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Things **IDENTITY THIEVES** Won't Tell You

PAGE 14

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Reader's Digest

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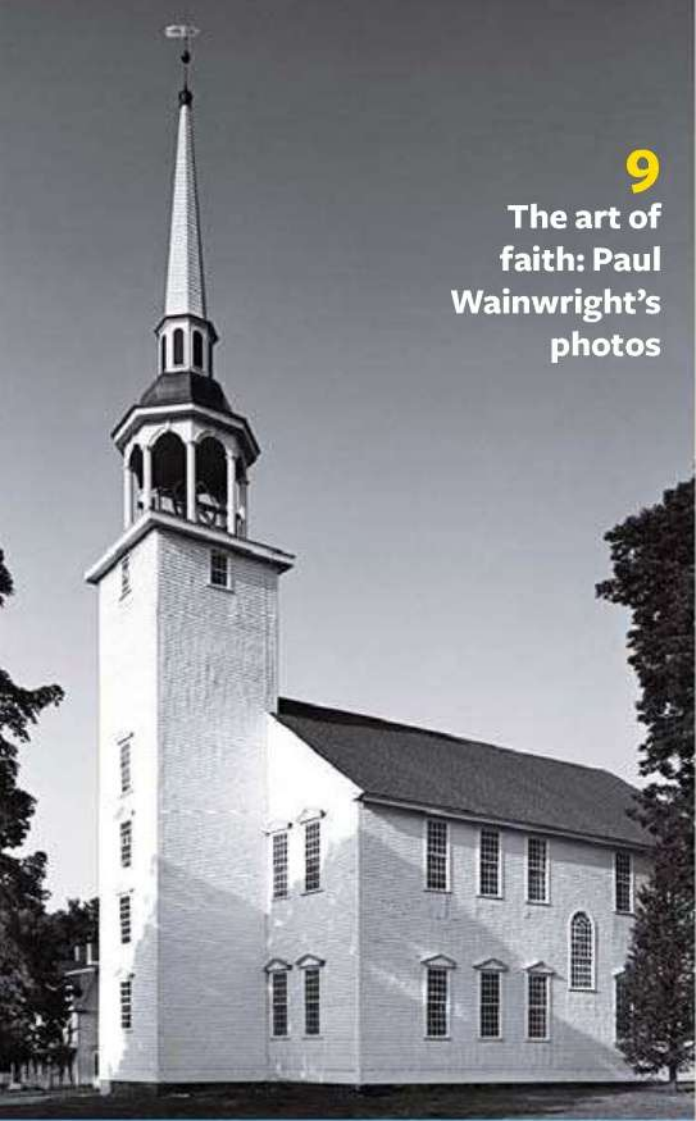
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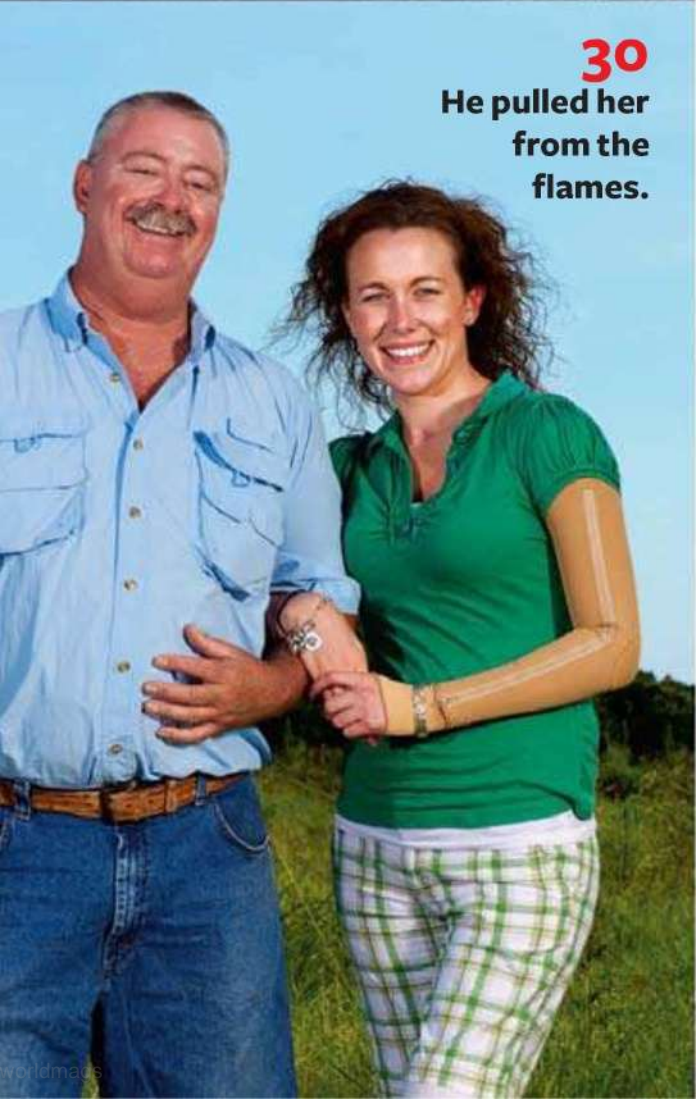


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Fuming Farmers

A lot of farmers are like me—they don't want any kind of payments, subsidies, or grants ("Phony Farmers"). If the government and its regulators would get out, the farmers would work it out themselves, and we'd end up with a stable, sustainable supply of food for the entire country. We need a real free-enterprise, supply-and-demand system to do it. Thank you for exposing this deceptive program.

William Vander Pol, via Internet

The farm bill not only helps hardworking farmers (yes, including those in bib overalls) but also provides many other things such as school lunch programs and food stamps. And as far as being paid not to plant crops? It's called conservation. *C. C., Cresco, Iowa*

Working farmers need absentee landlords who continue to retain their equity in agriculture. In many cases, these landlords (often relatives of active farmers) inherited farm real estate, and yes, they die, and they sometimes live in metropolitan areas, and they can also be quite wealthy in their own right.



Recently a coworker challenged me to find a piece of good news from any source—the paper, Internet, TV. I couldn't find a single article, and then your issue arrived! It was a wonderful collection of people who are part of the solution, not the problem. The bad often overwhelms the good (and probably always will), but the good *is* out there. Thank you for focusing on the positive events and people in America. *Leanne Reigner, Warsaw, Indiana*

Most people know little about hands-on agriculture. It is inflammatory to categorize all landlords as "phony" and the system as "corrupt." *Rita L. Williams, Sharon Springs, Kansas*

The 2008 Farm Bill provided landmark reform, including payment limits and increased efforts to root out fraud and abuse. For the first time, payments have to be targeted

WHAT'S THE BEST EXERCISE MOTIVATION? ... THE READER'S DIGEST VERSION

Exercise is good for us, so why aren't we better at it? We asked our panel of readers, and they told us how they keep at it: Create a routine (15%), work out with a friend (15%), and "I wish I knew!" (9%). More tips:

>> First thing in the morning works for me—otherwise I get too busy.

J. C., Sebastian, Florida

>> I don't ask myself if I want to. I just do it. Just like going to work, it's part of life.

J. N., Wisconsin Dells, Wisconsin

>> Variety and a good iPod!

B. F., Kettering, Ohio

>> Sign up for a race! Whether it's a 5K or a marathon, it requires training.

M. C., Bradenton, Florida

>> Have a personal trainer who talks you through the routine.

D. G., Cedar Rapids, Iowa

>> Changing clothes right after work helps to motivate me.

S. L., Scottsdale, Arizona

>> My dogs keep me motivated. They want to get out and run as much as I do.

J. W., Mission Viejo, California

>> I have never been more motivated to exercise in my life than when I watched my father go through his heart attack scare.

K. L., Bountiful, Utah

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and validated. This prevents slick operators from hiding behind entities to qualify for program payments. This bill does not add to the deficit; in fact, the Congressional Budget Office estimated it will save taxpayers \$67 million during its first five years. Farm programs account for less than half a cent of every dollar spent by the federal government and still provide American consumers with the safest, most abundant, most affordable food supply in the world.

Kent Conrad, U.S. Senator, North Dakota

Michael Crowley replies: The nonpartisan Congressional Budget Office estimated that the farm bill will add \$2.9 billion to the deficit by 2019. That's why the bill drew loud objections from both the left and right when it was muscled through. It is simply not true that most subsidies go to "hardworking farmers," unless you mean the big agribusinesses, which collect most of the cash. In today's dire budget environment, we need to take a ruthless look at all wasteful spending, and almost everyone who doesn't benefit directly from subsidies agrees they're a great starting point.

Our (Funny) Towns

Andy Simmons left out Eek, Alaska, and Dunmavin, California, from his list of "Best Town Names." I picture pioneers coming out of Death Valley and saying, "That's it. Finally—Dunmavin."

Mary E. Kenny, Las Cruces, New Mexico

I had to smile when I read “Best Town Names.” My cousin got married in the Boring Baptist Church. At first I thought the invitation was a joke, then I imagined the kids in the congregation whining to their mothers, “I don’t want to go ... it’s so boring.” *Dan Lagasse, San Jose, California*

Reserved!

Shame on you for telling readers to ask for a handicapped room to get more space (“Thirteen Things Your Hotel Desk Clerk Won’t Tell You”). Hotels have a limited number of wheelchair-accessible rooms, especially during tourist season. These rooms are like handicapped parking spaces—only for those who truly need them.

Caroline Hendrix, Seattle, Washington

Editor’s Note: We didn’t mean to suggest that readers “steal” a handicapped room from someone who needs it. We should have made it clear that readers should request one only if the hotel has several to spare. Many readers without an official handicap designation can benefit

from the grab bars and other accommodations this type of room provides.

Missed Minus

I did my wheeze check, read my palms, and tapped my toes (“7 Home Health Checks That Can Save Your Life”). No problems there. But when I came to the two-minute diabetes test, I was in trouble after the first question: three points for being over 60! Then I have the unfortunate condition of being a man—one more point. I’m physically active—add one more point? What?! I can lower my diabetes risk by giving up the exercise and becoming a couch potato?

Frank W. Ross, via Internet

Editor’s Note: Actually, you’re doing very well. It’s true that increasing age is a powerful risk factor for diabetes, and being male puts you at a slightly greater disadvantage. But your exercise habit allows you to subtract a point, leaving you in the comfort zone. Congratulations—and apologies for the confusion caused by our easy-to-miss minus sign!

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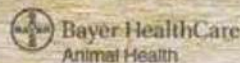


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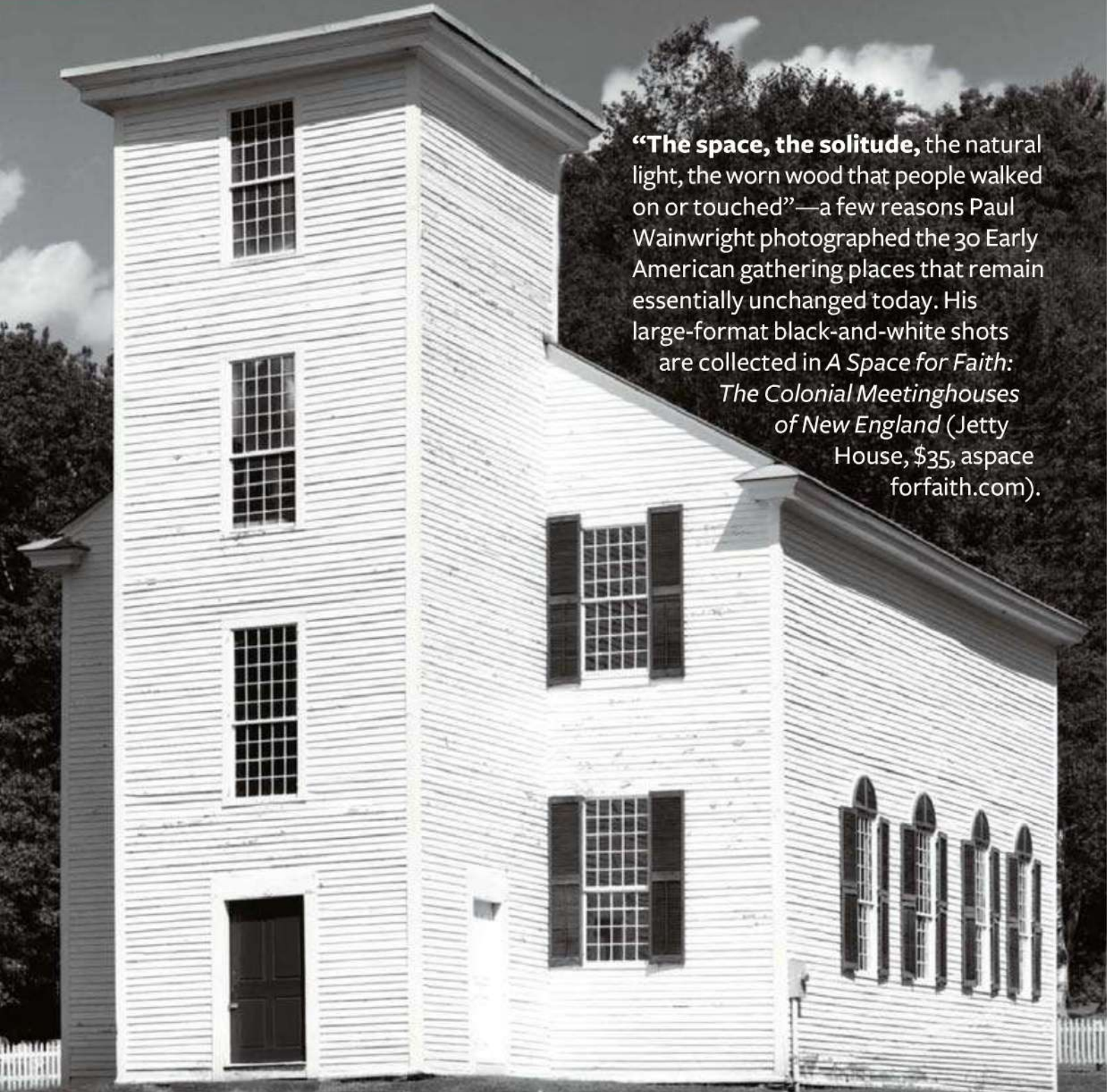


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The Digest

the who ● the how ● the now

“The space, the solitude, the natural light, the worn wood that people walked on or touched”—a few reasons Paul Wainwright photographed the 30 Early American gathering places that remain essentially unchanged today. His large-format black-and-white shots are collected in *A Space for Faith: The Colonial Meetinghouses of New England* (Jetty House, \$35, aspaceforfaith.com).



The Digest lists you can learn from

6 Sites for Job Seekers to Bookmark Now

There are more than 50,000 job-related websites in the United States, according to *Fortune*, which picked six sites and created “a curator’s guide to job-related content” so you won’t have to make your job search any more difficult than it already is:

1. The Riley Guide at rileyguide.com
2. The aggregators SmartBrief on Your Career and SmartBrief on Leadership at smartbrief.com
3. Quintessential Careers at quintcareers.com
4. The careers page at the Cuyahoga County Public Library (cuyahogalibrary.org/careerexpert.aspx)
5. The blogs of the *Harvard Business Review*, especially Peter Bregman’s (blogs.hbr.org)
6. RiseSmart’s “100 top career blogs in English,” calculated according to seven metrics (risemart.com/risemart/blog/career100/)

1 Tip for Carrying Cardboard Boxes

Never try to carry two cardboard boxes of different sizes, says Slate blogger Tom Scocca. “There are no exceptions ... Since the day I recognized the rule, I have never regretted obeying it, and I have always regretted breaking it. If the boxes are all one size, carry as many as you can lift. Two sizes, two trips.”

7 IRRITATING PHRASES TO AVOID IN YOUR E-MAIL

Lifehacker.com asked readers which e-mail phrases they’d like to see banished—or at least improved.

A selection:

“We need to ...”

“Translation: XYZ needs to be done, but ... I’m not actually going to come out and directly tell any of you to do it.”

“Cheers”—

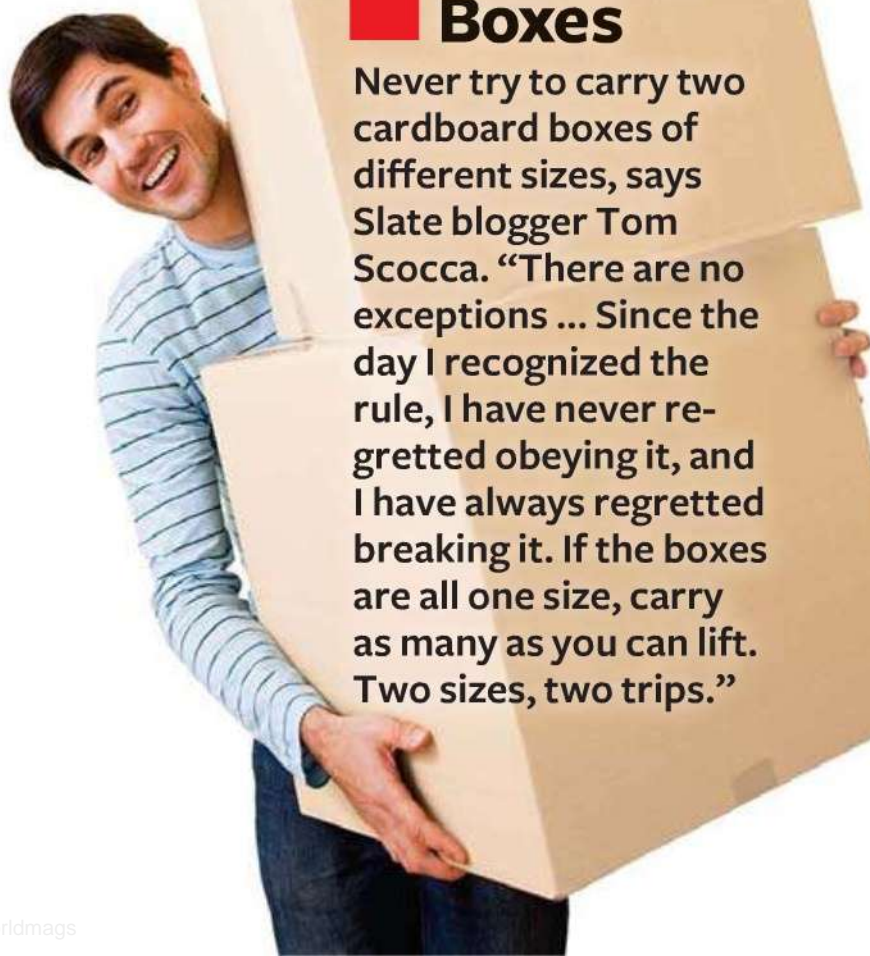
“especially when used outside British pubs or the U.K. in general.”

“Thanks in advance”—“as opposed to thanks from the past?”

“Touch base,”
“circle back,”
“to be honest.”

THE WORST:

“Please consider the environment before printing this e-mail.” “I’ll print it if I need to, whether you nag me or not!”



4 Tricks for Feeding Picky People



Created for kids (but just as valuable for many adults), tips from *Time for Dinner: Strategies, Inspiration, and Recipes for Family Meals Every Night of the Week* by Pilar Guzmán, Jenny Rosenstrach, and Alanna Stang (Chronicle Books, \$24.95):

- **Cocktail umbrellas** make everything taste better, including milk and broccoli.
- **Saltcellars** and **shot glasses** make food and drinks fun—and manageable. (Restaurant owners call it grazing, and they charge extra.)
- **Toothpicks, skewers, and corn holders:** It's more fun to eat fruits and vegetables that have been stabbed.
- **Votives** and **dimmed lights** make it hard to see the nutrition on the plate.

5 TIPS FOR SAVING TIME AND MONEY

1 **Send a package for less.** Shipgooder.com compares prices from major carriers as well as local delivery services. A *Wall Street Journal* comparison revealed a difference of almost \$30 in one instance.

2 **Ask your doctor about using one drug to treat two conditions.** There are a surprising number of two-for-one pills, according to Cynthia J. Koelker, MD, in *101 Ways to Save Money on Health Care* (Plume, \$13). A few examples: a calcium channel blocker for high blood pressure and migraines, spironolactone for swollen

ankles and PMS, and muscle relaxers for back pain and sleeplessness.

3 **Keep track of product manuals ... by not keeping track.** You can access most user guides at manufacturers' websites when you need them, writes J. D. Biersdorfer in the *New York Times*. You can also find help at manualsonline.com and retrievo.com.

4 **Keep your car running.** A cell-phone-size diagnostic device called CarMD "taps into your car's on-board computer system, then lets you upload the results to a website that provides an almost-plain-

English description of what's wrong," according to *Bloomberg Businessweek*. The newly revamped tool (\$98.99) also estimates repair costs.

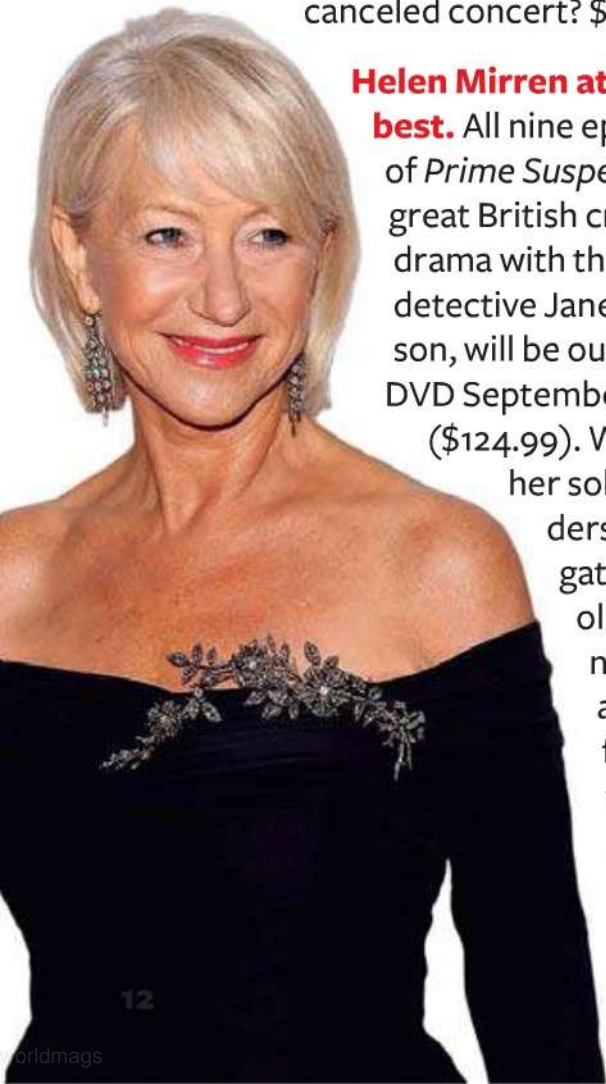
5 **Knock back a beer for charity!** For every bottle of SOS—A Charitable Pilsner that the Louisiana brewery Abita sells, it will donate 75 cents to those affected by the BP oil spill. (*Garden & Gun* magazine says Abita's Restoration Ale generated more than \$500,000 after Katrina.) The beer—not just some microbrew with micro-distribution—will be sold in 41 states.

hello

Another hangover remedy. Coconut water, reports *Time* magazine, is catching on as a cure. Though research to support the drink's claim as a panacea is sketchy at best, coconut water does contain five of the electrolytes found in human blood. An even better indicator of promise: Coca-Cola, Pepsi, and Madonna have already invested in coconut-water companies.

Less expensive concert tickets next summer? Big acts like John Mayer, Rihanna, and the Eagles are scrapping, canceling, and postponing dates. Ticket sales have not exactly been music to promoters' ears. One Eagles fan told the *Washington Post*, "Ninety-five bucks is a lot for people to be paying to sit upstairs." The top ticket price for the canceled concert? \$240.

Helen Mirren at her best. All nine episodes of *Prime Suspect*, the great British crime drama with the great detective Jane Tennison, will be out on DVD September 7 (\$124.99). Watch her solve murders, navigate the old-boy network, and refuse to take any guff.



goodbye

The time you spend on hold. Go to lucyphone.com, and find or type in the customer-service number you need. After LucyPhone connects you, wait to be put on hold and then hang up. The service will call you back when

someone picks up. It's phone tag the way it should be played!

Useless cigarette butts. Chinese researchers have found that an extract from the butts, submerged in water, can prevent steel from corroding, reports *USA Today*. Look for recycling initiatives in coming years.

Painful gout. A new FDA-approved drug, Uloric, can help fight this form of arthritis, which often shows up in the big toe. The drug lowers levels of uric acid and is more easily tolerated by kidneys, *Parade* reports.

● word of the month

gigonomics = the science of cobbling together a series of small, often freelance or temporary jobs to make ends meet in a bad economy



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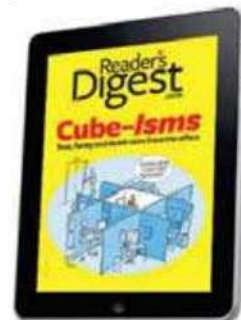
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The Digest thirteen things

... An **Identity Thief** Won't Tell You

Watch your back. In line at the grocery store, I'll hold my phone like I'm looking at the screen and snap your card as you're using it. Next thing you know, I'm ordering things online—on your dime.

That **red flag** tells the mail carrier—and me—that you have outgoing mail. And that can mean credit card numbers and checks I can reproduce.

Check your bank and credit card balances at least once a week. I can do a lot of damage in the 30 days between statements.

In Europe, credit cards have **an embedded chip** and require a PIN, which makes them a lot harder to hack. Here, I can duplicate the magnetic stripe technology with a \$50 machine.

If a bill doesn't show up when it's supposed to, don't breathe a sigh of relief. Start to wonder if your mail has been stolen.

That's me driving through your neighborhood at 3 a.m. on trash day. **I fill my trunk with bags of garbage** from different houses, then sort later.

You throw away the darnedest things—**preapproved credit card applications**, old bills, expired credit cards, checking account deposit slips, and crumpled-up job or loan applications with all your personal information.



If you see something that looks like it doesn't belong on the ATM or sticks out from the card slot, walk away. That's **the skimmer** I attached to capture your card information and PIN.

Why don't more of you call 888-5-OPTOUT to **stop banks from sending you preapproved credit offers?** You're making it way too easy for me.

I use your credit cards all the time, and I never get asked for ID. A helpful hint: I'd never use **a credit card with a picture on it.**

I can call the electric company, pose as you, and say, "Hey, I thought I paid this bill. I can't remember—did I use my Visa or MasterCard? **Can you read me back that number?**" I have to be in character, but it's unbelievable what they'll tell me.

Thanks for using your debit card instead of your credit card. Hackers are constantly breaking into retail databases, and debit cards give me direct access to your banking account.

Love that new credit card that showed up in your mailbox. If I can't talk someone at your bank into activating it (and I usually can), I write down the number and put it back. After you've activated the card, I start using it.

Sources: Former identity thieves in Kentucky, Indiana, Virginia, and New York. Interviews by Michelle Crouch.

 **More things an identity thief won't tell you are at readersdigest.com/identity.**



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.

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onglyza**
**(saxagliptin) 5 mg
tablets**

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*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
 - surgery
 Contact 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

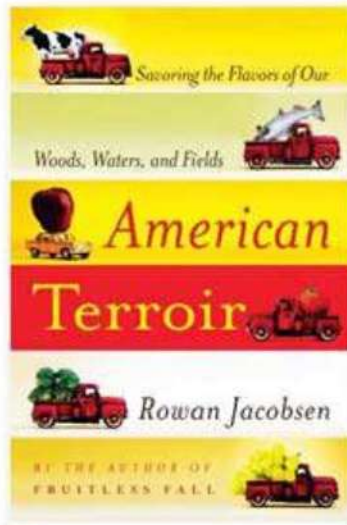
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Iss July 2009

The Digest the monthly reader

● FOOD

A pound of honey represents the concentrated nectar contributions of four million flowers. Some call it “the soul of a meadow,” which is lovely, but I think of it more like a little black book, a record of who was putting out in a particular place and time. Was the fireweed rioting purple in the California hills? Was the goldenrod blanketing New England fields in its late-summer glow? You can tell from the honey.



AMERICAN TERROIR: SAVORING THE FLAVORS OF OUR WOODS, WATERS, AND FIELDS
BY ROWAN JACOBSEN (BLOOMSBURY, \$25)

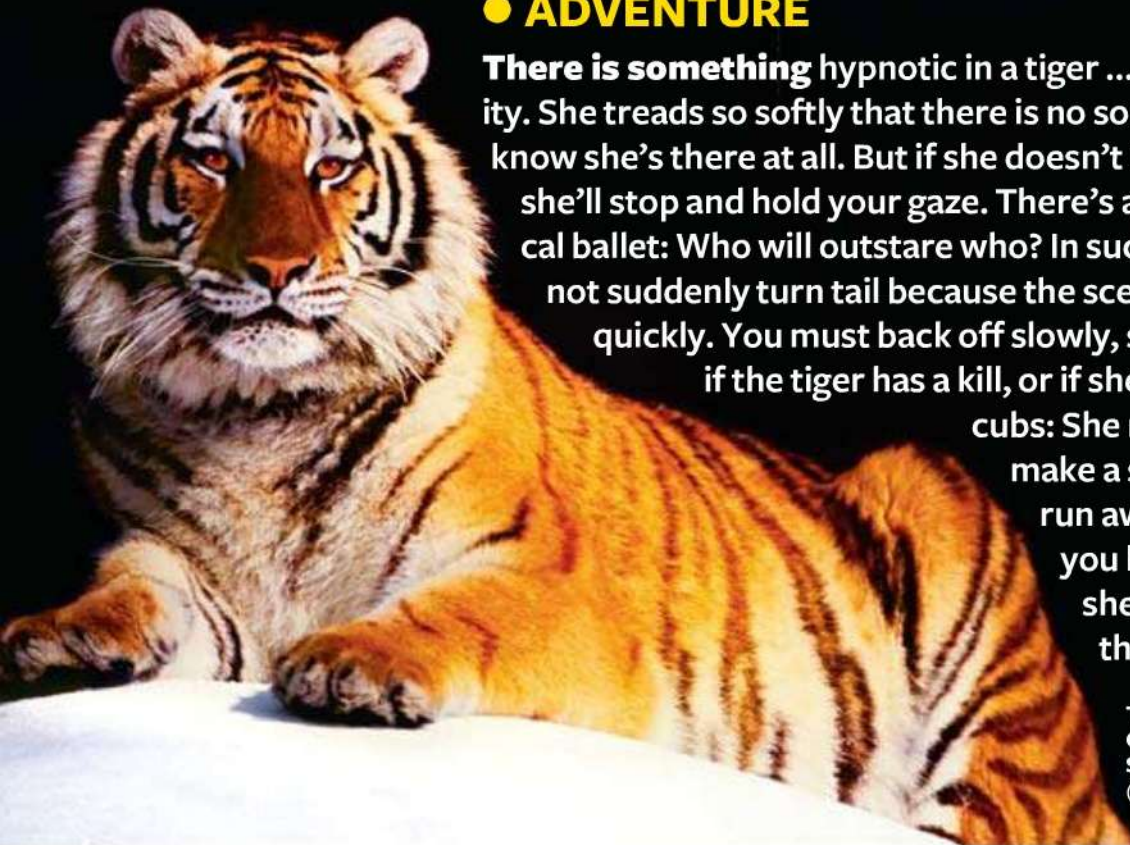
● HUMOR

It is not for lack of funds that preppies hew strongly to the concept of thrift, though it can be. Remember that the original preppies are descended from Pilgrims: We are sturdy, nature-loving puritans who enjoy the tradition of passing our used garments and silver down the ancestral line. We prefer modest discretion to the outward manifestations of wealth that are the signs of the new hordes. We are also cheap.

TRUE PREP: IT'S A WHOLE NEW OLD WORLD BY LISA BIRNBACH WITH CHIP KIDD (ALFRED A. KNOPF, \$19.95)

● ADVENTURE

There is something hypnotic in a tiger ... She has that quality. She treads so softly that there is no sound, and you won't know she's there at all. But if she doesn't like something, she'll stop and hold your gaze. There's a kind of psychological ballet: Who will outstare who? In such cases, you should not suddenly turn tail because the scent of fear passes quickly. You must back off slowly, slowly—especially if the tiger has a kill, or if she's a mother with cubs: She makes a step, you make a step—you must not run away. And only when you leave the territory she thinks is hers, only then can you run.



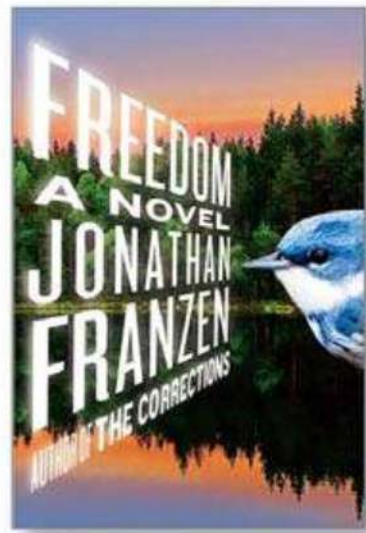
THE TIGER: A TRUE STORY OF VENGEANCE AND SURVIVAL BY JOHN VAILLANT (ALFRED A. KNOPF, \$26.95)

PHOTO/ILLUSTRATION CREDIT



● NOVEL

A game could be made of trying to get Patty to agree that somebody's behavior was "bad." When she was told that Seth and Merrie Paulsen were throwing a big Halloween party for their twins and had deliberately invited every child on the block except Connie Monaghan, Patty would say only that this was very "weird." The next time she saw the Paulsens in the street, they explained that they had tried *all summer* to get Connie Monaghan's mother, Carol, to stop flicking cigarette butts from her bedroom window down into their twins' little wading pool. "That is really weird," Patty agreed, shaking her head, "but, you know, it's not Connie's fault." The Paulsens, however, refused to be satisfied with "weird." They wanted *sociopathic*, they wanted *passive-aggressive*, they wanted *bad*.



FREEDOM BY JONATHAN FRANZEN (FARRAR, STRAUS AND GIROUX, \$28)

● SHORT STORIES

We moved up into the trees when the neighborhood flooded that April—blue plastic tarps slung up with belts and ropes, splintered plywood floors, dinghies or canoes bumping up against the tree trunks. Makeshift hammocks hung from the branches, swaying in the breeze. The water was the color of peanut butter. It roiled below our branches, churning up a soup of all the things we'd lost: spatulas, dolls, romance novels, Tupperware, spools of colored thread, porn magazines, textbooks, bicycle tires, empty picture frames. Once a miraculously airtight bag of mini-marshmallows, which my younger brothers fished out and gave to our mother, six months pregnant with her fourth child and hungry in every way.

ASHLEIGH PEDERSEN, "SMALL AND HEAVY WORLD"

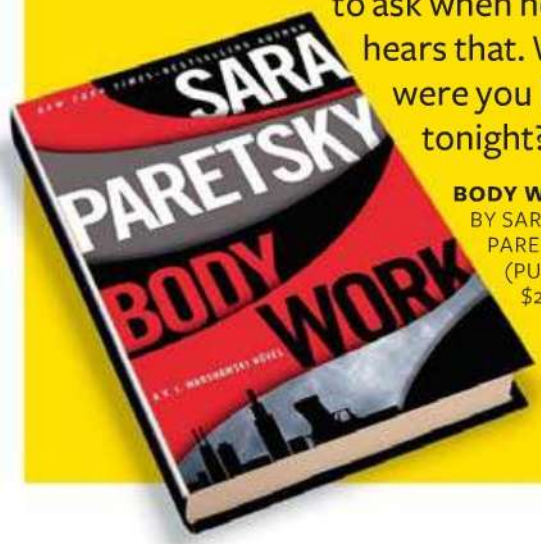
NEW STORIES FROM THE SOUTH 2010: THE YEAR'S BEST EDITED BY AMY HEMPEL (ALGONQUIN BOOKS, \$14.95)

(TIGER) GARY VESTAL/PHOTOGRAPHER'S CHOICE/GETTY IMAGES; (FRANZEN) JOE KOHEN/GETTY IMAGES FOR THE NEW YORKER

● MYSTERY

Finchley sighed. "You know, anyone else in this town, I'd nod and take your name and phone number and urge you to wash the blood off and try to forget the horrors you witnessed. But V.I. Warshawski chooses to come to a club the one night in the year a woman gets murdered at their back door? You know what the captain's going to ask when he hears that. Why were you here tonight?"

BODY WORK
BY SARA PARETSKY (PUTNAM, \$26.95)



The Digest what i'm up to



Gary Sinise has played Detective Mac Taylor on *CSI: New York* since 2004. He was nominated for an Oscar for his role in 1994's *Forrest Gump*.

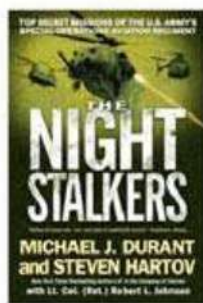
WHERE HE'S SURFING "Well, I just became a Twitter man. @garysinise! I notify people what I'm up to with my rock band, the Lt. Dan Band [named after his character in *Forrest Gump*]. All these other friends are Twittering away. My buddy Tom Hanks—he's a Twitter nut!"

WHAT HE'S WATCHING

"I don't watch a lot of television, because I'm so busy making it all the time. But when I do, I'm kind of a History Channel guy."

WHAT HE'S LISTENING TO

"My new favorite band is the Zac Brown Band. I know some of the generals in Fort Hood, Texas, and after the shooting tragedy last year, I set up a big concert down there to help them out. Zac Brown played, and my band opened for them, so I got to see them live. I just went nuts for them."



WHAT HE'S READING "*The Night Stalkers*, by Michael Durant. It's about an elite Special Forces aviation unit that was started back in the 1970s, right around the time of the Iranian hostage crisis. Durant is the pilot who was shot down and then rescued in *Black Hawk Down*."

IF HE RULED THE WORLD, HE WOULD ...

"Human beings will continue to want to take each other's stuff. That's just what human beings do. They're never satisfied with what they've got. You can live in the real world or the ideal world. The real world is where people can't get along. And the ideal world is where you wish everybody could. So you just keep trying to do better."



His Reader's Digest Version of

LIFE AND WORK

"Take one day at a time, but think down the road."

WHAT HE'S PLUGGING "*CSI: New York* is moving from Wednesday to Friday nights. Also, Operation International Children. We send school supplies to the troops so they can give them out to the kids in the countries they're serving in."

Interview by Amy Wallace

ILLUSTRATION BY ZACH TRENHOLM; TIM MOSENFELDER/GETTY IMAGES; CLIFF LIPSON/CBS/GETTY IMAGES



Cats everywhere are having a hard time smelling their litter boxes.
freshstep.com



How Much **Sleep** Do You Get?

Hit the snooze button—you'll be in good company. In this month's global survey, a majority of people in 9 of 16 countries say they get the recommended 7 or more hours of sleep per night. **In the United States, though, nearly half of respondents aren't**

meeting their slumber numbers—and more

women than men are racking up a sleep debt. Sixty percent of American men snooze for 7 hours or more per night, while only 48 percent of American women do.

I need 10 to 12 hours a night. I feel like a zombie if I get less than that.

Serene Liew Tuet Wan, 32, Kuala Lumpur, Malaysia

I sleep 5 hours a night, and I feel that's enough.

Katia Albarran, 42, Mexico City, Mexico

I sleep 7 to 8 hours a night. Work and children prevent me from sleeping more.

Jean Lamothe, 38, Créteil, France

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

In India, where almost a quarter of respondents sleep for fewer than 6 hours per night,

not a single woman

surveyed got more than 8.

In a majority of countries, more men than women were

extreme sleepers,

getting either more than 8 or fewer than 6 hours.

French women believe in beauty sleep: Nearly

25%

sleep more than 8 hours a night.

More than 7 hours

China	63%
Australia	60
Brazil	60
France	57
Netherlands	55
Russia	55
Spain	55
U.S.	53
Canada	52

Fewer than 7 hours

Malaysia	69%
India	57
Mexico	57
Germany	56
Italy	56
Philippines	52
U.K.	51



Is **Diabetic Nerve Pain** leaving you behind?



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

LYRICA[®]
PREGABALIN [®]
capsules

Move towards relief with Lyrica.

Burning, throbbing symptoms in your hands or feet?
Lyrica is FDA approved to effectively treat Diabetic Nerve Pain.

Over-the-counter pain relief pills are not
FDA approved to treat this unique kind of pain.

**Lyrica studies showed that patients
had less Diabetic Nerve Pain and felt better.**

*Diabetes
damages nerves
which may cause a
unique type of pain.**



*Lyrica is
believed to
work on these
damaged nerves.*

*Artist depiction of diabetic nerve pain symptoms

Start the Lyrica conversation with your doctor today.

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

Please see Important Facts Brief Summary on adjacent pages.

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

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

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IMPORTANT FACTS



(LEER-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

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

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

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

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

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

Do not stop LYRICA without first talking with your doctor.

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

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

LYRICA may cause dizziness or sleepiness.

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

ABOUT LYRICA

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

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

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

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

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

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

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

Especially tell your doctor if you take:

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

BEFORE STARTING LYRICA, continued

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

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

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

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

The most common side effects of LYRICA are:

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

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

HOW TO TAKE LYRICA

Do:

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

Don't:

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

NEED MORE INFORMATION?

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

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



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Version January 2010

Rx only

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 ** Actos is a registered trademark of Takeda Chemicals Industries, Ltd., and is used under license by Takeda Pharmaceuticals of America, Inc., and Eli Lilly and Co.

Laugh! :)

A businessman flying first class is sitting next to a parrot. The plane takes off, and the parrot orders a Glenlivet, neat. The businessman asks for a Coke. After a few minutes, the bird yells, "Where's my scotch? Give me my scotch!" The flight attendant rushes over with their drinks.



"When you asked me if I wanted to go out, I thought ..."

Later, they order another round. Again, the bird gives the crew grief for being slow, and the businessman joins in: "Yeah, the service stinks!"

Just then, the flight attendant grabs the pair, opens the hatch, and throws them out of the plane. As they hurtle toward the ground, the parrot says to the terrified man, "Wow, that took a lot of guts for a guy with no wings."

caught me. He let me go but told me never to steal again."

"He let you go? Why's that bad luck?" asks the friend.

"He charged me \$500 for the advice." Submitted by *Barbara Kalinowski*

From the Tweetosphere

If the people who make motivational posters are so motivated, why are they still working in a poster factory?

Stephen Colbert,
submitted by *Jody Rohlena*

Is the chemical symbol for holy water H₂Omg?
Comic *Dan Upham*

Always weird to meet your stunt double. It's like looking into a mirror where the other you took care of yourself.

Actor/Comic
Brian Posehn

"You wouldn't believe my bad luck," a burglar tells his friend. "I broke into a lawyer's house last night, and he

I was out in the garden with my stepladder today. Not my real ladder. No, I don't get along with my real ladder.

Comic *Harry Hill*

On his way to perform at a graveside service, the bagpiper gets lost. After many wrong turns, he finally arrives, but the minister and mourners have already gone. Only the grave diggers remain, and they're eating lunch. Not knowing what else to do, the bagpiper begins to play.

The workers put down their lunches and weep as the man plays "Amazing Grace." When he finishes, he packs up his bagpipes and heads for his car. As he opens the door, he hears one of the workers say, "I've never seen anything like that before, and I've been putting in septic tanks for 20 years."

the door in his face. A few minutes later, he knocks again. "Now what do you want?" the woman asks.

"Could I have a few words with George?"
Submitted by *David Miteff*

Concerned about what will happen to cities if the polar ice caps melt? Don't be. New names have already been chosen.

- Atlantis City, New Jersey
- Pariscope, France
- Sail 'Em, Massachusetts
- Floodelphia, Pennsylvania
- Helsunki, Finland
- Sao Marco ... Paulo, Brazil

From topfive.com

This Is Just a Test

Hyundai car model, Cirque du Soleil show, or pharmaceutical? You decide.

- | | |
|----------------|------------|
| 1. Elantra | 6. Allegra |
| 2. Corteo | 7. Alegría |
| 3. Cymbalta | 8. Azera |
| 4. Saltimbanco | 9. Zaia |
| 5. Santamo | 10. Lyrica |

ANSWERS:
Hyundai: 1, 5, 8; Cirque du Soleil: 2, 4, 7, 9;
Pharmaceuticals: 3, 6, 10

Adam McDowell, on mcsweeneys.net

I don't know how to speed-read. Instead, I listen to Books on Tape on fast-forward.
Comic Craig Sharf

A tramp knocks on the door of an inn known as St. George and the Dragon. The landlady answers. "Could you give a poor man something to eat?" asks the tramp.

"No!" yells the woman, slamming

Bah-h-h-ring!

What happens to old rotary-dial phones? They get sent out to pasture, as this exhibit from the Museum for Communication, in Frankfurt, Germany, proves.



\$ Your favorite new joke, funny anecdote, or crazy news story might be worth \$\$\$.
See page 61 for details.

JEAN LUC CORNEC INSTALLATION ©2010 ARTISTS RIGHTS SOCIETY, NY/VG BILD-KUNST, BONN

Through the Flames

A burning car, a woman's screams, and a man who refused to let her die **BY VICKI GLEMBOCKI**

Michael Gay didn't realize at first that there was a person inside the burning car.

In fact, he didn't even realize that there was a car on fire in the empty field next to the orange grove, 50 miles east of Tampa. They're always burning diseased trees out here, Gay thought as he drove his truck toward the yellow blaze flickering in the blackness

of the November evening.

But as he got closer, he saw that it wasn't just a tree: A car's front end was engulfed in flames. He pulled up next to the blaze and heard a voice: "Help me! Somebody ... please ... get me out of here! Help!"

Jodi Oakes, 29, had finished her shift as a nurse's aide at Lake Wales Medical Center at about 7:30 p.m. and was driving to

Burn victim Jodi Oakes and her rescuer Michael Gay are reunited eight months after the crash at the site of her car accident.



Wauchula to pick up a friend. As she approached the turnoff to the narrow county road, something happened. Perhaps she'd misjudged the distance or nodded off. Whatever the reason, Oakes plowed through a stop sign, off the road, and into the field and then slammed

The woman's hair was still on fire. Gay patted it out with his bare hands, feeling no pain.

head-on into a tree. The engine of her Pontiac sedan immediately caught fire.

When Gay heard Oakes yelling, he left his 14-year-old son, Shane, in the truck's passenger seat and sprinted to the burning car. Another motorist who had stopped told Gay that he had called 911. Peering through the Pontiac's broken passenger-door window, Gay saw Oakes frantically trying to unbuckle her seat belt. Flames licked the dashboard. The seat belt wouldn't unfasten.

I can't just stand here and let her die, Gay thought to himself.

Gay tried to open the passenger-side door, but it was jammed. He pulled out his pocketknife and ran around to the driver's side. By the time he got there, Oakes's legs were on fire. Screaming in pain, she leaned back into her seat, trying to dodge the flames now shooting out from under the dashboard and

through the driver's-side window. Gay started to panic.

He ran back to the passenger side. Oakes was now engulfed in flames up to her chest. The seat belt was no longer a problem: It had burned clean off. Gay squeezed through the window and into the flames, until he was close enough to grab Oakes's right arm. He pulled. She didn't budge. Her left leg seemed to be stuck under the steering wheel. "I was pulling on her, and she was screaming, and I'm thinking, I can't get her out of here," recalls Gay.

He pulled again, this time so hard that he was afraid he might have pulled her arm out of its socket. Her body suddenly slipped out from under the steering wheel. Gay yanked her through the window, and both of them fell to the ground. The woman's hair was still on fire. Gay patted it out with his bare hands, feeling no pain himself. Just a few minutes had passed since Gay got out of his truck, but it seemed like an eternity: "I felt like I had run 9,000 miles."

The other motorist helped carry Oakes away from her burning car. Shane grabbed a cooler from the truck bed, dumped out the drinks, and took the ice to his dad and Oakes. Almost all her clothing had burned off. She was coughing and choking, writhing in the weeds "like a worm before you put it on a hook," says Gay. His body was crashing from the adrenaline rush, and he



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Strong Foundation.

If you want to build a healthy family, you need to start with the essentials. And milk is one of the best tools for the job, with a package of nutrients including calcium and vitamin D to help build strong bones. So grab a glass and get to work.

got milk?

whymilk.com/handymanly

could hardly move, but while they waited for the ambulance, he kept a hand on Oakes's shoulder so she would know she wasn't alone.

Oakes arrived at Tampa General Hospital with a broken left leg, a lacerated liver, second- and third-degree burns over 53 percent of her body, and no memory of the accident.

Two weeks later, she received devastating news. Complications from the break had cut off circulation to her lower left leg. She would need to have a below-the-knee amputation. For three months, she remained heavily sedated as she endured skin graft after skin graft. After a month in rehab, during which she was fitted for and learned to use a prosthetic leg, Oakes returned home to her kids, Colen, nine, Carter, six, and Carlie, two.

Gay had third-degree burns on both of his hands, but after the accident, he was more focused on how proud he was of his son's quick thinking at the scene. Even when the commissioners of Polk County, where Gay works as a survey technician, honored him in December, he still couldn't believe what had happened.

"I never thought I'd be able to do something like that," says Gay, now fully healed.

"He didn't have to stop," Oakes says. "He didn't have to do anything. It's only because of him that I'm alive today. I have three small children whom I now get to be here for. He risked his life ... for me." ■

Join the
MyBONIVA® Program
for Sally's Tips,
plus one month of
BONIVA free!

MyBONIVA is a free program that gives you tips from Sally, ideas, and support to help manage your osteoporosis.

You'll get:

- One month of BONIVA free*
- Sally Field's tips on managing your osteoporosis and building stronger bones.
- Helpful monthly reminders to take your BONIVA, delivered by phone, e-mail, or mail.
- Quarterly newsletters filled with bone-strengthening exercises and simple, delicious recipes.



*You must be 18 years of age or older to join MyBONIVA. The free trial offer is limited to one per patient. MyBONIVA is a registered trademark of Roche Therapeutics Inc.

*I wanted to stop my
bone loss, but I did more.
I reversed it with BONIVA.**



If you have osteoporosis, like me, calcium-rich foods, vitamin D, and exercise can help. But they may not be enough to keep your bones strong. So ask your doctor if once-monthly BONIVA can help you do more. Studies show, after a year on BONIVA, 9 out of 10 women stopped and reversed their bone loss.† And my test results proved I did, too.

BONIVA is a prescription medication to treat and prevent postmenopausal osteoporosis.

Ask your doctor if BONIVA is right for you.

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

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

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

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

Please read Patient Information on the next page.

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

Genentech
A Member of the Roche Group

once-monthly
Boniva
ibandronate sodium
150 mg tablet

Help Stop and Reverse Bone Loss



IMPORTANT FACTS ABOUT BONIVA

(bon-EE-va) ibandronate sodium 150-mg tablet

What is BONIVA?

BONIVA, a bisphosphonate, is a prescription medicine used to treat and prevent osteoporosis in postmenopausal women, characterized by weakening of the bone.

Taken once a month in tablet form, BONIVA may stop and reverse bone loss in most women. It has been clinically proven to help build and maintain bone density, which can help reduce fractures.

What is the most important information about BONIVA?

BONIVA may cause serious problems in the stomach and the esophagus (the tube that connects your mouth and stomach) such as trouble swallowing, heartburn, and ulcers.

Who should not take BONIVA?

Do not take BONIVA if you:

- have abnormalities with your esophagus, such as restriction or difficulty swallowing
- have low blood calcium (hypocalcemia)
- cannot sit or stand for at least 60 minutes
- have kidneys that work very poorly
- are allergic to BONIVA or any of its ingredients

See Patient Information for complete list.

Before you start BONIVA.

Tell your health care provider if you:

- are pregnant or plan to become pregnant
- are breast-feeding
- have trouble swallowing or other problems with your esophagus
- have kidney problems
- are planning a dental procedure such as tooth extraction

Tell your health care provider and dentist about all medications you're taking, including vitamins, antacids, and supplements.

How should you take BONIVA?

You must take BONIVA exactly as instructed by your health care provider.

- Take first thing in the morning, on the same day each month.
- Swallow whole (do not chew or suck) with a full glass (6 to 8 oz) of plain water (not sparkling or mineral). Do not take with tea, coffee, juice, or milk.
- After you take BONIVA, remain standing or sitting for at least 60 minutes before you eat, drink, lie down, or take any other oral medications, including calcium, vitamins, and antacids. Some medicines can stop BONIVA from getting to your bones.
- If you take too much BONIVA, drink a full glass of milk and call your local poison control center or emergency room right away. Do not make yourself vomit. Do not lie down.

How should you take BONIVA? (continued)

- If you miss a monthly dose and your next scheduled BONIVA day is more than 7 days away, take one BONIVA 150 mg tablet in the morning following the day that you remember. Do not take two 150 mg tablets within the same week. If your scheduled BONIVA day is only 1 to 7 days away, wait until your next scheduled BONIVA day to take your tablet. Then return to taking one BONIVA 150 mg tablet every month in the morning of your chosen day, according to your original schedule. If you are not sure what to do if you miss a dose, contact your health care provider, who will be able to advise you.

What are the possible side effects of BONIVA?

Stop taking BONIVA and call your health care provider right away if you have pain or trouble swallowing, chest pain, or very bad heartburn or heartburn that does not get better. Follow dosing instructions carefully to decrease the risk of these effects.

BONIVA may cause:

- Pain or trouble swallowing
- Heartburn
- Ulcers in stomach or esophagus

Common side effects are:

- Diarrhea
- Pain in extremities (arms or legs)
- Upset stomach

Less common side effects are:

- Short-term, mild flu-like symptoms, which usually improve after the first dose

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

Rarely, patients have reported severe bone, joint, and/or muscle pain starting within one day to several months after beginning to take oral bisphosphonate drugs. Contact your health care provider if you develop these symptoms after starting BONIVA.

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

This summary is not a complete list of side effects. For a complete list, consult your health care provider or pharmacist.

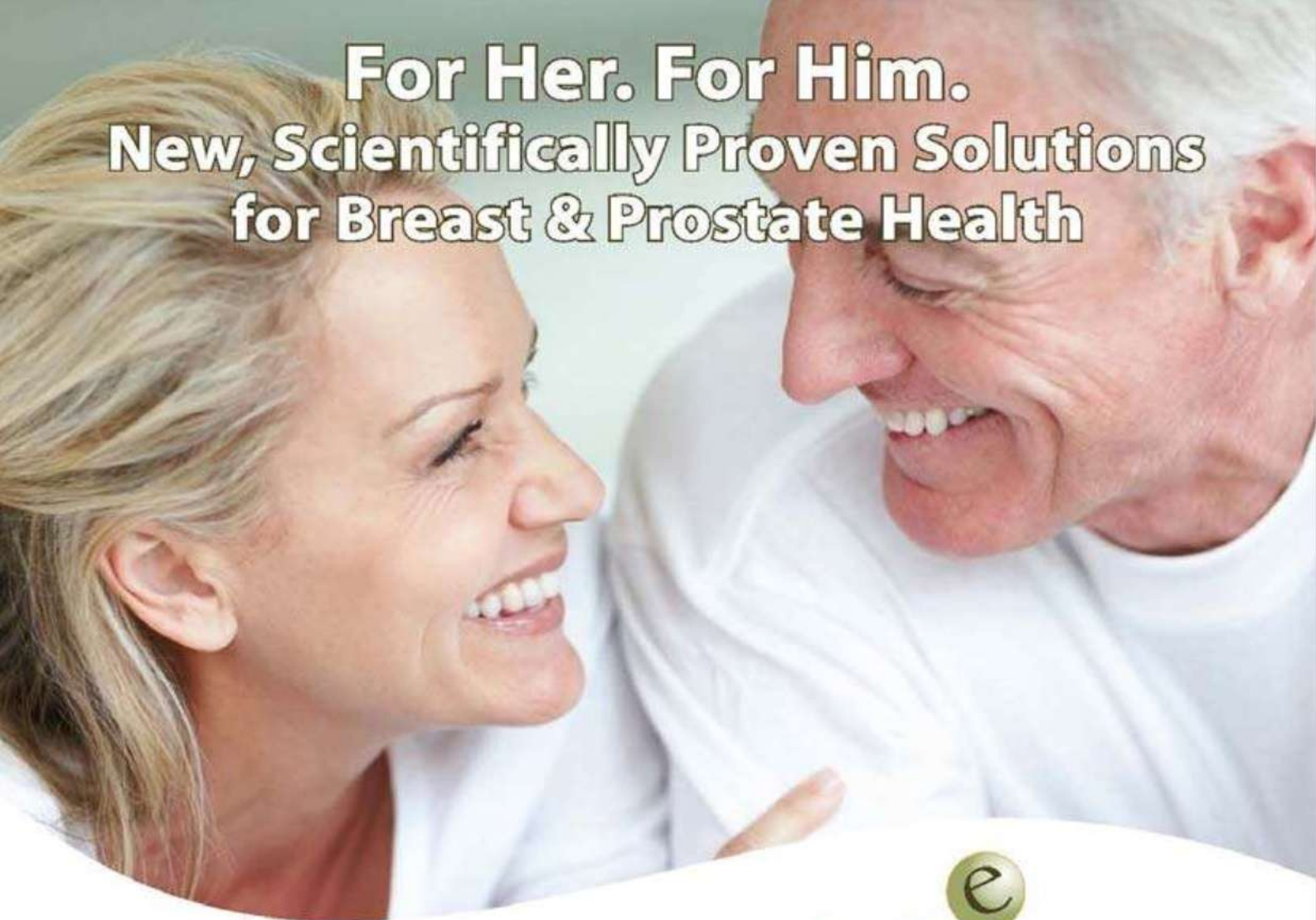
Want to know more?

This summary is not everything you need to know about BONIVA. It does not take the place of talking with your health care provider about your condition or treatment. For more complete information, talk to your health care provider or pharmacist.

Visit myboniva.com or call 1-888-MyBONIVA for the complete Prescribing Information, which includes the Patient Information.

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BreastDefend™

Whether you want active breast health defense, or long-term maintenance you can count on, BreastDefend can help. This clinically supported combination of powerful, natural compounds offers you an innovative and comprehensive approach to breast health. At last you can enjoy science-based daily breast care that will last a lifetime.*



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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Outrageous

MICHAEL CROWLEY

Bonus Question

How Wall Street, creator of the financial meltdown, profits at the expense of the middle class

Don Bates didn't expect his retirement to be so worrisome. When the Ashland, Oregon, resident ended his long career in sales and marketing, he planned to live on interest income from a lifetime of savings. But that plan was turned upside down by the financial meltdown of 2008 and the government's response. Washington didn't just hand over \$700 billion in cash to Wall Street; it slashed interest rates to near zero to rescue the nation's big banks. This was great news for the financial sector. But it was a disaster for folks like Don Bates.

With his income reduced by about half, Bates, 62, has been forced to dip

Michael Crowley is a senior correspondent at *Time*.

into savings to pay his utilities, and now he's up nights stressing about his future. His wife has gone back to work, and Bates, who drives a 14-year-old Dodge pickup, worries whether he will have

enough income for health care in his later years. "Who is benefiting the most from these low rates?" he asks. "I don't think it's the American people. It's just not right that these financial institutions are making billions of dollars a quarter while the savers of America aren't making anything."

It's not right, but it's just another way the middle class has gotten a raw deal from a financial crisis created by Wall Street greed. "This is a subsidy from Grandma to Goldman," says Ed Yardeni,



an investment adviser and a former executive at Deutsche Bank. As Yardeni notes, banks enjoy the benefits of paying measly rates on CDs and money market accounts, even as they earn 5 to 6 percent on home loans. “That’s a nice spread if you can get it,” he says.

Reckless spending fueled the crisis. Now anyone who saved is being punished.

It sure is. But it’s not so nice for ordinary people who avoided risky stock and housing investments and saved their cash. Investment mogul Charles Schwab has estimated that in the past two years, American households have lost hundreds of billions of dollars in interest earnings on checking and savings accounts and bank CDs. That’s bad for the economy and far worse for those who rely on interest income to pay the bills. For retirees, 1 percent interest on savings means skipped meals, postponed family visits, and a return to work.

Banks, flush with government cash, have no incentive to compete for consumers’ business. And these near-zero rates—the lowest in some 50 years—represent “a potential disaster striking at core American principles of self-reliance, individual responsibility, and fairness,” as Schwab recently wrote.

He’s right. Everyone knows that reckless spending and debt fueled the financial crisis. Now anyone who had been scrimping and saving is being punished. “These people did what they were taught to do,” says Ronald Myers, a financial planner in Fort Lauderdale, Florida.

“They played by the rules.” Myers is seeing those same folks forced to cash out part of their nest eggs built as a cushion against illness and hard times. “I’ve got people on Social Security who have money in the bank they never thought they’d have to touch. But no longer.”

Things couldn’t be more different on Wall Street. Last year, New York’s big banks and investment firms handed out a jaw-dropping \$20 billion in cash bonuses—up 17 percent from the year before. The average bonus for brokers clocked in at over \$340,000—or about seven times the annual income of a typical U.S. household. This taxpayer-sponsored windfall has fueled a frenzy of spending by bankers and Wall Streeters. Porsche sales are climbing, and luxury home sales in Manhattan are on the rise—one banker at Credit Suisse dropped \$10.5 million on a penthouse with Venetian-style arches in New York’s fashionable Greenwich Village. At Delmonico’s, in the heart of New York’s financial district, they’re packing them in for the signature \$43 New York strip steak. When

times are this good, said restaurateur Dennis Turcinovic, “people come in and spend an astronomical amount of money.”

Tell that to Marie-Therese Arsenault of Hopkinton, Massachusetts, a 70-year-old retiree who stretches her meager income by lining up for the \$4 lunch at her local senior center—every day. Now that her earnings on a bank CD have dropped to practically nothing, Arsenault skips refills on prescriptions for her skin and thyroid conditions. And until recently she enjoyed an occasional bus trip to New Jersey. Now, forced to get by on her modest Social Security check, she says, “I’m just doing things at home. It costs less this way.”

Some experts even worry that ultralow interest rates might do long-term harm to the economy. Thomas

Hoening, president of the Federal Reserve Bank of Kansas City, Missouri, believes the supply of easy money during the early 2000s—the last time interest rates were kept low—helped to fuel the housing bubble, which created our current economic crisis. “Holding rates down at artificially low levels over extended periods encourages bubbles because it encourages debt over equity and consumption over savings,” Hoening warned in an April speech.

Rock-bottom rates have saved the banks and pumped liquidity into the economy, but it’s clearly time to consider a reset. The government must address what the *New York Times* called the Fed policy’s “collateral damage” to savers and seniors. Financial columnist Philip Moeller has proposed a new government bond that would pay back the current inflation rate, plus three points—a financial product “designed for the good guys—the responsible people who did all the right things.” Unless Moeller’s idea catches fire, though, Main Street savers will have to wait for interest rates to slowly rise again.

Until that happens, people like Don Bates will be left wondering about an uncertain future. “At this point in our lives,” he says, “we thought we’d be giving money to our children and our grandchildren. Now that’s pretty much out the window. This just isn’t right.”

Do More

- > **SPEAK UP!** Make sure the Federal Reserve, whose policies affect interest rates, hears from ordinary Americans like you. Call 202-452-3204.
- > **THINK AHEAD** Rates could be low for the rest of this year. If you rely on savings, reassess whether lower rates will yield enough—and whether you can afford to eat up your principal.
- > **BE CAREFUL** Markets have been volatile, and moving money from savings into other investments can be risky. Contact an investment adviser before making a big change.



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



Ask Laskas

JEANNE MARIE LASKAS



▶ **My husband and I were** warmly received when we moved into a new neighborhood this past summer. But recently the woman who lives behind us came over to complain about our baby, who sometimes wakes up in the middle of the night and cries. She says we should either close the windows or figure out how to stop the crying. It's too hot to shut the windows, and he's learning how to fall asleep by himself. Now when he cries, I feel self-conscious. Am I wrong to ignore her? *All Cried Out*



Dear All,
Nope, you're right to ignore her and thus hasten the learning curve: Ms. Sleep Deprived needs to learn to shut her own window. Or buy some earplugs. (Baking your baby in a hot, stuffy room is not going to solve any-

body's problem.) Of course, in the spirit of neighborliness, you can take the insomniac

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

a peace offering—some homemade cookies or a house gift—and apologize for the trouble Junior is causing her. Bring Junior along and perhaps he'll coo and be so adorable that she'll fall hopelessly in love.

▶ **Some of our relatives post pictures and videos of every activity—even just a casual barbecue—on a public website. Without fail, unflattering images of my husband and me pop up after each gathering. Personal pictures would be understandable, but not on a website! Should I just ask not to be filmed?** *Out of the Picture*

Dear Out,
Isn't this an increasingly common conundrum of our high-tech age?

ILLUSTRATED BY ISTVAN BANYAI; FRANK VERONSKY

I'm with you. I'd be embarrassed to tears if some of my sillier moments were posted on someone's Facebook page. Since there's no stopping anyone from posting photos of you once the images are on the ol' smart card, your only option is to say "No photos, period" when you're at a social gathering. Meantime, allow me to address social networkers everywhere: People! In an effort to create a civilized cyberspace, think before you post that photo of Uncle Schlubby doing the hula in his ill-fitting swim trunks. The Golden Rule applies to the virtual as well as the real world. Do unto others!

▶ **There is a woman in the office** who is excessively loud and laughs all day long through paper-thin cubicles. It's an obnoxious laugh—not at all pleasant. She even laughs her words instead of speaking them. What is the best way to handle this? *Annoyed*

Dear Annoyed,
Supervisor time! This is why your boss makes the big bucks. Alert her or him to the problem, and while waiting for the situation to improve, be glad you got a cubicle near a laugher instead of a crier.

▶ **Whenever my wife's mother and sister visit, they insist on disciplining my children, and their standards are much stricter than ours. My wife won't stand up to them, and our kids are starting to dislike them, to the point of crying when we say Grand-**


Life's Little Etiquette Conundrums

▶ **Am I the only one offended when an invitation to a cookout requests that I bring my own meat? To me, hosting a cookout is an all-or-nothing proposition. BYOB is one thing; BYOM is another. The whole thrill of being a host is in arranging the entire experience for your guests and basking in the praise.**

As a guest, you are free to decline the invitation or you may attend with your own slab of meat. But getting "offended" by someone who does something in a way you're not accustomed to? Seems like a waste of charcoal to me.

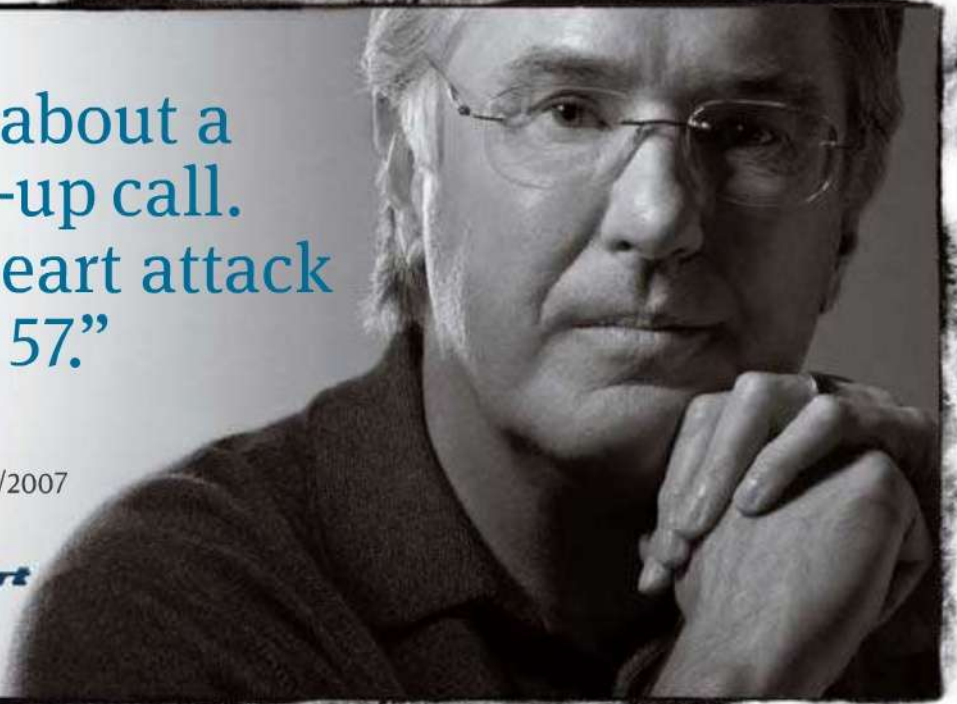
ma and Aunt Jean are coming over. What is the best way to tell them they are destroying their relationship with our kids? *Permissive Pop*

Dear Permissive,
Your kids, your house, your rules. This isn't about helping the in-laws preserve their relationship with your kids. It's about your kids! They need firm, consistent boundaries—not a bunch of rules that change depending on who happens to stop over. If your wife won't explain this basic rule of parenting to Grandma and Auntie, then you must!

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

“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.



LIPITOR[®]
atorvastatin calcium
tablets

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

OffBase

I was pulling guard duty during a military exercise in Norway when a pair of British officers drove up. With my U.S. Army insignia covered by my parka, they assumed I was Norwegian. As they drove off, I heard the driver say, “Her English was quite good.”

“Yes,” agreed the passenger. “Now all she has to do is lose that frightful accent.”

K. A. Patton

My father served in the Seabees, which meant he was more likely to handle a cement mixer than a rifle. I tried to explain this to my six-year-old son.

“Grandpa didn’t fight in any battles,” I said. “He wasn’t that kind of soldier.”

“Oh,” said my son. “He was in the Salvation Army.”

Jodi Webb

It was my first parachute jump, and I was petrified. I’d watched the rest of my airborne troop leap out of the plane, and I wanted no part of it. But just then, a gust of wind sucked my glasses off my face and out the door. My jumpmaster had a ready solution: He shoved me out the door and ordered, “Go get ’em!”

Robert Johns



I admit it. When I joined the military, I was a bit of a prima donna. So I was miserable when our drill sergeant told us to remove all our makeup. Of course I did what I was told, but later she zeroed in on me.

“Didn’t I tell you to remove all your makeup?!” she yelled.

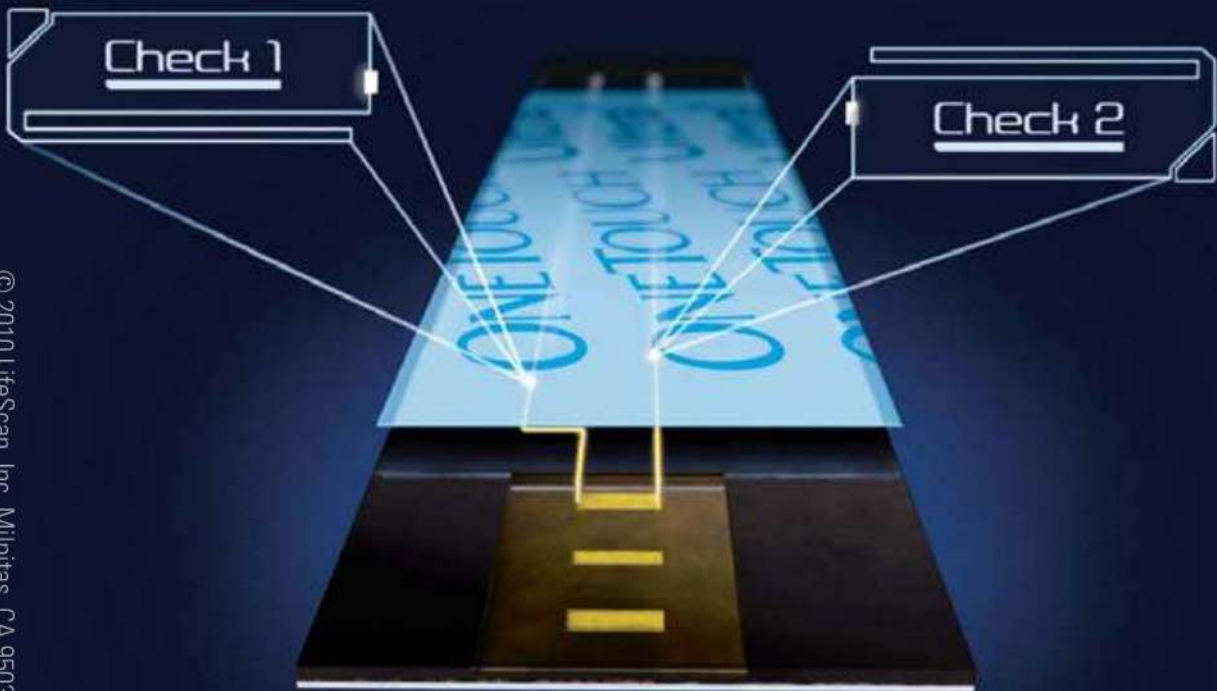
“Yes, you did,” I said, gulping. “But surely you didn’t mean my eyeliner.”

SSgt. (Ret.) Lisa Nunez

\$ Your favorite new joke, funny military anecdote, or crazy news story might be worth \$\$\$\$. See page 61 for details.

ILLUSTRATED BY DAN REYNOLDS

The test strip with a
second opinion built right in.



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DoubleSure™ Technology.
In every OneTouch® Ultra® Blue Test Strip.

It measures each blood sample not once, but twice, to confirm your result. So you're not just sure about what's happening with your blood sugar—you're DoubleSure™.

OneTouchDiabetes.com

ONETOUCH®



FIND OUT HOW EASY LOOKING YOUNGER CAN BE.



Name: LINDA SUE Age: 61 Actual client. No retouching.

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- Locations nationwide
- Custom financing plans available



Please call **1.866.317.0027** to learn how you can receive your **FREE Guide to Looking Younger** information kit. The call is confidential.



©2010 Lifestyle Lift® Patient had facial and neck firming procedures. The **Lifestyle Lift®** is a surgical facial-firming procedure performed under local anesthesia; it usually takes about one hour to complete but may require more time to achieve best results or if additional procedures are performed. Most **Lifestyle Lift** patients return to work and normal activities in about a week but some may need extra healing time, particularly if they elect to have additional neck or eye firming procedures. **Lifestyle Lift** medical procedures involve a certain amount of risk. Ask your **Lifestyle Lift** physician and review the consent forms to find out more about your individual case and what you can expect. Patients depicted are compensated and have given their permission to appear. Photos are from various doctors and are for illustrative purposes only and do not constitute a promise or representation of any particular outcome or experience. Each patient's experience, recovery and results will be unique depending on their skin, age, health and other individual factors. THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT. (1/10)

RD0810-204



Here's *the* Deal

JANICE LIEBERMAN

It's in the Bag, Box, or Bin

Stow your stuff without spending a fortune

When it comes to organizing, September is the new January: time for three-ring binders, subject notebooks, and a clean slate at home. But no one wants to spend a lot on fancy organizing products (whose promise of order always seems to cost a few dollars more). Repurpose these six iconic products and you'll be thinking outside the box, for less.

HANGING SHOE BAG

Depending on construction, a 24-pocket shoe bag costs from \$9 at walmart.com to \$19.49 plus shipping at lnt.com.

- **Bathroom:** Hang over a door and fill with combs, brushes, hair spray, antiseptic spray, and bandages.
- **Car:** Place over the front seat and stow toys, games, pens, and snacks.

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



■ **Entry closet:**

Store gloves, mittens, scarves, and hats in winter; in summer, stuff with flip-flops, sunscreen, and bug spray.

■ **Utility closet:** Use to stash vacuum attachments, extension cords, cleaning supplies, and dust rags.

■ **Nursery:** Fill with clothes, diapers, shoes, and infant-care supplies.

■ **Basement/garage:** Stow spray-paint cans, tubes of caulk, paintbrushes, rollers, and pints of paint.

■ **Closet:** Round up phones, iPods, cameras, cords, and chargers.

■ **Bedroom:** Free up a drawer. Use the hanging bag for socks and underwear.

CLEAR PLASTIC BOXES

These handy boxes—some with adjustable dividers—have up to 24 compartments. Globalindustrial

ILLUSTRATED BY J.D. KING; INFINITYPHOTOGRAPHYINC.COM

.com sells the largest size in lots of five for \$31.50 plus shipping.

- **Office:** Stash paper clips, rubber bands, and adhesive notes.
- **Child's room:** Stow Barbie's accessories in one place.
- **Crafts:** Buttons, beads, glue sticks, needles, thread, and other supplies stay handy and portable.

RUBBERMAID/STERILITE BINS

I use these to store cleats, baseball bats and mitts, and lacrosse and hockey sticks. Home Depot, Target, and Lowe's charge from \$4 to \$10.

- **Office:** Professional organizer Donna Smallin likes these for stowing tax returns—records you must keep but don't access often.

- **Recycling:** These bins make a trip to the recycling center even easier.
- **Moving:** Many moving companies get several dollars for a cardboard box—and that's not counting the tape or time it takes to construct one. The bins are sturdier and can survive a flood in the basement.

CLEAR PLASTIC SHOE BOXES

My friend Sharon Danzger, a personal organizer, buys these by the case (of 20) at the Container Store, so the price for the ladies' shoe box drops from \$1.79 each to \$1.49.

- **Bedroom:** Stow rolled-up belts and your scarves, panty hose, and socks.
- **Office:** Donna Smallin files all her incoming bills in one, along with



a calculator, her checkbook, a pen, envelopes, and stamps.

■ **Medicine cabinet:** Georgene Lockwood, author of *The Complete Idiot's Guide to Organizing Your Life*, assembles a "cold kit," with everything needed to treat a cold or flu.

■ **Refrigerator:** Organize bottles and jars on fridge shelves.

TUBTRUGS

These sturdy, flexible carriers—built to tote garden tools and lug weeds—come in four- to 20-gallon sizes and various colors at gardenmag.com and tubtrugs.com.

■ **Front door:** Keep one by the door for library books.

■ **Living room:** Use one to carry in

your firewood from the woodpile.

■ **Closet:** The medium-size carrier corrals cleaning supplies and lets you cart them from room to room.

ZIPLOC BAGS

After using these for years in the kitchen, I found the large (three gallons), extra-large (ten gallons), and extra-extra-large (20 gallons) sizes, with handles and zippers (about \$6 to \$10 for five large, four extra-large, or three extra-extra-large).

■ **Gym:** Keep sweaty clothes separate from other items in your gym bag.

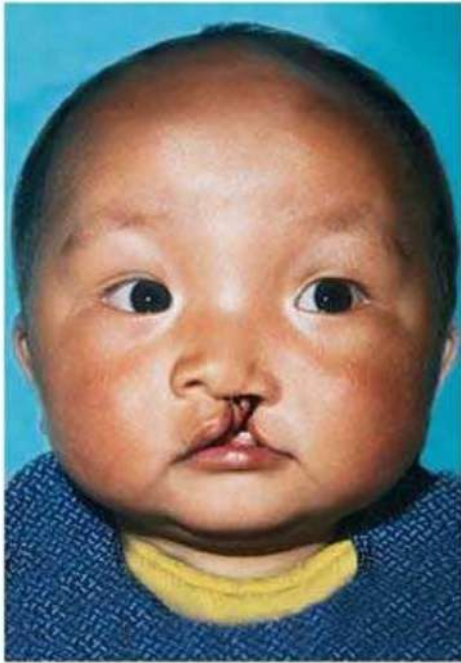
■ **Garage:** Put beach towels and toys in an extra-large bag now, and you'll know where to find them next June.

Additional reporting by *Elizabeth Sile*



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Durgap, 5 years,
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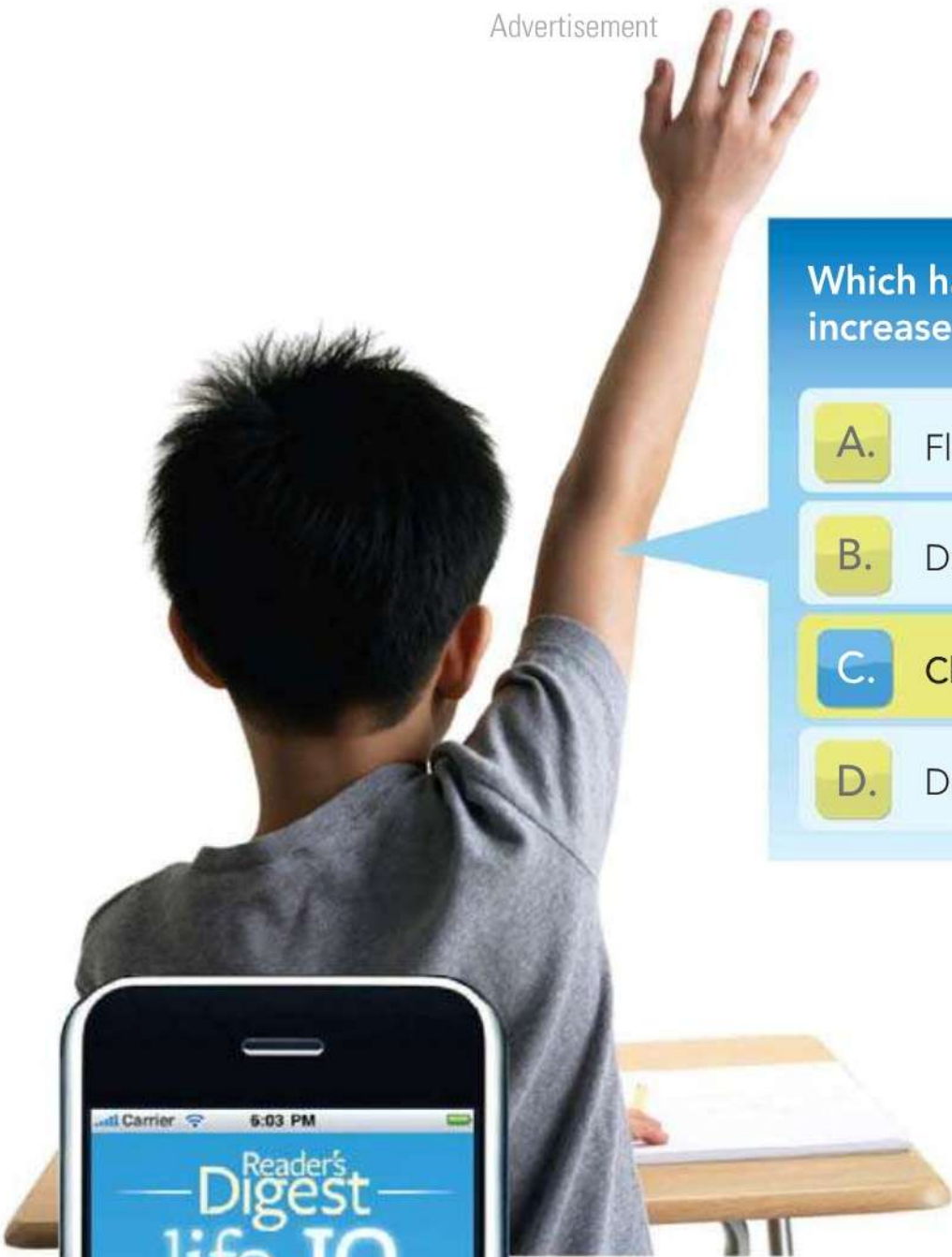


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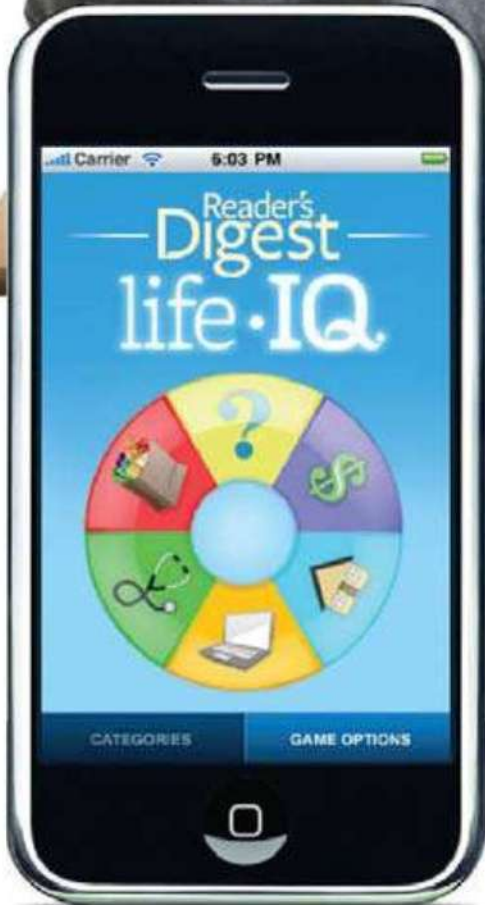
A Healthy Diet During Pregnancy Can Help Prevent Birth Defects And Clefts. Diet is an important part of pregnancy. Eat a healthy diet that contains lots of fruits and vegetables and foods fortified with folic acid. According to the U.S. Government, women who plan to have a child should be sure to take 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.

Advertisement



Which habit helped kids increase their test scores?

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



What's Your life•IQ?

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

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

Dreamer\$

The Farmer in Your Dell

Zynga owner (and FarmVille creator) Mark Pincus grows money online **BY SALLY SCHULTHEISS**

It's been a harsh winter, and fruit trees are dying all over. Yours are no exception, but your friend Rick's farm has been particularly hard hit, so you've lent a hand by sending him some new apple trees. No, you're not really farmers.

You're just a guy with an Internet connection. And Rick? He's a college buddy who'd fallen off your radar until you both (like 70 million others) got hooked on FarmVille, one of many social-networking games pioneered by Mark Pincus and his

Pincus has figured out how to make a living in cyberspace.



wildly successful company, Zynga.

By playing FarmVille on Facebook, your iPhone, or Twitter, you can connect with friends throughout the week, tending crops on your virtual farm as you watch theirs thrive—or wither. You may not be keeping in touch through phone

Pincus hopes to connect “social virtual goods” and games to the real world.

calls, dinners together, or nights on the town, but you’re in touch—every time your iPhone pings, alerting you to the dangerously ripe status of the watermelons. “My wife and I are supersocial,” says Pincus, 44, “but we’re so busy that more often than not, we socialize on Facebook or in a game or by tweeting. It’s harder and harder to be in the same time and space as your friends.”

Pincus’s success has its roots in Chicago, where he was raised in a family that bonded over charades and Trivial Pursuit. By age ten, he says, he was “hopelessly addicted” to video games. He was never that kid living in a virtual world of his own, though; he played soccer from third through 12th grade and was equally at home with the Dungeons & Dragons crowd and the jocks. At the Wharton School of Business, he and his friends practically majored in SEGA Baseball, staying up

all night “to power up our teams.”

After earning his MBA from Harvard Business School in 1993, Pincus got a job developing ideas for new cable TV channels—the start of a career filled with original ideas. He launched FreeLoader (“Napster meets eBay,” he calls it) in 1995, was an early investor in Napster, and started the social-networking site tribe.net in 2003, a year ahead of MySpace and Facebook. In 2007, he saw possibilities in the new world of Facebook apps, and his business

and tech skills, creativity, sociability, and love of games came together with the founding of Zynga. “I’d been searching for something that would allow me to work with super-creative people and quickly touch the lives of millions,” he says.

Zynga (named after Pincus’s American bulldog) was launched to “connect the world through games.” Three years later, it has 900 employees and 240 million players each month, and “virtually everyone is playing, from toddlers to grandmothers and working parents,” says Scott Steinberg of *GameExec* magazine and Game Industry TV. And Pincus is getting people to open their wallets—a trick that has eluded Facebook, Google, and MySpace.

By using real money to buy virtual goods, players can increase the value of their property and access new accoutrements as they “level up.” They can also donate goods to a

friend—or to a charity. After the earthquake in Haiti in January, 100 percent of FarmVille gamers' purchases of virtual sweet potato plants—which reached more than \$1.5 million in the first five days alone—went to fund school lunch programs and microloans for women there. Buying a Gulf Coast turtle for your aquarium in FishVille helps support the Audubon Society's efforts to rescue animals endangered by the BP oil spill. Through initiatives like these, Pincus says, he hopes to connect “social virtual goods” and games to “the real world.”

Today he spends most days in the Imaginarium, a brainstorming cham-

ber lined with couches and whiteboards in Zynga's San Francisco headquarters. Says Pincus, “I take my fantasies and think, How could they come into the game?”

After a decades-long string of start-ups, late nights, private jets, and investor dinners, Pincus's life seems to be changing gears. He and wife Alison Gelb (founder of the new home-furnishings site onekingslane.com) were expecting twins at press time, and his work schedule is finally free of the demands of a launch. For someone whose ambition, he says, is “to help people put fun into their daily lives,” it's time to practice what he preaches.

Getting Ahead with MARK PINCUS

What do you think has been the key to your success?

Every day we ask ourselves, How do we provide the greatest social gaming experience in the world? We let you express yourself in the decisions you make and the things you do. Plus, everyone on our team is on a mission. People here love games. It's like Christmas Day when we release something new.

What advice would you give to budding entrepreneurs?

Start off knowing what

your goal is—whether it's financial or something you're passionate about—and stay true to it. You make so many compromises to create a business that sometimes you lose sight of what you set out to do. And don't be afraid to fail and move on.

How do you and your wife decompress?

Good question. My wife has her own start-up, but we make a point of seeing each other every day when we're in the same town. Like a lot of busy couples, we have

date night, and every weekend we have one limited-BlackBerry day. Sometimes we hike in the hills in Marin, where we have a weekend place.

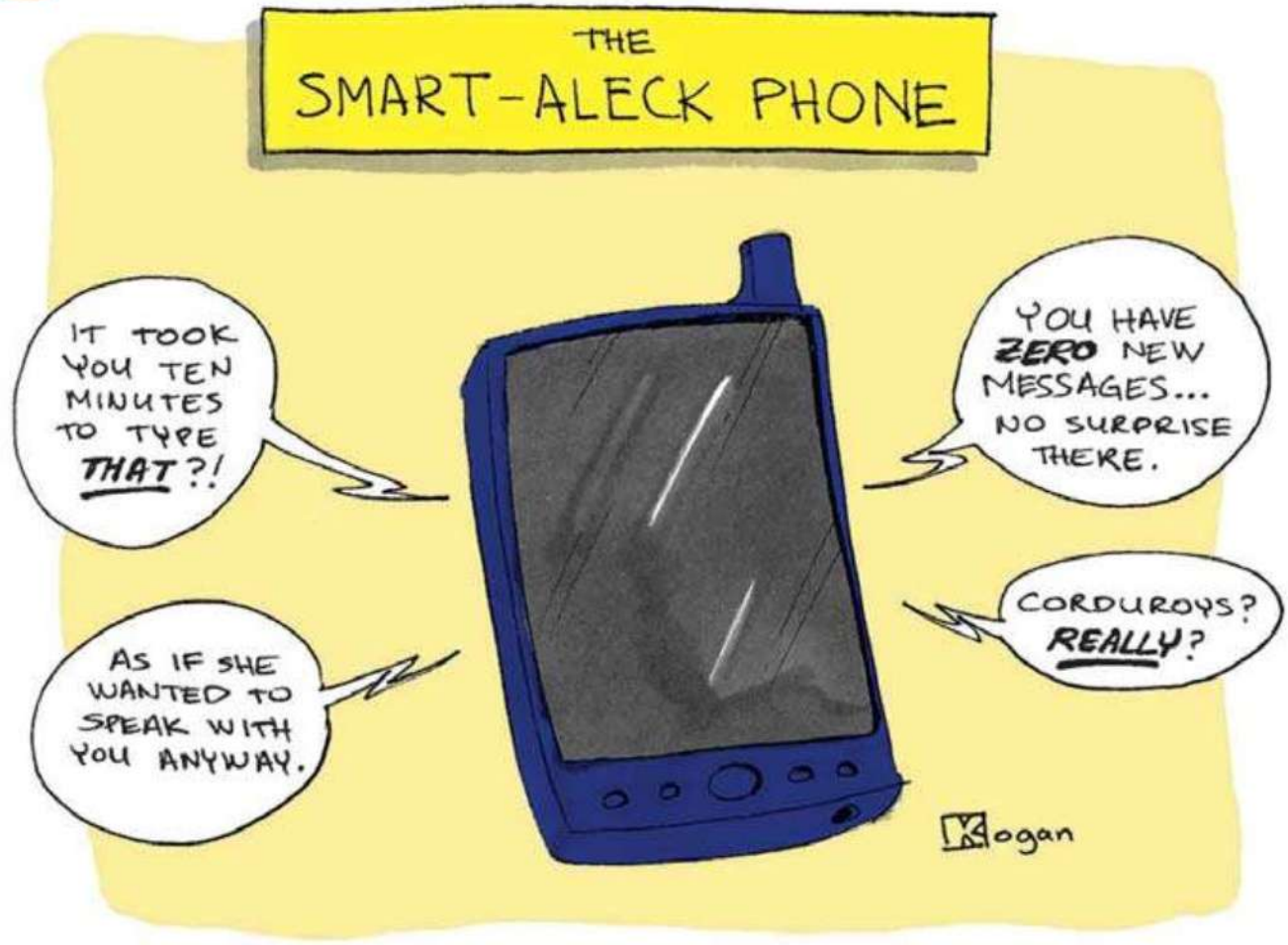
BlackBerry or iPhone?

Actually, Ali and I each have an LG flip phone, a BlackBerry, and an iPhone. I joked that the twins would come out with an iPhone in one hand and a BlackBerry in the other.



Have a business? Ready to start one? Still dreaming? Get help at readersdigest.com/business.

@Work



My mother has tried her hand at several careers, some even concurrently. Imagine the surprise of both a hospital patient and my mom when the patient awoke after surgery and, upon seeing who her nurse's aide was, yelled, "What are you doing? You're the woman who helped me pick out interior paint colors!"

Dan Smith

Scene: A gas station in Canada

Customer: Excuse me. Why won't my debit card work on the pump?

Owner: Are you

using an American card?

Customer: Yes.

Owner: American cards don't work at the pump.

Customer: You should put up a sign.

Owner: We did, above the card slot.

Customer: Oh. Well, I don't read Canadian.

From notalwaysright.com

At a planning meeting at my college, I congratulated a colleague on producing some superb student-guidance notes explaining how to combat plagiarism.

"How long did it take you to write them?" I asked.

I received a letter saying I would not be given the American Express credit card I'd requested because my income wasn't substantial enough. Oddly enough, I work for American Express.

mylifeisaverage.com

This Job's a Joke

I called a temp agency looking for work, and they asked if I had any phone skills. I said, "I called you, didn't I?"

Zach Galifianakis

The human race is faced with a cruel choice: work or daytime television.

Dave Barry

If your name is on the building, you're rich; if your name is on your desk, you're middle-class; if your name is on your shirt, you're poor. *Rich Hall*

"Not long," he said. "I copied them from another university's website."

Bob Wheeler

Get Me Copy!

September is Be Kind to Editors and Writers Month. As these quotes from overheardinthenewsroom.com prove, we need all the sympathy we can get.

- First editor: "They just sent in a correction on the obit."
- Second editor: "Is she still dead?"
- Editor to reporter writing political trend story: "We'd better move it today. It might not be true tomorrow."
- City editor assuring a reporter: "It might get you arrested, but it won't get you fired."
- Metro editor, commenting on parade floats made out of newspapers: "Can't do *that* with the Internet."

An elderly shopper at our supermarket used a check to buy such items as cotton balls, cotton swabs, powder, and cold cream. On the memo line, she'd written, "Repairs." *Cher Clark*

During her retirement party from the Cook County State's Attorney's office, coworkers told stories about

my less-than-worldly mother. My favorite came from her supervisor, who recalled one of the first arrest reports Mom had created. Under "Offense," she'd typed, "Possession of cannibals." *Cathy Cotter*

An art lover stopped by my booth at a crafts fair to admire one of my paintings.

"Is that a self-portrait?" he asked. "Yes, it is," I said.

"Who did it?" *Florence Kaufman*

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Send us your funny stories, jokes, quotes, and news items to enter the \$30,000 sweepstakes. **Plus**, if we run your item in a print edition of *Reader's Digest*, **we'll pay you \$100.**

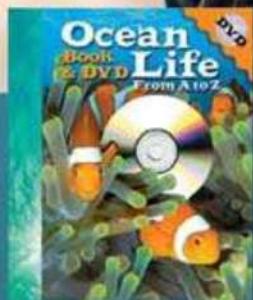
> To enter sweepstakes (with or without a joke) and for official rules, go to readersdigest.com/jackpot or send your submission or entry to: The \$30,000-Winner-Take-All Prize (#102), Box 946, Newburgh, New York 12550.

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

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Whether it's smarter snacks, better meals, or great ideas for afterschool activities, our Back to School Basics section will help you get your school year off to a great start.



Raise a reader: Enter the UPC code from any of the products featured in this special section to receive a free copy of *Ocean Life from A to Z* book and DVD. Go to ReadersDigest.com/SchoolBasics for more information. While supplies last.

The offer is available to U.S. residents and only while supplies last. Promotion is valid from 8/10/10 through 9/20/10. Limited to the first 300 requests. Please allow 6 - 8 weeks for delivery. No P.O. boxes please.



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Fall's a great time to enjoy the outdoors. Grab the kids on weekends or after school and head out for some fun activities with the whole family—including the dog.

* **A nature walk** or hike means fresh air and exercise for everyone. Remember to bring water for your pet, too.

* **Take the pooch** on a picnic. Find local parks with dog runs or pet-friendly beaches. Don't forget the games and treats!

* **Fall is harvest season**—take your pet along for fruit and vegetable picking at local farms and orchards.

* **Sample some culture:** Many areas have outdoor art walks, sculpture gardens, or art fairs that welcome kids and pets.

* **Give back** to your community. Senior centers, nursing homes, and hospitals welcome therapy pets (and kids, too).



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I am more than just a cat

I am an Iams cat



Advertisement

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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*Perfect Pulled
Pork Sandwich*



COME & GET IT.

When you've got a million things to do, it's nice to know dinner can take care of itself. After some quality time in your slow cooker, Perfect Pulled Pork will be fall-apart tender, mouthwateringly moist and ready to please! Find recipes, simple cooking tips and more at TheOtherWhiteMeat.com



PERFECT PULLED PORK

INGREDIENTS

5 lbs. boneless pork butt shoulder
1 ½ tsp. smoked paprika
2 tsp. black pepper
1 tsp. cayenne pepper
1 tsp. dried thyme
1 tsp. garlic powder
½ tsp. salt
1 c. water
soft sandwich buns

DIRECTIONS

Combine all seasonings in a small bowl and rub evenly over roast. Place meat in a 6-quart slow cooker. Add water. Cover and cook on LOW for 6-8 hours or on HIGH for 4-5 hours or until pork is very tender.

Place pork on large cutting board or platter and let rest for 10-15 minutes. Pull, slice or chop to serve. Serve in buns with barbecue sauce.

Serves 16-20



Connections

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Dry Mouth (xerostomia) is the condition of not having enough saliva to keep your mouth moist. Symptoms Include: A dry sticky feeling in the mouth, difficulty chewing, swallowing, tasting, or speaking, a burning feeling in the mouth, cracked lips, dry tough tongue, mouth sores, infections in the mouth.

What Causes Dry Mouth?

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The most highly recommended bed in America:

A Safer Way to Heal Heartburn

Hearthburn hurts—but so can overzealous heartburn treatment. That's the takeaway from a recent collection of studies in the *Archives of Internal Medicine*, which looked at the risks of proton pump inhibitors (PPIs)—the powerful drugs that shut off production of stomach acid. They're effective but overused: 113 million prescriptions for it are filled each year, and that doesn't include over-the-counter versions of Prilosec and Prevacid.

The researchers found that hospital patients who take a PPI are more likely to be infected with *Clostridium difficile*, a dangerous superbug. For older women, long-term use ups the odds of breaking a bone. And previous studies have shown it increases the likelihood of catching pneumonia.

WHAT YOU SHOULD DO Start with less-powerful drugs: antacids (like

Numbers That Count

50%

of hospital patients get heavy-duty heartburn drugs, no matter why they were admitted.

Tums) and acid blockers (like Tagamet). Don't forget such lifestyle changes as losing weight and eating smaller meals, which can make a huge difference. And consider home remedies—they can be very effective, say Joe and Teresa Graedon, the pharmacologist–medical anthropologist pair who make up the People's Pharmacy. Their favorites:

GUM It gets saliva flowing, which can prevent stomach acid from burning your esophagus.

GINGER The root is a traditional stomach soother, so try a bit of

candied ginger or a cup of ginger tea. For tea, grate the root, steep in hot water, and strain.

MUSTARD “This is going to sound wacko, but we've heard from many People's Pharmacy readers that a teaspoon of yellow mustard alleviates heartburn,” Teresa Graedon says. “We haven't heard that any of the fancy mustards work, so stick with the cheap stuff.”

ALMONDS Munch two or three after a meal. “I have no idea why,” Graedon says, “but it might help and won't hurt.”

Store-Bought Spinach Has a Bonus

It's not exactly mood lighting, but spinach seems to like the harsh fluorescent lights in supermarkets. Continuous exposure actually boosts its levels of vitamins C, K, E, and folate. In fact, folic acid levels as much as doubled after nine days of light “treatment.” The lights mimic sunlight closely enough to trigger photosynthesis, researchers say, so don't feel too deprived if you lack a backyard vegetable plot.



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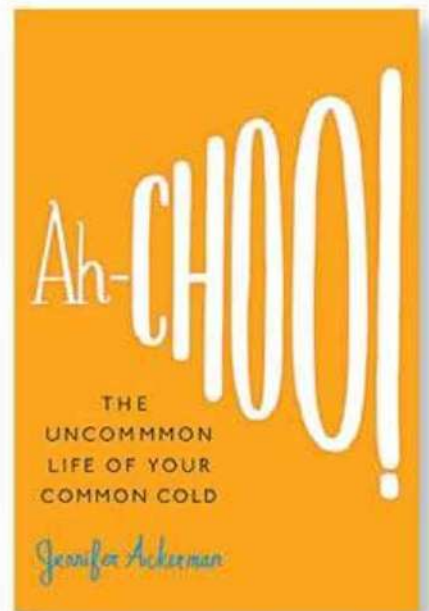
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→ Health

Expert Advice: Colds

To prepare for writing her new book, *Ah-Choo! The Uncommon Life of Your Common Cold* (Twelve, \$22.99), Jennifer Ackerman offered up her nose for a spritzing with a rhinovirus, one of the 200-plus viruses that cause colds (she caught a ten-day hum-dinger). She also interviewed top cold researchers—and came away with surprising insights into the

of cold viruses, and **your nose and eyes are major portals of entry into your body.**



So keep your hands off your face. We all have miserable records on that. We touch our faces 200 to 600 times a day, so it's a tough habit to lick."

“It’s okay to go out with wet hair—it won’t make you catch a chill. But sleep deprivation and chronic stress do make you more susceptible. Take a nap!”

Numbers That Count

25%

of people infected with a cold don't develop symptoms.

virus we love to hate. Her hot tips about colds:

“Everyone thinks that if you get a cold, it means your immune system was weak or run-down.

That’s a myth. **Cold symptoms are caused by your immune reaction** to the presence of a cold virus, so people with active immune systems are actually more prone to having cold symptoms.”

“Have ‘prudent paranoia,’ one pediatrician told me. Don’t worry about touching an ATM, but if you shake hands with somebody with a cold, wash your hands. If your kid high-fives everyone on the soccer team before you hand out the snack, give her some hand sanitizer.”

“The hands are the conveyors

SIDESTEP A STROKE

A stunning 80 percent of strokes could be prevented if people avoided five risk factors, according to a major international study:

- 1. High blood pressure**
- 2. Smoking**
- 3. Abdominal obesity**
- 4. Bad diet** (too much red meat and fried food, not enough fruit and fish)
- 5. Lack of physical activity**



The Checklist

From research labs around the world, here are the simple additions and subtractions that result in a healthier life.

MORE

+ Walking and biking.

As few as five minutes of outdoor exercise substantially raises your mood and self-esteem, a review of ten studies shows. (Need more motivation? Other recent research indicates that walking 30 minutes a day lowers a man's risk of problems in bed.)

+ **Eggs.** You'll eat less at lunch after an egg-heavy

breakfast than after a carb-packed morning meal, a recent trial suggests. In fact, your calorie consumption during the day could drop 18 percent.

+ **Nuts.** About two and a half ounces a day can significantly lower your cholesterol—especially if your “bad” cholesterol is high—and make you less likely to develop diabetes. (Stick to dry-roasted or raw nuts.)

LESS

- **Pill popping.** Scientists once thought selenium supplements might cut the risk of lung and prostate cancers. But last year, a major study dashed such hopes for prostate can-

cer—and now decades-long research shows no lung cancer protection.

- **Hesitation.** If you suspect a family member or a friend is having a stroke, don't wait—phone 911. A survey shows many people would delay making the call or would even drive a sufferer to the emergency room—a slower and more dangerous strategy.

- **Hamburgers.** Kids who eat three or more burgers per week are about 40 percent more likely to be diagnosed with asthma than kids who never or rarely eat burgers, according to a recent study of more than 50,000 children in 20 countries.



Eater's Digest

Eat More: Black Beans

Why: You can cut your risk of heart attack by nearly 40 percent if you eat a three-ounce serving of black beans daily. Okay, beans probably won't make it onto your table every single day, but these recipes will make it easier to serve them often.

Black Bean Lasagna

From *tasteofhome*

Makes 12 servings

- 9 lasagna noodles
- 1 large onion, chopped
- 3 garlic cloves, minced
- 1 tsp. canola oil
- 2 cans (16 oz. each) black beans, rinsed and drained
- 1 can (14½ oz.) diced tomatoes, undrained
- 2 cans (6 oz. each) tomato paste
- 1 cup water
- 2 tbs. minced fresh cilantro
- ¼ to ½ tsp. crushed red pepper flakes
- 4 egg whites, beaten
- 1 carton (15 oz.) reduced-fat ricotta cheese
- ½ cup grated Parmesan cheese
- ¼ cup minced fresh parsley
- 2 cups (8 oz.) shredded reduced-fat Mexican cheese blend

1. Cook noodles according to package directions. Meanwhile, in large skillet over



medium heat, cook onion and garlic in oil until tender. Add beans, tomatoes, tomato paste, water, cilantro, and pepper flakes. Bring to a boil. Reduce heat; simmer, uncovered, 15 minutes or until slightly thickened.

- 2. In small bowl, combine egg whites, ricotta, Parmesan, and parsley.
- 3. Drain noodles. Spread ½ cup bean mixture into 13- by 9-in. baking dish coated with cooking spray. Layer with three noodles, a third of ricotta mixture, a third of remaining bean mixture, and ⅔ cup of cheese blend. Repeat layers twice.
- 4. Cover and bake at 350°F 30 to 35 minutes. Uncover; bake 10 to 15 minutes longer or until bubbly. Let stand 10 minutes before cutting.

Coconut Mango Chicken with Black Beans

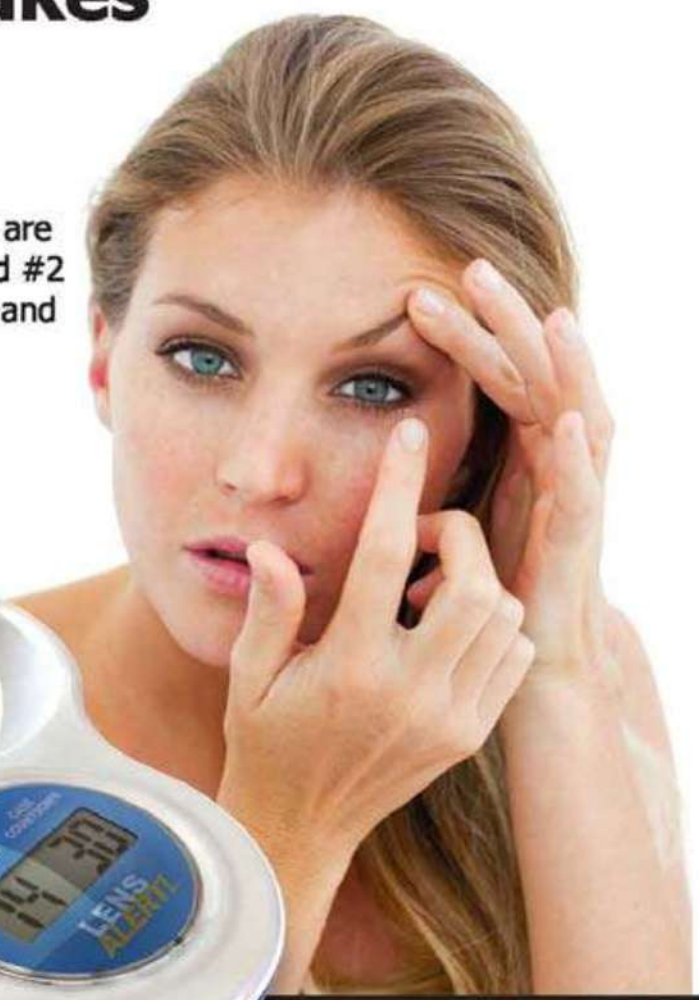
From *EVERYDAY* with Rachael Ray

Makes 4 servings

- 1 tbs. vegetable oil
- 1 lb. boneless chicken breast,

Dangerous Mistakes Contact Lens Wearers Make

80% of all contact lens eye complications are caused by improper lens care. The #1 and #2 mistakes are not replacing contact lenses and not replacing lens cases on schedule.



Perfect for **k i d s**

The LensAlert® Reminder Timer

Never forget when to replace your contact lenses & dirty lens case ever again. The LensAlert® Reminder Timer accurately tracks your contact lens schedule and lens case schedule. It is critical for your eye health to replace your lens case at least every 90 days. Many eye doctors strongly recommend replacing every 30 days.

Simply set and never forget!

One display shows your lens schedule, the other display shows your case schedule. Every 24 hours, LensAlert® automatically counts down one day. When the display flashes 0, it's time for a healthy change. It's that easy. The LensAlert® Timer is packaged as a Contact Lens Care Kit with 3 Color Cases® and our famous Dog Gone Good Lens Care Tips. You can use any lens case with the timer, but we think our Color Cases® look the best.



Available at Target®

For more info, visit LensAlert.com



Eater's Digest

- cut into strips
- 2 tsp. ground coriander
- ½ cup chicken broth
- 1 cup coconut milk
- 1 mango, peeled and cut into ½-in. pieces
- Salt and pepper
- 2 cans (15 oz.) black beans, rinsed
- 2 tbs. fresh lime juice
- ¼ cup chopped mint

1. In large skillet, heat oil over high heat. Add chicken and cook, turning once, until browned, about 3 minutes. Add coriander, and stir for about 30 seconds. Add chicken broth, lower heat, and simmer for 3 minutes, scraping up any browned bits; transfer chicken to a plate. Add coconut milk to skillet, increase heat, and boil to reduce by half, about 4 minutes. Stir in mango and cook until warmed through. Return chicken to skillet, toss, and remove from heat; season with salt and pepper.

2. Meanwhile, in medium saucepan, simmer black beans over low heat. Stir in lime juice and 3 tbs. mint.

3. Divide beans among 4 plates. Top with chicken and remaining mint.

Chicken and Black Bean Chili

From allrecipes.com

Makes 6 servings

- 2 tbs. cooking oil
- 3 large skinless, boneless chicken-breast halves, cut into 1-in. pieces
- Sea salt to taste
- 1 tbs. chili powder, or to taste



- ½ tbs. ground cumin, or to taste
- 1 dried chipotle chili pepper, ground into powder
- Ground black pepper to taste
- ½ tsp. ground cayenne pepper
- 1 small yellow onion, diced
- 1 medium green bell pepper, diced
- 1 medium yellow bell pepper, diced
- 5 cups water
- 1 can (15 oz.) kidney beans, undrained
- 1 can (15 oz.) black beans, undrained
- 1 can (11 oz.) whole kernel corn, drained
- 1 tsp. green pepper sauce (such as Tabasco)
- 1 can (6 oz.) roasted garlic tomato paste
- 1 bunch fresh cilantro, chopped

1. Heat oil in large pot over medium heat. Place chicken in pot and brown on all sides. Season with sea salt, chili powder, cumin, ground chipotle, black pepper, and cayenne pepper. Mix in onion, green bell pepper, and yellow bell pepper. Pour in about 3 cups water; cook 10 minutes, until about half the water has evaporated.

2. Add beans and corn; season with green pepper sauce. Reduce heat to low; mix in remaining 2 cups water and tomato paste. Simmer, stirring occasionally, until thickened, 30 minutes. Top with cilantro to serve. ■

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



Today

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

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

- with a pill created to help reduce symptoms all day and all night.*
- and a plan that offers you practical tips, tools and resources to help you take an active role in your treatment.

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

Visit Toviaz.com or call 1-877-TOVIAZ-9

*Results may vary.

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

Important Safety Information

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

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



 Please see Important Product Information on back.

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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Laught

An alphabet soup of what cracks us up



A

Awards for the Truly Deserving

In Communication

To the captain on a Vueling Airlines flight. He greeted Madrid-bound passengers this way: “We have a safety problem with the door at the front. Don’t worry—it’s only a safety problem.” From *The Titanic Awards*, by Doug Lansky (Perigee Books)

In Recreation

To an angler in Logmozero, Russia. He reportedly gets his neighbors’ attention each time he takes his boat out. That’s because he uses a functional World War II-era aviation bomb as an anchor. From the Darwin Awards

In Problem Solving

To Shandong Airlines. When one of its planes broke down shortly after landing, the passengers were asked to push it half a mile to the gate. “Thank God it was only a 20-ton medium-size plane,” said an airport worker. From *The Titanic Awards*

erpedia

B

Barack-isms

“I’m pleased that Michelle accompanied me. There are few things in life that are harder to find and more important to keep than love. Well, love and a birth certificate.”

President Barack Obama, at the 2010 White House Correspondents’ Dinner

“I don’t want to be invited to the family hunting party.”

On revelations that he and former vice president Dick Cheney are eighth cousins



Business Opportunities

What will people do for \$5?
Quite a bit, according to posts on fiverr.com.

- I will make up your mind for you for \$5.
- I will be your Internet boyfriend for a week for \$5.
- I will clean my room for \$5.
- I will listen to your side of the story for \$5.
- I will tell you if you look fat in those jeans for \$5.
- I will say anything for you in a nearly perfect Gollum (*Lord of the Rings*) voice for \$5.

ILLUSTRATED BY JOHN CUNEO

C

Comic, Funniest One I Know

Nia Vardalos on Will Ferrell

“I love it whenever Will Ferrell plays a guy valiantly fighting off the dull responsibility of male adulthood. His lack of vanity is jaw-droppingly sexy. I mean, c’mon, in *Old School*, he streaks down a residential street without sucking in his gut. If I were in that scene, I’d be wrapped head to toe in control-top panty hose. In *Anchorman*, he makes a sad ’70s mustache cool. And in *Step Brothers*, when his 40-year-old man-child character petulantly declares, ‘I’m not going to call him Dad ... Ever. Even if there’s a fire,’ I am on his side. Most women, while eye-rolling the antics, quietly enjoy this kind of guy. Admit it, most of us date or are married to one. Because ... here’s a little secret: Compliment a woman and, sure, she will smile. But make a woman laugh, and she may get naked.”

Nia Vardalos wrote and starred in *My Big Fat Greek Wedding*. She cowrote *Larry Crowne*, due out next year.



NIA VARDALOS

WILL FERRELL

Dave Barry on humorist Roy Blount, Jr.

“Everything Roy says in his Category Five Southern drawl is funny. We were in a men’s room once and the urinals had this high-tech flushing mechanism with lights flashing ‘System On!’ Roy couldn’t figure out how to flush it, and he started drawling on in such an entertaining manner that I nearly wet my pants, which I rarely do in men’s rooms.

“Roy has also brought me to near incontinence as a member of the Rock Bottom Remainers, our profoundly mediocre all-author rock band. Roy can’t play an instrument or sing, so his contribution is to gyrate randomly around the stage with all the rhythmic grace of a walrus on stilts. He also happens to be a great humor writer, but even if he were a pension actuary, he’d be hilarious. I would pay to see him actuarize a pension or whatever it is they do.”

Dave Barry’s *I’ll Mature When I’m Dead* is on sale now.

B. J. Novak on Ricky Gervais, et al

“The first funniest person in the world to me was Mitch Hedberg, the late comedian.

He was rebellious and sweet. I remember one line: ‘An escalator can never break—it can only become stairs.’ I quoted him for weeks until my girlfriend broke up with me. Peter, the caterer on the set of *The Office*, is very funny. He believes that every item he has can improve your sexual prowess. He will create a narrative about who he thinks you’re

dating and how his vegetable soup will increase your stamina.

Ricky Gervais, who created *The Office*, is the most recent funniest person in the world to me. He gives me faith that you don’t have to be crazy to be a genius. And his giggle is the most high-pitched squeal of delight. It’s a no-vanity sign of his comedy because it’s really an unpleasant sound. Your sense of humor changes. I’m lucky that I keep meeting new people who seem funnier than the last.”

B. J. Novak is a writer and actor on *The Office*.



B.J. NOVAK

RICKY GERVAIS

(VARDALOS) CHRIS PIZZELLO/AP IMAGES; (FERRELL) SARA DE BOER/RETNA/CORBIS; (NOVAK) VIRGINIA SHERWOOD/NBCU PHOTO BANK/AP IMAGES; (GERVAIS) MATT CARR/GETTY IMAGES

D

Defense

One writer dares to speak up for that much maligned breakfast icon—imitation syrup.

“People give 100 percent real maple syrup as gifts. They take their kids to a farm to see it being collected and cooked. In the Northeast, it’s extolled. Which is strange because it’s not as good as Aunt Jemima or Mrs. Butterworth’s, its mass-market imitators. First of all, syrup shouldn’t run; it should ooze. Real maple syrup runs. The mass-market stuff—the stuff you grew up on—that stuff oozes. It has viscosity. So instead of going straight into the pancakes, like water into a sponge, it maintains their integrity. And the taste: Mass-market syrup is sweet. Real maple syrup is a beguiling combination of sugar and resin. Which is authentic, sure. But bark is authentic. Is there anything else we eat that tastes vaguely of tree?”

Ross McCammon, in *Esquire*

E

Entombment

For years we’ve been screwing in lightbulbs and screwing off bottle tops. Who knew we were just practicing for our final days?

Introducing the

Screw-in Coffin. Mourners turn the casket until the deceased is buried vertically, saving space and money. The only thing that could possibly improve upon Donald Scruggs’s patent-pending idea is if it came with a giant power drill.

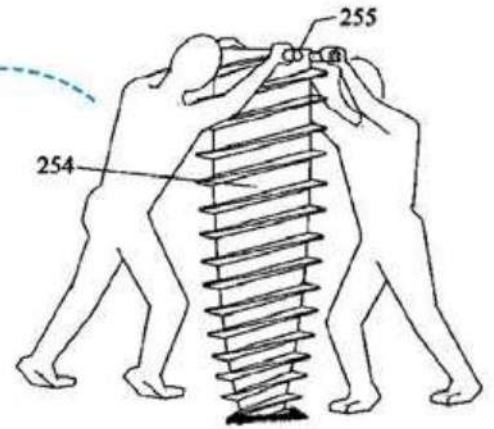


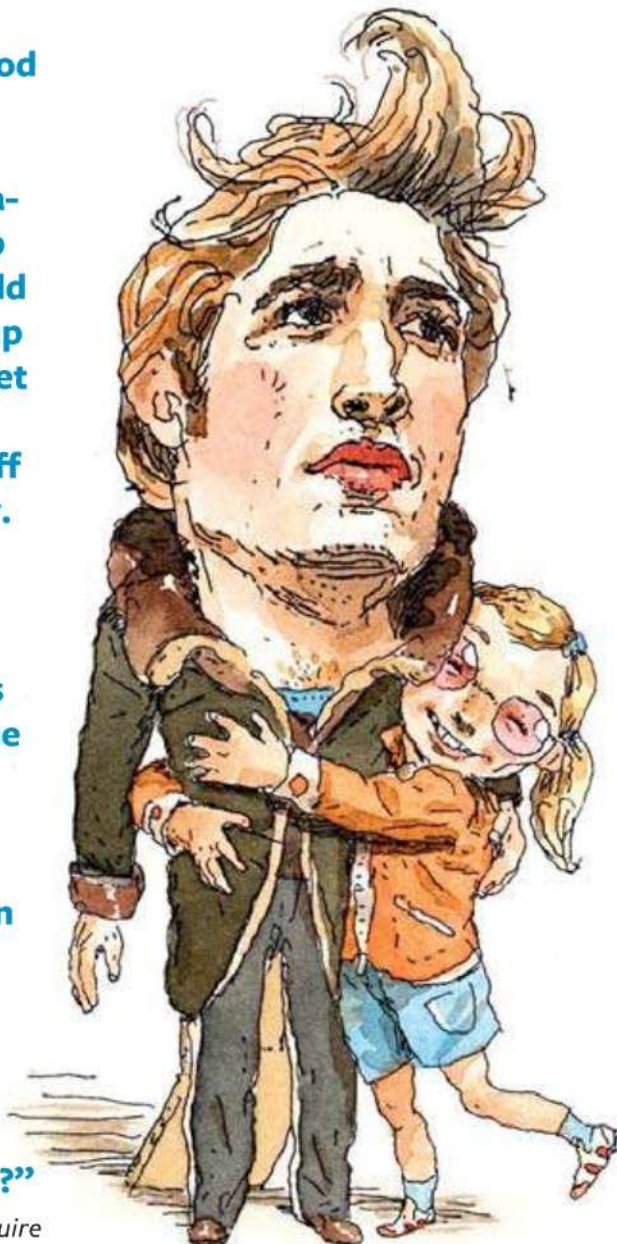
Fig. 46

F

Fanatics

Fans of the film *Twilight* have gone gaga over characters Edward the Vampire and his human girlfriend, Bella. They even have their own website/confessional, the URL of which says it all: mylifeistwilight.com. Some entries:

- “I have a life-size cardboard cutout of Edward in my room. When I saw *New Moon* again, I bought an extra ticket and had Edward sit next to me. Best date ever.”
- “Today I met the most amazing boy →



(FIG. 46) COURTESY U.S. PATENT APPLICATION/DONALD E. SCRUGGS, CA

of my life. As we were talking, he cracked a funny joke, and I accidentally responded with ‘Oh, Edward!’”

● “In the ninth-grade biology class I teach, there is a boy named Ed and a girl named Bella. I pair them up for every lab assignment in hopes that they will get together.”

● “Today my ex-boyfriend threw my *Twilight* book across the room. He was still my boyfriend before that.”

● “Today I watched *Twilight* for the 25th time ... this month.”

G

Gripe

What’s keeping screenwriter Greg Gribianski up at night seething with anger? The self-checkout lane at his grocery store.

“When did I start working for the supermarket? When I buy groceries, I expect someone to give me service, not employ me for zero cents an hour to check myself out. What’s next, corral shopping carts? Mop spills in aisle five? Work security? I can see that. After I catch myself shoplifting, I’ll wrestle myself to the ground, call 911, and hand myself over to the cops.”

H

Headlines—Real

Stop the presses! What’s on top of an article might be the real story:

New Haven Register

Stylish Family Living in Guilford



Funeral Home Breathes New Life into Downtown Aurora

Police Expose Serial Flasher

Brisbane Times

THE TIMES

Floor Collapses at Weight Watchers Meeting

timesonline.co.uk

Man Opts for Jail Over New Year with Relatives

Reuters

Headlines—Fake

Sometimes fiction is stranger than truth:

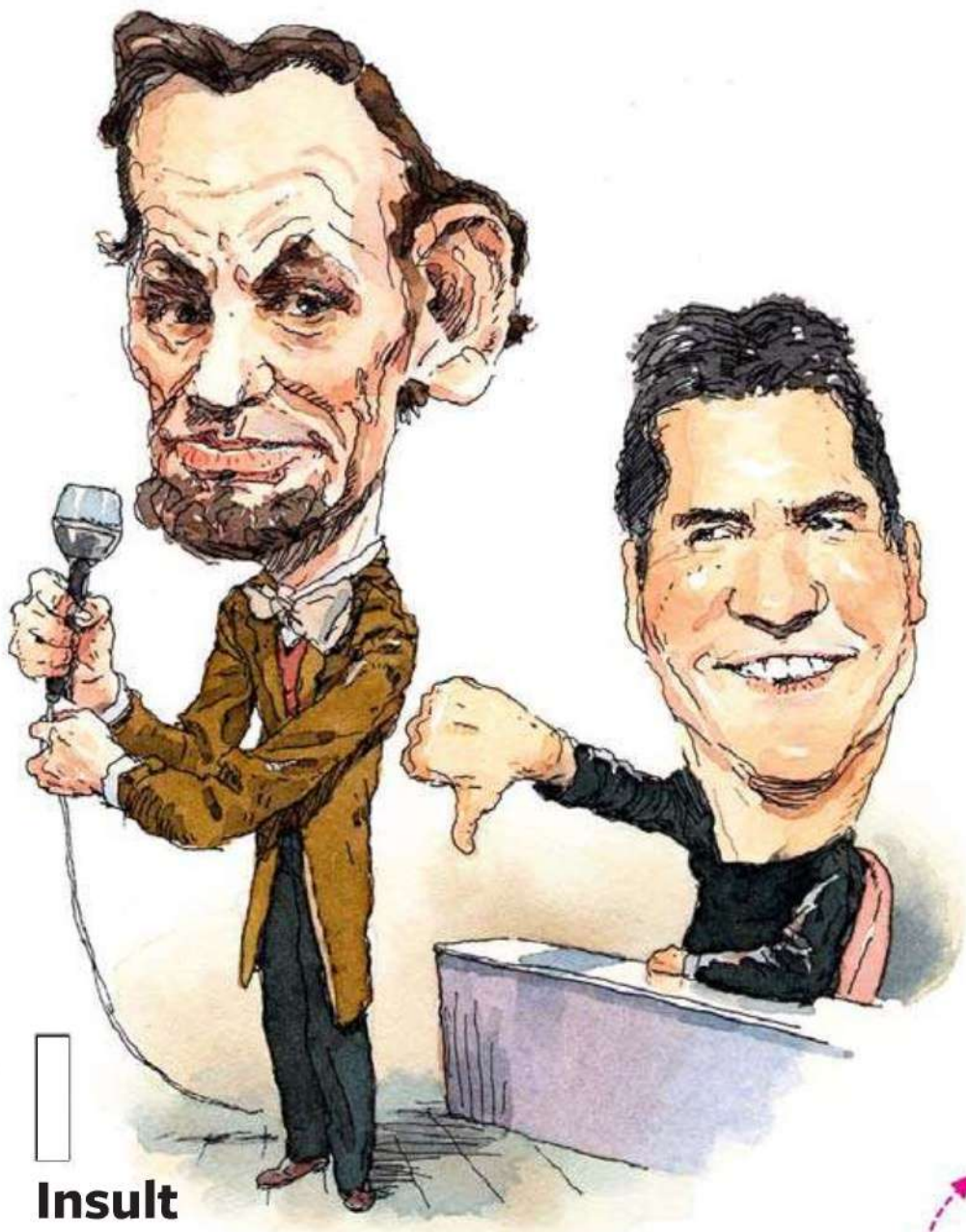
BOROWITZ REPORT

One Killed, Six Injured in Pie Factory Explosion. Blast Heard up to 3.14159265 Miles Away

fark.com

China to Stop Spying on Its People; Will Use Facebook Instead

Computer Company Started in Garage 30 Years Ago Now in Smaller Garage



█

Insult

“You have the honesty of Abe Lincoln and the charm of the guy who shot him.”

Dane Cook to Simon Cowell

Interface

“I see eight-year-olds at the mall talking on their cell phones. About what? Is there something one eight-year-old has to say to another eight-year-old that can't wait?”

Larry Winget, author of *Your Kids Are Your Own Fault*

Irony

Earlier this year, the Mortgage Bankers Association, a trade group that represents real estate finance companies, sold its Washington, D.C., headquarters for \$41 million. They'd bought it three years earlier for \$79 million.

Source: huffington post.com

Nadya Suleman, aka the Octomom and the mother of 14, has arranged with PETA to place a sign on her front lawn. It reads “Don't let your dog or cat become an 'octomom.' Always spay or neuter.”

(RIGHT) KRISTA KENNEL/SIPA PRESS/AP IMAGES



J

Justice

A phantom serial killer had vexed German police for two years. Their only clue: DNA found at 39 crime scenes. But according to the German magazine *Bild*, after hundreds of detectives were deployed, the mystery was solved: The DNA belonged to the woman who made the cotton swabs used to collect samples at the scenes of the crimes.



K

Kids' Toy Critique

Thirty years after last playing with them, sfgate.com writer Peter Hartlaub found his plastic green toy soldiers and wondered how some of them were ever drafted.



► **THE MINESWEEPER** “Even when I was a kid, this soldier reminded me of the old guys who used a metal detector to find spare change on the beach. All my other combat men were locked in mortal combat, and this guy is looking for his car keys.”

◀ **THE RADIO OPERATOR** “Considering that I had multiple soldiers wielding flamethrowers and machine guns, you’ll have to excuse me for not getting excited about the guy making a phone call.”



► **???** “I’m not even sure what this guy is doing. Setting up bowling pins?”

L

Love

For Dick Kleis, flowers and a box of chocolates won’t cut it when it comes to celebrating his wife’s birthday. So for Carole’s 67th, he wrote a massive “HAP B DAY LUV U” in the cornfield of their Zwingle, Iowa, farm ... with 123,850 pounds of cow dung. “I was going to put a heart there after ‘happy birthday,’” he told thonline.com, “but I ran out of manure.”



M

Meatscape

Finally, a work of art a butcher can love! From the prosciutto trees to the salami road, photo-illustrator Carl Warner has created a truly tasteful masterpiece.

Source: carlwarner.com



N

New Math

Have life's conundrums left you scratching your head? Good news: Artist Craig Damrauer explains it all with the help of mathematical formulas.

$$\text{MODERN ART} = \text{I COULD DO THAT} + \text{YEAH, BUT YOU DIDN'T}$$

$$\text{FIRST IMPRESSION} = \text{EVERYTHING YOU FIGURE OUT LATER} \div \text{LATER}$$

$$\text{IGNORANCE} = \text{IT} - \text{WHAT I KNOW ABOUT IT}$$

Source: morenewmath.com

O

Online Update

When two Australian girls, ages 10 and 12, got stuck in a storm drain, they were lucky to have a cell phone and reception. And they quickly put that technology to work. No, they didn't call police—they updated their Facebook statuses to "Lost under the streets." The girls were eventually rescued, but only after friends called for help.

Source: switched.com

(L) KORI NEWBY/TELEGRAPH HERALD/AP IMAGES; (M) FROM CARL WARNER'S FOOD LANDSCAPES (ABRAMS © 2010)

P

Prank

How do you tweak a multinational oil giant after it has dumped millions of gallons of oil into the Gulf of Mexico? Invent a Twitter account called BPGlobalPR.

- “Proud to announce that BP will be sponsoring the New Orleans Blues Festival this summer with a special tribute to Muddy Waters.”
- “Please do NOT take or clean any oil you find on the beach. It is the property of British Petroleum, and we WILL sue you.”
- “As part of our continued rebranding effort, we are now referring to the spill as ‘Shell Oil’s Gulf Coast Disaster.’”

R

Remorse, Lack Thereof

Sometimes the hardest hitters are the ones with a smile on their faces. Here’s one such example—a postcard seen on passiveaggressivenotes.com.



Hi Gareth,
 I thought you might like a copy of the cheesy mix CD I made recently. Hope you appreciate my genius! “Istanbul” was the club in Japan we went to all the time. How are things with you? Work OK? I’m still looking ... slowly! Well, hope you’re OK. Sorry I don’t actually fancy you, by the way!
 Have a nice day!
 Love, Jane



Q

Quaint Inn

If you have ever envied your hamster’s lifestyle, you’re in luck! The Villa Hamster, in Nantes, France, has opened for the discerning rodent-ophile. Guests dine on hamster grain, scamper in a giant hamster wheel, and sleep on hay, all for a fur-raising \$145 a night. Why choose to stay here over, say, a Best Western? Because it’s a “real experience,” owner Yann Falquerho told the (London) *Guardian*. “We wanted it to be eccentric, and the funniest experience would be to become an animal.” Up next: a hotel room that simulates a womb.



S

Separated at Birth

Ever wonder what famous people would look like if they were just normal, everyday folk? Well, lolrednecks.com has removed the guesswork.



JOHN BOY DEPP



MICK DOUGLAS & CATHY Z. JONES



VINCENT BARBARINO

(Q) STEPHANE MAHE/REUTERS; (S) COURTESY LOLREDNECKS.COM

Stage Directions

Sadly, the best parts of many movie scripts are the stage directions from the screenwriter. Names and titles have been omitted, because someone should be embarrassed.

“A very weird-looking woman greets him at the door. She should be very gaunt and nervous, sort of like the MGM executive on this picture.”

“A Confederate soldier enters the room, his blue uniform covered with road dust.”

“The detective enters and finds a body. (You don’t have to use a real dead body. You could use a dummy or give a real actor knockout drops to make sure he was still and looked dead.)”

“He is shot in the chest. It hurts.”

“Seeing the suspect drive off, the detective starts the motor of his car. First he opens the door and gets in the car.”

“He sees a woman in the alley, picks up a rock, and throws it at her. (If you use my ex-wife, I’ll throw the rock.)”

“The dog sniffs the fire hydrant and marks his territory. (I have enclosed a diagram for an invention I’ve come up with that you can hook onto the dog to raise his leg by remote control.)”

Selected by film producer Matty Simmons

T

Texts

The only thing worse than drinking too much at night is texting about it the next day.

- “I got us kicked out of the bar because the waitress found me in the kitchen trying to make spaghetti.”
- “I literally forgot his name and just started calling him Waffles.”
- “My blind date arrived. She looked like something I’d draw with my left hand.”
- “My mouth tastes like poor choices.”

From *Texts from Last Night*, by Lauren Leto and Ben Bator (Gotham Books)



U

Unforeseen Danger

What's the No. 1 cause of injury in Tokyo? Apparently, giants dropping their bowls of soup.

Source: signspotting.com

V

Voluble Expression

“Sure, you like *Glee* and want to interact with other fans on Facebook, but do we really need a fan site dedicated to Ziploc bags? There are actual people in this group ... writing on the site! About what, you ask? Someone recently posted how much of a time-saver these bags are. If you're posting on the Ziploc Fan Site page, I'm pretty sure you know nothing about saving time.”

Comic Ophira Eisenberg

W

Words of Warning

Who says the church doesn't have a sense of humor? A cautionary note outside the Willesden Revival Centre church in Willesden, England:



From *Now Open Sundays!*, by Rev. Paul Sinclair (Anova Books)

X

XL Ego

Hey, girls, on the prowl for a real catch? Look no further than this gent's personal ad on Craigslist:

“Muscular, Gifted Man Seeks Woman—31 (Dubuque)

“If you're reading this, you're a very lucky woman. I am an immaculate specimen of a man with rippling muscles and a very strong jawline. I have been compared numerous times to Jean-Claude Van Damme, both in musculature and in dancing abilities, once even by Jean-Claude's cousin Adelbert, who is a friend, btw.

“If you expect to receive a reply from a man such as me, I expect several full body pictures of you and ideally, a recent video, which must be in WMV format as the computer at the public library will not play QuickTime.

“You must be completely disease-free, although I have found that my immune system is far too strong for most diseases. I will furthermore need a ride to and from our trysts, as my van is presently in an incapacitated state.”

Y

Young Comics You Haven't Heard of ... Yet

Being funny is tough. Being paid to be funny in front of a group of strangers is even tougher. Here are a few who have tickled our very critical funny bone.



◀ John Ramsey

“I had a teacher who was very rude. She said, ‘John, the sky’s the limit!’ Sure, it sounds nice, but I had just told her I wanted to be an astronaut.”

Kellen Erskine ▶

“I got kicked out of a costume party for wearing nothing but a red shirt. I guess no one had heard of Winnie the Pooh.”



◀ Aparna Nancharla

“At the Olive Garden, they like to say, ‘When you’re here, you’re family.’ It’s true. I showed up with a date, and the hostess said, ‘We think you could do better.’”

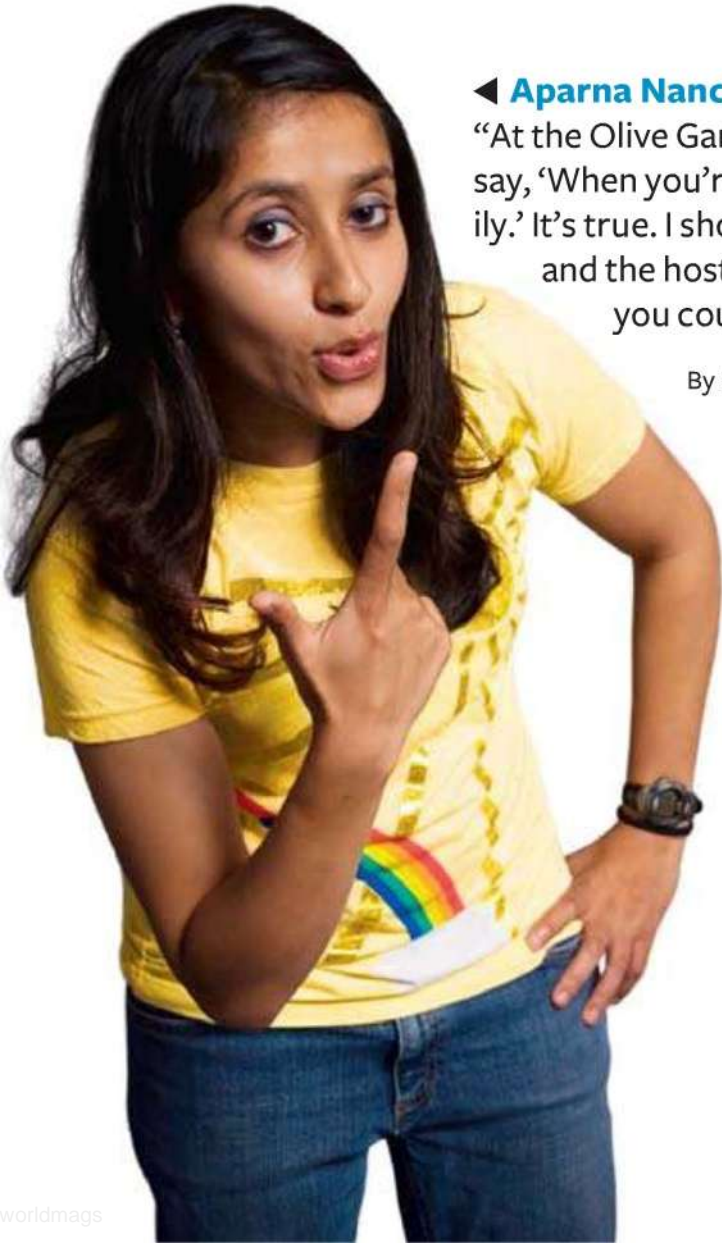
By Eddie Brill, comedy booker for *Late Night with David Letterman*

Z

Zebra

Mohammed Bargouthi didn't let a little thing like an Israeli embargo keep him from having a zebra in his Gaza zoo. Using ingenuity and guile, he made his own. His recipe: one donkey, some masking tape, and a little black hair dye. “The children don't know, and they are happy to see something new.”

Source: Ananova News Service



10. Questions for Ted Danson

The actor on addictive fame and funny love

BY AMY WALLACE

Don't let the white hair fool you. Ted Danson is nowhere near slowing down. Yes, he'll probably always be associated with *Cheers*, the long-running '80s sitcom, and his character, bartender Sam Malone (in fact, he still signs his autographs "Cheers—Ted Danson"). But since the show ended, the 62-year-old actor, who has won two Emmys among many other awards, has become a fixture on three cable TV series: the FX legal drama *Damages* and the HBO comedies *Bored to Death* and *Curb Your Enthusiasm*. The latter show, the brainchild of his buddy and *Seinfeld* cocreator Larry David, gives Danson the opportunity to do something he relishes: work alongside his wife, Mary Steenburgen. He describes his relationship with Steenburgen as a true love match cemented "by silliness." Does he believe being in love makes him funnier? "I do," Danson avers. "I love making Mary laugh." And when Mary laughs, we all laugh.

1 You're one half of a very funny couple. You often act together too. How do you make that work?

It can be tough working together because when the reviews come out,

you have only a 25 percent chance of being happy. There's loved her/hated him, loved him/hated her, hated them both, and then the only one you want: Loved them both. Those are bad odds.

**“If you don’t know
who you are, it’s
hard to then make
fun of who you are,”
says Danson.**



We have egos and we compete ... But it's competition that lifts you up, as in "I want to be where you are."

2 Can you give me an example of a recurring argument between the two of you?

Basically the theme is my unconsciousness. That would have to be the theme of all female and male arguments. But an example? Do you think I'm stupid? I'm not *that* unconscious.



When you act in a drama, you can show up drunk, divorced, and in a lousy mood, but in comedy, you better have done your push-ups."



Danson, wife Steenburgen, and Larry David on HBO's *Curb Your Enthusiasm*.

"Hey, Mary, read what I said we argue about!" I don't think so.

3 Do you guys still make a funny holiday card each year?

Life got busy, but we're thinking about starting it up again. That was all Mary. She is the camp counselor. One year we formed an imaginary dance troupe and did "Twelve Days of Christmas" poses. We had the entire family, the dogs—everybody—dress up. It was a huge two-day shoot. That card came out in the form of a calendar. It was just hysterical, with running commentary from a critic named Bitterman.

4 How has being funny changed as you've gotten older?

To do something funny, you have to have experienced it in real life and digested it in a way that amuses you. For example, I, Ted, at age 62, have a fear of being irrelevant. Can I or will I still make people laugh? Can I still

act? And I had to go through that to get to the other side, and Mary would make fun of me and go, "Oh, Ted." And now I'm playing a character named George Christopher on *Bored*

to *Death* who desperately doesn't want to be irrelevant and is trying to hold on to his youth. If I hadn't gotten the joke in life, I couldn't have done justice to that part.

5 *Bored to Death is the first show you've done in which you're not the lead. Is that hard?*

I showed up the first week of shooting and thought, Wow, how do I feel about this? Usually if you're the center of a show, part of your job is to host its energy. I look, and there was our lead, Jason Schwartzman, hosting it beautifully. Way better than I could have. And I was going, Wow, how do I feel about that? Then, at about 6 p.m., my driver took me home, and I got into the bathtub; Jason worked until midnight. I was going, Oh, bless his heart! Thank you for working so hard!

6 *What's the silent prayer you adopted in your 50s? Something like "Dear God, let my ability to get work be as great as my celebrity."*

Celebrity is very much like a bad drug. It looks attractive, but it's pretty empty. I'm not above wanting it. But if you want to be famous, you need to check your ego at the door. I will periodically get somebody in the airport saying, "So have you retired?" You have to just kind of mumble, "Yes, thank you," because you don't want to recite your most recent credits. My favorite was late one night when we were shooting *Damages* and people were driving by and a guy screams out, "Hey! There's what's his name!"

7 *Your kids are in their 20s. Is their sense of humor different from yours?*

Sure, they appreciate different people whose humor I don't quite get. And how they get their humor is different. We grew up watching half-hour shows. They will be at their computer and need a shot of funny, and they'll go on YouTube or Funny or Die and laugh for five minutes, share it with somebody else, and then go back to work.

8 *You are an environmental activist and are writing a book about saving the oceans. Can humor be harnessed to raise awareness?*

Humor can bring people under the tent. And a good joke can deflect some of the intensity surrounding a serious subject.

9 *Is comedy harder than drama?*

Yes, by far. You need the energy of an athlete when you do comedy. You can show up to a drama drunk, divorced, and in a lousy mood, and as long as you're in the moment and present, the camera will eat it up. But comedy, you better have done your push-ups. You better be in shape.

10 *You once said that you're not interested in comedy that doesn't give a nod to the sadness of life. Is that still the case?*

That's really true for me. When people are in the midst of really heavy stuff and still have a sense of humor, I admire that. ■

America's Funniest Family Stories

Our contest is over. Here's the dirt you dished on your relatives.



PHOTOGRAPHS FROM AWKWARD FAMILY PHOTOS BY MIKE BENDER AND DOUG CHERNACK (THREE RIVERS PRESS ©2010)

I come from a stupid family. During the Civil War, my great-uncle fought for the West.” Some of our readers can relate to that Rodney Dangerfield quote. Family, after all, is our greatest source of pride (“My grandfather stormed the Argonne Forest with only a slingshot and a nasty attitude!”) and our greatest source of embarrassment (“Hannah Montana is on his iPod”).

Earlier this year, we dared you to share your funny tales about cranky kids, witty spouses, dim parents, and anyone else who made you fall out of the family tree laughing. Thousands of you wrote in, sure that you had a tale worthy of the \$5,000 grand prize. Here are the finalists, with the winning anecdote at the end.

MY FAMILY IS HELPFUL

My 13-year-old nephew thought his “gangsta” outfit—low-riding pants and exposed boxers—made him look cool. That is, until the day his five-year-old cousin took notice.

“Nathaniel,” she yelled out in front of everyone. “Your panties are showing.” *Linda McLemore*

It rained in Phoenix for the first time in what seemed like eons. So when my wife and I took the car out, she was more nervous than normal. “You are an excellent driver,” she assured me. “Just beware of the *other idiots* out there.” *Steve Jacobs*

When my father ran out of gas, he called my mother to pick him up in her car. They went to a gas station,

DON'T LAUGH—you likely have a photo like this tucked away in a shoe box too. Portraits are from the book *Awkward Family Photos*, a title that says it all.

filled a gas can, and returned to his car. After a few minutes, he got into her car again. “We need to go back to the gas station,” he said.

“One gallon wasn’t enough?” she asked.

“It would have been if I’d put it in the right car.” *Kent T. Critchlow*

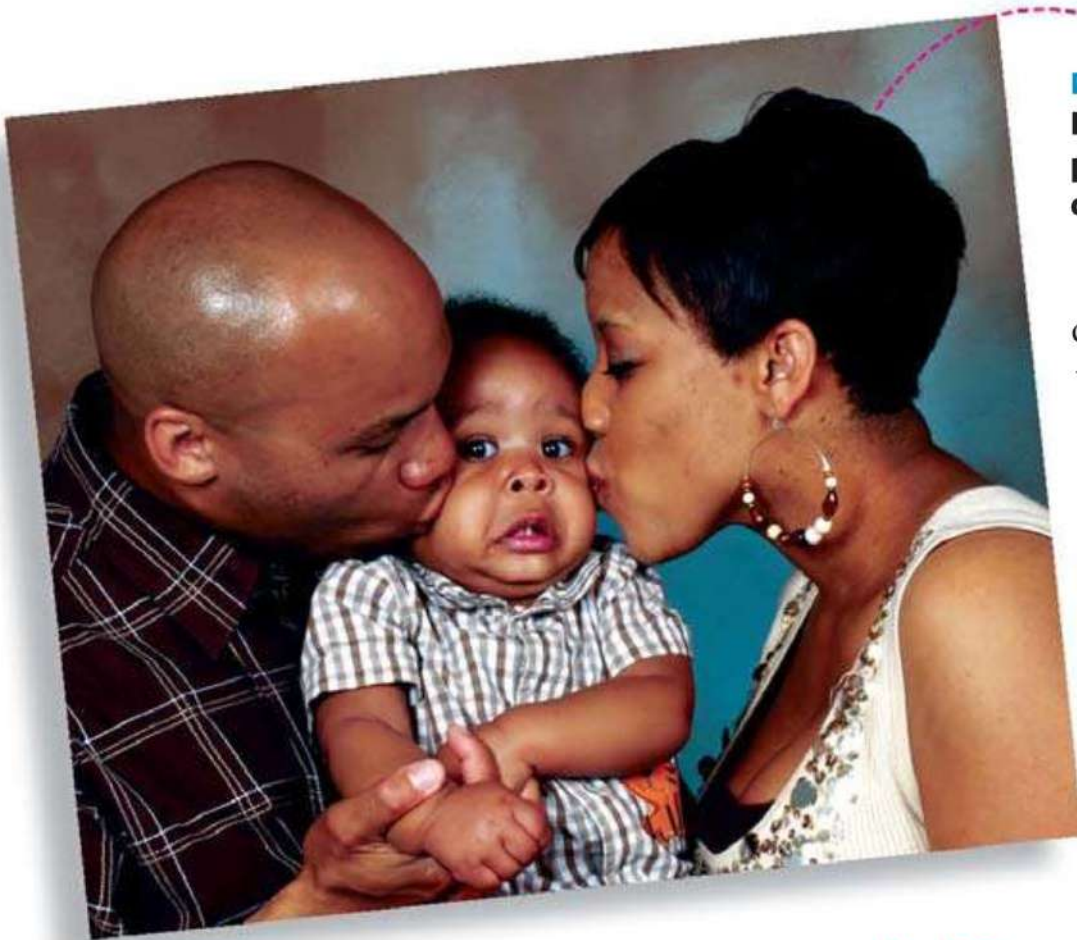
While doing a crossword puzzle, I asked for my husband’s help.

“The word is eight letters long and starts with *m*, and the clue is ‘tiresome sameness.’”

“Monogamy,” he answered. *Donna Van Note*

MY FAMILY IS PHILOSOPHICAL

In fourth grade, my son had a huge crush on a classmate. So for Valentine’s Day, he bought her a box of chocolates and took it into school.



PUMPED UP
It takes two
parents to inflate
cheeks that big.

day watching TV than the average Olympic athlete spends training?"

She replied, "What's the point of all that training if no one's going to watch?"

Dave Kolacz

When I returned home from work, I found him on the couch eating the same box of candy.

"What happened?" I asked.

"Well, I thought about it for a long time," he said between chews. "And I decided that, for now, I still like candy more than girls." *Kym Lokken*

My sister is a know-it-all who bristles at anyone's well-intentioned advice. But when our older sister gave her several clever tips, she was impressed. "I have to hand it to Pat," she told me. "She really is smart. Not *Jeopardy!* smart; more *Wheel of Fortune* smart." *Teresa Bruce*

After my daughter sat glued to the TV set for most of the day, I told her, "Do you know that the average American spends more hours per

"When I married Donna, I could get both hands around her waist," said my husband's grandfather. Pointing at his full-figured wife, he boasted, "Now look how much I got. That's what I call an investment!" *Katherine Eby*

En route to church to make his first confession, my nervous seven-year-old grandson asked me what he could expect.

"Confession is where you tell all the bad things you've done to the priest," I told him.

He looked relieved. "Good. I haven't done anything bad to the priest." *Douglas Matook*

MY FAMILY IS INQUISITIVE

While my three-year-old grandson was attending a birthday party, his friend's father sneaked off to take a shower before work. Halfway through, the father heard a tapping on the shower door, followed by the sight of my grandson peering in. Looking around the stall, he asked, "Is my mom in here?"

Billie Creel

At the restaurant, a sign read "Karaoke Tonight!" Grandma studied it before asking, "What kind of fish is that?"

Gail Heid Collier

The photo in the newspaper was of a squad car parked next to a small airplane that had made an emergency landing on a highway. My 15-year-old daughter was impressed: "How did that cop get the plane to pull over?"

D'Ona Pierce

As we drove, a road sign warned "Survey Crew Ahead."

"Great," my wife whined. "Now what are they going to ask us?"

Daniel Giangiulio

Our friends Dave and Kristen have a precocious three-year-old. One day, Kristen chided Alayna for calling her by her first name. "Stop calling me Kristen," she said. "I want you to call me Mommy, not Kristen."

Alayna looked confused. "But Dave calls you Kristen." *Belva Meeker*

MY FAMILY IS INSIGHTFUL

After she tripped and hurt herself, my sister filed a lawsuit. While she was being deposed, the opposing attorney asked, "Since your injury, is there anything you cannot do now that you did before the injury?"

"Yes, I can't ride my bicycle anymore," she said.

"And why is that?"

"Because it has a flat tire."

Bryan Hughes

My wife's family was cooing over our newborn when someone mentioned that the baby looked like me. "Don't worry," said my mother-in-law, "she'll change."

Ray Ost

I found my young son sobbing into his pillow after his pet toad died, so I reminded him, "It's not the end of the world."

Through his tears he blubbered, "It is for my toad!"

Michael Gessel

The morning he began kindergarten, I told my son about the great adventure that awaited him.

"You're going to learn so many things," I said, "like how to read and write!"

When I picked him up from school later, I asked how it went.

"Well," he said, "I still can't read or write."

Debbie Criss

MY FAMILY HOLDS GRUDGES
While playing Scrabble at my future in-laws' house, I asked, "Is nag a word?" As my father-in-law walked by, he answered, "In about six months it will be."

Matt Hilburn

My husband used to work the night shift, so in the evening my five-year-old would climb into bed with me. One night, my husband came home early. "That's my wife," he joked. "Get in your own bed."

"Fine," grumbled our son as he stormed off. "When I have a wife, you can't sleep with her either."

Kathryn Buchert

After learning that her parents were in a minor car accident, my wife called her mother. "What happened?" she asked.

"I was driving and fell asleep," said her mother, irritated. "And of course, your father wasn't paying attention!"

Guy Lambert

"He's going to beat me up!" yelled my four-year-old.

"Why would your older brother do that?" I asked him.

"Because I accidentally dropped his toothbrush in the toilet."

"Just tell him and give him a new one."

"I can't."

"Why?"

"He's in the bathroom brushing his teeth!"

Katrina Stanford

MY FAMILY IS PRACTICAL

At day care, my four-year-old watched as a teacher pulled something hot from the oven.

"What's that on your hand?" he asked.

"An oven mitt," she said. "It keeps me from getting burned. Doesn't your mother use them?"

"No, my mom's just really careful when she opens the pizza box."

Jessica Dodge

Shortly after Dad retired, my mother asked him, "What are you going to do today?"

"Nothing," he said.

"That's what you did yesterday."

"Yeah, but I wasn't finished."

Beverly Sherman

"Sorry your card won't arrive in time for your birthday," my sister said to me. "I bought a belated birthday card, so I had to wait a few days before mailing it."

Linda Lee

I was on the couch nursing my newborn when my three-year-old plopped down to watch. Seeing this as a good teaching moment, I

HAIR-APPARENT Uncle Bill is going through a rough breakup right now.

explained how mothers feed their babies. My daughter's eyes grew wider with each detail.

"She's drinking milk?" she asked.
"In the living room?!" *Beverly Friend*

A gorgeous white convertible pulled up next to our parked car. "How did that woman get such a pretty car?" my daughter asked.

I recognized the driver and said, "Her husband's a pilot. He must make a good salary."

"That's what I want to be," she said.

"Really, a pilot?"

"No, I want to be married to one."

Jeremy James

MY FAMILY IS CLEVER

After she fainted, my mother was raced to the hospital. Her doctor asked, "Why do you think you passed out?"

Looking at him oddly, Mom replied, "Because I woke up on the floor."

Jeffrey Ward

I was not thrilled with the idea of letting my clueless 13-year-old son babysit his younger sisters, even though he begged me to.

"What about a fire?" I asked, referring to my No. 1 concern.

"Mom," he said, rolling his eyes, "I'm a Boy Scout. I know how to start a fire."

Jo Walker

Our three-year-old daughter was making up a poem when she asked us what rhymed with *stop*.





FAMILY FUGUE

Unconditional love just got very conditional.

“It will be a cold day in #@%* before we come to another game,” he muttered.

“Did you hear that?” Jake shouted to Austin. “Grandpa’s going to take us to a game in December!”

Drew Specht

My husband said, “Think of something that’s cool and refreshing but that Mom and I don’t let you drink.”

Our daughter knew the answer: “Alcohol!”

Judy Berkseth

Over dinner, I explained the health benefits of a colorful meal to my family. “The more colors, the more variety of nutrients,” I told them. Pointing to our food, I asked, “How many different colors do you see?”

“Six,” volunteered my daughter. “Seven if you count the burned parts.”

Allison Bevans

MY FAMILY IS UPBEAT

My two sons, Jake and Austin, are a handful. So I wasn’t surprised that Dad looked frazzled after we took them to a football game.

At age 70, my grandfather bought his first riding lawn mower.

“This thing is great,” he bragged to my brother. “It took me only an hour and a half to mow the lawn. It used to take your grandmother two days to do it all!”

Diane Hardy

“Everything’s starting to click for me!” said my father-in-law at dinner. “My knees, my elbows, my neck ...”

Kathryn Seifert

The sight of my mother cleaning her dentures fascinated my young son. He sat riveted as she carefully took them out, brushed and rinsed them, and then popped them back in.

“Cool, Grandma!” he said. “Now take off your arm.”

Barb Sipe

MY FAMILY IS TACTFUL

When my wife was a teenager, she desperately wanted to wear makeup. Her mother said no, so she appealed to her father. Ever the diplomat, he reasoned, “Well, if the barn needs paintin’ ...”

Lonnie Burger

A customer at a coffee shop was clearly peeved by the text message he’d just received.

“You ever have that ex-girlfriend who just won’t go away?” he asked his friend.

“Yeah,” came the reply. “My wife.” *James Bava*

A fourth marriage meant yet another name change for me. I didn’t realize the upheaval it had caused until I asked my father why I hadn’t heard from him in a while.

“I forgot your phone number,” he said.

“You could’ve looked it up in the phone book.”

“I didn’t know what name to look under.” *Carol Marsh*

MY FAMILY IS LOVING

My sister, a religious woman, lives in a small, conservative community with her husband and her basset hounds. Knowing how much she adores those dogs, her husband bought her vanity license plates. My sister’s pleasant surprise turned to

horror when she took the plates out of the box and read BSSTLVR!

Cathy Heizelman

My daughter loved the picture frame her five-year-old son bought her for Mother’s Day. She found a photograph of him and replaced the cat photo that came with it. Landon became upset: “Why are you putting a picture of me in there when I bought you a picture of a cat?”

Lori Feeney

The day I knew my in-laws had finally accepted me:

As we pulled into their driveway, my father-in-law was on the phone. “Oh, I have to run,” he told the person on the other end. “My daughter-in-law and her husband just arrived.”

Kathy Dierker

AND THE WINNER IS ...

I knew that my husband’s hearing had deteriorated after our friend—new to the city—asked where he could meet some singles. “Well,” said my husband, “I see them in the Kmart parking lot diving for fries.”

“Dear,” I intervened. “Singles, not seagulls.”

Regen Rose

Grouchily Ever After

It's the good-natured grumbling that keeps our marriage from crumbling

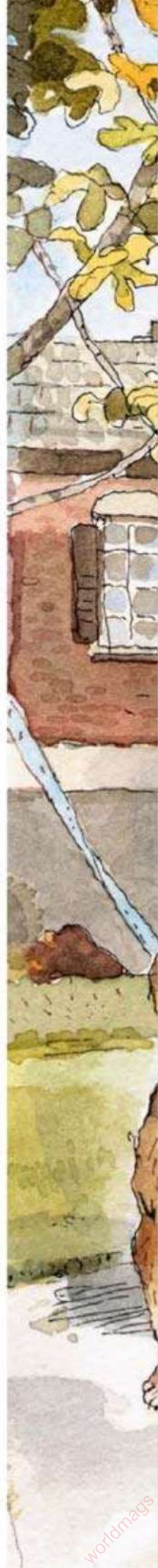
BY JUDITH NEWMAN



If my marriage ends, I blame Rob Marciano.

Rob Marciano is my next husband, though he is better known as CNN's unspeakably beautiful, and frequently wrong, morning weatherman. He is built like a Ken doll (though I hope he's got external genitalia) and has the hands of a god, the better to manipulate that whiz-bang touch screen weather map: Under his nimble fingers, cloud fronts tremble. But it's the Catholic-schoolboy eyes that slay me. The eyes are sad. The eyes say, "I am so sorry I have no idea what I'm talking about. None of us do. That monster snowstorm we're predicting? We have no clue."

Now, I admit, perhaps I have mentioned my throbbing passion for Rob Marciano to my husband, John, once or twice or 300 times. After all, I don't take seriously my pathetic crush on a man young enough





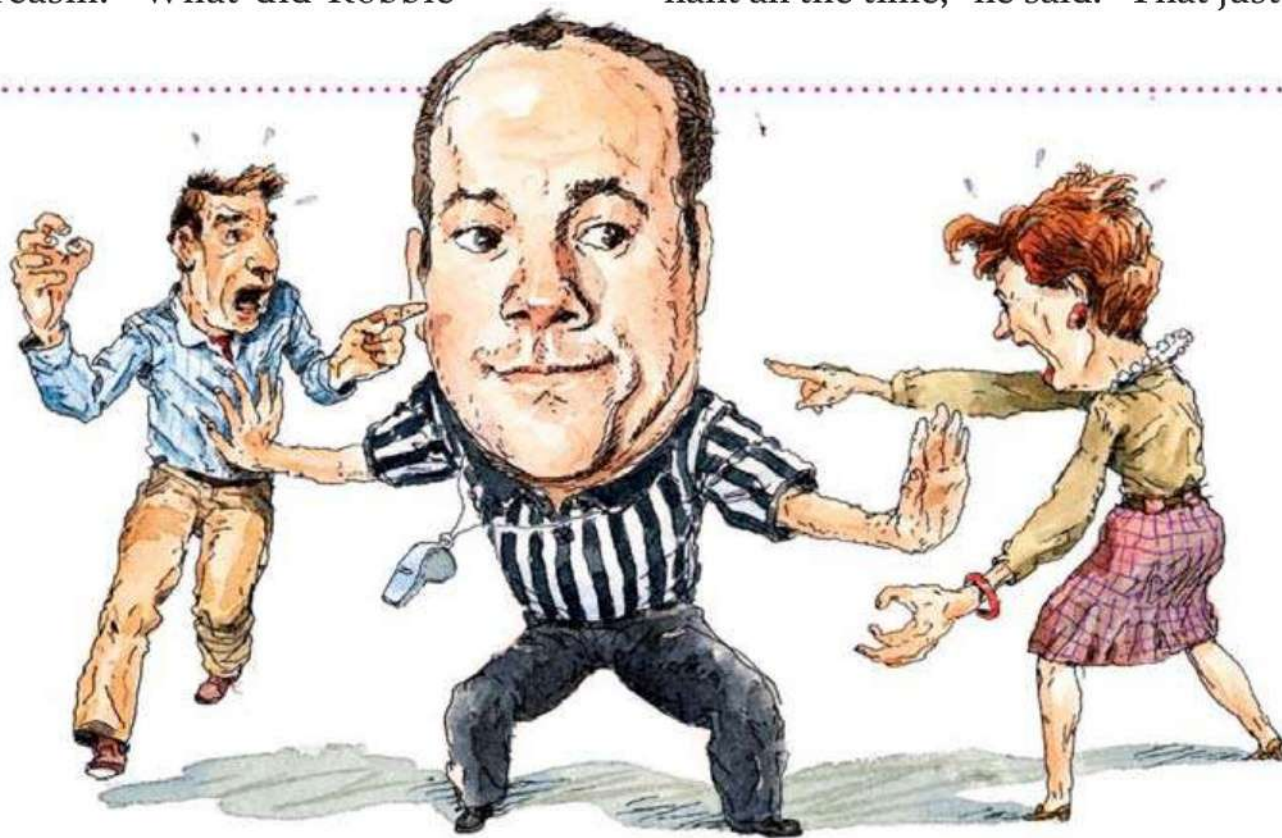
to be my child. And I certainly don't get bent out of shape when John starts talking about his next wife, Martha Stewart, in hushed, respectful tones. "Martha ... now, there's a woman," he murmurs, usually after I've just nuked Kraft mac and cheese in the microwave because it's too much effort to make it on the stove.

But Rob has become a sore point in our household. Every time that hunk of meteorological man-meat issues a dire warning that doesn't come to pass, I am subject to John's dripping sarcasm: "What did Robbie

say yesterday? Thunderstorms? Oh, hey, look outside. Look at that sun! It's burning my eyes ..."

Secretly, I think John finds my infatuation funny. But he likes to maintain that his tone of irritation has always been the cornerstone of our marriage.

And now my confession: I find John's grouchiness endearing—and a source of endless amusement. I remember once asking a friend, a veterinarian, why English bulldogs were his favorite breed. "They look so indignant all the time," he said. "That just



The Marriage Ref Wonders, How Does Any Marriage Survive?


Tom Papa, the star of NBC's *The Marriage Ref*, sees the head-scratching side of wedded bliss every week. After a year on the air, he's concluded that matrimony is like a Jeep—"It may not be pretty, but it'll get you through the creeks and over that boulder." **Here's what else he's discovered:**

Bulldogs look so indignant all the time. That just cheers me up.

cheers me up.” I knew exactly what he meant.

Shared humor is a litmus test of love, a key predictor in whether couples will stay together. A recently completed study backs me up. In it,

University of California, Berkeley, psychologists Patrick Whalen and Robert Levenson looked at stress among long-married couples measured in terms of blood pressure, heart rate, and sweating, and they found that affectionate humor (but not teasing and sarcasm) makes us calmer and more responsive to our partners during anxious times. The upshot: We like them more because they make us feel better. So of course, we’ll hang out with them longer. We already intuitively knew this, but it’s nice to have science on our side.

 Reality shows are really just trying to duplicate marriage. ‘We’re gonna put these strangers on an island and see if they can survive for 66 years!’

“With that in mind, here’s my recommendation for surefire wedded bliss: Lie. Lie all the time. Not about big stuff, of course, but you’re a man and a woman together. There’s nothing you two have in common, but don’t be honest about it. Her: ‘You wanna shop for candles with me?’ Him: ‘Sure, that would be a great way to spend my Saturday!’

“She has to lie, too, because she’s living with

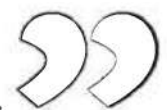
a disgusting man. She has to act like it’s a *good* thing to have this hairy beast living in her house.

“Women are always moving forward. ‘Maybe if we get engaged, maybe if we get married, maybe if we have kids, maybe if we renovate.’ The guy? He could have stayed in his first one-bedroom apartment for the rest of his life.

“The show has taught me two things about my marriage to Cynthia. First, all couples want to feel like they’re not a cliché. Forget it! Every couple has been given a secret handbook on marriage, and we’re all following it without knowing that anyone else has a copy.

“I’ve also learned that Cynthia and I are in pretty good shape. After ten years, our arguments aren’t that bad.

“One couple from the show were married for 35 years, and she wanted to retire to Beverly Hills, and he wanted to go to Amish country. Really? You live with this person for 35 years and you can end up that far apart? It doesn’t seem possible. Of course, after watching the couples on *The Marriage Ref*, saying something’s impossible in marriage is a pretty dumb position to take.



Interview by
Andy Simmons

“Laughter is as intimate as you can get without touching someone,” notes Gina Barreca, a professor of feminist studies at the University of Connecticut and the author of *It’s Not That I’m Bitter*. “Think about it. In any movie, right before two people touch, they’re laughing or crying.” And let’s face it, unless you’re Julia Roberts, you look better laughing.

A good laugh relieves more than life’s trivial stressors. A shared sense of humor helps us through some of our most wrenching times.

I have a friend who is trying to repair her marriage to her husband, who briefly left her for a married woman. The “other woman” had two kids, ages five and seven. Part of their therapy (à la Tiger Woods and Elin) was for the husband to confess his sins.

“So there I was, sobbing and sobbing as Rick* told me he’d taken a vacation with this woman and her children,” my friend said. “Just the thought of that level of intimacy killed me. I couldn’t stop crying. Finally, in desperation, Rick said, ‘But, but ... it was a trip to *Disney World*.’”

“I stopped for a minute. I thought about our trips to Disney World when the kids were little. The lines, the heat, the way our son would scream in terror whenever he saw Mickey or Goofy ... Oh, my God, it was the opposite of romance. I just started giggling. And so did he. It was a turning point for us.”

Of course, humor can also be a kick in the gut, especially when it falls flat. Many a marriage has foundered the

Laughter is as intimate as you can get without touching someone.

moment one or both in the relationship realize, *We used to find the same things funny.*

Another friend, Lauren,* had gone through a battery of medical tests to determine why she was losing her balance and having double vision. She was later diagnosed with multiple sclerosis, but at first doctors suspected a brain tumor. During a brain angiogram, Lauren jokingly wrote *this brain* on her forehead, hysterically parodying the way some surgeons label the correct limb prior to operating on it.

“My husband didn’t find it funny at all,” Lauren says. The fact that they couldn’t share a laugh at a critical moment in their lives was evidence that their marriage had flatlined. The couple soon divorced.

Whether John and I take a romantic stroll in the park or dream of shoving the other out the window, I’m glad to report we can still find the same things funny—which is probably why we’re hanging in there together. Take what happened this May, for example. After the unpronounceable volcano

**Names changed to protect privacy.*

erupted in Iceland and flights were canceled or delayed all over Europe, John had to take a trip to England. John's a worrier at the best of times, and now he was beside himself. What if his flight back here got held up for days? Worse still, what if he got to England and the volcano erupted again? Then he would be stranded. And what if he actually got caught in an ash plume? And his plane went down?!

This monologue went on for days. Finally, he called me from the airport. His flight was leaving, but he was thinking about not boarding it.

"Sweetheart, if something happens to you on that flight, I just want you to know something," I begin.

"Yes?" John says.

"Rob Marciano and I will always think of you when we cash the checks from the airline."

There was a stunned silence. Then John guffawed. Then he got on the plane. He even survived.

"The only reason to be in a long-term relationship with another adult is to have someone to laugh with," says Gina Barreca. "That's it. Because you can always hire someone to put in windows."

THE CHILDPROOF LIFE

When I was a kid, we didn't have padding under our jungle gyms. We had rocks.

We didn't have safety belts on our swing sets. The whole goal was to get as high as you could, then launch yourself into the stratosphere.

We rode our bikes without helmets. Without shoes. Sometimes without clothes.

We played in creeks, ran through abandoned houses, went dam sliding, jumped on trampolines, ran our go-karts straight into oncoming traffic, and played with BB guns, with half the time spent pumping them up 'cause we'd heard you could take out an eye.

We parachuted out of trees with bedsheets, threw lawn darts at each other, and had no sunblock, so we got burned to a crisp. Summer officially started when the first kid turned as red as a thermometer. Then we had peeling parties.

We blew up Barbie dolls with M-80s, we ran with scissors, and our Halloween costumes were made of asbestos.

But for safety, our moms made us wait an hour after we ate before we went swimming.



Humorist *Robert G. Lee*

Look >>

SEE THE WORLD
DIFFERENTLY









<< Twice

In western Bolivia, atop a 4,086-square-mile salt flat, a construction worker cuts bricks for a new building. Beneath all of this: 5.4 million tons of lithium, one of the world's largest deposits of a mineral crucial for powering our smart phones and other electronics. Bolivia is just beginning to mine its massive mineral reserves. Another new entrant in this modern resource race is Afghanistan, which in June announced the find of a \$1 trillion mineral bonanza.

PHOTOS: © DOUBLE VUE/P. PSAĬLA



Busted

Defibrillators, stents, artificial hips—medical devices that should save lives can maim or even kill. Why isn't the FDA protecting us?

BY SHANNON BROWNLEE AND JEANNE LENZER

The ambulance crew gave the hospital staff at Corpus Christi Medical Center a fast rundown. Dennis Fegan, 48, had passed out at his home about 30 minutes earlier. Luckily, his parents were visiting, and they called for an ambulance after he fell from a dining chair to the floor. Then Fegan woke up, just as suddenly as he had collapsed. Three minutes later, he passed out again for less than a minute; then he came to. By the time the medics arrived, Fegan's parents had watched their son lose and regain consciousness at least eight times.

When it works correctly, a defibrillator will rescue a misfiring heart.



Fegan, a former oil rig worker and firefighter, fell unconscious yet again in the ER. This time he was hooked up to a heart monitor, and the emergency staff could see clearly what was happening: His heart had stopped. Fegan was flatlining at three-minute intervals, for 30 seconds each time.

His doctors soon realized that Fegan's repeated bouts of near death and resurrection coincided precisely with brief electrical jolts coming from a small device that had been implanted under his collarbone six years earlier to control his severe epilepsy. The Vagus Nerve Stimulation, or VNS, device sends electrical impulses to the vagus nerve, which controls many crucial body functions. Fegan's neurologist raced to the ER to turn off the device—and Fegan's heart began beating normally again.

That was four years ago, and while Fegan's heart has been doing fine, he worries that the VNS device could be harming other patients. His concern may be justified. In the 13 years since the device has been on the market, the U.S. Food and Drug Administration (FDA) has received reports of more than 900 deaths among people implanted with it. It's impossible to know whether any of those deaths are due to the device; its manufacturer, Cyberonics, says studies show it's safe. Still, some of the life-threatening incidents reported to the FDA are eerily similar to what happened to Fegan. Even more disturbing, problems with medical devices extend far beyond any single gadget, says Dr.

William H. Maisel, MD, director of the Medical Device Safety Institute at Beth Israel Deaconess Medical Center, in Boston. Our system, say Dr. Maisel and other experts, doesn't adequately protect us from medical devices that can harm or kill.

Everyone is vulnerable. Though Fegan was being treated for the relatively rare condition of epilepsy, people have stumbled into disaster when they got a hip replacement, for instance, or had "better safe than sorry" treatment to prevent stroke, or asked for a fix for urinary incontinence. The FDA received more than 150,000 "adverse event reports" in 2007, and the true number of problems is almost certainly far higher. At one point, a government study found that less than 1 percent of device problems occurring in hospitals made their way into FDA files, and "the more serious the problem with a device, the less likely it was to be reported." Things have improved since then—but, experts say, not nearly enough.

How did we get to a point where we can't trust the equipment doctors use for—and in—our bodies? The FDA is both underfunded and too cozy with the device industry, say many critics, including some who work in the agency. In 2008 and 2009, a group of scientists and physicians wrote to members of Congress, charging that senior FDA officials had "ignored serious safety and effectiveness concerns of FDA experts" and had "ordered, intimidated, and coerced" them to change their decisions and approve

devices. But that's not the worst of it. In 2009, a study by Congress's Government Accountability Office found that the safety and efficacy of many of the riskiest devices on the market have never been proved. Says Diana Zuckerman, PhD, president of the National Research Center for Women & Families, a group that analyzes research on medical products, "The FDA's oversight of these products is broken."

This sorry situation might finally be about to change: Even the FDA itself now says it needs help, and Congress is expected to take up the matter soon. But don't breathe a sigh of relief yet. Previous efforts at reform have ended up going nowhere. What follows, then, is a call to action: why you should care about the obscure topic of device regulation, what needs to happen, and how you can make your opinion heard.

In March 2005, 21-year-old Joshua Oukrop was mountain biking with his girlfriend in Moab, Utah, when he complained of fatigue. Seconds later, he collapsed to the ground, dead. Oukrop had a genetic heart condition and had gotten a defibrillator to control it. But it short-circuited, and when his heart started to beat irregularly, the device failed to deliver

"We had one patient who got 55 shocks," says a cardiologist. "And a shock is a major event."

a shock. Oukrop's doctor says Guidant, the company that made the defibrillator, later told him that it had known of the defect for three years. Yet the company didn't alert physicians to the malfunction until May 2005, after the *New York Times* started investigating Oukrop's death.

No one expects the FDA to check the tendency of tongue depressors to warp or the seaworthiness of bedpans. But devices that

shock our hearts or perform other critical tasks—so-called Class III devices—are supposed to be tested to see that they're safe. A quirk in the law, though, allows many Class III devices to skate through. Call it the "me too" loophole: All a company has to do is claim its device is similar to another of its products that went through safety testing or that it's "substantially equivalent" to a device that's been on the market for years.

"It's so easy to go through that process," says Thomas McGarity, JD, a professor of law at the University of Texas at Austin. "Quite frankly, there's flat-out abuse." In fact, a Class III device is more likely to get a me-too approval than to go through more rigorous scrutiny. But not all those fast-tracked devices are truly similar to the older product—and sometimes

the difference is deadly.

Take the Sprint Fidelis, the subject of a 2007 recall. The Fidelis is a wire, called a lead, that was used for certain implantable heart defibrillators—it's the piece that transmits the electrical shock from the defibrillator to the heart. It was approved in 2004 after its manufacturer, Medtronic, said it was a simple modification of a lead that had gone through FDA review. But there was a crucial difference: The Sprint Fidelis was thinner, to help surgeons thread it through blood vessels. By December 2005, the company had already received 30 reports that the wire had fractured, leading some patients to receive unnecessary and painful shocks.

Medtronic didn't inform surgeons who might be using the device. But two Minneapolis cardiologists, Robert G. Hauser and Adrian K. Almquist, were tracking their patients' results in a database—and they noticed troubling problems. "We had one patient who got 55 shocks," says Dr. Hauser. "And a shock is a major event."

In February 2007, Drs. Hauser and Almquist confronted Medtronic executives with the pattern they'd seen. A month later, the company sent a warning letter to physicians.

By October, when Medtronic re-

A fix for a small problem left Lana Keeton sick and in pain. "Nobody should have to go through what I've had to," she says.

called the device, at least 13 people were dead, possibly because of the faulty lead or from surgery to remove it. More than 268,000 others faced a terrible choice: They could undergo a possibly fatal operation to have the wires removed, or take the risk that their defibrillator would fire unnecessarily or fail when their lives depended on it. (Medtronic has since instructed doctors on how to reprogram its

defibrillators to send an alert that the lead is having problems.)

"We believe we acted responsibly," says David Steinhaus, MD, medical director of Medtronic's cardiac rhythm division. "When it appeared to be an issue, we pulled the Sprint Fidelis from the marketplace, and we informed physicians the whole way."

Dr. Hauser takes a different view. "The Sprint Fidelis should never have been approved without human safety data," he says.

Lana Keeton lives in pain because of a different hole in the regulatory safety net. In 2001, she was scheduled for a hysterectomy because fibroids—benign tumors in her uterus—were causing bleeding and cramping. A few days before the surgery, she mentioned to her sur-

geon that she leaked a small amount of urine when she coughed or sneezed. No problem, the doctor said; he could fix that at the same time. To do so, he'd use a sling made out of synthetic mesh to support her bladder. What the doctor did not tell Keeton (and probably did not know himself) was that the mesh he planned to use had been approved thanks to its similarity to an older product, Boston Scientific's ProtoGen—which was recalled in 1999.

Synthetic surgical mesh is used in thousands of surgeries each year to patch holes in the abdominal wall during a hernia repair, for example, or prop up sagging organs like the uterus or bladder. But it turns out that something about mesh can make it a hospitable environment for germs. Three days after Keeton's operation, she was rushed to the hospital with a life-threatening infection known as necrotizing fasciitis—flesh-eating bacteria.

Keeton needed emergency surgery to cut away infected tissue. She spent 16 harrowing days in the hospital and was bed-bound for another three months. Then, after her wound had closed, the mesh began eroding through the wall of her bladder like a grater through cheese. "The pain was so bad that it woke me up even when I was on a morphine drip," says Keeton, who has had 16 surgeries and procedures to repair the damage. Unable to work and facing a mountain of medical bills, she lost her home and was forced to declare bankruptcy. "Nobody should have to

go through what I've had to," she says.

In 2008, the FDA issued an advisory: It had received more than 1,000 reports of infection, erosion, and other problems involving many brands of mesh. But the agency's action came years later than it should have, according to Diana Zuckerman. When ProtoGen mesh was recalled in 1999, Zuckerman says, the agency should have investigated all mesh products based on it, and doctors and patients should have been informed.

The consequences of the FDA's silence have been devastating. Published studies have reported problems that include bowel perforation, bleeding, and even death. Granted, those complications are rare. But, says Donald Ostergard, MD, past president of the American Urogynecologic Society, the FDA approval process for mesh "is inadequate to protect the public from what I consider to be a public health hazard."

Says Zuckerman, "You have all these women who started out with a relatively small problem with stress incontinence when they exercised or sneezed, and now they can't work, can't sit, can't have sex. When mesh goes bad, it's a disaster."

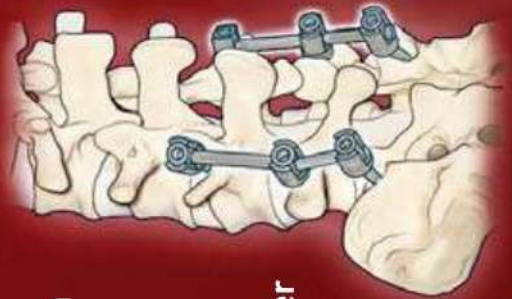
In an ideal world, manufacturers, hospitals, and doctors would quickly report any injury or death that might be linked to a device, and the FDA would act when it saw a worrisome pattern. But that's not how it works in the real world. Physicians frequently fail to let manufactur-

Take Extra Care

Any implanted device carries risks, but some are more prone to problems than others. The following are in wide use—and either the type of device or some brands within the category have been linked to particularly serious, even life-threatening, complications.

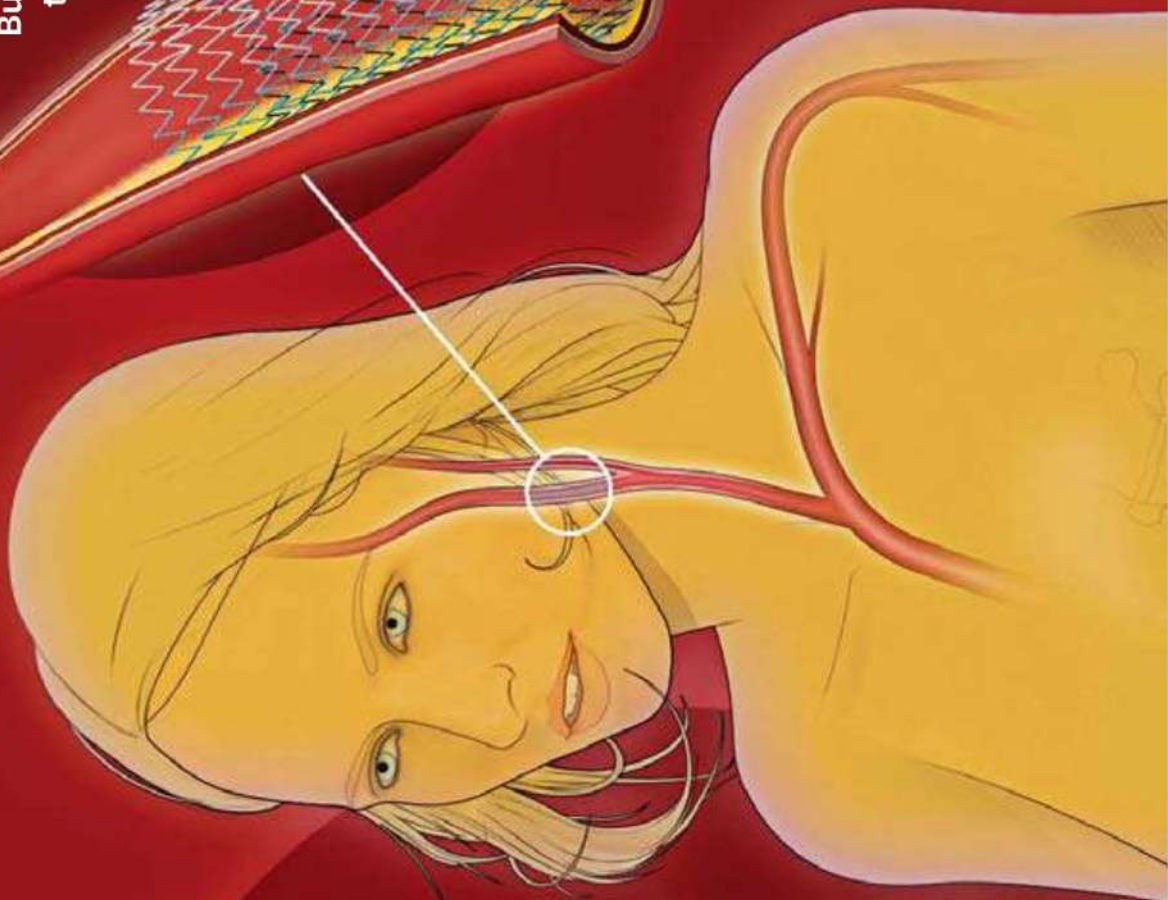
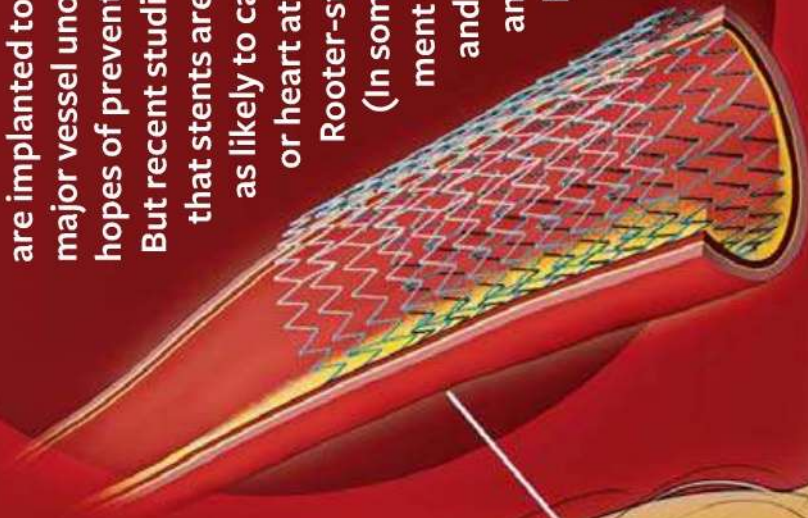
PEDICLE SCREWS

are used in spinal fusion surgery to stabilize the vertebrae. But studies comparing back surgery with and without pedicle screws found that patients who got the device were more likely than others to need more surgery, suffer more blood loss, and experience other complications.



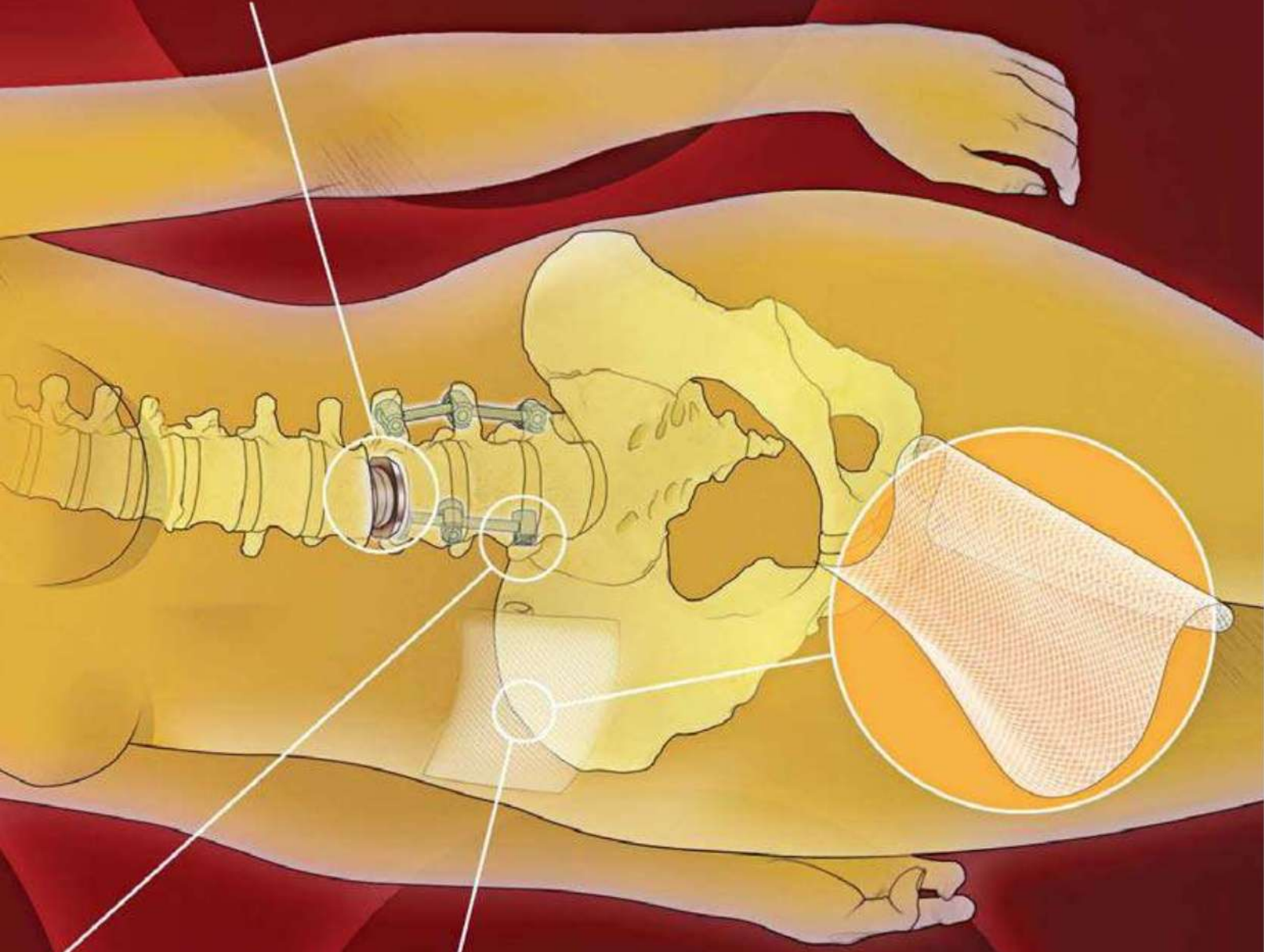
CAROTID ARTERY STENTS

are implanted to keep the neck's major vessel unobstructed, in hopes of preventing a stroke. But recent studies have shown that stents are roughly twice as likely to cause a stroke or heart attack as a Roto-Rooter-style surgery. (In some cases, treatment with drugs and changes in diet and behavior can be superior to either.)



ARTIFICIAL SPINAL DISKS

replace damaged or ruptured spinal disks between the vertebrae. But artificial disks can put enormous pressure on the spine, causing fractures in the vertebrae and leaving patients in pain.



SURGICAL MESH

is used to repair hernias and treat gynecological conditions such as urinary incontinence and prolapsed uterus. Though many people flourish with it, studies show that mesh can result in nerve damage, incontinence, bleeding, infection, and intestinal obstruction.

7 Stay-Safe Questions

Jeffrey C. Lerner, PhD, makes his living tracking the safety of medical procedures, drugs, and devices—he is president of the nonprofit ECRI Institute, which works with the World Health Organization and federal agencies to improve patient care. If you're considering a device, here are the questions he says you should ask.

- 1.** Are there nonsurgical ways to treat my condition?
- 2.** Have any cases of serious harm associated with this device been reported to the FDA?
- 3.** How many procedures have you performed using this device? (If it's only a handful, consider finding a more experienced surgeon, unless one will supervise your doctor.)
- 4.** How long has this device been in use? Like the latest cell phone, a new device may be a little buggy. If you have a choice, go with one that's been on the market for several years.
- 5.** What percentage of patients nationally have to go back into surgery to correct a problem with this device? What percentage of *your* patients each year have to go back into surgery to fix a problem with this device? (If your surgeon can't or won't answer, consider it a red flag.)
- 6.** If there's a problem with the device—or if it's recalled—how does the manufacturer notify you? How do you notify me?
- 7.** What are the danger signs that something is going wrong with my device?

ers know about problems. What's more, when a patient is harmed, the company gets to decide whether its product is responsible. Not our fault? Then no report necessary.

Reports also may not appear in the FDA database, known as MAUDE (for Manufacturer and User Facility Device Experience), until long after a disturbing incident. For example, the database included no manufacturer's report about Dennis Fegan's episode of cardiac arrest until last year, even though Cyberonics, the maker of the VNS device, says it faxed a report to

the FDA soon after it occurred. (In an internal document, Cyberonics suggests that a medicine Fegan was taking might have contributed to his heart problem. His medical records from the time of the attack, obtained by *Reader's Digest* with his permission, blame the device.)

Cyberonics says the VNS device is safe and effective, and in 2005, the FDA approved its use for another condition, treatment-resistant depression. That approval came over the strong objections of more than 20 FDA scientists and management staff.

Clearly, an overhaul is needed, say watchdog groups and government officials alike. But reform requires a balancing act, says Scott Gottlieb, MD, the deputy commissioner at the FDA until 2007: It's important that the new system continue to encourage innovation and allow manufacturers to quickly respond to feedback from surgeons. Tightening regulation too much could slow the pace of medical advances to a crawl.

But even Dr. Gottlieb agrees that the FDA needs a better system for tracking devices once they are on the market. Reform-minded experts have called for a national registry for the riskiest implantable devices. Just as every vehicle on the road bears an identification number, every device would have its own ID, perhaps in the form of a barcode; surgeons would register each device they implant, along with anonymous information about the patient. If the patient is harmed or dies, or needs more surgery to fix a problem caused by the device, the surgeon would be required to log that information into the registry too.

"If I get notified that my car or my child's car seat has a defect, why can't a person with a device implanted find out quickly and automatically when there's a problem?" says Dr. Maisel, of the Medical Device Safety Institute.

Short of a registry, experts want to:

- Require all cases in which a patient is seriously hurt by a Class III device

Speak Up!

E-mail or call Senator Chuck Grassley (R-IA), a longtime FDA gadfly, and urge him to support a mandatory registry for implanted devices.

to be reported to the FDA, not just those that the company decides are due to its product.

- Create an independent panel to routinely monitor the MAUDE database—and give the panel access to company data when there appears to be a problem with a device.

- Stop payments, often called kickbacks, from device makers to physicians and hospitals in exchange for using the company's device.

Some of these reforms may require legislation and will certainly take money. The Project on Government Oversight recommends doubling the FDA's current budget for device regulation by 2012. In the meantime, patients can protect themselves by questioning their doctors before consenting to being implanted with a device (see "7 Stay-Safe Questions," opposite).

For Dennis Fegan, changes like mandatory reporting and the appointment of an independent panel can't come soon enough. His brush with death has left him worried. "I can't help but wonder," he says. "How many patients with the VNS device went through the exact same thing I did and never lived to tell about it?" ■

The Reader's Digest Interview

Call **Wild** of the

Five decades after **Jane Goodall** began studying chimpanzees in Africa, the primatologist shares what animals can teach us about being human

BY EDWARD
KLEIN

Goodall in Kenya, whooping it up with an orphan chimp.





KRT/NEWS.COM

worldmags

This year, Jane Goodall, the world-famous primatologist who revolutionized our understanding of animal behavior, is celebrating the 50th anniversary of her pioneering research among the wild chimpanzees in what is today Tanzania's Gombe Stream National Park.

As the first human ever to be accepted among groups of chimpanzees, Goodall introduced us over the years to an unforgettable cast of animal characters—David Greybeard, Fifi, and Frodo—who displayed the humanlike emotions of joy, sorrow, affection, and resentment. Her research, chronicled in her 1971 book *In the Shadow of Man* (which has just been rereleased in paperback by Mariner Books), proved that the difference between humans and apes is one of degree, not of kind. Her lecture tours and TV specials have made her a familiar figure to millions of people around the world.

Goodall has recently focused her attention on the environment and animal welfare through the Jane Goodall Institute (JGI) and its popular global youth program, Roots & Shoots. She has been honored by the United Nations and been made a Dame of the British Empire, the female equivalent of knighthood. Her work with chimpanzees, according to the late evolutionary biologist Stephen Jay Gould, “represents one of the Western

world's great scientific achievements.”

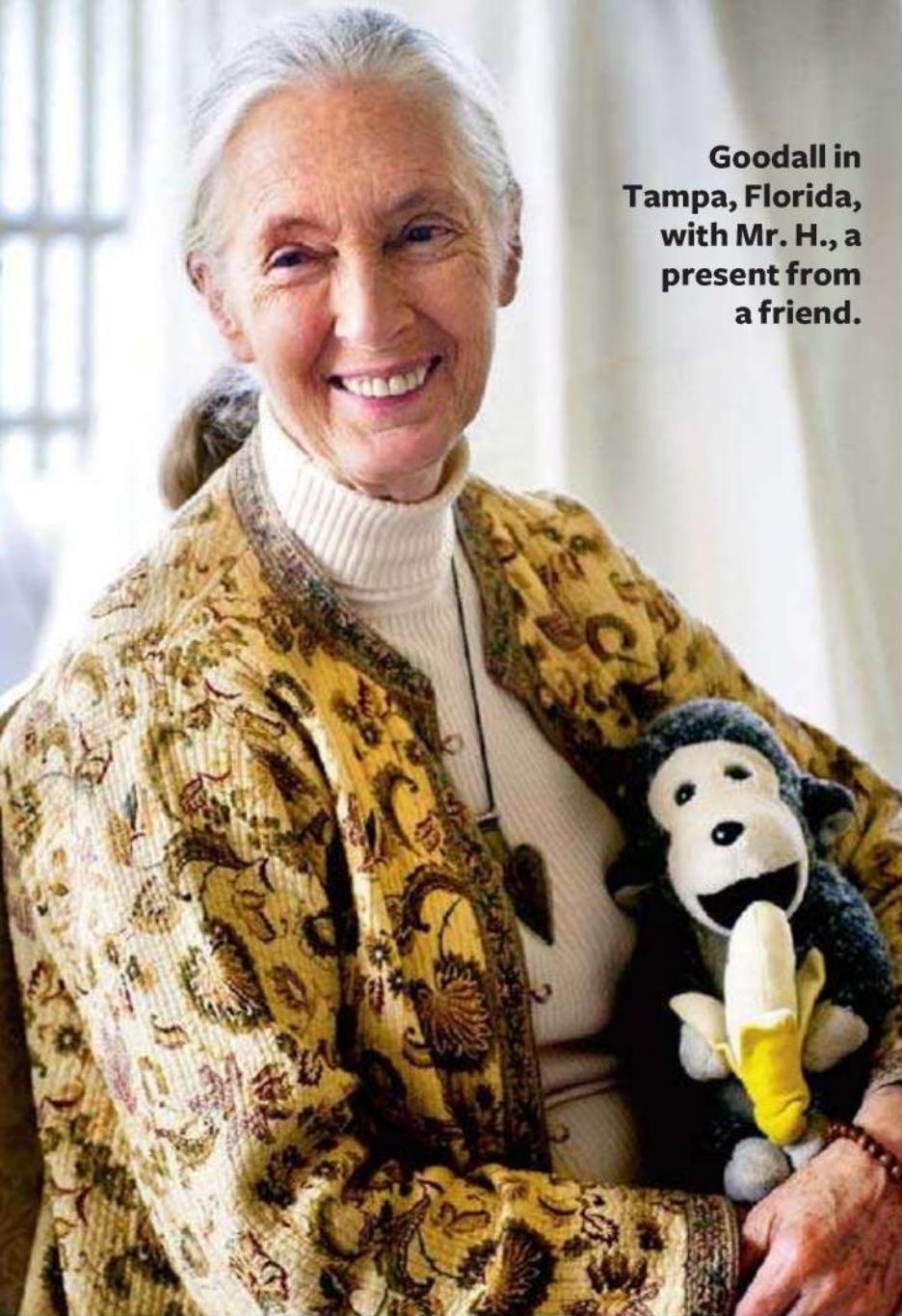
Goodall is now a 76-year-old grandmother, but time has done nothing to diminish her energy. She is on the road 300 days a year, lecturing to sold-out audiences and collecting material for her thought-provoking books, the latest of which, *Hope for Animals and Their World*, was published last year.

I met with Goodall in Boston, where she was on her way to speak at Harvard University. As I entered her hotel suite, I noticed a toy chimpanzee sitting on top of her open suitcase. She explained that the stuffed animal had been given to her by a colleague (to stand in for one that had been a gift from her father), and she still carries the toy chimp, named Mr. H., wherever she goes.

Reader's Digest: *How often do you get back to Gombe Stream National Park?*

“Our aggressive tendencies are probably inherited from an ancient primate species.”

Jane Goodall: Twice a year, though briefly. I go back only to recharge my spiritual batteries. I don't study the chimps anymore. However, I am recognized by the older ones. Fifi, who died four years ago, always used to know when I got back. It was spooky.



Goodall in Tampa, Florida, with Mr. H., a present from a friend.

chimpanzees have not. The Gombe research has taught us to respect not only chimps more but also other animals. It has also taught me that our aggressive tendencies have probably been inherited from an ancient primate some six million years ago. But we've also inherited love, compassion, and altruism—we find these qualities in chimpanzees as well. So if we believe in a common ancestor, both of these types of characteristics—the dark side of our nature and the noble side—we've probably brought them with us throughout our long evolutionary history. Some people say, therefore, that violence and war are inevitable. I say rubbish. Our brains are fully capable of controlling this type of instinctive behavior. And most of the time we do.

There is something out there that science can't explain.

RD: *Can you sum up what you have learned from 50 years of living among the wild chimpanzees?*

JG: A little humility. We humans are unique, but we're not as different as we used to think. Between chimps and humans, there is only about a 1 percent difference in DNA. Our biggest difference is our spoken language, which has enabled us to develop culturally in ways that

RD: *From your last book, it seems you are in favor of captive breeding of animals as a last resort to preserve endangered species. Many people charge that it doesn't help in the end, because the animals that are bred that way never acquire the necessary skills to survive in the wild.*

JG: First of all, I don't like captive breeding. Once you take chimps away from their mothers and put them in these isolation cages, even if they

hear each other across the corridor, they don't know how to be chimps. I hate seeing any animal forced to mate in captivity—[even] the California condor, one of the most endangered animals in America. But if we hadn't captive-bred some of these beings, they wouldn't be here. Some of these species that are barely hanging in there will come back. And the captive-bred animals are indeed surviving and breeding in the wild.

RD: *What do you think about the animal rights group PETA, which says that animals are not ours to eat, wear, experiment on, or use for entertainment?*

JG: I have been called a rabid antivivisectionist, even though I do not support some of PETA's more extreme actions. I think the time has come when extremist attitudes are no longer helpful, because they give a [bad] name to all people, like me, who are trying to be conservationists.

RD: *Well, critics would say that in your zeal to save endangered species—like snails and beetles—you are impeding progress and development.*

JG: The only answer one can give is that we are still learning about the interconnectedness of life. When you remove one piece of the ecosystem—like a bug—it may turn out to be a major food source for another creature. This may be of importance higher up the food chain. And if this

species also becomes extinct, well, eventually a whole ecosystem may collapse. We just don't know enough about how all the pieces fit together.

RD: *You're a vegetarian. But if we accept that some animals eat other animals, why shouldn't we humans do the same thing?*

JG: Because our intellect has developed so explosively that we are able to formulate a moral code. And if we understand we are inflicting suffering—as is the case with intensive or factory farming—on another sentient being, then we should think twice. Heavy meat eating is damaging to the environment and human health, and intensive farming is inflicting terrible

“Chimpanzees show grief and fear. They have a sense of humor and a sense of self.”

suffering on the animals and creating greenhouse gases, in the form of methane. If people must eat meat, it should be free-range and organic.

RD: *Are you saying that chimpanzees don't have a moral code?*

JG: I don't think they have a moral code the way we do. They have feelings but not a moral code. They understand to some extent that they are inflicting pain. But only we, I believe,



In Gombe Stream National Park in 1965 with an infant chimp.

are capable of evil, such as deliberate torture. Chimpanzees do not have the intellect to think this way. The anatomy of the chimpanzee and the human brain is almost the same, but ours is bigger. It is not surprising, then, that they have intellectual abilities once thought to be unique to ours. They understand abstract symbols, can generalize, can learn 400 or more signs of American Sign Language, plan for the immediate future, and use and make tools. They show emotions similar to those we call happiness and sadness, fear and despair, anger, and others. They show grief, and there are signs of clinical depression in infants who have lost their mothers. They have a sense of humor, a sense of self. At

some point during evolution, humans developed a sophisticated language that, I believe, triggered the explosive development of our intellect. We have a unique ability to discuss and share our feelings. And it is this ability that enables us to develop a moral code.

RD: *But our world is under assault from climate change, overpopulation, and environmental destruction. How do you sleep at night without having nightmares?*

JG: If you've done everything you can to put things right on that day, you get so tired that you have to sleep. There is so much positive. If you dwell just on the bad things, you become useless.

RD: *Is our planet better or worse off today than it was when you first began your work in 1960?*

JG: In most ways, it's worse off. The human population has soared, as has the damage to the ecosystem. We still face the loss of species and the threat from climate change. I think we have lost wisdom. We do not ask how decisions made today will affect generations to come but how they affect the bottom line. Perhaps there has been a separation between the clever brain and the heart—the seat of love and compassion.

RD: *Where do you stand on the controversy between Darwinism—the theory that man is descended from the apes—and creationism—that God created man?*

JG: How we got to be who we are and what we are today is of supreme unimportance compared with coming together to get out of the mess we have made of our world.

RD: *Do you believe in God?*

JG: I don't have any idea of who or what God is. But I do believe in some great spiritual power. I don't know what to call it. I feel it particularly when I'm out in nature. It's just something that's bigger and stronger than what I am or what anybody is. I feel it. And it's enough for me.

RD: *Who was the greatest influence in your life?*

JG: My mother, who was a very wise woman. She would say, "You were born into this family, and your grandfather was a Christian, so you grew up as a Christian. But you might have been born somewhere in the Middle East, and then you would talk about Allah. Or you might have been born in a Jewish family ... Or a Buddhist family ..." My mother always put things in perspective. She said there could be only one God, and what we call him depends on where we were brought up.

“We’ve lost wisdom. We do not ask how decisions will affect generations to come.”

RD: *You suffer from a rare neurological condition known as prosopagnosia, which is sometimes called face blindness because it impairs the recognition of human faces. Did you have the same problem in recognizing chimpanzees?*

JG: Yes. And that meant it took me a little longer to come to know the chimpanzees and connect their faces to their names.

RD: *And yet, even with this obstacle, you’ve become the most famous primatologist in the world. Have you ever wondered, Why me?*

JG: I think about it all the time. It

never ceases to amaze me. I think it has something to do with my ability to reach people. I was given certain gifts. I can stand up in front of an audience of 5,000 people and hold their rapt attention. I can write well. And I try to use these gifts to make a difference. And I have an important message ... When human know-how and the resilience of nature are combined with the resourcefulness of dedicated individuals, then desecrated landscapes can be given another chance—just as animals and plant species can be saved from extinction. Many young people write and tell me, “You taught me that because you made a difference, I can make a difference too.”

RD: *You have been a public figure for most of your career, alternating time in the jungle with time at the podium. Have there been any unforeseen benefits to that kind of double life?*

JG: You can’t imagine the number of men who have come up to me and said, “While you were in love with Tarzan, I was in love with you, Jane.”

RD: *One final question: Are you hopeful about the future?*

JG: Yes, but—and it’s a big but—only if we do our bit. Only if we realize that each one of us makes an impact on the planet every day. Each of us has an opportunity to make a difference. After all, if you don’t have hope, you stop trying.


BOY AND EGG

Every few minutes, he wants
to march the trail of flattened rye grass
back to the house of muttering
hens. He too could make
a bed in hay. Yesterday the egg so fresh
it felt hot in his hand and he pressed it
to his ear while the other children
laughed and ran with a ball, leaving him,
so little yet, too forgetful in games,
ready to cry if the ball brushed him,
riveted to the secret of birds
caught up inside his fist,
not ready to give it over
to the refrigerator
or the rest of the day.

Naomi Shihab Nye

FUEL (BOA EDITIONS, LTD. 1998)
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SAVING TRE



GRAVELY WOUNDED
IN AFGHANISTAN, THE YOUNG
SOLDIER FACED A SHORTENED LIFE
FULL OF TERRIBLE ILLNESS. HIS
ONLY HOPE WAS A TRANSPLANT—
THE FIRST OF ITS KIND.

BY TODD PITOCK



After an ambush and unprecedented surgery, Tre Porfirio is back on duty at his Ohio military base.



'm shot!" Tre Porfirio yelled. "I'm shot! Help!"

It had been an unremarkable November day at the command outpost in the mountains of southeast Afghanistan. Tre had spent it gathering wood, staying warm, and making sure the telecommunications systems were working.

He had heard footsteps coming up behind him but thought nothing of it—someone was always moving around, trying to get comfortable.

The outpost was crammed; there were about 74 Afghan army regulars and 24 Americans assigned to support them.

The Americans were clustered together on one side of the outpost; the Afghans were on the other. The hill-top base was fortified with gun turrets, concertina wire, and walls, but it was also surrounded by taller hills from which the enemy could watch their movements. Sleeping all in one place, Tre worried, made the Americans an obvious target for mortars, and one direct hit could take everyone out. So he'd found his own spot for his sleeping bag and settled in to watch *Twilight* on DVD.

Then, thinking of his upcoming shift, he got up to relieve himself before turning in for some sleep. Small stones crunched underfoot as he walked to the latrine.

When he heard someone behind him, he didn't even bother to turn around.

The shooter raised an M16 at point-blank range. The first bullet tore

through the lower left side of Tre's abdomen; the second ripped through the middle of his belly. A third went through his chest, just missing his lungs. The force of the bullets took him off his feet, but it was so sudden, he thought at first that he'd only twisted his ankle.

Then Tre saw the blood on the ground and smelled the undigested spaghetti he'd had for dinner spilling out of his burst stomach. He felt the gastrointestinal acids burning his skin. And he saw the Afghan army-issue boots as the shooter walked off.

I'm going to die, he thought.

He had promised his girlfriend this wouldn't happen. Tre had met Ahja Nock ten months earlier at a party at their base in Dayton, Ohio. Tired from a day of snowboarding, he'd planned to just make a quick stop at the gathering, and she'd been there only because her friend had dragged her out on a night she would have preferred to stay home. They played the game *Sorry*. When she and some

friends ganged up on him to keep him from winning, he messed up the board—a little obnoxious, Ahja thought, in an adorable kind of a way.

They spent the next day together, and the day after that. In fact, from the moment they met, they were almost never apart. But when the Army put in a request for an airman with expertise in telecommunications, Tre stepped up.

Two days after Tre left for training, Ahja found out she was pregnant. When Tre got the news, he thought Ahja was teasing him. Then he was thrilled. “I’ll be all right,” he told her.

Ahja believed him. She worried about him having to travel back and forth between outposts—convoys frequently drew fire—but a lot of men and women had returned from Afghanistan. Serving was part of being a soldier.

“They can shoot you,” she told him on the phone, joking, “as long as you come home.”

The offhand quip was how they communicated. She was a constant stream of energy, loved the outdoors, and was always game for an adventure. He was a six-foot-three practical joker who played computer games, watched wacky movies, and loved to make her laugh.

Although Ahja was strong and capable, Tre was committed to the idea of taking care of her—making sure she was okay and reassuring her that he was too. Once he was in Afghanistan, at the base near the border with Pakistan, he called or sent text messages every day.

And now he lay there, medics screaming instructions as they got him onto a flat surface to stanch the flow of blood and protect what they could of his shredded organs. “Tell Ahja I’m sorry,” he kept saying. “Tell her I love her. Tell her I’m sorry.”



Before the ambush, Tre weighed 170 pounds. Little more than three weeks later, he weighed 118.

Col. Craig Shriver, MD, chief of general surgery at Walter Reed Army Medical Center in

Washington, D.C., peered into Tre’s abdomen. He didn’t like what he saw. The bullets had come within millimeters of killing Tre on the spot. He’d had two operations in Afghanistan, where surgeons had removed parts of his stomach and pancreas; they’d also taken out half a yard of his large intestine and a foot of his small intestine. In Germany, he’d undergone a third operation to prevent infection.

Altogether, he'd been given at least 13 units of blood.

Now, three days after the shooting, it was Dr. Shriver's job to reconstruct Tre's intestines and other organs as best he could. But barely minutes into the surgery, he realized things wouldn't be that simple. What was left of Tre's pancreas was leaking digestive enzymes. Their job was to break down protein in the intestine, but now they were digesting the pancreas itself and eating away at blood vessels.

"The danger is that once the bleed-

Tre had his whole life ahead of him. He had been injured serving his country. He deserved a better result.

Standing there in the OR, Dr. Shriver thought he might—just possibly—be able to come up with one. He'd trained in treating pancreatic cancer early in his career, and he knew about something called an islet cell transplant. Islet cells are the pancreas's insulin producers, and it's possible to harvest them and infuse them into the liver. Effectively, the liver becomes a kind of surrogate pancreas while

continuing its normal duties. Though it's not a common procedure—donor pancreases are scarce—islet cell transplants have been used for years to treat people suffering from chronic pancreatitis.

Tre had his life ahead of him. He'd been injured serving his country. He deserved a better result.

ing starts in a major vessel, you can't stop it," Dr. Shriver said. "It would be catastrophic."

Leaving the pancreas in was no longer an option, but taking it out was a bleak alternative. The organ's primary function is to produce insulin and glucagon—the hormones that regulate blood sugar. People without a pancreas develop the most severe form of insulin-dependent diabetes, in which blood sugar levels swing wildly from coma-inducing lows to organ-damaging highs. People with the condition can go blind or require amputation. They can wind up in heart failure or with brain damage. They can wind up dead.

But it had never been tried with a patient in the midst of a traumatic crisis. Dr. Shriver would have to use Tre's own cells, since the wait for a donor pancreas averages more than two years. The upside was that Tre wouldn't need powerful, immunosuppressive drugs for the rest of his life. The downside: There was no way to be sure that his badly damaged pancreas still contained enough islet cells to do the job or if, after all the trauma, they'd even be usable.

And there were other hurdles. Tre was too unstable to be moved, and Walter Reed wasn't geared up to handle an islet cell transplant. Dr. Shriver and his colleagues would have to re-

move the organ and ship it to a center with the necessary equipment and specialists, then get the cells back for the transplant—all before Tre's condition deteriorated. On top of that, it was Thanksgiving eve, and people had scattered for the long weekend.

Dr. Shriver's colleague Rahul Jindal, MD, a senior transplant surgeon at Walter Reed, grabbed a phone and began dialing for doctors.

Camillo Ricordi, MD, head of the Diabetes Research Institute at the University of Miami Miller School of Medicine, had pioneered the islet cell transplantation procedure back in 1986. He'd spent the past two decades refining it. When Dr. Jindal reached him, Dr. Ricordi was getting ready to leave for the weekend. "I've got a wounded soldier," Dr. Jindal said.

Dr. Ricordi put his briefcase down and called in his team. They'd be working on Thanksgiving.

As Tre lay sedated in an operating room at Walter Reed, a courier carried a cooler onto a plane. Tre's pancreas was inside it.

Dr. Ricordi and his colleagues got it at 11 p.m. and went to work. They put the pancreas into a device—called a Ricordi Chamber, after its inventor—that uses enzymes and heat to break the organ down, freeing the islet cells. Then they spun the cells in a centrifuge and washed them. By 5 a.m., Tre's fate hung in a funnel-shaped bag full of something vaguely resembling pink lemonade. Most successful transplants have required about a mil-

lion islet cells, about two pancreases' worth; sometimes even that doesn't do the job. Dr. Ricordi's crew had managed to collect 220,000 of Tre's islet cells. Dr. Ricordi didn't know if that would be enough to help, but he figured it was better than nothing.

Back at Walter Reed, Drs. Jindal and Shriver prepared for what should have been a relatively straightforward final step: infusing the cells into the liver by way of the portal vein, the major blood vessel feeding the organ. In this case, they knew it wouldn't be easy—the portal vein had already been partly dissolved by the pancreas's caustic enzymes. But with Dr. Ricordi talking them through the procedure over the Internet, they managed to make it work.

Now they could only wait.

For the next two weeks, Ahja and Tre's father, Karl, stayed by Tre's side as he lay heavily sedated. Karl had been the one to get the notification that his son had been shot. A single father of five, Karl was an involved dad, and he and Ahja spoke often enough that when he called, she hadn't thought to worry. After hearing the devastating news, she took a warm bath, then sat in her car for a couple of hours, trying to calm down and protect her unborn baby from what she was feeling.

She and Karl flew to Walter Reed, where they kept vigil during the ten hours of the transplant. That night, Ahja went to a hotel but couldn't sleep, and after that, she just stayed in the



Doctors let Tre out of the hospital early so he could be present for his son's birth.

up. He'd never realized how often he needed his abdominal muscles. It hurt to sneeze. It hurt to laugh. But by day 20 after the transplant, Tre was eating regular food. On day 26, tests showed that his insulin production was normal.

It was the best result anyone could have hoped for, and Dr. Shriver knew the success would be important for many others. Now doctors had an option for anyone who'd injured his pancreas—in an accident, for instance—and couldn't wait for a donor organ. Indeed, Tre's recovery held out the hope that someday a simple injection of key cells could be a routine alternative to transplanting

hospital, waiting for Tre to wake up. She was holding his hand when he opened his eyes.

"Tre," Karl said, "do you know what happened?"

Tre needed a moment to realize he wasn't dreaming. "That bastard shot me," he said. "He didn't even wait until I turned around so he'd have to see my face."

Tre's skin was yellow and swollen; drips carried fluids into his system, and drains carried others out. He had gone from strapping to skeletal.

It took weeks before he could sit

an entire organ. And the fact that so few islet cells had been required suggested that eventually a single donor pancreas might be able to transform the lives of more than one recipient.

For Tre, there were days when everything hurt, when walking just a few steps was enough to exhaust him. But Ahja, her belly getting big now, was there with him, and that helped pass the time. And despite profound fatigue and intense pain, he could also feel his strength increasing. "I'm going to walk out of here on my own two feet," he said.

One day, as Tre convalesced, Ahja looked up from what she was doing to see him grab his throat with both hands. His already large eyes looked even bigger because he was so emaciated, and now they seemed to bulge out of his skull as if he were choking.

“Tre, what is it?” she cried, leaping out of her chair. “Are you okay?”

“Yeah,” he said. “I was just kidding.”

He had recovered his sense of humor.



In February, Tre, still gaunt, went home to Dayton. There would be more surgeries ahead—more than a dozen by the time the doctors were through. But he was on the mend, and there were other matters to attend to.

He and Ahja were nesting temporarily in a two-bedroom apartment while they built a new house near the

Air Force base. Tre passed the time playing video games and speaking to school groups about his experience in Afghanistan. His job now was to get strong again.

Then, on March 15 at 9 a.m., just short of four months since three bullets came within millimeters of killing

t hurt to sneeze. It hurt to laugh. But he was getting stronger. “I’m going to walk out of here,” he said.

Airman Porfirio, he and Ahja got in their car and drove to the now familiar hospital on the base.

The patient was Ahja, and the doctors weren’t concerned with saving a life but about bringing a new one—Landon Marcello Porfirio, 8 pounds 11 ounces, almost 20 inches long—into the world.

OBSERVE AND REPORT

Ruminations.com asks its users to reflect upon everyday life. Here’s what they spend their time pondering:

No matter how old I get, I’m pretty sure I will expect my parents to pay for me if we go out to eat.

My GPS says “Estimated Arrival Time.” I see “Time to Beat.”

Nothing sucks more than the moment during an argument when you realize you’re wrong.

I wonder if somewhere in Africa there’s a zoo with a main exhibit titled “Raccoons!”

How to Sound Smarter

The Reader's Digest Version of all those confusing words and seemingly random rules you missed in English class.

Plus: *your* biggest pet peeves.

BY MELISSA DEMEO AND PAUL SILVERMAN

You never mean: Could care less

You always mean: Couldn't care less

Why: You want to say you care so little already that you couldn't possibly care any less. When the Boston Celtics' Ray Allen said, "God could care less whether I can shoot a jump shot," we know he meant exactly the opposite because 1) God has other things on his mind, and 2) God is a Knicks fan.

You might say: Mano a mano

You might mean: Man-to-man

Why: You don't speak Spanish by adding vowels to the end of English words, as a columnist describing

father-teenage son relationships seemed to think when he wrote, "Don't expect long, *mano a mano* talks." *Mano a mano* (literally, "hand to hand") originated with bullfighting and usually refers to a knock-down, drag-out direct confrontation.

You might say: Less

You might mean: Fewer

Why: In general, use *fewer* when you're specifying a number of countable things ("200 words or fewer"); reserve *less* for a mass ("less than half"). So when you're composing a tweet, do it in 140 characters or fewer, not less.

You never mean: Hone in

You always mean: Home in

Why: Like homing pigeons, we can be single-minded about finding our way to a point: “Scientists are homing in on the causes of cancer.” *Hone* means “to sharpen”: “The rookie spent the last three seasons honing his skills in the minor leagues.” But it’s easy to mishear *m*’s and *n*’s, which is probably what happened to the Virginia senator who said, “We’ve got to hone in on cost containment.” If you’re unsure, say “zero in” instead.

You might say: Bring

You might mean: Take

Why: The choice depends on your point of view. Use *bring* when you

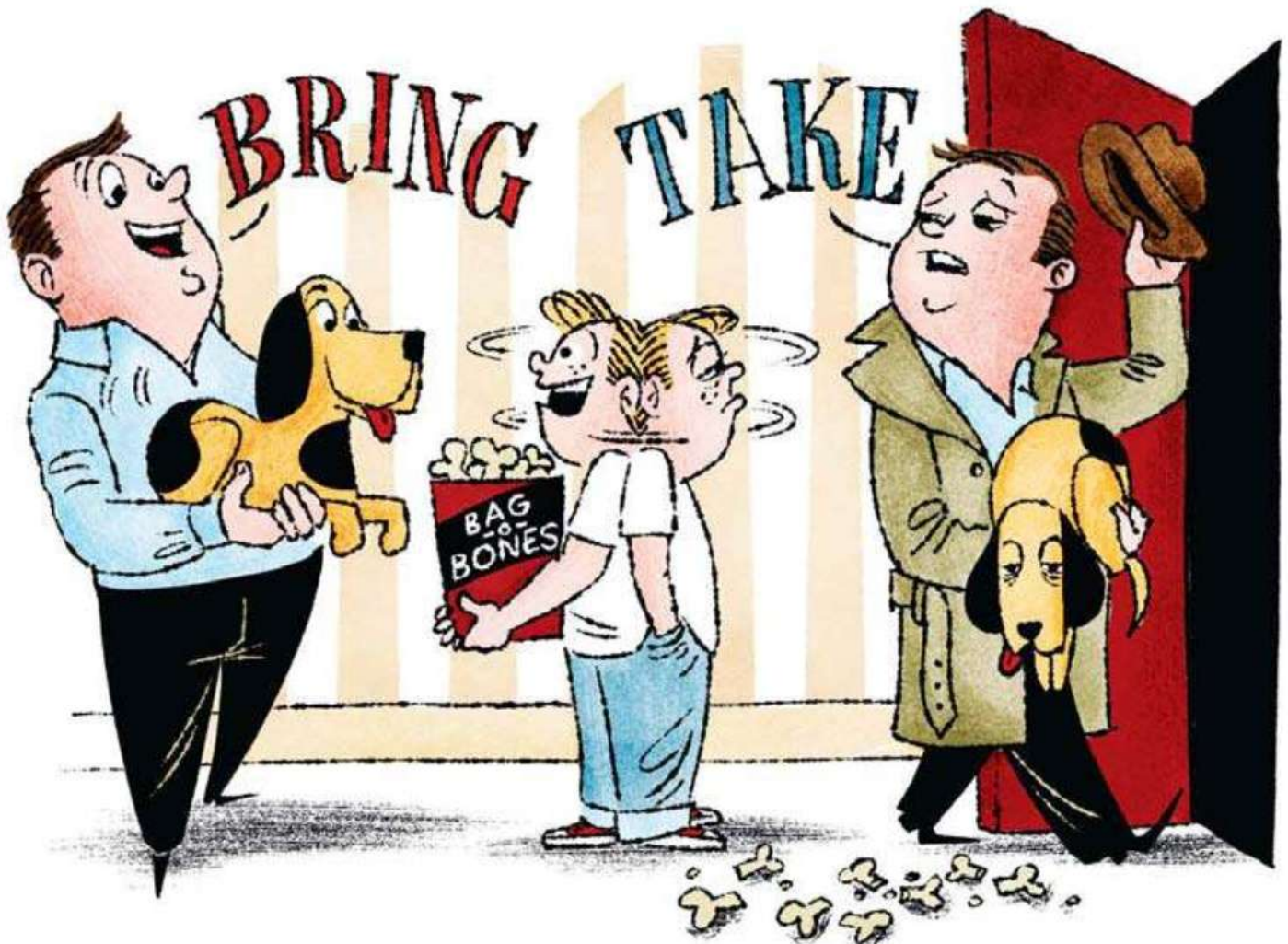
SMART READER TIP

Irregardless

It’s redundant. The prefix *ir-* is negative, as is the suffix *-less*. Use *regardless*.

Herb Williams
Edison, New Jersey

want to show motion toward you (“Bring the dog treats over here, please”). Use *take* to show motion in the opposite direction (“I have to take Rufus to the vet”). The rule gets confusing when the movement has nothing to do with you. In those cases, you can use either verb,



SMART READER TIP

When comparing something or someone to yourself, use **I** rather than **me**: “It’s taller than I [am].” The word *am* is implied, making *me* incorrect.

Miriam Noonan
Troy, Ohio

depending on the context: “The assistant brought the shot to the vet” (the vet’s point of view); “the assistant took the shot to the doctor” (the assistant’s).

You might say: Who

You might mean: Whom

Why: It all depends. Do you need a subject or an object? A subject (*who*) is the actor of the sentence: “Who left the roller skates on the sidewalk?” An object (*whom*) is the acted-upon: “Whom are you calling?” Parents, hit the Mute button when Dora the Explorer shouts, “Who do we ask for help when we don’t know which way to go?”

You almost never mean:

Brother-in-laws, runner-ups, hole in ones, etc.

You almost always mean:

Brothers-in-law, runners-up, holes in one, etc.

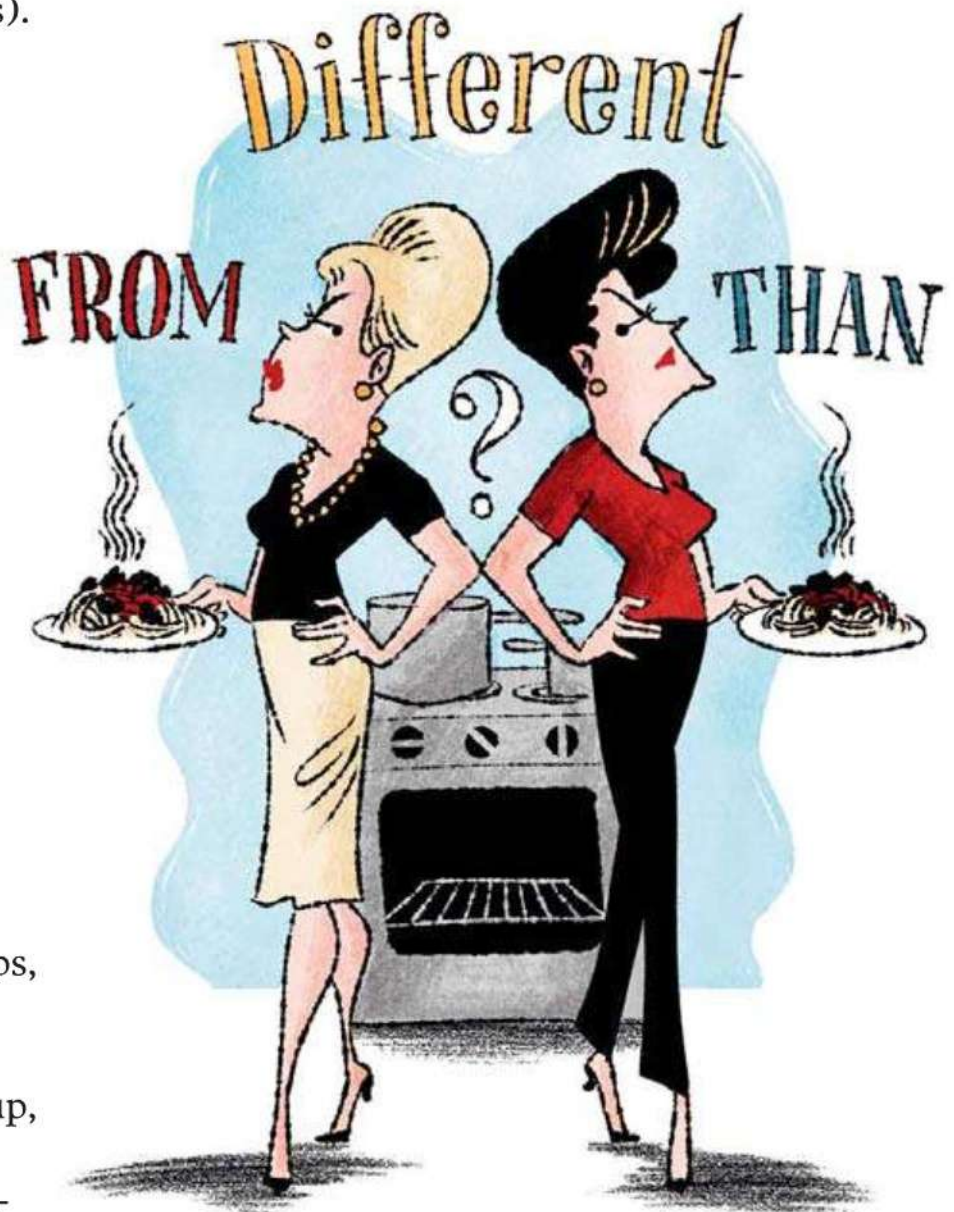
Why: Plurals of these compound nouns are formed

by adding an *s* to the thing there’s more than one of (brothers, not laws). Some exceptions: words ending in *ful* (*mouthfuls*) and phrases like *cul-de-sacs*.

You almost never mean: Try and

You almost always mean: Try to

Why: Try and try again, yes, but if you’re planning to do something, use the infinitive form: “I’m going to try to run a marathon.” Comment-



ing on an online story about breakups, one woman wrote, “A guy I dated used to try and impress me with the choice of books he was reading.” It’s no surprise that the relationship didn’t last.

You almost never mean:

Different than

You almost always mean:

Different from

Why: This isn’t the biggest offense, but if you can easily substitute *from* for *than* (My mother’s tomato sauce is different *from* my mother-in-law’s), do it. Use *than* for comparisons: My mother’s tomato sauce is better *than* my mother-in-law’s.

You almost never mean:

Beg the question

You almost always mean:

Raise the question

Why: Correctly used, “begging the question” is like making a circular argument (I don’t like you because you’re so unlikable). But unless you’re a philosophy professor, you shouldn’t ever need this phrase. Stick to “raise the question.”

Confusing Pairs

leery, wary suspicious	weary tired
farther for physical distance	further for metaphorical distance or time
principle rule	principal of your school
compliment nice thing to say	complement match
continual ongoing but intermittent	continuous without interruption
stationary stands still	stationery paper
imply to suggest a meaning	infer to draw meaning <i>from</i> something
affect typically a verb, meaning “to act upon or cause an effect”; as a noun, it’s “an emotional response”	effect typically a noun, meaning “something produced,” like a special effect; as a verb, “to bring about,” as in “to effect change”

SMART READER TIP

“Past history” drives me bonkers. All history is past. And **“consensus of opinion.”**

Why not just *consensus*?

Jim Gillis

Newport, Rhode Island

Dangle Carrots, Not Modifiers

Some words and phrases go together like Fred and Ginger; others would get kicked off *Dancing with the Stars*. Here's a sentence that forces two clauses awkwardly together: *Climbing over the fence, my cell phone rang*. Set up this way, the sentence means that the cell phone is climbing over the fence. The more likely reading is "Climbing over the fence, I heard my cell phone ring." Be aware of your present participles (*-ing* words): The word or phrase that immediately follows should be the one performing the action.

Also take care where you put modifiers such as *only*, *also*, and *even*—poor placement can cause a conversational faux pas. A spouse accused of infidelity might protest, "I only love you." That shouldn't bring the same sense of relief as "I love only you."

SMART READER TIP

Impactful

Avoid it: It shouldn't be in the dictionary. I'm not sure how this came into vogue, but it sounds uneducated to me.

Sandy Robertson
Rhineland, Wisconsin

You might say: More than

You can also say: Over

Why: The two are interchangeable when the sense is "Over 6,000 hats were sold." We like grammarian Bryan Garner's take on it: "The charge that *over* is inferior to *more than* is a baseless crotchet."

You almost never mean: Supposably

You almost always mean: Supposedly

Why: *Supposably* is, in fact, a word—it means "conceivably"—but not the one you want if you're trying to say "it's assumed," and certainly not the one you want if you're on a first date with an English major or a job interview with an English speaker.

You might say: All of

You probably mean: All

Why: Drop the *of* whenever you can, as Julia Roberts recently did, correctly: "Every little moment is amazing if you let yourself access it. I learn that all the time from my kids." But you need *all of* before a pronoun ("all of them") and before a possessive noun ("all of Julia's kids").

You might say: That

You might mean: Which

Why: "The money that is on the table is for you" is different from "the money, which is on the table, is for you." *That* pinpoints the subject: The money that is on the table is yours; the money in my pocket is mine. *Which* introduces an aside, a

bit of extra information. If you remove “which is on the table,” you won’t change the meaning: The money is for you (oh, and unless you don’t want it, it’s on the table). If the clause is necessary to your meaning, use *that*; if it could safely be omitted, say *which*.

You never mean: Outside of

You always mean: Outside

Why: These two prepositions weren’t meant for each other. Perfectly acceptable: “Wearing a cheese-head hat outside Wisconsin will likely earn you some stares and glares (unless you’re surrounded by Green Bay Packers fans, that is).”

You might say: Each other

You might mean: One another

Why: Tradition says that *each other* should be used with two people or things, and *one another* with

SMART READER TIP

A favorite of politicians seems to be
“at this point in time.”
 This is redundant, as *point* and *time* are the same.

David Irons

Waterford, Connecticut

more than two, and careful speakers should follow suit: “The three presenters argued with one another over who should announce the award, but Ann and Barbara gave each other flowers after the ceremony.” (By the way, if you need the possessive form of either one when writing that business letter, it’s always *each other’s* and *one another’s*; never end with s’.)

For more edifying language lessons, see Word Power, page 175.

THE LITTLE DEARS

I watched as a young girl was making faces at her sister in the park.

“You know,” her mother told her, “when I was little, your grandmother said that if I made faces and the wind shifted, I could stay like that.”

The girl looked at her for a moment, then said, “Well, you can’t say you weren’t warned.”

Elsbeth McVie

When my three-year-old brother threatened to drop a spider on our grandmother, she pleaded, “Don’t. That would scare me to death.”

“That’s okay,” he said. “I have another grandma.”

Leah Vonk





Oil Spill

In the aftermath of the Deepwater from a New Orleans native, plus an



Water

**Horizon disaster, a personal reflection
ecological forecast beyond the spill**

CHRISTOPHER MORRIS/VII

Five years after Katrina, memories and dread

BY JASON BERRY
FROM POLITICSDAILY.COM

The great media machinery has descended on Louisiana's serrated Gulf of Mexico coastline, the wetlands scarred by 10,000 navigational canals cut by the oil companies over many years. All that gouging of saw grass and abundant vegetation helps in the disappearance of a marsh plot the size of a football field every hour. Flash back to August 29, 2005: Hurricane Katrina's winds pushed rolling sheets of water into a huge funnel that surged across those soggy flatlands like a sluiceway into the holy city where jazz began, 80 percent of which went underwater within days. Average flood level: ten feet in some neighborhoods.

You saw the people on the rooftops begging for help.

In grade school, back in the Eisen-

Jason Berry is coauthor of *Up from the Cradle of Jazz: New Orleans Music Since World War II*. He filed this piece on May 4, 2010.

hower days, we were taught that the Gulf of Mexico was 90 miles south of the city. In 2007 the New Orleans *Times-Picayune* reported that if the erosion is not halted, the swallowed wetlands will likely advance the Gulf of Mexico to about 35 miles south of the city in roughly 15 years.

If that scenario is inexorable, a Category 3 storm similar to Hurricane Katrina might well drown the city, period. But the butchered coast is not today's story. The oil slick from Deepwater Horizon—British Petroleum's blown-out oil rig deep in the Gulf—is spreading a thick black sheen toward the wetlands, filling our days with a sense of déjà vu, twinning the after-traumas of Katrina with nightmare prospects of times to come.

As BP began drilling a relief well in May, in homes and businesses and crowded restaurants, amid the happy bustle of the Jazz and Heritage Festival,

**KILLING TIME****Shrimper Long**

T. Nguyen waits on his boat in Venice, Louisiana. Nguyen couldn't go out to sea because of restrictions caused by the oil spill. In May he was hoping for a call from BP to help with the cleanup.

people watched television coverage with a palpable sadness for the fates of those who harvest the Gulf waters.

The Louisiana coast produces almost a third of the domestic seafood Americans consume each year. The oil is heading into the fertile waters of shrimp, oysters, and various fisheries. As dark showers rolled across the southern parishes and out into the Gulf, the oil spill meandered, widening like an inkblot. The speculation all summer was whether the commercial fishing industry would end up with nothing and how long it would last. Just this year? Next year? Three years?

Lawsuits taking shape to compensate the fishing industry have not stopped many of those with boats to jump into temporary work for BP, using the decks that usually teem with shrimp and crabs to transport thick boom-line coils, and then unfurling them into the water to keep the lethal

oil slick from spreading. Few people believe their valiant efforts will stave off the deepening catastrophe.

How many years will pass before the contamination is remedied? How long will the loss of marine life affect the economy? What is the impact of long-term pollutants? Such are the questions that course through our days.

In a city renowned for its cuisine, the blanket of petroleum poison will hit hard. Early in the summer, shrimp and oysters were still available, but everyone knows that the government bans on harvesting the poisoned waters will soon force wholesale distributors and restaurateurs to pay import costs, which will be passed along to diners and consumers. That is a fact of market economics. What is harder to grasp is the gargantuan size of the oil slick, which dwarfs the dimensions of the *Exxon Valdez* spill in Alaska a generation ago.

**IN MEMORY OF A
WAY OF LIFE**
**Honoring culinary
victims of the oil
spill in Grand Isle,
Louisiana, fisherman
Patrick Shay and his
neighbors wanted to
commemorate “all
that is lost, courtesy
of BP and our federal
government.”**



An upward revision of the leakage estimates put the flow rate at nearly two million gallons per day, according to Bob Thomas of the Center for Environmental Communication, at Loyola University New Orleans. When Bob Thomas puts out a statement like that, the smart money listens. Blessed with a calm, orderly mind, at ease with facts, Thomas is equal parts environmentalist and moderate Republican, neither a basher of industry nor an enemy of capitalism. In a May 4 op-ed for the *Times-Picayune*, he articulated the dread that many people here have felt:

“Some threats are obvious: oiling of tens of thousands of nesting birds on our barrier islands, contamination of a higher number of transient migratory birds arriving from the south, killing of oyster reefs ...

“Some impacts are not so obvious. If coastal marshes are destroyed, the organic material they produce and release into estuaries that feed the

bottom of the food chain disappears. We have no idea what will happen to plankton that floats below the oil in estuaries and at sea. Plankton will be stressed by the absence of organics from the marsh, and they may be directly killed by contact with oil.”

The scene of an oil-drenched bird—alive, confused—on a TV news show drove home a subtler theme of the vulnerability ordinary people feel when catastrophic events overtake their days. The shared angst of 9/11 has long since passed, but we all remember where we were when we first saw jet planes smashing into the skyscrapers on a TV screen. The oil spill is different. It is not universal; it’s one of those horrible moments that make disaster voyeurs out of most of the nation, as people peer into another pool of civilization besieged, out there, somewhere—but not my where.

To veterans of Katrina, a familiarity sets in, a rewinding of the mental

To veterans of Katrina, a familiarity sets in, a rewinding of the mental track, remembering what it was like to flee the city, watching the town you loved transmogrify into a disaster byline for newsmen.

track, remembering what it was like to flee the city, watching the town you loved transmogrify into a disaster byline for Anderson Cooper, Brian Williams, *New Yorker* essayists, and the army of reporters who descended on smashed streets to capture the breakage of a city, shards of life, your town, the place that was. In the nomadic existence of motels or the homes of friends or strangers, across five weeks of fretful waiting for the waters to drain from a landmass seven times the size of Manhattan Island, one learned anew the meaning of citizenship, of community, hands across the table.

New Orleans has achieved a partial recovery. Miles of fractured streets still await repair; although almost a quarter of the pre-storm population of 455,000 has not returned, thousands of homes have been repaired, and a sense of starting over surged

when the Saints won the Super Bowl. And Mitch Landrieu, who was elected mayor by a huge margin in February, was inaugurated Monday, May 3, 2010. "The first step is to declare that we are no longer recovering, we are no longer rebuilding," he said. "Now we are creating."

The mayor's image of resilient optimism, like water for the thirsty masses, competed on the TV news with a bird drenched by oil, an image worth a thousand fears. Creating or rebuilding is what people do when they pick themselves back up. Down the Mississippi and out in the near precincts of the Gulf, as the fishermen on their boats tossed boom-lines into the muck on the water, dark skies carrying rain and wind kept the slick at bay.

"Impacts not so obvious" lie in wait, the ache of a story to continue, so near to us, so far from you.

The Gulf will survive, but it will never be the same

BY JOEL ACHENBACH AND DAVID BROWN

FROM *THE WASHINGTON POST*

Snorkeling along a coral reef near Veracruz, Mexico, in 2002, Texas A&M biologist Wes Tunnell spotted what looked like a ledge of rock covered in sand, shells, algae, and hermit crabs. He stabbed it with his diving knife. His blade pulled up gunk.

“Sure enough, it was tar from the Ixtoc spill,” Tunnell said.

Twenty-three years earlier, in 1979, an oil well named Ixtoc I had a blowout in 150 feet of water in the southern Gulf of Mexico. The Mexican national oil company PEMEX tried to kill the well with drilling mud and then with steel and lead balls dropped into the well bore. When that failed, it tried to contain the oil with a cap nicknamed the Sombrero. Finally, after 290 days, a relief well was used to

plug the hole, and the spill came to an end—but only after polluting the Gulf with some 140 million gallons of crude.

That stood as the worst accidental oil spill in history—until the Deepwater Horizon blowout surpassed it.

Ecosystems can survive and eventually recover from very large oil spills, even ones that are Ixtoc-sized. In most spills, the volatile compounds evaporate. The sun breaks down others. Some compounds are dissolved in water. Microbes consume the simpler hydrocarbons—and the warmer it is, the more they eat. The Gulf spill has climate in its favor. Scientists agree: Horrible as the spill may be, it’s not going to turn the Gulf of Mexico into another Dead Sea.

But neither is this ecological crisis going to be over anytime soon. The ripple effects will extend far into the

Joel Achenbach and David Brown are staff writers for *The Washington Post*.



AN AMERICAN TRAGEDY

The immediate effect of the oil spill was seen on these Gulf Coast pelicans waiting their turn to be cleaned at the Fort Jackson Bird Rehabilitation Center near Venice, Louisiana, in June.

future, scientists warn—“for years if not decades,” said Doug Inkley, senior scientist at the National Wildlife Federation.

Some of the immediate effects of a spill are obvious—witness the gut-wrenching images of soaked and suffocating seabirds. But some types of ecological damage are hard to measure and can take years to document. Many of the creatures that die will sink to the bottom, making mortality estimates difficult. The extent of damage to the reproduction rate of sea turtles may take years to play out.

The *Exxon Valdez* spill of 10.9 million gallons killed as many as 700,000 seabirds and 5,000 sea otters initially, but even 21 years later, populations of sea otters in areas of Prince William Sound haven't recovered. The Pacific herring population collapsed after the spill for reasons that remain

in dispute among scientists. Two intensely studied pods of killer whales in the sound suffered heavy losses in the spill and have struggled since. One of the two pods has no more reproductive females. It is doomed to extinction.

And the oil?

“It's still sitting there,” said Stan Rice, program manager for habitat studies at the National Oceanic and Atmospheric Administration's Auke Bay Fisheries Lab. “It's still liquid; you can smell it and touch it.”

The degradation rate of oil slows over the years. The microbes move on, as the large and complex compounds that remain, known as the asphaltenes, are too hard to digest. What's left tends to be dense, tarlike, largely inert, and attractive only to people who like to pave roads.

By 2003, there were still 21,000 gal-

BLUE BAYOU
BP workers remove oil from the beach at Grand Isle State Park in Grand Isle Louisiana, some 60 miles from the site of the leak. A popular summer spot for fishermen, Grand Isle was nearly deserted in June.



lons of oil in Prince William Sound, Rice reports. The oil can be found by someone scraping three to six inches below the surface of the beach. Rice writes that an oil spill will be “over” when the oil itself is gone, the litigation has been settled, and there are no continued negative effects in the environment.

“The *Exxon Valdez* spill does not meet any of these three criteria,” he wrote.

Since 1970, there have been more than 1,700 spills from tankers and barges in which at least 2,100 gallons of oil were discharged into water. Scientists have been monitoring the effects of some of them for decades, including a 189,000-gallon spill that occurred off Cape Cod in September 1969.

Five years after that spill, fiddler crabs in the oiled marsh were sluggish and reproduced poorly. In many

cases, they dug burrows too shallow to protect themselves over the winter.

Astonishingly, many of those problems remained 38 years later, when a doctoral student, Jennifer Culbertson, surveyed the marsh. She found that the fiddler crabs reacted slowly to startling motions, apparently the result of a narcotic effect of oil that still formed a visible layer four inches below the marsh surface. When the crabs burrowed down and hit the layer of 38-year-old oil, they veered horizontally.

“The marsh is still waging chemical warfare several inches below the surface,” said Christopher M. Reddy, of the Woods Hole Oceanographic Institution in Massachusetts, who helped supervise Culbertson’s research.

Beaches get scrubbed by waves and storms, but marshes can develop tar mats lasting decades, Tunnell said. He said the beaches are a three on a

The *Exxon Valdez* oil spill killed some 700,000 seabirds and 5,000 sea otters. Now, 21 years later, the sea otter population has yet to recover.

scale of one to ten in terms of sensitivity to oil spills, but the marshes are a ten. Attempts to clean a marsh will backfire. After the huge *Amoco Cadiz* spill of 68 million gallons off Brittany, France, in 1978, French authorities scraped the top off the oiled marshes. It was a mistake: Most never came back.

One scientist who has studied oil spills in Louisiana marshes said that these wetlands are generally able to recover if human intervention doesn't make the situation worse.

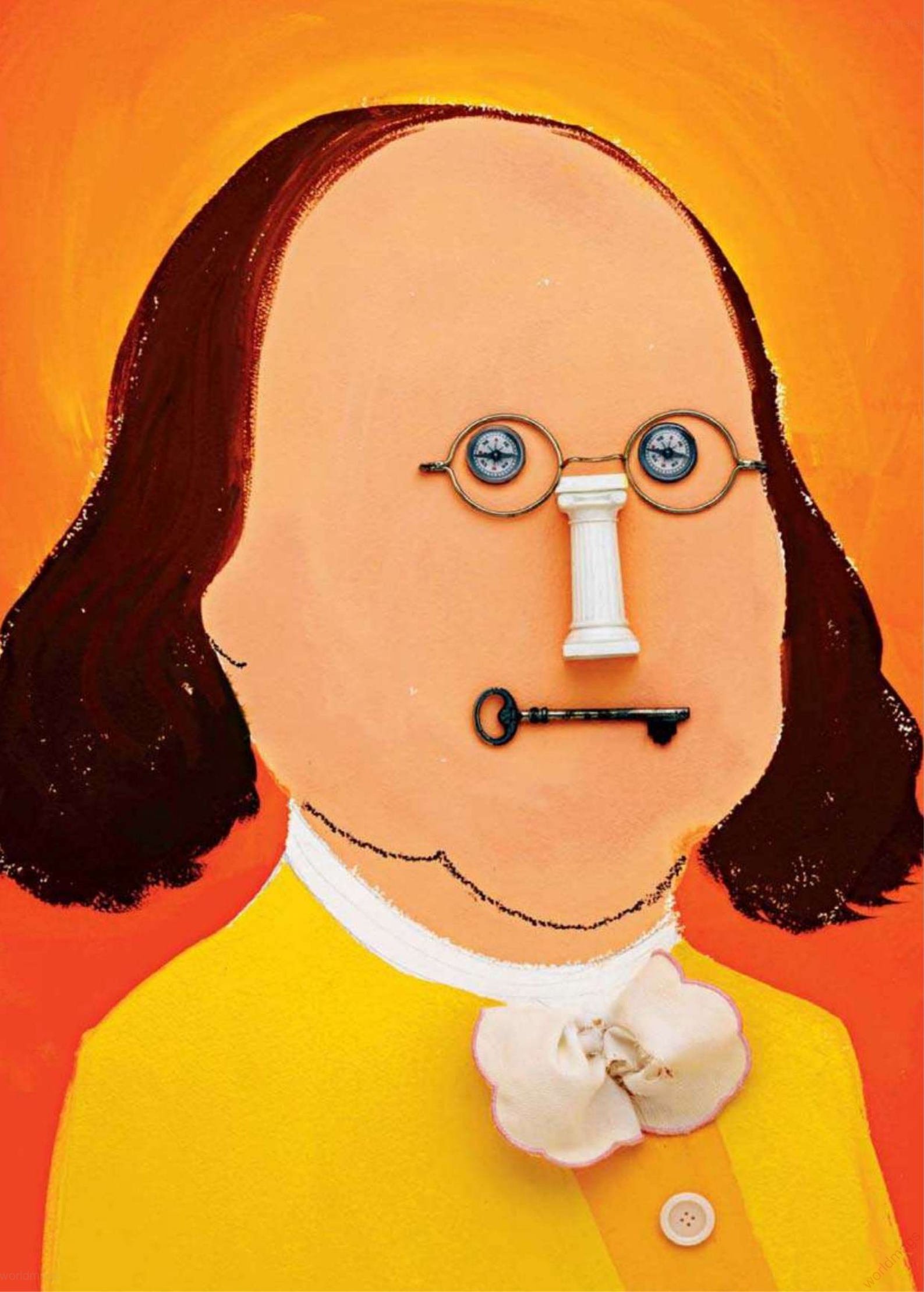
Every oil spill has unique features, from the geography to the chemical makeup of the oil, which can vary dramatically in toxicity. The Deepwater Horizon spill has the added distinction of being the deepest blowout in history. Also unique has been the huge quantity of chemical dispersants sprayed on the surface and at the ori-

gin of the leak on the seafloor. There's little scientific understanding of how the dispersants might affect the deepwater ecosystem.

Coral reefs can take centuries to develop in the cold, oxygen-poor depths; there are several such reefs directly beneath the oil slick in the Gulf. Deep plumes of oil have been reported by scientists on research vessels there. As bacteria feast on the oil, they could deplete the oxygen levels further, creating the possibility of unusually deep "dead zones."

"If you're a creature that can't move, it's not good," said Louisiana State University professor Edward Overton.

The Gulf ecosystems may survive, but they'll likely have changed, according to LSU biologist Kevin R. Carman. "Undoubtedly, life will get a foothold," he said. "The question is how different it will be." ■

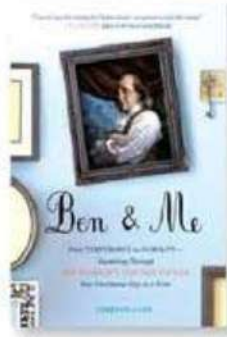


How Ben Franklin Changed My Life

BY CAMERON GUNN

Trying to live by the founding father's virtues was a trial. But it made me a better husband—and taught me a great truth.

ILLUSTRATED BY
HANOCH PIVEN



FROM
BEN & ME

I am a sloth.

Or so says my wife.

In a moment of mental weakness, I asked my spouse about her perceptions of me: good qualities, bad qualities, areas for improvement. The animal thing was a throw-away—a little humor to lighten the mood. If I were an animal, what would I be? That's when she hit me with sloth. My companion to the grave thinks of me as a tree-hanging herbivore.

Maybe, I told myself, she had mistaken the sloth for another animal. Bright as she is, she's no zoologist. Did she know that about a

third of a sloth's body weight consists of the contents of its stomach? Did she know that a sloth can muster the ambition to poop and pee only once a week? Did she know that its only real defense is to move so slowly that predators miss it altogether?

Surely, she meant to say shark ... or stallion. I'd have taken stallion in a heartbeat.

"Why?" I asked, clearly compounding my earlier error. "Why a sloth?"

"Well, maybe not a sloth," Michelle answered. I said a quiet, prayerful thank-you before she continued.

of domestic disharmony. That and what I call the Triple T Syndrome. First symptom: thinning hair. Second symptom: a thickening waist. The first two symptoms feed the third. We (read "I" in this case) recognize that our lives are finite. We are thirsting to be better, to be more, to be, to quote Marlon Brando's character in *On the Waterfront*, a contender.

Benjamin Franklin, like me, was a Thirster. In his autobiography, he described a 13-week course of self-improvement devised when he was a young man: a "bold and arduous proj-

It is said there is no profit in lying. But what if our jobs, our fortunes, or our lifestyles are at stake? Would we be truthful?

"Maybe a hippopotamus."

I blame Benjamin Franklin for all of this.

How was this friendly, affable founding father at fault? Inventor, scientist, soldier, printer, and politician—the revolutionary Renaissance man charmed kings and commoners, loyalists and revolutionaries. As a diplomat, he excelled at emulating, to his advantage, the backwoods gentleman. He is, as biographer Walter Isaacson has said, the founding father "who winks at us."

As it happens, it was my discovery of Franklin's struggles to become a better person that led to my moment

of arriving at moral perfection." Franklin's plan required him to focus, for a week at a time, on a particular virtue, thus making it a habit. If this course was good enough for the first man to harness electricity and to open a public library in America, then it was good enough for a sloth like me. And so began my 13-week experiment, starting with temperance and moving on through silence, order, resolution, frugality, industry, sincerity, justice, moderation, cleanliness, tranquillity, chastity, and humility.

Unfortunately, my Triple T enthusiasm soon clashed head-on with the big R: reality. The virtues had a decidedly

18th-century asceticism. Take temperance. “Eat not to dullness; drink not to elevation,” Franklin wrote. The latter wasn’t a problem, but as for eating to dullness—well, my children call me the Big Fat Teddy Bear. My vow not to snack didn’t last the week.

At home and in my work as a prosecutor, I struggled against my own mediocrity for the next five weeks. As I wrestled with the virtues, I realized that the very force Benjamin Franklin sought to harness—habit—was pushing back against my attempts to better myself. I seemed to be undone by already-formed habits that were the antithesis of the ones I was seeking to cultivate. Trying to master silence, order, resolution, frugality, and industry, I grew increasingly frustrated. Finally, I admitted that, overall, I was failing.

At least I was being honest with myself. And that, I thought, might bode well for week number seven’s virtue: sincerity.

“Use no hurtful deceit. Think innocently and justly, and if you speak, speak accordingly,” Franklin wrote.

Most people would like to believe, I think, that they are honest. They value their reputations, their good names, and their ability to be trusted. And yet, we lie. Possibly we are not creatures of integrity but rather creatures of opportunity. It is said that there is no profit in lying. But what if there is? What if our jobs, our careers, our fortunes, or our lifestyles are at stake? What if our “profit” is the absence of losing something

critical to us? Would we be truthful?

And what exactly did Franklin mean by sincerity? Was “no hurtful deceit” the key? Or did he mean we should tell the absolute truth no matter what? Well, I would never want to advocate lying, but to suggest that complete, unvarnished truth is always desirable seems a tad naive. No fibbing when your wife asks what you think of her dress?

My friend Chris suggested that Franklin was arguing against real deceit. By asking us to avoid hurtful and deceptive speech, and to think innocently of the world, he was suggesting that we use the power of our words to shape it into a wholesome, honest realm.

That was just one more reason to admire Franklin and to try to emulate him. I was soon tested at work, thanks to the trial of an allegedly impaired driver. The case was run-of-the-mill, notwithstanding an inevitable constitutional challenge, some scanty evidence on essential points, and a well-prepared defense lawyer on the other side. I readied for the trial with confidence. What I didn’t know was that my main witness and the principal investigator differed on a central point of evidence.

Here was Ben Franklin calling me out. In my pretrial interview of the main witness, an honest, hardworking man, it became apparent that, although his testimony was going to provide most of the evidence against the accused, it was clearly going to strengthen the constitutional argu-

ment I was sure that the defense was going to raise.

One of the obligations of a prosecutor is to reveal all the relevant information in the hands of the prosecution to the accused. I could have argued that what the witness had told me was not really new. The rules of disclosure, looked at in a certain way, would not have required me to reveal what I had learned in the pretrial interview. But there was no way I was going to hide the information from the defense. Even if my personal moral code did not compel me to

tell me that over the previous weekend, her grandson had tried to take his own life with the assistance of his biological mother (yes, you read that right), who had provided him with a handful of pills. The grandmother, in the face of this colossal human tragedy, was depressed, frightened, and lost. She was watching the grandson whom she had raised spiraling into despair. She wasn't really asking me to do anything. She was just letting me know.

Later that day, during the sentencing, that same grandmother read her victim impact statement—a process

My wife and I have made a good life together—one that could not be made better by her asking what I think of her.

reveal it (which it did), my sense of long-term career survival assured its revelation.

As I expected, the defense used what I passed on from the witness. As a result of that, and an error in some documents prepared by another witness, the charges were dismissed. Sincerity had taken a sizable bite out of my metaphorical derriere. Still, I knew I had done the right thing.

That same day, I received a powerful lesson in sincerity from a woman whose troubled grandson was to be sentenced for stealing from her.

The grandmother had called first thing in the morning. She wanted to

that allows a victim to describe how the offender has affected her life. She was the epitome of sincerity, often turning her gaze directly on her grandson as she related how much the theft was going to hurt her financially. Even worse, she said, was the emotional burden of being betrayed.

When it was the grandson's turn to speak—he had refused to be represented by legal aid—I saw another view of sincerity. Cynical as I have become, it was difficult not to be moved as this young man cried, apologized to his grandmother, and confirmed her report that he had tried to commit suicide. His medication was not

My Virtue Scorecard

Ben Franklin's program called for a week devoted to each of 13 virtues. How I fared:

■ **Temperance** (Don't drink or eat too much) Let's start by saying my nickname in junior high school was Fat Chance. The first week was tough. I persisted, and after 13 weeks of (mostly) not snacking, I lost 15 pounds. I wish I could tell you that I kept it up.

■ **Silence** ("Speak only for good purpose") I like to talk. Sadly, I too often talk about others, so I treated this virtue as a prohibition against gossip. I lasted less than a morning before my first transgression.

■ **Order** ("Let all your things have their places") I organized my e-mail inbox, my work files, and my wife's to-do lists. Unfortunately, my wife claims she saw absolutely no difference.

■ **Resolution** ("Resolve to perform what you ought") If I could go back and give Ben Franklin some advice, I would tell him to put this virtue first. Had I developed the habit of being resolute, I might have been more successful with the other virtues.

■ **Frugality** ("Waste nothing") I negotiated a better mortgage rate and became more conscious

of frivolous spending. Every purchase of coffee became an ethical dilemma: Buy a hot drink or give the money to a famine relief fund.

■ **Industry** (Always be employed in something useful) I gave up television for my week of industry. This was a good lesson in how addicts feel during withdrawal. My family banished me to the basement.

■ **Sincerity** ("Use no hurtful deceit") Despite the fact that honesty is the personal quality I most treasure, I was surprised by how difficult it is to be completely sincere.

■ **Justice** (Don't do wrong by anyone) I would like to say that I changed the way I approach my job as a prosecutor, but the week devoted to justice showed me that it's a relative concept. Justice for one is not justice for all.

■ **Moderation** (Avoid extremes, "forebear resenting injuries") Franklin practiced moderation by developing a style of speech and inquiry designed to avoid conflict. While it made him a successful diplomat, it also drew criticism from John Adams, among others. Moderation was

my least favorite of all the virtues because taking the safe middle course is something I have always done. I would like to be more of a risk taker, not less of one.

■ **Cleanliness** (Keep your body, clothes, and home clean) While this was the most mundane of the virtues, it was the one my wife most appreciated. She didn't have to ask me repeatedly to do the dishes.

■ **Tranquillity** (Don't be disturbed by trifles) Tranquillity was the virtue that I thought would be the easiest for me, and it was. My grandfather taught me how to be tranquil; Franklin just reinforced its value.

■ **Chastity** (Take intimacy seriously) Franklin didn't mean don't have sex. He meant be smart about your relationships. I viewed chastity as a chance to be a better husband. I'm not sure I succeeded, but it was, and is, worth the attempt.

■ **Humility** ("Imitate Jesus and Socrates") Franklin added this virtue only after a friend, having examined his plan aimed at achieving moral perfection, observed that Franklin might need a little humility. So did I.

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working, and he had nowhere to go.

As the judge weighed what to do, the grandmother, who 20 minutes earlier had wanted no further contact with this man who had harmed her, agreed to take him in. As I conferred with her, concerned about why she was changing her mind and whether she would be victimized again, I felt compelled by her simple response: “He has nowhere else to go.” When we took a brief adjournment to see if other arrangements could be made, the young man looked at me with real desperation in his eyes and said, “I just want to go home so my grandmother can watch me.”

He was sentenced to probation, including a term of living with her. This elderly woman with more problems than I could imagine showed me that sincerity at its best is informed by kindness.

Early in his autobiography, Franklin tells a story about how, in his youth, he and his friends saw some stones intended for the construction of a house and stole them to build a wharf from which they could fish. In the morning, the men working on the house discovered the theft. Of what came next, Franklin wrote, “Inquiry was made after the removers; we were discovered and complained of; several of us were corrected by our fathers; and though I pleaded the usefulness of the work, mine convinced me that nothing was useful which was not honest.”

I suspect that Franklin’s father’s method of instruction was decidedly

old school, as in corporeal. Undoubtedly, however, the lesson was well learned: Nothing was useful which was not honest.

But what about our personal relationships? The philosopher Albert Camus asked, “How can sincerity be a condition of friendship? A taste for truth at any cost is a passion which spares nothing.”

Is there a balance between the little white lie and the brutal honesty that repelled Camus?

My most daunting challenge came when my wife requested that I tell her what I thought of her.

Let me begin by saying that I love my wife. We have been together close to two decades and have survived life’s journey with an equal measure of respect, humor, and affection. We have survived as a couple, despite the challenges of raising three children, one of whom has special needs, losing another child at birth, and all of the other various and sundry crap that hits life’s fan. That is not to say our marriage has been complete and unending bliss. Anyone who makes this claim is not going to win an award for sincerity. We have, however, made a good life together. A good life that could not possibly be made better by her asking me what I think of her. Of course, the irony of the situation was not lost on me. I had asked Michelle the very same question before starting my Franklin project.

As we sat in our living room, children tucked snugly in their beds, my wife turned to me and said, “Some

days I feel like I'm a failure. I feel like I'm not doing enough. I'm trying to be a good mother, good at my job, and a good wife, and some days it just feels like I'm not good at any of them."

Was Michelle planning her own Franklinian quest? If she asked me what type of animal she was, would I dare, on the grounds that turnabout is fair play, say sloth?

A question from one's spouse is filled with the context of the entire relationship. A harsh word spoken ten years earlier, a forgotten anniversary, a chance meeting with a former

A big pile of sidewalk dog poo for a husband.

Whatever it meant to me, my wife's question meant so much more to her. I understood that she was asking it in the context of her ongoing internal struggle over whether or not she had made the right choice to forgo her career—at least temporarily—in order to stay home with our three young children (she was just returning to work on a part-time basis). This is a classic conflict in our modern society, one made all the more poignant for my wife by the fact that one of

“The noblest question in the world,” Franklin wrote in *Poor Richard’s Almanack*, “is, What Good may I do in it?”

girlfriend—any of these things and a hundred others may form the background or even the rationale for the question and must be anticipated in the answer. There is simply no way that the human mind can take into account all the possibilities. Thus, when your wife asks what you think of her, there can be no right answer. Total honesty, in these circumstances, is a myth and, on a practical level, potentially dangerous.

From a hypothetical standpoint, figuring out how to answer Michelle's question was an unbelievable opportunity: manna from heaven for the virtue seeker.

our kids needs extra care.

In that moment, I felt like a veil was lifted. For the first time in Ben Franklin's course, I understand a virtue completely.

So I told my wife the truth: I think she is an extraordinary person, strong-willed, opinionated, and an excellent mother. I told her that I think she will be remembered by her children as a mother who made a sacrifice so that they could be happier. I told her that I believe that in the fullness of time, she will regard this as a right decision regardless of what our children think. I told her the truth.

No constructive criticism, no pluses

and minuses. Just sincerity, tempered with understanding and empathy, in the way I believe Franklin intended it.

I noted, for the first time, a clean slate on my virtue checklist.

In his autobiography, Franklin wrote that he owed “the constant felicity” of his life to his moral perfection project—an astonishing claim for someone who accomplished all that he did.

I would have to second Walter Isaacson’s suggestion that we “engage anew” with Franklin to answer the fundamental question: “How does one live a life that is useful, virtuous, worthy, moral, and spiritually mean-

ingful?” The fundamental aspects of his program of self-improvement, the foundation of virtuousness and the cornerstone of success in his mind, were found in his dictum in *Poor Richard’s Almanack*: “The noblest question in the world is, What Good may I do in it?”

For 13 weeks I followed one of the world’s greatest figures and felt his eye upon me as I asked myself that question. I tried to be better and, in doing so, learned one great truth: The secret to being better is to try. For 13 weeks, I was just a little more like a founding father than a father lost, a little more stallion than sloth.

My advice: Go with Ben.

IT’S CLASSIFIED

If it’s crossed your mind, chances are you’ll find it on Craigslist. These were:

I want some orange juice. “I’ll give you \$2 + cost if you’ll deliver me some orange juice with receipt. I’m too lazy to get it myself.”

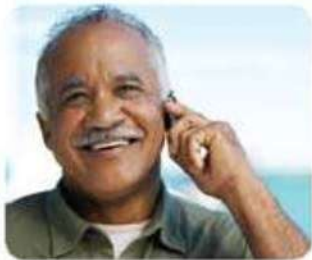
I have a huge bathroom. “I am a female in my mid-60s, and I am looking for a roommate. I am willing to rent out my bathroom in my 1-bedroom East Village home. I only ask that when I need to use the bathroom, you are not in it. I do ask that when you are in the apartment, you confine yourself to the bathroom. I do not feel comfortable with a stranger walking around my living room.”

Pope hats. “I have over 1,300 pope hats (replicas) that I really need to get rid of. The pope hats come from China and are a little too small for most adult heads. Dogs do not like to wear these pope hats, but maybe a large cat or nice dog would wear one.”

Looking for bridesmaids. “My fiancé and I are getting married in June. He has eight groomsmen lined up, and I only have one bridesmaid. So I need some girls who are attractive and around my age to stand up in my wedding. You have to be hot, but not hotter than me.”

(London) *Telegraph*

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If you used your Credit or Debit Card in the United States between December 26, 2007 and December 31, 2008, you could get benefits from a class action settlement involving Heartland Payment Systems.

Para una notificación en Español, llamar o visitar nuestro website.

A settlement has been reached with Heartland Payment Systems, Inc. in a class action lawsuit about a 2008 intrusion into credit and debit card information processed by Heartland. The settlement provides benefits to those consumers who file valid claims for losses from the intrusion.

The United States District Court for the Southern District of Texas will hold a hearing to decide whether to give final approval to the settlement, so that the benefits can be issued to those with valid claims. Those included have legal rights and options, such as excluding themselves from or objecting to the settlement. Eligible Class Members can submit a claim for benefits from the settlement. Get a detailed notice at www.HPScardholdersettlement.com.

Heartland denies any claims of wrongdoing in this case, and the settlement does not mean that Heartland violated any laws or did anything wrong.

WHO'S INCLUDED?

The Class includes everyone in the United States who had or has a payment card (credit or debit) that was used in the United States from December 26, 2007 to December 31, 2008 (the "Settlement Class Period"), and who claims or may claim "Losses," which are certain unreimbursed out-of-pocket expenses (including identity-theft-related charges) or lost time. To have a valid claim, it must be determined that your card was processed by Heartland during the Settlement Class Period. For more information, read the detailed notice referred to below.

WHAT DOES THE SETTLEMENT PROVIDE?

To make a valid claim for reimbursement of "Losses" under the settlement, you must submit documentation showing that you had unreimbursed, out-of-pocket expenses or lost time because your credit or debit card account information was stolen or placed at risk of being stolen as a result of the Heartland intrusion.

- a) Qualifying losses are telephone or postage costs, other third-party charges resulting from card cancellations or replacements, unauthorized and unreimbursed account charges, identity-theft-related charges, or time spent to address those matters. Valid claimants can receive reimbursements up to \$175 per Settlement Class Member, with no more than two valid claims allowed per household.
- b) In the event the losses in a valid claim include identity-theft-related charges, claimants can receive reimbursements of up to \$10,000. To qualify as "identity-theft-related," the charges must result

from someone's assuming the claimant's identity as a result of the Heartland intrusion and taking out and using credit or otherwise obtaining monies or other things of value fraudulently in the name of the claimant. The identity-theft-related charges must be separate and apart from any charges on the affected credit or debit card account itself.

- c) All claims must include the number and expiration date of the payment card account for determination whether the card was processed by Heartland during the Settlement Class Period and evaluation of the claim. The Claims Administrator will determine, on a "more likely than not" basis, whether the documentation submitted by the claimant supports the claim, including whether the loss resulted from the Heartland intrusion. Reimbursements will be reduced proportionally if the amount payable on all valid and final claims exceeds \$2.4 million.

For more information, including limitations and conditions on these benefits, read the detailed notice referred to below.

HOW DO YOU ASK FOR BENEFITS?

Eligible Class Members can call 1-877-271-1547 or go to the website for a claim form, then fill it out, sign it, include the documentation it requires, and mail it to the address on the form. The deadline to make a claim for benefits is **August 1, 2011**.

YOUR OTHER OPTIONS.

If you do not want to be legally bound by the settlement, you must exclude yourself by **November 19, 2010**, or you will not be able to sue, or continue to sue, Heartland about the legal claims this settlement resolves, ever again. If you exclude yourself, you cannot get any benefits from the settlement. If you stay in the Settlement Class, you may object to it by **November 19, 2010**. The detailed notice explains how to exclude yourself or object.

The Court will hold a hearing in this case, known as *In re: Heartland Payment Systems, Inc. Customer Data Security Breach Litigation*, No. 4:09-MD-2046, on **December 10, 2010**, to consider whether to approve the settlement, and a request by Class Counsel for fees of up to \$725,000, costs and expenses of up to \$35,000, and incentive awards of \$100 to \$200 for each named plaintiff who filed a lawsuit in the case. You or your own lawyer may ask to appear and speak at the hearing at your own cost, but you do not have to do so. For more information, go to the website shown below, which has a copy of the detailed notice.

www.HPScardholdersettlement.com

Quotes

So I'm reading a book on my new iPad, but can't the iPad read it for me? Do I have to do everything?

Matthew Perry

When I first heard about the campaign to get me to host *Saturday Night Live*, I didn't know what Facebook was. And now that I do know what it is, I have to say, it sounds like a huge waste of time!

Betty White

Whoever established the high road, and how high it should be, should be fired.

Sandra Bullock

Maturity is a high price to pay for growing up.

Tom Stoppard, *Where Are They Now?*

We increasingly know things about each other (or think we do) that we should not know, have no right to know, and have a right, actually, not to know.

Peggy Noonan, in the *Wall Street Journal*

Laughter and tears are both responses to frustration and exhaustion ... I myself prefer to laugh, since there is less cleaning up to do afterward.

Kurt Vonnegut, *Palm Sunday*



It's not just great teachers that shape your life. Sometimes it's the absence of great teachers ... Being ignored can be just as good for a person as being lauded.

Julia Roberts

ILLUSTRATED BY DANIEL ADEL



www.newnordicusa.com

"My eyesight improved significantly!"

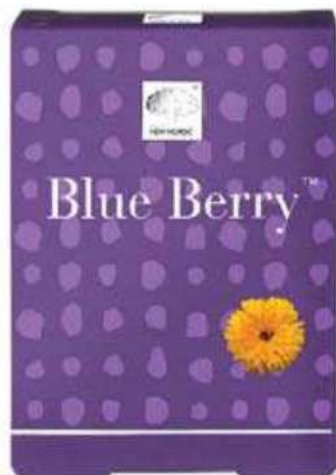
Earle has suffered with declining eyesight, especially in his right eye. In 2007, he noticed an article about Blue Berry Eyebright™, and gave the product a try. Here is his story:

"I am a curious person, and always interested in anything new to help me improve my health. So when I read about Blue Berry Eyebright and the persons' experience with this product. I thought I should give Blue Berry Eyebright a try."

I tried Blue Berry Eyebright and improved my eyesight!

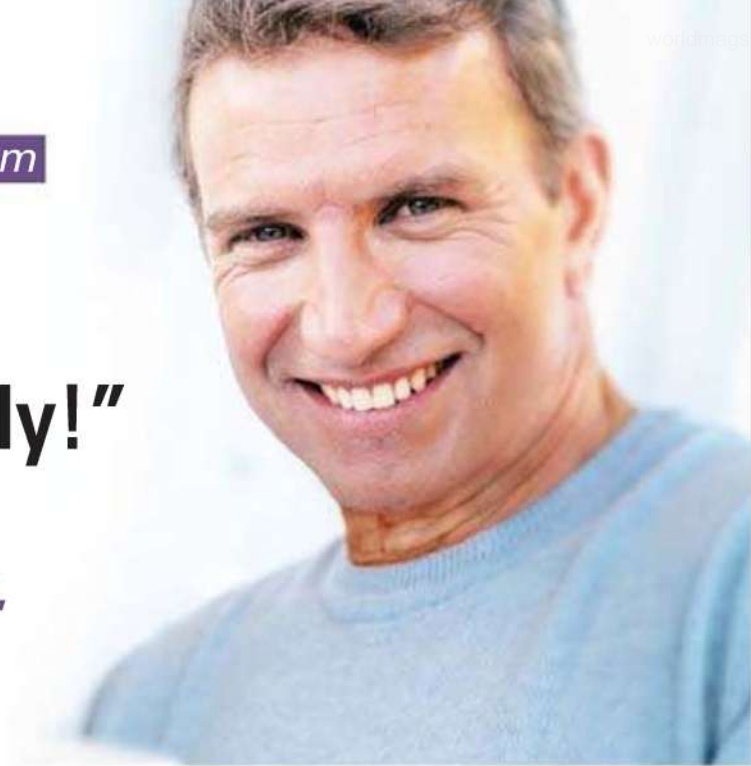
"In June 2006, my eyesight on the right eye was 20/30+. In April 2007 my vision had slipped to 20/60+. Shortly after, I started taking Blue Berry Eyebright, on a daily basis (and I am still taking it).

When I met for my eye exam a year later, my vision in my right eye had improved to 20/25+, which was much better than the year before and even better than in 2006. "



For more information, please call 1-877-MY NORDIC (696-6734) or visit us at www.newnordicusa.com

CVS/pharmacy



No one was more impressed than my optometrist!

"Needless to say, no one was more impressed than my optometrist. I have no doubt that Blue Berry Eyebright™ was an important factor in my improved vision. I strongly recommend others to try this product, so they can experience the results for themselves."

Earle, North Vancouver, BC.

Berries and plant extracts help your eyes!

Few people actively take care of their eyes, and once our vision starts deteriorating, it often continues and even accelerates with age. Today, we know that key phyto nutrients can help our eyes stay healthy, so we can enjoy a clear vision, even in our older years.

Blue Berry Eyebright is a natural product made by New Nordic in Sweden. This natural formula uses high concentration plant extracts to provide the eyes with the optimal ingredients for good vision. **Blue Berry Eyebright** is available exclusively at CVS pharmacies and online at www.newnordicusa.com.

Word Power

BY ROB LUTES

Extra, Extra! Ever since 15th-century German printer Johannes Gutenberg invented the printing press and ushered in the era of the modern newspaper, the medium has been a part of everyday life. Today millions start their mornings poring over the papers. From the strange to the straightforward, newspaper names from around the world form this month's quiz. For answers, **turn the page.**

- 1. **chronicle** *n.*—A: daily ritual. B: widely held belief. C: account of events.
- 2. **repository** *n.*—A: paper shredder. B: medication-delivery device. C: container used for storage.
- 3. **clarion** *adj.*—A: high-pitched. B: partially obscured. C: loud and clear.
- 4. **epitaph** *n.*—A: editorial. B: clever headline. C: tombstone inscription.
- 5. **ledger** *n.*—A: accounting book. B: illustration. C: address book.
- 6. **excelsior** *adj.*—A: ever faithful. B: ever upward. C: ever changing.



- 7. **flume** *n.*—A: seabird with a wingspan four times its body length. B: narrow gorge with a stream running through it. C: warm summer wind.
- 8. **Whig** *n.*—A: staunch conservative. B: member of historical British political party. C: news editor appointed by the Queen.

- 9. **derrick** *n.*—A: serif font. B: woody tropical plant. C: framework over an oil well.
- 10. **gleaner** *n.*—someone who ... A: makes predictions. B: gathers information. C: classifies data.
- 11. **dominion** *n.*—A: control. B: large group of people. C: wisdom.
- 12. **delta** *n.*—A: high-altitude plain. B: triangular object. C: appointed officer.
- 13. **laconic** *adj.*—A: concise. B: weekly. C: circular.
- 14. **hub** *n.*—A: last-minute assignment. B: center of activity. C: funny caption.

Deep Roots

Cyberspeak, geekspeak, Californiaspeak—we all indulge in jargon. The combining form *-speak* originated with **Newspeak**, the propagandistic language designed to “diminish the range of thought,” in George Orwell’s *1984*. The jargony use of *-speak* came into vogue in the 1970s, producing such terms as *artspeak* and *computerspeak*.

ILLUSTRATED BY LUC MELANSON

Answers

1. **chronicle**—[C] account of events. Tom's election *chronicle* included an hourly time line.
2. **repository**—[C] container used for storage. Donnie kept photos of the house's history in a wooden *repository*.
3. **clarion**—[C] loud and clear. The pollution exposé was a *clarion* call to recycle.
4. **epitaph**—[C] tombstone inscription. Jed's *epitaph* made the mourners cry even more.
5. **ledger**—[A] accounting book. The auditor recorded the baker's expenses in his *ledger*.
6. **excelsior**—[B] ever upward. Climbing Mount Everest for an exclusive interview, Debbie exclaimed, "*Excelsior!*" to urge herself on.
7. **flume**—[B] narrow gorge with a stream running through it. Dejected, Doris watched the water rush down the *flume* and considered tossing in her failed first draft.
8. **Whig**—[B] member of historical British political party. His right-wing friends often joked that liberal-leaning John would have made a great *Whig*.
9. **derrick**—[C] framework over an oil well. Sunlight on the *derrick*



cast a fitting shadow over the oil town.

10. **gleaner**—[B] someone who gathers information. A natural *gleaner* of racy details, Jane was the perfect choice for editor of the new gossip blog.

11. **dominion**—[A] control.

As owner of both the newspaper and the bank, Morgan held the town under his *dominion*.

12. **delta**—[B] triangular object. The group of friends would often gather in secret at the sandy *delta* where the river splits.

13. **laconic**—[A] concise. *Laconic* yet creative: That was Colin's MO when he sat down to write captions.

14. **hub**—[B] center of activity. After sundown, the beach town's lone restaurant became the *hub* for tourists and locals alike.

VOCABULARY RATINGS

- 6–8: newsboy • 9–11: beat reporter
- 12–14: editor in chief



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Before



After 2 Weeks



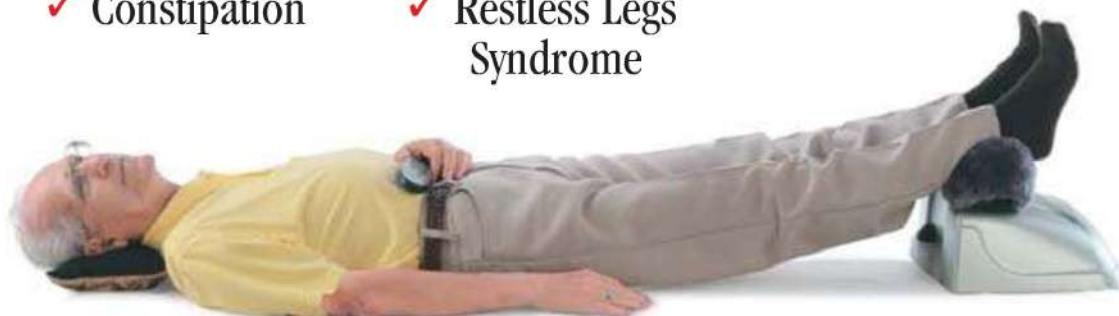
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 - ✓ High Blood Pressure
 - ✓ Restless Legs Syndrome
- ✓ Poor Circulation
 - ✓ Obesity
 - ✓ Edema
- ✓ Insomnia
 - ✓ Neuropathy
 - ✓ Diabetes
 - ✓ Arthritis
 - ✓ Multiple Sclerosis
 - ✓ Knee Pain
 - ✓ Spinal Stenosis
 - ✓ Lymphedema
 - ✓ Lack of Energy



You can improve the way you feel with minimum effort!

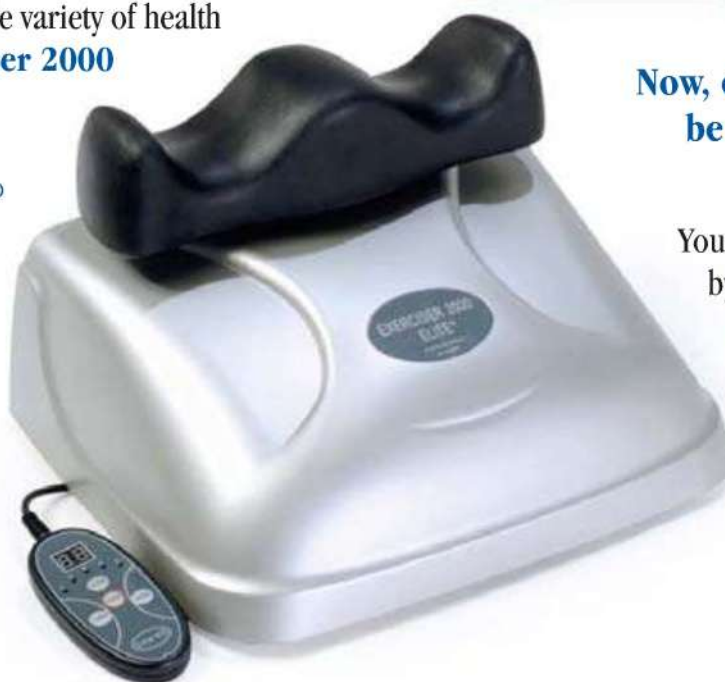
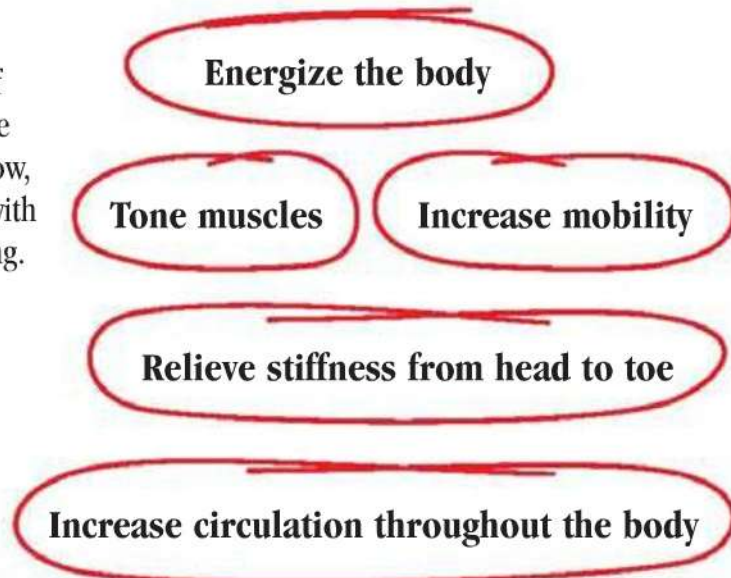
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Customer Feedback

I have had such lower back pain that I could hardly stand it. I saw your ad two years ago and thought it wouldn't help me. But, I ordered one anyway. I have used it for four months now. I have very little back pain, am more regular, and I sleep much better thanks to the Exerciser 2000. —C. Cordes

Little did I know when I ordered the Exercise 2000 Elite® that it would prove valuable to my wife of 62 years. I got it for the stiffness in my legs and it works perfectly to get me loosened up after playing tennis in the morning. When I come home I immediately get on the Exerciser 2000 Elite® for ten minutes and I feel great! My wife suffers from restless leg syndrome at night. Instead of walking the floor for a long period of time, she just gets on the Exerciser for ten minutes and the symptoms subside. After wrestling with restless legs for a long time she is all smiles in the morning. Happy days are here again! Just thought you would like to know. —Dick P.

I am 76 years old, heavy, stiff with arthritis and a leukemic for the past nine years. Using your machine twice a day has made me feel ten years younger. I also have a great deal more energy. When you say that your company is in the business of "helping people feel better", it is no fib! —Kate B.

I am 97 years old and have edema in my left foot and leg. My daughter saw the Exerciser 2000 in an ad and encouraged me to try it. It is helping a lot and I feel alive again. Thank you!—Grace R.

I have loved your product for many years now and couldn't live without one. It truly is the best product on the market...and I would never pay a person to do what this does better. You have the control of it all...and I love that. It definitely pays for itself many times over!! —Kathy C.

I am an 88 year old woman with multiple health problems. After seeing the ad for the Exerciser 2000 Elite® I ordered it and use it daily. I can tell it has improved circulation in my legs and by doing that it has helped my balance and walking problems. To those of you that think that you can't do regular exercise anymore, try this piece of equipment and you will be amazed how much better you will feel. —Mildred F.

As a Chiropractor, I would say the Exerciser 2000 enables people to benefit themselves at home. It is a valuable asset in moving lymph fluid, oxygenating the blood, increasing immune system function, maintaining mobility in the spine, and freeing up a spine that had become stiff and arthritic. —Garry G., D.C.



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Last Laugh

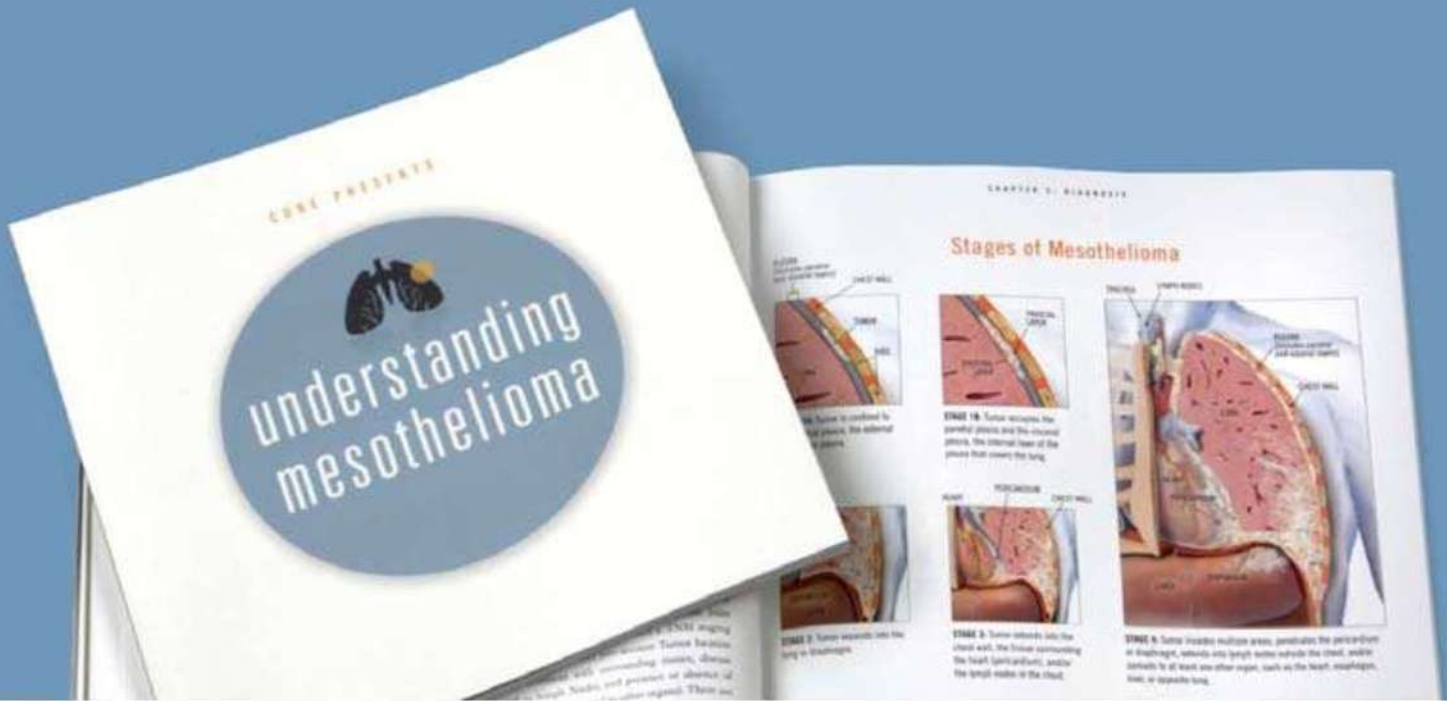
Did I Read That Right?

Whether it's a design problem or a translation problem, some signs are more successful than others at conveying needed information. Source: signspotting.com





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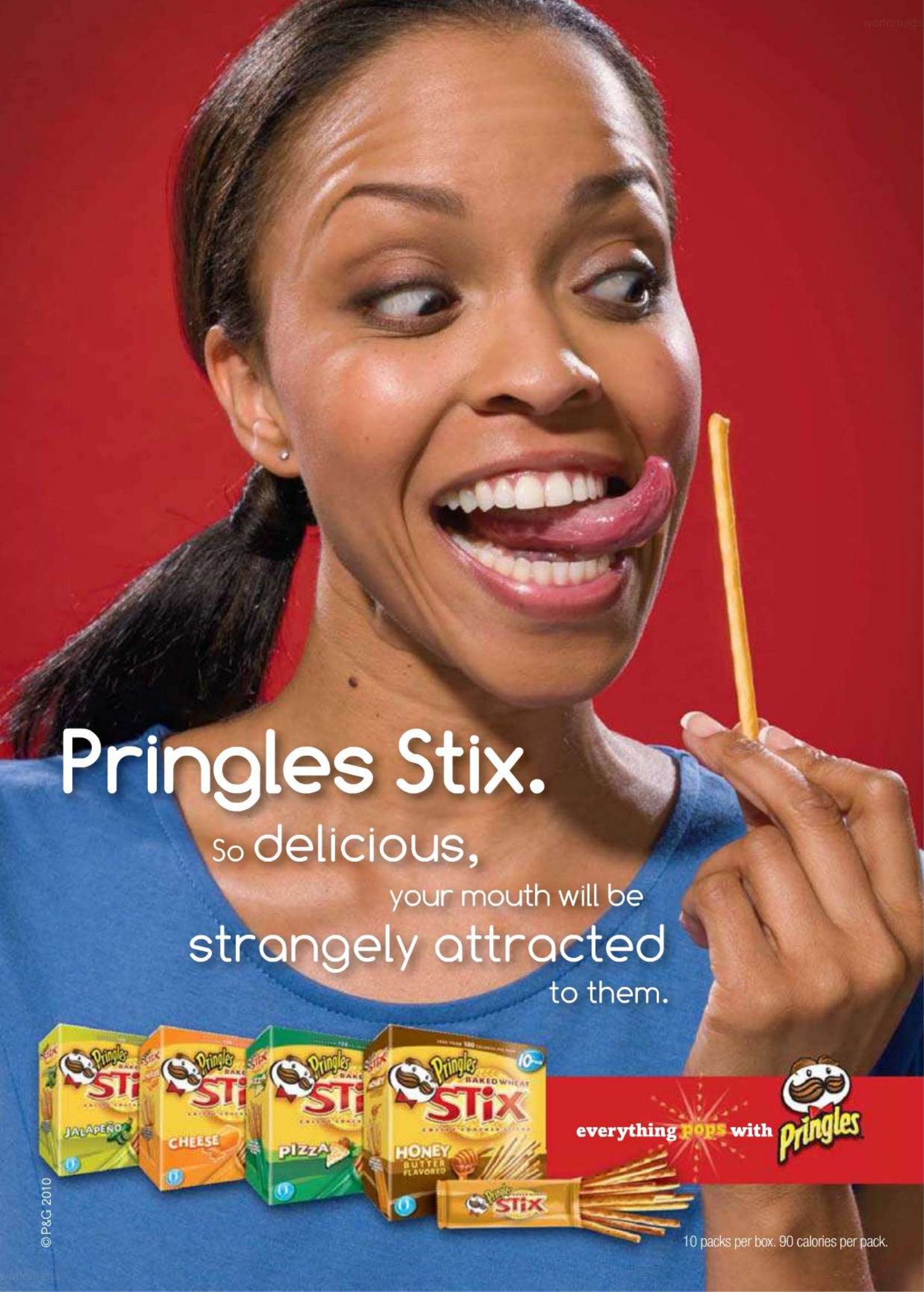


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