the rocker until his tour bus driver dumped 800 pounds of bathroom waste on a steel-grid bridge in Chicago—with a tour boat cruising underneath. Next thing you know, everyone was flooding the tech guy’s blog with bile. He tried to correct folks: I’m a completely different Mathews! I invent things. I explain technology on

TV. I've got only one *t* in my last name!

Didn't matter and still doesn't. To this day, he gets the rock star's e-mails, blog hits, and, when they once happened to be staying at the same hotel, flowers. The card, from a nurse, gushed that at the end of a long day in the emergency room, "I can't tell you how much you mean to me."

Wow, thought our Dave: She must really love my tech blog.

Kansas City, Missouri, electronics engineering student **Oprah Brown**—named for some daytime TV talk show host—uses the lifelong connection to start conversations with strangers, just like her namesake. "I'll call someone and say, 'This is Oprah.' They scream and get all excited." Then she adds that her last name is Brown. And that she's a collections agent.

It goes downhill from there.

As for **Charles "Buddy" Manson**, it all went downhill in late 1969. That's when the police finally traced the murder of pregnant actress Sharon Tate and six others to the cult leader who shares his name. One of the 150 roughnecks Buddy was then supervising at a chemical company tacked the front-page story to a company bulletin board.

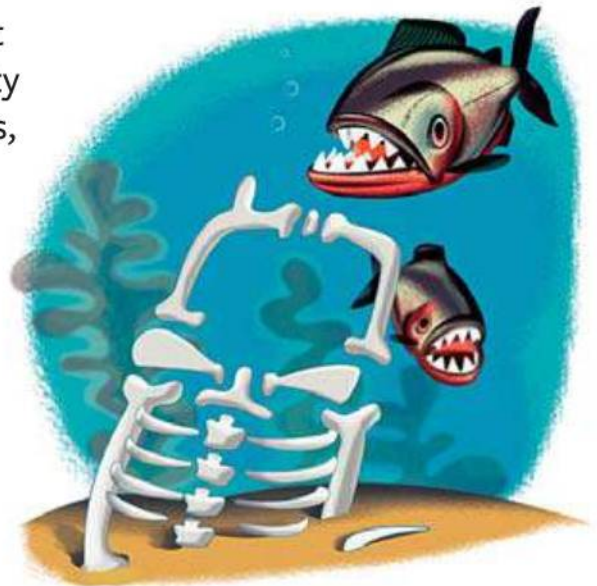
For a while, Buddy considered changing his name. And he railed at his father for giving it to him in the first place. But in the end, this Manson realized, a name is what you make of it. Now, when he checks into a hotel and the clerk looks a little leery, he leans in and whispers, "I just got out of jail."

I doubt they kick *him* out of his suite.

LAST TEXT MESSAGES

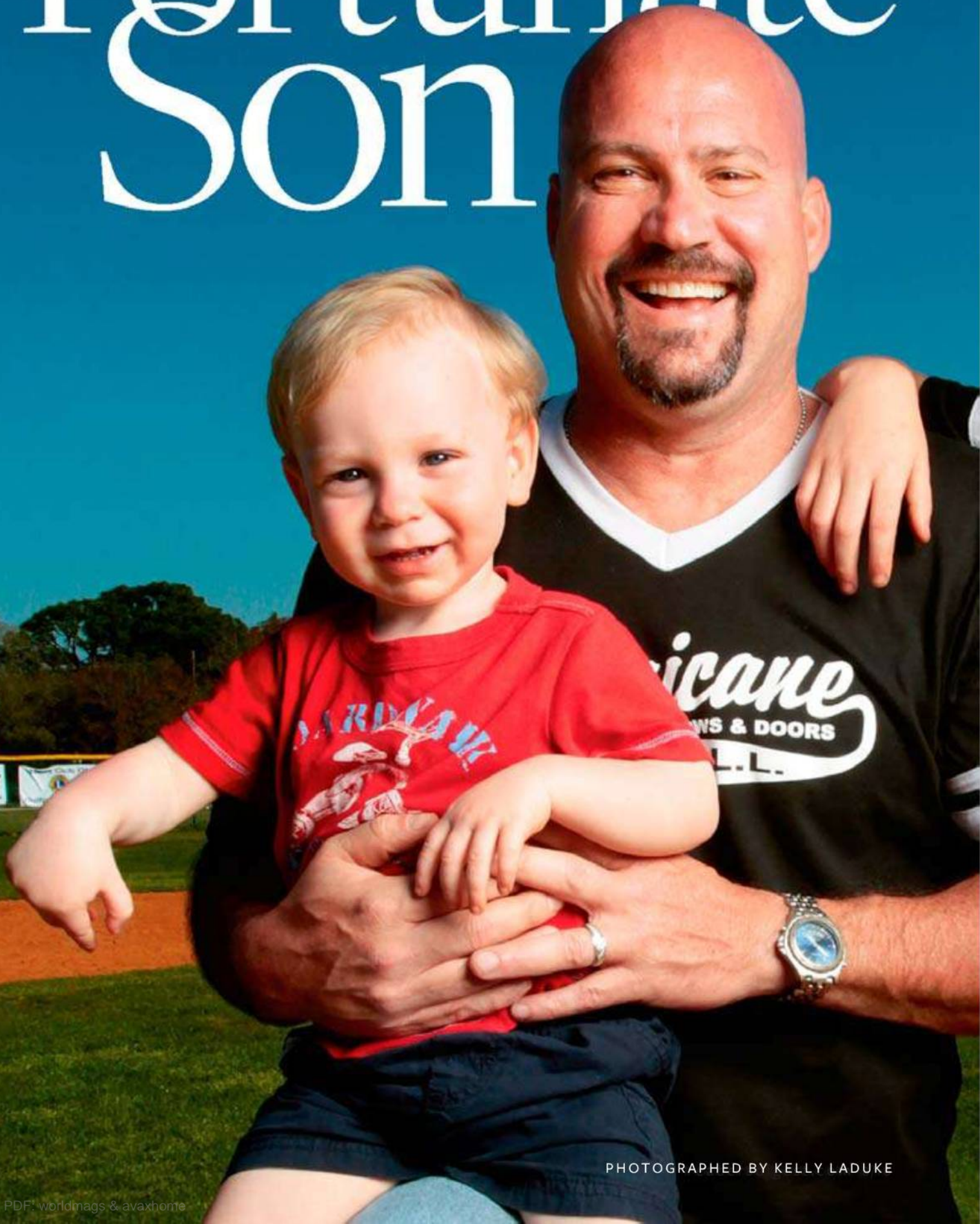
The dangers of driving while texting get all the news. But texting while doing pretty much anything else can also be hazardous, as these messages prove.

- I'm driving 90 mph along the most scenic part of the cliffside drive! This should be nice: Here comes a bend in the road with no guardrail to ruin the view!
- I'm relaxing in a bathtub while texting you. I don't have to worry about my battery dying because my phone is plugged into the wall outlet—
- Guess what! I'm being airlifted off a log, out of a river filled with piranha. I should be holding on to this rope, but I couldn't wait to tell you about it!

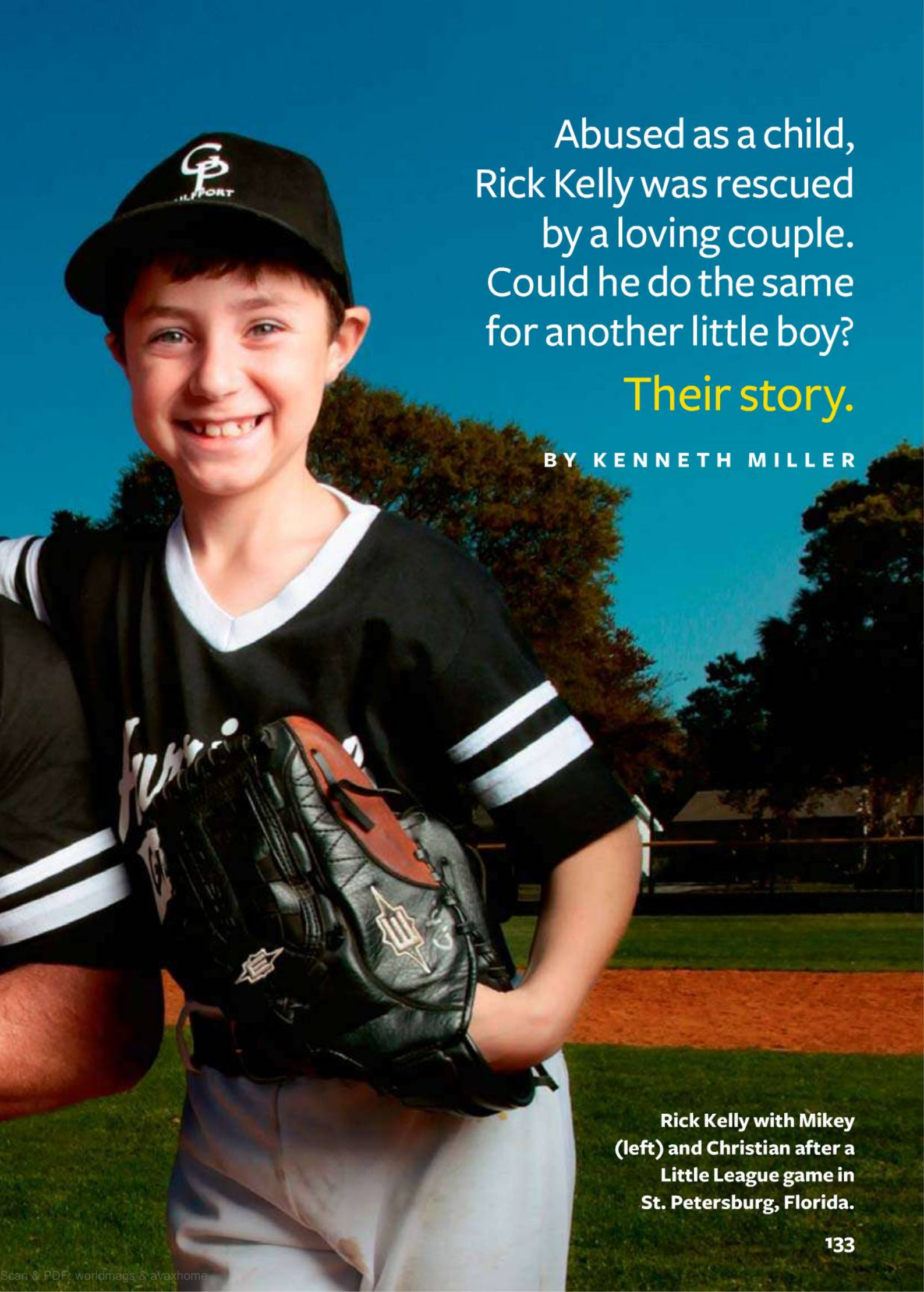


Greg Grabianski

Fortunate Son



PHOTOGRAPHED BY KELLY LADUKE



Abused as a child,
Rick Kelly was rescued
by a loving couple.
Could he do the same
for another little boy?

Their story.

BY KENNETH MILLER

**Rick Kelly with Mikey
(left) and Christian after a
Little League game in
St. Petersburg, Florida.**

R

Rick Kelly had left his foster parents'

home long ago, but he still visited as often as he could. This afternoon, he'd come to say goodbye to Christian, a child who'd been in their care for the past two years. The boy had been an out-of-control toddler with broken teeth when he arrived at the home of Jon and Candy White, the couple Rick called Mom and Dad. Christian had grown considerably calmer since then, maturing into a smart, athletically gifted five-year-old. Now a couple with a little girl and a dog planned to adopt him. He sat in the backseat of their SUV, fidgeting with excitement, ready to ride off into his new life.

"Good luck, little man," Rick said, rumpling Christian's hair through the window. "Remember, we love you."

"Love you too," Christian piped cheerfully. Rick stood at the curb with the Whites and waved until the car was out of sight.

Christian had landed at the Whites' place in St. Petersburg, Florida, af-

ter two other foster families gave up on him: He was too angry, too wild. When things didn't go his way, he would flail and scream for hours.

The boy had plenty to be mad about. He'd been in foster care since the police found him wandering the parking lot of a run-down motel with his four brothers and sisters, all under age ten. His mother was a drug addict with a record of petty arrests; she was in a room quarreling loudly with her boyfriend, who had smashed her car windows in a fit of temper. Christian's bare feet were bloody from the shattered glass, and his teeth were cracked and crooked from one of the boyfriend's previous outbursts.

The Whites were experienced at handling castaway kids. Still, they'd seldom seen a child as full of fury as Christian, who once kicked his bedroom wall so hard that he knocked the smoke detector off the wall. One of the few who came close was Rick Kelly.

Like Christian, Rick had a grim past. He was born on his mother's 16th birthday, the eldest of nine children; he never met his father, though many other men frequented the trailer in central Florida where Rick spent his early years. His mother was a drinker and mentally ill; she whipped him with a belt, burned him with cigarettes, and fed him beer. When he was seven, she handed him an envelope addressed to her parents and put him on a Greyhound bus. After opening the envelope and finding a suicide note, he alerted the driver; the cops found Rick's mother near death from

an overdose of pills. She survived, but the boy went to stay with his grandparents in a retirement community near St. Petersburg.

Rick didn't see his mother again for years and eventually lost touch with her altogether. His grandparents had little money and were hard-pressed to deal with an unruly boy, especially once he reached his teens. "I was foul-mouthed and a heck of a handful," he recalls. "A fighter. I was never a bully, but I wouldn't back down." He loved to leap from dangerous places (bridges, moving cars) and to sneak out with friends. Rick's grandparents asked his Sunday school teachers how to get him into Boys Ranch, a facility for wayward youth. The teachers were Jon and Candy White, and they offered to take him into their household instead.

The Whites had been fostering children since 1970, after Candy told her husband that she'd always admired the novelist Pearl Buck's work rescuing Chinese orphans. Back then, Jon was starting his career as an engineer; Candy was a full-time homemaker caring for their first son. The couple went on to have three more children, adopt another four, and nurture hundreds of others for periods ranging from a few days to several years. Some of their charges had medical problems; others were abused, ne-

glected, or simply unwanted. "When you live with us," Candy and Jon told all of them, "you're not just a foster kid. You're our kid."

Rick arrived soon after his 14th birthday, joining a half dozen other children in the Whites' three-bedroom, plank-sided ranch house. From the first, he was one of their rowdier wards. He drank himself sick at parties and came home from school with black eyes. Once, he jumped from the roof into the aboveground pool, causing its supports to collapse and sending a six-foot tsunami into the living

Christian's tantrums were among the worst Candy had ever seen. "I'm not sure what to do with him," she told Rick.

room. But his foster parents saw his good side, and they let him know it. "He was generous, kind, and funny," says Candy, now 63. "A hard worker at what he wanted to work at."

Rick, in turn, fell in love with his new family. "Mom's gift was empathy, and Dad's was teaching," he recalls. "It was a very warm, affectionate household. Loud and chaotic, but a sense of order underneath it all." With the Whites' help, he eventually learned to channel his aggression into football

and wrestling, to curb his drinking, and to respect legitimate authority. He graduated from high school and enlisted in the Marine Corps.

After a four-year tour of duty, Rick tried his hand at several professions, including patrolling a beat as a policeman in Southern California, founding a security company, and owning or managing several other businesses.

He was less successful with women, never forging a lasting relationship. Some of his partners had children of their own, with whom he grew close, but parenthood eluded him. Though he

Rick felt an uncanny connection with this toddler, as if he'd bumped into a long-ago version of himself.

conceived a child with his third wife, she miscarried. And by 2005, when he was 44, that marriage was imploding.

Rick stopped by the Whites' house one afternoon that summer and found a small boy with ruined teeth standing sentry at the door. It was Christian. After exchanging introductions, Rick made his way to the sunny kitchen. There, Candy was fixing dinner for the six kids who currently lived under her roof. As the adults were talking,

Christian grabbed Rick around the knees and asked if he had a pool.

"I do," Rick said.

"Well, I'm coming home with you," Christian declared.

Rick was then working as a branch manager for a construction-supply company; he had a business meeting that afternoon, but Christian stayed on his mind. Most of the children he'd met at the Whites' home were starved for affection, and this wasn't the first one who'd taken to him. But Rick felt an uncanny connection with this toddler, as if he'd bumped into

a long-ago version of himself. The next day, he called Candy to ask about the boy.

She told him about Christian's background, how he'd been beaten regularly but otherwise mostly ignored. He could be charming and affectionate, she said, but when he heard a siren,

he would yell, "Out the window! It's the cops!" He was full of restless energy. And his tantrums were among the worst she'd ever seen.

"I'm not sure what to do with him," she confided.

"Why don't I take him out for some one-on-one time?" Rick offered.

He began driving to see Christian every few weeks from his home in Coral Springs, about four hours away. They'd go kayaking, catch a Tampa Bay Rays

game, or watch his foster siblings' Little League contests. Rick let the boy climb on his shoulders and rub his shaved head but could also handle Christian when he started to spin into a rage. "I understood his anger," he recalls, "and I knew he needed someone to be in control. Sometimes I had to carry him off the playground and buckle him in the car while he was kicking and screaming. I'd carry him into Mom's house, put him in his room, and close the door."

Christian responded well to Rick's attention; his moods grew stabler, and he looked forward to the visits. So did Rick. He thought about becoming Christian's father, but that seemed impossible. Once his divorce came through, he expected to stay single for good. He'd never heard of an unattached male becoming an adoptive parent. So when a well-qualified couple offered to take the boy in 2007, he told himself it was for the best.

A few months later, though, Rick learned that Christian was back in foster care. The couple had given him up, saying he was unmanageable.

Rick was appalled, and with his divorce behind him, he was free to do as he pleased. But the questions remained: Could he raise Christian on his own? Would the authorities allow it? Would it be fair to the boy?

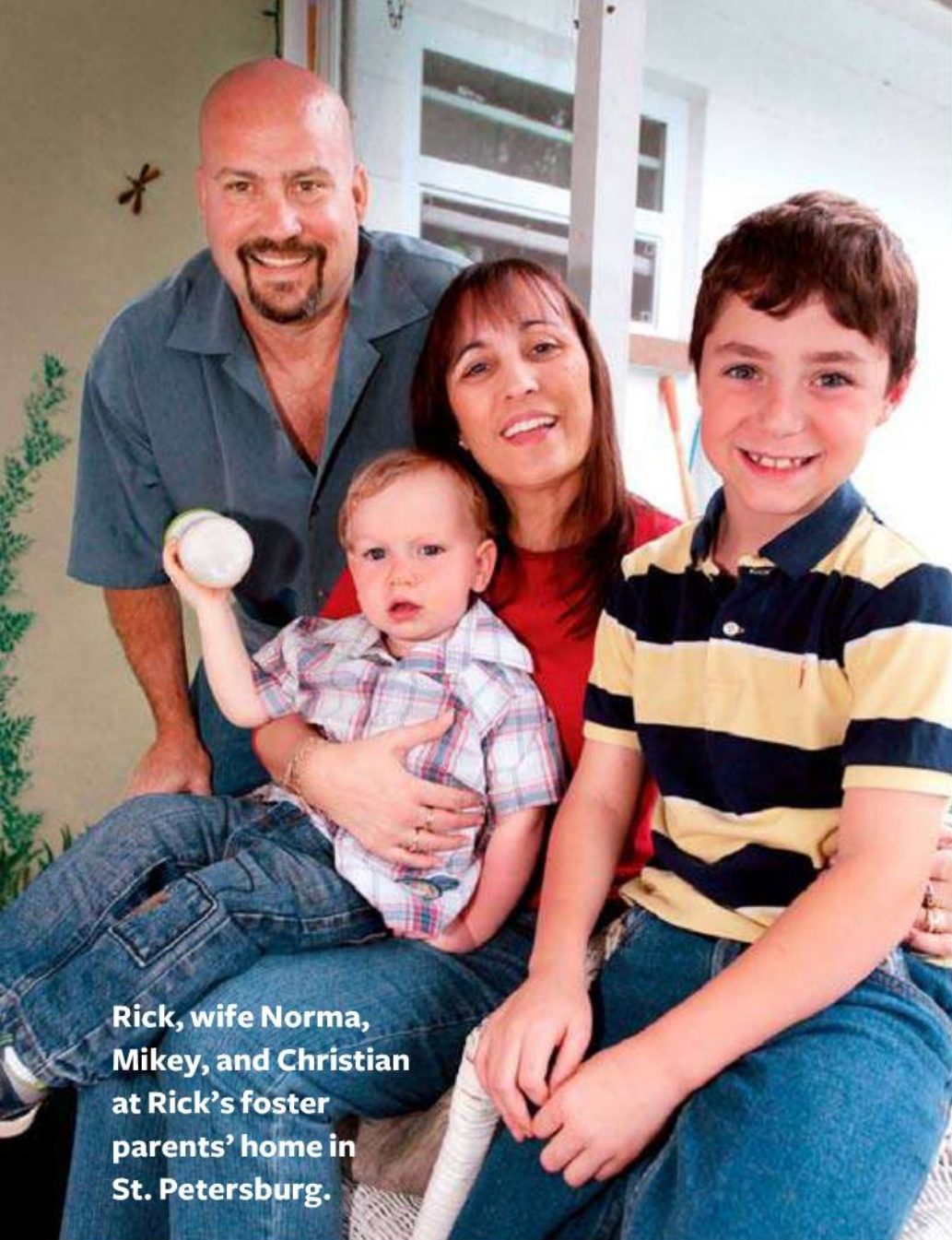
He consulted with the Whites, who seemed to have no doubts. "He's going to be your son," their daughter Wendy kept saying, as if it were perfectly obvious.

Rick hoped she was right.

His first task was to get Christian back into a loving and stable home. At Rick's urging, the Whites regained custody. Meanwhile, he began the painstaking process of qualifying for approval to adopt the boy. There were background checks, financial investigations, home visits, and obligatory parenting classes. "They didn't teach me a darn thing I didn't already know," he says, "because I'd been watching my folks for so many years. The director of the program said this was the first time they'd had a former foster child adopting a kid out of the foster system. That was pretty cool." He moved to Sarasota, close enough to see Christian every day, and signed up to coach his T-ball team. Rick was proud to see Christian developing into a star player, with a strong arm and superb reflexes, though his tantrums still sometimes required Rick to remove him from the field.

Rick envisioned raising Christian as a single father. But he had recently begun dating a woman and thought he might have finally made the right choice. Norma Pitzer was a workers' comp adjuster, 43 years old, kind, and down-to-earth. She'd been through two marriages, both childless, and had long dreamed of adopting. When she heard about Christian, she recalls, "I felt like my relationship with Rick was preordained. Like this was where we were supposed to go."

Rick, however, decided he couldn't commit to Norma without Christian's consent. The answer came that November, when Rick brought her to



Rick, wife Norma, Mikey, and Christian at Rick's foster parents' home in St. Petersburg.

cleared to take Christian home on weekends. In March 2009, Christian moved in full-time. Shortly before Father's Day, he and Rick put on suits and ties, got in the car with Norma, and headed for the local courthouse. The Whites and the extended family joined them there to watch a judge sign the final adoption papers.

"It was just a legal formality," Rick says. "But being given that responsibility felt like the greatest thing I had ever achieved."

Six months later, on New Year's Day, Rick and Norma got

married in a small, private ceremony.

church to meet the family who had raised him. Christian leaned his head on Norma's arm and kept it there through most of the service. It struck Rick that he'd never seen the boy so comfortable with any other woman—not even Candy. "This may not be an easy ride," Rick warned Norma afterward. "Are you ready to come along?"

"Let's go," she said.

Norma began taking parenting classes too. The following July, the couple rented a pink stucco ranch house, with a pool, a half hour from the Whites. Soon after, Rick was

Christian is eight years old now, and the shelf beneath his bedroom window is lined with trophies. "Baseball is my favorite sport, and basketball is my second-favorite," he says, hoisting a statuette in each hand. "Want to see my team medal?"

"I can't remember the last time he got mad," Rick says. "When he does, it lasts about ten minutes." Christian seems more focused, his father observes, whether on the ball field or in the classroom. And when he smiles,

those broken baby teeth are gone, the new ones growing in straight and strong.

One thing that makes Christian grin is his half brother Mikey, who just turned two. The sweet-faced blond shouts “Dada!” as he toddles across the living room, which is cluttered with family photos and Rays memorabilia. When Christian’s adoption process was nearing completion, Rick decided to take in one of Christian’s siblings.

“We wanted Christian to grow up with at least one of his brothers,” Rick says. He successfully applied to become Mikey’s permanent guardian and hopes to adopt him eventually. Social workers at first thought the baby had neurological problems, the result of his birth mother’s drug use, but since he joined the Kelly clan last fall, his tics and tremors have disappeared.

But the family faces a new challenge: Rick lost his job at a transport company recently, courtesy of the recession. Though Norma is still employed, money is tight. Fortunately,

they can rely on a network of loved ones. Candy watches the kids at her house for part of each weekday while Rick searches for work.

“She and Dad have always been so supportive,” Rick says. “They’re like a concrete slab.” Most afternoons, he stops by their house long enough to share whatever is on his mind before collecting the boys and heading home.

The one upside to unemployment is that Rick gets to spend more time with his sons. This evening, as usual, he’ll help Christian with his homework before fixing dinner. Rick herds the boys into the kitchen, where Christian’s “citizen of the month” certificate, awarded by his school’s Optimist Club for his good grades and helpfulness to others, hangs on the fridge.

“Fatherhood is awesome,” he says, pouring a cup of juice as Christian brings his math book to the kitchen table. “You can have a terribly stressful day. Life’s burdens can get to you. But then you sit and watch your kid at batting practice and forget about everything.”

DID WE SAY THAT?

Arguably, the most entertaining part of a newspaper is the corrections page:

The original article provided the incorrect location of New York University’s new institution. It is in Abu Dhabi, not Abu Ghraib.

The Justice (New York University)

I am sorry to disappoint all the readers who wished to apply for the position, but New Orleans does not employ a “sex assessor.” That was a misprint. It should have read “tax assessor.”

New Orleans Times-Picayune

Source: Regret the Error

The
By-the-Clock
Guide to
Better
Health



Want to protect your heart, sleep better, and even drop a few pounds? It's easy—if you tap into your body's natural rhythms.

BY CHRISTIE ASCHWANDEN

Birds do it. Bees do it. Even blue-green bacteria do it—tell time, that is, thanks to an internal clock that helps trigger migration, pollination, and, well, all those things that bacteria do. What's even more surprising is that your body follows a clock, too, whether or not you wear a watch on your wrist. Your blood pressure, your stamina during exercise, and your tendency to sneeze or wheeze—just about every biological process sticks to some kind of daily or seasonal rhythm.

What that means: You can improve your health with barely any effort—if you know how to use the power of your body's daily, weekly, and seasonal cycles. To feel better *now*, here's the right time to ...

Get the best medical care

Have a cavity filled in the afternoon

The painkilling effect of dental anesthesia lasts longer in the afternoon than it does in the morning. In one study, lidocaine kept nerves numb up to five times longer when it was injected in the early afternoon compared with early morning.

Check your blood pressure in the morning and at night

As a general rule, blood pressure fluctuates throughout the day—it hits its lowest point around bedtime and its highest when you wake in the morning, says J. David Glass, PhD, a circadian biologist at Kent State University. If you're keeping an eye on your blood pressure to help your doctor decide whether you need medication, you could get an inaccu-

rate picture by taking your reading just once a day. “If you’re measuring it yourself, it’s best to do it in the morning and evening,” Glass says. “Be sure to do it at the same times each day—don’t bounce around.” Taking the two readings could make the difference between your doctor prescribing blood pressure drugs and advising you to stick with diet and exercise, he says.

Drop a few pounds

Weigh yourself on Friday and Monday

For those trying to lose weight, experts have long suggested stepping on the scale at least once a week—that’s the habit of most members of the National Weight Control Registry, every one of whom has taken off at least 30 pounds and kept it off for a



year or more. Now a new study from the Washington University School of Medicine ratchets things up. Dieters tend to splurge on weekends, the research found—but a Friday weigh-in (especially done first thing in the morning, when your weight is lowest) provides positive feedback that can blunt the temptation to overeat, says lead study author Susan Racette, PhD. And getting back on the scale on Monday can help you correct your course quickly if you’ve strayed, she says.

Eat dinner earlier

Recent research supports the folk wisdom that nighttime eating is more apt to add pounds. In one study, researchers fed one group of mice during their normal waking hours and a second group when the animals usually slept. The mice that ate at the “wrong” time gained more than twice as much weight. “If you think you’re doing everything right with your diet but you’re not losing, try having dinner an hour earlier,” says lead study author Deanna Arble, at Northwestern University. “It won’t hurt, and it might help.”

Exercise in the evening

If you want to get fit faster, a late-day workout is the most efficient way to go. Research by Michael Deschenes, PhD, an exercise physiologist at the College of William & Mary in Williamsburg, Virginia, shows that strength and endurance climb by about 5 percent between 4 and 8 p.m., compared with morning hours,

so you can push yourself harder. Your muscles are warmer, too, which will help you avoid injury.

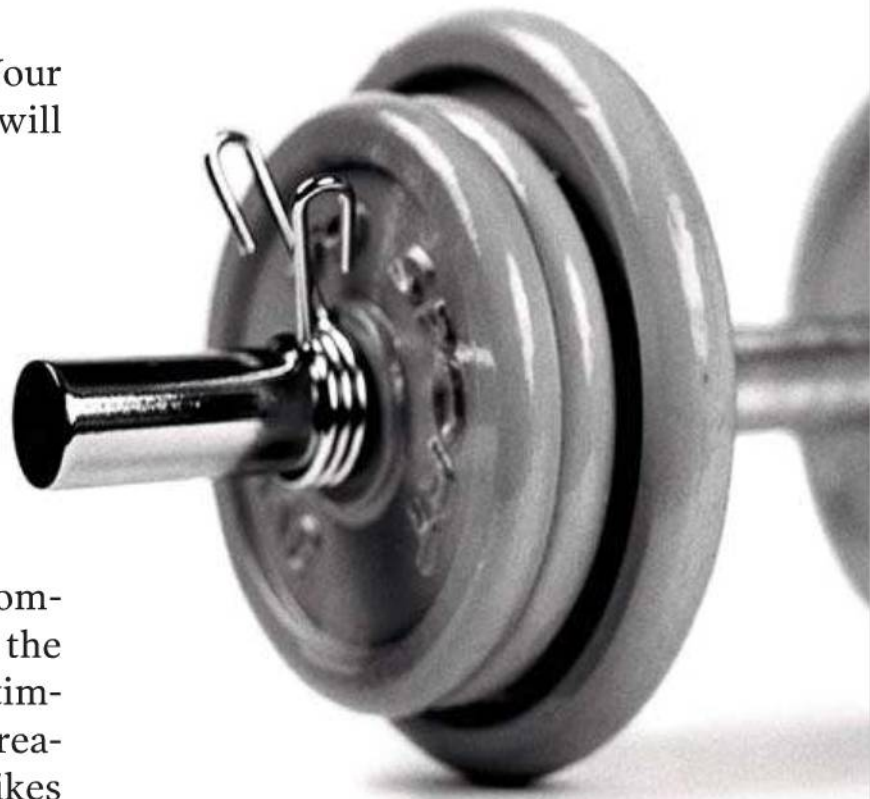
Protect your heart

Take preventive medicines in the evening

Research suggests that a daily aspirin is less likely to cause stomach bleeding when taken late in the day. It's even possible that this timing could protect you better. The reason: Your risk of heart attack spikes in the morning (the danger is nearly three times higher between 6 a.m. and noon than during the rest of the day). Aspirin helps cut clot risk by reducing platelet "stickiness"—a single tablet will take care of a platelet for its entire ten-day life span. But new platelets are being made all the time. Taking your aspirin at night ensures that you'll have plenty of the drug to defang newly minted platelets during those potentially dangerous morning hours.

Get an extra hour of sleep next time you set the clock ahead

Nothing says spring is coming like the hour of sunlight you gain when daylight saving time begins—but your heart might pay for that pleasure. Swedish researchers have seen a 5 percent jump in heart attacks during the first week of daylight saving time, probably because of the loss of sleep and the disruption of bodily



cycles. Next year, it may be beneficial to get to bed earlier on the night you switch your clock.

Cut down on sneezing and wheezing

Get tested for asthma in the morning

Airways naturally become more constricted and inflamed in the dead of night (between 2 and 5 a.m.), so asthma attacks are most likely to strike then. "If you go to your doctor first thing in the morning, you're likely to have a diagnostic test that's most representative of your condition when it's at its worst," says Michael Smolensky, PhD, a professor of biomedical engineering at the University of Texas at Austin. (Your doctor may also ask you to use a peak flow meter



Time your refill right

Some timing issues have nothing to do with biorhythms—but they still can have a major impact on your health. A 2005 study at the University of California, San Diego, showed a 25 percent jump in deaths related to medication errors in the first few days of the month. The possible explanation: Prescription refill requests pour in at the beginning of the month, after government checks arrive, which may overburden pharmacists. Always make sure that you've been given the right medication at the right dose.

at home so you can test yourself at your wheeziest.) Because women are most prone to severe asthma flare-ups on the days before their period, that's also a good time to monitor symptoms and keep meds handy.

Take allergy medication in the evening

Hay fever symptoms such as runny nose, scratchy throat, and sneezing typically are at their worst in the morning. What helps for most people: taking medication at bedtime, says Richard Martin, MD, at National Jewish Health in Denver.

Go for walks in the evening

Not only do many people with allergies experience more sneezing and itching in the morning, but many trees release their pollen at first light, and ragweed pollen tends to fly most thickly at midday—so stick to nighttime strolls.

Put down your fork at least three hours before bedtime

In gastroesophageal reflux disease, also known as GERD, stomach acid frequently makes its way into the esophagus. This can cause or worsen asthma, experts say—even if you don't

experience symptoms of heartburn. Finishing dinner a few hours before bedtime can help.

Feel more energetic

Sit by a window at breakfast

Morning exposure to bright light helps sync up your body clock to the world around you. This gets you ready for the day and helps you sleep at night.

Take a nap in the early afternoon

That familiar post-lunch fuzzy feeling doesn't necessarily mean that you ate too much. You hit a biological soft spot in your alertness cycle in the early afternoon, so it's a good time to snag a nap. You might feel even more refreshed if you drink a cup of tea or coffee before you lie down, suggests Jamie Zeitzer, PhD, a circadian biologist at Stanford University. That sounds counterintuitive, but the en-

ergizing effects of caffeine take about 45 minutes to kick in. (If you're prone to insomnia, don't nap after 5 p.m.)

Arrive in a new time zone early in the morning

That's *if* you're traveling east: Having the morning light on your face as you leave the airport can help reset your clock to the new time, Zeitzer says. If you're traveling west, try to arrive in the evening. Zeitzer's strategy for avoiding jet lag: For several days before you travel from west to east, seek strong light first thing in the morning to nudge your body clock forward. If you're heading in the opposite direction, expose yourself to bright light in the evening for a few days before your trip to delay your internal sense that it's bedtime. Whichever direction you've traveled, take a 3 mg dose of melatonin at bedtime on your first night in the new time zone, suggests researcher J. David Glass—it's a sleep aid and another way to reset your internal timekeeper.

SOCIAL NITWIT-WORKERS

Facebook's back-and-forth doesn't always bring out the brightest lights:

Laura: R.I.P. J.D. Salinger.

David: Noooooo!!! I loved *Animal Farm*.

Katie: I was so lucky getting mono ... that was like the best diet ever.

Sarah: I'm in a relationship and it's complicated.

Rachel: With who?

Sarah: Ryan and Eric.

Maria: I had to change my cell #. Call me and I will give it to you!

Source: lamebook.com

Scott Dunn had disappeared without a trace. Now his father and a supersleuth had to prove he was murdered. Inside a shocking tale of torture, trickery, and a most unexpected criminal.

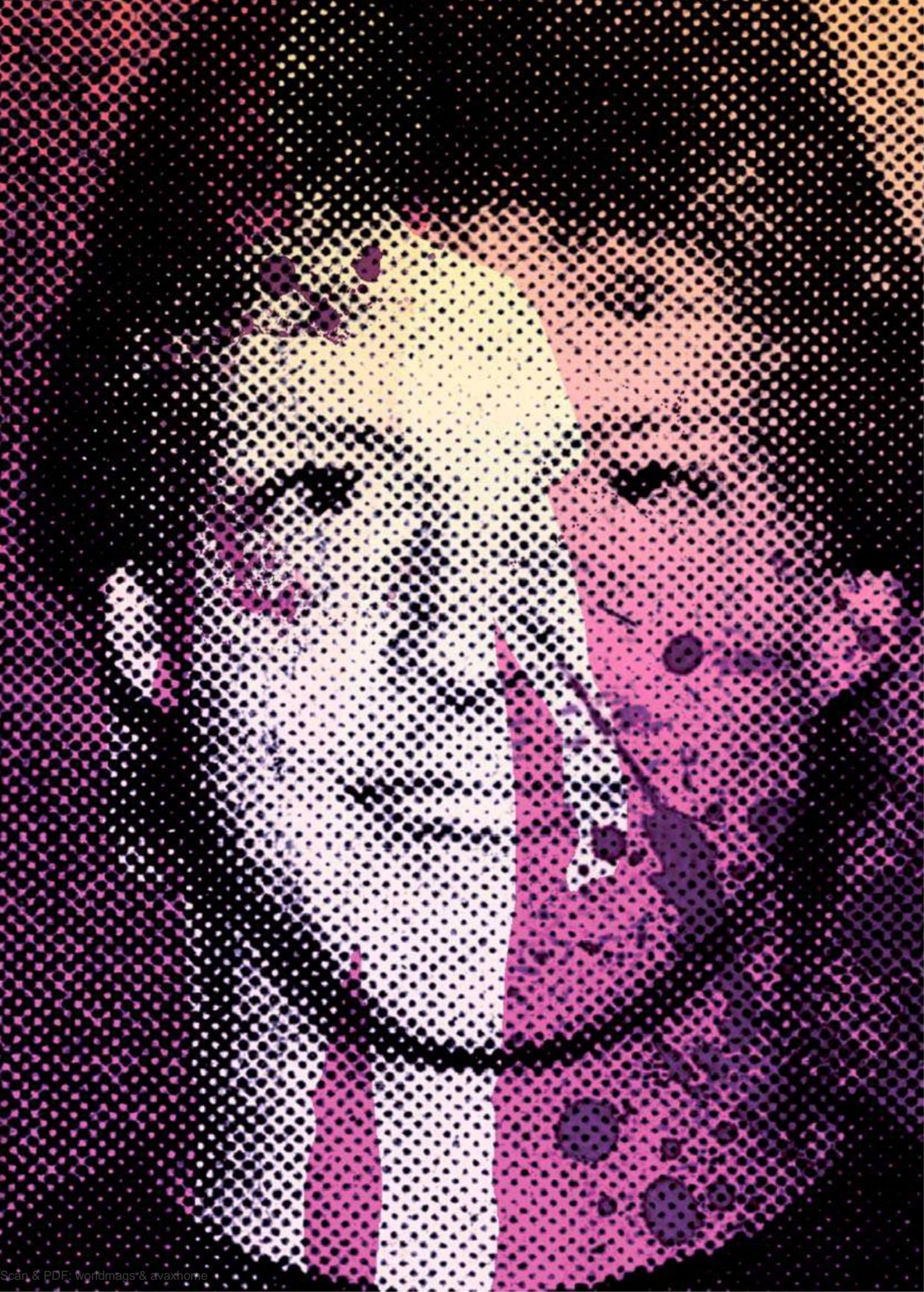
KILLER KILLER CHARM

BY MICHAEL CAPUZZO FROM *THE MURDER ROOM*

Alarmed by the growing number of unsolved murders, a group of the world's foremost crime solvers banded together in 1990 to crack cold cases. They called themselves the Vidocq Society, after a legendary 19th-century French detective, and gathered monthly in Philadelphia—where they still meet to this day. Here, one of their many success stories.

The red light was blinking on the telephone in Richard Walter's hotel room. Who wants me now? he thought. Walter had just flown in from business in London for a meeting of the Vidocq Society, but right now, he was planning to go to the bar. The only five words

The 24-year-old victim had been trying to turn around a troubled life.



he wanted to hear for the rest of the night were “What will it be, sir?”

Reluctantly, he picked up the phone. The message was from Vidocq co-founder Bill Fleisher, welcoming him to town—and asking a favor.

“Richard, would you call Jim Dunn? He’s a bereaved father whose son disappeared a year ago in West Texas; the cops haven’t made any progress. This case has your name on it.”

With a groan, Walter dialed the number Fleisher had left. *My sense of duty is inviolable. It’s damn annoying at times.* Duty told him to let the phone ring five times, no more. On the third ring, Jim Dunn picked up.

Walter introduced himself. “I’m a psychologist, Mr. Dunn, whose expertise lies in profiling killers. From the little Bill Fleisher has told me, I suspect my skills might be of some use to you.”

At eight o’clock the next morning, Richard Walter and Jim Dunn sat in Walter’s hotel room, enveloped in cigarette smoke. The profiler sat erect in a Queen Anne chair, a picture of stillness with his eyes closed. Dunn, a tall man with a craggy face, faced him on a matching Queen Anne. On the table between them, Dunn had piled notebooks, tapes, and newspaper clippings.

Walter opened his eyes and arched his brow. “It sounds like you’re hurting, Jim,” he said. “How may I help you?”

Walter had spotted Dunn in the lobby at 20 paces. The man’s elegant

suit, shiny wing tips, and silver hair bespoke the mature, prosperous gentleman of the telephone call the night before. Yet it was the sadness of the eyes that made Walter certain.

Now Dunn explained that he had been working late one Sunday evening in his Bucks County, Pennsylvania, home when the phone rang. He’d thought, It must be Scott. The Sunday calls from his 24-year-old son were a father’s joy. After some troubled years, Scott had moved to Lubbock, Texas, where his father had been raised. Scott wanted to make a new life for himself and had recently told his dad that at Thanksgiving, he’d be bringing home a young woman named Jessica*—a bright, lovely Mississippi State University student who would soon be his fiancée.

But the flat, cold voice on the line was someone Dunn had never heard of. Her name was Leisha Hamilton, and she was Scott’s live-in girlfriend, she said. She’d found Dunn’s name on a telephone bill. Scott had been missing for four days, and she was concerned.

Dunn was confused. “The only girl Scott ever told me about was Jessica.”

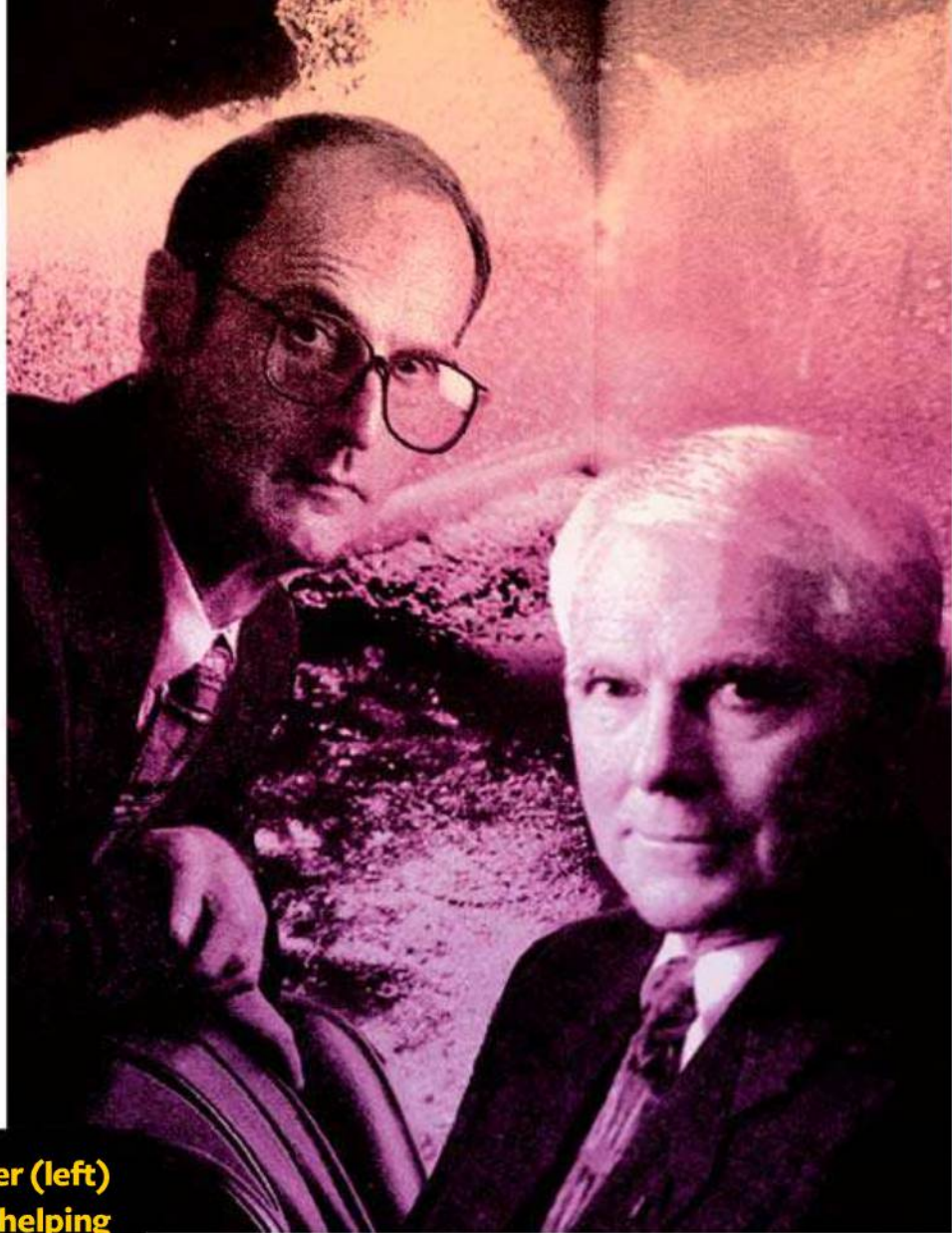
Scott had suddenly moved out, Leisha said. He’d taken all his clothes, and even the bed they shared was gone. The only thing he’d left was his car, still parked at the office. When Dunn heard that, he felt a chill. “I knew then something was really wrong,” Dunn told the profiler. “Scott

**Name changed to protect privacy.*

would never go anywhere without his car.”

When Leisha called again, Dunn recorded her. Now Walter asked to hear the tape. “She sounds so cold,” Dunn said as the atonal voice filled the room. “I’ve never heard anything like it.”

At first, the police regarded Scott’s disappearance as a missing persons case, but when Scott hadn’t turned up after two weeks, Dunn flew to Lubbock to push the investigation. The police had run a Luminol test in Scott and Leisha’s emptied



Profiler Richard Walter (left) devoted six years pro bono to helping James Dunn (right) get justice.

bedroom. Luminol detects blood as diluted at one part per million. When the chemical is sprayed on the walls in darkness, any trace of blood—even after rigorous cleaning—would interact with it and glow with a blue luminescence for 30 seconds.

The walls and ceiling glowed as if they had been painted blue. Huge waves and spikes of blood splashed halfway up the wall. DNA tests showed it was Scott’s blood.

Dunn’s voice broke as he showed Walter the test photos. Scott had died in that room, Dunn was convinced.

Police, too, believed they had a murder on their hands. But they couldn’t find a body. They’d combed the prairie with cadaver dogs and helicopters, turned over half the city dump, and even brought in psychics. “In Texas, the state can’t successfully bring murder charges without a body or body part,” Dunn recalls the DA saying. “You don’t have a case.”

The police thought Leisha wasn’t completely forthcoming, but they figured she was scared, and they hoped to coax her into greater trust.

Dunn took her out to dinner, trying to form an alliance. After that, Leisha kept calling. One day she’d

say she loved Scott and was doing all she could to find him. The next day, she'd sound vague and distant, hinting that she might know where Scott's body was but that Dunn would never find him. She also said that since she'd been the closest person to Scott, it was only fair that she get his car. She kept pressing Dunn to give her the keys.

Walter, sitting in the Queen Anne chair, had said nothing for almost three hours as Dunn talked. Dunn's voice cracked. "Well, Mr. Walter, what do you think I should do?"

Walter stubbed out his cigarette and stared hard at Dunn. "Jim, aren't you tired of being the grieving father?"

Dunn's mouth fell open. "I ... I thought that was what I was supposed to be."

Walter shook his head. His jaw was clenched. "No! You're supposed to be mad! That woman murdered your son! Let's go get her!"

“Super Sleuth Called to Shed Light on Bizarre Disappearance,” touted the front-page story about Richard Walter's arrival in Lubbock.

At eight o'clock in the morning on a December day in 1992, Walter sat down with a police corporal, sergeant, and detective. Walter got right to his point: They should go to District Attorney Travis Ware and press for murder charges against Leisha Hamilton and her former neighbor Tim Smith, a man Walter believed had been her lover and accomplice. Cpl. George White and Sgt. Randy McGuire took a long look at the profiler.

The case had been a top priority for over a year. Jim Dunn was a hometown boy, a distinguished alumnus of Texas Tech; his college roommate W. R. Collier, now president of the largest locally owned bank in Lubbock, was still his best friend. There was great public interest in the case, and the police had invested thousands of man-hours. They wanted nothing more than to solve it. But while they liked Walter—and he, them—they weren't convinced the slender, charming Leisha had orchestrated a cold-blooded murder, and they were stymied by the absence of a body and motive.

Walter tried to convince them. "Sometimes, gentlemen," he said, "what's missing is more important than what's present." He held up the photograph of bloodstains revealed by Luminol. "The careful cleanup speaks to an elaborate plot. The murder was purposeful, not recreational."

At the word *recreational*, eyebrows rose, and he explained: "A Ted Bundy type who chose a random victim for sadistic pleasure would have left a far messier, more symbolic crime scene. So the killers knew Scott." He let that sink in for a moment. "The carefully organized crime, cleanup, and disposal of the body point to a power assertive, or PA, killer," he went on. "It's a type I've dealt with many, many times. The killing is all about power—incapacitate, restrain, torture, kill, throw away, 'I win, you lose' kind of power."

He asked them to examine Scott and Leisha's relationship.

“If anything is going to get you killed,” Walter speculated to the police, “it’s to reject the psychopath and say, ‘I’m better than you.’”

Scott was a ladies’ man, handsome, bright, and cocky. Leisha, 29, was also very bright, sexy, flippant, and manipulative. “Leisha had a long list of lovers, husbands, one-night stands, wanted and unwanted children,” Walter continued. “She had five children by different fathers.” His voice took on a sarcastic edge. “She told police she only loved the ones conceived in love.” He paused to let that take root. “Leisha would have seen Scott as a challenging conquest and a link to his father’s wealth. But like a lot of 24-year-old men, Scott had found someone to take to bed, not home to meet Mom and Dad. When he met a ‘decent’ girl, it was time to dump Leisha Hamilton.”

The day Jessica called and Leisha answered the phone, Scott’s fate was sealed, Walter speculated. “If anything is going to get you killed, it’s to reject the psychopath and say, ‘I’m better than you are.’”

Scott had worked at a stereo shop, and Walter believed the sequence of events leading to his murder began with a raucous Monday-night party at his boss’s house. Scott arrived with a tall, gorgeous blonde, who turned out to be a transvestite. According to Leisha, Scott had become seriously ill with the flu during the party—a

claim that Walter found suspicious. Scott had slept on the sofa at the party house, and the next evening, Leisha showed up and took him home. A neighbor saw Leisha leading the weak, stumbling young man into the apartment. Leisha said she’d gone out Wednesday to get soup and a thermometer. When a coworker came by the next morning to pick him up for work, the blinds were drawn, and nobody answered the door. Scott was never seen again. Walter believed that it was a simple enough matter for Leisha to call on neighbor Tim Smith to help with the murder. Smith had flooded her with fawning love letters that included “If only Scott wasn’t around, we could be together.” Duct tape used to patch the blood-soaked carpet that had been cut away and replaced in the killing room had been linked to a roll in Smith’s apartment.

“This is a classic setup for a female PA killer,” Walter said. “She’ll enlist trickery to disable a stronger male and/or acquire a sympathetic and weak accomplice. Leisha did both.”

Calling attention to herself was Leisha’s big mistake, Walter said. “How do we find out about the crime? Leisha calls Jim Dunn. She knows Jim’s going to look for Scott. She’s already done in the son; now she wants to do in the

Walter asked to have a forensic pathologist examine the crime scene to determine if enough blood had been spilled to indisputably have caused the death of a 170-pound man.

father too. She tried to be coquettish with the detectives, calling them all the time with new information, pretending to be afraid of Tim Smith. She moved in with Smith so she could continue to set up her dupe to take the fall. The need for stimulation is quite insatiable for a psychopath, the ego gratification to prove they're smarter than anyone, the gotcha."

Tim Smith missed work the day of the murder, Walter said, and Leisha Hamilton can't account for her activities that day, although her memory is extraordinary for the days around it.

The murder itself was a monstrous affair, Walter continued. He believed Scott was poisoned, imprisoned, restrained, and tortured for two days before his death.

Detective Tal English shook his head sadly. The young detective was persuaded by Walter's profile of Leisha Hamilton as a psychopath, but the others still had doubts.

"They were Texas polite," Walter said. But the whole thing involved too much conjecture for them. And they were convinced they'd get nowhere with the DA, Travis Ware. As Sergeant McGuire told Dunn, "I have seen Ware cut people right off at the

knees when he feels they don't have a strong case."

Walter wasn't listening. He was ready to see the DA. "Let's go," he said.

District Attorney Travis Ware, six-foot-one, dark-haired, and impeccably attired, rose from his leather chair behind a huge wooden desk. "Well, you've asked for this meeting," he said brusquely. "What do you want?"

Walter snapped back, "We want charges filed against Leisha Hamilton and Tim Smith in the murder of Scott Dunn."

"You don't have a body or a part of one," the DA said. Without either, they could not meet the standards of *corpus dilecti*.

The profiler removed his horn-rims and glared. "If you want a body, I'll give you one. It's right here, in Dr. Shepherd's report." He dropped on the desk a slim, blue-bound report titled "Forensic Pathology and Analysis of the Crime Scene in the Murder of Roger Scott Dunn."

"What the hell are you talking about?"

"It's right here," Walter said. "Dr. Shepherd's report proves that Scott Dunn was murdered."

Walter had asked Detective English to have a forensic pathologist examine the crime scene to determine if enough blood had been spilled to indisputably have caused the death of a six-foot-two, 170-pound man. Dr. Sparks Veasey, the Lubbock County pathologist, had refused the job, saying there wasn't enough information to reach a conclusion. At Walter's direction, English had mailed a large package with copies of the entire case file, photographs, and bloody carpet samples to Walter's friend Dr. Richard Shepherd, an internationally known consultant to Scotland Yard. "Dick's brilliance is unsurpassed," Walter said. "And he owes me a favor."

As DNA testing indicated, the blood was 958,680 times more likely to originate from the offspring of James Dunn than from anyone else on earth. Dr. Shepherd concluded that bloodstains in the room: "(1) have not resulted from a natural disease process; (2) are entirely consistent with the infliction of multiple blows from a blunt instrument or instruments; (3) are entirely consistent with those blows being delivered with a force of sufficient strength to cause death; (4) [and] that a child of James Dunn has suffered severe multiple blunt trauma injuries while in the corner of the south and east aspects of this room, and these injuries resulted in the death of that individual." The report was signed "Richard Thorley Shepherd, B.S.C., M.B., B.S., M.R.C.C. PATH, D.M.J., senior lecturer and honorary consultant in forensic medicine. United Medical

Schools of Guy's and St. Thomas's, Guy's Hospital, London."

The DA looked up from the report, his chin set in defiance. He said, "I'm not sure what Texas law would say about this."

"I just happen to have that section of Texas law with me," Walter said, grinning.

Ware issued a wan smile. "I thought you might."

Walter opened a statute book and read, interpreting as he went. "In essence, Texas law says we have to have A) a body, B) part of a body, or C) a confession with corroborative evidence. We have B. We have blood; blood is connective tissue, which is a part of the body."

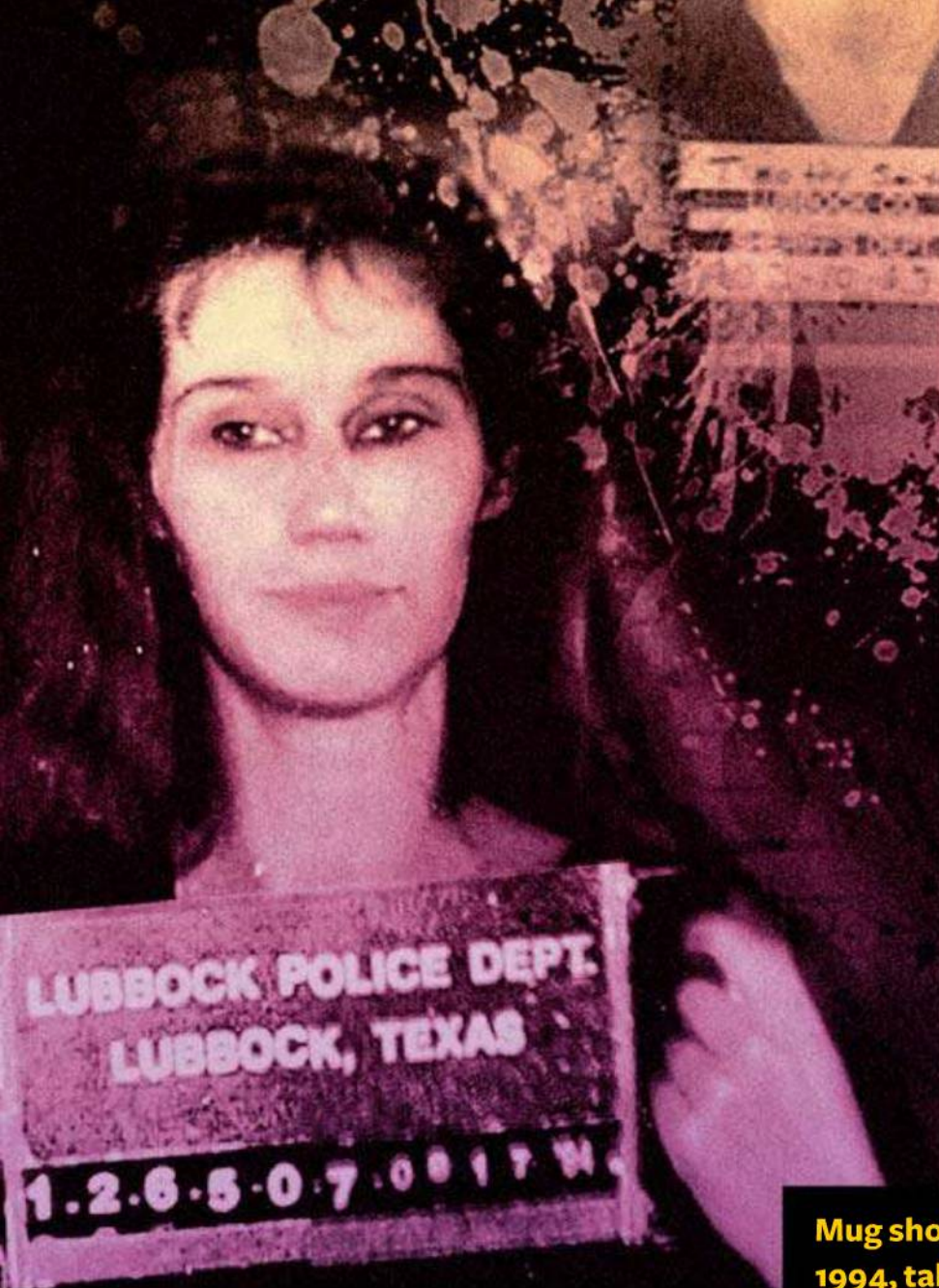
Ware leaned back in his chair, tenting his fingers. "All right," he said. "You've got a murder case."

Detective English drove the unmarked car through the breezy Texas spring morning, with Richard Walter smoking in the passenger seat. They pulled into the parking lot of The Kettle, a popular lunch spot. They were thinking takeout.

One Leisha Hamilton, to go.

The tall, dark-haired waitress saw the detective and scowled. English said, "Leisha, let's go outside and avoid a scene." She nodded and quietly followed him out to the car. "It's time for a little chat," he said.

Four months had passed since his meeting with Ware, and Walter was frustrated by the case's lack of progress. In April 1993, he returned to



“I wish you would explain something to me,” Walter said. “I don’t know anybody else in America who does a murder and then cleans up the crime scene afterward. That is, unless it is done in their own home. And in this case, you’re the only one who had access to that house. And you don’t have an alibi.”

“But I do have an alibi,” she protested.

“You mean you know when he died? Only the killer knows when he died.”

“I know when I found out he was missing—”

“Scott Dunn is not

Mug shot of Leisha Hamilton in 1994, taken after her first arrest in the six-year investigation.

Lubbock, determined to sell the detectives once more on his idea that Leisha Hamilton was the primary suspect, but nobody was buying. He’d muttered under his breath, “Gentlemen, you have no idea what you’re dealing with,” and then turned to Detective English. “Young man, take me to the psychopath.”

They all exchanged small talk as Leisha got in the backseat. The death stare she’d leveled at English in the restaurant was gone. She was smiling, was chatty, and flipped her dark hair back off her forehead.

missing,” Walter sharply interrupted. “He was murdered. We’ve got that established, and you’re a suspect.”

The eyes and voice now went as flat as a prairie and held there, unshakable. “Then I guess I don’t have an alibi.”

Walter appeared to be lost in contemplation, then stared balefully over his horn-rims. “Leisha, I’ve noticed you seem to have a great ability to attract men. Now, granted I’m old, I’m ugly, I’m tired. But for the life of me, I

COURTESY LUBBOCK POLICE DEPT.



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can't figure out what they see in you. Can you explain it for me?"

A startled silence filled the car. She smiled awkwardly. "Well, I don't know. I've got to get back to work." She opened the door, and she was gone.

English sat stunned. "Richard," he said. "Am I mistaken, or did you just call her a dog?"

Walter grinned. "I thought I did."

"But why?"

Walter lit a Kool. "Leisha thinks she is smart enough to outwit everybody. What we must do is make her feel insignificant—unimportant. This will drive her crazy, and she may well make a mistake."

In January 1995, Walter opened a package from Detective English. Out fell a single piece of white paper on which was drawn what Walter called "quite intriguing original art."

It was a pencil sketch by Leisha of the murder scene—a crude, childlike drawing that documented the torture of Scott Dunn.

Walter phoned English. "Where'd you get this?" the profiler asked.

"An ex-boyfriend she took up with after Scott by the name of Karl Young.* He gave it to me in a coffee shop, looking nervously over his shoulder the whole time."

The drawing indicated that Leisha had chained Scott to a pallet where their bed had once been located. At the bottom of the picture was a leg-end or key depicting handcuffs, a needle, a knife, and a gun; also depicted were fists and a blunt instrument.

This was consistent with the report of a coroner and blood-spatter expert who'd determined, by the angle of three drops of blood on a far wall, that Scott had died from three lethal blows to the head.

"This is a classic," Walter added. "She drew this to memorialize her achievement." Leisha had made dramatic changes in her life that were also classic post-murder behavior. Few cops understood how killers used murder to stimulate personal growth. It was a very dark self-help movement—"I'm Okay, You're Dead." Since murdering Scott, Leisha had dropped Tim Smith and taken up with Young, a local restaurant cook, with whom she'd had a child. She had also attended nursing school, while continuing to work as a waitress, and graduated at the top of her class.

"Her success doesn't surprise me," Walter told English. "I always said she was extremely intelligent—psychopathically bright and charming. But the nursing school is really quite rich. If you're accused of being a murderer, how do you cleanse yourself of all suspicion? You become a healer and dress in white."

On Friday, May 16, 1997, Richard Walter sat in the Lubbock County Courthouse, anxiously waiting with Jim Dunn and his wife, for justice to be served, at last.

Judge William R. Shaver, his square jaw and graying hair set off smartly by his black robes, had asked Leisha

**Name changed to protect privacy.*

to stand to receive the jury's verdict.

She appeared confident and at ease in a conservative blue dress. According to testimony during the four-day trial, she had told an ex-lover, "There's no way I can be convicted, because there's not a body and there's not a weapon."

Jim Dunn wore his best dark suit and tie. His wife clutched Jim's hand. It was six years to the day since Scott had gone missing.

At the state's table, Rusty Ladd, an assistant district attorney who always wore cowboy boots, nervously leaned forward. The case had been a prosecutor's nightmare. The first grand jury hadn't found sufficient evidence to indict for murder; the district attorney who'd brought the case was bounced out in an election; the new DA had a conflict of interest—his old law partner had once represented Tim Smith. So the DA reached out to Ladd in another county to be special prosecutor. A new grand jury labored over the case, and Ladd wrestled for eight months to get it to trial without a body. In a blow to the case, Walter had not been allowed to testify. Judge

Shaver had ruled that a profile of an accused murderer was speculative and not worthy of his court.

In the third row, Walter was still quietly fuming over the slight.

The judge unfolded the paper the jury foreman had handed to him, cleared his throat, and read, his voice booming: "We, the jury, find from the evidence, beyond a reasonable doubt, the defendant is guilty of the offense of murder as charged in the indictment."

Murmurs swept the courtroom. The Dunns turned and looked at each other for a long moment, then Jim threw his arms around his wife and held on, tears streaming down his face. Walter was thrilled to see husband and wife, now his good friends, emerge from a long darkness into light with one swift embrace.

Leisha Hamilton was sentenced to 20 years in prison for the murder of Roger Scott Dunn; she will be released in 2017. Tim Smith was also convicted of first-degree murder but received only a ten-year sentence; it was probated, and he didn't serve time. Scott Dunn's body has never been found.



THIS WON'T HURT A BIT

While I was visiting my grandfather in the hospital, a nurse came in to check his blood sugar. Before she started, the nurse examined his red fingertips, which had been poked numerous times already, and said, "Hm ... which finger should we use this time that won't hurt too much?"

"Yours," my grandfather replied. *Tara Vyn*

Connections

Your Guide to What's Happening Now.

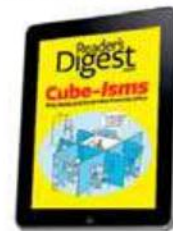
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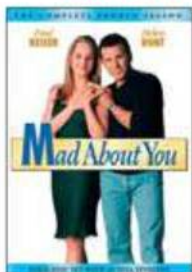
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Eater's Digest

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THIS MONTH
Summery Mexican-inspired
fare from chef and TV host
Rick Bayless

Avocado-Dressed Shrimp à la Mexicana

Makes about 4 cups

Bayless's shrimp salad bursts with flavor thanks to green chiles, lime, and cilantro.

- 12 oz. (about 2½ cups) small-medium cooked shrimp, peeled and deveined
- 1 medium white onion, cut into ¼-in. pieces
- 1 large ripe tomato, cut into ¼-in. pieces (about 1 cup)
- ¼ to ⅓ cup fresh lime juice
- Hot green chiles to taste (3 serranos, or 1 to 2 jalapeños), stemmed and roughly chopped

- 1 medium ripe avocado, pitted, skin removed, and flesh roughly chopped
- $\frac{1}{3}$ cup roughly chopped cilantro, loosely packed and thick bottom stems cut off, plus sprigs for garnish
- Salt

1. In medium bowl, combine shrimp, onion, and tomato. Pour lime juice into food processor or blender. Cover and turn on. Drop in chiles and, when finely chopped, turn off and add avocado and cilantro. Process until smooth. Thin to creamy consistency with water, about 2 to 3 tbs. Taste and season with salt, about 1 tsp. You will have about $1\frac{1}{2}$ cups dressing.

2. Mix dressing with shrimp mixture. Cover with plastic wrap directly on surface of shrimp and refrigerate. When ready to serve, transfer to serving bowl and decorate with cilantro sprigs.

NOTE: Salad is best when eaten within an hour or two of being made. Keep refrigerated until just before serving.

Roasted Vegetable Enchiladas with Creamy Tomatillo Sauce and Melted Cheese

Makes 4 to 6 servings

Vegetables make these enchiladas hearty but not heavy.

- 1 lb. (6 to 8) tomatillos, husked and rinsed
- 1 medium white onion, sliced about $\frac{1}{4}$ in. thick
- 3 garlic cloves, peeled
- Hot green chiles to taste (2 to 3 serranos, or 1 to 2 jalapeños), stemmed
- $1\frac{1}{2}$ tbs. vegetable oil, plus extra for vegetables and tortillas
- 2 cups vegetable or chicken broth, plus a little extra if needed
- $\frac{1}{2}$ cup Mexican crema, crème fraîche, or heavy whipping cream
- 8 cups cubed vegetables (about $\frac{1}{2}$ -in.) such as carrots, onions, turnips, mushrooms, and broccoli
- Salt
- 12 corn tortillas
- $\frac{2}{3}$ cup shredded Mexican cheese like asadero, or Monterey Jack or cheddar
- Sliced white onion rings, for garnish
- Fresh cilantro sprigs, for garnish

1. Roast tomatillos, sliced onion, garlic, and chiles on rimmed baking sheet 4 in. below preheated broiler until tomatillos are soft and blackened in spots on one side, 4 to 5 minutes. Turn vegetables over; broil about 4 minutes longer. Remove and reduce oven temperature to 400°F.

2. Scrape tomatillo mixture into food processor or blender. Process until smooth purée. Heat $1\frac{1}{2}$ tbs. oil in medium-large pot over medium-high



heat. When drop of purée sizzles in oil, add remainder of purée. Stir constantly for several minutes until darker and thicker. Add broth and crema, reduce heat to medium-low, partially cover, and simmer for about 30 minutes.

3. Spread cubed vegetables on rimmed baking sheet. Drizzle with oil, sprinkle with salt, and mix to coat evenly. Place in oven and roast, turning vegetables regularly, until crunchy-tender, about 25 minutes (reduce roasting time for broccoli and other green vegetables by 5 to 10 minutes).

4. If sauce has thickened and is no longer consistency of light cream soup, stir in a little more broth (or water). Taste and season with salt, about 1 tsp. Lightly brush both sides of each tortilla with oil. Stack, wrap in damp paper towels, and microwave on high (100%) for 1 minute to warm and soften.

5. Spread about 1 cup sauce over bottom of 13-by-9-in. baking dish. Working quickly, roll equal portion of roasted vegetables into each tortilla while tortillas are still hot and pliable. Place them side by side in baking dish. Douse evenly with remaining sauce. Sprinkle with cheese. Bake until enchiladas are heated through and cheese begins to brown, about 10 minutes. Garnish with onion rings and cilantro sprigs.

Mango Guacamole

Makes about 3 cups

Bayless adds a tropical twist to basic guacamole for the perfect summer side dish.

- 3 medium-large (about 1¼ lbs.) ripe avocados, pitted and flesh scooped out**
- ½ small red onion, chopped into ¼-in. pieces**
- ½ to 1 fresh serrano chile, stemmed,**



- seeded, and finely chopped**
- 2 tbs. chopped fresh cilantro, loosely packed, plus leaves for garnish**
- 1 tbs. fresh lime juice**
- 1 large ripe mango, peeled, pitted, and flesh diced into ¼-in. pieces**
- Salt**

1. In large bowl, coarsely mash avocado with large fork or potato masher. Place onion in small strainer and rinse under cold water. Shake off excess water and mix into avocado along with chile, cilantro, lime juice, and ⅔ diced mango. Taste and season with salt, about ¾ tsp. If not using immediately, cover with plastic wrap pressed directly onto surface of guacamole and refrigerate.

2. When ready to serve (best eaten within a couple of hours of making), transfer guacamole to serving bowl. Garnish with remaining diced mango and cilantro leaves if desired. Serve with tortilla chips or slices of cucumber or jicama.

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Quotes

There are people who do their thing, and they pick up the nation. And when they're done ... we're all in a different place. They move us along whether they know it or not.

Actress and screenwriter *Jenny Lumet*, on her late grandmother *Lena Horne*

Why do I have to follow CNN on Twitter? If I want to follow CNN, I can follow them on CNN. *Jon Stewart, The Daily Show*

It's surprising how much of memory is built around things unnoticed at the time.
Barbara Kingsolver, Animal Dreams

The most sophisticated people I know—inside they are all children. *Jim Henson*

The world can't end today, because it's already tomorrow in Australia.
Charles M. Schulz

I have never been hurt by what I have not said. *Calvin Coolidge*

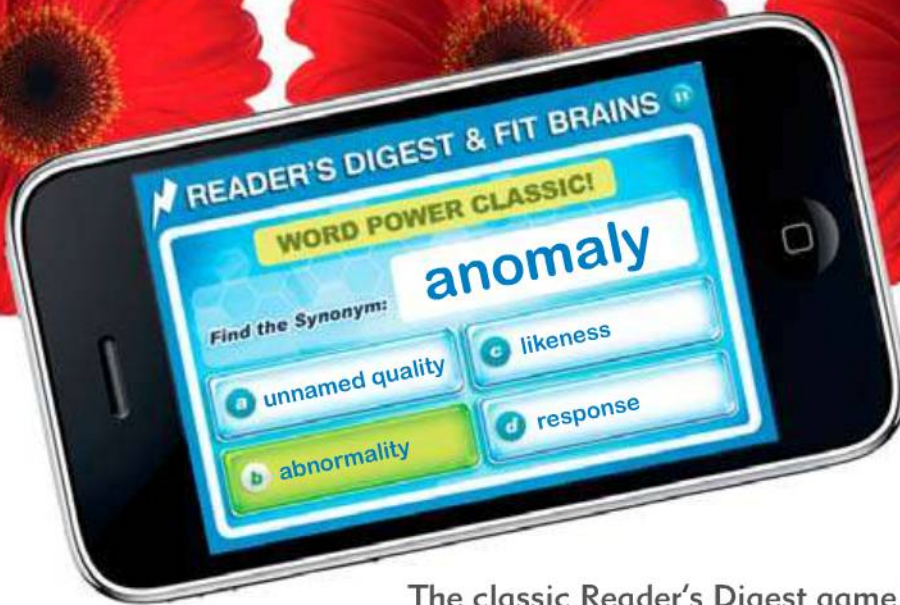
Education's purpose is to replace an empty mind with an open one.
Malcolm Forbes

Success is a lousy teacher. It seduces smart people into thinking they can't lose. *Bill Gates*

You don't have to have been near death to know ... what living is all about—but maybe it helps.

Lance Armstrong, Comeback 2.0





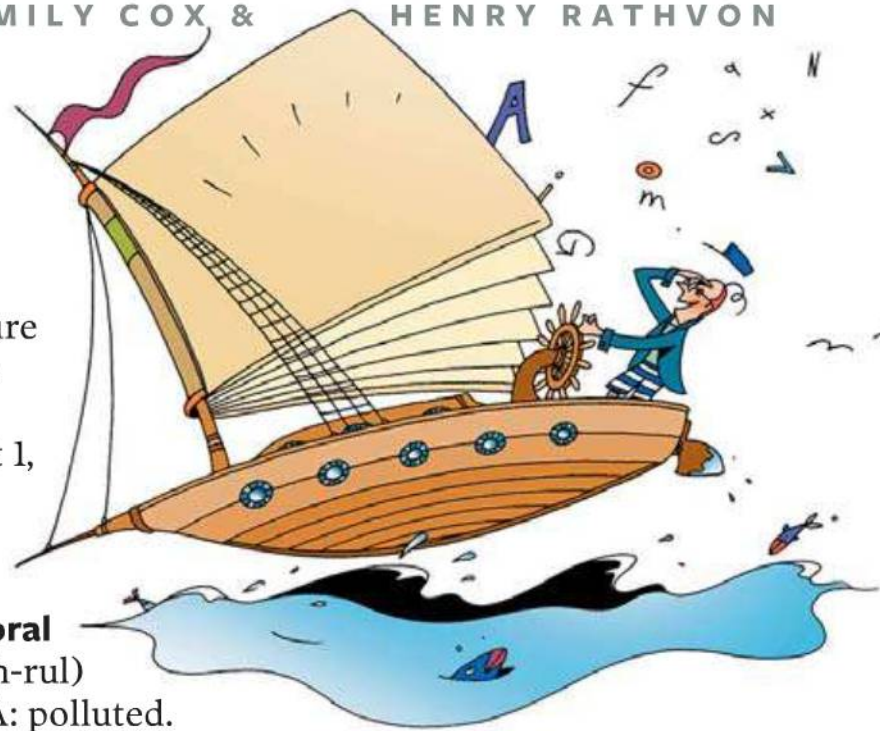
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Word Power

EMILY COX & HENRY RATHVON

Seawordy Herman Melville, who said that his life began the day he set sail on a whaling ship, came away from the sea with masterpieces of American literature like *Moby-Dick*; the rest of us just get sunburn. But we can at least honor Melville's birthday (August 1, 1819) with a little beach reading. For quiz answers, **turn the page**.



- 1. natatorial** (nay-tuh-'tor-ee-ul or nat-uh-) *adj.*—A: of swimming. B: of boating. C: of sunbathing.
- 2. shingle** *n.*—A: gravelly beach. B: exposed sandbar. C: group of dolphins.
- 3. maillot** (my-'oh or mah-'yo) *n.*—A: lace-up sandal. B: scuba mask. C: one-piece swimsuit.
- 4. jibe** ('jybe) *v.*—A: dig for clams. B: turn a boat's stern. C: tread water.
- 5. dugong** ('doo-gong) *n.*—A: sea cow. B: sea serpent. C: sea horse.
- 6. founder** *v.*—A: sail. B: splash. C: sink.
- 7. thalassic** (thuh-'lass-ick) *adj.*—A: of lighthouses. B: of sand. C: of seas and oceans.
- 8. ho-dad** ('ho-dad) *n.*—A: lighted buoy. B: wannabe surfer. C: boardwalk food stand.

- 9. littoral** ('lit-uh-rul) *adj.*—A: polluted. B: pertaining to mollusks. C: along a seashore.
- 10. sargasso** (sar-'gas-oh) *n.*—A: tropical breeze. B: floating seaweed. C: warming current.
- 11. alee** (uh-'lee) *adv.*—A: toward sea. B: ashore. C: away from the wind.
- 12. pike** *n.*—A: perfect surfing wave. B: jackknife dive. C: waterskiing trick.
- 13. pelagic** (puh-'laj-ick) *adj.*—A: of the open sea. B: threatening to storm. C: infected, as a sting.
- 14. mal de mer** (mal duh 'mare) *n.*—A: seasickness. B: undertow. C: monster.
- 15. undulate** ('un-juh-late or 'un-dyuh-) *v.*—A: raise a mainsail. B: move like waves. C: skinny-dip.
- 16. conchologist** (konk-'ka-luh-jist) *n.*—A: shell expert. B: shark expert. C: erosion expert.
- 17. Davy Jones** *n.*—A: lifeguards' CPR dummy. B: discoverer of Hawaiian Islands. C: the sea personified.

Sound Smarter

Do you know the difference between flotsam and jetsam? Stuff that's accidentally floating on the water, especially after a shipwreck, is flotsam. Anything deliberately thrown overboard to lighten a load in an emergency is jetsam, which may wash ashore and be legally claimed by any finder.

Answers

1. natatorial—[A] of swimming. My *natatorial* specialty is the dog paddle.

2. shingle—[A] gravelly beach. “Ow! I should have worn my flip-flops,” cried Walter, wincing as he crossed the *shingle*.

3. maillot—[C] one-piece swimsuit. The only good thing about that neon-green *maillot* is that you won’t be hard to spot on a crowded beach.

4. jibe—[B] turn a boat’s stern. As the storm intensified, we *jibed*, and the swinging boom knocked Stanley overboard.

5. dugong—[A] sea cow. He has the mild mien of a *dugong* but the grin of a shark.

6. founder—[C] sink. Helplessly, Joey watched as his remote-controlled boat capsized and *founded*.

7. thalassic—[C] of seas and oceans. Though landlocked, the town, with its Nantucket-style houses and laid-back atmosphere, has a distinct *thalassic* feel.

8. ho-dad—(‘60s surfing slang) [B] wannabe surfer. He may have a righteous board, but that *ho-dad* couldn’t surf in a bathtub.

9. littoral—[C] along a seashore. Walking slowly up and down the beach, the marine biologist collected samples of *littoral* flora.

10. sargasso—[B] floating seaweed. Columbus and his crew were nervous that their ships would become



tangled in the sprawling *sargasso* of the North Atlantic.

11. alee—[C] away from the wind. “Hard *alee!*” shouted Grandpa, a former Navy man, as he steered the Chevy around a corner.

12. pike—[B] jack-knife dive. Uncle Hank’s attempt at a forward double somersault *pike* ended up as a slap-tastic belly flop.

13. pelagic—[A] of the open sea. Petrels are *pelagic* birds that return to land only to breed.

14. mal de mer—[A] seasickness. Lloyd, green with *mal de mer*, looked up at Lucy gratefully as she mercifully handed him a packet of Dramamine.

15. undulate—[B] move like waves. Back onshore, Lloyd couldn’t stomach even the sight of the beach grass *undulating* in the wind.

16. conchologist—[A] shell expert. An amateur *conchologist*, Edith was never happier than the day she found a rare paper nautilus shell.

17. Davy Jones—[C] the sea personified. Any old salt will tell you that *Davy Jones* is a fickle friend.

VOCABULARY RATINGS

● 9 and below: landlubber ● 10–13: first mate ● 14–17: captain



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MDX11

At a restaurant one night, the man at the next table was pulling out all the stops to impress his underwhelmed date. He crowned a lengthy list of lifetime achievements by stating, “At least I can say I have been a Hollywood movie producer.”

The woman nodded. “I’ll make a note of that: ‘has-been movie producer.’”

Sandra P. Ottley, Colorado Springs, Colorado

While I was planning a trip to Nova Scotia, a *Titanic*-related tour caught my eye. The description: “Learn of the *Titanic* tragedy along with a guided visit to the Fairview Lawn Cemetery, where 121 victims are still buried on a deluxe air-conditioned motor coach.”

*Christine Peckham,
Leander, Texas*

My husband is— how should I put this—cheap, once



“Don’t bother. They’re here.”

going so far as to reuse the freezer bags our grown daughter Molly left behind after a visit. Needless to say, it gave me a start when, looking through the freezer, I found packages labeled *steak, chicken breast, and Molly.*

Loreen Broderick, Oak Ridge, Tennessee

After sailing across the

Atlantic, my family and I arrived in France.

Wanting directions and sorely in need of conversation, my father stopped

All parents are proud of overachieving children, and one father was no exception. The bumper sticker on his car read “My Kid Made Your License Plate.”

Anthony Tobiasz, Cleveland, Georgia

a passerby and asked if he spoke English.

Sizing up my disheveled father, the man warily responded, "Sometimes."

Katherine Tucker, Pensacola, Florida

Spotted outside a church in Michigan: "Honk if you love Jesus. Keep on texting while you drive if you want to meet him."

Gina Vesely, Conyers, Georgia

Hello, Muddah, Hello, Faddah!

The summer camp experience includes swimming, hiking, and writing letters back home, like these:

*Dear Mom,
Thanks for the postcard & Robbie's address. I sent him a letter, but I think I might get home either the day it arrives or a day before because I forgot to send it.* —Henry

*Hi Guys,
Every day is really fun. On Thursday we went on our canoe down the Jordan. Also, I'm taking a class on rifaIry. I might be in a boat race called the Riccotta. Love you, see you soon.*

From *P.S. I Hate It Here*, edited by *Diana Falanga* (Abrams Image)

When my 88-year-old mother was called for jury duty, she had to submit to questioning by the opposing lawyers.

"Have you ever dealt with an attorney?" asked the plaintiff's lawyer.

"Yes. I had an attorney write my living trust," she responded.

"And how did that turn out?"

"I don't know," she said. "Ask me when I'm dead."

Georgiana Pilcher, Grass Valley, California

WHERE ARE THE CHEAP SEATS?



Photo by *Dave Brunelle*; seen on readersdigest.com

 **Your favorite new joke, funny anecdote, or crazy news story might be worth \$\$\$.**
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U.S. GENERAL

Item 91039 shown

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18V battery and charger included.

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LOT NO. 98871/94056



Item 98871 shown

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REG. PRICE \$149.99



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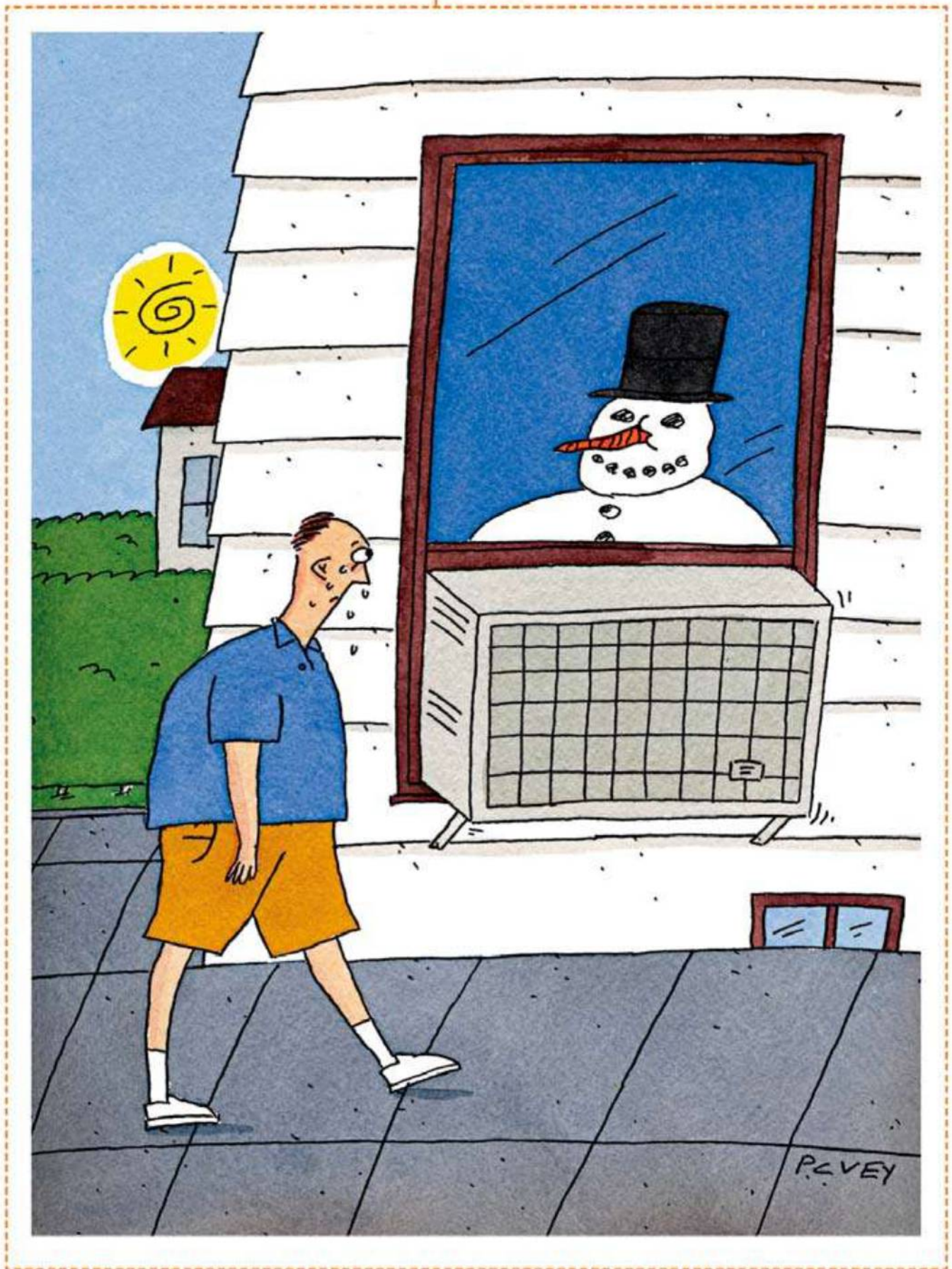
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