

13

Things Car Dealers Won't Tell You

PAGE 12

Reader's Digest

THE
WORLD'S
BEST-READ
MAGAZINE

EXCLUSIVE

Doctors Confess Their

FATAL MISTAKES

PAGE 86

**Foods That Fight
Back Pain** PAGE 65



**Sigourney
Weaver**

Her Guilty
Pleasure

PAGE 98

October 2010
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Doctors, nurses, and pharmacists hold your life in their hands. Here, their shocking stories of what can go wrong—and what must change to keep us safe.

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Austrian millionaire Karl Rabeder unloaded all his worldly possessions to help others and himself.

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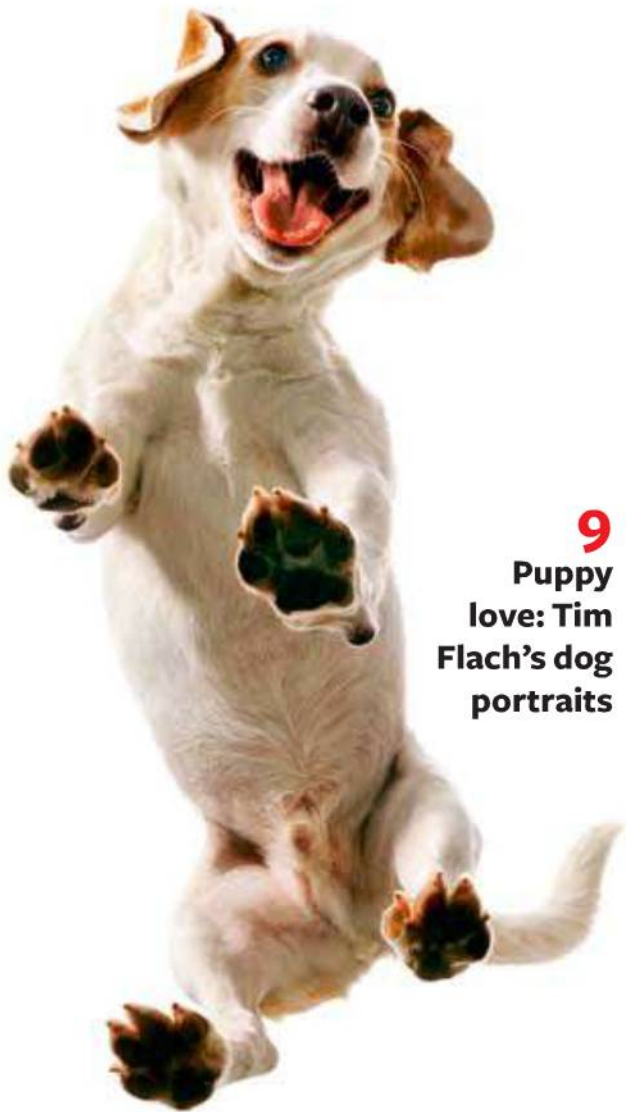
She was a teacher who changed her students' lives. Decades later, they changed her son.

C O L U M N S

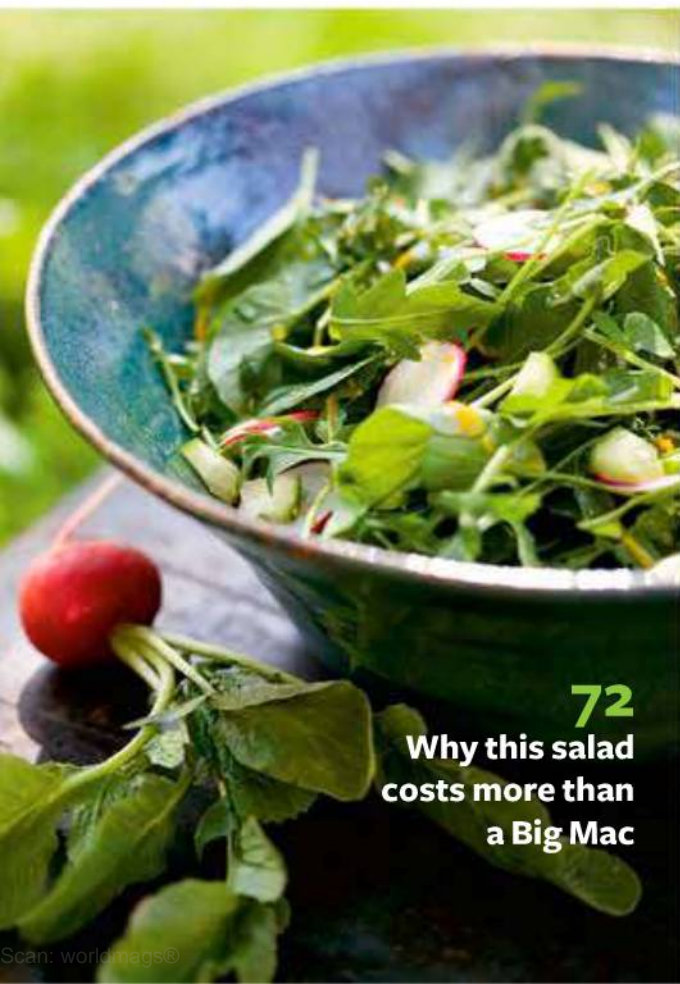
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Why this salad costs more than a Big Mac

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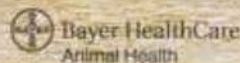


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Creature Comforts

It was wonderful to read the profiles of heroic animals (“Amazing Pets”). Dogs, cats, horses, birds, and other companion animals are valuable family members. They are physically, emotionally, and spiritually beneficial to their human guardians. Many are capable of saving lives and performing miraculous acts. That’s why we should appreciate and respect the lives of all creatures great and small.

Brien Comerford, Glenview, Illinois

How embarrassing for Americans to be so obsessed with pets. We’re a bunch of besotted fools. Pets are basically useless. Do they pay taxes? Do they vote? Do they invest? Do they buy stuff? Do they hire people? No. They sleep most of the time, waddle over to their food bowls, and poop the food out on the lawn.

Samantha Foster, Denver, Colorado

I’m so sick of pets! I rolled my eyes when I saw this issue’s cover, and I didn’t buy it like I usually do. Pets have become the opium of the masses—a crutch.

Barb Ryan, Chicago, Illinois



He hangs ten and scores 100! You picked surfer pug Buggy of Honolulu as the most amazing pet in our August story. Dr. David Yew adopted Buggy and nursed the pup through pneumonia in a homemade ICU in his apartment. Mere months later, Buggy was catching waves.

I smiled as I read the August issue. These stories were so enjoyable, and I hope you continue to have more of them. It may help show some people that animals are special creatures that should be loved and protected—not abused or neglected.

Suzann Withers, via Internet

Teachers Speak Out

Yes, I am outraged at bad teachers, but I am also sick of hearing it’s the teacher’s fault (“No Teacher Left Behind”). Why not investigate the bad administrators who kept those

WHAT'S THE BEST WAY TO STAY OPTIMISTIC? ... THE READER'S DIGEST VERSION

This month, we asked our panel of readers how they keep things positive when the going gets tough.

>> Hum a favorite tune. Just the humming will take your mind off your problem. *D. K., Sandy Springs, Georgia*

>> Play the game Trouble with my kids. They laugh so hard, it just lifts my spirits. *S. C., Locust Grove, Virginia*

>> Wait until dark and look up at the night sky. Take a deep breath and rejoice in what you have. *L. D., Knoxville, Tennessee*

>> Do something nice for someone else. *T. T., Jonesboro, Arkansas*

>> Come up with a goal and strive toward it! *L. W., Ankeny, Iowa*

>> Always look at what you do have, not what you don't have. *D. H., Wanaque, New Jersey*

>> The power of a smile is incredible. It helps me stay optimistic, even in bad times! *A. B., Lake Toxaway, North Carolina*

>> In our family, each night at dinner-time, we go around the table and say what we're thankful for. *D. K., Fairfield, Maine*

>> Don't sweat the small stuff. And recognize what the small stuff really is. *C. P., Gales Ferry, Connecticut*

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

teachers on during their first two or three years, when it's easier to get rid of them? Look at the number of administrators in every school district, their salaries, and what their jobs are. Teachers are now the de facto parents, psychiatrists, and sociologists for the students in this country. Let's talk about what is wrong with that!

Nancy Enwall, via Internet

There are bad people in every profession, unfortunately, even in education. I am sorry Michael Crowley did not dig deeper, because many teachers do care. Teachers spend sleepless nights worrying about the conditions that their students live in, the poor quality of our society, and how to reach the seemingly unreachable. We take pride in becoming a part of our students' lives.

Leslie Cushman, Deer Park, Washington

Name Game

I can empathize with others who share famous names ("Funny, You Don't Look Like Daniel Craig"). In my case, it's "How is your diary?" or "How are things in the attic?" or "I am reading your book." Thanks for making me laugh—and helping me realize that I am not alone.

Ann Frank, Thiensville, Wisconsin

For 41 years, I taught seventh and eighth grade in a small school, and I had Robert Wagner, James Garner, Glen Campbell, and Remington Steele, all in the same year.

Judith Holden, Nappanee, Indiana

My husband is a funeral director who shares his name with the deceased porn star John Holmes. A few years ago, a family who was making funeral arrangements burst into hysterical laughter when they heard my husband's name. The deceased's name was Linda Lovelace!

Brandee Holmes, Anne Arundel, Maryland

Crime Stopper

Reading his e-mail, my husband said to me, "My friend Arnie just got robbed in London. I'm going to wire him \$2,000." Thanks to your timely article ("Cyber Thieves!"), warning bells went off in my head. I urged my husband to verify the source before sending any money. He assured me the e-mail had to be legit: It identified a favorite radio show only a close friend would have known about. Somehow the con artist had uncovered that obscure information. Luckily, my husband phoned his friend to discover that he was at home. Thank you, *Reader's Digest*, for saving us \$2,000.

Phoenix Harmony, Greensboro, North Carolina

The Fix for Higher Ed

As a college student, I can attest to the need to lower the cost of tuition. But I was outraged by Mark C. Taylor's suggestion that colleges need to partner with for-profit companies to finance courses ("Extreme Makeover: College Edition"). Last year in an investigative journalism class, we learned that a well-respected university in our area had its medical students take an online course paid for by a drug company. These courses promoted the company's drugs. Yes, schools need to find new ways to finance what they do, but this financing must be ethical.

Allison Nastoff, Brookfield, Wisconsin

How to fix college? First, let's begin by limiting the amount of money a student can borrow to a percentage of what the average graduate in that field earns. It doesn't make sense that a sociology major who can expect to make \$35,000 a year should have \$25,000 in student loans.

Amos J. Veltkamp, Carlsbad, California

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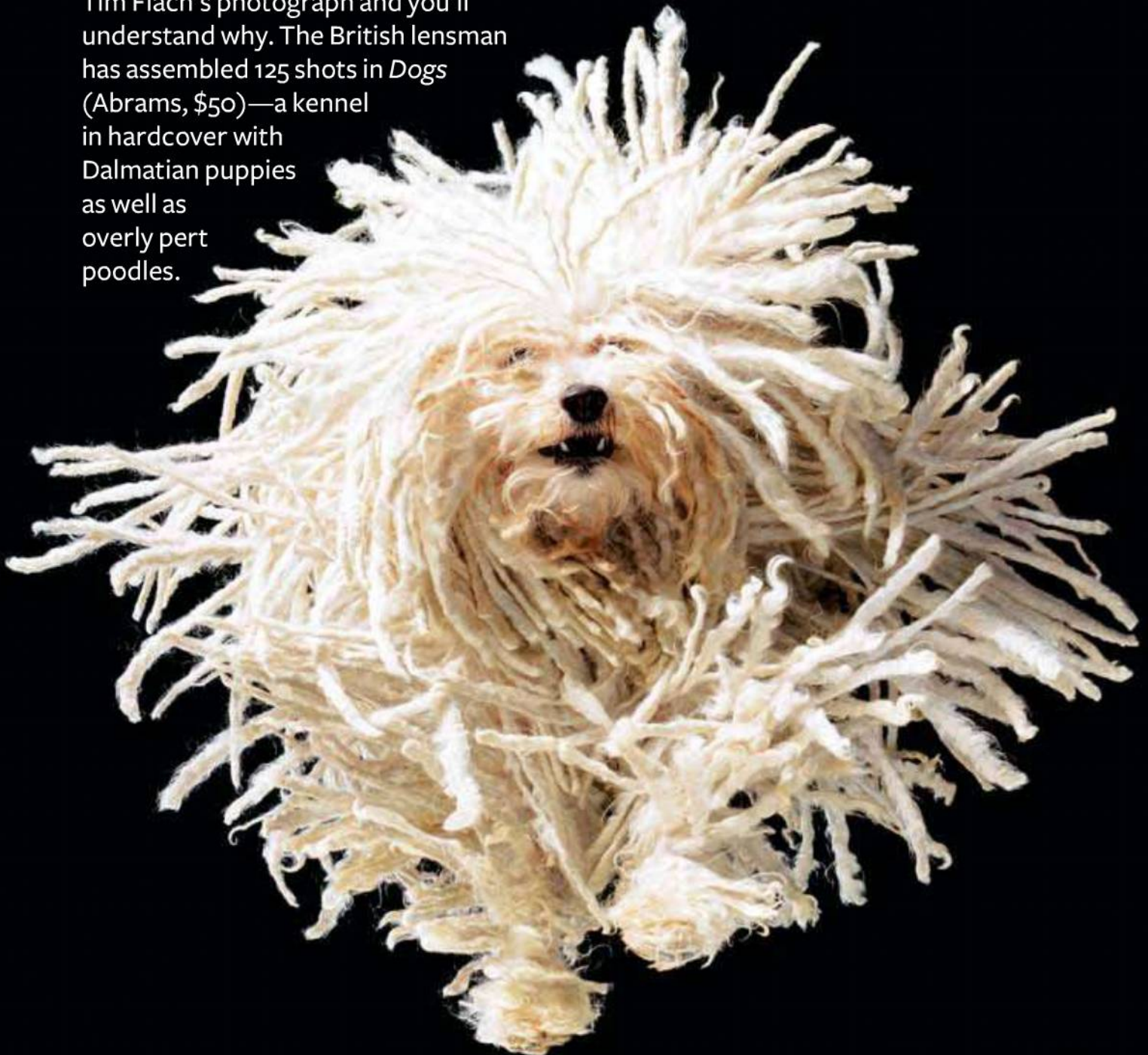
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The Digest

the who ● the how ● the now

The puli is one of the few dogs that can mildew after a bath. One look at Tim Flach's photograph and you'll understand why. The British lensman has assembled 125 shots in *Dogs* (Abrams, \$50)—a kennel in hardcover with Dalmatian puppies as well as overly pert poodles.



Ian Frazier on Siberia

Inside the land of huskies and hard exile

The first two sentences of Ian Frazier's new book: "Officially, there is no such place as Siberia. No political or territorial entity has Siberia as its name." What better way for him to put the somewhere in a legendary nowhere than to spend 16 years researching and writing *Travels in Siberia* (Farrar, Straus and Giroux; \$28)? The *New Yorker* author and humorist, who tackled the Great Plains of America in another book, survived mosquitoes, food poisoning, and the legendary frigid temperatures. "In Montana, it would get down to 28 below, so I'd had some experience," he says. "But in Siberia it's cold, and it stays cold." A few other points of interest:

TAKE A WHIFF

"Everything seems to smell different in Russia. There is a smell in Moscow, and it is still the same in Chukotka, on the Pacific Coast, thousands and thousands of miles away. There is a lot of wet concrete in the smell because during Soviet times, everything was built of poured concrete. And it's often mixed with the smell of tea and a sweetness because Russians put jam in their tea, and cucumbers because they eat a lot more cucumbers than we do. And there's also the scent of diesel fuel. It's a wonderful combination."

DRAW A PICTURE—IT LASTS LONGER

"I draw and sketch, and I found that it was a respite from the awkwardness of being not real good in

speaking Russian. When you draw, it forces you to just sit and look at something. The problem with any traveler is, Do I have any authority here? You read a lot of travel books about Siberia, and it's as if the authors went through and didn't see a thing. They were on a train and can tell you what they had for dinner on the train, but it's not like they saw anything. So drawing is a way of giving yourself some authority."

THERE IS ALWAYS A SUBTEXT

"There is always a feeling that there is a story behind what they're saying, and as a foreigner, I didn't know what that was. I would do things and have such naive reactions that people would just laugh at me.

I was in a bank on the day I was flying back to the U.S., needing to get money



that my wife had wired to me, and the bank functionaire was taking forever. The guy I was traveling with said, ‘We’d better hurry because your plane leaves in two hours’—to get this woman to move faster. And I looked at my watch and was able to calculate and say, ‘My plane doesn’t leave for three hours and 45 minutes.’ So he just looked at me like ‘You idiot.’”

TRY A BITE “People told me to be careful about what I ate. I did get salmonella poisoning at one point and had to go to the hospital and get hooked up to an IV. But I also had some meals that I will remember as some of the best I’ve eaten. We also ate a lot of *tvorag so smetanoi*, cottage cheese with sour cream on it. We’d have it for lunch and then as a snack later. After a while, we began to smell like babies. I also ate a lot of cabbage, potatoes, and kielbasa. I had a meal of reindeer that was really delicious. I ate seal once, and it tasted like beef raised on salmon. I’d heard from a few people that they have canned pony in Russia, but I never saw it.”

BUG OFF “In the summer, it’s flat and hot and the world’s largest swamp. I’ve been to Alaska, northern Michigan—places with a lot of mosquitoes—and there are just more of them in Siberia. We had to wear hats that look like beekeepers’ hats and gloves and tuck our pants into our boots, and we still got eaten alive.”

WRITE A BOOK

“In New York, when you tell someone you’re a

of the guard at Lenin’s tomb in Red Square, it was mesmerizing. Sometimes I’d see someone doing a dance or a couple of moves on the side of the road, and it was amazing. It’s like the way a smell goes directly to your brain without stopping. A gesture just goes so fast, and it’s something from another culture, and there are no words to confuse things. It’s an express lane to understanding a culture.”



“I’d heard from a few people that they have **canned pony** in Russia, but I never saw it.”

writer, it’s like telling someone you’re an actor. People are like, ‘Oh, yeah? What restaurant?’ But in Russia, if you tell someone you are a writer, it’s like saying, ‘I am a major general in the Army.’ They revere learning and the creative arts.”

PUT ON YOUR DANCING SHOES

“Russians can dance. Their ballet, their folk dancing, it’s all a part of it. The first time I watched the changing

BUCKLE UP “Russians are not strict followers of safety rules. I insisted that the vehicle we drove have a seat belt for everyone, and I was the only one who ever used it. Whenever we picked someone else up, the people were like, ‘Why are you wearing a seat belt?’ Like, the same way you would ask, ‘Why are you wearing a Napoleon hat?’ What an absurd thing to do. It’s odd, pointless, and makes you look silly.”

As told to *Rory Evans*

... Your Car Dealer Won't Tell You

That car we advertised at **the unbelievable price?** It's a stripped-down model with a manual transmission, no air-conditioning, and crank windows. But we got you in, didn't we?

The best time to buy is at the end of the month, and it's best to negotiate the trade-in separately. Negotiate *up* from the invoice price (what we paid for the car, easy to find on the Web), not *down* from the sticker price.

Everybody believes his **trade-in is worth more.** You've got bald tires, chicken bones under the seats, and dust blowing

from the vents, but you're going to tell me your car is in "excellent" condition? Now who's the pushy salesperson?

To get a great price with minimal haggling, call and ask for the Internet manager or fleet manager.

Once I'm sitting behind the desk, **you'll feel like I'm in control** and may be willing to pay a little more. (We learn this during training.)

Ever wonder about those ads that promise a minimum \$3,000 trade-in value for your clunker? **Those dealerships also pad the sales price** to make up for the difference.

Never pay the VIN-etch fee. It's a \$250 optional add-on that's almost pure profit for us.

Every spring we have guys who show up and say they're interested in one of our trucks and want to give it a spin. **They think we don't see the mulch on the floor** when they bring it back.

Notice how many times we go back and forth to our

manager? The loud music, the gongs, and the blaring flat-screen TVs? All are **distractions designed to help you lose track** of what we're doing with the deal.

Plenty of cars get stolen at gunpoint or knifepoint on test-drives.

We're making less money on the car than you think. Our profit margin is typically 2 to 4 percent.

We all get our cars from the same place **at roughly the same price.** So if one dealer is offering to sell it for \$2,000 less, there's probably a catch.

If your auto credit score is under 600, expect to get an interest rate over 16 percent and to put 20 percent down. If your score is under 550, **we may put a tracking device in your car** that will shut it off if you don't make a payment.

Sources: Car dealers in Florida, Ohio, North Carolina, and New York; Sarah Lee Marks, a Las Vegas-based personal car buyer who sold cars for almost a decade; and Jeff Ostroff, president and CEO of carbuyingtips.com. Interviews by Michelle Crouch.

 **More things your car dealer won't tell you are at readersdigest.com/cardealer.**

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4 Traits of an Inspired Life

Now you don't have to make a trip to the acclaimed Canyon Ranch health resort in Tucson, Arizona, for inspiration. The spa's much-heralded "spiritual program director," Jonathan Ellerby (who has a PhD in comparative religion), brings his advice to you. In *Inspiration Deficit Disorder: The No-Pill Prescription to End High Stress, Low Energy, and Bad Habits* (Hay House, \$14.95), he recommends these four strategies for a better life:

CLARITY Be clear about intentions, commitment levels, and what you want.

INTEGRITY What you feel and know on the inside matches what you say and do on the outside.

COURAGE Act on what you feel and know ... Don't make decisions out of fear. Integrity would remain just a good idea without courage.

COMPASSION Look for the highest good in every situation; be empowering without always trying to make people happy or to "fix" things.



3 Kitchen Oil Tips

Two Italian chefs talk flavor, fat, and more in *The Frankies Spuntino*, by Frank Falcinelli, Frank Castronovo, and Peter Meehan (Artisan, \$24.95). Their advice on oils:

With its high smoke point and clean flavor, **grapeseed oil** is their preferred neutral oil for cooking and salad dressings. **Sunflower oil**, which is less expensive, is their second choice.

For flavorful salad dressings, they like **French walnut oil** and **Styrian pumpkinseed oil**, from Austria.

When it comes to **olive oil**, they recommend "cold-pressed extra-virgin"—and that you use it fairly quickly. "Buy the best you can, drain it, and replace it."

4 Sanity-Saving Tips

1 Save printer ink by using the Times New Roman or Calibri fonts. You can get up to 27 percent more pages per ink cartridge, according to *Consumer Reports ShopSmart*. Another study also recommends Century Gothic and Eco-font (a typeface with holes in the letters).

2 Route4me.com lets you type in up to ten errands and their associated addresses. The website will calculate the optimal route, with driving directions. Instant gas savings!

3 Before you buy something, photograph its bar code with your phone and make sure you're getting the best price. That's what the 99-cent Redlaser app does on the iPhone and the free Google Shopper app does on an Android, reports *Kiplinger's Personal Finance*.

4 Speed up time by adjusting the scents around you. "If you're going through something unpleasant—like a root canal—the smell of baby powder will help you feel as if time were going by faster by up to 57 percent," reports *Esquire*.



“I was reluctant to talk to my doctor about my unresolved depression symptoms. I’m glad I finally did.”

Actor portrayal.

Many people being treated for depression still have depression symptoms.

If you’ve been taking an antidepressant for at least 6 weeks and still have some depression symptoms, one option your doctor may consider is adding ABILIFY.

ABILIFY is a prescription medicine used to treat depression in adults as add-on treatment to an antidepressant when an antidepressant alone is not enough.



Some people have had symptom improvement as early as 1 to 2 weeks after adding ABILIFY.†

Important Risk Information about ABILIFY

- Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY, call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression
- Elderly dementia patients taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for these patients

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† Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

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

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

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

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

Learn about a free trial offer* for ABILIFY. Visit www.ABILIFYmeplus.com

Take the next step—ask your doctor about ABILIFY.

*Restrictions apply.



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IMPORTANT INFORMATION ABOUT ABILIFY

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

Name

ABILIFY® (a-BIL-ī-fī) (aripiprazole) (air-rī-PIP-ra-zall)

What is ABILIFY (aripiprazole)?

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

What is depression?

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

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

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

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

Who should NOT take ABILIFY?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

IMPORTANT INFORMATION ABOUT ABILIFY (Continued)

What should I talk to my healthcare provider about?

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

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

Be sure to tell your healthcare provider:

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

What should I avoid when taking ABILIFY (aripiprazole)?

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

What are the possible side effects of ABILIFY?

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

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

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

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

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

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

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

Some medicines* include:

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

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

How should I take ABILIFY (aripiprazole)?

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

General advice about ABILIFY:

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

Find out more about ABILIFY:

Additional information can be found at www.abilify.com

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

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



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

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

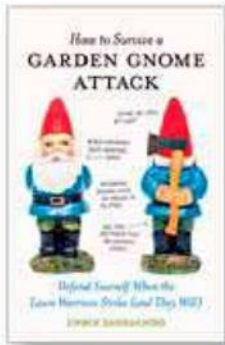
Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.

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

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

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● HUMOR

Call them what you want.

Garden gnomes. Lawn ornaments. Little evil outdoor statuary hell-bent on world domination. It doesn't matter. What does matter is that, right now, they're hiding in plain sight, pretending to be

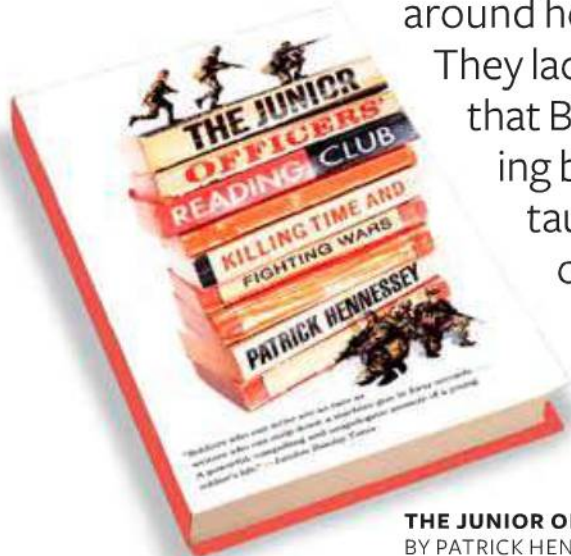
symbols of merriment and goodwill. But secretly, quietly, while pushing diminutive wheelbarrows and brandishing miniature flowerpots, they're planning home invasions all over the world.

HOW TO SURVIVE A GARDEN GNOME ATTACK: DEFEND YOURSELF WHEN THE LAWN WARRIORS STRIKE (AND THEY WILL) BY CHUCK SAMBUCHINO (TEN SPEED PRESS, \$14.99)

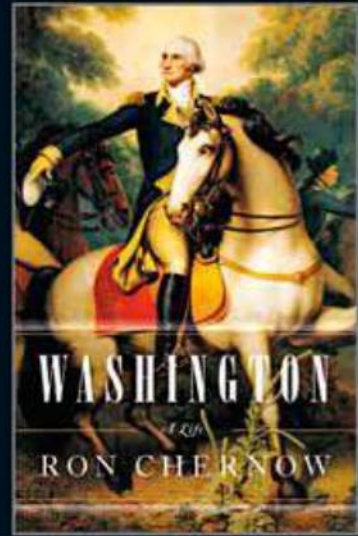
● CURRENT EVENTS

[The Afghans] couldn't shape their berets. They didn't get up early and they stopped everything for meals, for prayer, for a snooze. They had no discipline. They smoked strong hashish and mild opium. They couldn't map-read. They had no tanks, no planes, no order to the chaos of their stores. Their weapons weren't accounted for. Their barracks weren't health- and safety-compliant. They wore what they wanted, when they wanted, and walked around holding hands.

They lacked everything that British Army training believed in and taught—[and most of them had] killed more Russians than we had ever seen. I loved them.



THE JUNIOR OFFICERS' READING CLUB BY PATRICK HENNESSEY (RIVERHEAD, \$16)



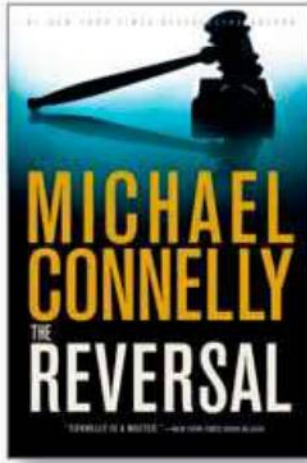
● BIOGRAPHY

By the time he was sworn in as president, Washington was down to a single tooth, a lonely lower-left bicuspid, which bore the entire brunt of a complete set of dentures ... If Washington was self-conscious about smiling in later years, it may have also been because his dentures grew discolored ... In December 1798, the dentist noted that they had turned "very black," either because Washington had soaked them in port wine or because he drank too much of it ... For someone who took inordinate pride in his appearance, the highly visible dentures must have been mortifying, especially since public speaking and socializing were constant, obligatory duties for a president.

WASHINGTON: A LIFE BY RON CHERNOW (THE PENGUIN PRESS, \$40)

● THRILLER

One of the very best things about having previously been married to Maggie McPherson was that I never had to face her in court. The marital split created a conflict of interest that saved me professional defeat and humiliation at her hands on more than one occasion. She was truly the best prosecutor I'd ever seen step into the well, and they didn't call her Maggie McFierce for no reason.



THE REVERSAL BY MICHAEL CONNELLY (LITTLE, BROWN, \$27.99)

● MEMOIR

I was four foot nine when I entered tenth grade. The local public high school was an institution catering primarily to teen Jewish royalty, as my brother called us. I could not compete in the arms race of wardrobe and accessories, and I didn't try. Happily, my size also meant that I didn't have to even feign interest in the erotic play between the boys and the girls. One look at me was all you needed to know that that would be writing checks my ass couldn't cover.

HALF EMPTY BY DAVID RAKOFF (DOUBLEDAY, \$24.95)

● SHORT STORIES

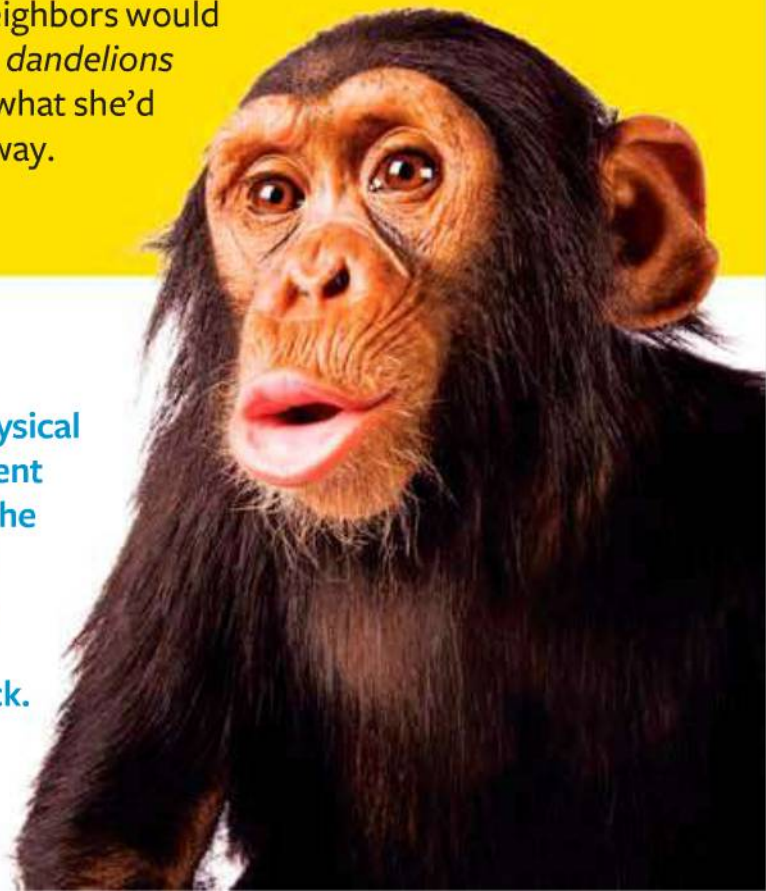
My grandmother had a brainstorm. She sat us down in the family room after dinner one night and told us that we absolutely must stop disobeying her and running off, that she'd become very worried about us, and that the next time we disappeared, she'd have no choice but to call the police. We nodded our assent but were doubtful. Our grandmother had worried about what the neighbors would think when the gardener took a week off and *dandelions* sprouted in her yard; we could only imagine what she'd do if people spotted a police car in her driveway.

BEFORE YOU SUFFOCATE YOUR OWN FOOL SELF
BY DANIELLE EVANS (RIVERHEAD, \$25.95)

● NOVEL

Even though he'd read that bonobos were different, he hadn't expected her to be so physical with them. His surprise must have been evident because when she stopped, she said, "Over the years, they've become more human, and I've become more bonobo," and in that moment, he'd felt a flash of understanding, like he'd been allowed to peek briefly through the crack.

APE HOUSE BY SARA GRUEN (RANDOM HOUSE, \$26)



hello

The Uzi Tactical Defender Pen. It writes, it stabs attackers, and it takes a DNA sample at the same time, says the *New York Post*. And at around \$20, it makes those pens that write upside down in outer space look almost quaint.

The “grolar.” A hybrid of a polar bear and a grizzly, one was killed earlier this year by an Inuit hunter in Canada, notes scientificamerican



.com. Look for more sightings as grizzlies move farther north in search of food and polar bears forage on land instead of sea ice, thanks to global warming.

Low-vision therapy. The number of vision-impaired people of all ages in the United States is estimated at 21 million. To raise awareness about solutions, the Reader’s Digest Partners for Sight Foundation has helped fund *Going Blind*, a documentary that premieres this month. For information about the film, go to goingblindmovie.com. To find services in your area, go to visionaware.org.

goodbye

Wonky washing machines and dryers. Kenmore (by Sears) joins Miele in manufacturing self-diagnosing machines that practically fix themselves, reports *Bloomberg Businessweek*. The “remote-servicing technology” sends data via a toll-free phone line to the company, which in turn can make minor adjustments and cut down on service calls.

Bouncy castles or bounce houses—

those inflatable kids’ birthday-party staples—contain dozens of times the federal limit



of lead. California Attorney General Jerry Brown has filed suit, the *New York Times* reports, while manufacturers are downplaying test results and recommending that children wipe their hands and faces after jumping.

Music while you study. A small new study in *Applied Cognitive Psychology* suggests that listening to music makes it harder to memorize a list.

• argument starter

“The community cookbook genre has lost its way. Junior League cookbooks have adopted four-color-process gatefolds. Quilting-circle cookbooks are now published for the coffee table, not the kitchen table. Church cookbooks have gone glam ... Aunt Reba and her refrigerator rolls have given way to Reba McEntire and her musings about home and hearth.”

John T. Edge in The Oxford American

DERMAdoctor™
KP duty™

dermatologist moisturizing
therapy for dry skin
—
traitement dermatologique
hydratant



120 ml - 4 oz e



DERMAdoctor™
KP duty™

dermatologist moisturizing
therapy for dry skin
with chemical + physical
medi-exfoliation
475 ml - 16 fl oz (200g)

Dear Doctor,

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

Signed,
Brrrr not!

Dear Brrrr not,

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

Yours smoothly,

Audrey Kunin, M.D.
Founder of DERMAdoctor



DERMAdoctor®
just what the skin doctor ordered®

Available at Sephora, Ulta, QVC, dermadocor.com or 877-DERMADR.



Patti LuPone The reigning queen of Broadway musicals has starred in *Evita*, *Les Misérables*, *Sweeney Todd*, and *Gypsy*.

WHAT SHE'S WATCHING

"The last movie I saw was *The Prophet*, the French film. I haven't had time to see anything. But I am watching *Mad Men*, which I'm addicted to, with Netflix. It's deep. It's such a soap opera. When I finished the third season, I was going around the house saying, 'What's going to happen to Betty and Don?' I'm unbelievably hooked."



WHAT SHE'S READING

"Zadie Smith's *On Beauty*. I just love the way she writes, how in tune she is with human nature. I love her sense of humor. The people are absolutely universal but so original."

IF SHE RULED THE WORLD, SHE WOULD ...

"Tell everybody to take a step back and go to your corners. Everybody should get out of everybody else's face."

WHERE SHE'S SURFING

"David Lynch's Interview Project [interviewproject.davidlynch.com]. They go across the U.S. interviewing people. It's the fabric of this country."



WHAT SHE'S LISTENING TO

"Ocean waves. I've been sitting on the porch of our beach house in South Carolina, on vacation, listening to the water. I avoid show tunes. When I hear a show tune, my mind goes into a critical mode: Can I sing this? Do I like it? Bada bing bada boom. They're not what I want to hear when I put my iPod on. I'd prefer Dexter Gordon or Arabesque, which is Middle Eastern pop music. I like music that is dramatic and tells a story. Warren Zevon—his last album is pretty great."

Her READER'S DIGEST VERSION of life and work.

"Be true to yourself, accept every experience, and strive for the nobler lesson."

WHAT SHE'S PLUGGING "My book, *Patti LuPone: A Memoir*, is the history of my career. It's a page-turner! I have saved, in archival scrapbooks, everything from my career, from Juilliard to *Gypsy*. So all I had to do was turn the pages and tell the stories."

Interview by Amy Wallace

ILLUSTRATED BY ZACH TRENHOLM; (DEXTER GORDON) MICHAEL OCHS ARCHIVES/GETTY IMAGES


MOM.
ORLANDO.
HERO.

Enter at mybestyou.com for a chance to win a family vacation to Orlando, Florida!


Do you want to feel and look healthier, younger and be a better you? The first step is to sign up at mybestyou.com for your FREE subscription to Best You, the newsletter that helps you look great, get healthy, eat well and embrace life, brought to you by the editors of Reader's Digest.

What's Your Greatest Fear?


Are you more afraid of being alone, going broke, losing your looks, or speaking in public? This month, nine countries out of the 16 polled chose loneliness as their No. 1 fear. The remaining seven, including the United States, picked going broke—no surprise, given the turbulent economy. The real eye-opener? Our presumed obsession with age is undermined by the numbers—just 7 percent were concerned about looking older. On the flip side, respondents in Germany, Spain, and China were far more worried about losing their looks: All three tied at 23 percent.

 With jobs so hard to find right now, the idea of going broke really scares me.

Karin Pakula, 44, Stuttgart, Germany

 I've experienced all the above, and I am the better for it.

Gail Hite, 54, Vermilion, Ohio

 I remember days when I was without a penny and managed to survive. [But] being alone is the most terrible thing that can be in life.

Olga Belikova, 46, Moscow, Russia



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



BEING ALONE

Russia	55%
China	53
Mexico	50
France	47
Brazil	46
Philippines	36
India	35
Spain	34
Malaysia	31

In 13 out of 16 countries, respondents 45 and under worry more about being alone than their older counterparts.

GENDER BENDERS

Around the world, more women than men fear public speaking. In over half the countries, more men worry about losing their looks. In most countries, a majority of women dread being alone; more men fear going broke.



GOING BROKE

South Africa	45%
U.K.	44
U.S.	40
Canada	39
Netherlands	36
Australia	33
Germany	33

When you have more, do you fear losing it more? Six of the seven countries that chose going broke as No. 1 are highly industrialized (South Africa is the exception).



SPEAK EASY

Of all 16 nations polled, China was least worried about speaking in public.

Brazil	13%
Netherlands	11
France	7
China	6



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

IMPORTANT SAFETY INFORMATION

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

Serious Infections

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

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

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

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

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

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

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

Cancer

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

Reversible posterior leukoencephalopathy syndrome (RPLS)

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

Before receiving STELARA™, tell your doctor if you:

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

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

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

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

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

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

Please read accompanying Medication Guide for STELARA™ and discuss any questions you have with your doctor.



Stelara[™]
(ustekinumab)



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

4 doses a year
after 2
starter doses

Discover a proven psoriasis therapy. In a medical study, 7 out of 10 STELARA[™] patients saw at least 75% clearance, and 7 out of 10 patients had their psoriasis rated as cleared or minimal at 12 weeks. *Individual results may vary.*


The safety and effectiveness of STELARA[™] have not been evaluated beyond two years.

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

Ask your dermatologist about STELARA[™].

Visit STELARAinfo.com or call 1-866-709-1050 to learn more.

Please read the Important Safety Information on the adjacent page.



MEDICATION GUIDE FOR STELARA™ INJECTION

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

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

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

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

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

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

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

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

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

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

Cancer:

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

Reversible posterior leukoencephalopathy syndrome (RPLS):

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

- headache
- seizures
- confusion
- vision problems

What is STELARA™?

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

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

It is not known if STELARA™ is safe and effective in children.

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

What should I tell my doctor before receiving STELARA™?

Before receiving STELARA™, tell your doctor if you:

- have any of the conditions or symptoms listed in the section “What is the most important information I should know about STELARA™?”
- have recently received or are scheduled to receive an immunization (vaccine). People who take STELARA™ should not receive live vaccines. Tell your doctor if anyone in your house needs a vaccine. The viruses used in some types of vaccines can spread to people with a weakened immune system, and can cause serious problems. **You should not receive the BCG vaccine during the one year before taking STELARA™ or one year after you stop taking STELARA™.** Non-live vaccinations received while taking STELARA™ may not fully protect you from disease.
- receive phototherapy for your psoriasis.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if STELARA™ will harm your unborn baby. You and your doctor should decide if you will take STELARA™.
- are breast-feeding or plan to breast-feed. It is thought that STELARA™ passes into your breast milk. You should not breast-feed while taking STELARA™ without first talking with your doctor.

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

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

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

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

How will I receive STELARA™?

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

What should I avoid while receiving STELARA™?

You should not receive a live vaccine while taking STELARA™. See “What should I tell my doctor before taking STELARA™?”

What are the possible side effects of STELARA™?

STELARA™ can increase your chances of having serious side effects. See “What is the most important information I should know about STELARA™?”

Common side effects of STELARA™ include:

- upper respiratory infections
- headache
- tiredness

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

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088 or to Centocor Ortho Biotech Inc. at 1-800-457-6399.

General information about STELARA™

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

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

What are the ingredients in STELARA™?

Active ingredient: ustekinumab

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

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

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

Revised December 2009

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

U.S. License No. 1821

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25US10042

 PULL COVERS OVER HEAD

 WITNESS AN ACTUAL SUNRISE



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WE CUSTOM ROAST EACH BEAN, GIVING YOU A RICH,
FLAVORFUL CUP OF COFFEE FOR A RICHER, MORE FLAVORFUL DAY.

Maxwell House
BE GOOD TO THE LAST DROP 

Now Hear This

With his hipster headphones, Rick Alden has created the ultimate piece of ear candy

BY MARGARET HEFFERNAN

Every business needs two things, says Skullcandy CEO Rick Alden: inspiration and desperation. In 2001, the Park City, Utah-based Alden had both. He'd sold two snowboarding businesses, and he was desperately bored. But he had an idea: He wanted to make a new kind of headphone.

"I kept seeing people missing their cell phone calls because they were listening

MATTHEW TURLEY



Alden made headphones a fashion accessory.

to music,” he explains. “Then I’m in a chairlift, I’ve got my headphones on, and I realize my phone is ringing. As I take my gloves off and reach for my phone, I think, It can’t be that tough to make headphones with two plugs, one for music and one for your cell phone.” Alden

“Headphones occupy this critical piece of cranial real estate and are highly visible.”

described what he wanted to a designer, perfected a prototype, and outsourced manufacturing to China.

Alden then started designing headphones into helmets, beanies, backpacks—anywhere that would make it easy to listen to music while snowboarding. “Selling into board and skate shops wasn’t a big research effort,” he explains. “Those were the only guys I knew!”

Alden didn’t want to be a manufacturer. And by outsourcing, he’d hoped he could get the business off the ground without debt. But he was wrong. “You can’t make money without product, and you can’t get product without cash. So I asked my wife, Holly: Can I put a mortgage on the house? She said, ‘What is the worst thing that can happen? We lose the house, we sell our cars, and we start all over again.’ I definitely married the right woman!”

For the next two years, Alden

juggled mortgage payments and payments to his manufacturers. “Factories won’t ship your product till they get paid,” he says. “But it takes four or five months to get a mortgage company so upset that they knock on your door. So we paid the factory first. Twice, a sheriff came with eviction papers. When we got money from retailers, we’d pay the mortgage arrears.”

Gradually, non-snowboarders began to notice the colorful headphones. In 2006, the company started selling them in 1,400 FYE (For Your Entertainment) stores. “We knew that nine out of ten people walking into that store would be learning about Skullcandy for the first time. Why would they look at brands they knew and take home a new brand instead? We had agreed to buy back anything we didn’t sell, but we were dealing with huge numbers. It’d kill us to take back all that product.”

Alden’s fears faded as Skullcandy became the No. 1 headphone seller in those stores and tripled its revenue to \$120 million in one year. His key insight was that headphones weren’t gadgets; they were a fashion accessory. “In the beginning,” he says, “that little white wire that said you had an iPod—that was cool. But now wearing the white bud means you’re just like everyone else. Headphones occupy this critical piece of cranial real estate and are highly visible.”

Today, Skullcandy is America's second-largest headphone supplier, after Sony. With 79 employees, the company is bigger than Alden ever imagined. "Mistakes now are big mistakes. We had 100,000 iPod and iPhone cases returned. We'd

rushed our first effort—it wasn't a beautiful case. But our second series is Best Buy's bestselling one. Though we're still sitting on 111,000 cases, I'll think we've succeeded when we can link together more small victories like that."

Getting Ahead with Rick Alden

Where did the company name come from?

I just e-mailed all my friends and asked them! Within seconds, one of my boarding buddies was back to me. His e-mail read "Skullcandy. The URL is available." And that was it.

Isn't it dangerous to snowboard while listening to music?

(Laughing.)
I have never run into anything while

listening to music. I always think music makes everything better.

Do your kids think you're the coolest dad in town?

No! Their friends think I'm cool if I give away headphones, but my kids know I'm just a middle-aged dad.

You don't design the headphones, you're not an acoustic engineer, and you don't do your own manufacturing.

So what's your role in the company?

Spotting the right people. I'm good at recruiting. I don't have to be good at much if we have the right guys and let them do the hard work.

What do you love about being an entrepreneur?

An entrepreneur is someone who goes out into the community and finds a problem without a solution, then finds that solution and

commercializes it. When they're done, they've created jobs, they've created revenue, and they've created a huge part of the economy.

How have you managed to go global so fast?

When we launch into a new market—say, New Zealand or South Africa—we ship in 10,000 Icon headphones and give them away. They're very visible and have fantastic branding on the outside. So suddenly at a snowboard competition, you'll see all these snowboarders, and the best ones all go home wearing Skullcandy.

Do you still think your products are just for skate- and snowboarders?

It's all about music enhancing every kind of activity.



Have a business?

Ready to start one?

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

MATTHEW TURLEY



PHOTO/ILLUSTRATION CREDIT

Warp Speed Absorption.



No other Ultra absorbs faster than Always Ultra. So when your period suddenly changes in flow, you can have a speedy recovery.

Have a Happy Period.

Laugh! :)

One friend complained to another, “All my husband and I do anymore is fight. I’ve been so upset, I’ve lost 20 pounds.”

“If it’s that bad, why don’t you just leave him?” asked the second friend.

“I’d like to lose another 15 pounds first.”

Submitted by *Mary Buoye*

Of course I can keep secrets. It’s the people I tell them to who can’t keep them.

Writer *Anthony Haden-Guest*

Applebries

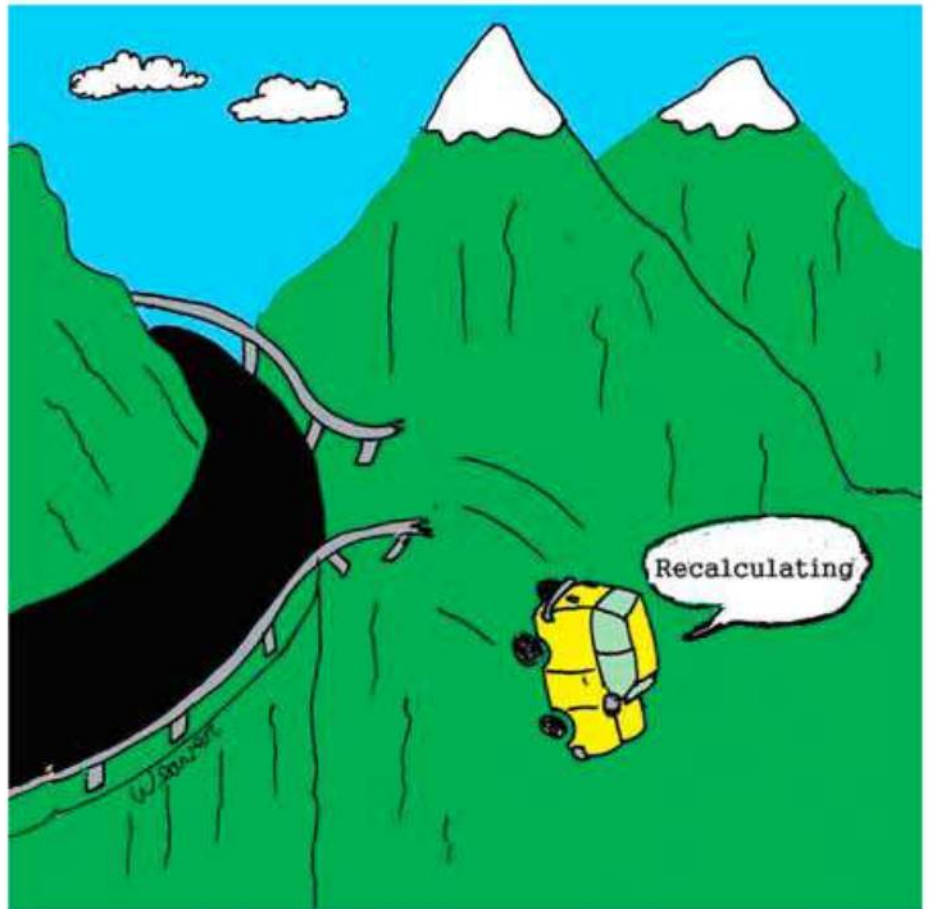
With the French spending less time eating lunch, The Week asked its readers to come up with the name of a French fast-food restaurant.

Brief Bourguignonne
Kentucky Fried Chic
Tore de Pants
Fatatouille
Fryer Jacques
Have It Eur Way
Chomps Élysées

The trouble with jogging is that by the time you

They’ve just found a gene for shyness. They would have found it earlier, but it was hiding behind a couple of other genes.

Comic *Jonathan Katz*



realize you’re not in shape for it, it’s too far to walk back.

Humorist *Franklin P. Jones*

A German, looking for directions in Paris, pulls up to a bus stop where two Americans are waiting.

“Entschuldigung, sprechen Sie Deutsch?” he asks. The two Americans just stare at him. “Parlez-vous français?” he says.

The two continue to stare, so the German tries again:

“Parlate italiano?” No response. “¿Hablan ustedes español?”

Still nothing. Frus-

trated, the German guy drives off.

The first American says, "You know, we should learn a foreign language."

"Why?" asks the other. "He knew four languages, and it didn't do him any good."

When I was in high school, I wore Birkenstocks. Or as I call them now, the '90s version of a purity ring.

Comic *Cory Jarvis*

Grown-up Crayon Colors

New Flat-Panel Television Pitch
Turn-Signal Vermilion
Credit-Card Magnetic-Strip Coal
Netflix-Envelope Scarlet
Cubicle Ecru
Unraked-Leaves Sienna
Energy-Efficient
Fluorescent-Bulb Quartz
Blue-Screen-of-Death Cobalt

Casey Johnston, in mcsweeneys.net

My parents sent me to military school in Switzerland. There they taught me how to be neutral.

Comic *Craig Sharf*

A motorist was driving down a rural dirt road when he came upon a stream. He called out to a man walking by, "Do you think I can drive my car through the stream?"

"I suppose you can," said the man.

So the driver started across, but within seconds, his car sank, and he barely escaped with his life.

"You lied to me!" the driver screamed at the passerby. "That

stream is at least ten feet deep!"

"That's funny. It only reaches up to the middle of the ducks."

Submitted by *Chuck Welch*

I often wonder about people who live in tropical destinations. What do their screen savers look like?

Comedian *Derick Lengwenus*, heard at the Red Bar Comedy Club in Chicago

InterNit-Wits

Facebook and Formspring are two of the many social-networking sites that allow users to embarrass themselves in front of millions of friends and strangers, like these people did.

Larry Happy Valentine's Day to All, especially Wendy, Heather, Lindsey, Ellen, Valerie, Isabel, and all the other wonderful women I adore.

Jennifer You forgot your wife.

Source: lofbmoments.com

Victoria needs a tan! This pale/dry/cold/winter thing is not a good look.

Drew News flash ... we're black.

Source: lofbmoments.com

Joe You are amazing Caitlin (: im glad we are friends (: and you are so gorgeous (: don't let anyone tell you otherwise.

Caitlin Thank youuu. But I don't know who you are. :(but I'm sure you are very important to me also! :)

Source: lolspring.com



Your favorite new joke, funny anecdote, or crazy news story might be worth \$\$\$. See page 41 for details.

LOOKING FOR REAL OSTEOARTHRITIS KNEE PAIN RELIEF?

THIS IS THE NE



Synvisc-One® (hylan G-F 20)

FREE Knee Pain Relief Kit

Call toll-free 1-888-695-7677 or
visit www.SynviscOne.com/readers

Please see important Patient Information on the next page.

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SONE-00389.A 03/2010

RD1010

THE ONLY ONE INJECTION
treatment that can give you up
to 6 months of knee pain relief.

Don't let osteoarthritis of the knee control your life. If you aren't getting enough pain relief from diet, exercise and over-the-counter pain relievers, talk to your doctor about whether Synvisc-One may be right for you.

Synvisc-One

- Lubricates and cushions your knee with just one injection
- Is made from a natural substance similar to healthy joint fluid
- Doesn't have the serious side effects associated with many pain pills
- Is covered by Medicare and most insurance plans

Call toll-free or mail back the attached card to get a FREE Knee Pain Relief Kit to learn more.

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

Important Safety Information

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

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





Patient Information

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

Glossary of Terms

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

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

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

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- When should you call your doctor? (Troubleshooting)
- What adverse events were observed in the clinical study?
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What is the Synvisc-One® product?

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

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

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

How is the Synvisc-One® product given?

Your doctor will inject Synvisc-One into your knee.

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

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

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

What should my doctor warn me about?

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

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

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

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

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

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

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

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

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

What other treatments are available for OA?

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

Non-drug treatments

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

Drug therapy

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

When should I call my doctor? (Troubleshooting)

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

What did the clinical studies show?

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

A total of 253 patients in the study were assigned by chance to receive either a single injection of Synvisc-One (n=123 patients), or an injection of the same volume of salt water (a "Saline Control" injection) (n=130 patients). Neither the patients nor the doctors evaluating them knew which treatment they received. Any fluid that was present in the patient's knee was removed before the injection. The patients were seen by their doctor at standard times over 6 months.

Information was collected about how much pain they were experiencing doing various types of activities, how much they were limited in their daily activities by their OA, and on their overall condition. Their doctor also provided an overall rating of their OA.

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

What adverse events were observed in the clinical study?

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

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

Severe adverse events were not observed in the Synvisc-One trial. Joint infections did not

occur in the injected knee in the Synvisc-One clinical trial. The most commonly occurring adverse events outside of the injected knee were headache, back pain, sore throat and the flu. One patient had a single episode of feeling faint.

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

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

Manufactured and Distributed by:

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

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Biosurgery

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Connections

Your Guide to What's Happening Now.

Always

No other Ultra absorbs faster than Always Ultra. So when your period suddenly changes in flow, you can have a speedy recovery. Learn more at always.com. Have a happy period. Visit always.com.



Eye on the Tiger

2010 is the Year of the Tiger for the Animal Action education project of the International Fund for Animal Welfare (IFAW). To learn more, go to ifaw.org/animalaction.



Pringles

Pringles Stix are so delicious your mouth will be strangely attracted to them. These crunchy cracker snacks come in individually wrapped packs—ten packs per box—so you can take them anywhere. Visit www.pringles.com.



An Evening of Health Info and Entertainment

Join us for an evening of entertainment, pampering, and important health information just for women this September through November. Learn more about Spirit of Women and find an event near you at readersdigest.com/spiritofwomen.

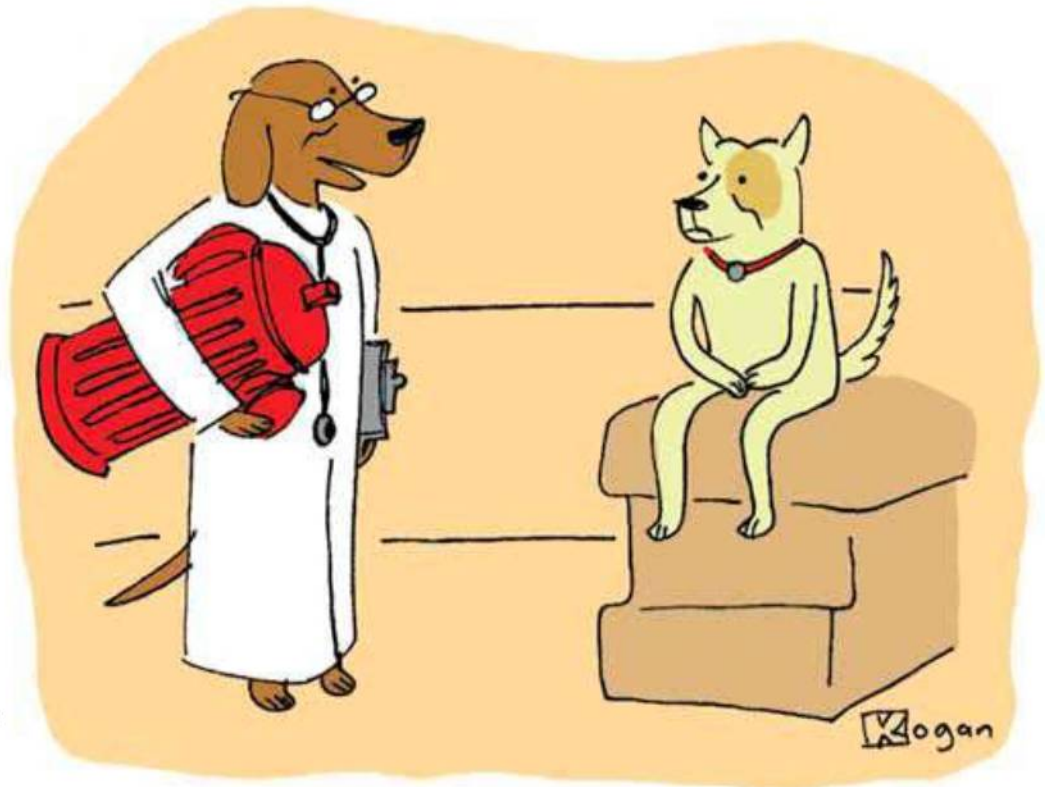


Go to readersdigest.com/connections for more!

A teenager waltzed into our jewelry store to buy a cross for her boyfriend. I showed her a selection, and she pointed to three: “Can I see that one, that one, and the one with the little man on it?”

“Oh,” I replied. “You mean Jesus?”

Julie Swarsbrick



A Poor Excuse for an Employee

Need a reason for being late to work? Don't try these—they didn't help any of the workers who actually used them.

My deodorant was frozen to the windowsill.

My car door fell off.

I dreamed I was already at work.

I had an early-morning gig as a clown.

Source: careerbuilder.com

My 17-year-old niece was looking for a job, so her mother scoured the want ads with her. “Here’s one. A couple are looking for someone to watch their two kids and do light housekeeping.”

40

“Let’s get a sample.”

“Hel-looo!” said my niece, rolling her eyes. “I can’t take that job. I don’t know anything about lighthouses.”

Kim Wilson

Question on second-grade math quiz: “Tony drank $\frac{1}{6}$ of a glass of juice. Emily drank $\frac{1}{4}$ of a glass of juice. Emily drank more. Explain.”

My grandson’s answer impressed his teacher: “She was more thirsty.”

JoAnn Millington

One woman raved about the rides at our water park, but she did have a valid complaint: “The water in the wave pool tastes horrible!”

Eric Hahn

Before my son could start going on job interviews, he needed to dress

Best Job Ever—Police Blotter Writer!

“Police were called to Market Square for a report about a ‘suspicious coin.’ Investigating officer reported it was a quarter.”

“The Learning Center reports a man stands at his window watching the center, making parents nervous. Police ID him as a cardboard cutout of Arnold Schwarzenegger.”

“Police receive a report of a newborn infant found in a trash can. Upon investigation, officers discover it was only a burrito.”

Actual police blotter write-ups from acidcow.com

the part. That, he decided, required a \$500 suit.

“What!?” I barked. “I’ve bought cars for \$500!”

“That’s why I want the \$500 suit,” he said. “So I don’t have to drive \$500 cars.”

Joe Kulakowski

Work Pests

Clientsfromhell.net was established by freelance art directors and graphic designers who have seen the dark side of their clients ... and survived.

Client No. 1: So it turns out you were right about me wanting a colon instead of a semicolon. But since we’re on the subject, I’d like you to revisit the copy and include more semicolons. I want people to think we’re smart.

Client No. 2: Since you have overbid on our project, can you recommend anyone who has your exact same design skills and client-relationship abilities for half the cost?

Client No. 3: Please be sure to print the cover and the table of contents at the front of the book, then print the chapters in this order: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16.

A touching tribute to a waitress, spotted outside a local restaurant: “RIP Sandy. We will miss you. Server needed.”

Jennine Murphy

An angry customer called me at the florist shop where I work. Her problem: the card. Her kids had sent the flowers and wanted it signed “Love, your two rugrats.” Instead, the card read “Love, your two regrets.”


Alison V.

You Can Win \$30,000!

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.

A roll of white toilet paper is mounted on a gold-colored metal holder against a white marble wall. The holder has a curved top bar and two side knobs. The toilet paper is partially unrolled, and a message is printed on the sheet.

**YOUR
NIECE
IS
ABOUT
TO SAY,
'I DO'**

(And you're in here. Again.)

Maybe today is the day to talk to your doctor about overactive bladder.

Ready to take a vow to do something about your overactive bladder symptoms? Ask your doctor about prescription Toviaz® (fesoterodine fumarate), the once-daily pill that significantly reduces sudden urges and accidents over 24 hours.*

Plus, Toviaz comes with a plan, with tips on food and drink choices and exercises to help you train your bladder. Make a commitment to learn more about the symptoms of overactive bladder and Toviaz.

Ask if Toviaz is right for you.

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

**Results may vary*

The plan can help you manage overactive bladder symptoms:

.....

Did you know acidic fruits and vegetables such as tomatoes and citrus fruits may irritate your bladder?



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.

For a FREE TRIAL offer, visit Toviaz.com or call 1-877-TOVIAZ-9.

FSD00433G

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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1. These statements have not been evaluated by the US Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. 2. Julio J. Secades, M.D., Ph.D., José Luis Lorenzo, M.D. Citicoline: Pharmacological and Clinical Review, 2006 Update. Methods Find Exp Clin Pharmacol 2006, 27



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Outrageous

MICHAEL CROWLEY

Zero Judgment

Schools are turning our kids into criminals in the name of zero tolerance

When Matthew Whalen was called into the principal's office last September, he wasn't worried. An official at his upstate New York high school, prompted by a rumor floated by another student, had asked if Whalen, 17, was carrying a knife. Whalen said no but admitted that he did keep one locked in his car, which was parked outside.

What could be wrong? Whalen thought. He was an Eagle Scout, and the key-chain knife in the car had a two-inch blade—part of every Scout's survival kit. "They thought I had a dagger in my car or something like that, so I thought, Yeah, I'd show it to them," Whalen said shortly after the incident.

Michael Crowley is a senior correspondent at *Time*.

"I showed it to them, and they told me I had a knife on school property and had to be suspended."

That's right—suspended, for 20 days. Whalen, an honor student and a National Guardsman, had run afoul of his school's no-exceptions zero tolerance policy, which requires that any student possessing a weapon on school grounds—even a penknife in an Eagle Scout



survival kit in a locked car in the parking lot—be suspended. Whalen's family appealed the ridiculous decision, but the school stood firm, insisting it had to apply its no-weapons rule evenly. The appeal was denied.

It's stunning how common cases like this are. School officials nation-

A boy's toy soldiers (with tiny rifles) broke the zero tolerance rule against guns in school.

wide are overreacting wildly to fears about drugs and guns—even though statistics show that schools are already the safest place kids can be. Every week seems to bring a new horror story of a young student whose life is turned upside down by an innocent act that gets treated like the prologue to the next Columbine massacre.

“Too often school officials treat ‘zero tolerance’ as meaning zero judgment,” says George Washington University law professor Jonathan Turley. “What you have are policies that have mutated into blind bureaucratic rules that are applied without logic or discretion.”

Some of these stories you couldn't make up. Like the incredible case of Zachary Christie, a six-year-old Delaware boy who loves school so much that, his mother says, he sometimes dresses up for it. As a new Cub Scout, Zachary had been

given a camping utensil that can serve as a knife, fork, and spoon. He was so excited by his new gizmo that he brought it to school one day to use at lunch. After a teacher spotted the utensil, Zachary was promptly sentenced to 45 days at a reform school.

“I wasn't really trying to get in trouble,” Zachary said at the time. “I was just trying to eat lunch with it.” The school board overturned Zachary's sentence—but only after the national media took interest in the case.

Incredibly, Zachary's punishment came at a time when Delaware schools were already on red alert over the madness of zero tolerance. A year earlier, state lawmakers had acted to give school officials more case-by-case discretion in instances just like this. The reason? A third-grade girl who was suspended after she brought in a cake baked by her grandmother, along with a knife to cut it. Once again, the punishment was reversed following media pressure.

If you think schools have gone crazy over so-called weapons, wait till you hear about their paranoia over drugs. Consider the story of Rachel Greer, a seventh grader in Jeffersonville, Indiana. When a classmate at school gave Rachel a prescription pill before gym class in February, the 13-year-old did the right thing: She gave it back. But when school administrators learned

that Rachel had briefly been in possession of her classmate's Adderall pill (which is used to treat ADHD), they confronted her. Rachel admitted the truth—that she'd held the pill in her hand for a few seconds before she returned it. Her reward for just saying no? A five-day suspension.

This is insanity. And by now school administrators should know better. Zero tolerance isn't new—these policies sprang up in the 1990s, amid legitimate fears of drug use and school shootings. But the policies were quickly met with severe criticism by everyone from the ACLU to conservative educational groups, which pointed out that schools were abandoning common sense and giving in to hysteria. School officials argue that they have to apply the rules evenly or risk

Do More

>> Learn the rules. Contact school officials for a copy of zero tolerance regulations in effect in your district.

>> Get involved. Find groups fighting zero tolerance, like texaszerotolerance.com, that are already active in your state.

>> Arm yourself with facts. Get reports on zero tolerance by the American Bar Association (abanet.org/crimjust/juvjus/zerotolreport.html) and the American Psychological Association (www.apa.org/pubs/info/reports/zero-tolerance.pdf).

looking like they're playing favorites. Hogwash. "It's a very authoritarian lesson to teach these kids," says Turley. Even the American Psychological Association has called these policies "counterproductive."

Despite the commonsense criticism, the hits just keep on coming. Take, for example, the mind-bending way one Rhode Island school interpreted its ban on guns this past June. Eight-year-old David Morales wanted to put a patriotic spin on an art project for his second-grade class. So he glued some toy soldiers to a camouflaged hat bearing an American flag. When he brought the hat to school, his principal ordered him to take it back home. Little did David know he'd violated the school's zero tolerance policy, which stated that toy guns are no more permissible than real ones. The tiny plastic rifles carried by David's toy soldiers set off a battle with his school's rules.

David's story has a happy ending. His school superintendent altered the district's zero tolerance policy to allow student expression, especially when it involves "tools of a profession or service." And young David even got an honorary medal from the Rhode Island National Guard. Finally, a few people showed some good judgment. How long will it take before the rest of us realize that zero tolerance makes zero sense?



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

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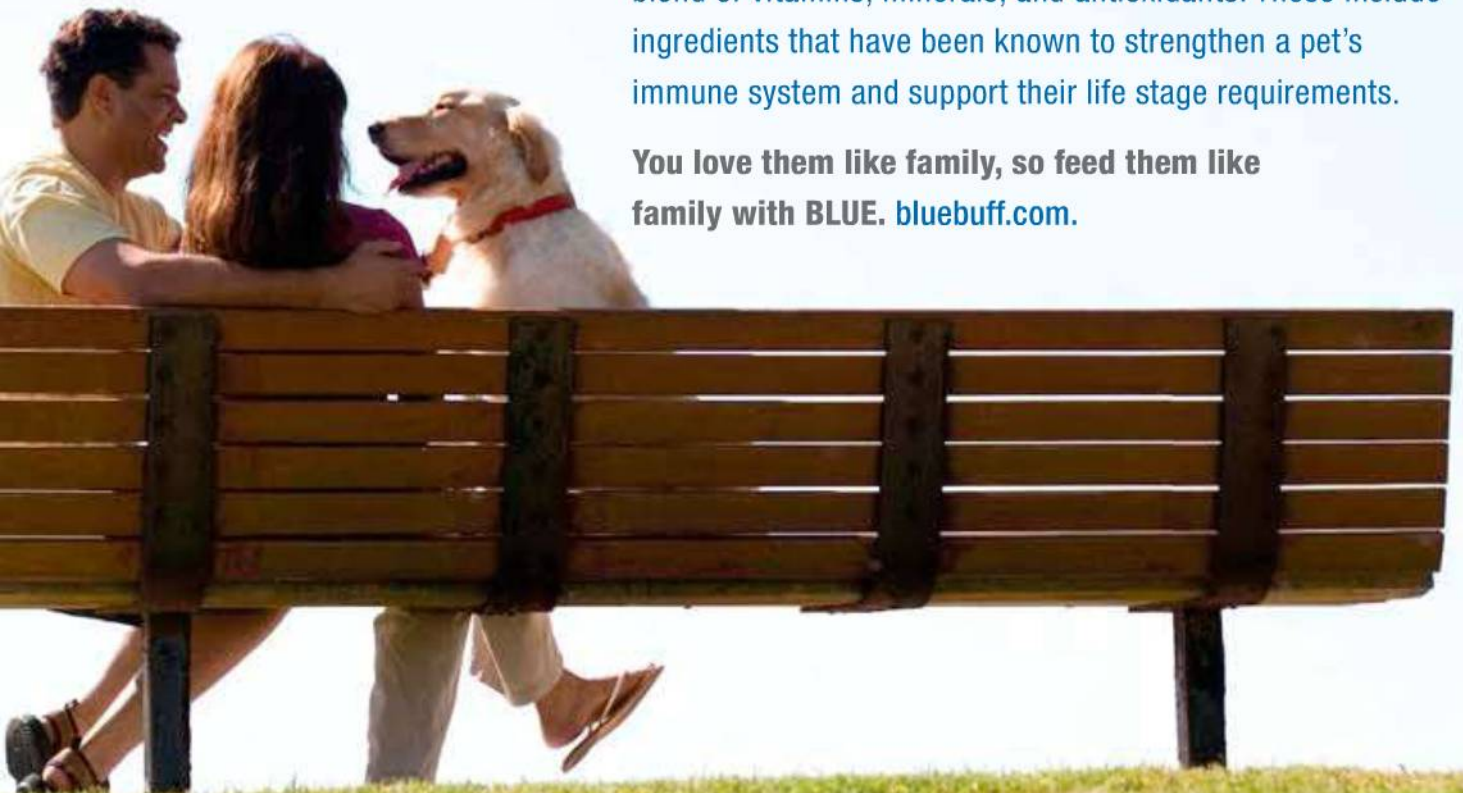
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Ask Laskas

JEANNE MARIE LASKAS

▶ **A woman at my church** constantly refers to her children as “my sons, Peter and Steven, and my adopted son, Michael.” I’ve been biting my tongue for months, but when I finally asked her why she must mention that one son is adopted even if she accepts him as her child, she lectured me on proper manners. Was I out-of-bounds to ask why she must make this distinction?

Has Opinions

Dear Opinions,
Yup, sorry, out-of-bounds. Your question to Church Lady wasn’t a question so much as a show of disapproval of a matter that has nothing to do with you. As an adoptive mom, I wholeheartedly agree with your stance, but how others choose to refer to their own kids is none of our beeswax. Save your righteous sentiments for matters related to your own family.



▶ **About a month ago**, I broke up with my boyfriend. Although I’m only in my early 20s, it was a serious relationship, and I was considering marriage. Now that I’m taking a break from dating altogether, I want

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

to rediscover myself. Part of me feels great about taking on new adventures, but another part of me would like to raise a family—and that’s the part that still misses him. How do I move forward on my own? How will I know when I’m ready for a new relationship?

On the Sidelines

Dear Sidelines,
This is an important diet, sweet-heart. Yes, you miss the carbs,

ILLUSTRATED BY ISTVAN BANYAI; (TOP) FRANK VERONSKY

Life's Little Etiquette Conundrums

▶ **We are having a 50th anniversary party and would prefer not to have small children attend. How do we word the invitation without being offensive?**

Wow, 50 years of marriage. Congratulations to the bride and groom! This is something to celebrate exactly as you wish. Addressing invitations to "Mr. and Mrs." is code for "No kids!" Most people understand this. As a safeguard, request an RSVP, and when the person calls to accept, use your happy voice and say something like "We're having this party just for the grown-ups, so be sure to get a sitter!"

aren't thrilled with the veggies, and dream of a future with ... cake. But stick to it. You're growing an independent self. How will you know you're ready for a new relationship? When you stop asking that question.

▶ **Our neighbor has a huge tree that leans over onto our side of the fence. Naturally, all the leaves always blow onto our side, never onto hers. My mother is tired of raking leaves almost every day. We don't want to seem like bad neighbors, but what can we do?**

Not a Tree Hugger

Dear Hugger,
Okay, I'm going with the assumption that this is a very pretty tree. When the leaves start to collect this fall,

pay a visit to your neighbor. Remark on the tree's beauty and invite her over to your yard. Show her (nicely) how much work her lovely tree is for you. Ask if she'd be willing to split the raking duties (you do, after all, get enjoyment from the tree). She may see your point of view and help. If she balks, you'll have to go look up local property laws and get all wonky with a lawyer, in which case I grieve with you as we watch the decline of common courtesy and neighborliness in society today.

▶ **After a year of dating, my boyfriend asked my daughter and me to move in with him. He owns his own home and has a roommate, a good friend who has been renting the second bedroom for five years. My boyfriend talked to him, and he graciously said he would start looking for another place. Well, that was four months ago, and he has done nothing. How can we let him know that time is up without ruining the friendship and looking like the bad guys?**

Growing Impatient

Dear Growing,
Important disclaimer: It's vaguely icky for you to take the lead on the eviction effort, since Mr. Squatter no doubt regards you as the home wrecker; be careful to stay in the shadows on this one. Now go gather apartment listings, contact a real estate agent, drive around town, and jot down addresses of places advertising rentals. Compile this

information, and give it to your boyfriend to pass on to his “former” roommate. Then join in the fun of apartment hunting! Talk about how great it will be to visit him at his new place. Speak of beers on decks and games of darts. Let him know his world is growing, not shrinking, and that you enjoy his company. Work it, girl!

▶ **Every time my husband** and I go out to dinner with a particular work friend (whom we like very much), the guy never offers to pay part of the bill. When the bill comes to the table, he never reaches for his wallet, even when he was the one to ask us out. We’re tired of paying for him but

don’t want to lose his friendship or damage our work environment. What should we do? *Not Filthy Rich*

Dear Filthy,
Your friend is a mooch. Your challenge is to compare the value of the friendship with the cost of the meal and make a cost-benefit decision. Presumably his company offers more than just an extra body at the table. If that’s worth the expense of an extra entrée, continue as you are. If not, turn down his future invitations and let the relationship wither.

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



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OffBase

I was shopping when I saw a soldier back from Afghanistan. With tears in my eyes, I thrust out my hand and said, “Thank you for your service to our country.”

He smiled and took my hand. “It’s people like you,” he replied, “that keep me going.” *Karrel Seawright*

While I was assigned to the space shuttle program, my job included ordering supplies. One of the engineers requested a new dictionary. Following regulations, I asked him why he needed it.

I expected his answer to be “My old copy is lost” or “The cover is falling off.” Instead he said, “My current edition defines *spaceship* as an ‘imaginary aircraft.’”

He got his new dictionary.

Thomas Ellsworth, from gcfl.net

During World War II, selective service wasn’t always so selective. My nearsighted friend went before the draft board to explain just how poor his vision was. “If I lose my glasses, I won’t be able to see at all,” he told them.

“Don’t you worry,” replied the sergeant in charge. “When we



attack, we’ll stick you in front of the battalion. You won’t miss a thing.”

Roger O’Hagan

After visiting my son at his base, I complained to my brother-in-law: “Security there is so tight, you practically have to give up your firstborn to get in.”

He replied, “You did.”

Lynne Johnson



Your favorite new joke, funny military anecdote, or crazy news story might be worth \$\$\$.

See page 41 for details.

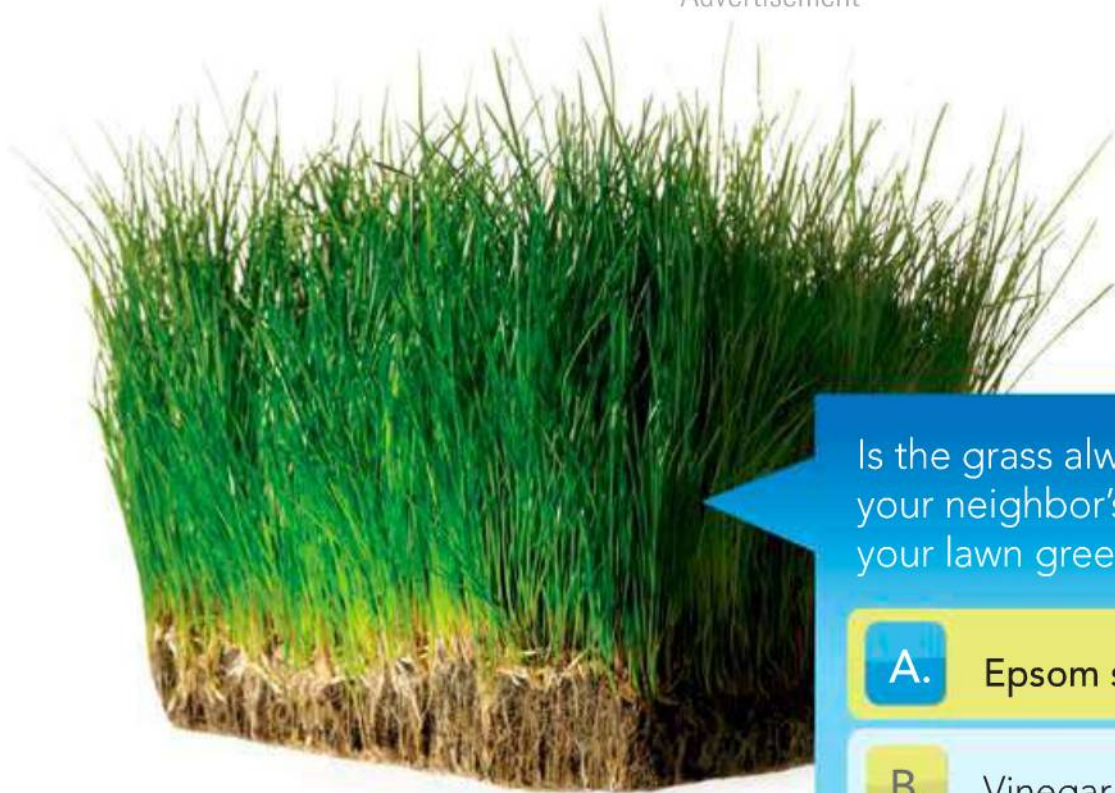
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Is the grass always greener on your neighbor's side? Make your lawn greener by using:

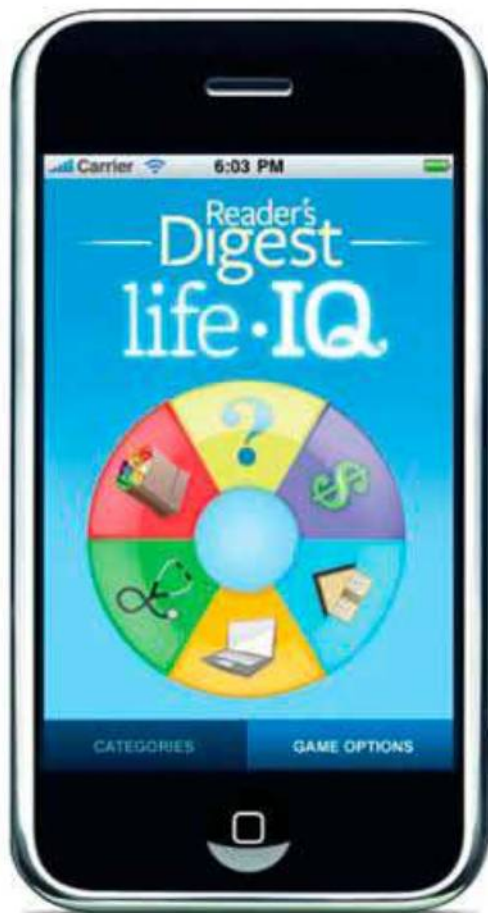
A. Epsom salts



B. Vinegar

C. Ginger ale

D. Spray paint



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Answer: A. The Reader's Digest Version: Epsom salts, which add needed magnesium and iron to the soil, is the solution for faded grass. Add two tablespoons to one gallon of water, then spread it on your lawn. Afterward, soak with plain water to make sure the mixture gets into the grass. Unfold lawn chair. Relax.

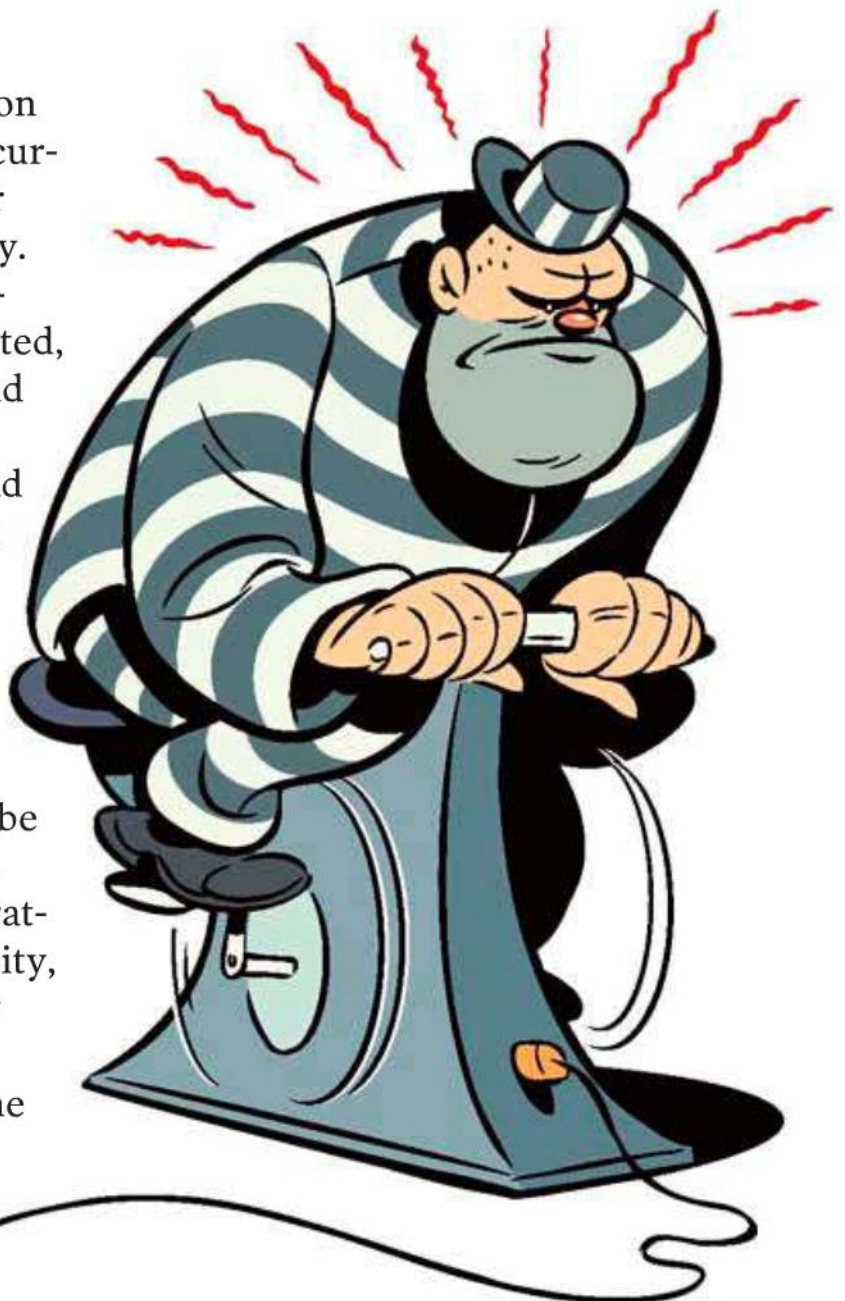
Here's an Idea!

Humorist **Jimmy Tingle** proposes

An Alternative to the Alternative to the Alternative Energy Plan

There are over two million people in this country currently serving time. For exercise, they lift weights all day. They get angrier and more frustrated, angrier and more frustrated, angrier and more frustrated. And when they're released, they are angrier and more frustrated ... and bigger. We don't want them just getting bigger; we also want them to give back to society.

As part of my comprehensive alternative energy package, I am suggesting that every prison cell in the United States be equipped with an exercise bike, hooked up to a generator, generating electricity, with a very long cord going to the



home of the prisoner's victim to help him out with his electric bill.

We could have another long cord going to the local public school, hooked up to a video screen showing the guy in his prison cell on an exercise bike, as a deterrent, like a modern *Scared Straight!*, only this

Forget hybrids. Why can't Detroit build cars that we pedal? Like the Flintstones?

would be called *Bored Straight*.

If pedaling is good for prisoners, I say it's good enough for us, too, especially if it'll improve the environment. Here's my idea: Forget hybrids and electrics. Why can't Detroit build cars that we pedal? Like the Flintstones?

I would pedal, my wife would pedal—even my 13-year-old son could pedal. “But, Dad, I'm tired.” “Quiet. I'm taking you to soccer. The least you can do is pedal.”

Cars that we pedal would help combat obesity, get us in shape, tighten up our abs, tighten up our butts, and bring back something that has been missing from American culture for at least 30 years: hitchhiking.

No one picks up hitchhikers anymore. On your way home from work this week, if you see some big biker-looking dude with long hair and a leather jacket by the side of the road

hitchhiking, you're probably not going to pick him up. However, if you needed someone to help you pedal ...

“Excuse me. Are you a Hells Angel?”

“Why, yes I am.”

“Get in! Help me get this up to 35.”

We can also learn from other countries. In China, people used to pull their compatriots through the streets in little cartlike chariots called rickshaws. When I suggest the rickshaw as a means of transportation here, people

look at me as if I am crazy.

“Jim!” they say. “Where are we going to find Americans to run through the streets pulling other Americans?”

Simple ... joggers!

How many times has a person come up to you and said, “I jogged nine miles today!” Good. Pull somebody with you.

My brother Gary has run 24 Boston Marathons. Why can't he pull our mother to the supermarket? He could drop her off, run ten miles, come back, and pull her home. He could build lower- and upper-body strength while spending quality time with the family.

My friends, what I'm trying to say is, the solution to all our energy needs lies in tapping into America's historic can-do spirit with creativity, innovation, and

NO TIME TO TONE?

GET YOUR SHOES WITH THE 'GYM BUILT-IN'

Wearing FITFLOP™ footwear can help tone and trim your legs and thighs, perk up your derrière and, if the reports are right, can provide prompt relief from lower back aches, stiff knees and nagging plantar foot pain. *BY IRENE SMITH*

FITFLOP—the company behind my favourite leg-toning sandals has launched a range of the most fabulous, leg-sleeking sneakers. And they are *SENSATIONAL!*

FITFLOP was invented by former personal trainer and Bliss Spa (and now Soap &

Glory) founder Marcia Kilgore, who realised she just couldn't juggle a job, two kids, and getting to the gym. So she teamed up with Dr Dave Cook and Darren James at London Southbank University who then developed **FITFLOP'S** Microwobbleboard technology, using a triple density midsole to create instability underfoot, activating leg muscles more as you walk.

"They're really good. I was sceptical but after testing them, we could see the calf, hamstring and gluteal muscles were activated for significantly longer than usual, giving your legs a workout."

DR GRAHAM SMITH, Senior Lecturer of Sport & Exercise Biomechanics, University of Salford

Read the 'fan' board on **FITFLOP.COM** and you'll find people who claim that wearing **FITFLOP** footwear can help all sorts of aches and pains too. One lady's back pain disappeared in a day. Another's chronic plantar fasciitis eased up almost instantly. Even podiatrists and chiropractors are recommending them.

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optimism, even in the midst of disaster.

Eight days after the Gulf of Mexico sprang a leak, the federal government gave its approval to build a wind farm off Cape Cod. The bad news: It took nine years to get that approval.

Nine years to get approval to build a wind farm? This is America; there are many windy places. Why can't we put some of the windmills in the breakdown lane on the highway? Look at all that untapped wind!

Think about it: using wind, created by cars running on foreign oil, to engage windmills, to generate electricity, to reduce our dependency on foreign oil!

And that's not all.

I suggest that every traffic light in America be equipped with a little windmill to generate the power to run the traffic lights.

Of course, the naysayers attack my idea. "But Jim, what happens if one day the wind doesn't blow?"

Easy. You don't stop!

Do you know how much gasoline we waste waiting for the lights to change?

"But Jim, shouldn't we encourage people to take mass transportation?"

Sure, but there's one huge drawback to public transportation: Cars are more comfortable than subways. If the average American had his choice of going anywhere, do you think he would choose driving a car

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or standing in a moving cylinder chugging through the pitch-blackness of a tunnel built in 1901, while holding on to a metal pipe that one million people grabbed that morning, as he tries to balance himself between a homeless person, a bicycle, a baby carriage, and a folksinger? People banging into him, asking for money, crying for a bottle, singing a ballad ... Of course, the average person will choose the car.

Therefore, we need to start building trains that are as private and as comfortable as our automobiles. We have to start building trains ... of automobiles.

Detroit has seven million cars lying around not doing anything.

I say string those babies together.

Imagine it: You go down into a subway station and a train of automobiles pulls up—900 automobiles all attached bumper to bumper. Americans could have the privacy of an automobile in the realm of public transportation.

You could sit there on your way to work and listen to the radio, talk on a cell phone, drink a cup of coffee, read the paper, put on your makeup, and text your friends all at the same time ... just like driving.

See? Saving energy is easy, and it won't affect our lifestyle one bit.

Jimmy Tingle, a stand-up comic, is a recent graduate of Harvard's John F. Kennedy School of Government. Find him at jimmytingle.com.



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Aching Back? Eat This Way

Back pain is hurting us—in the wallet. According to new government numbers, we spent nearly twice as much on the problem in 2007 as we did in 1997: more than \$30 billion, up from an inflation-adjusted \$16 billion a decade earlier.

Generally, the passage of time and extra attention to body mechanics are enough to ease the discomfort (pain relievers help too). But you may be able to lower your risk of a recurrence by strolling down the right aisle in the supermarket. The research isn't all in, but intriguing evidence suggests that certain foods can quash inflammation that contributes to some kinds of back pain—especially bouts linked to arthritis. Here, from *Kitchen Cabinet Cures* (Reader's Digest, \$31.96), foods to eat and to avoid.

EAT MORE

- **Cherries.** One study showed that drinking 12 ounces of tart cherry juice twice a day for eight days reduced muscle pain and strain. Fresh or canned tart cherries are also helpful.
- **Olive oil**
- **Canned salmon, sardines packed in water or olive**



→ Health

oil, mackerel, albacore tuna, flaxseed, and walnuts—all good sources of omega-3 fatty acids

- Vegetable protein (such as soy)
- Vegetables and fruits of every hue (canned or frozen are fine, as long as they're not packed in heavy syrup or loaded with salt)
- Nuts of all kinds
- Green tea
- Ginger. Try steeping a bit of grated root in boiling water for tea.

EAT LESS

- Certain vegetable oils such as corn, safflower, sunflower, cottonseed, or “mixed” vegetable oils
- Margarine and vegetable shortening
- Processed foods
- Products containing high-fructose corn syrup
- Foods high in saturated fat, including meat, tropical oils, and full-fat dairy products
- Foods made with trans fats

A lack of vitamin D, the “sunshine” vitamin, may contribute to back pain. In one study, more than 80 percent of people between 15 and 52 with chronic low-back pain were deficient in the vitamin—and when they started supplementing, their back pain improved. Some nutrition experts suggest taking **1,000 IU of D3 daily**.

FIGHTING CANCER

Get a **Better Biopsy**

When it comes to cancer, screening tests such as mammograms grab the headlines (and controversy). But many people don't realize that the biopsy—in which a small sample of a suspected cancer is analyzed to determine if disease is present and what treatment is needed—is key to getting the best care. Unfortunately, errors can affect up to 15 percent of biopsies, according to a recent study.

Experts say a few steps can help ensure your biopsy is read right:

- Inquire about the pathology lab

that will examine the sample, says Patrick Fitzgibbons, MD, a spokesman for the College of American Pathologists. “Ask your doctor, ‘How much have you worked with this lab? Do you have confidence in it?’” Make sure the pathologists are board certified; if they're not, think about asking your doctor to send your biopsy elsewhere.

- Find out if your hospital has a tumor board; many do, Dr. Fitzgibbons says. This is a multidisciplinary team that meets to discuss many aspects of cancer cases, often including the biopsy—guaranteeing more

consultation about the best approach. In one study, these discussions led to improved breast-cancer-treatment plans for more than half of patients. If your hospital doesn't have a tumor board ...

■ Consider getting a second opinion; insurance often covers it. "If a proposed treatment will change your life, you owe it to yourself to make sure the diagnosis is right," says surgeon Pamela Gallin, MD, author of *How to Survive Your Doctor's Care*. Have your doctor send the biopsy slides to

another lab and request they be read by a pathologist who specializes in the suspect organ, Gallin says. To find a good lab for a second opinion of a breast biopsy, check the National Accreditation Program for Breast Centers (accredited breast centers.org).

Regina Nuzzo

Can Stress Protect You?

When life gets stressful, don't hide under the covers. A recent study in mice suggests that a bit of chaos might help protect against cancer.

In the new research, from Ohio State University, scientists housed mice in a conventional environment (a few cage mates and toys) or a challenging one (about 20 cage mates, a pile of toys), then injected them with cancer cells. Tumors were as much as 77 percent smaller in the mice with lots going on, and one in six of this group avoided cancer entirely.

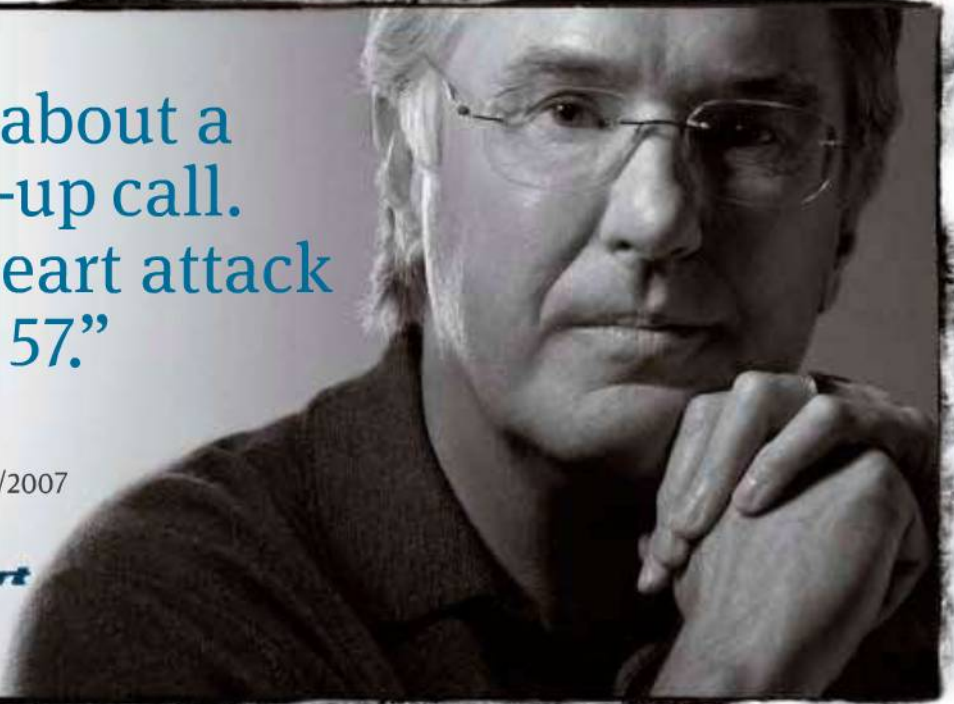
"Good stress," from short-term, manageable challenges, seems to boost immune system activity, says researcher Matthew During, MD. It also raises levels of the brain chemical BDNF, which may reduce tumor growth throughout the body. More study is needed; in the meantime, Dr. During says, it may be worth trying new things—even if the effort makes you uncomfortable.

R. N.



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

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



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

IMPORTANT SAFETY INFORMATION:

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

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

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

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

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

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



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

Call 1-888-LIPITOR (1-888-547-4867)

or visit www.lipitor.com/john

INDICATION:

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

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

Please see additional important information on next pages.



IMPORTANT FACTS



LIPITOR
atorvastatin calcium
tablets

(LIP-ih-tore)

LOWERING YOUR HIGH CHOLESTEROL

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

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

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

WHO IS LIPITOR FOR?

Who can take LIPITOR:

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

Who should NOT take LIPITOR:

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

BEFORE YOU START LIPITOR

Tell your doctor:

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

ABOUT LIPITOR

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

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

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

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

POSSIBLE SIDE EFFECTS OF LIPITOR

Serious side effects in a small number of people:

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

Call your doctor right away if you have:

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

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.
- Talk to your pharmacist.
- Go to www.lipitor.com or call 1-888-LIPITOR.

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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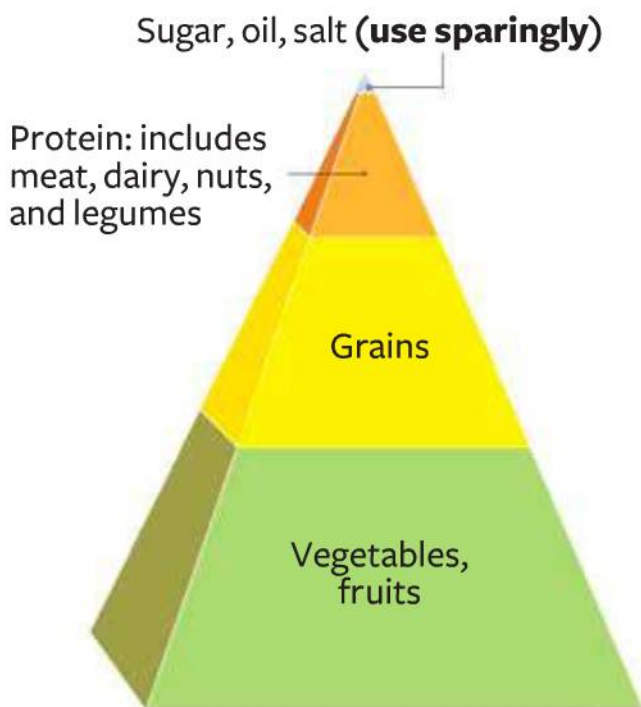
BEST OF THE BLOGS

Why That Salad Costs More than a Big Mac

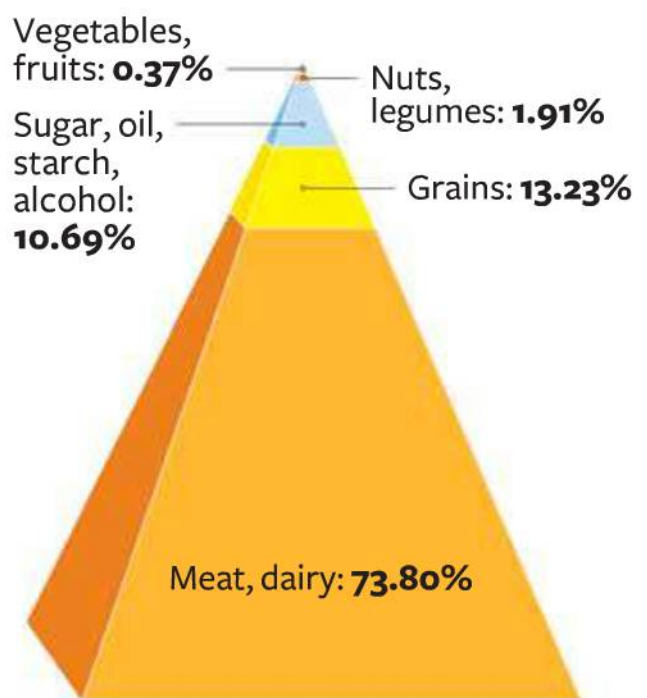
A new report shows that the great American waistline continues to expand. In 1991, not a single state had an obesity rate above 20 percent, but now the rate tops 30 percent in eight states. A graphic discussed on a number of blogs may explain at least part of the reason: Government subsidies help ensure that healthy food tends to cost more than meals that pack on pounds. This chart was originally created by the Physicians Committee for Responsible Medicine in 2007. Unfortunately, the group says, not much has changed.



Federal Dietary Guidelines



Federal Subsidies for Food Production, 1995-2005



JAMES BAIGRIE/GETTY IMAGES

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The Checklist

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MORE

+ COFFEE A cup or more daily may cut your risk of some types of head and neck cancers, says an analysis of nine studies. Decaf doesn't seem to do the trick; neither does tea.



+ FISH In a recent study, people who ate at least two servings of fish a week were much less likely than infrequent fish eaters to develop age-related hearing loss—in fact, they were only 58 percent as likely to say “Huh?”

+ WRITING IT DOWN If you have irritable bowel syndrome, jotting down your thoughts, beliefs, and feelings about the problem may help alleviate the discomfort. In a recent study, people who did so for 30 minutes at a time for four days found that their symptoms improved significantly.

LESS

- SITTING In a big study from the American Cancer Society, women who spent lots of time on the couch were nearly 40 percent more likely to die during the study than women who did less sitting; sedentary men boosted their risk by 18 percent.



- EXPENSIVE DRUGS Rx diuretics (aka water pills) are just as effective as pricier meds at preventing complications of high blood pressure, a major study shows. Most people should try them first, researchers say.

- TOUGHING IT OUT In a study that followed elderly people for as long as 17 years, those who were depressed at the start were more likely to develop dementia. It'll take more research to know whether treating depression can help retain mental faculties, but you'd certainly feel better in the meantime.

WORKS FOR ME

Living Well with Pain

The pain of fibromyalgia—an all-over achiness coupled with intense fatigue—is often compounded by the fact that it can take years to get a diagnosis. Now the American College of Rheumatology is trying to make that task simpler. The joint experts recently suggested broadening the criteria that doctors use: Unexplained, widespread pain and tenderness are still on the list, but so are fatigue, exhaustion upon waking, and cognitive symptoms like fuzzy thinking and memory problems.

Because a diagnosis is just the first step toward relief, we asked Martha Beck—life coach, author, 30-year fibromyalgia sufferer,



and spokeswoman for Know Fibro, a public education campaign—for the tips and techniques that help her feel well.

“When I started keeping a pain journal, I noticed that all my good days had something in common: They were the days when I felt excited about what I was doing with my life. Fibromyalgia isn’t all in people’s heads, but **stress definitely makes it worse**. Having a sense of purpose helps.”

“Years ago, a doctor told me that **exercise is good for fibromyalgia, even though it hurts**. That was like somebody opening a cage door—I went straight to the gym. It did hurt, but eventually the pain started to ease. Now I lift weights with every muscle I can access, and it’s incredible how much it protects me.”

“**Start low and go slow**. When I began to work out, all I could manage was a two-pound weight. But 16 years later, I’m still increasing the amount I can do.”

“These days, as long as you can get to a computer, you can **find sites with reliable answers**—and a community of support. That can make all the difference.”

DECODING YOUR MEDICAL CHART

Term	What It Means
SOB	Shortness of breath
NERD	No evidence of recurrent disease
THRILL	A vibration, felt on chest wall, that signals an abnormal heart

Almost Vegetarian

You can thank Mark Bittman's bad knees, increasing girth, and other health problems for *The Food Matters Cookbook*. A plant-heavy diet has done wonders for the award-winning food writer personally—and, he says, cutting back on animal products is a way for every food shopper to fight global warming. (Not all dishes need to be meatless—as our first recipe shows.) Here, fall dishes that are good for your health ... and the planet.

Cassoulet with Lots of Vegetables

Makes 4 to 8 servings

- 2 tbs. olive oil
- 1 lb. Italian sausages in casing, bone-in pork chops, confit duck legs, or fresh duck breasts, or a combination
- 1 tbs. minced garlic
- 2 leeks, trimmed, well rinsed, and sliced, or 2 onions, sliced
- 2 carrots, cut into 1-in. lengths
- 3 celery stalks, cut into ½-in. pieces
- 2 zucchini or one small head green cabbage, cut into ½-in. pieces
- Salt and black pepper
- 4 cups chopped tomatoes (canned are fine; include their juice)

Mark Bittman

Author of the New York Times Bestseller *Food Matters*

THE FOOD
MATTERS
COOK
BOOK

500 Revoluti

iving



- ¼ cup chopped fresh parsley
- 1 tbs. chopped fresh thyme or 1 tsp. dried
- 2 bay leaves
- 4 cups cooked or canned white beans, drained, liquid reserved
- 2 cups stock, dry red wine, bean cooking liquid, or water, or more as needed
- Pinch of cayenne, or to taste

1. Put oil in large pot over medium-high heat for 1 minute. Add meat and cook, turning occasionally, until pieces are deeply browned on all sides, 10 to



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



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Eater's Digest

15 minutes. Remove from pan and drain off all but 2 tbs. of fat.

2. Reduce heat to medium and add garlic, leeks, carrots, celery, and zucchini; sprinkle with salt and pepper. Cook until softened, about 5 minutes. Add tomatoes with their juice, reserved meat, and herbs; bring to boil. Add beans and bring to boil again, stirring occasionally. Reduce heat until mixture simmers gently but continuously. Cook for about 20 minutes, adding stock when mixture thickens and vegetables are tender, about halfway through cooking.

3. Take out meat and remove bones and skin. Chop meat into chunks and return to pot along with cayenne. Cook for about another minute to warm through; taste and adjust seasonings. Serve.

Roasted Sweet Potato Salad with Chili Dressing

Makes 4 servings

- 4 medium sweet potatoes (about 1½ lbs.), peeled and cut into large sticks**
- 1 large onion, preferably red, sliced**
- 8 tbs. olive oil**
- Salt and black pepper**
- 2 tsp. chili powder, or to taste**
- Juice of 2 limes**
- 1 cup chopped fresh cilantro**



The sweet potato is deceptively high in nutrients.

1. Heat oven to 400°F. Put sweet potatoes and onion on large baking sheet, drizzle with 2 tbs. olive oil, toss to coat, and spread in single layer. Sprinkle with salt and pepper; roast, turning occasionally, until potatoes are crisp outside and just tender inside and onions are soft and brown, 35 to 45 minutes. Remove from oven; keep on pan until ready to dress.

2. Meanwhile, whisk together the remaining 6 tbs. olive oil with chili powder, lime juice, and a pinch of salt and pepper.

3. Toss warm vegetables with dressing and cilantro. Taste and adjust seasonings if necessary. Serve warm or at room temperature (or cover and refrigerate up to a day). ■

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*While supplies last.



Making Mosaics

Help your child make a beautiful, one-of-a-kind pot or pencil jar to keep or give as a gift this holiday season.

What you need

- Newspaper
- Pieces of broken pottery, tiles, beads, buttons, marbles, shells, etc. (find some in a hardware store or smash your own by putting old tiles or chipped pottery in a plastic bag and breaking them with a hammer—a parent's job)
- Ceramic tile grout
- Plastic knife
- Terra-cotta pot
- Sponge

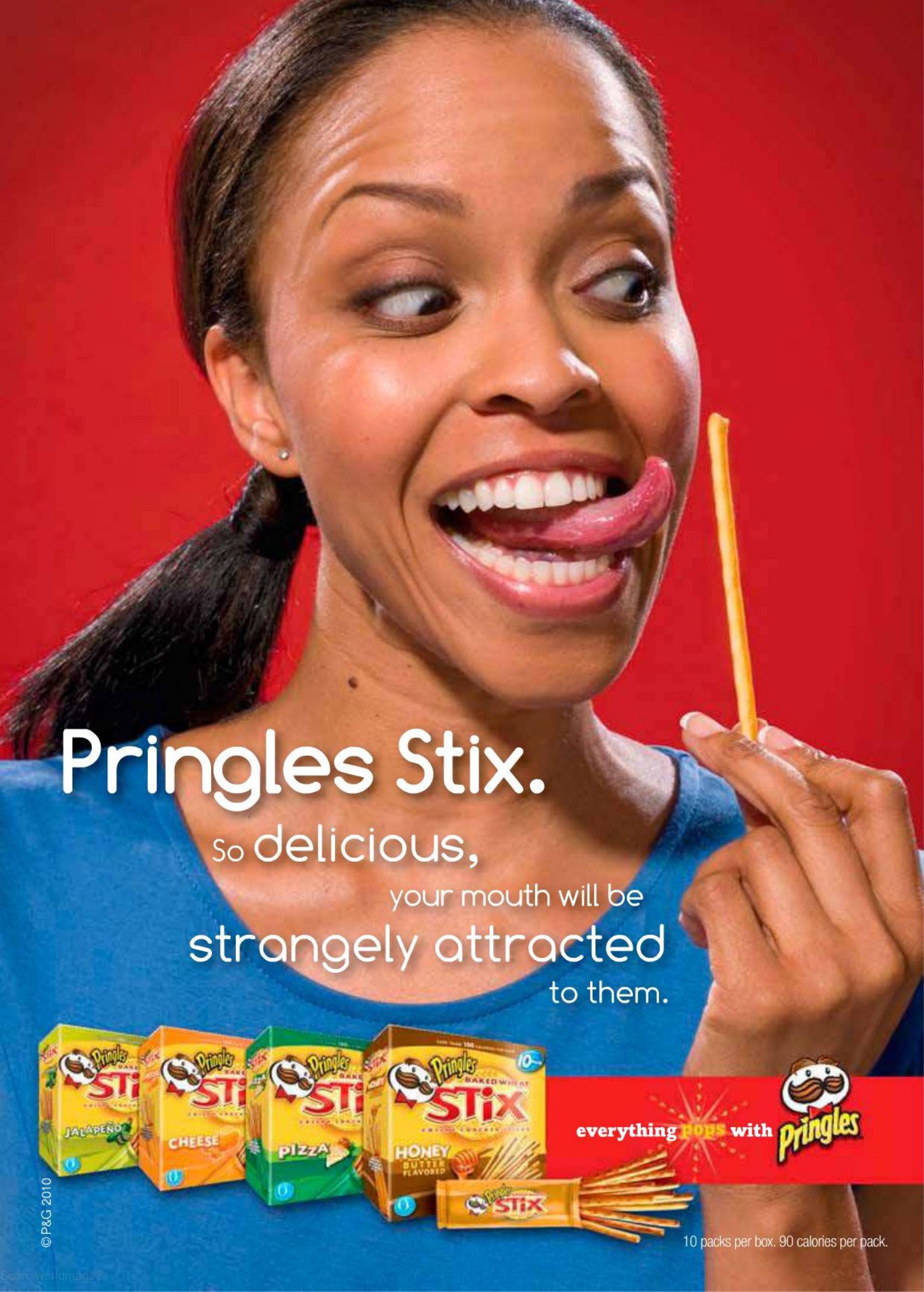
What you do

- Cover your workspace with newspaper.
- Remove any sharp-edged pottery pieces (a job for Mom or Dad).
- Spread a thick layer of grout on the pot with the plastic knife.
- Press the pieces into the grout while still wet. Move them until you're happy with the design, then put a bit more grout in between to cover edges.
- When dry, dampen sponge and wipe off grout film.



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Marvelous Muffins

Celebrate fall together by baking yummy pumpkin muffins. And don't forget the OxiClean for those inevitable spills and stains!

Ingredients

- 2 cups flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 teaspoon pumpkin pie spice
- ½ cup (1 stick) unsalted butter, melted and cooled
- ¾ cup packed light brown sugar
- 1 cup canned pumpkin puree
- 2 large eggs
- 1 teaspoon vanilla extract
- ⅓ cup golden raisins

Instructions

1. Preheat oven to 400°. Line or grease muffin cups.
2. Whisk together dry ingredients.
3. Whisk together butter, brown sugar, pumpkin, eggs, and vanilla. Add to dry ingredients and stir just till combined. Fold in raisins.
4. Divide batter among muffin cups. Bake at 400° until a pick comes out clean (about 30 minutes). Cool for 10 minutes, then remove from pan and cool completely.



Muffin Mess Master

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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

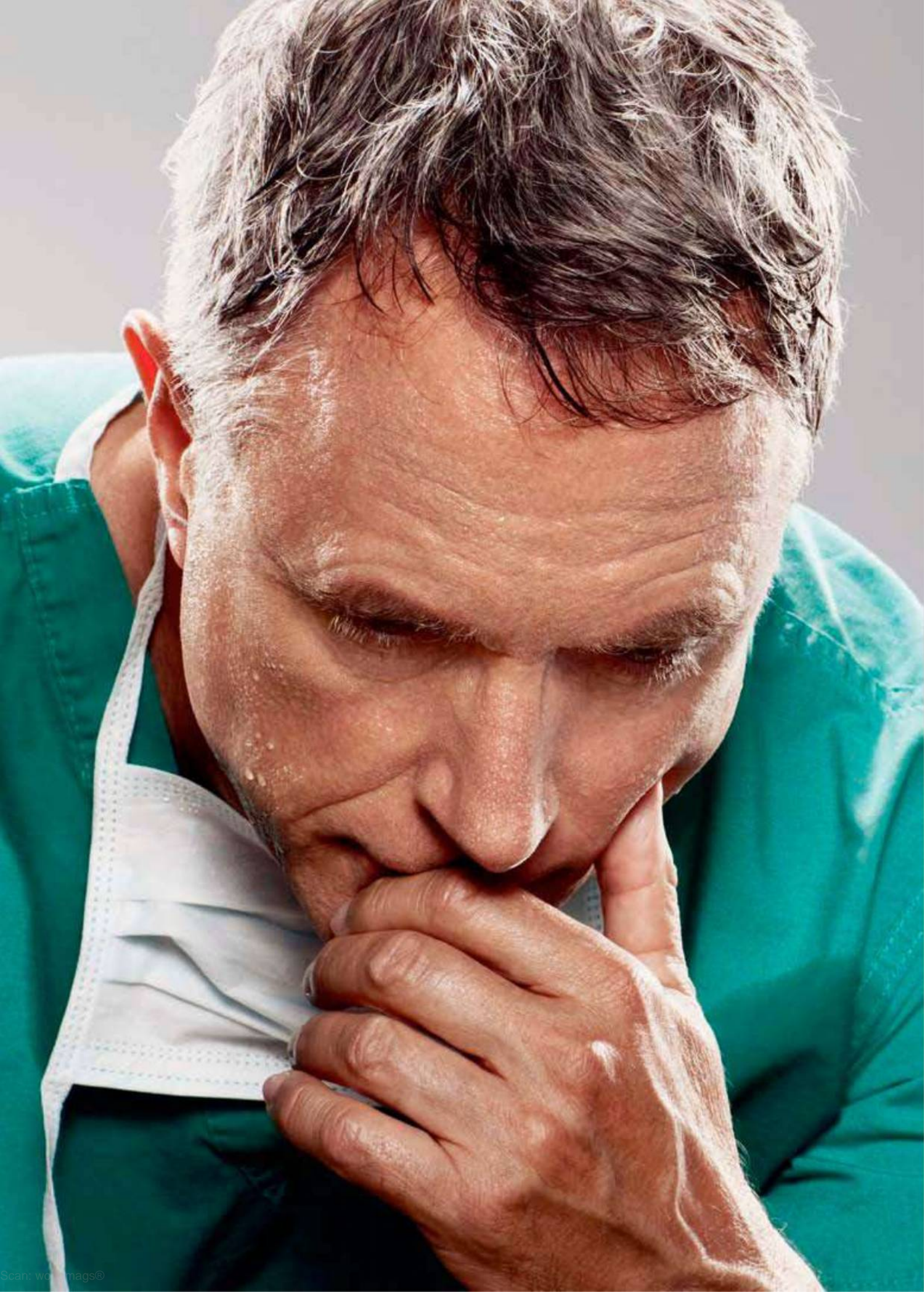
DIRECTIONS

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





WHITE COAT CONFESSIONS

Doctors, nurses, and pharmacists hold your life in their hands. Here, their shocking stories of what can go wrong—and what has to improve to keep us safe. **By Joe Kita**

“It was more than 20 years ago, but it still haunts me,” says Bryan E. Bledsoe, a clinical professor of emergency medicine at the University of Nevada School of Medicine. “I made a mistake that may have cost a woman her life.”

Bledsoe's oversight, which you'll read about later, has driven him throughout his career. To this day, he is an outspoken advocate for health care safety, teaching physicians-in-training

to treat patients as individuals, not as numbers at a deli counter.

It sounds like an obvious message, but an overemphasis on speed is just one of the reasons that, every day, Americans in hospitals around the country are injured or die because of a medical error. “Any physician who says he or she never made a mistake is a liar,” Bledsoe says.

The problem of avoidable medical error burst into the news in 1999 when the Institute of Medicine published *To Err Is Human: Building a*

Safer Health System. Highlighting an estimated 98,000 unnecessary deaths every year, the report inspired a patient-safety movement—but over a decade later, not nearly enough progress has been made, say many experts. What’s still needed: more thorough approaches to investigating errors, support systems that help doctors admit to and learn from their failings, and better methods of adopting proven solutions. In the meantime, people are still dying needlessly.

“If we don’t talk about the problem of

“After six hours, he still wasn’t waking up. What had I done?”

Peter Pronovost, MD, PhD

I was a young doctor doing specialty training in critical care, and I was exhausted. Partway through a 36-hour shift at Johns Hopkins Hospital, I was hungry and hadn’t slept for 24 hours, but I was facing an overflowing intensive care unit and somehow needed to discharge five patients to make room for more. Mr. Smith,* who’d had esophageal surgery, was a borderline call. But because of the pressure I was under, I decided to remove his breathing tube and transfer him to another unit.

That turned out to be a very bad decision.

*Names changed to protect privacy.

Before long, his breathing sped up as his oxygen levels dropped dangerously. I needed to reinsert his breathing tube. But what I didn’t know was that he had severe swelling in his throat—in fact, the anesthesiologists in the operating room had had difficulty placing the tube in the first place. When I looked into his mouth and tried to identify his vocal cords in order to insert the tube, all I saw was a swollen mass of dark pink tissue, like raw hamburger meat.

I took the instruments out and started to bag him, breathing for him, but he vomited, making that almost impossible. I finally got the tube in—but quickly realized it was in

hospital error, there's no way to fight it," says Peter Pronovost, MD, PhD, a professor at Johns Hopkins University School of Medicine, whose own father died because of medical errors at age 50. "Whenever I've worked up the courage to share a personal mistake, my colleagues listen raptly. But most don't say anything, even though I know they're just as guilty. The culture of medicine still won't allow it."

But that's changing. When *Reader's Digest* first considered approaching health care professionals to ask them

to confess their biggest mistake, we worried that few would speak up. We were wrong.

Doctors, nurses, and pharmacists all stepped forward. Each of these professionals welcomed the chance to say "I'm sorry"—and, more important, to address the weaknesses in the health care system that continue to make errors like theirs possible.

Read their stories and see if you, too, don't entertain some hope that a better, safer health care system is on the way.

his esophagus, not his airway where it belonged. Understand that when you insert a breathing tube, you give the patient medication to stop his breathing. You have about four minutes before he suffers brain damage. It took me between three and five minutes to get the tube properly placed.

I waited anxiously for the medication to wear off, which usually takes about 15 minutes. But after an hour, Mr. Smith was still asleep. After six hours, I was panicked. I explained the situation to the patient's wife—well, I sort of explained it. Fighting back tears of shame and guilt, I told her I'd had difficulty reinserting the tube, but I didn't mention that it was the wrong decision to remove it in the first place. Doctors, especially Johns Hopkins doctors, didn't make mistakes. If you did, you suffered your shame silently.

Luckily, Mr. Smith regained con-

sciousness shortly thereafter and recovered with no ill effects. I still remember my overwhelming feeling of relief.

Many medical errors occur because hospitals lack standardized checklists for common procedures designed to minimize the chance of bad judgment. Airline pilots and NASCAR teams have them—why don't doctors? I think it's partly because it's so important to us to believe in the myth that doctors are perfect.

Before I pulled that tube, I should have had to complete a checklist that included input from the patient's senior physician and nurse. If anyone had disagreed, I wouldn't have been able to act. A simple system like this not only protects patients but also promotes honesty, respect, and teamwork among hospital staff.

A few years ago, I helped develop just such a list for doctors and

nurses in more than a hundred ICUs in Michigan. It focused on a common intensive care procedure: inserting a catheter into a vein just outside the heart for delivery of intravenous liquids. It ticked off five steps everyone had to follow, and in 18 months, it lowered the rate of catheter infection

by 66 percent and saved 1,500 lives.

Mr. Smith taught me a lesson I never forgot. It's time we let him teach us all.

Peter Pronovost, MD, PhD, is a professor at Johns Hopkins University School of Medicine and the coauthor of *Safe Patients, Smart Hospitals: How One Doctor's Checklist Can Help Us Change Health Care from the Inside Out*.

“Her name was Emily, and she was two years old.”

By Eric Cropp

It was a busy Sunday in the pharmacy at Rainbow Babies & Children's Hospital in Cleveland. The hospital's computer system had been down for about ten hours before I started my shift, and because I was teamed with a pharmacist who was fairly new to the department, I had additional responsibility. But I'd been in busy situations many times before. In fact, I had 14 years of experience and had been president of the Northern Ohio Academy of Pharmacy.

But on this day, I made the mistake of not thoroughly checking a saline-solution base that a technician had prepared for a child's chemotherapy treatment. She mixed it more than 20 times stronger than ordered, and I didn't catch it. When a nurse administered it, the high concentration of sodium chloride flowing through the child's veins made her brain swell and put her in a coma. Three days later,

she died. Her name was Emily, and she was two years old.

I was eventually convicted of involuntary manslaughter, for which I received six months of jail time, six months of house arrest, three years of probation, a \$5,000 fine, and 400 hours of community service. I also lost my license, career, reputation, and confidence. But most devastating of all is that I have to live every day with the memory of that little girl.

I accept full responsibility for what happened. I should have checked that solution more carefully. But there are some facets of hospital and retail pharmaceutical work that desperately need fixing if similar tragedies are to be avoided.

Pharmacy technicians need better training. Most people don't realize that techs have something to do with approximately 96 percent of prescriptions dispensed in pharmacies, according



“Pharmacy technicians need better training. Most people don’t realize that techs have something to do with approximately 96 percent of pharmacy prescriptions.”

to the National Pharmacy Technician Association (NPTA). Yet 92 percent of us live in states that do not require them to have any formal training. (The tech in my case had a high school diploma.) Ohio recently adopted Emily's Law, which requires that all techs undergo training and pass a competency exam. The NPTA is currently working on a bill that would institute Emily's Law nationwide.

We should also take advantage of

technology. There are lots of look-alike, sound-alike medications that come in small vials with tiny labels. A bar-code scanning system, like the ones in supermarkets, would supply an extra layer of safety.

But technology isn't enough; pharmacists and techs need better working conditions. Pharmacies can be cramped and the workload is often heavy. But studies suggest that crowding and dim lighting make mis-

☺☺ Heavy perspiration, shortness of breath—his symptoms were textbook. The only thing was, I hadn't read that chapter yet.”

By Robert M. Wachter, MD

I was a second-year medical student at the University of Pennsylvania, and on my second day of rounds at a nearby VA hospital. Penn's philosophy was to get students seeing patients early in their education. Nice idea, but it overlooked one detail: Second-year students know next to nothing about medicine.

Assigned to my team that day was an attending—a senior faculty member who was there mostly to make patients feel they weren't in the hands of amateurs. Many attendings were researchers who didn't have much recent hospital experience. Mine was

actually an arthritis specialist. Also along was a resident (the real boss, with a staggering mastery of medicine, at least to a rookie like myself). In addition, there were two interns. These guys were just as green as I was, but in a scarier way: They had recently graduated med school, so they were technically MDs.

I began the day at 6:30 a.m. with a “pre-round,” a reconnaissance mission in which an intern and I did a quick once-over of our eight patients; later, we were to present our findings to the resident and then to the attending. I had three patients and

takes more likely. So do interruptions, and the need to fill too many prescriptions. Believe me, a lot of pharmacists say a little prayer on their way home that an error didn't slip through.

Finally, I wonder what would have happened if I had talked to Emily's family right away and said I was sorry. I was advised against doing that. That's the way it is in the medical world when a mistake occurs: Hospital management may meet with

the family, but the health care worker is often advised not to make a personal apology. Too much of a culture of silence still exists and must change. Doctors, nurses, pharmacists, and others need to be able to come together to confess their mistakes, clear their consciences, be supported, and, most important, work together to make the system safer.

Eric Cropp, 42, is currently unemployed.

the intern had the other five—piece of cake.

But when I arrived in the room of 71-year-old Mr. Adams,* he was sitting up in bed, sweating profusely and panting. He'd just had a hip operation and looked terrible. I listened to his lungs with my stethoscope, but they sounded clear. Next I checked the log of his vital signs and saw that his respiration and heart rate had been climbing, but his temperature was steady. It didn't seem like heart failure, nor did it appear to be pneumonia. So I asked Mr. Adams what he thought was going on.

"It's really hot in here, Doc," he replied.

So I attributed his condition to the stuffy room and told him the rest of the team would return in a few hours. He smiled gamely and feebly waved goodbye.

At 8:40 a.m., during our team meeting, "Code Blue Room 307! Code Blue 307!" blared from the loudspeaker.

I froze.

That was Mr. Adams's room.

When we arrived, he was motionless. The resident immediately began CPR while yelling: "Wachter! What did he look like this morning?"

I stammered, then lied: "He was a tiny bit short of breath, but he was okay."

The autopsy later found Mr. Adams had suffered a massive pulmonary embolism. A blood clot had formed in his leg, worked its way to his lungs, and cut his breathing capacity in half. His symptoms had been textbook: heavy perspiration and shortness of breath despite clear lungs, with the right interval between his major hip surgery and the onset of respiratory problems. The only thing was, I hadn't read that chapter in the textbook yet. And I was too scared, insecure, and proud to ask a real doctor for help.

This mistake has haunted me for nearly 30 years, but what's particularly

frustrating is that the same medical education system persists. Who knows how many people have died or suffered harm at the hands of students as naive as I, and how many more will? What's needed is this:

Students and residents should participate in teamwork training, just like

commercial airline pilots do. Such training stresses the importance of speaking up when they see something they don't understand.

What's more, before they start working on the wards, students should do exercises with computers or actors to help them better recog-

“I gave her some pain meds and discharged her from the ER. Then I picked up the next chart in the bottomless stack.”

By Bryan E. Bledsoe, DO

I'll never forget her—in fact, I still have dreams about the look on her children's faces after she died. Her name was Claire,* and she came into the ER where I was working as an emergency physician. She had an old neck collar on upside down and was complaining of neck pain and a bad headache. She was about 60 years old, and I thought she might have a mental handicap because she had difficulty describing her symptoms. Her son and daughter were with her, and they also seemed a bit slow.

This ER was always busy, and the administration had been pressuring us to move patients through more quickly. I examined Claire briefly and saw no obvious worrisome signs. X-rays of her neck showed nothing wrong; I assumed she had slept wrong or pulled

a muscle. So I discharged her with some pain medication and picked up the next chart in the bottomless stack.

The next morning we received a call from an ambulance transporting a female who had suffered cardiac arrest. She was brought into the resuscitation room, where we continued CPR. I didn't recognize her at first, but then I noticed a familiar-looking son and daughter sobbing in the hallway. I looked at the lifeless patient and almost broke into tears myself. In my rush the day before, I hadn't listened carefully to Claire's complaint of severe headache. Now it seemed clear to me that I'd overlooked a symptom of an impending stroke.

We did everything we could, but

(continued on page 96)

nize the symptoms of common clinical syndromes.

Finally, attending physicians should be up-to-date in hospital care, and should have undergone special training to help them balance the amount of supervision needed for patient safety with the graded indepen-

dence that will help trainees become practitioners.

Robert M. Wachter, MD, is associate chairman of the Department of Medicine at the University of California, San Francisco, and author of a blog and six books on health safety and policy, including *Internal Bleeding*, from which this story is adapted.

PATIENT SAFETY: 5 FRESH IDEAS

OFFER A “GUARANTEE.” Pennsylvania’s Geisinger Health System offers a 90-day warranty for coronary-artery-bypass grafts and other treatments. Patients pay a flat fee up front; if an avoidable complication develops within three months of a procedure, patients are not billed for any required remedial care. Instituted in 2006, Geisinger’s warranties create a powerful incentive to do things right the first time—and have reduced the 30-day readmission rate by 44 percent.

KEEP AN EYE ON THINGS. In industry, a number of companies use video cameras, motion sensors, and other devices to monitor operations. Now some medical centers are testing hospital video auditing to ensure workers wash their hands before entering and leaving a patient’s room. Performance scores are posted on an electronic “scoreboard.” Early results show the technology substantially boosts hand-washing.

SCAN IT. One study showed that about 20 percent of medication doses given to hospital patients involve some sort of mistake. So nurses at Parkview Medical Center in Pueblo, Colorado, carry small bar-code scanners that read patient wristbands and wirelessly link to pharmacy and doctor records to ensure that the right medication is given at the right time and in the right dose. The error rate has dropped by more than half.

TAKE A WALK. Senior executives at Brigham and Women’s Hospital in Boston conduct weekly “WalkRounds” in which the president, CEO, or chief medical or nursing officers emphasize safety and listen as staffers discuss concerns. This high-profile advocacy of patient safety is not only economical but has been shown to change behavior.

PRACTICE, PRACTICE, PRACTICE. The Banner Simulation Medical Center in Mesa, Arizona, uses computerized mannequins to re-create emergency, surgical, and everyday-care scenarios for medical professionals-in-training. Though the program started less than a year ago, improvements in patient care are already being seen, a spokesperson says.

I knew our efforts were hopeless. After I pronounced her dead, I met her son and daughter in the small chapel near the emergency department. I started to explain—in way too technical terms—what happened. Then I paused, and tears came to my eyes.

“I’m so sorry,” I said. “I wish I had ordered a CT scan yesterday. I must have missed something. I’m so sorry.”

“That’s okay,” Claire’s daughter re-

plied. “We know you did your best. Mom said you were a good doctor.”

I couldn’t stop my tears now.

A few days later, I went to the funeral, where I sat with Claire’s children. Even though 20 years have passed and I’m now a medical-school professor, I haven’t forgotten. I try to impress upon physicians-in-training that medicine is more than using advanced technology to move an endless flow of patients.

She whispered, ‘When is my doctor coming?’ ‘Soon,’ I lied.”

By Sunnie Bell, RN

I was the nurse in charge of the evening shift at a small hospital. I was enthusiastic and experienced—a top graduate of a prominent nursing school. I had come on duty at 3 p.m. and met 85-year-old Mrs. Owen,* who had been admitted by Dr. X, her long-time family physician, because she had a suspected bowel obstruction. She was alone.

Around 5:30, her condition worsened dramatically. She was in increasing pain, and I became convinced she needed emergency surgery—obstructions can be deadly. I called Dr. X at home immediately. He was a highly regarded doctor, and his photo was displayed in the lobby along with those of the hospital’s other physicians. I passed it every day on my way to work.

But despite my concern, Dr. X said surgery could wait until the morning. He told me to increase her pain medication, but the drugs didn’t help, nor did anything else I tried.

Over the next five hours, I called Dr. X three more times, asking that he come to see her or at least call in a consulting physician. I always got the same instructions delivered in an ever more irritated way. And because nurses never questioned doctors, I bit my lip and followed orders.

Toward the end of my shift, Mrs. Owen was so weakened by her pain she could barely speak. She motioned me over to her bed and whispered, “When is my doctor coming?”

“Soon,” I lied.

That word has echoed in my head for quite some time. Mrs. Owen died

Every person in the exam room, regardless of social status, is a human with a family, and our duty is to act in that person's best interest—not in the best interests of insurance companies and hospital administrators, the way I did.

We also need to ease the burden on the ER. Between 1997 and 2006, emergency department visits increased by 32 percent, while reimbursement to hospitals hasn't kept up. We need more retail

health clinics and urgent-care centers. And we need to educate people so they trust these new clinics and use them for all but the direst emergencies.

Until these things occur or other solutions are found, unfortunately what happened to Claire will happen again—and again.

Bryan E. Bledsoe, DO, is a clinical professor of emergency medicine at the University of Nevada School of Medicine in Las Vegas.

the next morning. Whether she had a heart attack, stroke, or ruptured colon, we'll never know, because an autopsy was never ordered. Dr. X completed the paperwork just as if he'd done everything right, and no one questioned him.

I could have, though. I could have submitted a report, carefully documented and supported by my supervising nurse. But I didn't. Challenging a doctor may not get a nurse fired, but it'll often get her or him publicly chastised, reassigned to a different floor, or moved to the graveyard shift. I'd seen it happen.

After Mrs. Owen died, I could no longer stand to look at Dr. X's photo in the lobby. But this is more than a complaint against one man—bullying and disrespect occur every day in every hospital throughout America. Most of the time the behavior is petty and hurts only the workers involved, but sometimes, as I witnessed firsthand, it can take the life of an innocent person.

As nurses' unions have been saying for many years, hospital patient-to-nurse ratios sometimes get too high to keep people safe. We don't have a shortage of nurses, though, just a shortage of nurses who are willing to work under current hospital conditions. More respect will bring them back.

We also need whistle-blower protections to safeguard nurses who speak up for the safety of patients. If I had had such assurances of protection and support, I wouldn't have thought twice about challenging Dr. X.

Each nurse must take it upon herself or himself to stand up to and report physician intimidation and abuse. Nurses are not second-class citizens in the health care system. In fact, in the increasingly busy and sometimes heartless hospital world, we are the patient's primary protector.

Sunnie Bell, RN, is a Certified Diabetes Educator and was National Diabetes Educator of the Year in 1995.



A Stand-Up Woman

S 10 Questions for Sigourney Weaver

BY AMY WALLACE

Sigourney Weaver is a movie star, but she still answers her own door on Halloween. Not long ago, when the 60-year-old icon greeted trick-or-treaters, she was met with a family dressed as the cast of *Ghostbusters*, the now legendary 1984 comedy in which she costarred. “The father was a big ghostbuster, and the son was one of the ghosts,” she says. “And the mother was dressed as me.” Did they recognize her? Maybe the adults did, but the kids: no way. To them, she says, laughing, “I’m just this woman in her little suit opening the door.”

Weaver is pretty unfussy when it comes to fame. From science fiction (the *Alien* franchise, *Avatar*) to silliness (*Galaxy Quest*), biopics (Dian Fossey in *Gorillas in the Mist*) to animated fare (she voiced the spaceship’s computer in *WALL-E*), she’s had a career that

straddles genres and seems built on taking herself lightly. In her new comedy, *You Again*, she's part of an ensemble that includes Kristen Bell and Jamie Lee Curtis. Her role as a haughty hotelier who has used the taunting she received in high school to galvanize her career was another chance for Weaver to poke fun at herself.

Self-mockery has been a lifelong survival mechanism, one that she adopted as a child, when an early growth spurt put her at five-foot-ten by age 11—far taller and gawkier than her classmates and even some

“I’m a natural golden retriever at heart. I had to make myself sit.”

of her teachers. But the adult Weaver has a serious side too. She is an avid environmental advocate and a huge booster of New York State, where she lives and grew up and which she considers the best place on earth. Whether using her star power to do good or downplaying it to hand out candy, Weaver seems supremely at home in her skin—gawky no more.

1 *Your new film, You Again, is a comedy, but one with some real emotional underpinnings.*

Everyone who hears the plot has said, “Gosh, that happened to me. I was a loser.” Everyone has these terrible nightmare stories. People laugh because they can relate to the situation.

2 *You’ve said that when you were young, you were awkward.*

I can totally relate to my character because I was such a dork in school. And that’s how I survived. I made fun of myself before everybody else could, so I always got the comic crowns: Freshman Fink, Sophomore Fairy, Junior Birdman. I got all three of them! I was the only one in the history of the school who did. They were sort of compliments, but not.

3 *Were you bullied?*

No, but I remember I’d be so enthusiastic that sometimes it would get misinterpreted. I’m a natural golden retriever at heart. I’m fine with that now, but there was a period when I tried to keep from jumping up on people. I had to make myself sit.

4 *What a wonderful flaw.*

In Hollywood, though, I can’t be as friendly as I feel. I used to be terribly shy, so I was either shy or over the top, and I always had a difficult time. Now I really don’t care.

5 *You went to the Yale School of Drama. What was that like?*

That’s where I felt bullied. There were 18 of us in my class. After a year, ten were gone, and the rest of us were put on probation. Having arrived at Yale feeling I could do anything, I was told I had no talent and should leave. I went to the school psychiatrist, but I had to pay after five sessions and didn’t feel like I could ask my

parents to pay more money to send me to a school that didn't want me. So I just sort of had a quiet nervous breakdown. But if the school had been more encouraging, I don't know if I would have stayed in acting. When they told me I couldn't be an actor, then I had to be a successful actor.



Weaver and Kristen Bell in the comedy *You Again*.

6 *Have you ever run into any of those drama teachers and had the chance to unburden yourself, as you do in *You Again*?*

The two main culprits are dead. I did used to fantasize about them living in unheated basements and in tattered, stained bathrobes, eating cat food.

7 *Any vices or guilty pleasures?*

Besides wishing those teachers were eating cat food? That was my guilty pleasure. Here's a vice: I say yes to too many things. I wish I had the guilty pleasure of saying no. My next goal is to try to do less, but more fully.

8 *For so long, the iconic image of you was *Alien's* Ellen Ripley, who fought monsters in her underwear. Now, after *Avatar*, you're also known as an animated scientist with blue skin. What's it like to be known as the sci-fi queen?*

People think of me as having done a lot of science fiction, but I've really done only about five films.

9 *Like the scientist you played in *Avatar*, you're an outspoken advocate for the natural world.*

Yes, especially after my work as Dian Fossey. I became very sensitive to human blindness to the rights of other species. What's happening to the Gulf of Mexico—I'm terribly concerned. It is heartbreaking.

10 *Do you have a favorite book?*

I do love *D.V.* by Diana Vreeland. That generation of women—if something terrible happened, they didn't rush to Netflix and get a big thing of Häagen-Dazs. They got dressed up and went out to El Morocco and danced their little feet off. I admire that so much. It is so American. Things are terribly difficult now for so many people, and yet I look back at my parents, who lived through two world wars, and I go, Geez. We have it in us to tough this out. ■

Sean Ireton (inset) was counting on an easy trek to Spain's highest peak.



Missing!



It was supposed to be a simple day hike. Then everything that could go wrong did.

BY NICK HEIL

Since he was a boy, Sean Ireton has been an ardent hiker, climbing mountain trails all over the United States and Europe. Even on family trips, it was typical for him to take a day by himself to knock off a tempting peak. Last year, he and his wife, Megan, both German teachers at the University of Missouri and on sabbatical in Düsseldorf, Germany, planned a two-week backpacking adventure in Spain with their son,

Aidan, 12. They took off in December and spent their days touring and hiking in the southern mountains, making time to sample the regional cuisine and enjoy the country's robust red wines along the way. Sean, 45, was looking forward especially to a solo hike on El Mulhacén, a rocky knob in Spain's Sierra Nevada and, at 11,413 feet, the highest peak on the Spanish mainland. From Mulhacén, on a clear day, you could see all the way across the Mediterranean to Morocco.

When they got near Pradollano, a ski village near Mulhacén, the family pitched their tent in the woods. At this time of year, the mountain's snowy trails were well packed and straightforward, requiring a hiker to travel at only a moderate clip to reach Mulhacén's broad summit in about

four hours. Early the next morning, Sean put on several layers of warm clothes and set out under a purple and golden sunrise.

Now it was dark, and Sean's wife and son lay in their tent and worried. "When is Dad coming back?" Aidan asked Megan over and over. "Why isn't he back yet?"

"He'll be back soon, sweetie," his mother reassured him. In the past her husband had returned late from excursions. But this was pushing it, so sometime after midnight, Megan got up and took Aidan into town to look for help. The ordinarily lively village was deserted, the motionless chairlifts hanging eerily in the dark. Megan didn't speak Spanish, and a hotel clerk's directions just sent them in circles. They'd have to wait till morn-

"Aidan sensed something was wrong."



ing. "Aidan was so upset," Megan recalls. "He sensed something was wrong. He had that child's intuition."

Sean had neared Mulhacén's summit by midafternoon but turned around a couple of hundred feet from the top when the trail became dangerously steep and icy. Clouds blew in as he descended, and he veered off track. By the time he realized his mistake, daylight was fading, and it had begun to drizzle. "I was getting wet, and it was growing dark fast," he recalls.

Luckily, he spied a crude stone shelter nearby. “I didn’t want to get lost and end up on the other side of the mountain, so I decided to spend the night in the hut.”

Inside, it was dark and clammy, but there was a table, wooden bunks, and even some foam padding for a bed. Sean ate a chocolate bar from his backpack, and settled in. It would be an easy hike back to camp in the morning, and he imagined everyone’s relief when he returned unharmed.

Sean was on foot again by 6 a.m., tacking his way across a broad bowl and



Sean’s wife, Megan, with their son, Aidan, imagined that Sean lay injured on the mountain.

It was his child’s intuition,” says Megan.

up a steep, snowy slope; on the other side of the ridge was the ski area, and from there he could practically jog down the slopes. He made good progress until a storm suddenly swept over the ridge and nearly blew him off his feet. In minutes, he was caught in a whiteout. If I can just make the ridge, I’m home free, he thought, as he powered forward, bending against the gale.

But the ridge never appeared, and Sean knew it was crazy to stay on the exposed slope. He’d have to find an

alternate route. He had no idea where he was but thought he could make out a trail still farther below.

Sean studied the snow in front of him. It looked hard and slick. He regretted that he hadn’t brought his crampons—sharp spikes that attach to hiking boots—or an ice ax, which would have helped ensure safe passage. All he had was a pair of trekking poles. He reached out a foot to test the frozen surface and gradually brought his weight down. For a moment, he balanced, but then his

feet shot out from under him, and he began tumbling down the steep slope. He accelerated as he fell, pinwheeling wildly over rocks and snow. When he came to rest, several hundred feet below where he had stood, he was in a seated position with his legs spread out, as if he'd just plopped down to have a snack. It would have been comical if he hadn't been so stunned.

He sat for a while and gathered his wits. He was wearing only a ski hat but his head seemed okay. Then Sean looked down at his legs. The long underwear covering his

deep puncture wounds, speckling the white snow bright red. He tried crawling, dragging his lame leg; his progress was slow and painful.

Then he had an idea. His ski poles were adjustable, so he shortened them to use like crutches. He found he could move forward by shifting most of his weight off his injured leg and keeping it board-straight. Slowly he mastered the technique, taking ten steps without a fall, then 20.

At last he reached the trail he'd seen earlier. It traversed along the side of the slope, angling down into the woods below the tree line. The

His injured leg buckled beneath him, and he fell face-first into the snow. How long could he last out here?

left leg was shredded, and bright red blood soaked the abraded flesh around his kneecap.

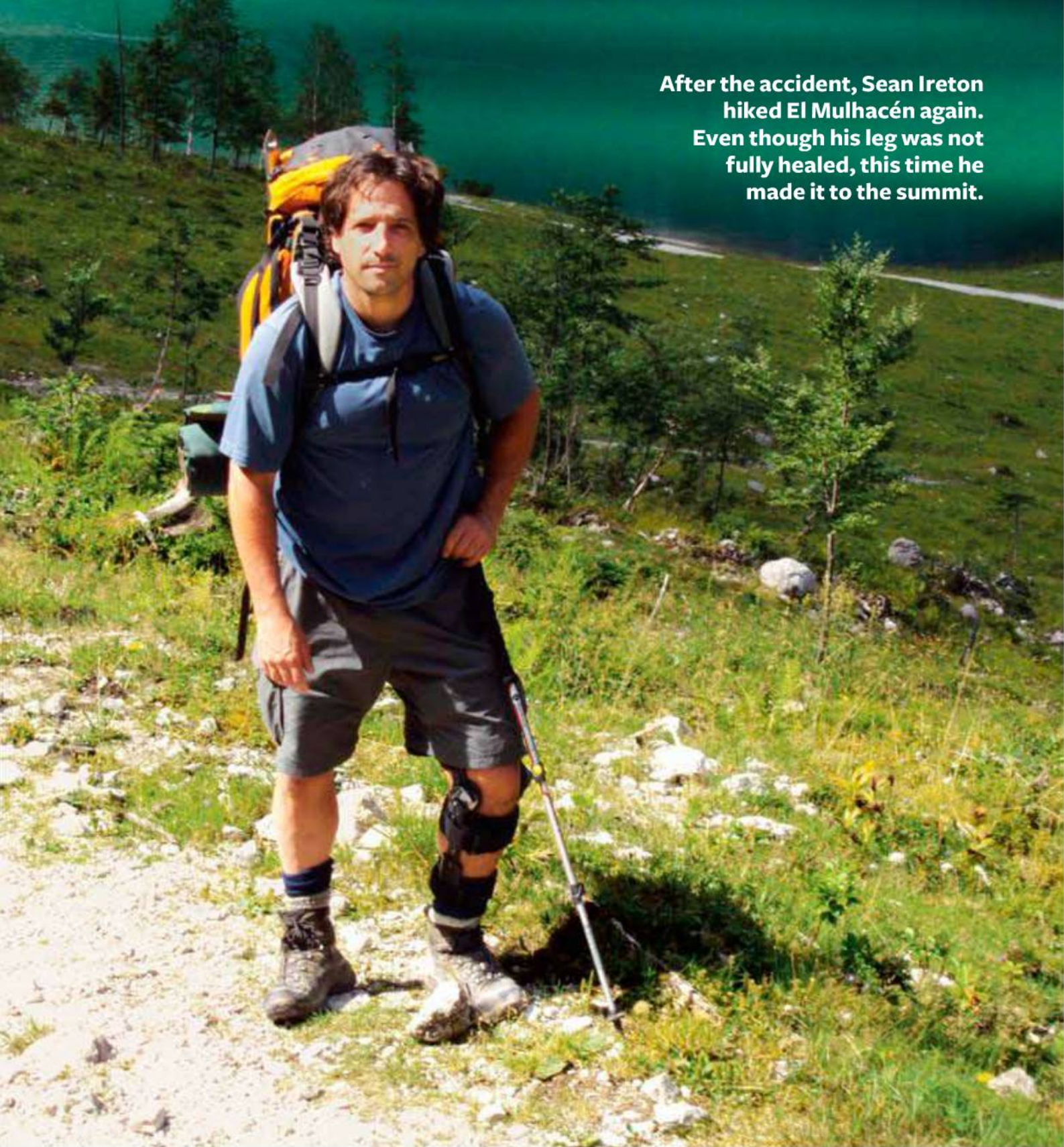
He gingerly inspected the wound. With effort, he got back on his feet, but his injured leg buckled beneath him, and he fell face-first into the snow. He felt a hot surge of alarm. He was miles from help, and certainly no one would come through this area for days, maybe weeks. He sat in the snow, on the verge of despair. How long could he possibly last out here?

He stood and tried to walk, but his injured leg buckled again. Blood streamed over his knee from two

path steadily widened, but the harsh winter had caused landslides that fell over the trail. He was barely able to step across them. As it grew dark, Sean fished a headlamp out of his backpack and hobbled on, pausing only to nibble a granola bar or sip from his water bottle.

The morning after their discouraging trip into town, Megan and Aidan returned there and waved down a police van. Using Spanish from a traveler's dictionary, Megan told the driver that her husband was missing. They were taken to the police station, and the Guardia Civil dispatched a

After the accident, Sean Ireton hiked El Mulhacén again. Even though his leg was not fully healed, this time he made it to the summit.



six-man search party, led by officer Ruben Santos. In the 24 hours since Sean had embarked, the weather had taken a turn. A blizzard had engulfed the upper mountain, with winds gusting over 60 mph and forcing the lifts to close. These storms

were relatively common in the Sierra Nevada, and they could be deadly. In 2006, three British climbers had perished near the summit in similar conditions.

Santos and his men rode in a Snowcat, a tanklike machine for grooming

snow, to the top of the ski runs, where they set out on foot. Within the maelstrom, Santos thought, If there's a man trapped out here, he is in real danger.

Megan and Aidan went back to their camp to take down their tent, and then moved into a village hotel; the owner had offered them free room and board. They could more easily communicate with the search team from there. Megan tried to keep Aidan occupied; they went to a café for lunch and played tic-tac-toe. Before dark, they went back to the campsite with Guardia Civil officers

The next morning, she filed a missing-persons report. Back at the hotel, she and Aidan sat on the bed, waiting.

Sean hiked through the night, his leg stiff and encrusted with dried blood. The trail seemed endless, but at last it terminated at a rough dirt road. He pushed himself along until he reached a barricade with a sign that read "Do Not Proceed. Bridge Washed Out Ahead. Road Closed."

Sean dragged himself back toward a cluster of buildings. Guard dogs barked wildly by the entrance of what appeared to be a restaurant.

He found a shed and crept inside, then began to shiver. He knew it was a sign of coming hypothermia.

and retrieved the rest of their things. They wrote a note for Sean saying where they'd gone, put it in a plastic bag, and hung it from a nearby tree.

Megan was trying to be strong, but she couldn't look at Aidan without tears welling in her eyes. When the search party returned reporting no sign of the missing man, she nearly broke down. "We aren't religious," Megan says, "but we knelt by the bed in the hotel room and prayed for Sean's safe return."

The second night was the worst. "I just couldn't get rid of the image of Sean lying injured on the ground with snow falling on him," she recalls.

He threw rocks at the window, but no one emerged. He was desperately tired and cold. Nearby he found a shed and crept inside. He lay down on the floor and was soon shivering uncontrollably. He knew it was a sign of impending hypothermia. Staying there could be lethal, he realized, so he forced himself back on his feet.

This time he wriggled through the barricade and eventually came to a café. Inside he could see an older couple cleaning up. When they spotted him, they started yelling, angry that he was trespassing. But when they saw his leg, they took him inside and gave him a cup of wine.

“You must be the missing American,” the woman said in Spanish, “the one they’ve been looking for. I heard it on the news.”

“Well, yes,” Sean said. “I’m pretty sure that’s me.”

The phone rang, puncturing the silence inside Megan and Aidan’s hotel room. On the other end, an officer told her that her husband had been found. He was now inside a Guardia Civil van on his way to a hospital in Granada. Megan and Aidan ran through the halls crying, so elated that they told everyone they came across the news that Sean was alive.

After arriving at the hospital, they found Sean lying on a gurney in a hallway. “We thought you were dead!” Megan said. Sean was pretty banged up. Besides shattering his kneecap, he had ruptured a tendon. Nurses were preparing him for a series of operations, the first steps in what is expected to be a yearlong recovery.

When he was discharged ten days later, the family celebrated over pizza at a restaurant before returning to Germany, where Sean began physical therapy.

Four months after the accident, Sean traveled alone back to Mulhacén. His leg was still healing, but he was able to put some weight on it with the help of a short metal crutch. Against the odds, this time he made it to the summit. Then he gazed across the blue waters of the Mediterranean toward Africa.

“It seems so benign when you’re up there in good weather,” he says now. “But then you realize how easy it is to underestimate a mountain like this.”

“I really thought that I would be making bad-news calls back to the U.S.,” Megan adds. “I know Sean wouldn’t have survived if he hadn’t kept going and found his way out. I try not to think about it now, but when I do, I know we were lucky. We got the happy ending.”

WHAT A CARD

The greeting card company Shoebox has produced some pretty off-the-wall ways of saying “I care.” But even they have their limits. Here are some actual cards they rejected from their writers:

Happy Mother’s Day! From the best thing you ever made out of eggs.

It’s your birthday and I love you. Still, if you don’t stop whistling, I’m going to kill you.

Motherhood often requires kissing a few boo-boos. And every now and then, having to divorce one of them. Happy Mother’s Day!

I picked out the perfect Christmas gift for you! All you have to do is go to amazon.com and click “Buy.”





Look >>

SEE THE WORLD
DIFFERENTLY





◀ Twice

In Bali, a cremation ceremony is the first step to reincarnation. Here in the town of Ubud, a bull made of bamboo, covered in velvet and festooned with spangles and gold leaf, served as a sarcophagus for the embalmed bodies of two members of Ubud's royal family. More than 250,000 people watched as the bull was set on fire by Hindu priests to ensure the rebirth of the royals.

PHOTOS: BAY ISMOTYO/AFP



**MAKE
IT
STOP!**

From
E-lationships to
television banner ads,
these 31 fads have
got to go

Know what's grating? Grown adults calling everything awesome.

"Dad survived a heart attack." "Awesome!"

"Dad cut his toenails." "Awesome!"

When did this word come to dominate the English language alongside such stalwarts as *and*, *the*, *but*, and *Kardashian*?

Of course, sharing pet peeves is more fun than keeping them to ourselves. So to that end, we've assembled a roster of fellow curmudgeons to drive a stake through the heart of our more loathsome fads. They're awesome—just not in a good way.

SELF-EXPRESSION

Elastic Waistband Nation

I don't know if I should call it a trend or a tragedy—people wandering in public as though they've just been interrupted during a long winter's nap. Dressing down has been taken way too far! Now, I'm not saying that we should all don white gloves and a top hat, but must one wear a Juicy Couture tracksuit to make air travel bearable or to enjoy theater? And as if to prove that things are spinning out of control, there's the Snuggie. Adults wearing fleece onesies? What fresh new hell is this!

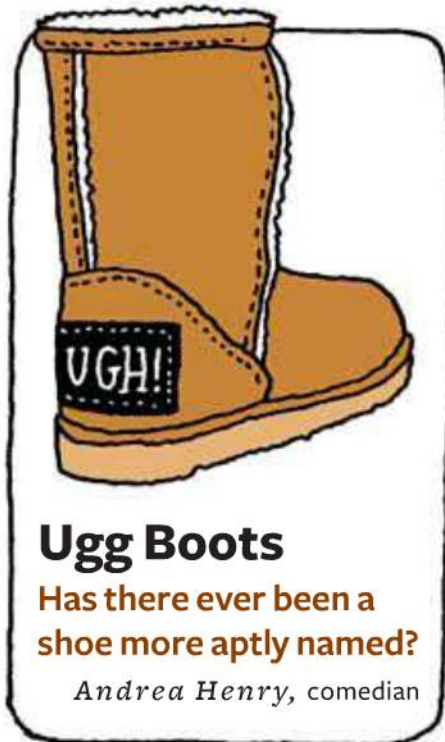
Carson Kressley, host of ABC's True Beauty

Group Pride

It's great to take pride in one's ethnic diversity, but does everyone have to break it down for you? "I'm one quarter Cherokee on my dad's side and Jewish, Samoan, and one twelfth Minnesotan on my mom's ..."

Who cares? And the other day, the guy who fixed my computer proudly proclaimed, "I'm a geek!" There was a time when geeks were ashamed of their techie status. Not anymore. Know what else is new? "Croning" festivals for women turning 60. Yippee! I'm a full-grown crone! *Is there no one who isn't proud of who they are?*

Lenore Skenazy, author of Free-Range Kids



Ugg Boots

Has there ever been a shoe more aptly named?

Andrea Henry, comedian

Bowwow Bling

I'm all for spoiling Spot with high-quality pet food and toys. But I draw the line at four-footed, fur-trimmed dresses and coats. The

idea of removing one animal's pelt to warm up another is woefully unhip. As for fashion shows featuring matching mother-daughter getups for Mommy and Puppy ... please. Let's keep canines off the catwalks; they'd much rather go naked than be dressed to resemble refugees from the set of *Dynasty*.

Julia Szabo, author of Pretty Pet-Friendly; follow her on Twitter @PetReporter1

Beyond One's Qualifications

Forget for a second just how tough the job market is today. More and more job seekers won't settle for anything less than manager status, regardless of their experience—or lack thereof—in a particular field. One hiring manager received a résumé from a part-time model. Included was a four-by-six-inch card showing her in various poses, and at the bottom, it read "good hands." She was applying for a corporate position.

Rosemary Haefner, vice president, human resources, careerbuilder.com

TECHNOLOGY

An Intimate Knowledge of Someone Else's Multiple E-mail Accounts

Now that people have several e-mail addresses, they expect you to keep track of them all. "Oh, you sent that to my AOL account? But I only check that on alternate Sundays. You should have sent it to my .mac

or my gmail. No wonder I didn't get back to you." This is even more maddening when all you've done is replied to the address from which the e-mail was sent!

Will Schwalbe,
editor of thinkbeforeyousend.com

Technology That's Too Smart for My Own Good

Message to iTunes:
Okay, my recent nos-

talgia for the '70s got the best of me, and I downloaded a Dan Fogelberg song or two. Now my suggested download list is wearing a fringed coat and sporting sideburns that could keep a small family warm. I really don't want *Bread's Greatest Hits* or rare Jim Croce outtakes. It's as if my purchases of Green Day and

Caller ID

Technology is ruining everything. In particular, it's gotten rid of the unexpected call from out of the blue. You know what I'm talking about, right? You're in a horrible mood; the telephone rings. You don't know whether to pick it up. You're imagining it's that stupid Elizabeth person who always calls you because she is so bored at her job and wants you to entertain her, so you almost don't pick it up. But you do. And it's a stranger telling you something that totally changes your mood, your day, maybe your life.

My God, the total exciting transformation of the call from out of the blue. There is so little magic in adult life. This was one of the few true magical things that could happen to you. But now with caller ID and e-mails and texts, you know exactly who is trying to contact you and what he or she wants. And most tragically, there is no unfamiliar voice at the other end who says your name with a questioning tone. Maybe this never happened to you. But there was always the chance that it could.



Bruce Eric Kaplan wrote for *Seinfeld*.
His book of cartoons, *I Love You, I Hate You, I'm Hungry*, is out now.

the Arctic Monkeys were erased from your memory. Please, my trip to the '70s was supposed to be a brief visit, not a never-ending journey into the mellow.

Andrew Alexander,
executive producer of the Second
City comedy theater

JARGON

“Just Sayin’”

They're two little words innocuous enough on their own, though together they are poison. Just Sayin' is the Hummel Lil' Rascal of figures of speech, harmless until you look closer and see the slingshot in his back pocket. The way it's used is in the form of a pulled punch. “No one above the age of seven should be seen chewing gum. Just sayin'.” “My boss smells like a brewery. Just sayin'.” It's like a coy kicking of the dirt. “I'm going to say something offensive, but by adding these two words, I won't have to take responsibility for it.”

Julie Klam,
author of *You Had Me at Woof*

“Some Love”

Where's the love? Lately, everywhere: “Vegan Diets Get Some Love.” “Historic Windows Get Some Love.”

Love preceded by *some* doth not always run smooth: “I have to quit being so teed off before I give him some love,” a fan wrote of former Arizona Cardinals wide receiver Anquan Boldin. And we're all being told to love on demand: “Call Henry Waxman's office and give him some love!” Sorry, I don't know the congressman well enough.

When love is reduced to little more than a verbal thumbs-up, I'll settle for some like.

Leslie Savan, author of
Slam Dunks and No-Brainers

Hipster Words

Fusion food, gastro-pubs, words that end with the suffix “-ista” (as in *frugalista* or *no-imaginationista*) are predictable, overused labels that tell us little and quickly become yesterday's news, only to be replaced by an equally loathsome

word du jour. And while we're at it, may the term *wardrobe malfunction* RIP, along with BFF, LOL, and OMG.

Linda Arroz,
of Makeover Media

“Too Easy”

When I was serving in Iraq, I noticed something new—every challenge was met with the brash response “too easy.” Whether the soldiers knew what they were doing or not, they seemed to think simply saying “too easy” was enough to bestow on them the ability to diagnose electric faults in a Humvee or to correctly torque bolts.

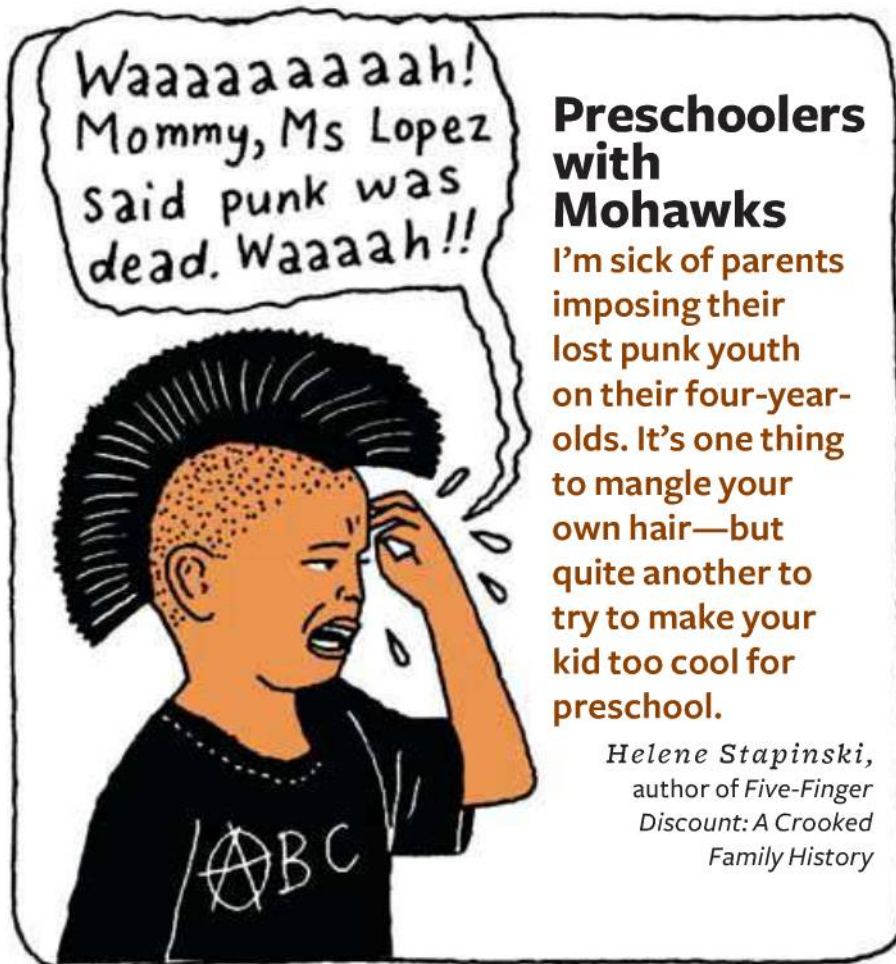
Of course, I soon discovered something else. “Too easy” was usually followed a few minutes later by the far more feeble “Uh ... how do you do that?”

Sgt. Neil Gussman,
U.S. Army

PARENTING

Yooneek Baby Names

I'm talking to you, Madysyn, and you, Aadinn, and you, too, Makayla. Or rather, your parents. This



Preschoolers with Mohawks

I'm sick of parents imposing their lost punk youth on their four-year-olds. It's one thing to mangle your own hair—but quite another to try to make your kid too cool for preschool.

Helene Stapinski,
author of *Five-Finger Discount: A Crooked Family History*

effort to be more kre8tiv by taking a perfectly okay name and contorting it with extra letters and strange substitutes only condemns your poor child to a lifetime of respelling her name, explaining its derivation, and assuring people that yes, her parents really do in most cases know how to spell.

Most annoying of all, these bizarre spellings don't do anything to change the name's pronunciation or specialness, so Madysyn

in the end is really just plain old Madison.

So why change the spelling in the first place? That's right: just to be annoying.

Pamela Redmond Satran,
coauthor of *The Baby Name Bible*

FOOD AND DRINK

Service with a Dollop of Air

Why are restaurant menus enumerating the pedigree of every ingredient in a dish, as well as its preparation method, infused with a few ultra-foodie

terms just in case you weren't confused enough? You won't see Broiled Pork Chops on a menu. Instead, it's Organic Heritage Pennsylvania Center-Cut Pork Loin Chop Broiled a la Plancha with a Soubise of Toy Box Tomatoes, Hydroponic Watercress, Micro Arugula, accompanied by a Nougatine of Spring Onions, garnished with a Daikon Escabèche, topped with Prune Essence and Juniper Foam. Want fries with that?

Katie Workman,
editor in chief of *cookstr.com*

It's Not Your Grandfather's Sidecar

Complicated cocktails are all the rage now, and mixologists are happy to oblige. They delicately stir drinks to aerate them, spritz the rims of glasses with preparations that add floral notes, take the time to carefully muddle and grind spices, and artfully carve exotic fruit into masterful garnishes.

Once this masterpiece of modern design

is handed to the patron, the bartender sits back and awaits a nod of approval. And he is soon rewarded with a simple response: “Can you add more booze to this thing?”

Joe Bruno,
director, American Bartenders
School, New York City

Flatbread

The continued proliferation of flatbread is a source of concern and mystery for me. Had regular bread gotten too puffy for everyone? I must have missed the anti-puff movement. Now I feel sorry for the word *loaf*. Loaf is so much more than simply sitting around

in your underpants. Oh, and another thing, just because you touched the bread before handing it to me does not make it “artisanal.”

Henry Alford,
author of *How to Live: A Search for
Wisdom from Old People (While
They Are Still on This Earth)*

MEDIA

Television Banner Ads

As a TV writer, I almost never watch TV. And one reason is those big banner ads that scroll across the bottom of the screen, interrupting a show I want to see to promote a show I never want to see. If I’m watching

something about Charlemagne, do I need to know about an all-new season of *American Chopper*?

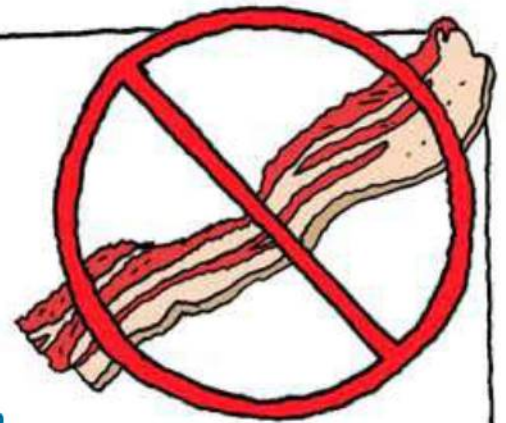
These banner ads cover up subtitles in foreign films and obscure key clues on mystery shows. And once, during the somber classic film *Saving Private Ryan*, a Day-Glo green banner unfurled featuring the capering cast of *Uncle Fatso’s Family*. And I wondered, Who are you people? And what are you doing in Occupied France?

Mike Reiss,
a founding writer of *The Simpsons*

It’s Bacon!

Don’t you think bacon is a little too pleased with itself these days? This breakfast food, which began life humbly on the belly of a pig, has lately made its uppity way into all sorts of products. There’s bacon air freshener, bacon mints, bacon beer, gummy bacon, bacon lip balm, bacon-flavored envelopes, bacon soap, bacon lollipops, bacon gum balls, bacon mayonnaise, bacon popcorn, bacon chocolate, maple bacon coffee. And should any of the above get stuck in your teeth, you can clean it out with bacon-flavored floss. Actually, it’s not bacon I hate. I hate the people who tell me, bursting with naughty pride, how they gobble up their favorite source of saturated fat by the pound. Big deal—so you’re not a health foodie. Want to truly impress me with your reckless daring? How about trying a head-

cheese smoothie? *Patricia Marx,* author of *Him Her Him Again: The End of Him* and librettist of the comic opera *Review*, which was performed by the Center for Contemporary Opera



“Huh?”

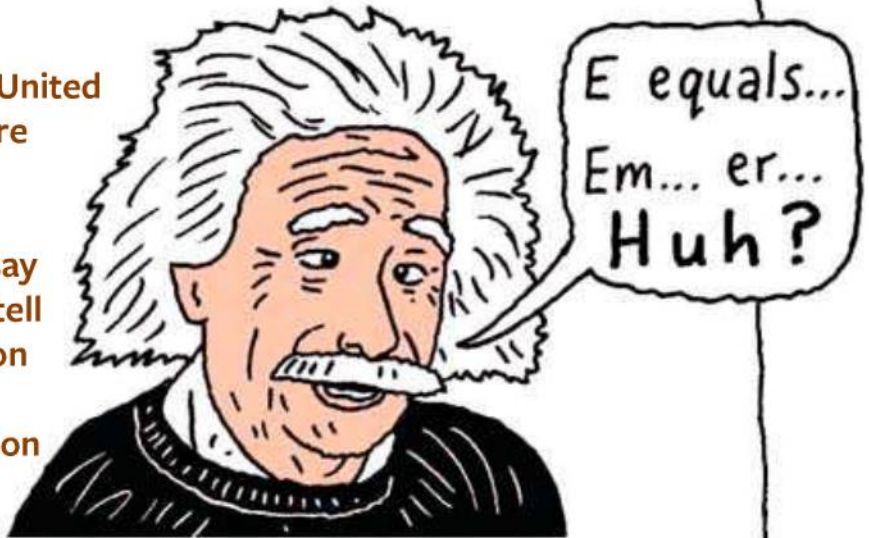
We’ve changed the motto of the United States. “Huh?” you say. And you’re right. “Huh?” is the nation’s new rallying cry. Ladies say “huh?” Gentlemen say “huh?” Children say “huh?” to everything. You could tell my children that their Crocs are on fire and they’d say “huh?”

Once it would have been “pardon me” or “come again” or “sorry, Daddy, I didn’t hear what you

said.” Now it’s the dull, uncouth, distracted “huh?” This is the result of the dull, uncouth distractions of modern life. People are constantly staring at something other than the person speaking to them—a laptop, BlackBerry, video game, Kindle, text message—and wearing iPod earbuds and talking on a cell phone too. The cell phone conversation goes like this: Person with cell phone pauses slack-jawed, says, “huh?” and then pauses while something is said again. He now says something, waits for the corresponding “huh?” and repeats himself.

In 1956, Congress changed the motto of the United States to “In God We Trust” because nobody knew what the old motto meant anymore. America’s original motto, appearing on the Great Seal of the United States since 1782, was “e pluribus unum” (“one out of many”) or, as we might say today, “e pluribus huh?”

*P. J. O’Rourke, author of the forthcoming book on political theory
Don’t Vote—It Just Encourages the B*st*rds*



Ads Written by You and Me

It was clever at first. But brands that invite consumers to dream up everything from a Super Bowl commercial to a new flavor of corn chips—blueberry mesquite, anyone?—have become crazy overdone. Welcoming us “into” the brand, as marketers are fond of calling it in their

PowerPoint presentations, is a gimmick: To them, we’re just patsies with credit cards. So Corporate America, here’s an idea for you after we consumers succumb to User-Generated Content Fatigue—invite us to come up with your CEOs’ pay packages. That’ll perk us back up.

Adam Hanft,
consumer marketing expert and
creator of the Flick Your Bic
ad campaign

MANNERS

“Should I Flush?”

It boggles my mind that anyone thinks it’s okay to talk on a cell phone in a public restroom. Standing next to a man who is talking while conducting his business on and off the phone is disconcerting enough and invites the question “Do I flush?” But can you imagine being on the other end

of the call? Don't make them ask, "Where are you?" Avoid the unpleasantness: Table your talk until far from the toilet. *Peter Post*, director of the Emily Post Institute

RELATIONSHIPS

E-lationships

I'm going to do it this time: I'm breaking up with "e-lationships," those text/e-mail/instant messaging-only relationships. The last guy I connected with online seemed promising. He sent me several lengthy e-mails and then asked for my phone number. All good. Until the texting started. In short order, he cycled through infatuation, obsession, jealousy, and annoyance ... without ever talking to me on the phone! Needless to say, not a match.com made in heaven.

Jennifer Worick, coauthor of *The Worst-Case Scenario Survival Handbook: Dating and Sex*

Too Many Kodak Moments

There's nothing wrong with sharing photos of your children with family and friends. But

must you send all 500 in your memory card? Remember the moral of *Jurassic Park*: Just because you're technologically able to do something doesn't mean it's a good idea.

Raquel D'Apice, comedian

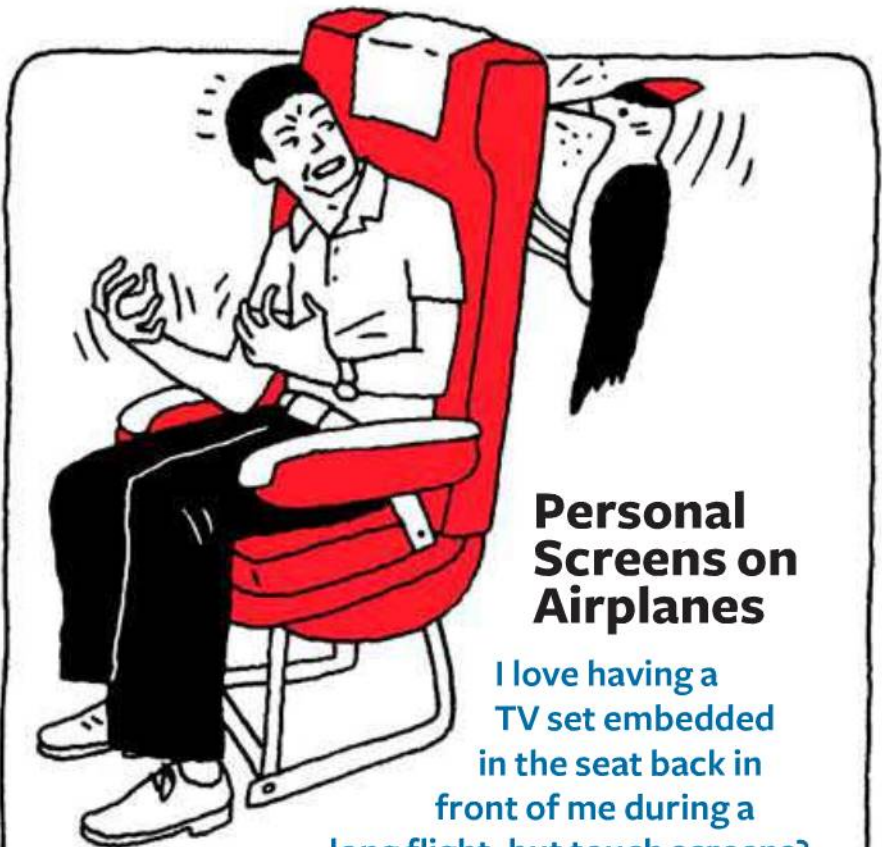
ENTERTAINMENT

The Demise of the Laugh Track

Whatever happened to the sitcom laugh track?

Sure, shows seem edgier without one, but not all of us are very good at guessing when to laugh. Watching a laugh-track-less sitcom these days is like trying to solve a mystery. You know there are clues; you just wish that one of them was the sound of prerecorded laughter.

Shap Sweeney, creative director of the humor website comedysmack.com



Personal Screens on Airplanes

I love having a TV set embedded in the seat back in front of me during a long flight, but touch screens?

With games that require a lot of tapping? Get seated in front of a gamer and it feels like your chair has a built-in woodpecker. Even someone who can't decide on a movie to watch can tap you into insanity on a long flight.

Doug Lansky, author of *The Titanic Awards: Celebrating the Worst of Travel*

The Shaky Cam

Some directors want to put us in the middle of the action by using fast-moving, handheld cameras. I got that. But it's literally making me sick. I get nauseated when cameras move so fast that the smack-downs in movies like *Batman Begins* and *Quantum of Solace* are just one big blur. If I really wanted to feel like I was in a fight, I'd go pick one.

Matt Atchity, editor of rotten tomatoes.com, a film-review site

Churlish Behavior = \$

Since when has rotten, narcissistic behavior become a ticket to celebrity and reward? Eliot Spitzer's hooker-

turned-advice columnist Ashley Dupre (prostitution), *Dancing with the Stars* rug-cutter Tom DeLay (alleged money laundering), and reported Tiger Woods mistress Rachel Uchitel—a newly minted correspondent on the gossip magazine show *Extra* (as in “extramarital”)—are all recent enshrines in the Hall of Ill-Gotten Fame. And now add to that list White House party crasher/fame seeker Michael Salahi, who is costarring in the reality series *The Real Housewives of D.C.* Seems the only question remaining is “What took so long?”

Frank Santopadre, writer for *The Joy Behar Show*

HEALTH

Seesaw Menus

Why is it that every time a grilled chicken salad or some other healthful meal gets added to the lineup of a fast-food restaurant, a new “extreme” item—like a burger with quadruple layers of beef, cheese, and chocolate cake—also appears? Somehow the dark side always wins out.

Cynthia Sass, MPH, RD, New York City-based nutritionist

Take One and Pray in the Morning

There is a push by the managed-care industry to get doctors to change some of their prescriptions. They do this by convincing

12 TRENDS WE'D LIKE TO SEE

“Pull up your pants,” “pay it forward,” and please—please!—“put shopping carts back where they belong.” When we asked readers what fads they look forward to, those topped the list. **But they didn't stop there:**

Say “You're welcome” instead of “No problem,” which implies it might have been a problem.

Patricia B., Channahon, Illinois

A universal hand signal for poor drivers that means “Sorry, I'm an idiot.”

Laura M., St. Louis, Missouri

An understanding among voters that a negative political ad will disqualify that candidate.

Doug M., Tupelo, Mississippi

Allow pro golfers to wear shorts in PGA tournaments.

David G., Moline, Illinois

patients that if their doctors prescribed something else, it would be cheaper for them. It's certainly cheaper for the insurance company. But now I'm stuck explaining to a patient that baking soda is not the same as Nexium when treating their reflux/heartburn, or that a real antibiotic is more effective than scraping mold off an old piece of bread. Okay, I'm exaggerating. But I've seen requests that come close. Something tells me that the insurance company executives get whatever they are prescribed.

*Douglas Farrago, MD,
editor of Placebo Journal*

Antibacterial America

Purell, I've got two words for you: *ha* and *ha*. Turns out kids need a little dirt to be healthy. Read the studies coming out—maybe we're playing it too safe. Is that why everyone's got an allergy today but didn't back when we all drank from the same cup and dried our hands on raw hamburger?

"Imagine a touchable world," goes the Purell slogan. I did. It looks just like this one, except nobody's chasing us around with a pump full of glop.

Lenore Skenazy, author of Free-Range Kids



Subject-verb agreement.

Judy G., Atlanta, Georgia

More random acts of kindness.

Ken L., Discovery Bay, California

People getting along as well as dogs do at the dog park. *Bryant H., Huntsville, Alabama*

Rather than focus on salary, let's focus on what one brings to society.

Jerome D., Carlisle, Pennsylvania

More inviting, user-friendly porches.

Dr. Bob L., Ogdensburg, New York

Less Facebook, more face time.

Cherish the people, not their personal Internet accounts.

Mercy S., Binghamton, New York

People discussing topics other than sports and home renovations. Something—anything!—deeper than scores and drywall.

Gina B., Joppa, Maryland

I just want my cat to stop stepping on my head while I'm trying to sleep.

Eileen E., Fieldsboro, New Jersey

Change Agent

STEWART BRAND, the father of Earth Day, has rethought everything from nuclear power to genetically modified food. Here's why.

BY EDWARD KLEIN

Since he created the premiere issue of the *Whole Earth Catalog* back in 1968, Stewart Brand has come to represent wildly different things to different people. To some, he is the man who inspired Earth Day and helped usher in the counterculture. To others, he's a tech-savvy Internet pioneer who organized the first Hackers Conference, where he coined the phrase "Information wants to be free" (to which he added the not often quoted "Information also wants to be expensive"). To still others, he's the preeminent philosopher of the green movement.

(BRAND) ED KASHI/CORBIS



Recently, Brand added another—and totally unexpected—title to this list of his accomplishments: environmental heretic.

In his most recent book, *Whole Earth Discipline: An Ecopragmatist Manifesto*, now in paperback, Brand comes out in favor of pretty much everything that traditionalist greens like Al Gore regard with fear and loathing—nuclear power, genetically engineered crops, climate engineering, and densely populated megacities.

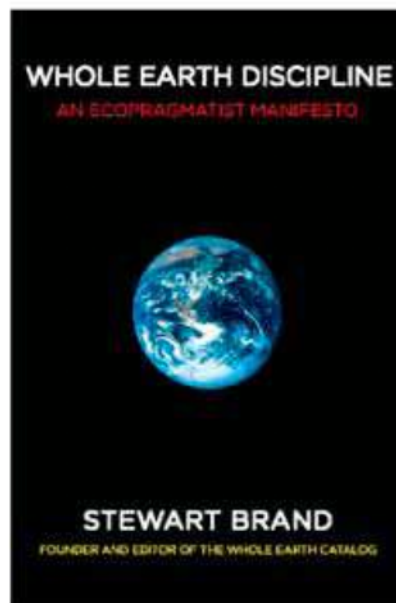
One reader scoffed that Brand's book is full of "inflammatory opinions ... unencumbered by facts." Another said, "I wish I could share Brand's enthusiasm for megacities teeming with 'the greenest people in the world.'"

But many of Brand's colleagues applaud his willingness to buck conventional wisdom. Environmentalist Paul Hawken called *Whole Earth Discipline* "one of the most original and important books of the century." And *Wired* magazine's Kevin Kelly concluded after reading the book, "This is a short course on how to change your mind intelligently."

Brand treats all this commotion with his customary coolheaded equanimity. Now 71, he lives with his second wife, Ryan Phelan, an executive who runs a genetic counseling

company, on a restored tugboat in Sausalito, the headquarters of Brand's Global Business Network.

Despite his reputation as a political iconoclast, Brand is a soft-spoken man who sprinkles his sentences with quotes from the latest scientific journals. A self-proclaimed "professional futurist," he has little patience for those who cling to antiquated ideas.



Reader's Digest: *In your new book, you use some pretty strong language to criticize your fellow environmentalists, including "outdated," "too negative," and "too tradition-bound."*

Stewart Brand: To understand why I'm critical, you have to remember that at the beginning of the environmental movement, back in the 1970s and 1980s,

the green credo was built on three "antis"—anti-nuclear power, anti-genetically engineered crops, and anti-densely populated cities. These negative ideas became ensconced in the philosophy of the environmental movement. But the world has changed radically. Today we're faced with the threat of catastrophic global warming, and the application of technology is our only chance to reverse this greenhouse devastation. As a result, some fundamental green ideas have to be reexamined and rethought.

RD: *Let's be specific: Which ideas are you talking about?*

SB: Take two—the once sacrosanct ideas that nuclear power and genetically engineered crops are bad. That simply doesn't make sense anymore. We have a number of exciting and

“Now that our backs are against the wall, we must look at every possible way of making energy cleaner.”

maturing technologies to address the challenge of climate change, including advances in nuclear power generation and the creation of genetically engineered crops that use less energy and less water.

RD: *Heretic is a word that greens have been throwing at you recently. Do you feel like a prophet without honor in your own country?*

SB: Not really. Greens have plenty of reason to feel justified about their beliefs. After all, they've been right about climate change, and the best scientific minds have supported their stance. I've been amazed and delighted that there haven't been more virulent personal attacks against me. And I think the reason those attacks haven't materialized is that greens know that I've always been a technophile—a proponent of new technologies.

RD: *So, in view of the differences that have emerged between you and some leading members of the environmental*

establishment, like former vice president Al Gore and Amory Lovins, the chief promoter of a “soft energy path” for the United States, how would you describe the current state of the environmental movement?

SB: There's a battle going on right now.

A fair number of people are gradually going from being antinuclear to being cautiously pronuclear. Of course, many greens, especially in Europe, are still worked up about

transgenic crops—plants that contain a gene or genes that have been artificially inserted from another unrelated plant or from a completely different species. But I've talked to others who are not as worked up about technologies like synthetic biology—the design and construction of new biological functions and systems not found in nature. In short, everything is in flux. For instance, in the past, nobody wanted to talk about finding ways to make coal less dirty. But now that our backs are against the wall, we've got to look at every possible way of making energy cleaner.

RD: *You have been quoted as saying that the opposition among greens to the genetic management of agriculture is the biggest mistake the environmental movement has ever made. Do you still stand by that sweeping statement?*

SB: Absolutely. We did active harm, especially in Africa and some places in Asia, by promoting a form of antiscience. We told people in the

developing world, “Pay no attention to the scientists who say that transgenic crops are not only okay but also actually more productive, more sustainable, more adaptable to climate change, and actually good for the environment.” And we had no right to say that. After all, we are the people who base our arguments regarding global climate change on scientific data, and

all of that—but also environmentally green in terms of climate.

RD: *It sounds as though you’re saying you’re not in favor of organic farming.*

SB: I have nothing against organic farming. But if organic farmers aren’t allowed to grow transgenic crops, we’ll have a nostalgia market for food that is designed especially for the wealthy—food that’s not even as healthy as transgenic crops.

RD: *Let’s talk about nuclear energy, which you now advocate. How practical is that? It creates all that dan-*

gerous waste, and we have no way to dispose of it.

SB: The air pollution from coal burning is estimated to cause 30,000 deaths a year from lung disease in the United States and 350,000 in China. A one-gigawatt coal plant burns three million tons of fuel a year and produces seven million tons of CO₂, all of which immediately goes into everyone’s atmosphere, where no one can control it. Using a nuclear reactor to generate one gigawatt a year requires only about 20 tons of nuclear fuel. It’s true that nuclear reactors create 20 tons of nuclear waste, but they create absolutely zero carbon dioxide. So you do the arithmetic.

RD: *That still doesn’t address the question of what we do with all the spent nuclear waste.*

“If organic farmers don’t grow transgenic crops, we’ll have a nostalgia market for food that is designed especially for the wealthy.”

yet when the science didn’t suit our preconceived notions, we abandoned science. That’s not good.

RD: *What’s been the reaction to your proposals on genetically modified food?*

SB: Well, I’m a little surprised that Michael Pollan, the food activist and father of the locavore movement, hasn’t come over to my way of thinking, because he has busted the industrialization of organic food. The local growing of basically artisanal food is absolutely fantastic in a country where the major nutrition problem is obesity. That’s not the major nutrition problem in much or most of the world. What’s needed is volume. The second green revolution is in the next set of good technologies in agriculture. Not only of higher yield, lower cost, cheaper food, better distribution, and



Brand, a member of Ken Kesey's Merry Pranksters, in Marin County, California, in 1973.

SB: Right now, that nuclear waste is put in lead-lined casks and is carefully monitored by the government. By contrast, the millions of tons of carbon dioxide that go into the atmosphere from a coal furnace are neither controlled nor retrievable. One new thing in spent nuclear-waste storage that's come along is the so-called borehole technology developed by the oil and gas industries. The idea is you dig a borehole three miles deep and a foot and a half wide. Down there in the basement rock, the water is heavily saline and never mixes with surface

freshwater. You can drop spent fuel rods down the borehole, stack them up a mile deep, pour in some concrete, and forget about the whole thing. And then there's a breakthrough in nuclear technology that's just over the horizon—fourth-generation reactors that can reprocess the spent nuclear fuel.

RD: *In An Inconvenient Truth, former vice president Al Gore argued that we could solve the global climate crisis with solar, wind, and geothermal power. Is he right?*

SB: No. ■



FREEDOM FIGHTER

TRACY CORMIER IS ON
THE FRONT LINES OF A WAR
AGAINST SLAVERY—
RIGHT HERE IN AMERICA

BY MARY A. FISCHER

Stopping traffic:
Cormier in East Los
Angeles, California,
July 2010.



At 6 a.m. on a warm September morning, Tracy Cormier and her team arrived in a seedy neighborhood in East Los Angeles. In jeans and a jacket, her long brown hair tucked behind her ears, Cormier, 34, looked too young to be a case-hardened federal agent. But during her five years with U.S. Immigration and Customs Enforcement (ICE), she had risen through the ranks, busting drug networks

and money-laundering rings. She developed a taste for the adrenaline of predawn raids and the long, quiet nights of surveillance, clocking 60 to 70 hours a week.

Now she'd been promoted again, her new assignment to hunt down human traffickers and bring them to justice. It was cases like these, in which she could rescue innocent victims and arrest their tormentors, that kept her motivated. "At the end of the day, if you're able to give someone freedom, it's very satisfying work," Cormier says.

Driving past darkened stores, with gang graffiti emblazoned on sidewalks and walls, Cormier and her agents pulled up in front of a small house with tall wire fencing. Gun drawn, she led the way down the long driveway and pounded on the door. A search of the house turned up their fugitive, Maribel Rodriguez Vasquez, 28, hiding in a back bedroom. Vasquez had eluded capture for many months, ever since her aunt Gladys and seven others from her extended family were arrested for luring Guatemalan women and girls to Los Angeles and forcing

them into sexual slavery. With all nine suspects in custody and 15 victims in safe houses, this would eventually become the largest prosecution of human trafficking in Los Angeles history and one of the largest in the United States. But on this September morning, Cormier was worried: What if the victims were too scared to testify? Gladys Vasquez had threatened to burn them with acid if they so much as talked to the police. The Vasquez family had even convinced these naive young women and girls that "witches would cast spells on them if they cooperated with us," Cormier says. And what if the judge showed little sympathy for undocumented immigrants who had been so hideously victimized? What if the entire two-year investigation collapsed in court?

"There's always that concern," says Cormier. "Traffickers brainwash their victims into believing that law enforcement will harm them, and some back out." For Cormier, who began working on the case in early 2007, meeting the 15 young women and girls of the Vasquez case was a pivotal point

in her career and in her understanding of the problem of human slavery. “When I started dealing directly with so many innocent victims,” Cormier says, “I saw up close how widespread this horrendous crime is.”

The trafficking of human beings for prostitution and forced labor is the fastest-growing criminal enterprise in the world, second only to the movement of drugs and weapons in size and scope. And it is lucrative—a \$19 billion dollar industry with as many as 27 million victims (see map, pages 140 and 141). “There are more people in slavery today than at any other time in human history,” says Kevin Bales, president and cofounder of Free the Slaves, a nonprofit human rights organization.

Most Americans believe that human trafficking happens everywhere but here. But the State Department estimates that 14,500 to 17,500 men, women, and children are trafficked into the United States every year. They come from 47 nations in Asia, Latin America, Eastern Europe,

Africa, and the Far East; most of them are women, teenagers, and children.

They live among us, in New York City and Cheyenne, Wyoming, under appalling conditions, often trapped in an insidious practice known as debt bondage—forced to repay never-ending loans to their captors for travel, food, and shelter. Many are imprisoned behind double-bolted doors and barred windows. If we notice them at all, we catch only glimpses as they are herded back and forth to work at massage parlors, nursing homes, meat-processing plants, farms, and other businesses. Considered property by their captors, the victims are kept in line with constant threats of violence and retribution. They are the slaves next door, hidden in plain sight (see sidebar, page 137).

As a former U.S. Customs agent, Cormier knew about narcotics smuggling, and, as a member of the Green Quest unit—the cornerstone of Customs enforcement after 9/11—she excelled at tracking money that was headed over-

THE TRAFFICKERS Over two years, the Vasquez family brought 15 women and girls from rural Guatemala and forced them into sexual slavery in L.A.



Gladys Vasquez Valenzuela



Maribel Rodriguez Vasquez



Albertina Vasquez Valenzuela



Mirna Jeanneth Vasquez



Maria de Los Angeles Vincente

seas to support terrorism. But when she was chosen by the top brass at ICE to lead a new team specializing in human smuggling and trafficking, she was nervous. “I need to learn immigration issues,” she thought, “and in a hurry.” Her employer was playing catch-up too. The agency was formed in 2003 in the massive reorganization that merged the U.S. Customs Service with the Immigration and Naturalization Service. It was a clash of cultures, and Cormier’s new team of ten male agents grumbled at the news of her arrival. For starters, she came from Customs, not Immigration like most of them, and she was a single woman who stands five feet six inches in heels.

Cormier’s team soon learned the depth of her dedication. “My cell phone rings 24/7, and I answer it 24/7,” she says, adding that her job has scared away more than one boyfriend. During her 15 years in law enforcement, she has crashed into the bedroom of a suspected terrorist at four in the morning and led her agents

beaten, starved, and tortured because he could not make the last payment on his smuggling fee. But nothing had prepared her for the brutality that these young Guatemalan women had suffered.

Rosa, Yasmeeen, Maria, Lydia, Kathy,* and ten others had arrived in Los Angeles over the previous two years, wide-eyed newcomers in a foreign city who were unable to speak English and who were told they had no rights as illegals. Most were under 20, and a few were just children—as young as 13 years old. They came from rural villages where 80 percent of the population lives in poverty. The lucky ones had worked in a local banana factory—earning \$3 a week. So when a kindly older woman named Gladys Vasquez spoke of a chance to get to America, where they’d find good jobs as nannies and waitresses, the women and girls didn’t hesitate.

“But once they got here,” says Cormier, “they realized there was no way out.”

Their journey to Los Angeles was a 2,200-mile, two-week ordeal of hunger, heat, and near suffocation. The women

THE WOMEN WERE FORCED TO HIDE FOR HOURS AT A TIME, LOCKED IN CAR TRUNKS TO AVOID DETECTION AT BORDER CROSSINGS.

into a smuggler’s compound where 30 people were held for weeks in a filthy, airless room. She has learned to decode the captives’ desperation in the sweat marks left on the walls of these rooms. And she has rescued a young man from El Salvador who was

and girls were forced to hide for hours at a time, locked in car trunks to avoid detection at border crossings. Gladys met the new arrivals in a parking lot near downtown Los Angeles and ferried them to several

**Names changed to protect privacy.*

HUMAN SLAVERY: PROFITS FROM MISERY



The traffickers lived in luxury in an upscale house in Los Angeles.



Their victims came from homes like this one in Guatemala's countryside.

shabby apartments, where the doors were locked behind them and the windows were barred. Then she dropped the bombshell. There were no waitress jobs or families needing nannies. They would immediately begin work as prostitutes to repay their smuggling fees, which Vasquez had doubled—to \$10,000 each. Go to the police or try to escape, Vasquez told them, and you will be deported. Back in Guatemala, she would track them down and kill them and their families. “We were all just so afraid,” Rosa told me. “We felt we had to do what they told us.”

Then they disappeared into the vast urban sprawl of Los Angeles, hidden away in four ordinary-looking stucco buildings. Each woman was forced to have sex with up to 20 men a day, men who paid as much as \$100. A half-mile away, in a bungalow patrolled by guards and secured by wrought-iron gates, the minors were sold to men during the day and locked in their bedrooms at night—except on the nights that they were loaned to gangs in exchange for protection. “They were brutalized,” says Cormier, “beaten, gang-raped, returned the next day bruised and sobbing.”

“We worked every day, even if we were sick,” says Lydia, who protested when Gladys Vasquez ordered her to have unprotected sex with certain johns. “No one can imagine how terrible this was.” To keep her sanity, Yasmeen says that during sex, “I thought about my brothers and sisters and told myself that by doing this, they wouldn’t get murdered.”

After months in Los Angeles, the victims’ despair deepened as their debts to the traffickers escalated. Every expense went on their tab—food, rent, clothes, taxi rides, even condoms. Then, out of the bleakness emerged a Good Samaritan. Cabdriver Joaquin Huerta, who shuttled the girls to and from their apartments, had seen enough. “I went to various police stations and talked to detectives,” Huerta testified. “Nobody was really interested or paying attention to me.” So the cabbie took a different route, repeatedly phoning a reporter at the

Spanish TV station Univision, who heard his story and set the bust in motion with a call to the Coalition to Abolish Slavery & Trafficking, which then contacted the Los Angeles Police Department's 24-hour Task Force on Human Trafficking Hotline. The task force shared the tip with ICE.

At six in the morning on December 20, 2006, a small army of 75 officers from ICE, the FBI, and the LAPD, armed with guns and search warrants, swooped down on the five locations identified by Huerta. "I heard about the case from one of our agents who was on the team that morning," says Cormier. "My first thought was, How could these people be so cruel? To their own people? And how could women do this to other women? Two months later, I got the call to take over the case."

Even with the victims' accounts of their ordeal and a wiretapped phone conversation of Gladys ranting at Lydia to bring in more money, Corm-

Aurora International Airport in Guatemala City. After a meeting with the Guatemalan minister of the exterior, they were assigned a security team for their journey to the countryside.

It took six hours to reach the isolated villages of the women and girls. Many of the roads were washed out or blocked by trees. The agents' first stop was Yasmeen's home and then Rosa's, dwellings that Cormier calls huts, "and that's being kind," she says. These single-room shelters with corrugated metal walls and roofs had no electricity or running water. Beds were a few blankets on a dirt floor.

Cormier had brought gifts—toys and chocolates—for the victims' younger siblings. When the team arrived at Lydia's house, her parents insisted the Americans stay for dinner. They had slaughtered their lone pig for this special occasion. "My heart was breaking," says Cormier of their generosity. "This is what they had to feed their family on for months." The agents took a few bites, then politely

said their goodbyes, leaving behind enough cash for the family to buy another pig.

The women had begged Cormier not to tell their parents what

ier's team needed further evidence to make the trafficking charges stick—specifically the victims' birth certificates and their families' testimony that promises of good jobs were made. So in February 2008, Cormier and two other federal agents landed at La

had happened to them in America, and she kept their secrets. "I had a soft spot for the girls," says Cormier, who suffered anxiety like theirs when she moved from small-town Maine to the big city of Los Angeles. "It was a huge change coming from a place

MY FIRST THOUGHT WAS, HOW COULD THESE PEOPLE BE SO CRUEL? TO THEIR OWN PEOPLE?

HIDDEN IN PLAIN SIGHT

Slavery is all around us. It's a terrible, underreported crime that is difficult to prosecute. But the number of human-trafficking investigations in the U.S. has doubled in the past five years. Last year, Immigration and Customs Enforcement initiated 566 human-trafficking investigations, 388 of which resulted in arrests and 165 in convictions. **Below, some recent success stories in the war against slavery.**

SAN DIEGO, CALIFORNIA:

July 2010 A Mexican immigrant who operated a brothel in a remote California canyon was convicted on federal human-trafficking charges, including two counts of sex trafficking by force. He received a 24-year prison sentence and was ordered to pay \$1.4 million in restitution.

OAKLAND, CALIFORNIA:

April 2010 A 46-year-old woman, convicted of forcing a Peruvian immigrant to work as her nanny and domestic servant, was sentenced to five years in prison and ordered to pay the victim more than \$123,000 in restitution.

BALTIMORE, MARYLAND:

September 2009 A domestic human-trafficking gang, run by U. S. Army Specialist Craig Allen Corey II, 22, was broken up and its members indicted in federal court. The ring allegedly used illegal drugs and violence to induce underage and adult runaways from Ohio and New York to become prostitutes.

NEWARK, NEW JERSEY:

March 2009 A West African immigrant pleaded guilty to smuggling 20 women and girls from Togo and Ghana into the U.S. and forcing them to work up to 16 hours a day in his hair-braiding salons

in Newark and East Orange, New Jersey.

DETROIT, MICHIGAN:

June 2007 Aleksandr Maksimenko, 27, a Ukrainian-born American citizen, was sentenced to 14 years in prison after admitting that he smuggled Eastern European women into the U.S. and forced them to work as dancers in his strip clubs.

NEW YORK CITY:

June 2004 Nearly 70 Peruvian migrants who were being subjected to forced labor and debt bondage were freed, and a husband-and-wife trafficking team were sentenced to 11 and 15 years, respectively.

where everyone knew one another to knowing absolutely no one," she says. "Driving the 405 Freeway for the first time, I was literally freaking out. I thought I was going to die."

After ten days in Guatemala, Cormier located most of the women's and girls' birth certificates, and the agents

were able to confirm that, contrary to statements made by the traffickers' defense team, the families had not wanted their daughters to go to the United States, even with the promise of jobs and money. There were repeated tearful scenes in which the parents told the agents how much

they missed their daughters and recalled the sadness they heard in their children's voices when they occasionally called home. Cormier took their hands and told them she understood.

The Vasquez case dragged on for nearly three years, during which time Cormier worked with prosecutors to help prepare the young victims for trial. Most of them were adapting well in the care of social workers. A few had found work in fast-food restaurants and garment factories. Lawyers from the Legal Aid Foundation of Los Angeles, like Daliah Setareh, began filing for their T visas, which allowed the victims to stay in America for four years—with likely full visa status—as long as they continued to cooperate in the case.

But the years of delay, not unusual for such a complex prosecution, were excruciating for some of the women, who suffered panic attacks and bouts of depression as they wrestled with the prospect of confronting their tormentors in court.

Finally, in January 2009, the Guatemalan gang went on trial in federal court, charged with various counts, including conspiracy; sex trafficking by force, fraud, or coercion; and importation of aliens for purposes of prostitution. For five weeks, the victims were sequestered in a hotel and kept under 24-hour protection. On the witness stand, they recounted the ghastly details of their ordeal—the gang rapes, weekly beatings, and death threats—and stood their ground, providing the testimony that Cormier had hoped for. The verdict: guilty, guilty, guilty ...

At the sentencing hearing, on a sweltering day in August 2009, Cormier sat in the back of the federal courtroom and prayed for justice. These criminals deserved long prison sentences, she believed, but she worried that U.S. District Judge Margaret M. Morrow wouldn't agree. Until recently, human trafficking sentences tended to be light—as little as two months.

As Judge Morrow spoke, Cormier's eyes welled up with tears. The judge

LEARN MORE + DO MORE

■ BE VIGILANT

If you suspect someone is a victim of trafficking, call ICE's 24-hour, toll-free hotline, 866-347-2423, or the Polaris Project's multilingual National Human Trafficking Hotline, 888-373-7888.

■ VOLUNTEER

The Coalition to Abolish Slavery & Trafficking (CAST) and other national organizations are flooding schools and churches with public awareness campaigns and training police in

how to identify trafficking. To help out, contact CAST at castla.org.

■ EDUCATE YOURSELF

Get the latest news on trafficking at humantrafficking.change.org. The United Nations also

gave the five key traffickers 30 to 35 years in prison. Ringleader Gladys Vasquez got 40 years.

Today, Rosa, Lydia, and Kathy have adjusted to their new lives. “These were amazingly strong young women,” says Cormier, “and they were determined to get past their horrific experience.” The women work in fast-food restaurants, a clothing factory, a dress shop. A few are enrolled in English classes. Rosa lives with the father of her new baby, while Yasmeen juggles two boyfriends. All 15 victims, having cooperated with the investigation, are on their way to becoming U.S. citizens.

And on a sunny spring day last year, a group of the Guatemalan survivors gathered in a Los Angeles park for a special graduation ceremony. In pretty terra-cotta pots, the women planted flowers and then added soil, a simple act to signify their remarkable passage from slavery to freedom.

Across town, at ICE headquarters, Tracy Cormier was wrapping up

another investigation. She laid out stuffed animals and coloring books for a frightened four-year-old girl she’d freed from a smuggler’s drop house an hour before. The little girl had been drugged at the U.S.–Mexican border and kidnapped by the smuggler, who’d held her for \$11,500 in ransom and let his son sexually assault her. Tears streaming down her face, the little girl told Cormier about her recurring nightmares.

In the next few weeks, Cormier’s team tracked down the smuggler, who pleaded guilty and received an 18-month sentence. At Cormier’s insistence, the man was also ordered to pay for the girl’s psychotherapy. “I wanted to see him punished for what he did,” she says, “but ensuring her happiness was my main priority.”

Then, as she’d done many times before, Cormier finished the job, cutting through layers of red tape and bureaucracy to help expedite visas for the girl and her family so they could begin a better life in the United States.

offers a wide range of publications, tools, and general information on human trafficking at unodc.org/unodc/en/human-trafficking/index.html. Teachers can access lesson plans and other resources on

human trafficking at the University of Massachusetts website gvnet.com/humantrafficking.

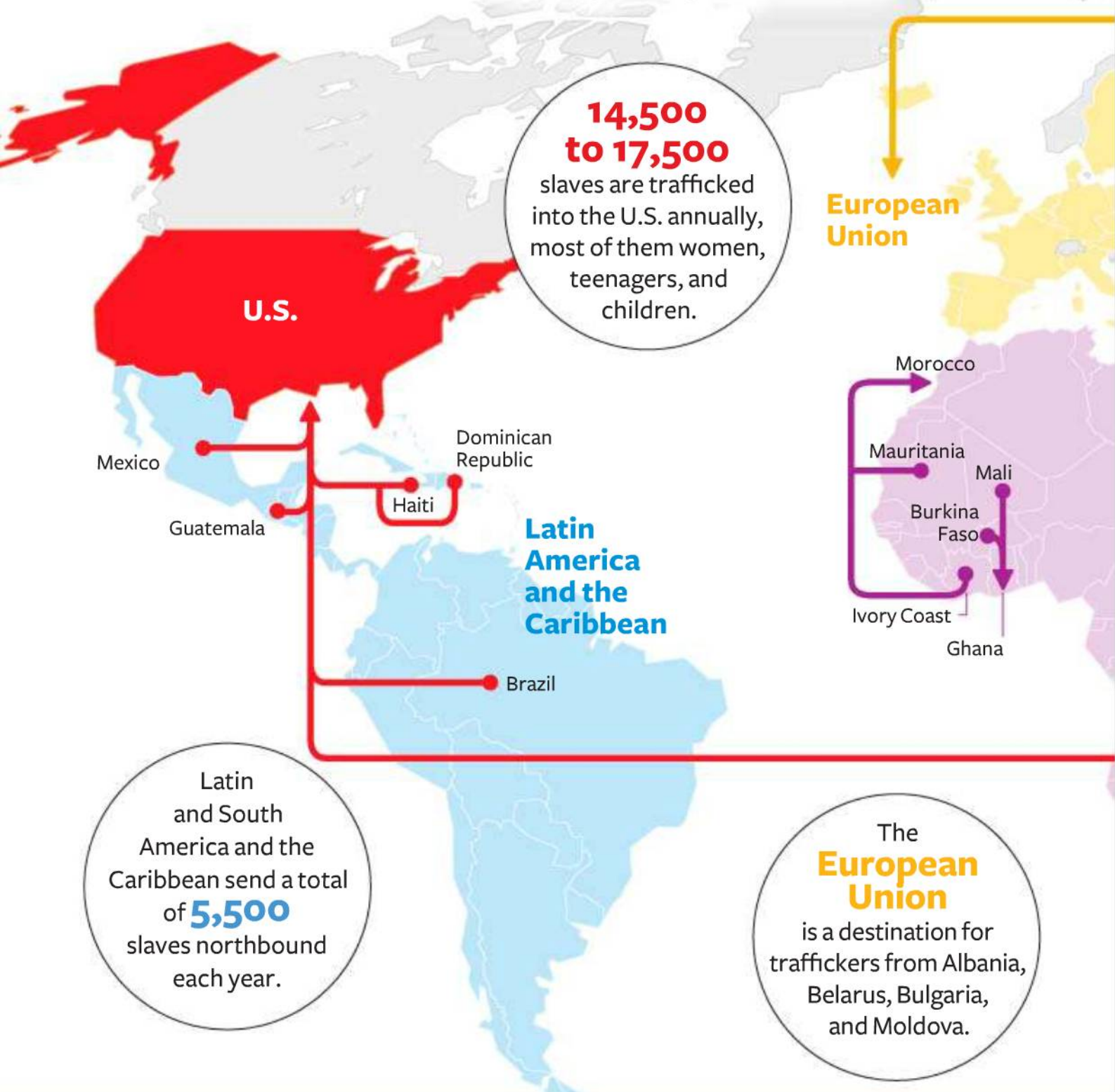
■ **DONATE**

Free the Slaves, co-founded by Kevin Bales, one of the world’s

leading advocates for victims of human trafficking, relies on a network of volunteer educators and organizers. Help them out with a donation of time or money at freetheslaves.net/page.aspx?pid=335.

THE NEW SLAVE TRADE

Some **800,000** people are trafficked across international borders every year, a number that is growing, says the UN.



14,500 to 17,500 slaves are trafficked into the U.S. annually, most of them women, teenagers, and children.

European Union

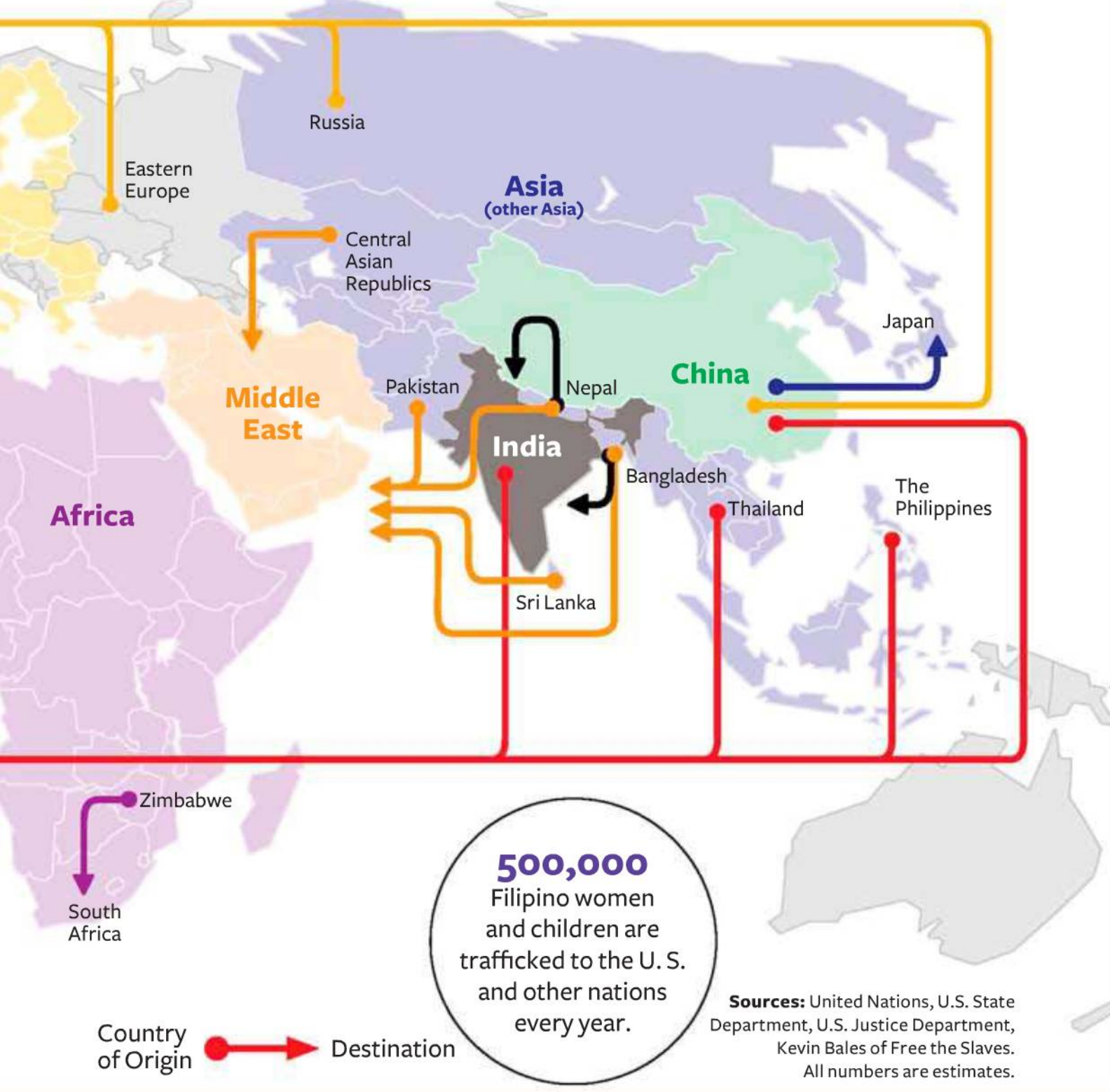
Latin and South America and the Caribbean send a total of **5,500** slaves northbound each year.

The **European Union** is a destination for traffickers from Albania, Belarus, Bulgaria, and Moldova.

TOTAL SLAVES per country/region, including people sold, trafficked, and held

40,000	61,000	270,000	300,000
United States	Middle East	European Union	China

Slaves are people who are sold or forced to work for no pay beyond subsistence. Experts say there are more people enslaved today than at any other time in history. Seventy percent of trafficked women and girls are forced into sexual slavery.



against their will in their home countries.

399,000

Latin America/Caribbean

685,000

Africa

4,100,000

Other Asia

22,000,000

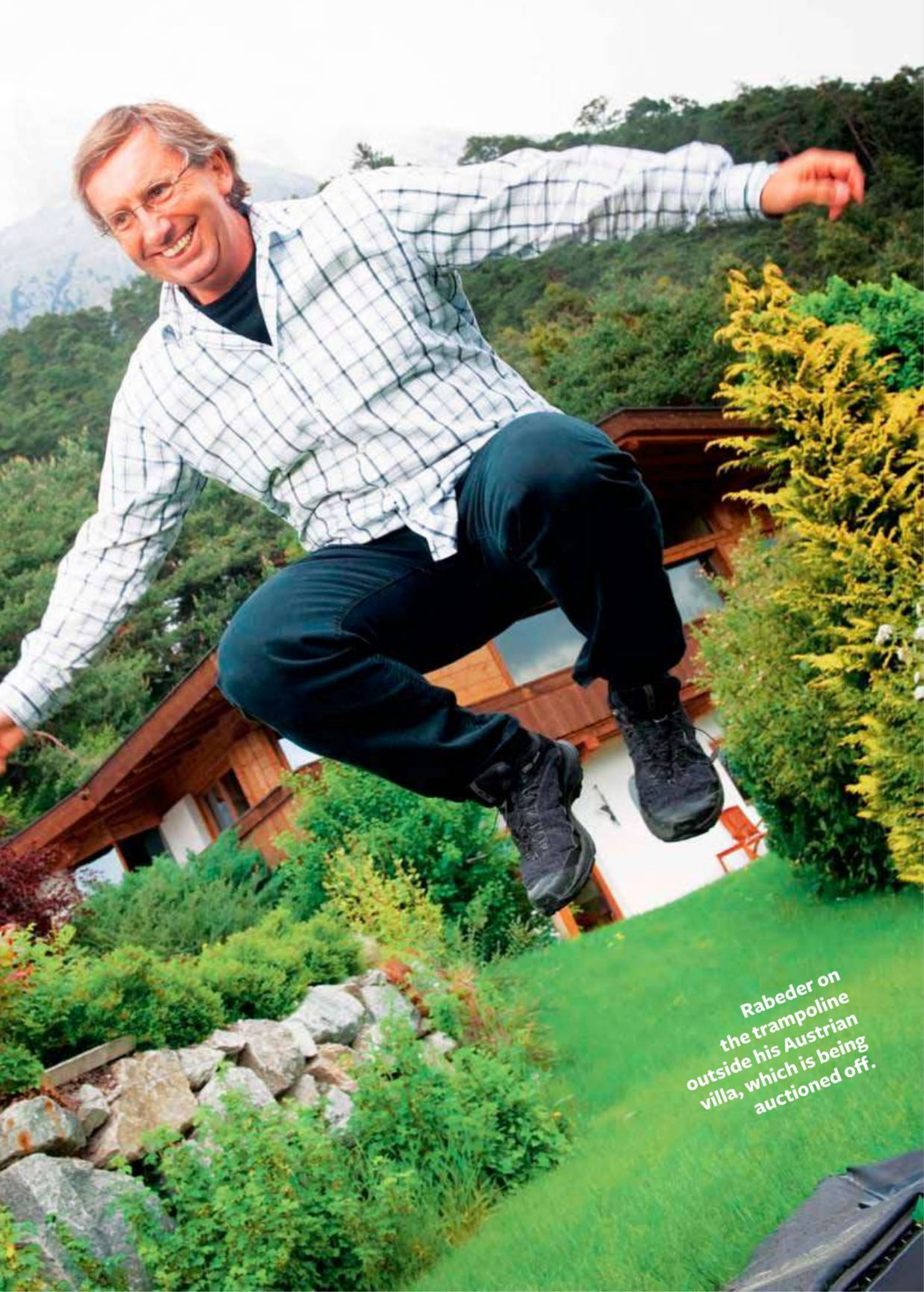
India

Nothing but JOY


Austrian millionaire
Karl Rabeder
unloaded all his worldly
possessions
to help others—
and himself

BY E. JANE DICKSON





Rabeder on the trampoline outside his Austrian villa, which is being auctioned off.



igh in the Austrian Tirol, the air is loud with birdsong, and a middle-aged man is bouncing on the balls of his feet. “It is hard to express,” he says, “this feeling of freedom, of absolute lightness.”

Karl Rabeder expects to feel lighter still, by some several million dollars: The homewares magnate, who has lived in the small, tidy town of Telfs for 13 years, recently made headlines around the world when he announced that he would sell everything he owned to help the poor in Central and Latin America. A stunning farmhouse in the South of France has already gone under the gavel, along with his business, cars (including a \$68,000 top-of-the-line Audi), and small fleet of glider planes.

His home—a villa worth more than \$2 million just around a river bend from Innsbruck, complete with landscaped lake, sauna, and spectacular mountain views—is his last remaining asset. Soon Rabeder, 48, will hand over the keys of his Tyrolean dream house to the lucky winner of a pan-European lottery and move into a compact wooden hut in the Alps. He can hardly wait. For his money—a personal fortune of close to \$5 million—going riches-to-rags is a lot more rewarding than the other way around.

“Wealth,” says Rabeder, a precise, professorial figure in steel spectacles and a plaid shirt, “doesn’t create happiness. For 25 years, I worked like a slave for things I didn’t want or need. Now my dream is to have nothing.”

The serene, all-white home office in which Rabeder tends to his constantly pinging computer is spare by millionaire standards, though the handcrafted furnishings reflect the taste of a connoisseur. He displays no proprietorial pride, however, as he surveys the products of a life’s labor. “Everything, even the chairs we sit on, will go with the house when it is sold,” he explains with evident satisfaction. For his new life in the mountains, he has set aside a change of clothes, two boxes of books, and a laptop. He will live on a monthly stipend of about \$1,290 and is confident he won’t need half as much.

Growing up in the industrial flatlands of Linz, the young Rabeder believed his purpose in life was to make money. “We were a very poor family. I never met my father. Let’s say he made a decision between his family and alcohol. So my mother and I lived with my grandparents. My grandmother was always good at managing, and she believed that the value of a person is related to his savings. I started working in the family’s small market garden when I was a child. I sold vegetables and found I was good with money. As a teenager, working to finance my degrees in mathematics, physics, and chemistry, I branched out

on my own. First I sold flowers from our garden, then I moved to dried flowers, vases, and candles. By the time I was halfway through a second degree, my homewares and interiors business was running so nicely that it didn't really make sense to do anything else. The money was helpful at first. But I would find myself thinking, Is this what I am here for, to produce things that nobody really needs? And more and more, the answer was no."

Rabeder describes his growing disaffection with big business and the consumer society: "They tell us to buy stuff for our well-being. But it doesn't make us happy, so we buy more. It still doesn't make us happy, and it makes us easy to rule. We are like sheep with a barking dog to the left of us, making us anxious about the global financial crisis and the fact that we could lose our jobs, and another barking dog to the right, warning us about the need for expensive insurance in case we fall ill. So we work for the future without ever being able to live for the day. I know this," says Rabeder, his voice rising to testimonial pitch, "because for 25 years I lived this life, growing richer and feeling worse."

His discontent reached a peak in 1998 during a vacation with his then-wife, Irene, in Hawaii. "We had planned the best holiday ever, all the trappings of the five-star lifestyle," he relates. "Over our three-week stay, it dawned on us that there

were no real people there, just actors. The employees were acting the role of being friendly and helpful, while the guests were playing the role of 'Look, I'm important!' We came home and went walking here in the mountains. At a hut on the high pasture, a woman brought us two big glasses of Apfelschorle and spilled half of it on our trousers. But to us, it was perfect. We were back in the real world."

As Rabeder was getting ready to throw over his lavish lifestyle, he was momentarily shocked when his wife left him in 2003. Now Rabeder has nothing but positive things to say. "She met another man," he says, "and it was the best thing that could have happened to me. I had gotten used to a 'just okay' relationship."

The upheaval helped his mental transition. "Our split taught me to be more mindful of the here and now,"

"In the Third World, I met many people with very few options who were able to live in the moment."

he says. On trips to South America, as coach of Austria's youth gliding team, he had observed that many people in less developed nations seemed to live more meaningful lives. "Every time I flew back to Frankfurt from El Salvador, I'd look at the faces of the people around me and wonder, Has there been a terrorist attack? Then I'd realize that the anxious expressions were standard in the developed world. In terms of happiness, Europe, Japan,

and the United States were actually underdeveloped.

“In the Third World, I met many people with very little in the way of options who were able to live in the moment. I began to realize I didn’t need this house, my house in Provence, nice cars, gliders, or overpriced dinners. The next step was to connect with other people.”

On one trip, Rabeder met a gifted carpenter. “He was an artistic person with ideas for custom-built furniture, and he needed a special kind of saw. Without collateral, the bank would not advance him the money to buy it. So I gave him three hundred dollars. It was an open-ended loan, but the next year, he met me at the airport with a big hug and said, ‘Here’s your money!’ Now he has a business that feeds his children and fulfills him artistically, and it was just so easy!”

This encounter was the fuel for a micro-credit venture that Rabeder

“There’s a German saying, Simple people have happy lives. It’s clear: You have to decide what’s important.”

would launch. Since 1994, he had funded several philanthropic projects throughout Latin and Central America. One such effort, the School Bakery on the outskirts of Lima, Peru, is currently going strong. “The bakery not only provides enriched bread to poor kids but also teaches baking skills to the children,” he explains. “That way, they will have a profession.”

Two years ago, Rabeder, along with economist Wolfgang Mauer, founded mymicrocredit.org, a Web-based non-profit that matches prospective micro-investors with projects in developing countries. Raffling off his house at 99 euros per ticket (about \$130) was conceived as a publicity drive for mymicrocredit.org. “If I sold my house through the usual channels, maybe ten people would’ve come to see it and taken an interest in what I’m doing. With 21,999 lots for sale, that’s an awful lot more people in the loop.”

It’s hard to imagine the spreadsheets of a luxury homewares business bringing joy like this. And it’s catching. Already his “lose a fortune, gain a life” philosophy has secured a book contract with a major publisher in Germany, and his self-help classes are catching on throughout Europe.

“There is a saying in German: Simple people have happy lives,” Rabeder explains. “It’s not necessarily true,

but it does make one thing clear: The more options you have, the more you have to decide

what’s important. From the ages of 15 to 40, I didn’t ask what was important to me. I merely asked, What is possible for me?” With his life finally on his own terms, he is asked if he believes he’ll change the world. The fledgling guru demurs, pinkly pleased, but with a speculative lift to his chin. “The potential for growth,” he says, striking his heart, “is here.” ■

When Help Hurts

A Good Samaritan's rescue effort goes wrong. Bad luck, or blameworthy?

BY VICKI GLEMBOCKI

Lisa Torti and Alexandra Van Horn became close pals while working at a cosmetics counter in Los Angeles and planned to celebrate Halloween, 2003, together. That night around 10 p.m., a group of friends including Torti and Van Horn headed to a local club to dance and drink beer. They all left the club at 1:30 a.m., several of them piling into an Infiniti, with Van Horn taking the front-passenger seat. Another friend drove Torti in a second car, trailing the Infiniti. As the lead car wound around a curve



on Topanga Canyon Boulevard, its driver lost control, and the vehicle plowed into a light pole at 45 mph, knocking it over. The driver was able to get out of the car easily enough, but Van Horn, then 23, couldn't open her door after the air bag inflated.

Torti, then 26, ran to the Infiniti and said later that she saw smoke rising from the top of the vehicle. "The car is going to blow up!" she yelled to Van Horn. "We have to get you out!"

Torti was warned not to touch Van Horn, but Torti yanked open the



**Torti's attorney
asked that the
case be dismissed:
If there's
nothing to decide,
why have
a trial?**

Infiniti's door anyway and pulled Van Horn out. Minutes later, EMTs arrived. Van Horn had a lacerated liver and a fractured vertebra. She says that before Torti pulled her out, she could feel her legs. Afterward, they were numb. Van Horn is now par-

alyzed below the middle of her chest.

Eleven months later, Van Horn filed a civil suit against Torti. "Most people won't sue a person who tried to help them unless it's a crazy situation," says Robert Hutchinson, Van Horn's attorney. This, he says, was one of those situations. No one but Torti said there was smoke, and one of her friends described Torti as "freaking out." (The driver of the Infiniti was found at fault for driving too fast in poor conditions.) In any event, "everyone knows you shouldn't move a person with a potential neck or back injury," Hutchinson says. The claim? Negligence.

Torti's attorney, Jody Steinberg, maintains that Torti was anything but negligent, saying, "She was a true Good Samaritan." He argued that Torti wasn't responsible for Van Horn's injuries. Indeed, a statute in the California Health and Safety Code states that anyone who provides care in good faith to another person in an emergency can't be liable for civil damages. Steinberg asked the judge to dismiss the case on summary judgment: In light of the statute, why have a trial if there's nothing for a jury to decide? In November 2005, the judge agreed—Torti wasn't liable.

Hutchinson fired back in the court of appeals, arguing that the so-called Good Samaritan statute in a section of the code known as the Emergency Medical Services Act protects only a person supplying urgent medical care. He argued further that the com-

mon law—or law based on precedents set by similar cases in the past—Good Samaritan doctrine protects only those who do not act negligently under the circumstances. “Does that mean,” wrote one of Torti’s attorneys in a petition asking the California Supreme Court to review the case, that “the person who provided CPR to a victim is protected, but the brave soul who reaches into a burning car has no immunity from liability?” This “brave soul” does indeed have protection from liability, responded Hutchinson, as long as he or she acts with reasonable care.

The common wisdom on the issue was clear: A person who has no obligation to help another and who

goes above and beyond to provide assistance to someone in an emergency must act with “due care.” Hutchinson argued that Torti did not act reasonably and was merely “an ... intermeddler” and therefore not immune.

In the end, the appeals court decided that removing Van Horn from the car was “not emergency medical care,” meaning the immunity statute didn’t apply to Torti and that the case should not have been dismissed.

In the spring of 2007, the California Supreme Court took it on. Did Torti do the right thing? Was Van Horn a victim of negligence? Is it too risky to be a Good Samaritan?

The Verdict



In December 2008, the California Supreme Court ruled 4 to 3 that the appeals court was right—the Good Samaritan statute didn’t apply to Lisa Torti, and the case should not have been dismissed. The justices sent it back to the trial court so that a jury could decide whether Torti acted with “due care.” But the case never made it to trial, because Torti’s main argument—that she was protected by the statute—no longer applied. She settled out of court for a “significant amount,” Steinberg says. In August 2009, California revised the statute, which now protects anyone who

gives medical or nonmedical help as long as the act doesn’t include gross negligence. Steinberg believes the revised statute might have helped Torti’s case. “Surely we want to encourage average citizens to help one another by providing them protection,” Steinberg explains, “instead of making them hesitate in an emergency because they’re afraid they’ll get sued. It’s still a societal issue: Are we going to help, or are we not?”

WHAT DO YOU THINK OF THE VERDICT?
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My Mother's Gift

His mother was a teacher
who changed her students' lives.
Decades later, they changed his life.

BY STEVE HENDRIX

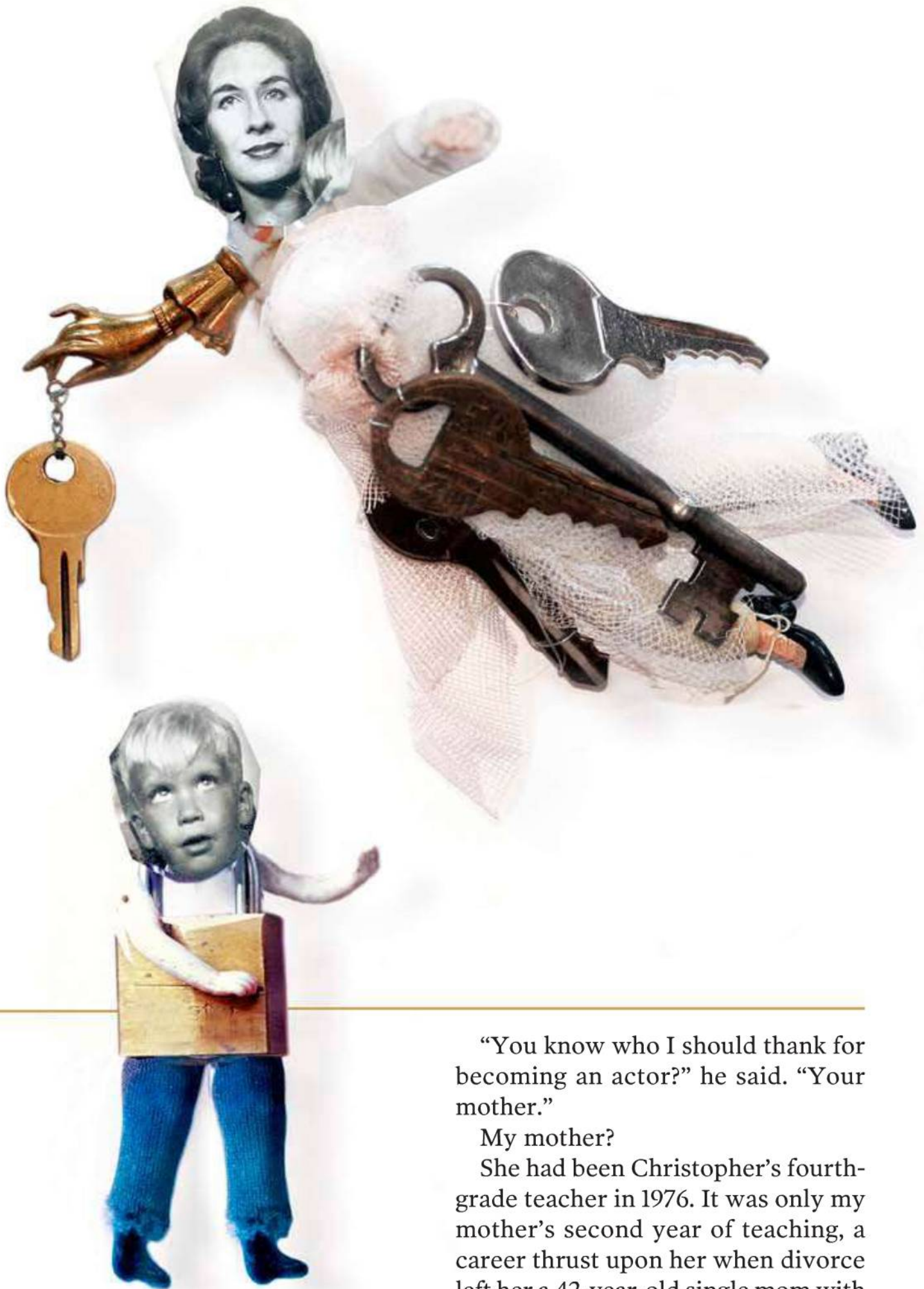
FROM THE WASHINGTON POST MAGAZINE

The last time the musical *Spamalot* came to town, my phone rang. Sir Bedevere was on the line.

“Is this the Steve Hendrix who grew up in Americus, Georgia?” began one of those delightful reconnections common in the age of Google. The voice from the past was of Christopher Gurr, an acquaintance from

decades ago who was touring with the Broadway show.

We met at Old Ebbitt Grill, and Christopher filled me in on his career: many seasons of regional theater, brushes with Broadway, and four years of standing ovations in Monty Python's medieval satire. I toasted him with my Guinness.



COURTESY STEVE HENDRIX

ILLUSTRATED BY POLLY BECKER

“You know who I should thank for becoming an actor?” he said. “Your mother.”

My mother?

She had been Christopher’s fourth-grade teacher in 1976. It was only my mother’s second year of teaching, a career thrust upon her when divorce left her a 42-year-old single mom with

two boys and a nearly blank résumé. It was the year she was asked to create a class for exceptional students. It was the year cited as the best ever by Christopher and almost everyone else I'd ever met from that class.

And it was the last year of her life.

I was 13 at the time, right at the edge of adolescence. Having no idea that cancer was doing its insidious work, I was spending my mother's final months locked in the irons of a tweener's sullenness and silence.

Not so her students, who were two and three years younger. For three decades, I've been jealous of 21 Cher-

often encouraged to aim much beyond the shops of the little downtown or the boundaries of the family farm.

"We still talk about her," said Christopher. "You ask anyone who was in that class. The experience was huge."

Ask them? Why not?

One of the first of the scattered alumni I found was Neill Kipp, who appears in class pictures as a shaggy-haired blond with an eager smile. I cold-called him one evening at his home in Denver, explaining who I was and wondering whether he had any recollections from that distant cranny of his childhood.

The kids found themselves in a room where reading wasn't mocked.

okee Elementary School kids who got to enjoy my mother's last year in just the right way: freely delighting in the glow of an extraordinary woman.

I've often wondered what she meant to those students. Wondered but never asked.

"Are you kidding? That year changed everything," Christopher said. "It changed the way I looked at school, at learning, at who I am. That experience was a big part of what we all became in life."

He ticked off the fates of several classmates, many professionals and artists among them. It was a remarkably accomplished and sophisticated roster for a town where kids weren't

"Do you have 15 minutes to talk?" I asked.

Neill was silent for a long minute.

"Wow," he said finally. "Mrs. Hendrix's class. That's going to take a lot longer than 15 minutes."

The first things they noticed when they walked into class on that hot September day were the desks. There weren't any. Instead, the room was filled with tables. And rather than rows, they were in groups and circles that would change every few weeks.

The second thing was the woman in the white pantsuit standing tall amid the little chairs. She had a blue scarf around her neck and wore a

necklace of polished turquoise and Navajo silver. Her auburn hair was swept back from her forehead and curled over her shoulders in *That Girl* swoops. As the children filed in, she greeted them in French. *Bonjour! Bonjour! Bienvenue!*

“We had never seen a teacher quite like her,” Christopher said.

Elfrieda Booker Hendrix was the unlikeliest of small-town teachers. She was striking and leggy, known for big sunglasses, fiery hair, even the occasional feather boa. She stood out in Americus, a town of 18,000 set amid the pecan groves of southwest Georgia, where she sported one of the few mink jackets to be seen at Friday-night high school football games. On some nights, I knew, that matching fur muff concealed an elegant silver flask of Canadian whiskey to ward off the chill. A schoolmarm she wasn't.

But a teacher she was, albeit briefly.

She wasn't born into a rich family, but they were rich by the time she got to school, thanks to a string of successful businesses. A willowy teen with a sharp wit, she settled easily into the cocooned life of a Savannah belle. She went to the elite Pape School, spent several summers in Havana with monied friends, and ended up at Burnham-by-the-Sea, a mansion doubling as a summer girl's academy in Newport, Rhode Island.

She left the University of Florida in her senior year to marry a man of a very different cut, an Air Force enlistee. My father, James Hendrix, was the son of a millworker from North

Georgia. He had grown up without a father and had never been to college. But he was handsome, smart, and funny and, like her, loved to throw a good party. They had two sons. She didn't work, but she opened a dress shop once with a friend, helped manage an art gallery, and volunteered at local theaters.

After his enlistment and a few years working for his father-in-law in Savannah, my father began to move us around the country as he chased a star-crossed career as a cement salesman. He took us to towns in Georgia, Arizona, and Southern California, never keeping a job for more than a few years. I didn't know much about his battles with depression and alcohol until many years later, when they had already overwhelmed the marriage. My parents returned to Georgia in 1973 and divorced.

Soon after, late at night, my distraught father flipped his car on a rural highway. He was given last rites at 3 a.m. Miraculously, he lived. But his shattered leg would keep him in veterans hospitals for over a year, and he would never hold down a serious job again. When he could walk, he moved in with his mother, 200 miles away. Any chance of meaningful child support was left in that crumpled Pontiac Bonneville on the side of Highway 19.

My mother, brother, and I moved to a rental house on the edge of her father's farm outside Americus. She plunged into an accelerated teacher certification program and a year later was hired to teach fourth grade for

a salary of \$8,127. But almost immediately, she was asked to launch the program for talented and gifted, or TAG, students, and by the fall of 1976, she was greeting her bright, bewildered charges in a foreign language.

The French was just a sample. They would be learning it together, she said, that first day. And they would be learning electronics and chess and space exploration. They would keep journals and write plays and make puppets. They would publish a newspaper and dig for fossils and ... *phew*.

"My darlings," she told them, "I'm not sure what all we're going to do, but we are going to do a lot."

"Before, it was always five rows of desks, with the teacher at the front," Neill said. "Dull is how I would describe school up to that point."

The kids selected for the class were a handful of fifth graders and about a dozen fourth graders, all testing three or four years above grade level.

"They were bored stiff," recalled Patsy Knotts, the system's curriculum director at the time. The gifted education movement was coming into vogue, and Knotts persuaded her superintendent to give it a try. At first, not all parents were enthusiastic. One father told Knotts he didn't want his son labeled an egghead. But the kids themselves knew they were already marked by their fellow students. They were geeks decades before geeks ruled the economy, culture, and eyewear design.

"We were all pretty odd by South Georgia standards," said Frank Low-

rey, then a fourth grader. Suddenly, they found themselves in a room where reading wasn't mocked, where being creative, outlandish, and even effete didn't risk a punch at recess.

"It was a sanctuary," Christopher said. "Before that, I was hiding out."

After the first week, my mother was exhausted. And euphoric. She could already tell that the bored had become the enthralled.

"I'm good at this," she said with spent surprise, leaning back on the couch, her bright teeth gleaming between glossy red lips. Even at the end of the workweek, her makeup had just been freshened.

One of their first big projects, Mrs. Hendrix announced, would be to stage Charles Dickens's *A Christmas Carol*. Everyone would work on the set. Building scenery would reveal geometry. Decorating it was art. Decoding the dense English was reading. Dickens's portrayals of class and poverty were portals to social studies.

"The thing I remember most about that year was the pace," Neill said. "It was driven. She was a charismatic leader, and we all responded."

Brad Ewing, a fourth grader, was the town crier in Scrooge's London, but what he really got into was his second job, running the spotlight.

"I loved electronics," Brad said. Despite his interest, Brad was no obvious prodigy. "Based on my test scores, most guidance counselors would have steered me to anything but math or engineering."

But Mrs. Hendrix invited him to bring in his home-wired gizmos. She let Brad and Frank rig the class bulletin board with working lights. For a lesson in arithmetic, Brad assembled a kind of abacus out of colored blocks, astounding his teacher.

“She said, ‘One day, I’m going to be able to say I knew the person who invented these really cool things,’” Brad recalled. “I became determined to make that come true.”

the overhead, and we’d race,” Neill said. “I never won. You put Angel in any race, and she would smoke you.”

For Tracy Peabody, a fifth grader who’d been frustrated by having only an hour of art each week, designing and painting the Dickens set was the best part of the project. She also played the Ghost of Christmas Future, which is normally a mute role. But my mother thought everyone should have at least one line, so she

At school, my mother was proving a master. At home, she had a tougher audience.

For Cynthia Counts, the mock court was life-changing. The pixieish fourth grader defended Christopher against one pretend count of bike theft, arguing before a mock judge who was played, at my mother’s request, by Americus’s real mayor. Later, the mayor called Cynthia’s parents to say their daughter should consider a career in law. “They were over the moon,” Cynthia said. “So was I.”

Every subject came with a twist. Angel Myers, a tall, competitive fifth grader with long red hair, was known as a demon at math—not at the subject so much but for dominating the calculation races Mrs. Hendrix would hold to make lessons more fun. Neill remembers them well, though not so fondly. “She’d put the problems on

wrote one for Tracy. A lifetime later, she can recite it instantly. “‘Scrooge sleeps. I shall wake him with my silence; and with my silence show him Christmases yet to come,’” Tracy said, laughing. “I probably think about that class three times a month.”

At school, my mother was proving a master at reaching kids. At home, she had a tougher audience, at least in me. My brother, Jim, almost five years older, was able to talk unstillably to her about her work, our precarious finances, and those menacing upheavals that seemed to be settling into safe new rhythms. He was a reliable aide-de-camp as she planned our move into an apartment in town and other getting-on-her-feet advances.

I was at the peak of youth’s lonesome

reticence. Even when I was interested in the projects she was grading at the dining room table, I would only sneak a glimpse over my Hardy Boys book.

“Look at this puppet Brian Hewitt made,” she said, standing in front of me with a llama dressed in a Mexican serape. “Have you ever seen anything so adorable?”

She pulled the book down an inch. “Why don’t you make one?” she asked. “We’ll do it together.”

“Maybe later,” I murmured, pulling up the book.

She spent hours preparing for class. Except for long division and other mandated curricula (which the kids blazed through each day before lunch), she kept her students out of textbooks as much as possible. And out of the classroom.

For a unit on personal finance, she gave them phony checkbooks and took them “shopping” at the Piggly Wiggly.

For astronomy, they drove six hours to a spaceflight center in Huntsville, Alabama, much to the delight of Brad, who wanted to be a “UFO-ologist.”

“What fantastic fun it all was,” Frank said. “It was staggering, the variety of things she exposed us to. She was just a natural.”

One morning as the mild winter rain wet the playground outside, Mrs. Hendrix made an announcement. The play was going big-time. She had persuaded someone at Georgia Public Television to broadcast it statewide as a holiday special. The class would travel to Atlanta for a taping.

“I’m very proud of you, my darlings,” she said over the shouts of glee. At that moment, there wasn’t a happier classroom in Georgia.

She was still beaming when she came home to the news that a police car had been to our apartment.

Now I wasn’t just a boy in a bad mood. I was a boy in trouble.

I was standing in the back of our apartment with my friend J. D. Bodine. He was a year older and had a BB rifle, shooting desultorily at trees, cans, fence posts. He gave it to me, and I promptly let one go at a boy riding his bike 30 or 40 yards away.

I didn’t know who he was, but it didn’t seem possible to hit him, and it didn’t seem like a big deal if I did. BB gun wars were a staple of neighborhood fun at the time. But I did hit him, and it was a big deal. He rode over to show me his forearm. The BB was lodged just under the skin. He rode off to tell his parents. Three hours later, I was written up for discharging an air rifle within city limits.

One of the few times I visited my mother’s school during class hours was the day I was there waiting for her to take me to my juvenile court appointment. She rushed through a half hour of French as I sat at the back of the room, not understanding a word. Preparing to take her delinquent son to see a judge, my mother was speaking an entirely different language with her happy students.

Christopher remembered seeing me in class.

“I thought, My God, she has kids?” he said. “To have her as a mother, it must be so bohemian, so fun.”

Right then it wasn't. The judge told me I had to be home by dark for 30 days. “Stay out of trouble,” he said.

“Don't worry, Your Honor,” said my mother. “We will.”

A month of curfew was nothing compared with the look she had given me the evening I told her that the police had come by. It was a look of disbelief, fright, and exhaustion that shattered the scrap of defiance I had mustered. I cried and cried.

After an agonizing minute, she

The months galloped by. But as the weather warmed, so did simmering resentments about Mrs. Hendrix's class. When her kids roamed the school, gathering news for the class newspaper, they began picking up barbs from other teachers. “Y'all doing any work today?” “Have you learned to divide yet?”

It was worse at recess.

“‘All TAGs are fags.’ I heard it more than once,” Neill said. “By the end of that year, we started to feel that Shangri-la was falling apart.”

Meanwhile, the principal, Jim Head, was getting an earful from

In the normal course of things, I would have fallen back into her arms.

picked me up, limp and liquid, and sat with me on the green shag carpet of the staircase. She stroked my hair and held me. I could smell the White Shoulders, which she wore even on weekdays, even at school. It smelled like safety.

Everyone makes mistakes, she said, or something like that. The important thing was to learn from them. Then she told me a story I can recount nearly verbatim. When she was 18, she had bought, without permission, a pet monkey, which proceeded to defecate over every inch of her mother's dining room. “Big trouble,” she had said, laughing. But then she stopped. “No more BB guns, right?”

No judge could have done better.

parents who wanted *their* kids in a creative class. It became obvious that dedicating one teacher to one small group of the select was unsustainable. He announced that next year's TAG program would be scaled down and spread out. Students would stay with mainstream classes, and many more of them would go to my mother's classroom one day a month.

The program did go on. Other great teachers were recruited, and it became a strong tradition in Americus for many years: hundreds of kids making art, writing plays, building puppets, and finding the joy in doing stuff, which is just another way to say learning.

But there would never be another year quite like that one.

Early in the fall of 1977, my mother got sharp pains in her stomach. Her doctor in Americus sent her to a doctor in Albany, who sent her to a doctor in Atlanta. By then, the cancer was all over her, especially her liver.

She spent two months enduring useless chemo and getting sicker. My brother, then a freshman at the local college, heroically took over at home—a job he wouldn't give up until I graduated from high school. I remember long, silent drives to Atlanta, staying at a motel near the hospital and walking through halls filled with bright flowers and grim faces.

My mother's lipstick looked even more dramatic against her now pale face. She would turn her head slowly as we came in, smiling brightly, unfolding a long arm toward us, palm up for the taking. I remember the tube in that arm, leading to an ever present, always beeping chemo machine that she had named Mehitabel, after a satiric cat from a long-gone newspaper feature.

I was willing to talk then. If only I had the remotest idea of what to say.

A girl stopped Cynthia Counts on the stairs at school, breathless with gossip. Had she heard?

"Mrs. Hendrix died!"

"She did not!" Cynthia remembers screaming.

Officially, administrators said only that Mrs. Hendrix wouldn't be coming back and that TAG class was canceled

for the rest of the year. They didn't want to upset the students. For most, it was their first encounter with death. It was mine too. I'd never been to a funeral. My grandparents were still alive. They were there that day, along with my mother's four brothers and sisters. "My baby, my baby," my grandmother said as they closed the door on the hearse. Her baby. My mother. In the normal course of things, she and I would have found our footing again. I would have emerged on the other side of teen reserve, processed the divorce, and fallen back into her arms.

Instead, when I woke up, she was gone.

I remember seeing some of her students in the pews, sitting in colored shadows as sunlight poured through stained glass. I remember seeing them cry. That was something I didn't do, at least not in public.

I remember wondering, as I tried to ignore the solemn finality coming from the pulpit, just what my mother had meant to them.

Frank Lowrey won a debate scholarship to Emory University and another scholarship to Emory Law School. He is now one of Atlanta's top appellate lawyers.

Neill Kipp is a software architect with his own company. His four children have all participated in gifted-education programs.

Brian Hewitt is a high school science teacher. He still has the Mexican llama puppet he made in 1976. In 1983, he was named his class's Star

Student based on test scores. Per tradition, he was allowed to name his Star Teacher. Brian asked if he could pick his late fifth-grade teacher, Mrs. Hendrix. Administrators asked him to name someone living.

Tracy Peabody became a professional glassblower.

Brad Ewing, who now goes by David, did become an electrical engineer; he did work for the space program and did become an inventor of “many cool things.”

Angel Myers, who loved to race, became a competitive swimmer and won three gold and three bronze medals at the 1992 and 1996 Olympics.

Cynthia Counts is a First Amendment and media lawyer who graduated from college at the University of North Carolina with distinction and law school at the University of Georgia cum laude. Ten years ago, she

founded her own law firm. Twenty-five years ago, she was elected to be a graduation speaker for the Americus High School class of '85. She stood in the hot sun of that June day and, in the middle of her speech to a thousand friends and family members, asked 19 or so classmates to pause and remember Mrs. Hendrix's class at Cherokee Elementary.

There are other standouts: artists, engineers, a bank president. My mother would have been so proud of each of them. She loved them all—a capacity that really great teachers share with really great mothers.

I'm not jealous of that class anymore. After talking to a bunch of kids who were also crazy about my mother, I understand more what a genius she had for seeing into the soul of a child. And I know how clearly she must have seen into mine.

THE WASHINGTON POST MAGAZINE (MAY 9, 2010), © 2010 BY WASHINGTON POST CO., WASHINGTONPOST.COM

HEALTH SCARE

It was fall harvest, so my brother and sister-in-law took their grandsons, Brandon and Connor, to visit their first farm. Brandon had never had a candy apple, so Nancy bought one for him.

“Connor, would you like one?” she asked.

“Say no,” Brandon whispered to his brother after taking a bite.

“There's a real apple in there!”

Ann Whittle

My nephew doesn't like vegetables, so his mother told him that Brussel sprouts were fairy cabbages. This worked well until he started kindergarten.

“I'm not eating them anymore,” he announced when he got home.

“My friend told me they're not fairy cabbages. They're brothel sprouts!”

C. Ritchie

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Quotes

Never grow a wishbone, daughter, where your backbone ought to be.

Clementine Paddleford, American food writer

A new survey found that 12 percent of parents punish their kids by banning social-networking sites. The other 88 percent punish their kids by joining social-networking sites. *Jimmy Fallon*

It is an act of love to say, “I believe in you as my child, and you don’t need my help.”

Peter Buffett, on his billionaire father Warren’s refusal to help during a financial hardship

I not only use all the brains that I have, but all that I can borrow. *Woodrow Wilson*

It’s better to look at the sky than live there. Such an empty place; so vague. Just a country where the thunder goes and things disappear.

Truman Capote, Breakfast at Tiffany’s

If you want your kids to listen to you, don’t yell at them. Whisper. Make them lean in. My kids taught me that. I do it with adults now. *Mario Batali, in Esquire*

The flight attendant will always tell you the name of your pilot. Like anyone goes, “Oh, he’s good. I like his work.”

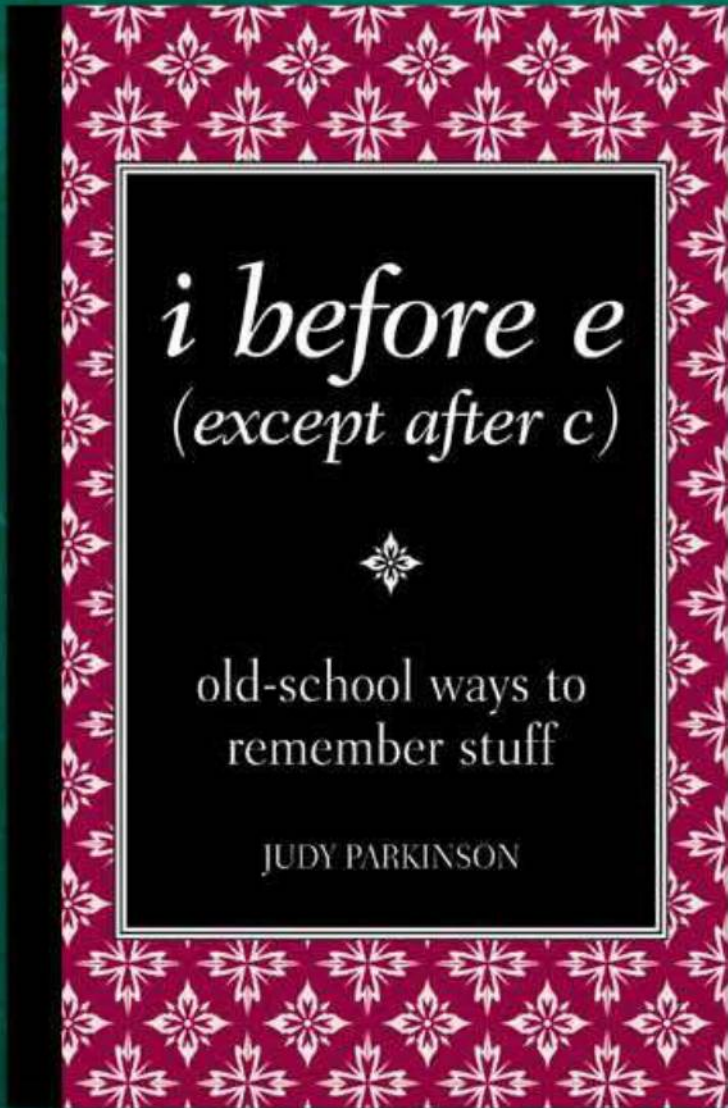
David Spade

Common sense is not so common.

Voltaire



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Reader's
Digest

Word Power

BY ALISON RAMSEY

Words of Yesteryear Language, colorful and complex, is always evolving. Some words are rooted in their time; others are merely useful for a time. This group is probably well known to grandparents if not to today's whippersnappers. How many do *you* know? **Answers on next page.**

1. cordial—A: garden party. B: fruit-flavored liqueur. C: flower for buttonhole.

2. gumption—A: foolhardiness. B: resourcefulness. C: stickiness.

3. ragamuffin—A: child in dirty clothes. B: pie made with fruit and stale crumbs. C: abandoned house pet.

4. jalopy—A: beat-up car. B: vacant building. C: elderly gentleman.

5. ewer—A: wide-mouthed water jug. B: hand-crank pump. C: paddock for sheep.

6. lollygag—A: play a trick on someone. B: wolf down food. C: dawdle.

7. bustle—A: padding at the rear of a woman's skirt. B: undergarment used to constrict the waist. C: strapless bodice.

8. rascalion—A: bitter vegetable. B: mischievous person. C: musical style.

9. gumshoe—A: detective. B: burglar. C: athlete.

10. gitches—A: arguments. B: underwear. C: silly people.

11. apothecary—A: fortune teller. B: pharmacist. C: evangelical minister.

12. balderdash—A: slang. B: exaggeration. C: nonsense.



13. dickey—A: chest pocket on overalls. B: false shirtfront. C: high-necked cape.

14. providence—A: happy coincidence. B: physical comfort. C: divine care.

15. naughty-naught—A: badly behaved child. B: girl's tangled hair. C: the year 1900.

16. pedal pushers—A: bicycle gears. B: calf-length trousers. C: two-tone shoes.

17. humdinger—something or someone ... A: laughable. B: modern. C: extraordinary.

Deep Roots

While Elvis and other rockabilly crooners may have made the **pompadour** famous, the word dates back to a different sexy socialite, of 18th-century France: the Marquise de *Pompadour*, a mistress of King Louis XV's, who was known for her lavish, upswept 'do. Later, her name also became synonymous with her styles of dress and furniture.

ILLUSTRATED BY LUC MELANSON

Answers

1. cordial—[B] fruit-flavored liqueur. Only favored guests were offered Aunt Millie's homemade raspberry *cordial*.

2. gumption—[B] resourcefulness. The Wright brothers sure had *gumption* to make and fly their planes.

3. ragamuffin—[A] child in dirty clothes. After picking up Arnie from the petting zoo, Grandma proclaimed, "He looks like the *ragamuffin* Oliver Twist!"

4. jalopy—[A] beat-up car. A constant eyesore, our neighbor's *jalopy* is ready for the junkyard.

5. ewer—[A] widemouthed water jug. A basin and *ewer* predate the modern bathroom sink.

6. lollygag—[C] dawdle. Don't *lollygag* on the way to school or you'll be late.

7. bustle—[A] padding at the rear of a woman's skirt. The *bustle* added some unneeded curves to her profile.

8. rascalion—[B] mischievous person. That *rascalion* tricked everyone into doing all his chores for him.



9. gumshoe—[A] detective. Who is your favorite *gumshoe*, Philip Marlowe or Sam Spade?

10. gitches—[B] underwear. It was so warm outside that little Sammy stripped down to his *gitches*.

11. apothecary—[B] pharmacist. Check with the *apothecary* about side effects before taking that drug.

12. balderdash—[C] nonsense. In response to vehement claims that the earth is flat, Galileo would always yell, "What *balderdash*!"

13. dickey—[B] false shirtfront. My great-uncle wore a *dickey*, saving my great-aunt from heaps of shirt washing.

14. providence—[C] divine care. Trusting in *providence*, Lillie booked a transatlantic voyage during hurricane season.

15. naughty-naught—[C] the year 1900. *Naughty-naught* cleverly hints at a daring new generation.

16. pedal pushers—[B] calf-length trousers. The costume designer had her hands full making *pedal pushers* for the play's revival.

17. humdinger—[C] something or someone extraordinary. That was a real *humdinger* of a storm last night.

Sound Smarter

The old adage goes "Think before you speak," which is exactly what you should do before using "old adage" as we just did. An adage is a common truth that has gained credit *through long use*. So the all-too-common addition of *old* is redundant—simply stick with "adage" when doling out time-tested advice.

VOCABULARY RATINGS

- 9–11: tenderfoot
- 12–14: old hand
- 15–17: past master



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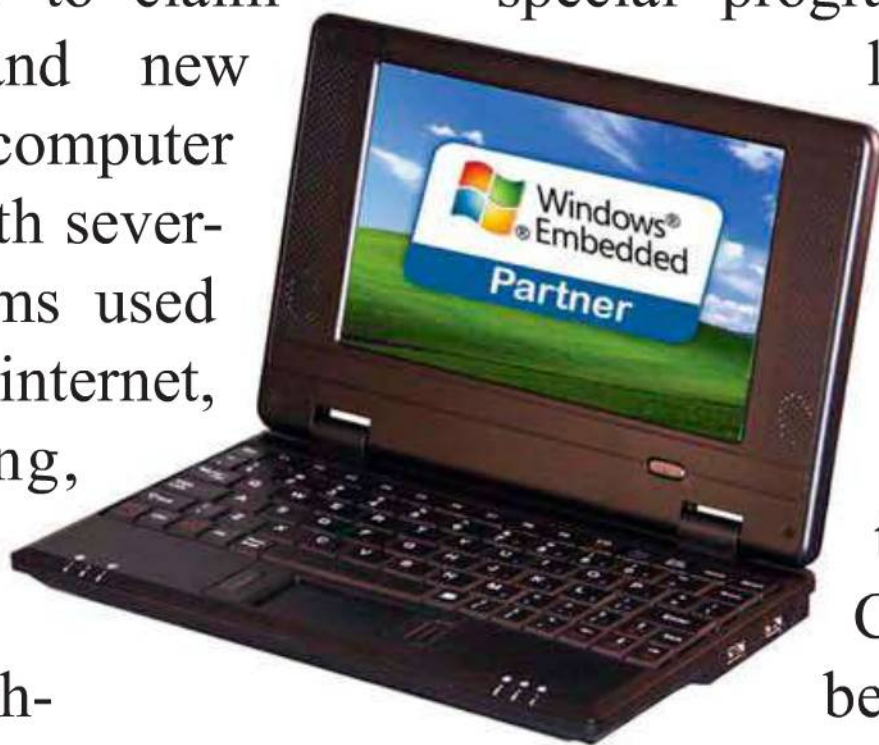
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I should have known better than to take my four-year-old son shopping with me. I spent the entire time in the mall chasing after him. Finally, I'd had it. "Do you want a stranger to take you?!" I scolded.

Thrilled, he yelled back, "Will he take me to the zoo?"

Karla Petersilka, Eau Claire, Wisconsin

When my friend spotted a blind man and his guide dog at a crosswalk, she stopped her car and waved them on.

"Uh, Cynthia," I said, "he can't see you."

"I know that," she said indignantly. "I'm waving the dog on."

Caren Forrest, Indianapolis, Indiana

It was my friend's first camping trip with her husband, and they were lost. He tried all the usual tactics to determine direction—moss on the trees (there was none), direction of the sun (it was overcast), and so on. Just as she began to panic, he spotted a cabin in the distance. "This way," he said as he led her back to their camp.

Meeting with my new pastor, I asked if I could have a church service when I eventually die. "Of course," he said, grabbing his date book. "What day do you want?"

Edith Krzywicki, Lancaster, New York



"How did you do that?" my friend asked.

"Simple. In this part of the country, the satellite dishes point south."

Mary Alice Behe, Alexandria, Virginia

My cousin was in love and wanted to introduce his bride-to-be to his hypercritical mother. But in order to get an unbiased opinion, he invited over

three other female friends as well and didn't tell his mom which one he intended to marry.

After the four women left, he asked his mother, "Can you guess which one I want to marry?"

"The one with short hair."

"Yes! How'd you know?"

"Because that's the one I didn't like."
Fatima Farhat, Beirut, Lebanon

Nom de Grrrrrr

Does kitty dream of slinking down the catwalk? If so, give her a name that screams "I'm a star!" Like these actual pet names ...

Cats

Cleocatra
Bing Clawsby
Chairman Meow
Alexander the Grey

Dogs

Mary-Louise
Barker
Bettie Poops
Virginia Woof
Iggy Pup

Source: Veterinary Pet Insurance

The road we were on led us to a covered bridge just as another car approached from the opposite direction. At an impasse, the other driver—clearly feeling wronged—shouted, "I never back up for idiots!"

My friend put her car in reverse and replied, "I do."

Carol A. Russell, Lake Placid, New York

I was a mess. My career as an artist was going nowhere, my horseback riding was no longer fulfilling, and in general I felt unattractive. My husband did his best to be supportive: "You're a great artist," "You're a wonderful equestrian," "You're the most beautiful woman I know."

One day, after another bad ride, I told him my horse seemed depressed. "How do I cheer up a horse?" I asked.

He shared his secret: "Tell her she's good at stuff and that she looks beautiful."

Amy Ackerman, Rochester, New York

How Convenient!



Source: wtps.com



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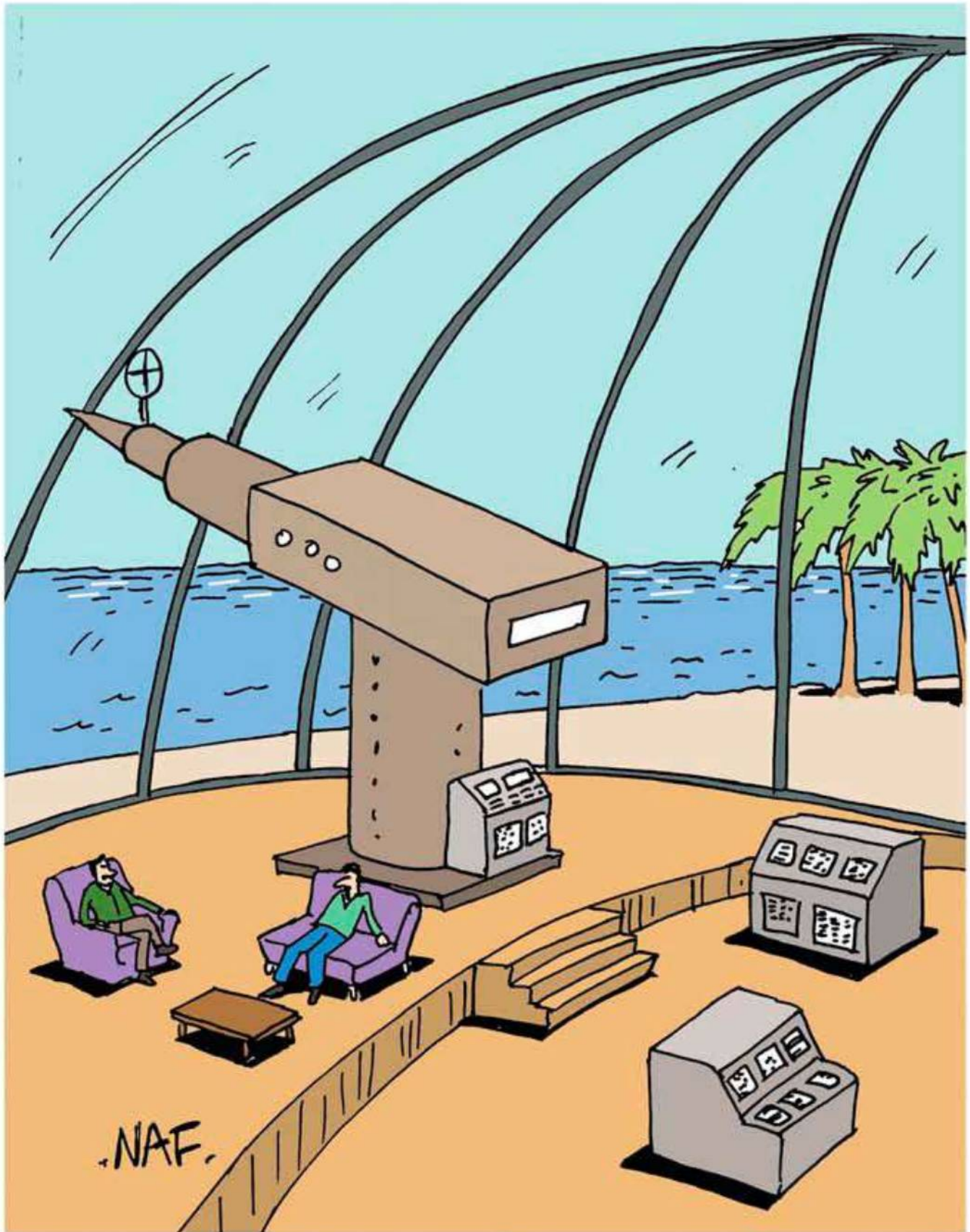
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