

Reader's digest

FEBRUARY 2014



50 SECRETS FROM THE SUPERMARKET

An **RD ORIGINAL** ... 137

SCHIZOPHRENIC. KILLER. MY COUSIN.

From **MOTHER JONES** ... 116

AMAZING ACTS OF LOVE

An **RD ORIGINAL** ... 76

DOLPHINS AREN'T SMILING

From **AEON MAGAZINE** ... 96

LIFE LESSONS WE LEARN TOO LATE

From **PSYCHOLOGY TODAY** ... 39

AVOID A HEART ATTACK

From **THE HOLISTIC HEART BOOK** ... 58

QUOTABLE QUOTES	152
LAUGHTER, THE BEST MEDICINE	84
POINTS TO PONDER	34
LIFE IN THESE UNITED STATES	28

What's
the Gecko's
favorite book?

The Wonderful Lizard of Oz.

For another joke, text GEICO to 51684.
For more savings, contact GEICO today.

GEICO[®]

geico.com | 1-800-947-AUTO (2886) | Local Office




You will receive 1 text message. Message and data rates may apply. Text HELP for help. Your information will not be sold or used for any other purpose. Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. GEICO Gecko image © 1999-2013. © 2013 GEICO

Contents

FEBRUARY 2014

Inspiration

- 76 **AMAZING WAYS THEY SAID I LOVE YOU** 
You won't believe the lengths to which people go to express their deepest feelings.

Drama in Real Life

- 86 **PIRATES OF THE SKY**
These pilots risk their lives to run food or medicine, guns or drugs, for the highest bidder.
MATT POTTER, FROM THE BOOK *OUTLAWS INC.*

Humor

- 92 **LOUSY IDEAS ... THAT WORKED!**
Sometimes, a truly dim-witted suggestion actually succeeds. Eight leaps of faith. ANDY SIMMONS

Nature

- 96 **DOLPHINS AREN'T SMILING**
Like their smiles, their ability to heal is an illusion.
LORI MARINO, FROM *AEON MAGAZINE*

First Person

- 104 **"I'VE GOT THIS"** 
Could training with a former Navy SEAL set my mind for midlife success? STEPHEN MADDEN

The Stranger Who Changed My Life

- 112 **THE MAKING OF A MOM**
A chance conversation led me to the child who was meant to be mine. DIANE CLEHANE

National Interest

- 116 **SCHIZOPHRENIC. KILLER. MY COUSIN.**
It's insanity to kill your father—but also to let families face mental illness on their own.
MAC MCCLELLAND, FROM *MOTHER JONES*

Point/Counterpoint

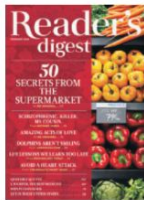
- 132 **CAN YOU HEAR ME NOW?!**
Louis CK says smartphones hurt humanity. Plus, a rebuttal. ANDY SIMMONS; DANIEL ENGBER, FROM *SLATE.COM*



P. | 92

Cover Story

P. 137



PHOTOGRAPH BY
JOSHUA SCOTT;
FOOD STYLIST:
EMMA
FEIGENBAUM
FOR BIG LEO;
PROP STYLIST:
LAURIE RAAB
FOR
APOSTROPHE

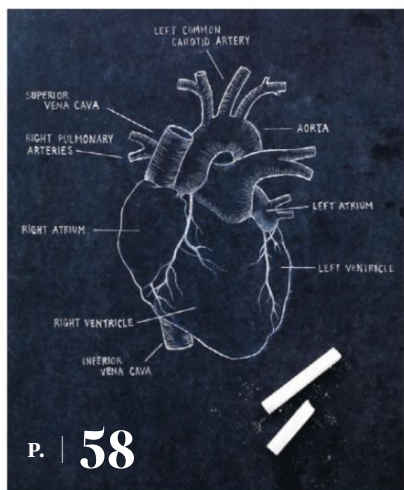
 ADDITIONAL MULTIMEDIA IN OUR TABLET VERSIONS

rd.com

02-2014

1

5 Editor's Note 6 Letters



READER FAVORITES

- 28 Life in These United States
- 33 Faces of America
- 34 Points to Ponder
- 56 All in a Day's Work
- 70 News from the World of Medicine
- 84 Laughter, the Best Medicine
- 103 Laugh Lines
- 125 That's Outrageous!
- 126 Photo of Lasting Interest
- 147 Word Power
- 149 Humor in Uniform
- 150 RD.com
- 152 Quotable Quotes

Everyday Heroes

8 The Man Who Fought the Tide MELODY WARNICK

11 Running for a Reason ALYSSA JUNG

VOICES & VIEWS

Department of Wit

13 Will Write for Laughs
How to make a hit TV sitcom, by a former *Seinfeld* writer.
PETER MEHLMAN

You Be the Judge

19 The Case of the Peeping Photographer
ALYSSA JUNG

Finish This Sentence

22 In My Lifetime, I'd Like to ...

Words of Lasting Interest

24 Falling for Math
A scholar describes how humble numbers can beautifully illuminate our world. MANIL SURI, FROM THE *NEW YORK TIMES*

The RD Interview

30 Bob Costas
The prodigious sportscaster shares his real feelings about the Winter Olympics.
BETH DREHER

ART OF LIVING

- 39 5 Lessons People Learn Too Late** ELIZABETH SVOBODA,
FROM *PSYCHOLOGY TODAY*

Food

- 44 Trends to Devour in 2014**
PERRI O. BLUMBERG

Home

- 46 Pick-Me-Up Paint Colors**
ALISON CAPORIMO

- 47 Snap to Sell** RACHEL DENBOW,
FROM *ABEAUTIFULMESS.COM*

- 48 Extraordinary Uses for Ordinary Things** 📌
ALISON CAPORIMO

Travel

- 50 All-American Family Adventures**
LAUREN GNIAZDOWSKI

- 52 Remember to Get Lost**
JONATHAN PETRINO, FROM *MEDIUM.COM*

Technology

- 54 Last-Minute Love Gifts**
JENNIFER JOLLY, FROM *USA TODAY*

- 55 Home Remedies for Smartphone Emergencies**
WHITSON GORDON, FROM *LIFEHACKER*

Health

- 58 Heart Attack Prevention: What Docs Don't Learn**
JOEL K. KAHN, MD

- 67 Shocking Diseases That Eye Doctors Find First**
THE PHYSICIANS OF *THE DOCTORS*

WHO KNEW?

- Cover Story**
137 50 Secrets Your Grocer Won't Tell You
MICHELLE CROUCH

- 146 Little Girl as Hero**
One mother pushes aside princesses and teaches her daughter to admire real women. ALISON CAPORIMO



More vitamin C than 10 oranges.*
(No peeling required.)




With 1,000 mg of vitamin C plus other antioxidants¹ and electrolytes, Emergen-C is making healthy contagious.

Get a free sample at emergenc.com  



Editor's Note

This Herring Says I Love You



THE ODORIFEROUS DISH of creamy pickled herring sat in the center of my grandmother's Christmas Eve table every year. My little sister and I would giggle and gag. Guest boyfriends would stare in horror. Look closely, I told one, and you'll see the iridescent blue. Those are the scales.

"That's for your father," Gomama always said. (Gomama was my Hamburg-born grandmother—as a toddler, I couldn't pronounce *grossmutter*.) We'd happily pass the bowl to Dad, who took a heaping portion and ate every last bite. Sometimes he asked for seconds. To secure the right jar, Gomama made a special trip to Hansa Haus, Cleveland's best German grocery store.

Thing was, my father hated fish, and my grandmother couldn't stomach mayonnaise.


Why the herring charade? The first holiday after my parents were married, my father—who was, until the day he died, on his best behavior around his mother-in-law—commented that he liked it. And Gomama—who was, until the day she died, perhaps contrite that she'd given her only daughter's suitor a hard time during their engagement—served it every year thereafter.

Pickled herring. For Gomama and Dad, it was how they said I love you.

Expressions of love can be small—or big, as the eight stories that begin on page 76 show. Monique Zimmerman-Stein sacrifices her own vision to help prolong her daughters' eyesight. And Scott Nagy attends his daughter's wedding—with 12 medical professionals helping to get him out of the hospital.

* * *

Nothing moves us like a well-told real-life tale. I want to encourage you to enter our first annual 100-Word True Stories contest. We'll run the winning pieces in our June issue. See page 7 for details. If you're wondering how difficult it is to tell a story in 100 words, it's not easy. (Pickled herring took about 200, and I write briefly for a living.) Good luck!



I invite you to e-mail me at liz@rd.com and follow me at [facebook.com/lizvaccariello](https://www.facebook.com/lizvaccariello) and [@LizVacc](https://twitter.com/LizVacc) on Twitter.



Letters

COMMENTS ON THE DECEMBER ISSUE



HOLIDAY LAUGHS

I really enjoyed reading and rereading “The Chart of Giving” (“Our Joke Editor’s Gift Guide”). Kudos to Doogie Horner. Never did I experience as many belly laughs as with the bingo-like precision of this fun pictorial anecdote. The descriptive infographic took shopping to a whole new level! I plan to pull these pages from *Reader’s Digest* and store them for future reference.

DEBRA DIVINE, *Vail, Arizona*

RICHES VS. WEALTH

Thank you for reprinting the *RD* Classic “10 Rooms That Should Be in the House of Life.” It struck a deep chord, since I, too, distinguish between riches (money) and wealth (an abundance of what is truly important). Early in my adult life, I decided not to pursue riches at the expense of wealth—my rewards have been beyond measure. For example, I will never look back with regret and wish that I had spent more time with my children.

PAUL RUST, *Sun City Center, Florida*

SNOWY MEMORIES

The first snow of the season is best at

night, when it is so quiet that you can hear the snow falling. “The White Stuff” brought me back to when I would go outside in the new snow and my footprints were first, even before those of the tiniest critters.

JUDI LORD, *Ellijay, Georgia*

2013 IN QUOTES

I was really impressed by the collection of quotes (“The Year in Quotes”). What actress Angelina Jolie said about her double mastectomy struck me the most: “I made a strong choice that in no way diminishes my femininity.” She is truly a brave woman.

RUTH NERMAL, *Alexandria, Louisiana*

READING FOR PEACE

"My Enemy, My Friend" (The Stranger Who Changed My Life) is a heartrending call to end all wars. This story should be translated into every language and distributed throughout the world. What a beautiful portrait of humanity at its worst *and* best!

ELLEN KOLLMAR, *Attica, New York*

REMEMBERING NEWTOWN

Thank you for not mentioning the shooter's name in "The Boy Who Was Brave." You put a face other than his in my mind. Now when I think back to that tragedy, I will remember Jesse and take some comfort in knowing that even a six-year-old can do amazing things.

DANA COCHRAN, *Simi Valley, California*

I wanted to write a note for Scarlett Lewis, Jesse's mom. I have a seven-year-old son, and I burst into tears when I read the article. Each of the 20 children, including Jesse, will always have a special place in our hearts.

RADHIKA KUMARI, *Cupertino, California*

NO LAUGHING MATTER

I was disappointed in the "Sleeping like a Baby" item (Life in These United States). A baby should sleep

in a crib. "Cute" articles such as this encourage a truly dangerous practice.

J. Z., *via e-mail*

ON THE DIGITAL DIGEST

I have now gone paperless! My vision is failing, and I am delighted that I can easily read the tablet version. Thank you for providing your wonderful magazine in this format. **R**

SANDRA PHILLIPS, *Chesapeake, Virginia*

THE READER'S DIGEST 100-WORD TRUE STORY CONTEST

Give us a *Reader's Digest* version of your life. In 100 words or fewer, tell us a true story about you. One grand-prize winner will receive \$5,000 and have his or her story published in our June issue. Additional winners will each receive \$100 to \$500. No purchase necessary to enter or win. Contest begins January 14, 2014, and closes March 14, 2014. Open to U.S. residents ages 18 and over. Void where prohibited. For entry and more details, including official rules, visit rd.com/yourlife.

WRITE
&
WIN!

Send letters to letters@rd.com or Letters, Reader's Digest, PO Box 6100, Harlan, Iowa 51593-1600. Include your full name, address, e-mail, and daytime phone number. We may edit letters and use them in all print and electronic media. **Contribute** Send us your funny jokes, true stories, and quotes, and if we publish one in a print edition of *Reader's Digest*, we'll pay you \$100. To submit, visit readersdigest.com/submit, or write to us at Jokes, Box 6226, Harlan, Iowa 51593-1726. Please include your full name and address in your entry. **Do Business** Subscriptions, renewals, gifts, address changes, payments, account information, and inquiries: readersdigest.com/help, 877-732-4438, or write to us at Reader's Digest, PO Box 6095, Harlan, Iowa 51593-1595.



EVERYDAY HEROES



With his family adrift in rough waters,
John Riggs swam for help

The Man Who Fought the Tide

BY MELODY WARNICK

 AFTER SIX HOURS of fishing on Maryland's Chesapeake Bay, 46-year-old John Franklin Riggs and his sister Contessa, 43, were ready to call it a day. It was nearing 7 p.m., the sun was setting, and the croakers had stopped biting. But their father, John senior, said, "Let's do just one more run." Since it was his dad's 70th birthday, John figured he'd indulge him. Gunning the motor on the 16-foot skiff they called the *Bathtub*, the younger man turned the boat around and headed back toward Tangier Sound.

The kids—Contessa's three-year-old son, Conrad, and their sister April's nine-year-old daughter, Emily—were having so much fun, and the mild weather was holding out. Why not?

The anglers hadn't yet cast their lines when high waves began battering the little boat. Within minutes, water was sloshing around their feet. John grabbed a five-gallon bucket for bailing; Contessa retrieved life jackets for Emily and herself from a compartment in the bow and tightened the one Conrad was wearing. As



*"Why did I
start to swim?
For the kids,"
says John,
with nephew
Conrad.*

Contessa was getting into her life vest, two big waves rolled over the bow, one right after the other. Within a few seconds, the skiff had tipped backward and capsized, tossing the five of them into the sound.

About four feet of the boat's bow jutted out of the water, and everyone grabbed onto it. "Let's get back in the boat, Mommy," Conrad murmured. He was shivering.

"People know we're out here," Contessa reassured him. "They'll send help soon."

Bobbing in the water, the adults exchanged grim looks. They were floating in the middle of a shipping channel frequented by huge fuel barges that might run them over. "I knew we were in a tight spot," says John, a third-generation commercial fisherman who, like his father and sister, had been raised on the Chesapeake Bay.

When a squall blew through about half an hour after the boat had capsized, the children panicked. "The waves were really big," says Contessa. "It was brutal to be in the water." It had been a perfect July day, with the water at a temperate 70 degrees, but everyone was cold by 9 p.m. The water was thick with jellyfish, which stung anyone who brushed up against him or her. John could see that his father, who was diabetic and had a pacemaker, was turning gray.

If they weren't rescued soon, they might not survive the night, John

recognized, but the closest spit of shoreline was about four miles away, illuminated by only a few glowing house lights. After a while, John asked his sister in a low voice, "Should I swim for it?"

"Yeah, do it," she replied.

Pushing quietly away from the boat, John focused on alternating swim strokes as his muscles started to burn. Strong tides pushed him up the bay, then pulled him in the opposite direction. But he plowed on, propelled by the image of his family drifting helplessly back at the boat.

Soon all that remained to guide his way was a strand of lights outlining a single home.

Around 1 a.m., after swimming for four hours, John stopped and flipped over on his back. When he let his legs hang down vertically in the water, his feet hit a sandbar. Getting a toehold, he crept along the ridge of sand to shore and dragged himself along the waterfront to the house framed in lights. He pounded on the door. A half hour later, he was on a boat with a search party, heading out into the bay to hunt for his family.

At 3 a.m., a helicopter crew spotted the foursome floating six miles north of where their boat had capsized. When at last Contessa and her other relatives were pulled from the bay, miraculously unharmed, it was thanks to her brother, she knew. "He's my hero," she says. "He always has been."



A dedicated daughter
does the extraordinary

Running For a Reason

BY ALYSSA JUNG

WHEN JULIE WEISS lost her father, Maurice, in 2010, just 35 days after he was diagnosed with pancreatic cancer, she was devastated. "Research for pancreatic cancer is so underfunded, and it made me feel helpless," she says. "I knew I had to do something."

So this marathon queen, as she calls herself, did what she knows how to do best: She went running. Having already completed 25 marathons during the previous two years, Julie now vowed to run 52 marathons in 52 weeks in honor of her father. After asking people to pledge money for each marathon, she set up a website, marathongoddess.com, to collect the pledges and other donations for the Pancreatic Cancer Action Network (PANCAN), a nonprofit organization.

Julie, 43, began her 52-marathon odyssey in Rome in March 2012. She focused on pacing herself, often clocking in an hour slower than her best time of 3:47, and decided not to



Julie crossing the finish line in Los Angeles, in her 52nd marathon

adhere to a rigorous training schedule. "I knew my body recovered quickly [from marathon running]," she says, and, anyway, "nothing can prepare you for what you're about to experience." When her muscles began to ache, she kept her motivation in mind. "It was like I had angels with me and this amazing energy to keep running no matter what," she says. To stay focused, she'd think of her father. "He did everything big," says Julie.

Julie finished her 1,362.4-mile journey spanning two countries and 18 states in March 2013 at the L.A. Marathon, raising more than \$200,000 in the process for PANCAN. **R**

**HAS NO
LOVE
FOR
LOVE
HANDLES.**

Drink V8® 100%
Vegetable Juice as
part of a reduced
calorie diet along
with regular exercise.

70 calories

0g fat

3g dietary fiber



Could've had a V8.®

V8juice.com

VOICES & VIEWS

Department of Wit

Will Write For Laughs

BY PETER MEHLMAN



PETER MEHLMAN is the *Seinfeld* writer who introduced us to “yada, yada.” His new book is *Mandela Was Late*.

BEFORE INSTRUCTING YOU on how to create the next ratings-busting, pop-culture-cracking, bazillions-earning sitcom, I offer this cautionary tale:

In 1992, when *Seinfeld* struggled for Wednesday night ratings, “The Virgin” episode featured a plotline in which George Costanza inadvertently caused his girlfriend, Susan, to lose her job. NBC executives took offense, calling George callous and unlikable. The writing staff tinkered, making George more regretful and less unlikable.

A mere four years later, when *Seinfeld* was a hit on Thursdays, an episode called “The Invitations” featured a plotline in which George inadvertently caused Susan to ... die.

The same executives had no objections.

The moral of the story: If you compromise in order to stay on the air, your show may survive long enough to become ➤➤

the sitcom of your dreams. (And oh: When you get a better time slot, don't emulate Larry David and say to a reporter that if people didn't watch on Wednesdays, you don't want them on Thursdays.)

Producing a sitcom is a walk through a minefield. At any moment, a wrong step can doom any project. How to navigate this minefield is a mystery roughly equal to man's rise to the top of the food chain. The (somewhat) good news is, through years of heady success and blistering failure, I can (maybe) steer you toward a (slim) chance of sitcom glory.

OK, let's get to work.

When conceiving your show, I recommend borrowing (stealing) from the past. TV executives won't want you, a sitcom novice, to reinvent the wheel—even though the sitcom wheel has become square, rusted, and divorced from its axle. Your best bet is offering a sitcom reminiscent of previously successful shows. Hence, I'd suggest a sitcom set mainly in a suburban American home and named something like *All in the Modern Family Ties* or *Two and a Half Mad Men*. See? Right away, you've given the TV powers-that-be a familiar, comfy-cozy feeling.

Forcing TV executives out of their

comfort zone is risky. In 2004, I proposed a genre-bending show called *The Ripples*, about a couple who, through an ancient miracle, had been married for 4,000 years without ever aging. When I finished my spiel, the network executives looked at me as if I'd spoken out in favor of acid rain.

Now, once you have a wonderfully derivative idea, try to boil it down to one catchy sentence. Attention spans

in Hollywood run from half a minute to three seconds, so the faster you hook people, the better. For instance: "A handsome, prosperous black couple decide to adopt a white baby."

See? In one sentence, you've proposed a comfortably plausible, fish-out-of-water family sitcom with

an innovative twist.

Hey! That's pretty good. Back off! That's mine!

It bears mentioning that when Larry David and Jerry Seinfeld met NBC executives, they did not overtly pitch a show "about nothing." Their single sentence was more like: "A show about the everyday life experiences that give a comedian his material." When Larry added, "But there aren't any real stories," Jerry just laughed and flicked an elbow into his rib cage.

So don't be fooled: Your sitcom

“

When conceiving your show, don't reinvent the wheel. I suggest borrowing (stealing) from the past.

must be about something. And to convey that something, you must make your characters likable. Or, failing that, make them lovable.

OK, granted: While flawed but nice neurotics make decent sitcom characters, self-absorbed, vindictive psychotics make for great sitcom characters. Unfortunately, no one will let you create a show around thoughtless misanthropes. It's sad, I know, but what can you do? Well, my sneaky suggestion is, make your lead characters 90 percent wonderful but leave 10 percent of them open-ended. This way, over time, you can subtly add juicy/distasteful/funny aspects to their personalities.

Example: In an episode of *Seinfeld* called "Bubble Boy," there was a moment when the Bubble Boy's father told the sad story of his ailing son to Jerry and Elaine in the coffee shop. Tearful, Elaine passed out napkins. As she and the dad dabbed their eyes, Jerry, in an ad-libbed gesture (!), used the napkin to mindlessly wipe crumbs from his mouth. It got a huge laugh without anyone really focusing on how insensitive Jerry was being. That moment is what opened the door to years of Jerry becoming more coldhearted and a lot funnier.

Lesson learned: Laughter is such a strong spice, it's hard to taste anything else. If you write something funny enough, you can get away with murder.

Now, I mentioned making your

characters lovable. There are varieties of lovability. Among your male characters, you should have one intelligent, moralistic, insecure, tortured, neurotic hypochondriac. Viewers like that character type because they love feeling superior to someone on TV. To balance that guy, add a radically uninhibited, shameless, lustful, irresponsible clown—someone who blurts out what everyone else is too scared to say. (Prime example: Kramer telling a girl she needs a nose job.) Then I would suggest (but not insist upon) a clinically quirky but unthreatening female character. In short: Zoey Deschanel.

Now that you have this group of extreme personalities, the big trick is making them lovable as a group. The best way to do this is by adding one last character, someone adorably attractive to both men and women. On TV, gorgeous people can neutralize the messy humans around them, and—this is important—if you can get viewers to love one character, they will eventually fall for all the others.

The best example is how Jennifer Aniston's pretty, magnetic appeal to men and women elevated *Friends* into a monster hit. I mean, really, don't you think the other five characters, left to their own devices, were pretty annoying?

Julia Louis-Dreyfus brought a similar (but brainier) intersex appeal to *Seinfeld* with both her looks and her

comedic acting. Sometimes on the set, I'd stand next to Jason Alexander, who would inevitably smile and say, "Boy, Julia can push that adorable button like nobody's business."

Of course, finding a performer with Julia's appeal is difficult, but don't worry ... casting comes much later in the process. For now, you need only to worry about your pilot episode. So when you write the pilot, just remember to describe at least one character with words like *gorgeous* and/or *irresistible* and/or *the sexiest two-legged mammal to ever walk the earth*. TV executives seem to like those adjectives—don't ask me why.

Finally, I'd like to offer a tip that is a personal favorite. Most successful sitcom writers would disagree with me, but keep this in mind: I'm right, and they're wrong.

My tip is this: Think of your pilot episode as a pop song with a great hook. Consider some of your favorite *Seinfeld* episodes, and you'll notice there were catchphrases or terms that viewers wound up saying in their own lives:

"Not that there's anything wrong with it."

"Regifting."

"Double-dipping."

"Master of my domain."

"Yada, yada."

Larry David has an acute ear for such phrases, as evidenced by the origin of the now nationally known term *shrinkage*.

While writing the episode "The Hamptons," I had Jerry see George's girlfriend topless. George gets so upset, he demands to see Jerry's girlfriend topless. All great, but I didn't know where to go with the story.

Then Larry suggested a surprise twist where Jerry's girlfriend sees George naked moments after he'd been swimming in a cold pool. I said, "Oh. You mean George had ... shrinkage?"

Larry said, "Yes, shrinkage. And use that word. Use it a lot."

And that, my friends, is how pop culture history is made.

I know I said that was my last suggestion for creating a successful sitcom, but, actually, I have one more tip: Ignore all my tips, and write a show you would like to watch. **R**

*
* *

WHAT A BILLION BUCKS WILL BUY YOU ...

- The Chicago Cubs
- The Hannah Montana franchise
 - Solo Cup Company
 - The Los Angeles Lakers
- Initial restoration of the Gulf of Mexico



WHETHER YOU'RE
A MOM,
A CEO, A CHEF
OR A KID YOURSELF,
YOU CAN HELP
END CHILDHOOD
HUNGER IN
THE U.S.



NO CHILD SHOULD GROW UP HUNGRY IN AMERICA

But one in five children struggles with hunger. Share Our Strength's No Kid Hungry campaign is ending child hunger in this nation by connecting kids in need with nutritious food and teaching families how to cook healthy, affordable meals. You can help surround kids with the healthy food they need where they live, learn and play.



Pledge to make No Kid Hungry a reality at NoKidHungry.org



Cats everywhere are having a hard time smelling their litter boxes thanks to New Fresh Step® Triple Action



freshstep.com



Can an artist take pictures of his neighbors and then sell them without permission?

The Case of the Peeping Photographer

BY ALYSSA JUNG

THROUGH THE floor-to-ceiling windows of the building across the street from his, New York City photographer Arne Svenson watched his neighbors going about their daily routines—sipping coffee, reading the newspaper, napping. He saw a woman twirling her hair, illuminated by lamplight, and a dog gazing out the window at the busy street below.

Svenson watched these activities with his camera, too, shooting dozens of pictures in 2012, many of which ended up in a gallery as a photo show called, you guessed it, *The Neighbors*.

The neighbors themselves first learned of their starring roles in Svenson's pictures after one couple, Martha and Matthew Foster, happened upon a newspaper review ➤➤

of Svenson's show, which included images of the Fosters and their children, their faces and partially clad bodies easily discernible.

Just weeks later, the Fosters sued Svenson for possession of the photos, arguing that he had violated their civil rights under New York's Civil Rights Law, which states that a person's name or portrait cannot be used for advertising or trade purposes without written consent.

The photographs from Svenson's show were on sale in New York City and Los Angeles galleries and on a photography website for as much as \$7,500 a picture. The Fosters asked the court to block Svenson from displaying and selling the images, asserting that they were "greatly

frightened and angered" by the unwanted publicity. They maintained that they were forced to keep their shades drawn during the day.

Svenson insisted he was not a Peeping Tom with a camera. "I am not photographing the residents as identifiable individuals but as representations of humankind," he told a reporter, arguing that his neighbors' identities were obscured through photographic effects or framing. "I don't photograph anything salacious or demeaning. I hope my neighbors can see the beauty in my treatment of [their images]."

Was it legal for Svenson to sell photos of the Fosters and other neighbors without permission? You be the judge.



THE VERDICT

Nearly three months after the Fosters sued, Manhattan Supreme Court Judge Eileen Rakower ruled that Arne Svenson's work is art, which is considered free speech and therefore is protected by the First Amendment. "While it may make [the Fosters] cringe to think that their private lives can find their way into an art exhibit, there is no redress under the current laws of New York," wrote Judge Rakower. The decision stated that Svenson didn't need his neighbors' permission to display and sell the photos of them.

Though he was not legally required to do so, Svenson removed photos of the Fosters from his website and agreed not to take any new pictures or print, exhibit, or publish any of the Fosters' photos in the future.

In September 2013, the Fosters filed an appeal with the Appellate Division of the Manhattan Supreme Court. The case is pending. **R**

Agree? Disagree? Tell us what you think. Sound off at rd.com/judge.



enjoy the
freedom
of **touring**

True adventures go beyond incredible destinations or inclusive packages. Collette delivers an essential sense of possibility across all seven continents. Wake each morning on tour with a new

experience in front of you and let us seamlessly handle the details. With Collette, the world is within your reach.


guided by travel

Save up to **\$400** per couple*

on tours to Europe with offer code EAO0-AA9-975.

Contact your travel professional or **call 877.951.8687** for details.

www.gocollette.com

*Offer valid on new bookings only made between 1/10/14 - 3/1/14 for travel between 1/10/14 - 4/30/15 on Europe tours. Offer savings are determined as follows: all Europe tours savings is \$400 per couple (\$200 per person) except Royal Horticultural Society Tours where savings is \$300 per couple (\$150 per person). Offers can expire earlier due to space or inventory availability. Space is on a first come, first served basis. Offers are not valid on group or existing bookings or combinable with any other offer. Other restrictions may apply. CST# 2006766-20 UBN# 601220855 Nevada Seller of Travel Registration No. 2003-0279

In my lifetime, I'd like to...

Longview, WA

...finish

my novel.

DAWN JOHNSON-DEAL

...clear

my Internet history.

MONICA ANGUIANO

Sebastopol, CA

...adopt

an old, neglected dog and pamper the heck out of him for the rest of his life.

SHIRLEY ZINDLER

Centennial, CO

Manhattan, KS

...really live,

**not
just exist.**

DONNA MUELLER CLOUD

San Diego, CA

**...contribute
something**

meaningful and fun. And see
the aurora borealis.

ANGELA SARA JIMENEZ

**...eat
more**

shrimp and bacon.

ZAC GENTRY

Corpus
Christi, TX

...hold each of my loved ones' hands, look them in the eye, and tell them that

I love them

dearly and that my life is so much better with them in it.

CINDY O'LEARY

...be able to legally

marry

in all 50 states.

GINNY RAINBOW

...live by the

sea.

JON WILLIAM

Southfield, MI

Kersey, PA

Westbrook, CT

Parma, OH

Wooster, OH

...milk

a cow by hand.

DEANNA MORRIS

...meet

Neil Diamond.


STEPHANIE MILLER

...have an affair

with Johnny Depp!

MICHELE DONLON RICHBURG

Myrtle Beach, SC

 Go to facebook.com/readersdigest for the chance to finish the next sentence.

A scholar describes how humble numbers
can beautifully illuminate our world

Falling for Math

BY MANIL SURI FROM THE *NEW YORK TIMES*



MANIL SURI is a mathematics professor at the University of Maryland, Baltimore County, and an award-winning writer.

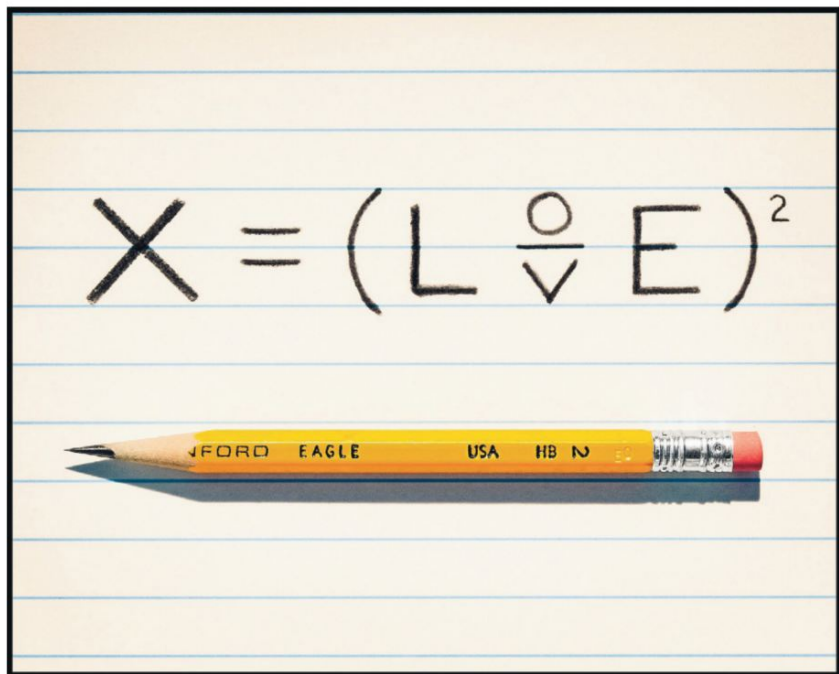
SCROLL EACH TIME I HEAR someone say, “Do the math,” I grit my teeth. The phrase reinforces how little awareness there is about the breadth and scope of the subject. Imagine, if you will, using “Do the lit” as an exhortation to spell correctly.

As a mathematician, I can attest that my field is about ideas above anything else. Ideas that inform our existence, that permeate our universe and beyond, that can surprise and enthrall. Perhaps the most intriguing of these is the way infinity is harnessed to deal with the finite, in everything from fractals to calculus. Just think about the infinite range of decimal numbers—a wonder product offered by mathematics to satisfy any measurement needed, down to an arbitrary number of digits.

Despite what most people suppose, many profound mathematical ideas don’t require advanced skills to appreciate. One can develop a fairly good understanding of the power and elegance of calculus, say, without actually being able to use it to solve scientific or engineering problems. Think of it this way: You can appreciate art without acquiring the ability to paint, or enjoy a symphony without being able to read music. Math also deserves to be enjoyed for its own sake.

Sadly, few avenues exist in our society to expose us to mathematical beauty.

So what math ideas can be appreciated without calculation or formulas? One candidate is the origin of numbers. Think



of it as a magic trick: harnessing emptiness to create the number zero, then demonstrating how from any whole number, one can create its successor. One from zero, two from one, three from two—a chain reaction of numbers erupting into existence. I still remember when I first experienced this Big Bang of numbers. The walls of my Bombay classroom seemed to blow away, as nascent cardinal numbers streaked through space.

For a more contemplative example, gaze at a sequence of regular polygons: a hexagon, an octagon, a decagon, and so on. I can almost imagine

a yoga instructor asking a class to meditate on what would happen if the number of sides kept increasing indefinitely. Eventually, the sides shrink so much that the kinks start flattening out and the perimeter begins to appear curved. And then you see it: What will emerge is a circle, while at the same time the polygon can never actually become one. The realization is exhilarating—it lights up pleasure centers in your brain. This underlying concept of a limit is one upon which all of calculus is built.

The more deeply you engage with such ideas, the more rewarding the experience is. For instance, enjoying

the eye candy of fractal images—those black, amoebalike splotches surrounded by bands of psychedelic colors—hardly qualifies as making a math connection. But suppose you knew that such an image depicts a mathematical rule that plucks every point from its spot and moves it. Imagine this rule applied over and over again, so that every point hops from location to location. The “amoeba” comprises those well-behaved points that remain hopping around within this black region, while the colored points are more adventurous, loping off toward infinity. Not only does the picture acquire more richness and meaning with this knowledge, it suddenly churns with drama, with activity.

Would you be intrigued enough to find out more—for instance, what the different shades of color

signified? Would the Big Bang example make you wonder where negative numbers came from? Could the thrill of recognizing the circle as a limit of

polygons lure you into visualizing the sphere as a stack of its circular cross sections, as Archimedes did over 2,000 years ago?

If the answer is yes, then math appreciation may provide more than just casual enjoyment: It could also help change negative attitudes toward the

subject. Students have a better chance of succeeding in a subject perceived as playful and stimulating, rather than one with a disastrous PR image.

Perhaps the most essential message to get across is that with math, you can reach not just for the sky or the stars or the edges of the universe but for timeless constellations of ideas that lie beyond. R

“

***With math,
you can reach
not just for
the sky but for
timeless ideas
that lie beyond.***

COPYRIGHT © 2013 BY MANIL SURI. THE NEW YORK TIMES (SEPTEMBER 15, 2013), NYTIMES.COM.

*
* *

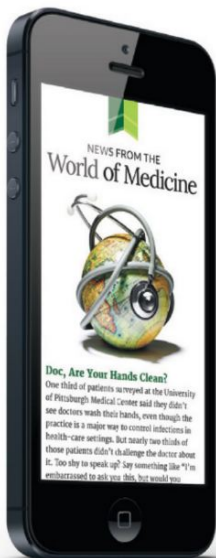
CLOUDY WITH A CHANCE OF COW PIES ...

On February 18, 1930, Elm Farm Ollie of Bismarck, Missouri, became the first cow to be milked in a moving airplane—and thus, the first cow to fly. That reminds us of a joke:

Did you hear about the group of cows NASA launched into orbit?
It was the herd shot around the world.

Introducing
**Reader's
 digest for iPhone®**
 Get instant access to the current issue.

Designed exclusively for iPhone's screen size, it's perfect on the go, on the train, at the store... anytime you need a burst of laughter and inspiration. Read up!



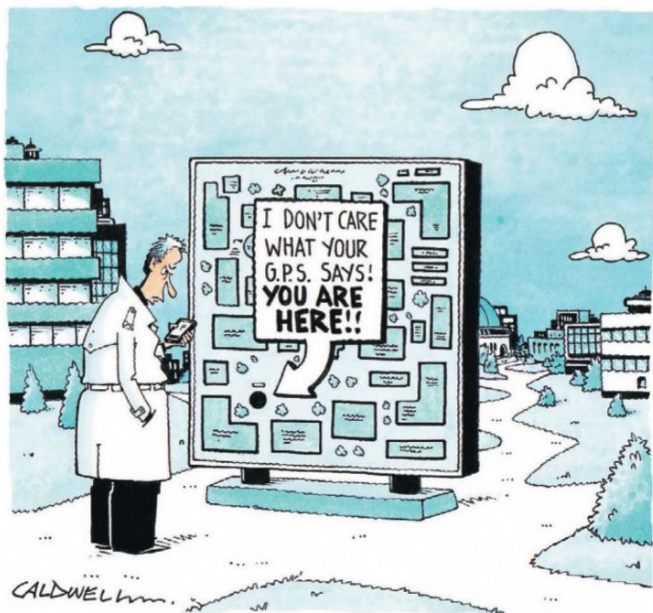
Download the February Issue Today.

Scan the code to get the app.



Life

IN THESE UNITED STATES



MY DAUGHTER SAID something to me that I didn't think was very polite. I told her she needed to say it again in a nicer way—so she repeated it with a British accent. From lamebook.com

I WAS VISITING my mother one day, when she passed the candy dish full of chocolates and took one for herself.

"I thought your doctor told you

to stop eating candy," I said.

"Oh, I don't have to listen to him anymore," she replied.

"Why not?"

"He died."

ROBERT ORTON,
Highlands Ranch, Colorado

IT'S EASY TO GET disoriented when visiting New York City. One befuddled tourist asked his hotel concierge, "The last time we were

in NYC, we got out of a subway, and we saw some water and some boats. Do you know where that is?"

From: howmaywehateyou.com

HAVE A DATE for Valentine's Day? Hope it doesn't end up like these @FirstDateHell dates.

■ He couldn't remember my name, so he asked if I would mind if he just called me Amy instead.

■ In a restaurant, she said she did a great impression of a fax machine. Then she beeped loudly while unraveling a napkin from her mouth.

■ He said, "From your photo, I thought you were too good for me. I'm glad to see you've got flaws." Then he listed them.

OUR NEIGHBOR brought over a delicious homemade meal, eliciting this comment from my daughter: "No offense, Mom, but Kristi's dinner makes you look like a really bad mother."

My older daughter quickly jumped to my defense.

"Parker, that's absolutely not true," she said. "Kristi just makes Mom look like a really bad cook."

MELISSA MAIORANO, Cary, North Carolina

FROM A CHURCH BULLETIN:

"The new parking area looks great. Thanks to the men who turned out Saturday to help with the groveling."

From gcfi.net

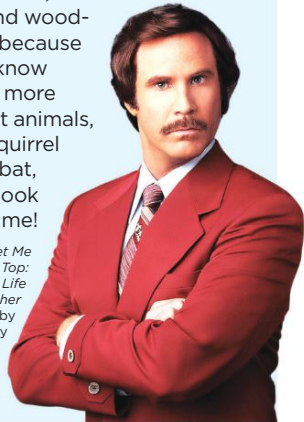


STAY CLASSY, HUMANS

Sage Ron Burgundy (actor Will Ferrell) declares that we are among the 100 smartest animals on earth!

Where does man fit in this great chain of being? I'll tell you. Right between the narwhal and the puma, and that's pretty close to the top, my friend. Things like cheetahs, hermit crabs, and salmon are definitely higher than us, but then donkeys, parrots, and daddy longlegs are below us. It really puts things in perspective when you come to understand Human Positionology, as it is known in science circles. I try not to lord it over the dumber, lower animals, like horses and woodpeckers, because I always know there are more intelligent animals, like the squirrel and fruit bat, that can look down on me!

From *Let Me Off at the Top: My Classy Life and Other Musings*, by Ron Burgundy (Crown Archetype)



Got a funny story about friends or family? It could be worth \$100. See page 7 for details, or go to rd.com/submit.

If he's wearing a parka, you know it's time for another Winter Olympics. The boyish broadcaster tells us how he really feels about the Games.

Bob Costas

BY BETH DREHER

*S*INCE STARTING his career at NBC in 1980, Bob Costas has reported on the World Series, the NBA finals, the Super Bowl, the Kentucky Derby, and the U.S. Open golf tournament, among other definitive sports events, all with a calm demeanor, a sly humor, and an encyclopedic knowledge. This month, he hosts his tenth Olympics, leading coverage of the Winter Games in Sochi, Russia. For 18 days, he'll entertain, emcee, and tell stories.

The cornerstones of Costas's reputation are asking probing questions and never censoring his subjects—or himself. In 2012, he won an Emmy for Outstanding Interview for his revealing conversation with former Penn State assistant football coach Jerry Sandusky. That same year, he ruffled feathers with commentary on gun control at halftime during a *Sunday Night Football* game. So if and when



the conversation in Sochi turns to Russia's antigay law, Costas is prepared to handle it.

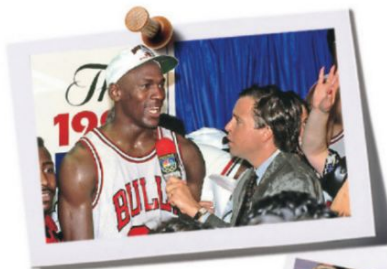
On a recent afternoon, *RD* caught up with the sportscaster in his office at 30 Rockefeller Plaza in New York City to talk figure skating, snide remarks, and the last story that made him cry.

Some naysayers argue that the Winter Olympics are irrelevant.

It's true that most Americans don't follow sports like curling and figure skating on an ongoing basis. But there's something about the Olympics that elevates everything. If a great story emerges in cross-country skiing, viewers will lock into it for a period of time. Figure skating can be especially exciting because it plays out in long form—you can make a miniseries out of it. But I'll have to say that the 2006 Winter Olympics in Torino were the least resonant Games I've covered. There just weren't compelling story lines.

You've said, "Every word I ever say [on air], I'm ad-libbing, I've written myself, or I've edited or rewritten to some extent." When have you found yourself at a loss for words?

The Olympics Opening Ceremony is a beautiful thing, but it's a broadcaster's nightmare. It's part Cirque



Interviewing Michael Jordan at the last game of the 1992 NBA Finals (the Chicago Bulls won)

At the 2012 Summer Games in London with part of the U.S. Women's Gymnastics team



du Soleil, part United Nations assembly meeting, with wonderful and moving moments. The way it's formatted, we acknowledge each country. But you can't have an interesting note for each one, and you can't be somber for 200 countries, so you throw in a flippant remark, and it ticks off half the world. So have I ever had nothing to say? I guess not. Have I always had something I was 100 percent happy with? No. There are times when I'm like, Jeez, does anybody have a better note for Curaçao than this? If so, contact me immediately!

Russia's crackdown on gay people, including a law to arrest gay foreign tourists, has been a big topic of debate. How will you cover it?

We have to cover the controversy in a straightforward way. We need to

mention it clearly at the beginning and be aware anytime it becomes relevant [at the Games]. People tune in to see the competition, but they're also interested in the circumstances that surround an Olympics. So you try to strike a balance, but you don't turn a blind eye [to the issue].

Do you think America should boycott the Games over the issue?

Boycotts hurt the athletes rather than the nations at which they're aimed—we learned that the last time we boycotted an Olympics, in 1980. The best approach is to make clear our disagreement and to ensure that U.S. athletes are free not only to compete but also to express themselves. And I think it would be a masterly move if, as some people have suggested, [openly gay figure skater] Johnny Weir were the U.S. flag bearer.

Are you personally looking forward to watching a particular athlete?

[Track and field athlete turned bobsledder] Lolo Jones will be a story. Skier Lindsey Vonn says she's recovered from a knee injury. What snowboarder Shaun White does next is always of interest.

What would people be surprised to know about your job?

I think they would be surprised to know how little input I have on anything that gets on the air during the

Olympics. Little as in zero. It makes me smile when people say, "I was enjoying the figure skating, and then Bob Costas decided we should go to the bobsled." No, Bob Costas never decided that, not once, not ever.

What was the most exciting Winter Olympics moment you've witnessed?

The gold medal hockey game between the United States and Canada in Vancouver is up there. It was the last event of the 2010 Winter Olympics, and it went into overtime. You couldn't script it any better than that. It wasn't just that the Canadians won; it was the way they won, with Sidney Crosby scoring the golden goal. It was perfect, just perfect.

What was the last sports story that made you cry?

I got choked up when eulogizing [baseball player] Stan Musial. He lived a full and wonderful life. So in that sense, [his death] wasn't tragic, but the full arc of his life, the era he represented, his simple decency as a person, and our mutual connection to St. Louis got to me.

Do you have a favorite joke?

[None of them] are printable, especially in *Reader's Digest*.

One last question: You seem to have an uncanny ability not to age. Can you tell us your secret?

Good lighting.



The Roe Family

OJAI, CALIFORNIA

Channon: “[We met at a] tragic Hollywood party by a pool at the Roosevelt Hotel. She was talking to a palm tree. I told her she was absolutely gorgeous.”

Bianca: “You’ve got to learn to fight well. We’re the best of friends; we have exactly the same interests but completely different strengths. Then you get the glue, and his name is Marlon.”

PHOTOGRAPH BY
GLENN GLASSER



Points to Ponder

The president and I [were talking to guests at a fund-raiser], and they're holding their smartphone cameras up ... And I said to the president, "You know, the oddest thing about what's happening right now is that we've stopped living our lives, and we're just recording them."

GEORGE CLOONEY,
actor, in Esquire



There's no such thing as a woman, *one* woman. There are dozens inside every one of them ... but what child can see the women inside her mom, what with all that Motherness blocking out everything else?

KELLY CORRIGAN,
writer, in her book Glitter and Glue

Football exerts a remarkable influence on fans. In a recent study, Pierre Chandon, a French marketing professor, examined data from



In Australia, people who don't vote are fined. In America, people can go to jail for skipping jury duty, but there's no penalty for not voting.

JOE NOCERA, *columnist, in the New York Times*

475 Sunday NFL games. On the Mondays following those same games, he observed a spike in [the fans' intake of] calories and saturated fats, but only in cities where the home team went down in defeat ... If nothing else, the study may give new meaning to "the biggest loser."

PETER ANDREY SMITH,
journalist, in the New York Times Magazine

The hell of the modern dinner party is that interesting people never want to talk about themselves, and boring people ask no questions.

MINDY KALING,
actor, on Twitter



In our technologically sophisticated culture, some people have concluded that memorization is no longer necessary, since all the information we need is available at the push of a button or tap of a screen. But I shudder at what might have happened to

I was the first person to know that my daughter, Chastity, was a lesbian, but I was the last person she told. I didn't make it easy for her, and I'm not proud of that.

CHER, in *More*



the *Apollo 13* flight crew if its NASA team had had to spend precious minutes looking up multiplication tables, or what will happen if our government's national-security advisers need to consult Wikipedia to shape their foreign policy decisions.

DAVID G. BONAGURA,
teacher, in the *Wall Street Journal*

I feel like the only way to diminish [your inner critic] is to treat it like a crazy aunt at Christmas. She's always going to come, but you don't let her hijack Christmas, and I think that part's difficult for women to do. Don't let the crazy aunt drive the car.

ELIZABETH GILBERT,
writer, from *womenshealthmag.com*



If you look at the 866 million people suffering from hunger, half are actually farmers—small-scale farmers, mostly women.

RICHARD LEACH,
president of World Food Program USA,
in *Bloomberg Businessweek*

Having been brought up by proper parents, I was told not to use bad words. But having gone through all I've gone through, I realize that on occasion you can make a point by being earthy ... Now and again, you need to say "stuff you" to indicate that you're not going to take any rubbish.

CHRISTINE LAGARDE,
managing director of the International Monetary Fund, in *Harvard Business Review*



The world will be at war as long as the mind is at war with itself ... If we can't find peace within ourselves, where is the hope for peace in the world?

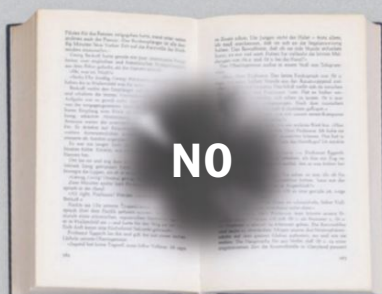
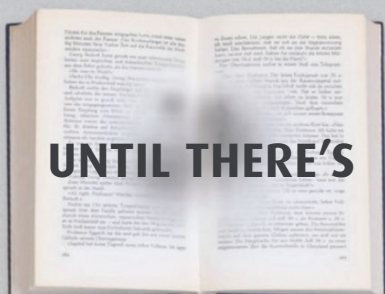
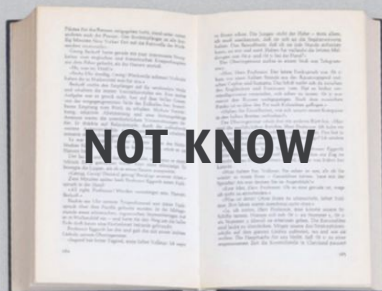
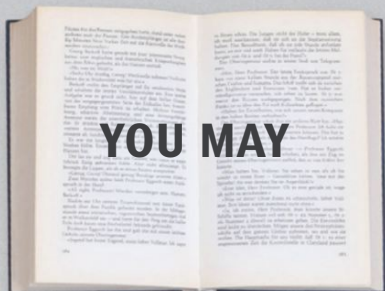
BYRON KATIE,
life coach, in *Origin*

When they invented papyrus, someone probably said, "Storytelling was so good. Why did we have to go and put it on papyrus?" But one thing doesn't change: It's the story that counts. The medium doesn't matter. **R**

ERIC CARLE,
children's book author, in *USA Today*

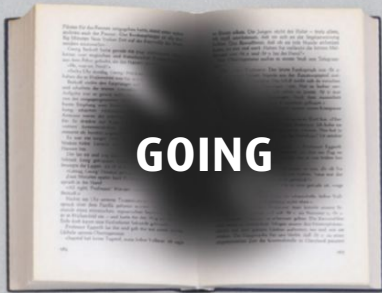
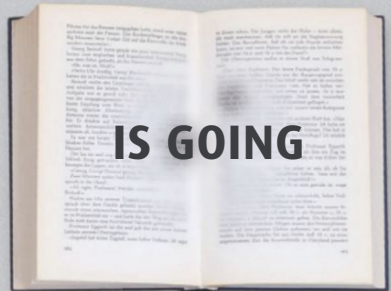
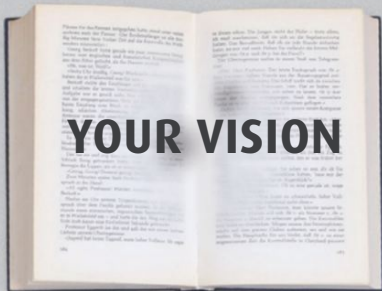
Think up! Sign up for a daily Point to Ponder e-mail at rd.com/ptp.

WITH MACULAR DEGENERATION,



ONLY PreserVision AREDS 2 contains the exact levels of clinically proven nutrients recommended by the National Eye Institute to help reduce the risk of progression for people with moderate to advanced Macular Degeneration.*†

†Age-Related Eye Disease Study 2 Research Group. Lutein + zeaxanthin and omega-3 fatty acids for age-related macular degeneration: the Age-Related Eye Disease Study 2 (AREDS2) randomized clinical trial. JAMA. 2013 May 15;309(19):2005-15. National Eye Institute website: <http://www.nei.nih.gov/areds2/> Accessed October 2013 ©Bausch & Lomb Incorporated ®/TM are trademarks of Bausch & Lomb Incorporated or its affiliates. AREDS2 is a registered trademark of the United States Department of Health and Human Services (HHS). US/PV2/13/0051a.

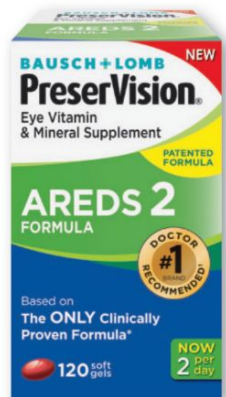


PreserVision AREDS 2. Clinically Proven Nutrients.

Ask your doctor if PreserVision AREDS 2 Formula is right for you.

To get a \$5 coupon and learn more, visit preser vision.com.

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



BAUSCH + LOMB

COUGH RUINING YOUR DAY?

#BlameMucus

COUGH
COUGH
COUGH



Use as directed.



When mucus is the cause of your cough, it can get in the way of your day. That's why there's Maximum Strength Mucinex DM. Its bi-layer tablet goes to work fast to quiet coughs and relieve chest congestion for 12 hours.

Mucinex
Mucinex in. Mucus out.®

Mucinex.com

©2013RB

ART *of* LIVING

Strong relationships make for a rich life, but we're often mistaken in the ways we pursue them

5 Lessons People Learn Too Late

BY ELIZABETH SVOBODA
FROM *PSYCHOLOGY TODAY*

IF YOUR AMBITION is to lead a satisfying life, your best bet is to cultivate connection. Studies show that people who enjoy rich ties with friends and family are happier, have fewer health problems, and are more resilient. When it comes to relationship advice, it's also wise to approach conventional wisdom with a critical eye. We've culled the data, consulted the experts, and arrived at five essential lessons that depart from hand-me-down norms. ➔



LESSON #1**Radical Acceptance Saves the Day**

The idea that we can fix perceived flaws in our partners, friends, parents, and grown children remains tantalizing. Decades ago, the musical *Guys and Dolls* lampooned this notion with the lyrics, “Marry the man today, and change his ways tomorrow.”

A healthy dose of ego often convinces us that our way of looking at things is right, but trying to “correct” someone else usually backfires, says psychologist Paul Coleman, author of *“We Need to Talk”: Tough Conversations with Your Spouse*. “It implies that we’re coming from a more enlightened place, that we have a deeper knowledge of what’s best,” he says. The other person may get the message that he or she isn’t good enough and become resentful.

A healthier approach: “Look inward to fix the problem,” says Northwestern University psychologist Eli Finkel. If your partner hates large gatherings, consider attending the next party solo so he doesn’t have to make forced conversation and you don’t have to leave early. Or if your son says he wants to forgo college for now, try to express enthusiasm for his budding career as a nature guide instead of bombarding him with school rankings. This involves the recognition that you’ll never be in sync about some matters. “You have to say, ‘We have this permanent

difference, but we need to learn to live with each other,’” Coleman says.

LESSON #2**Benign Neglect Is Good for Kids**

Parents who hover relentlessly provoke eye rolls from developmental experts and teachers alike. You can see these parents sprinting to the swings to right a playground injustice or e-mailing schools incessantly.



**EGO CONVINCES US
WE'RE RIGHT, BUT
TRYING TO "CORRECT"
SOMEONE ELSE
USUALLY BACKFIRES.**

“There’s a huge distrust in society’s institutions that pushes people to overparent,” says Hara Estroff Marano, author of *A Nation of Wimps*. “Parents also lack trust in children’s desire to be competent and don’t accept that nature will influence the course of development,” she says. The compulsion to intervene becomes stronger if parents view kids as surrogates for the fulfillment of their own dreams, says retired Tufts University child psychologist David Elkind, author of *The Power of Play*.

But regularly stepping in to protect kids from stress may hurt them in the long run. Michelle Givertz, assistant professor of communication studies at California State University, Chico, has studied hundreds of parent-young adult pairs and found that overparenting leads to depression-prone, aimless kids (and ultimately, adults) who lack the ability to achieve goals.

Parental overinvolvement is also associated with entitlement, Givertz says. Kids who are used to getting everything they need without exerting any effort may think, "I'm entitled to everything, but I don't have the abilities to achieve what I want."

It's better to let kids live with occasional disappointment and resolve their own problems as much as possible, while assuring them that their feelings are heard (even if you're the one saying no) and that you're available for moral support. Trust in their capability to tackle obstacles. "Our job as parents is to help kids become self-sufficient," Givertz says.

LESSON #3

Opposites Don't Forever Attract

The key to a happy, healthy relationship is choosing someone who is, quite frankly, a lot like you—a person who validates your views and habits. Studies have repeatedly underscored the importance of shared values, personality traits,

economic backgrounds, and religion, as well as closeness in age.

Glenn Wilson, a psychologist and a professor at Gresham College in London, developed a compatibility questionnaire covering lifestyle, politics, child rearing, morality, and finances. He found that partners who answer comparably are more apt to report satisfaction. Still, he says, "when couples are overly similar, it can be a bit of a brother-sister relationship—too predictable, without a lot of novelty."

So what's the happy medium? Seek a partner whose passions differ enough from yours to expand your experience, but with whom you're aligned on big-picture issues: how to show affection, what constitutes a moral life, and how to raise children.

LESSON #4

Social Networks Matter

We've all heard the usual advice for living longer: Exercise, don't smoke, limit junk food. But friendships are just as important. "The higher the quantity and quality of your relationships, the longer you'll live," says Bert Uchino, a psychologist at the University of Utah.

Julianne Holt-Lunstad of Brigham Young University collected data from 148 studies analyzing the relationship between health and human interaction. She found that, over a period of about seven years, people with active social lives were 50 percent less likely to die of any cause

than their nonsocial counterparts. A low level of social interaction has the same negative effect as smoking 15 cigarettes a day.

Psychologist Sheldon Cohen of Carnegie Mellon University gave subjects nasal drops containing a cold virus; those who reported the greatest diversity of social ties were four times less likely to develop colds than those reporting the least diversity. But the quality of your relationships is just as important, according to Uchino's research. He recorded the blood pressure of 88 women in a stressful situation (preparing to give a speech) and found that readings spiked less when a close friend was there to offer encouragement. Researchers speculate that the stress associated with weak social support sets off a cascade of damaging reactions. Knowing your friends have your back can help prevent such responses, Cohen says.

LESSON #5

Lust Wanes, Love Remains

Too often, couples assume a relationship is beyond repair when the intense romantic excitement ends and the arguing begins. "The immature part of us loves the idea that compatible people don't have conflicts," says psychologist David Schnarch, author of *Intimacy & Desire*.

But research doesn't support this. University of Denver psychologist Howard Markman, coauthor of

Fighting for Your Marriage, says successful couples argue—it's how they do it that matters (among other things, happy partners refrain from nasty zingers). Airing grievances lets both people speak their minds and take responsibility for their missteps.

It's also normal for desire to wane.

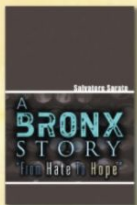


DEEP LOVE COMES
AFTER WE SEE HOW
IMPERFECT THE
OTHER IS AND
COMMIT ANYWAY.

"Romantic love is when we have this consuming, emotional experience, and it usually lasts about a year and a half," says Will Meek, a psychologist at the University of Portland. "Deep love comes after we see how imperfect the other is and commit to him or her anyway."

Rather than get caught up in complaints, psychologist Harriet Lerner, author of *Marriage Rules*, suggests that you work to restore connection. That might mean initiating something new in your sex life, or perhaps it's as simple as recycling that pile of boxes that's been annoying her for months. "People know what warms their partner's heart," Lerner says. **R**

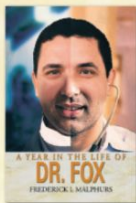
Great Books at Great Prices



A Bronx Story "From Hate To Hope"

Salvatore Sarate
978-1-4653-0839-9 | Paperback | \$15.99

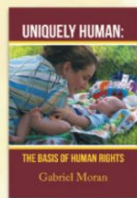
Salvatore Sarate shares an upright and gripping memoir set against the conditions of the Bronx. The story follows a man tramping through a tumultuous life to being grateful that he made it through his own way.



A Year in the Life of Doctor Fox Frederick L. Malphurs

978-1-4836-4563-6 | Paperback | \$15.99

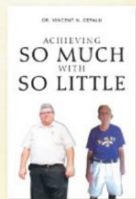
A Year in the Life of Doctor Fox chronicles the story of one family in the Mexican city of Culiacan, the devastating loss of their daughter and their personal war against the Pacific cartel and its notorious leader, Fidel Guzman.



Uniquely Human: The Basis of Human Rights

Gabriel Moran
978-1-4836-8565-6 | Paperback | \$19.99

This book is a new approach to the universality of human rights. It traces continuing conversations about gender, age, religion, environment and culture that provide a realistic basis for human rights.



Achieving So Much With So Little Dr. Vincent N. Cefalu, Sr.

978-1-4836-6410-1 | Paperback | \$15.99

Achieving So Much With So Little chronicles how the author, with his pronounced limited academic ability, managed to utilize both positive and detrimental factors from his early childhood to his advantage in order to achieve ultimate success in life. He also details his many unusual coroner cases.



Stilettoes in Vegas Valerie Diamond and Dr. Don McGann

978-1-4931-0546-5 | Paperback | \$15.99

Las Vegas dazzle is no fool's gold for Melissa Masters, a New Yorker. She becomes Sapphire, a consummate but sympathetic sex industry professional who even comes to challenge the labor practices of her strip club's owner, a notorious mobster.



Moonlight Over England Eric P. Donald

978-1-4836-2097-8 | Paperback | \$23.99

Moonlight Over England: The Story of One Night-Fighter Pilot attempts to solve the many mysteries involved over the tragic death of Norman G. Donald, a test pilot for the Royal Air Force (RAF) and his entire flight crew who were all killed in an Albemarle aircraft crash near Purton on the Bristol Channel, Trafalgar Day, of October 21st 1943.

Xlibris | 1663 Liberty Drive | Bloomington, IN 47403
Phone: (888) 795-4274 | Fax: (812) 355-4079 | www.xlibris.com

Xlibris
WRITE YOUR OWN SUCCESS

Trends To Devour In 2014

BY PERRI O. BLUMBERG

LEMONS

These citrus fruits will be everywhere: You'll find 'em preserved, in yogurts, and starring in pastries. "They evoke memories of lemonade stands and Grandma's lemon bars," says Kazia Jankowski, associate culinary director of the Sterling-Rice Group, a leading global food consulting firm.

TRY IT: "Use lemon juice to give heavier sides, like braised kale or couscous, a lighter feeling," says Jeremy Leech, executive chef at the restaurant chain Fresh & Co. Or experiment by adding lemon zest to pancake batter for a fun breakfast twist.

EGG YOLKS

Don't toss your yolks after making meringue or an egg white omelet! Yolks bring richness to dishes that



previously relied on cheese or cream. Says Lucas Billheimer, executive chef of New York City's Writing Room, "There's a resurgence in using egg yolks, instead of thickening with refined chemicals like xanthan gum."

TRY IT: Instead of cheese sauce, make a sauce (like hollandaise or béarnaise) that uses egg yolks as the thickener. Drizzle over vegetables like asparagus and broccoli for a dose of creamy lusciousness.

PASTAS

New varieties are flooding the market, due to the demand for gluten-free products and people's desire to cut back on white carbs. Large retailers now offer quinoa elbows, Kamut spirals, and seasoned options like basil fettuccine; specialty shops have fun variations like chocolate spaghetti.

TRY IT: "Flavored pasta makes cooking an impressive meal easy: Sauté garlic with olive oil, mix it with the pasta, and finish the dish with a drizzle of melted butter," suggests Tessa Stamper, executive chef of Noodles & Company.

NUTTY DAIRY

It's not for just the lactose intolerant or vegan anymore: Last year, an estimated one in four Americans purchased dairy-free milk alternatives like soy, almond, and coconut milk, says Mike Murray, vice president of marketing and R&D for So Delicious Dairy Free. This year, expect more nondairy yogurt, ice cream, and cheese substitutes to hit the market.

TRY IT: Cook oatmeal in almond milk, or make an Alfredo sauce with cashew cream.

THE RETURN OF POACHING AND STEAMING

Restaurants will upgrade these classic French techniques by using wine, beer, coffee, and even smoky liquids rather than water to poach or steam proteins.

TRY IT: "For a cozy comfort food, try bratwurst poached in beer," suggests Tom Ryan, founder of the Smashburger chain and holder of a PhD in flavor chemistry. "Or poach a chicken breast in water seasoned with champagne vinegar and tarragon to add a dimension of savory flavor." Tip: Try Chinese bamboo steamers, which make steaming anything less of a chore.

MIDDLE EASTERN FLAVORS

Chefs have long praised Mediterranean cuisine for its healthy, aromatic dishes. In 2014, tastemakers will embrace the cuisines of Turkey, Israel, and others in the region. Expect to see TV chefs and restaurants alike incorporate fragrant seasonings like sumac, za'atar, Aleppo and Marash peppers, and harissa into recipes. (How does steak with sumac rub or Marash slow-roasted lamb shoulder sound?)

TRY IT: "Seasoning vegetables and fish with Middle Eastern herbs is a low-effort way to boost your food's intensity without adding calories," explains Jankowski. You can also pair new tastes with familiar foods. "Give a dip like hummus a lift with a sprinkling of za'atar, a blend of Eastern Mediterranean spices," shares Kyle Frederick, director of food and beverage at the restaurant chain Zoës Kitchen. **R**

For its food trend predictions, the Sterling-Rice Group commissioned an independent culinary council of more than 125 chefs, restaurateurs, supermarket analysts, food media experts, and consumers. See all ten trends at rd.com/february.

Color expert and interior designer Elaine Ryan unveils Pantone's color trends for 2014 to help you choose ...

Pick-Me-Up Paint Colors

BY ALISON CAPORIMO

Green

"Pale green imbues you with a sense of well-being," says Ryan. Try it out in a master bedroom to create a peaceful sanctuary ... and remember to also paint the ceiling! "Peripheral vision is so important, and you don't want your eyes to stop at the ceiling. It will make the room look much smaller," Ryan says.

Violet

Be strategic with this delicate shade. "I love it for a guest room," says Ryan. "The muted tone is relaxing and will make visitors feel more comfortable." For a trendy color combination, try accessorizing with chocolate brown pillows and throws.

Blue

Don't be afraid to go dark in the paint department, especially with blue. Paint a big swatch—roughly

30 inches by 30 inches—at waist level on a wall. Stop by the room at various times throughout the day for a week to see if you like how the shade shifts. "You try on a shirt. You try on shoes. You have to try on color," says Ryan.

Orange

Perk up your foyer with this color. "It creates such an inviting and warm environment," explains Ryan, who suggests a soft shade with a pink or yellow undertone.

Yellow

To try this happy hue, look for a deeper shade with orange-based undertones. "If you go with a pale shade for a brightly lit room, the sun will wash away the golden undertones, making the color appear white instead of golden," Ryan says. 



Listing your home?

Snap to Sell

BY RACHEL DENBOW
FROM ABEAUTIFULMESS.COM

OPT FOR NATURAL LIGHT

Before you take a picture, turn off all the lights. I pull up the shades, tie back the curtains, and shoot before four in the afternoon so that the sun isn't too low. Natural light makes everything look crisper, brighter, and so much better.

LOOK WITH YOUR LENS

Take a trial photograph of each space you want to feature, and examine the image on the camera's preview screen. (Would a vertical shot be better than a horizontal one? Are there any cords and wires poking out? Is there way too much clutter?) Critiquing photos on your camera may help you notice problems.

TAKE A KNEE

Unless you're about four foot five, you're probably not photographing your space at an optimal angle. Take wider shots from a kneeling position to make the room look bigger (rather



than getting a lot of floor or ceiling in the finished product).

TRY A FEW VIGNETTES

Get a few close-up photos to convey the house's character. Zoom in on desirable details (like original molding and beautiful windows) to ensure they don't get missed. The result: Your home will be more memorable, and viewers will be likelier to come back to it.

AVOID THESE EYESORES

Always leave out ceiling fans—period. If you're looking to erase small nail holes or unsightly cracks from a photograph, try editing software like Adobe Photoshop or the free and super-simple online editor Picnik.



Extraordinary Uses for Ordinary Things:

Nail Polish Remover

BY ALISON CAPORIMO

■ **CLEAN A KEYBOARD** Moisten a cotton swab, and gently dab laptop keys to restore them to their original condition.

■ **RESTORE FLOORS** Pour onto a paper towel, and wipe away unsightly shoe marks on tile, laminate, and concrete floors (avoid using on wood).

■ **REJUVENATE STAINED CHINA** Soak an old cloth, then dab coffee- or tea-stained areas; rinse with soap and water. Avoid decorative patterns, which could be ruined.

■ **SHINE SHOES** Saturate a paper towel, and wipe footwear until any scuffs or stains disappear. Use a damp cloth to remove leftover residue.

■ **ERASE SUPERGLUE** To dissolve heavy-duty adhesive from skin, soak a cotton swab, and rub it onto the sticky area.

■ **REVIVE A WATCH** To remove cuts and dings from a plastic watch cover, use a cotton swab to gently rub the surface. Because acetone can dissolve plastic, it will level and smooth the surface. But don't scrub too hard, or you could wind up making a hole in the plastic.

■ **MAKE MARKER DISAPPEAR** To remove the toughest of permanent ink stains on hands or walls, drench a cotton ball and then blot the stain away.

■ **CLEAN RAZORS** Acetone is a disinfectant, so dunk a razor to sanitize it, then rinse off gunk between the blades as well to make them last as long as possible.

■ **ELIMINATE BATHTUB RING** To rid a tub or shower of soap and scum stains, dilute the polish remover with a little bit of water, and use a stiff brush to quickly scrub away residue.

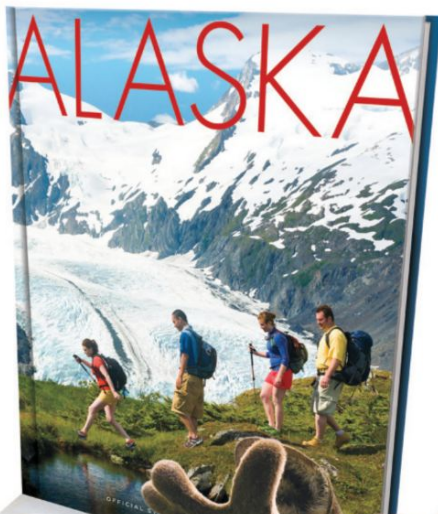
R

Sources: thehuffingtonpost.com, ecosalon.com, allwomenstalk.com



PHOTOGRAPH BY TRAVIS RATHBONE

Get the **Hottest** Book From the **Coollest** State **It's FREE!**



Get your **FREE** official book today

Alaska – the people, the places, the beauty. It's like nothing you've ever experienced before. Find out how easy it is to plan a visit. For a **FREE** official Alaska State Vacation Planner, simply mail the reply card or visit us online.

ALASKA
Beyond Your Dreams. Within Your Reach.



For a **FREE** Official State Vacation Planner, visit TravelAlaska.com/rd

All-American Family Adventures

BY LAUREN GNIAZDOWSKI



Go Dogsledding

Bond with man's best friend in Jefferson, New Hampshire, at the Muddy Paw Sled Dog Kennel any time of year. (Sleds have wheels or runners depending on weather conditions.) Guides encourage families with kids ages two and up to "meet the dogs, help harness and hitch the team, and even help drive the sled," says familyvacationcritic.com. Choose from trips and tours that last for several hours, a full day, or overnight. **Rides start at \$300 per sled; call for rolling-sled prices; dogslednh.com.**



Take the Ride(s) Of Your Life

Visit Cedar Point in Sandusky, Ohio, for an underappreciated place to seek thrills. "Even though it's located off the beaten track, experts (like those at *Amusement Today*) regularly praise Cedar Point as the best overall theme park in the country," says *U.S. News & World Report*. The park calls itself the roller coaster capital of the world, and with 16 to choose from, it's hard to argue. Plus, there's a water park and countless other attractions to keep everyone entertained. It's open daily from May 10 through Labor Day;

PROP STYLIST: SARAH GUIDO FOR HALLEY RESOURCES

weekends only from Labor Day through November 2. **Tickets start at \$48.99 per person if purchased online; cedarpoint.com.**

Surf Sand Dunes

Swap your snowboard for a sandboard, and head to Sand Master Park in Florence, Oregon. *Real Simple* recommends learning the basics at this private dune park, “which offers board rentals and lessons—often taught by world-champion sandboarders.” Then you can hit the “slopes” to test your skills. Afterward, build a castle in the giant sandbox, or take a dune buggy ride around the park to check out the scenery.

Rentals start at \$10 per day; lessons start at \$45 an hour per person; sandmasterpark.com.

Dig for Dinosaurs

Most kids (and adults) love dinosaurs, and to make their wildest dreams come true, head to Fruita, Colorado. The Museum of Western Colorado offers Dino Digs for children ages five and older. You can choose from one-, three-, and five-day expeditions. Kids work alongside professional paleontologists as they search for new bones and tracks at the 150-million-year-old dig site, which extends into Utah. “Imagine how

your child will feel when she helps unearth the fossilized bones of ancient species,” says *Outside* magazine. **Digs start at \$125 per person; museumofwesternco.com/dino-digs.**

Roam Free on a Dude Ranch

Dust off your cowboy boots and ready your Stetson for a visit to this Rocky Mountains paradise. Located in Augusta, Montana, “Triple J has everything an aspiring cowboy [or girl] could long for,” says *Sunset* magazine, including hiking trails, fishing trips, campfires with sing-alongs, and, of course, horseback rides. Buckaroos of all levels are encouraged to saddle up, and guests ride the same horse for the duration of their stay. The ranch operates from June through September; kids- and adults-only programs are available. **All-inclusive stays start at \$1,360 per adult, \$1,276 per teen, and \$1,168 per child; triplejranch. R**



The best experiences can't be planned, so ...

Remember to Get Lost

BY JONATHAN PETRINO FROM MEDIUM.COM

🌀 I RECENTLY TRAVELED to San Francisco for some meetings and found myself with a half day to kill. My options: The 49ers' first game of the season, against the Green Bay Packers. The America's Cup sailing races. Or I could get lost.

After a horrendously long line at the car rental center, I was free. So I disappeared into the fog and clouds shrouding the Pacific Coast Highway and headed south with absolutely no destination in mind.

I drove through tunnels carved out of the mountains and stopped at a few state beaches; at one, I watched a wedding out on the cliffs among the crashing waves.

Back in the car, I drove toward San Gregorio, a town that you can easily miss. I know because I drove right through it and ended up on a pine tree-bordered ribbon of asphalt

that felt like it would go on forever.

A few people milled around outside the San Gregorio General Store, smoking cigarettes and talking about the motorcycles they've owned over the years. Inside, I found a bar with regular patrons, a guitar duo, and, of course, a full-on store. I ordered a Pacifico, grabbed a seat, and watched the guitarists jam out. Then I congratulated them, threw a couple of wrinkled dollars in their bucket, and walked back out into the world.

The day could have been so different: crammed into a stadium or bar half-watching sports. But this was much more rewarding. Hours prior, I was on a flight with the masses, going through the motions. Then I was out on my own, having an unexpected and unrepeatable experience.

I learned something on September 8: Don't be afraid to get lost—on purpose or otherwise—and have zero expectations. It will be good for you. I promise. **R**

Connections

your link to values and insights each month

Adventure of a lifetime in Alaska!

Alaska is one of the most beautiful and unforgettable places on Earth. Get your FREE Official Alaska Vacation guide to start planning your trip today!

www.TravelAlaska.com/rd



Fresh Step® Triple Action Litter

Fresh Step® Triple Action Scented Litter fights odor from all three sources for a litter box that's fresher than ever. Block odors caused by urine, feces, and bacteria with a formula that has your bases covered.

FreshStep.com



Live the Traveler's Life

Enjoy the freedom of guided travel with Collette. Across all seven continents, we blend incredible must-sees with places you could never go on your own.

Visit GoCollette.com
or call **877-951-8687**



go to readersdigest.com/connections for more!

Still experiencing heartburn?

Nearly **1 in 2** people taking a 24-hour medication like Nexium®, Prilosec OTC®, or Prevacid® still experience occasional symptoms.*



Use Gelusil®
between doses.

It's the antacid brand doctors use most in clinical studies when patients need immediate relief while taking a 24-hour heartburn medicine.†

Gelusil®

#1 rescue treatment for
immediate heartburn relief‡

*Jacobson BC, Ferris TG, Shea TL, Mahis EM, Lee TH, Wang TC. *Am J Gastroenterol* 2003, 98 (1):51-58.

†#1 brand used in clinical trials on patients who experienced heartburn after taking a PPI acid reducer (data on file)

Nexium®, Prilosec OTC®, and Prevacid® registered trademarks are property of their respective owners.

©2014 WellSpring

If you've let Valentine's Day shopping slide, these tips can rescue your holiday

Last-Minute Love Gifts

BY JENNIFER JOLLY

FROM USA TODAY

Make a Sweet Photo Album

Lovestagram does your romantic bidding. The simple-to-use valentine creator generates a heartfelt story line out of shared Instagram photos. You choose the images, and it designs a digital album to send to your sweetheart.

Put It into Words

Compose your own love poem—one that's actually good—via the Instant Poetry HD app, or create and print personalized coupons through americangreetings.com.

Nurture the Flame

If you're in a long-term relationship, the Icebreak for Couples app is a good option. It prompts you and your significant other to take surveys together, share sketches or photographs, and report special moments

once a day, all of which can help you stay close.


Get Flowers Fast

Try the website subscription service H.Bloom. Last year, it offered a Hero bouquet of red roses with same-day delivery.

Book a Last-Minute Getaway

If you want to up the ante on a spur-of-the-moment romantic evening, the HotelTonight app shows hotel rooms available in a particular city.

A Timeless Option

There is a final alternative: Turn off the gadgets for a night, and lavish attention on your loved one. 



Home Remedies for Smartphone Emergencies

BY WHITSON GORDON FROM LIFEHACKER

■ UNCLOG A CHARGING PORT

Over time, your charger may not fit as well into the port. Try this simple fix: Use a sharp toothpick to remove lint and dirt from the port.

■ CLEAN UP FUZZY NOISE

Turned off by inferior sound when you plug speakers into your headphone jack? To improve audio quality, stick a cotton swab into the jack and use it to clear out any gunk.

■ REPLACE A SHATTERED SCREEN

Replacing your phone's screen is actually pretty easy. All you need is some tools and a little courage. Get instructions and a repair kit online at a site like icracked.com.

■ RESURRECT A SOAKED PHONE

If your phone takes an unexpected swim, remove the battery (if possible), and place the device in a bag of rice for a day or two to absorb the moisture. With any luck, your phone will be as good as new once removed.

■ IMPROVE A MEDIOCRE LENS

Salvage a DVD player's lens—the little piece that guides the disc-reading laser—and use it on your phone's camera. Put the lens on top of a small piece of painter's tape, cut a hole for it to peek through, and mount it over your phone's lens with extra strips of tape for better pictures. **R**



ALL IN

A Day's Work



"Frank here came up with the idea of billing customers for products and services we don't provide."

FOR MUCH OF HER bartending shift, my wife had to contend with a rowdy customer. At the end of the night, he demanded, "Where's the bathroom!?"

"Go down the hallway, and you'll see a door marked *gentlemen*," she said. "But don't let that deter you."

JASON DAVID, Hertfordshire, England

MY COUSIN ONCE called in sick to work because of a "death in the family."

I was her boss.

reddit.com

IT'S WINTER BREAK time, and a lot of people will be traveling. Which means it's also a great time to be the person who gets to approve visa requests, like these handed in by travelers to England.

■ "I want to be closer to Elton John. He doesn't come to Togo. Do you see him much in Britain?"

■ "Do you know if it's easier to find a wife in England? I'm struggling here [in Peru]."

■ "Is everybody friends with the queen?"

From globalvisas.com

SUPERVISOR: This project isn't something we can finish off quickly. It's like an onion. It has layers that we have to peel away, one by one.

COWORKER: And it will make us cry a lot. notalwaysworking.com

THESE OFFICE DRONES know exactly what you're thinking at work:

■ No one likes hearing "agree to disagree." Why don't we just say, "You're wrong, but I don't feel like fighting about it right now"?

■ Sorry, I don't listen to lectures on being organized from people with 60 icons on their laptop's desktop.

■ Answers to questions asked on the way to the bathroom are not legally binding. People will agree to anything in that situation.

From meetingboy.com

A DOCTOR SENT THIS note to our medical clinic: "Patient needs a referral for your office from me. I saw her for her ankle and would like you to run over it." **M. P.**, via e-mail

ANALYST: I can give you the numbers, but you can't go public with it.

MARKETING MANAGER: I'm not going to go public with it. I'll just present it at a meeting.

ANALYST: Who's going to be at the meeting?

MARKETING MANAGER: It's a stakeholder meeting. So whoever wants to come. You know, it's open to the public. From overheardintheoffice.com



HAPPY BIRTHDAY, FACEBOOK!

On February 4, we'll celebrate ten years of people posting unintentionally funny status updates from their office cubicles when they should be working. Here are some of the crazier ones:

STATUS: My baby boy is officially one year old!!!! Can't believe it's already been 656 days!

STATUS: Craving food I don't have. My first world problem this morning.

COMMENT: Well, it's kind of a third world problem too.

STATUS: I think about him 31/7 cause he's on my mind even when I'm sleeping.

COMMENT: There's still 24 hours in a day when you're sleeping.

STATUS: Wait, huh?

STATUS: Dear Facebook, Thanks for informing me it's my wife's birthday *today*. Do you know what would be more useful?!?! Some kind of warning system ... i.e., notification that it's her birthday in a few days!

From lamebook.com

Anything funny happen to you at work lately? It could be worth \$100. See page 7 for details or go to rd.com/submit.

Heart Attack Prevention: What Docs Don't Learn

BY JOEL K. KAHN, MD



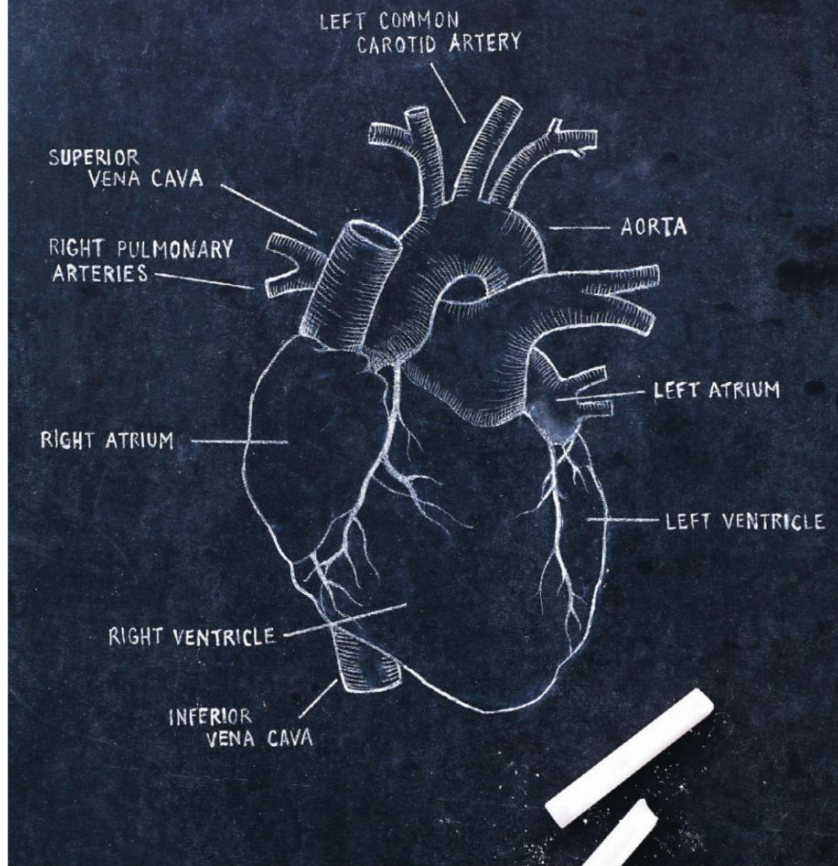
JOEL K. KAHN, MD, is a clinical professor of medicine at Wayne State University and the director of cardiac wellness at Michigan Healthcare Professionals. He is the author of *The Holistic Heart Book*.

❧ I STARED AT 250 YOUNG FACES as I stood at the front of a giant circular auditorium. I was about to deliver a lecture on preventive cardiology to the second-year medical students at Wayne State University School of Medicine. They were well educated in determining cholesterol-lowering drugs and even performing bypass surgery. But how to ensure that a patient never ends up in a cardiologist's office in the first place? This had never been taught.

I was thrilled that the medical school had made such a historic change in its curriculum and had tapped me, a professor of medicine, to help put that change into effect. But how would I ever condense everything I knew about preventing heart disease into a lecture that lasted not even one hour?

I can't believe what I'm not going to tell them, I thought.

That's why I wrote *The Holistic Heart Book* (holisticheart.com, \$24.96), to cover what I would have taught those students if I'd had more time. It includes dozens of prescriptions that will help you make your heart last a very long time. None requires a trip to a drugstore. And yet despite hundreds of research studies and anecdotal support for these prescriptions, health-care professionals don't routinely share them.



STYLIST: SARAH CAVE FOR BIG LEO

I wish I could teach all future cardiologists to discuss these lifesaving tips with their patients. Thankfully, I can now offer some of my most important lessons to you directly:

The most powerful medicine: food

I've personally followed a plant-based diet for decades, but when the medical literature started reporting that this eating style helped reduce

the rate of heart attacks, I began recommending it to patients. Many of them don't go meat-free, but they still benefit from these tips:

■ **HAVE AT LEAST FIVE CUPS OF VEGGIES A DAY** Two of the largest studies examining how eating habits affect chronic disease have found that people who ate eight or more servings a day were 30 percent less likely to have a heart attack or stroke

than people who consumed one and a half servings or fewer. So eat at least five cups of fruits and vegetables a day. My patients find it easy—and tasty—to drink some of their servings by making a greens-based juice (with fruit) in a blender.

■ DRINK THREE CUPS OF TEA

A DAY Green, black, and oolong varieties help reduce levels of total cholesterol and triglycerides, regulate levels of blood sugar, and soothe inflammation.

■ IF YOU MUST EAT MEAT, EAT IT

NAKED Forgoing animal products can be a drastic change. At the very least, avoid processed meat like hot dogs, sausages, and bacon. Harvard researchers found that every 1.8 ounces of processed meat eaten more than once a week raises heart disease risk by 42 percent. In addition, eat meat that's as "naked" as possible—no antibiotics, hormones, or hidden additives. Opt for grass-fed animals, which have more heart-healthy omega-3 fatty acids than grain-fed animals.

■ **CHOOSE SMASH FISH** SMASH fish are: sardines, mackerel, anchovies, salmon, and herring. They are your best sources of heart-healthy omega-3s (known to reduce inflammation, heart rhythm disturbances, triglyceride levels, and blood pressure). They are also less likely to be contaminated with toxins than other types.

Fast 11 hours every night

The body needs this break to repair metabolic functions. Skipping this fast—say, with a midnight snack—can cause a rise in inflammation, blood sugar, blood fats, and cell aging. Put a mental "closed" sign on your kitchen after dinner, ideally around 7 p.m.

Practice active acts of kindness

People who spend more time being sedentary are 73 percent more likely to develop metabolic syndrome, a cluster of problems that raise heart disease risk. One way to motivate yourself to get in small bouts of physical activity: Do them for someone else. While you're out shoveling snow, clear your neighbor's walkway too. Instead of sitting down on the bus, give your seat to a fellow passenger.

Take vitamin "Y" every week

Yoga has a direct and powerful impact on your heart. Patients with atrial fibrillation, the most common heart rhythm disturbance, who did yoga for three months had fewer episodes. In another study, when 30 people with high blood pressure practiced yoga for just five to seven minutes twice a day for two months, they had a lower resting heart rate and blood pressure compared with a control group who didn't do the exercises.

GOLD BOND.

ULTIMATE

diabetics' Dry Skin Relief

"Now, **dry skin** is
one less thing I have
to worry about."

TONJA,
TYPE 1 DIABETES



blood sugar



- Proven effective for diabetics' dry skin
- 9 out of 10 people with diabetes saw noticeable skin improvement in 1 hour*
- Moisturizes, hydrates & soothes dry skin

Love a pet

Pets seem to have an amazingly positive impact on stress, cholesterol levels, and blood pressure. One reason might be this: A pet's calmer energy field may affect ours. When experts monitor a person and a pet close to each other, they can show an interaction between the two fields, such as hearts beating in unison. Called coherence, this is a powerful tool that can help improve heart health. Don't own a dog? Volunteer at a shelter to reap healing benefits.

Sit in a sauna

We have all seen signs by saunas and steam rooms advising precaution for heart patients. But Japanese researchers have found that a special kind called an infrared sauna, which penetrates the skin with more energy than a typical dry sauna, can help the heart. Heart patients treated with this therapy at least twice a week had half the rate of hospitalization and death of a control group over a five-year period. It may improve the function of the cells that line the arteries. If you can't find an infrared sauna, you may benefit from a traditional dry sauna at your typical gym.

List something you're grateful for every day

When University of Connecticut psychologist Glenn Affleck interviewed 287 people recovering from a heart attack, he discovered that people who

found a benefit from their illness were less likely to suffer another within eight years. Each day, write down one or more things you are grateful for, and read the journal once a week.

Get busy

Men who have sex at least twice a week reduce their risk of heart attack by half compared with those who have sex only about once a month. Not even aspirin has that effect. If you have heart issues and are worried about a heart attack while in the act, let me reassure you: Sexual activity is about as taxing as light exercise. If you feel fine climbing two flights of stairs, you should feel safe in the bedroom.

Open your windows

The air inside your home might be even more polluted than the air in the world's dirtiest cities. There are dozens of possible sources—hairspray, candles, fumes from the nonstick coating on your cookware. While any might be harmless in small amounts, the caustic brew they create when mixed together can turn up inflammation, raise blood pressure, and harden arteries. Open windows on milder days, and use a fan to circulate the air to reduce indoor air pollution levels.

Clean with kitchen staples

Many cleaning products—even some “green” ones—contain chemicals that have been linked to stroke and high blood pressure. When possible,



CERTIFIED HEART-HEALTHY BY THE AMERICAN HEART ASSOCIATION



CERTIFIED HEART-HAPPY BY YOU



Over 40 choices of Campbell's® Healthy Request® soups are certified heart-healthy by the AHA.



M'm! M'm! Good!®

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

clean your kitchen with items you'd cook with, such as white vinegar, lemon, baking soda, and cornstarch.

Toss your plastic containers

Chemicals in plastic, such as bisphenol A (BPA) and phthalates, leach into the food in these containers. If

enough residue accumulates in your body, it can throw off your hormonal system. Studies have linked levels of BPA in people's urine to heart disease risks. More than 15 medical papers link phthalates to cardiovascular issues. Use glass, ceramic, or stainless steel storage containers instead. **R**



TRADITIONAL TREATMENTS I DO DIFFERENTLY

I OFFER HIGH-TECH TESTS Most people have never had calcium scoring of their coronary arteries, an ultrasound measurement taken of the medial thickness of the carotid arteries, or an EndoPAT, which assesses the health of the lining of the arteries. They've never heard of such tests, and that's because their doctors haven't mentioned them. Instead, their doctors probably offer cheaper tests, such as routine blood work and EKG, which often do little to find hidden heart disease.

I MINIMIZE STATIN SIDE EFFECTS WITH COQ10 When I put patients on statins, their total and LDL cholesterol levels can drop by 50 percent or more. That's an impressive result, one that may lead to improved arterial health. But statins aren't a cure-all. They have undesirable side effects (muscle weakness, fatigue, memory problems) and can even raise the risk of other serious diseases like diabetes. To help offset these side effects, ask your doctor about taking the supplement CoQ10, a natural substance that helps your heart cells produce energy and function optimally.

I HELP PATIENTS BYPASS A BYPASS SURGERY If your doctor has suggested angioplasty or a bypass, ask about external counter pulsation (ECP), along with optimal medical and nutritional therapy. This procedure applies intermittent pressure to the body externally, which boosts blood flow and heart performance. For the treatment, you lie on a padded table one hour a day, five days a week, for seven weeks (a total of 35 hours). Pressure cuffs placed around the legs and hips inflate and deflate. When researchers compared ECP with a placebo procedure during which the cuffs were not inflated, ECP resulted in fewer episodes of chest pain and smaller areas of poor blood flow as seen on heart scans. After 35 hours of therapy, the improvement is often sustained for months or even years.



Patient Name: _____ Age: _____

Address: _____ Date: _____

**Cardioiva™
maintains healthy
cholesterol levels
without a
prescription**

Introducing Cardioiva™

The #1 Cardiologist recommended probiotic*.

You depend on your doctors' advice to stay heart healthy. So choose the natural heart health probiotic developed by them. Cardioiva™ safely maintains healthy cholesterol levels -- high blood cholesterol is one of the major risk factors of heart disease. Cardioiva's probiotic formulation supports both heart health and digestive health.

Cardioiva™ is a heart health supplement and is not intended to replace cholesterol reducing medication.



www.MyCardioiva.com



Love Your Heart **Naturally.**

*Among U.S. cardiologists who recommended a brand of probiotic in a Symphony Health Solutions 2013 Survey.

Available at **Walgreens**

Save thousands on high-tech, customized digital hearing aids.



Hear what you've been missing.

"To say I'm pleased with my hearing aids is putting it mildly. They are attractive and extremely helpful."

Myrtle F., Missouri

"... and at about one-fourth of the going cost."

Howard B., California

Each state-of-the-art hearing aid:

- Is custom-programmed to your specific hearing needs, providing enhanced sound quality
- Is easy-to-use, automatically adjusts to your environment
- Is available in small, discreet and comfortable styles
- Includes robust nationwide customer support and free daily hearing aid seminars
- Has a no-risk, 70-day money-back guarantee

Only \$799 – \$999 each.*

Go online to check out our low pricing on hearing aid batteries.



*People with UnitedHealthcare® insurance may have even lower pricing.

hi HealthInnovations™
a UnitedHealth Group company

Go online or call to learn more.



hiHealthInnovations.com



1-888-547-1506

Doctors' Orders

Shocking Diseases That Eye Doctors Find First

BY THE PHYSICIANS OF *THE DOCTORS*

BLOOD PRESSURE? Check. Weight? Check. Pee in a cup? Check. Seeing an eye doctor regularly? Patients may be caught off guard if their doctor asks the last question during an annual checkup. Here's why we inquire. The retina, or the back of the eye, is the only place in your body that gives doctors a close-up view of your blood vessels and nerves without your needing to be cut open. This makes a routine eye exam very useful for detecting important medical issues at their earliest stages. We asked some of our trusted eye-care experts to tell us which conditions they may help diagnose during your regular exam.

Cancer

An eye exam may save your life. We can find everything from brain tumors to breast and lung cancers that have spread to the eye, says Joseph Pizzimenti, an optometrist and asso-

ciate professor at Nova Southeastern University College of Optometry Eye Care Institute in Fort Lauderdale, Florida. Certain types of bleeding in the retina can signal leukemia. Eye doctors can diagnose brain tumors based on changes in a patient's field of vision. Malignant melanoma can strike in back of the eye, and patients often don't know it is there

Cohost Jennifer Ashton, MD



unless the cancer is in the very center of their field of vision, Pizzimenti says.

Diabetes

One of the first clues for type 2 diabetes may be a small amount of bleeding in the retina, which is a symptom of diabetic retinopathy. “I see patients every day who have this damage and who haven’t yet been diagnosed with diabetes,” says Pizzimenti. Left untreated, the condition can lead to blindness, but managing it cuts this risk in half. When diabetic retinopathy is detected early, lifestyle changes such as eating healthier and losing weight can help prevent further damage.

High blood pressure

Blood vessel damage, including weakening and narrowing of the arteries, can signal high blood pressure, says Jessica Ciralsky, MD, assistant professor of ophthalmology at Weill Cornell Medical College in New York City. Multiple large-scale studies have found links between heart disease and narrowing of small blood vessels in the retina, according to a paper in the *American Journal of Medicine*. These connections are particularly strong in people without traditional heart disease risk factors.

Multiple sclerosis

Optic neuritis—inflammation of the optic nerve—can be a harbinger of MS, a degenerative disease of the nervous system, says Mitchell Munson, president of the American Optometric Association. Optic neuritis occurs in 75 percent of patients with MS and is the first symptom of the disease in up to 25 percent of cases. (A diagnosis of optic neuritis doesn’t automatically mean you have MS; it could also be the result of an infection or other causes.) “Patients with optic neuritis often have blurred vision, but I have diagnosed this in some people with no symptoms at all,” Munson says.

Rheumatoid arthritis

About 25 percent of RA patients have eye issues; dry eye is the most common. Another clue: “If a patient has two bouts of iritis—painful inflammation of the iris, or the colored part—in a year, or three in 18 months, we suspect rheumatoid arthritis,” Munson says. People with RA, an inflammatory disease that affects small joints in the hands and feet, have high levels of inflammatory chemicals in their blood. Sometimes these can migrate to the eyeball as well as to the joints, explains Munson. **R**

YOUR DAILY DOSE The health teams at *The Doctors* and *Reader’s Digest* partner monthly to prescribe feel-great advice. Check local listings to watch the hit show every day.





It's hard to lose weight eating like a rabbit.



Atkins Chicken & Broccoli Alfredo



Sharon Osbourne lost 25 lbs.* thanks to Atkins. With Atkins, you don't have to feel hungry and deprived to lose weight. You eat delicious and filling low-carb foods — and add veggies, fruits and whole grains. So whether you're dining out or eating at home, you never have to suffer on your diet. Sign up for your free Quick-Start Kit today.



Eat to succeed™



Get your **100% FREE Quick-Start Kit****

INCLUDING 3 FREE BARS. Go to atkins.com/begin or call 1-888-713-ATKINS

* Results may vary. Weight loss is influenced by exercise, food consumed and diet. The average person can expect to lose 1-2 lbs. per week.

** No obligation required. Offer limited to U.S. residents only. Limit one per household while quantities last.

World of Medicine

Doc, Are Your Hands Clean?

One third of patients surveyed at the University of Pittsburgh Medical Center said they didn't see doctors wash their hands, even though the practice is a major way to control infections in health-care settings. But nearly two thirds of those patients didn't challenge the doctor about it. Too shy to speak up? Say something like "I'm embarrassed to ask you this, but would you mind cleaning your hands before you begin?"

Why We Love a Baby's Smell

Feel like you could "just eat up" a newborn? Scientists recently monitored the brains of 30 women as they sniffed newborns' undershirts; half had recently given birth, and half never had. As the women smelled the newborn scent, all their brains showed activity in the pleasure center—the area that lights up after you, say, eat chocolate or play slots—but the new moms' brains lit up

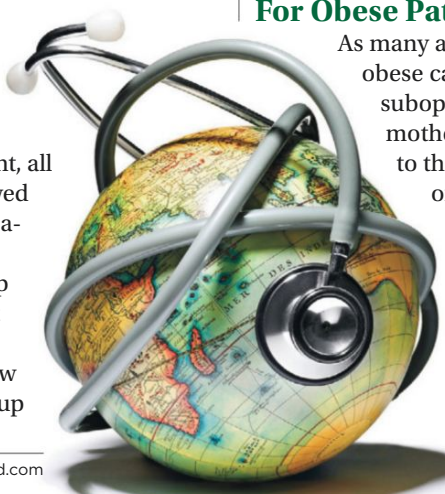
more than those of the childless women. This mental hard wiring may strengthen the mother-child bond by rewarding moms for their caregiving.

Is Your Glass Making You Drunk?

The type of wineglass you sip from and how you pour vino may affect how much you imbibe. When researchers observed drinkers during happy hour, they found that people poured about 12 percent more if they used a wide-mouthed glass rather than a narrower one and if they held the glass instead of setting it down. Such factors affect our perception of volume.

Better Cancer Treatment For Obese Patients

As many as 40 percent of obese cancer patients get suboptimal levels of chemotherapy, according to the American Society of Clinical Oncology (ASCO). This may partly explain why they are less likely to survive than those who are not obese. New ASCO guidelines advise



doctors to calculate most chemotherapy dosages based on an individual's weight instead of an average dose. To ensure that you or a family member get sufficient treatment, ask your doctor if he prescribes in accordance with weight-based dosing.

A Safer Shot for Back Pain

Epidural steroids are a common way to relieve back pain, even though the drugs may raise the risk of osteoporosis and raise blood sugar. Now Johns Hopkins researchers have discovered that it may not be just the steroids that are responsible for soothing achy backs but some other component, like saline solution. Saline may help flush inflammatory chemicals, providing pain relief. After researchers reviewed 43 studies involving more than 3,600 patients, they found that steroids in the epidurals were responsible for less than half of the short-term pain-relieving effects. This suggests that patients may reduce pain with lower doses of steroids.

Two Foods That Made Us Fat

Americans consumed about 500 more calories a day in 2010 than they did in 1970. Much of the increase is due to a growth in the consumption of cheese and flour, says Bonnie Liebman, author of a new Center for Science in the Public Interest report. Cheese is now in many more foods: soups, salads, sandwiches, and even pizza crusts.

Oversize portions of grains—such as jumbo wraps—have largely contributed to the rise in flour consumption. Keep intake of these foods in check. A serving of cheese, for example, is equal to about four small die.

Ending “Just in Case” Antibiotics

A new blood test may help doctors easily determine whether a sick patient has a viral or a bacterial infection, which may reduce the number of antibiotic prescriptions that are improperly ordered for viruses. The test, developed by Duke University researchers, identifies which genes have been activated by a patient's immune system to fight off an infection; certain genes are specific only to viruses. The test could be available in three years.

Boost Broccoli's Cancer-Fighting Prowess

Cruciferous veggies like broccoli are a good source of sulforaphane, a compound with anticancer properties. It forms in the presence of a certain enzyme called myrosinase. But many common methods of cooking broccoli, such as boiling and microwaving, destroy myrosinase. University of Illinois researchers have found that eating other foods that contain myrosinase—such as radishes, wasabi, and arugula—with your broccoli increases the cancer-fighting compound. So have an arugula salad with that broc for a healthier meal. **R**

Amazing WAYS THEY SAID *I love you*

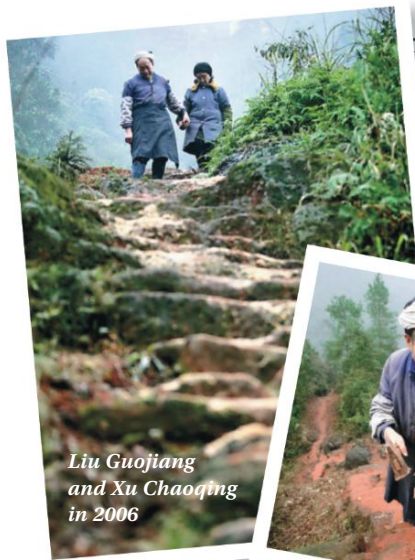
HE WROTE TO SANTA

Eight-year-old Ryan Suffern didn't ask for toys or gadgets in his letter to Santa last year. Instead, he made a simple plea for his twin sister, Amber. "I wanted a remote control car and helicopter, but I don't anymore," Ryan wrote. "Kids at school are still picking on Amber. I prayed that they [would] stop, but God is busy and needs your help." CNN got wind of the letter after the twins' mother, Karen, shared the story on Facebook, and the media attention sparked an outpouring of support. Nickelodeon star Stephen Kramer Glickman sent a video message to the twins, and strangers have donated gifts to the family. When Ryan and Amber went back to their Rocky Mount Prep school in North Carolina after their holiday break, the bullying had ceased. "I have new friends," Ryan told his mother. "They are going to look out for Amber too."

DAMON BERES

"He protects me," Amber said of her twin brother, Ryan.





*Liu Guojiang
and Xu Chaoqing
in 2006*



HE CARVED **6,000 STEPS**

In Gaotan, China, in 1942, Liu Guojiang came upon a woman and one of her daughters who had tumbled into a river while washing clothes. Liu rescued them—and promptly fell in love with the woman, Xu Chaoqing. She considered Liu a hero, but some community members didn't approve of the couple's ten-year age difference. So Xu and Liu eloped, and they and Xu's four children retreated to an abandoned straw hut in the mountains of Chongqing. Worried that his wife would get injured on the small, steep trail between the hut and the town below, Liu spent 57 years—and broke 36 steel chisels—carving 6,000 steps by hand into the mountainside to ensure that his wife could ascend and descend without trouble. Liu maintained the stone staircase until his death, in 2007, at the age of 72. Xu passed away on October 30, 2012. The two are buried on the same mountain where they'd built their lives together.

ALISON CAPORIMO

SHE GAVE HER GIRLS SIGHT

Monique Zimmerman-Stein, already blind in her right eye from a rare genetic disorder, began to lose sight in her left eye in 2007. Her doctor informed her about injections of Avastin that might help treat her condition, but they were terribly expensive. Monique and her husband, Gary, had used up most of their savings, but they decided to put the cash toward eye treatments for their daughters Aliyah, now 14, and Davida, 17, who also have the disorder. (Monique's eldest daughter, Ariel, 26, doesn't have the condition.) "I'll give up anything to make sure that my girls have what they need," says Monique, 53, who is now completely without sight and is an advocate for the blind. Says Aliyah, "Mom taught me that you have to do what's right for the people you love." Despite Monique's efforts, there is still a good chance that her daughters will lose their sight eventually. So she encourages the girls to help their neighbors and to look closely and carefully at the world, then close their eyes and tell her what they see. Says Monique, "I want them to see everything they can until they can't."

A. C.

*From left:
Davida,
Monique, and
Aliyah*



HE CAUGHT A HOMECOMING

Darla Harlow had been selected to throw out the first pitch at a home game of the Mississippi Braves, a minor-league baseball team outside Jackson, Mississippi. Without her husband, Michael, there—he was on duty in Afghanistan as an Army major—she was excited to pitch in front of her two daughters, Casey and Molly Carol. Darla stood on the pitcher's mound and launched a baseball toward the catcher at home plate. Oddly, he let the ball fall. In one quick move, he snapped off his mask. It was Michael. "I couldn't think," Darla told a local news organization. "I had no clue what was happening." Michael had spent months planning the surprise with his daughters and the Braves. He told reporters, "This is something we'll never forget."

ALYSSA JUNG

THEY GOT HIM DOWN THE AISLE

Last October, ICU nurses at the University Hospitals Seidman Cancer Center in Cleveland gave patient Scott Nagy special assistance. They carefully buttoned a crisp white shirt over his breathing tube, helped him into a black sport jacket, and pinned a red rose to his lapel. Diagnosed two months earlier with terminal urethral cancer, Nagy was determined to attend his daughter Sarah's wedding. "Scott is the most courageous person I've ever met," says nurse-practitioner Jacky Uljanic. "He'd say, 'No matter what, I'm going to make it to the wedding.'" Twelve medical professionals made it happen. Some helped load the 56-year-old into an ambulance, while others monitored his ventilator. Two nurses even wheeled him down the aisle in his hospital bed as he held hands with Sarah. Says Jacky of Scott, who passed away less than a month later, "[He] allowed us to look outside the box of traditional medical care. I was honored to help him."

D. B.

THEY CREATED AN IMAGINARY NIGHT WORLD

Refe and Susan Tuma of Kansas City, Missouri, were in desperate need of shut-eye. Their children—Adeia, six; Alethea, five; and Leif, two—rarely slept through the night, and it was taking a toll on the family. "We found ourselves putting the kids in front of the TV [instead of] engaging with them," says Refe. Surprisingly, a solution came in the form of plastic toy dinosaurs. For 30 nights in "Dinovenber," Refe and Susan posed the figures to depict scenes of mayhem and mischief—a raucous recording session, a dish-washing disaster, the interrogation of a Ninja Turtle. Now the kids can't wait to go to bed as they eagerly await the results of the nightly shenanigans. The Tumas urge other parents to try this at home. "Plastic dinosaurs are something every child has," says Refe. "But no one ever thinks about [using them] like this."

BETH DREHER



COURTESY REFE TUMA (6)



Kitchen duty gone awry



A turtle on trial



Reptiles on a roll



A Jurassic jam session



Storming the castle, dino style



A not-so-modern art exhibit



SHE JUST MAKES JELL-O

While my 89-year-old grandmother, Donna, doesn't bother to remember minor details like who I am or why I'm at her house, she vividly recalls conversations we may or may not have had many years ago. Apparently, while making awkward small talk over dinner, I once said, "This Jell-O is good." She took that to mean, "This is my favorite food of all time, and if you don't continue to make it, I will burn down your house." The next time I visited, she had a bowl of orange Jell-O with mandarin oranges in it just for me. I had to be polite, so I ate it all. She took that to mean I didn't think there was enough, so

the next time, she made even more. For each visit since then, she's made progressively larger quantities of the semisolid foodstuff. Noticing my predicament, the rest of my family stopped eating any of it because they are jerks and think it's funny to watch me jam a cubic yard of gelatin down my throat. They won't be laughing when I die from a fatal overdose of the stuff. Actually, they probably will, especially when my grandma makes a bathtubful of Jell-O for the funeral potluck. **JAMES BREAKWELL**

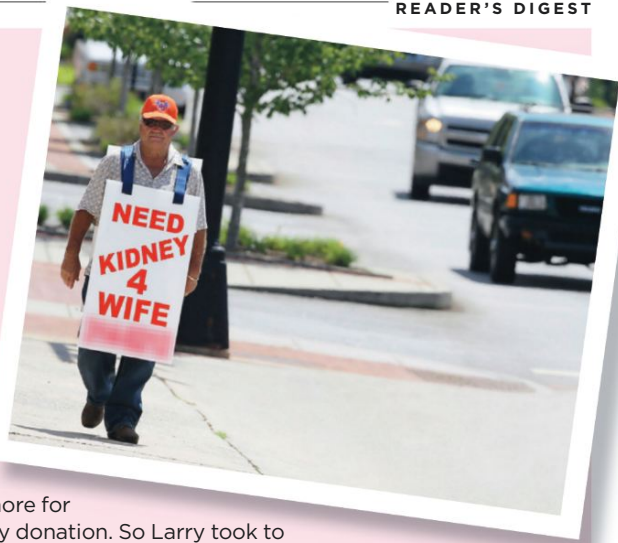
James Breakwell blogs about life and family on explodingunicorn.blogspot.com.

HE TRACKED DOWN A KIDNEY

When doctors told Larry Swilling, 77, that his wife Jimmie Sue's only kidney was failing, he knew he had to do something quickly. Larry couldn't donate to his wife of 57 years, and Jimmie Sue, 76, was too sick to wait three years or more for

an anonymous kidney donation. So Larry took to the streets of the couple's town of Anderson, South Carolina, wearing a homemade sign that read *Need Kidney 4 Wife* in big red letters. Larry got some strange looks as he hung around busy street corners, but "I don't care what people think," he told CBS News. "She looks after me, and I look after her." After the local news covered the story, Larry's act of love went viral, inspiring more than 100 strangers to get tested to donate to Jimmie Sue. Nearly a year after Larry began his unconventional search, the couple found a match, and Jimmie Sue underwent surgery to receive a kidney from Kelly Weaverling, a 41-year-old retired Navy lieutenant commander from Virginia. Says Kelly, "I just had a feeling that it was the right thing to do."

A. J. 



FEAR OF FLUTING

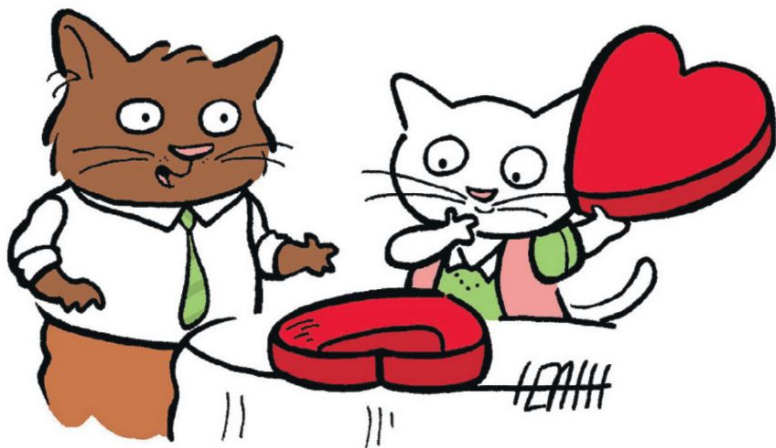
If you are a phobophobic, the only thing you have to fear is, literally, fear itself. Here, some other strange but real phobias:

- **Aulophobia:** a fear of flutes
- **Geliophobia:** fear of laughter
- **Metrophobia:** fear of poetry
- **Arachibutyrophobia:** fear of peanut butter sticking to the roof of one's mouth

from rd.com

Laughter

THE BEST MEDICINE



"I know how you love empty boxes."

I ATE A GLUTEN-FREE, lactose-free, low-carb pizza for dinner tonight. (It was a raw tomato.) @SAMIR

TWO BABIES are sitting in their cribs, when one baby asks the other, "Are you a little girl or a little boy?"

The other baby shrugs. "I don't know how to tell the difference."

"I do," says the first baby. He carefully climbs out of his crib and into the other crib, then disappears beneath the blankets. After a few seconds, he resurfaces.

"You're a little girl, and I'm a little boy," he says.

"How can you tell?"

"Easy. You've got pink booties, and I've got blue ones."

IT WOULD BE KINDA embarrassing trying to explain what an appetizer is to someone from a starving country. "Yeah, the appetizer. That's the food we eat before we have our food ... No, no, you're thinking of dessert. That's food we eat *after* we have our food."

JIM GAFFIGAN

ODE TO A SEARCH ENGINE

Having trouble comparing thy significant other to a summer's day? Ask Google's autocomplete to help. Turns out, it puts Shakespeare to shame.

why doesn't |

why doesn't he like me

why doesn't he love me

why doesn't ash age

why doesn't oil dissolve in water

i want to |

i want to know what love is

i want to hold your hand

i want to break free

i want to draw a cat for you

someday i wil |

someday i will understand

someday i will be president

someday i will find you

someday i will treat you good

AS SOON AS the hospital made me put on one of those little gowns, I knew the end was in sight.

Submitted by **ADAM JOSHUA SMARGON**,
Newark, Delaware

MY WIFE SAYS I'm unsophisticated and uncultured, so to prove her wrong, guess where I'm taking her. Hint: It starts with "B" and rhymes with "wallet." **BRAD HAMER**, on ruminator.com

WE'RE EXPECTING some name-calling on Capitol Hill when the House is set to debate the debt ceiling again. Maybe our politicians could learn from our British friends in Parliament, who have made slurring their opponents an art form.

■ "The house has noticed the prime minister's remarkable transformation in the last few weeks from Stalin to Mr. Bean."

BRITISH POLITICIAN VINCENT CABLE,
on former prime minister Gordon Brown

■ "I don't want to be rude, but, really, you have the charisma of a damp rag and the appearance of a low-grade bank clerk."

BRITISH POLITICIAN NIGEL FARAGE,
on European Council President Herman Van Rompuy

■ "The honorable Member is living proof that a pig's bladder on a stick can be elected to Parliament."

MP TONY BANKS, on former MP Terry Dicks

A POLICE OFFICER pulled over a guy for weaving across two lanes of traffic. He walked up to the driver's window and asked, "You drinkin'?"

The driver said, "You buyin'?"

AT THIS POINT, the only thing Lady Gaga could do that would shock me is to come out onstage wearing a sensible pantsuit from Talbots.

@JENNYJOHNSONHIS

Your hilarious joke, list, or quote might be worth \$100. See page 7 for details, or go to rd.com/submit.

They'll run food or medicine, guns or drugs, for the highest bidder. They'll fly in planes that are held together by spit and duct tape. These ex-Soviet pilots are living lives that would frighten even James Bond.



Pirates 0

BY MATT POTTER FROM THE BOOK *OUTLAWS INC.*

THERE IS NO WARNING, just a sickening lurch upward as we abandon our flight path. A red light goes on in the cockpit. The instruments say we're over Kabul, Afghanistan, where we're supposed to be landing, only now we're climbing—and we're doing it too fast and too steep. "What's going on?" I ask in Russian.

"Missiles," shouts a crew member, Sergei, over the scream of the battered Ilyushin-Il-76—the Soviet-era cargo plane they've flown since their Red Army days. Under my feet, the gaffer-taped, 20-year-old jet groans and pops. "Here's where they start shooting."

For the first time, I notice he stinks, not just of sweat and oil but of booze.

The Ilyushin-Il-76 is valued for its ability to fly into and out of the world's most inhospitable spots, like this ice runway in Antarctica.

f the Sky

“Jesus! Who?” I ask.

He shrugs. “Mujahideen. Rebels. Soldiers. Mikhail is a top pilot. He knows the airstrip from the war. He’s got this method where he lands by climbing up high over the airport, then dive-bombing the runway, like a corkscrew. You don’t get shot down that way. His trick is knowing when to pull out of the dive. Incredible! You watch.”

Suddenly the plane levels off. The engines are almost hushed now, and an odd feeling of weightlessness washes up from the soles of my feet. It takes a moment for me to register the sudden downward tilt. Then we plummet earthward, and

my stomach passes up through the top of my skull.

Against my better judgment, I lean so that I can look over the pilot's shoulder. Mikhail is hunched forward like a man reading on the toilet or praying. Either way, I'm with him. The ground is more than very close now; it's just yards from the nose. Pull up. For God's sake, *pull up!*

The giant Ilyushin-Il-76 was the USSR's ultimate warhorse. A monstrous cargo jet first built in the early 1970s, it saw action on every front, in every capacity. It can carry 55 tons of guns, soldiers, tanks, bombs, or anything else halfway around the world. And these days, for half a million dollars, anyone can have one. But the Il-76 also carries a secret: Beneath the floor of the cargo hold, its Soviet creators added a number of extra spaces. Originally designed for escape equipment, armaments, and classified payloads, these secret chambers don't appear on any cargo paperwork; they won't be checked by customs; officially, they don't even exist. But they are there. And if you're determined enough to fill them—and foolhardy enough to fly—then your plane will carry up to 13 extra tons of phantom cargo—cargo that some men are determined to take airborne, though it means risking their lives.

Mikhail is one of those men.

"Some people deliver letters for the

post office. That's me," he explains, walking along the tarmac in Kabul. "Just a mailman. Only the parcels are heavier."

I don't know what I had expected an outlaw aviator and international gunrunner to look like, but Mikhail, whom I take to calling Mickey, is definitely not it. Heavy-boned and stooped, he looks 50, maybe more. His gaunt, ashen face carries a permanent expression of mild disappointment better suited to anti-smoking ads in hospital waiting rooms than to wanted posters at the UN.

"When the USSR broke apart," Mickey explains, "some of us took our chance to do something different." That something was a dramatic escape from the military and a bid for a piece of the private-enterprise pie. "We knew some people, and when they 'acquired' a military plane, we flew it down to Kazakhstan and, you might say, rebranded."

Call them, and they'll fly whatever you've got—guns, drugs, medical supplies—to wherever you want it. "We fly a lot of freight," Mickey explains. "Military things. And a lot of aid." Which has had the strange effect of turning Mickey, his men, and their "partners" into rather reluctant saints too. Because from Pakistan to Somalia, from famines to tsunamis, Mickey's battered Ilyushin is often the first to arrive in disaster areas with lifesaving humanitarian relief. Chartered by everyone from NGOs to Western governments, these planes are regarded as agile, respon-

sive, and able to get more aid closer to hazardous, harder-to-access disaster zones than anything else. Still, casualties are high, and the roll call of death makes for sobering reading.

Over just the past few years, an entire ex-Soviet crew and all passengers were killed when an Il-76 blew up in midair over Uganda; a Ukrainian Antonov An-12 (a Russian-built cargo plane similar to the Il-76) crashed on takeoff in Egypt, killing all on board; three out of four crew were killed while attempting a landing in the

national monitor recently identified these Ilyushin-Il-76s as a key to the transport of narcotics, suspiciously sourced diamonds, arms to terrorists, and sanctions-busting supplies to rogue regimes like North Korea.

In this world, a cargo hold full of blankets bound for a disaster zone can apparently transform—in midair—into one of land mines for a rebel militia or bootleg goods for a local Mafia. And a flight ferrying doctors and medicine may also hold in its secret compartments the very Kalashnikovs that

From famines to tsunamis, Mickey's battered plane is often the first to arrive in disaster areas with lifesaving humanitarian relief.

Congo; and an Il-76 on an aid run to Sudan burst into flames over Pakistan, killing all eight crew members.

Few of these airmen are putting their lives at risk for solely humanitarian purposes, however. "If you wanted to," a former pilot told me, "you could take off with whatever you like on board, wait until you're out of radar range, buy yourself some time by misreporting your position, divert somewhere to make an illicit rendezvous, land, unload your cargo, take on more contraband, and resume your original flight plan. In the places where these guys operate, nobody will notice if you're 40 minutes late."

This is a business where not everything is quite as it seems. One inter-

will be used to execute the patients.

John is an England-based middleman who matches crews with aid organizations. He recounts one wildcat Il-76 job that left the American military command in Afghanistan breathless with awe. "The U.S. military had this huge generator they needed to get to an airfield site they were planning in the south," he explains. "This was a remote area, and aside from a few pockets of U.S. troops, it was completely under bandit control. There was no fuel available for miles around, and none of the outfits we approached would touch it. They kept saying, 'We'll never get out again; how can we take off from an unprepared airfield with no fuel?'

“The job was priced between \$60,000 and \$70,000, but one day there’s a phone call from these Russian guys. They said, ‘We’ll do it, but it’ll cost you \$2 million, in advance.’ The Americans didn’t have a choice at this stage, so they paid. And sure enough, right on time, this ex-Soviet air force crew flew in, in this battered old Il-76, unloaded the generator, and then sat down for a leisurely smoke.

“Just as the Americans were wondering how they were going to fly out again, up clatters this old minibus driven by some Afghan bloke—and these airmen just get in and drive off.

“The Yanks were going, ‘Hey, how will you get the plane back?’ And the crew said, ‘We won’t. We bought it for this job, and we’re ditching it here.’ Half a million dollars it cost them. They held it together with string, just long enough to land, cleared \$1.5 million in profit, and left it to rust. It’s still there.”

The Four Turkeys Bar may be the sleaziest pilot pit in the whole of Entebbe, Uganda. Mickey, who arrived here in Uganda en route from the Congo to the United Arab Emirates, is so face-meltingly stoned that he can barely stand up. I am here with five very loaded mercenaries, and all their languages have mystically melded with mine into a series of half-finished gibberish, canny

smiles of recognition, and shouted exhortations to drink. Scanning the dark, narrow room, I spot Ugandan hookers, tattooed South African military contractors, and enough Russian airmen to form a squadron. Referred to by names like Little Minsk and Russiaville, bars such as the Four Turkeys provide homes away from home for Russian expats, even showing Russian sports on TV.

Close by is the office of Iain Clark, the director of a respected global air charter. Clark explains how one flight in 2010 underlines the anytime, anywhere capabilities of outfits like Mickey’s. He’d hired one outfit to make a cash-ransom drop to some Somali pirates. The Russian-speaking crew weren’t allowed to know their destination. They were simply given a set of GPS coordinates and handed a cheap mobile phone. “They had to fly to certain coordinates given by the pirate ship,” says Clark. “Once they got there, the pirates would text them new coordinates.” The pilot and his crew shrugged. No problem.

The plane steered a steady course toward the GPS coordinates, rising eastward, passing over Kenya and the wild borderlands of Ethiopia, then out over Somalia and low over the pirate-patrolled sea. As they roared on to their destination, the phone in the navigator’s hand buzzed. There was a new set of coordinates. The pilot turned his plane in a wide arc and followed this new instruction.

Keeping low, the crew scanned the water for boats, flares, RPG fire, anything. At this point, they could only trust it was not a trap. Then, at their next set of coordinates, they made visual contact with two small, fast boats in the water below.

The navigator's phone rang, and an English-speaking voice said simply,

based Russian aviator, tells me the ransom was dropped on behalf of none other than Lloyd's of London.

It's an intriguing counterpoint and one that highlights the way big Western shipping businesses and former Soviet pilots, legitimate blue-chip multinationals and Somali pirates, coexist—if not happily then at least in

A flight ferrying doctors may also hold in its secret compartments the guns that will be used to kill the patients.

"Don't stop. Just drop the money." The strongbox and its attached parachute were already positioned; the loading ramp, open. A crew member cut the lines, and \$20 million was released into the sky. The last thing the pilot saw as he turned the plane for home was the pirate boats speeding toward the strongbox.

Because the whole operation was carried out on a need-to-know basis, nobody—not even Clark—really knew what was going on. But the aircraft's operator, a Johannesburg-

a way that keeps the wheels of everybody's businesses oiled and rolling.

It's also a fascinating snapshot of the weird force field of mutually repellent opposites that keep outfits like Mickey's flying in the middle. When transactions are regularly called for between perhaps the world's most venerable finance institution and AK-47-toting cutthroats in speedboats off the Somali coast, there's only one mutually acceptable, ready, willing, and able group of middlemen. And it sure isn't UPS. **R**

FROM OUTLAWS INC: UNDER THE RADAR AND ON THE BLACK MARKET WITH THE WORLD'S MOST DANGEROUS SMUGGLERS. COPYRIGHT © 2011 BY MATT POTTER. PUBLISHED BY BLOOMSBURY, NEW YORK.



THE SECRET SQUEEZEBOX

A gentleman is someone who can play the accordion—
but doesn't.

TOM WAITS

Lousy Ideas... That Worked!

BY ANDY SIMMONS

Once in a while, a truly dim-witted suggestion is proposed, someone in a position to know better says, “Sure, what the heck, let’s try it,” and, lo and behold, it succeeds. Here are a few such tales.

A “Relations” Strike

As long as anyone could remember, the lone road that linked the small Colombian village of Barbacaos to the rest of the world had been awful. So bad that it took half a day to make the 35-mile trek to the next town. Demands that the road be fixed went unheeded. The last straw came when a young woman and her unborn child died in an ambulance after it got stuck on the road and couldn’t reach a hospital in time. Women hit the streets last June in a mass protest dubbed “the cross legs movement.” In short, there would be no lovin’ until the road was repaired. Even the town’s mayor fell victim: His wife took to sleeping in another room.



It Worked!

The strike was called off in October as bulldozers and heavy machinery began repairs. The new road is expected to cut travel time to the nearest town by six hours.

Source: pri.org

Skirting the Job

When a heat wave struck north of Stockholm, Sweden, last summer, male train workers began wearing shorts on the job. But management pointed out that their sartorial choice ran afoul of the railroad's dress code. So the men switched to wearing skirts.

It Worked!

If men want to wear skirts, that's OK because women wear skirts, said a company spokesman. "To tell them to do [otherwise] would be discrimination," he explained. Said one cool male driver, "The passengers stare at us, but so far, no one has said anything."



Return to Sender

Dogs are wonderful creatures with one major flaw—they refuse to pick up after themselves. This is especially challenging in Brunete, Spain, where dog owners don't pick up after the dogs either. But the advertising firm McCann concocted the ultimate nudge: Send the poop back to the owners. The idea, which it dreamed up without being asked, works this way: A volunteer chats up a non-scooping owner and finds out the canine's name. After the dog walker and pooch leave, the volunteer gets the owner's name and address by matching the dog's name and breed in a database accessible on his cell phone. He then scoops up the poop, places it in a package marked "Lost Property," and messengers it to the owner.

It Worked!

During the campaign, 147 deliveries were made, resulting in a 70 percent decline in the amount of dog droppings littering the streets.



Potluck Pigs

With marijuana legal in Washington State, pot growers pondered how to profit from all the plant's leftover stems and roots. Meanwhile, local pig farmers were coping with expensive feed that cut into their bottom line. One farmer proposed a solution: Combine the cheaper marijuana remnants with the feed, and serve it to the pigs.



It Worked!

The surplus pot lowered pig farmer Susannah Gross's feed costs and produced another benefit: the munchies. Pigs that snarfed down the pot gained an extra 20 to 30 pounds compared with hogs that didn't. Gross told Reuters, "They were eating more, as you can imagine."

Barking Out Bad Guys

After two suspected car thieves in New Haven, Connecticut, refused to come out of the house they were holed up in, police announced that they would send in the K-9 force. Only trouble? A serious lack of police dogs on the scene. So a couple of cops snuck up to the front door and began barking.

It Worked!

The petrified intruders ran out and surrendered to police.



Flushing Trouble Down the Drain

A severe drought and poor maintenance had done a number on the sewers of Bulawayo, Zimbabwe. And because of insufficient water pressure, the pipes kept clogging, causing some to burst. So, without the benefit of a massive plunger, what's a city to do? Simple, said the town council. Twice a week, citizens will simultaneously flush their toilets in order to produce enough water pressure in the sewer system to dislodge clogs.

It Worked!

One resident told the Associated Press, "So far, the flushing of the toilets has been a success."



Music to Flee From

Either Portland, Oregon, is not a happening place or its train station totally is, because young men have taken to hanging out in it. Numerous attempts to disperse the crowds have all failed. Now, apparently, the authorities have delved into their own youths for a solution by asking themselves, What would drive me away? The answer: opera. And classical music. Blared over the station's speakers during a pilot program.



It Worked!

There was a drop in 18- to 25-year-olds loitering once the fat lady sang. In one incident, a young guy stormed out of the station just as Bizet's *Carmen* proclaimed her love for he who does not love her. Half a world away, the British Royal Navy is blaring Britney Spears at Somali pirates. "These guys can't stand Western music," an officer told metro.co.uk. "As soon as they get a blast of Britney, they move on as fast as they can. It's so effective that the ship's guards rarely need to fire guns."



It Worked!

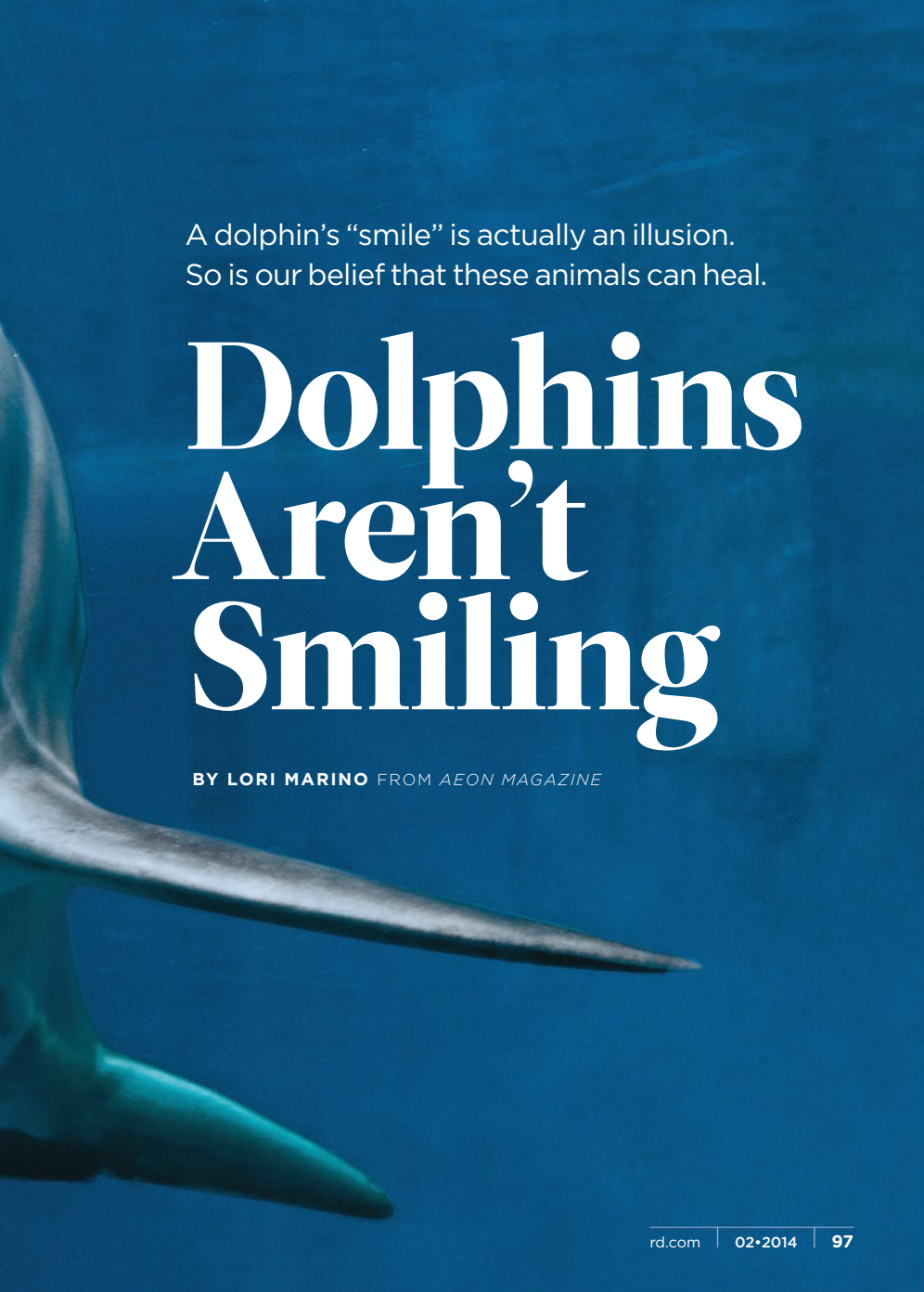
Thanks to computer-driven motors that allow three massive mirrors to follow the sun's path, the sun shone on Rjukan's town square for the first time ever last fall. To celebrate, some Rjukaners sipped cocktails while tanning on lounge chairs; others played volleyball on a makeshift beach. "The idea was a little crazy, but madness is our middle name," a local project coordinator told *Agence France-Presse*. "After basking in the sun, people are beaming themselves." **R**

Mountain Mirrors

Winter in Rjukan, Norway, is a depressing time. That's because the town is situated in a deep valley and goes up to seven months without sunshine. To lighten the mood, so to speak, the town acted on an idea that had been bouncing around for a century: Construct huge mirrors on a nearby mountainside to reflect the sun's rays down into the town square.

NATURE





A dolphin's "smile" is actually an illusion.
So is our belief that these animals can heal.

Dolphins Aren't Smiling

BY LORI MARINO FROM *AEON MAGAZINE*



JAY, AN EIGHT-YEAR-OLD boy with autism whose behavior has always been agitated and uncooperative, is smiling and splashing in a pool. A pair of bottlenose dolphins float next to him, supporting him in the water. Jay's parents stand nearby as a staff member in the water engages Jay in games with colorful shapes. She asks him some questions, and the boy begins to respond. He names the shapes correctly, speaking his first words in months. Jay appears more aware and alert, and a quick, noninvasive scan shows that there have indeed been changes in his brain activity.

Jay's parents are elated to have finally found a treatment that works for their son. They sign up for more sessions and can't wait to get home and tell their friends about their experience. They're not surprised to find that dolphins have succeeded where mainstream physicians have not. Everyone believes that dolphins are special—altruistic, extra gentle with children, good-natured. And the trainers have assured the parents that the dolphins are happy and accustomed to the role they're playing. After all, as everyone can see, the dolphins are smiling.

Jay is a composite character drawn from the dozens of testimonials that appear on dolphin-assisted therapy (DAT) websites, but stories like

his—about the extraordinary powers of dolphins—have been told since ancient times. Much of our attraction to these creatures derives from their appealing combination of intelligence and communication skills. However, their “smile,” which is not a smile at all but an anatomical illusion arising from the configuration of their jaws, makes people believe—wrongly—that the animals are always content.

Not only are the dolphins living in captivity unhappy, but there's also no compelling evidence that they can heal. What does exist is a great deal of evidence that they are being harmed—along with the humans who believe in them.

Fuel for the Myth

The long-standing mythic belief in dolphins as healers has been passed down from the first written records of encounters with these animals. In Greco-Roman times, dolphins were closely linked with the gods. In Greek mythology, it's said that Taras, son of Poseidon, was rescued from a shipwreck by a dolphin sent by his father. The perception of dolphins as lifesavers is connected with beliefs that they possess magical powers that can be used for healing. The ancient Celts attributed special abilities to dolphins, as did the Norse. Throughout time,

people from Brazil to the Solomon Islands have traded dolphin body parts for medicinal and totemic purposes.

The person most responsible for advancing modern notions of dolphins as healers is the late neuroscientist John C. Lilly, who pioneered research with captive specimens in the 1960s. His early work on their brains and behavior was groundbreaking. In a paper published in *Science* in 1961, Lilly reported on the range of vocal exchanges between two dolphins in adjacent tanks and noted how their conversation followed polite rules. For example, when one spoke, the other was quiet. Lilly drew up a lexicon, showing that dolphins used a variety of communication methods, from blowing and whistling to clicking. But it was his informal studies of the mammals interacting with children with autism that led him to make statements about the animals' powers, which became the basis for many of the claims made by DAT facilities.

Flipper Isn't Real

Marine mammals were first captured for public display in the United States by circus mogul P. T. Barnum in the 1860s. Yet the popularity of

dolphin shows, in which trainers engage them in daring gymnastics, grew dramatically in the 1960s and '70s. In 1964, the TV series *Flipper* was first broadcast. Flipper was a bottle-nose dolphin who lived in a cove and helped his two young human pals save people in trouble. But if *Flipper* increased public interest in dolphins, it also led to concerns over the animals'



In dolphin therapy, children may benefit from the extra human attention rather than the animal interaction.

welfare. So marine parks rebranded themselves as centers of conservation and learning—by emphasizing their breeding programs and efforts to educate people about marine animals—rather than as sites for entertainment.

Regardless, the public's fascination with dolphins

continues. In the United States alone, millions of people visit captive-dolphin facilities every year. Swimming with dolphins (SWD) programs have emerged as a lucrative component of the dolphin entertainment industry. Although some operations outside the United States offer opportunities to swim with wild dolphins, the large majority of SWD customers swim with captive dolphins in tanks or pools.

Many people describe their in-water encounter with a dolphin as one of the most exhilarating, transformative

encounters of their lives. “This dolphin experience is life-changing. Never again ... will I [have] a day like this,” writes Matt W. about his swim at the Dolphinaris park in Cancún, Mexico. Others report a sense of euphoria and intimate kinship with the animals. In many ways, it was only a matter of time before the concept of dolphin-assisted therapy emerged as an enhanced version of SWD programs, underpinned by theories of healing derived from dolphin mythology.

Dubious Benefits

Dolphin-assisted therapy typically involves several sessions of customers swimming or interacting with captive dolphins, along with performing more conventional therapeutic tasks such as puzzle solving and motor-skills exercises. The standard price of DAT sessions, whose practitioners are not required by law to receive any special training or certification, is steep, reaching into the thousands of dollars. It’s now a highly profitable business both inside and outside the United States, with facilities in countries including Mexico, Israel, Russia, Japan, China, and the Bahamas. DAT practitioners say that the sessions are particularly successful in treating depression and motor disorders in addition to childhood autism. But DAT

can sometimes be less scrupulously advertised as being an effective treatment for everything from cancer to infections and developmental delays.

Even when they don’t promise an outright cure, DAT facilities market themselves as offering real therapy. They often use technology, like EEG

to measure brain wave patterns, which suggests scientific legitimacy. But true therapy must have a relationship to a specific condition and result in quantifiable effects. While there are some published studies claiming to demonstrate positive results from DAT, few include a control group, which would help mea-

sure whether general, short-term results are due to interacting with the dolphins or caused by other factors, like being in the water, being given tasks, receiving increased attention from other people, or, of course, the placebo effect. Proponents of DAT cite anecdotal evidence and offer many reasons for its efficacy, from brain wave changes to the physiological effects of echolocation (dolphin sonar) on the human body.

The loved ones of children with autism and other people who appear to benefit from DAT tend to accept these explanations as scientifically plausible. And even those skeptical of DAT’s therapeutic abilities may shrug and ask,


Captive dolphins spend their lives under tremendous stress.

"What's the harm if a child who typically experiences little enjoyment and accomplishment finds some happiness and connection with dolphins?" But the question usually left out is "What about the dolphins?"

Out of Their Depths

Decades of scientific research have confirmed that the mammals possess large, highly elaborate brains and prodigious cognitive capacities and engage in complex societies and even cultural traditions. Dolphins also have a level of self-awareness not unlike our own: They're able to recognize themselves in a mirror, something only humans and primates are also able to do.

Hidden behind their "smiles," however, captive dolphins spend their lives under tremendous stress, as they struggle to adapt to environments that—physically, socially, and psychologically—are different from the wild. In their natural habitats, dolphins may swim up to 100 miles a day and dive several hundred feet. They spend 80 to 90 percent of their time traveling below the surface. Contrast this with the shallow tanks—pools that may be only six feet deep and 24 feet long—filled with chlorinated water and devoid of plants, sand, and aquatic life that captive dolphins occupy.

The outcome of this treatment is devastating. Dolphins in the wild can live 30 to 50 years. According to a 2004 *Sun Sentinel* analysis of a few decades' worth of federal documents of marine

animals in captivity in the United States, more than half of the bottlenose dolphins that died during that period (and whose age was known) never reached the age of ten. Of the dolphins that are born into captivity in the United States, an estimated 60 percent pass away before their first birthday. Scientists have observed captive dolphins ramming into the sides of their tanks and chewing on the concrete until they've worn through their teeth. Often they die from gastric ulcers, infections, and other stress- and immune-related diseases.

The public is largely unaware of the consequences because aggressive or dying animals are often quietly replaced. (The original orca Shamu, for instance, spent just six years in captivity in SeaWorld in San Diego—in the wild, killer whales live 50 to 80 years—before dying in 1971. But the name Shamu has been used for different orcas in shows ever since, leading to the perception that the original Shamu is alive and well, enjoying his captivity.)

Dolphins aren't the only ones harmed by dolphin-human contact. Because of their "smiles," we forget that dolphins are predators and that they can be extremely aggressive. In the wild, they've been known to participate in brutal attacks on porpoises and, sometimes, their own young. Parents who would never place their child in a cage with a lion or an elephant seem to think nothing of placing them at very real risk—of injury

and disease—in a tank with a dolphin. According to a National Marine Fisheries Service study of dolphin attractions, people have come out of their encounters with broken bones and lacerations. In December 2012, a dolphin in an SWD program in Cancún bit three people: a couple on their honeymoon and a middle-aged woman. The male victim compared it to a scene from *Jaws*, except with a dolphin.

Meanwhile, many parents bring their children with autism home after their DAT sessions and are disappointed when the kids withdraw again. At first, the fathers and mothers don't want to consider that they could have wasted their time and money. But later they may acknowledge that not much has changed and that the benefits were due to the excitement of the trip and the attention their child received. Anthropologist Betsy Smith, who has been credited with creating dolphin therapy in the 1970s, stopped doing it in the 1990s and now calls it “the

exploitation of vulnerable people and vulnerable dolphins.”

So what can be done? Several nations, like the United Kingdom, Australia, and India, prohibit keeping dolphins in captivity. Short of a ban, the public can campaign for the end of SWD programs (in the United States, swimming with dolphins in the wild is already illegal) and for a significant reduction in the number of dolphins in parks and other facilities. Dolphin therapy programs should be required to make their long-term results public so that families are able to decide—based on the statistics—whether to participate. Even with evidence debunking DAT, it's understandable that desperate people will continue to turn to dolphins to find some help for their children. But they should know that the dolphins are suffering too. **R**

Lori Marino is a neuroscientist at Emory University. She has been studying dolphins and whales for 25 years.

AEON MAGAZINE (JUNE 18, 2013), COPYRIGHT © 2013 BY AEON MEDIA, AEONMAGAZINE.COM.



WORST ... GIFT ... EVER

“Going to Jared” definitely doesn't mean getting your wife a Subway foot-long for Valentine's Day. Lesson learned.

@WARRENHOLSTEIN

If your partner tells you that every day with you is Valentine's Day, you're not getting a present.

@ROBINMCCAULEY

Laugh Lines

NFL LOL

Anyone who's just driven 90 yards against huge men trying to kill them has earned the right to do jazz hands.

CRAIG FERGUSON

The rules of football and the plot of *The Godfather* are the two most complicated things that every guy understands no matter how dumb he is.

JULIAN MCCULLOUGH

My dad didn't text me after the Patriots game, which is basically a Life Alert signal if you're from New England.

@JOSHGONDELMAN

Anyone who thinks women talk too much has never sat through a six-hour Super Bowl pregame show.

NORA BARRY

I prefer the tight yoga pants football players wear over the frumpy businesswoman slacks baseball players wear.

@QUINNK

It's weird that NFL players don't constantly look at their phones to check their stats.

@SHAWNRIES



Facing a new job and the stress of midlife, I wanted to get mentally tougher. Could training with a former Navy SEAL set my mind for success no matter what?

“
I’VE
GOT
THIS
”

BY STEPHEN MADDEN

PHOTOGRAPHS BY ANDREW HETHERINGTON



Madden was instructed to find a rock that "represents our will to live."

YOU WILL CLIMB UP INTO THAT TREE, the instructors tell us. All 14 of us. The fact that we have been exercising almost nonstop for the past eight hours doesn't matter, they say. The fact that it's raining, it's 40 degrees, and the tree's bark and branches are as slick as an unplowed road doesn't matter, they say. The fact that we are wet, cold, covered in mud, and beyond tired doesn't matter, they say. The fact that the lowest branch on the tree is at least 15 feet above the ground doesn't matter. All that matters is getting everyone up the tree—fast—by working as a team. Nothing else matters.

We start climbing, and one of our number, a middle-aged man who has traveled all the way from South Africa to do this, slips from the first branch and comes to the wet Pennsylvania earth flat on his back. As he hits, his breath leaves his lungs as if from an amplified blowgun. I don't expect him to move, but he grimaces, groans, and pulls himself to his knees. An instructor helps the guy to his feet. He walks in slow, expanding concentric circles around the tree. I think, Well, so much for the tree-climbing exercise. But the instructor looks at the ten of us still not in the tree. "You have four minutes."

This was the 20X Challenge, taught by former Navy SEAL commander Mark Divine. Part of a series conducted at gyms around the country, the challenge promised to teach me that I am capable of 20 times more than I think I am. A 14-hour class would push me to my physical and emotional limits by using the same crucible techniques the Navy uses

to mold its most elite warriors. For a few years now, as I approached my 50th birthday and a front-row seat to midlife, I had sought physical tests. The 20X appealed to me because it offered a mental one too. As countless studies show, mental strength and a positive attitude are vital to success in any realm. And I needed to know I could succeed.

But now, looking up into the tree, and at the cold, gray sky above it, I hedged. Why exactly did I need to do something quite this grueling?

I thought back to two questions I had been asked earlier in the day.

THE FIRST QUESTION comes while I'm doing pull-ups. It is asked by a short man with hipster glasses named McCleod. He's standing to the side of the pull-up bar, barely in my field of vision. "Why are you here, Madden?" he asks. Like most 20X instructors, he's a retired SEAL, which makes him kind of scary.

I actually thought long and hard

Thinking about his family helped him slog through the gut-wrenching exercises.



about doing this before I sent in my \$495 and signed the liability waivers. I wasn't there to see if I could handle a SEAL-style workout. I was confident I could suffer through it, although I knew I wouldn't shine. I was a desk jockey and a suburban dad, but under my belt was a lifetime of rigorous exercise in different disciplines from mountain climbing and cycling to open-water swimming and CrossFit. On a recent Sunday morning when I took the self-administered test to determine whether I could meet the minimum physical requirements for the 20X, I passed easily.

I was there because I wanted—needed—to become mentally tougher. A year earlier, I had left a comfort-

able job to start a new website in a crowded, competitive field. Instead of one patient, supportive boss, I now had four demanding ones. If I cracked under all the pressure (a very real prospect), I'd be out of a job, with no way to support my wife and three kids. Cracking meant failure. Failure meant the Madden kids went hungry. That would make me a bad father. So I needed to toughen up.

I figured Divine and his men, veterans of one of the hardest and most selective training processes in the world, would be the perfect masters. Plus, I liked the fact that Divine offered insight into things you wouldn't necessarily expect from a tough-guy SEAL: meditation, yoga, self-awareness,

compassion for your teammates. As I would learn at 20X, each of those parts is as important to mental toughness as the ability to do push-ups and pull-ups.

Again McCleod asks, "Hey, Madden. Why are you here?"

"I need to be a better father."

"What's that got to do with pull-ups?" McCleod asks.

"I need to be mentally tougher so I'm a better father to my family."

THE SECOND QUESTION COMES about 20 minutes later: "Hey, Madden, do you want to continue?"

door. The instructor offers encouragement in soothing tones. But the stridency of my retching brings out a new tone, one of concern. "Madden," he says, "do you want to continue?"

It would be so easy to say no. I could leave now, before anybody knew my name, saw more of my weaknesses or could appreciate my strength, before I could see what this whole thing was about and learn anything new. Before I got anything out of it. I could go home and tell people I had twisted my ankle or something, and nobody would be the wiser. Including me.



CRACKING MEANT FAILURE. FAILURE MEANT THE MADDEN KIDS WENT HUNGRY. THAT WOULD MAKE ME A BAD FATHER.

We'd done a physical training test to see how many pull-ups, push-ups, and sit-ups we could do in two-minute blocks. I struggled through it, not nearly as crisp as I had been in my self-trial, wondering what the hell was wrong with me. We'd run a mile in heavy boots, and I finished dead last, brought home by Divine, who urged me to tell myself that I'm doing fine. "Say, 'I got this,'" he said. "I got this." I staggered along, trying out my new mantra, but it didn't work.

Now, back at the gym, I'm puking my breakfast of coffee and granola bars onto the wood chips by the front

"I got this," I tell him. "I got this. Let's go."

Hours pass. We run and run and run, carrying packs and heavy bars. Another participant, a guy named Paul who is much younger and far fitter than I am, runs with his hand on my back. "You got this, Madden," he says. If I have it, it's because of Paul's help. We bury ourselves in wet leaves and try to hide from those trying to find us. We haul around heavy logs, take turns carrying each other on our backs in races, and memorize a poem, "Invictus," about being the masters of our fate. Sometimes that fate,

apparently, involves falling out of trees.

As the day goes by, I notice myself feeling not stronger but at least surprised at the fact that I don't feel weaker. Instead of being the puker, the slowest guy on the run, I now find myself offering encouragement to some of my teammates. Sore, yes, and tired. But far from finished.

It's dark by the time they roll up the garage door at the back of the gym and tell us to assemble at the edge of the parking lot, above a rock-strewn gully. I figure we have maybe an hour or two to go. Something big and bad has to be coming. But I got this.

Divine has us stand at attention and explains that we're all to go down into the gully to find a rock that represents our will to live and then bring it up to the parking lot.

We stumble down over the rocks, which range in size from pieces of gravel to boulders. I'm looking for the biggest darn rock I can find. Because I know that I'm not going to quit, and I'm not going to be broken, and that if things get bad, I can lean on the other guys.

I find a monster of concretion, but whether it's the rock's size or the tally of the day's activities, I can't get it up the slope. Weird. Back at CrossFit, I can throw around a 125-pound sack of sand. I stare at the rock, as if my gaze will make it levitate. It doesn't.

"Come on, Madden," says McCleod from above.

"I'm moving this rock that repre-

sents my will to survive," I tell him.

Under his breath, in a conspiratorial hush, he tells me, "Find a smaller one, you [idiot]. You have to carry it for a mile." Aah. The grand finale.

I find a smaller one, about 75 pounds, I guess. My will to live remains huge, but more portable. Then the order comes: We will pick up the rock and start walking. If one of us drops his or her rock, we all start over.

No problem. What's a mile?

BUT FIRST, WE TAKE turns immersing ourselves, head and all, in a barrel of ice-cold water. We help each other climb up and in; we duck under and breathe out until bubbles show. Helping each other keeps our minds off the shivering. Lance Cummings, another instructor and former Navy SEAL, stands behind the barrel to make sure we're all the way under, and under for a good long time.

When some of the shivering gets out of control, they have us stand in a huddle, stomachs and chests of the bigger guys braced against the backs of the smaller ones. The heat transfers as if conducted by wire. I'm at the very back, my girth finally helping my teammates. I notice my chest is pressing against Paul's back. The shivering stops. We carry the rocks as we take laps around the building. We stay together, urging each other on. There is a lot of groaning, screaming, and shifting of the rock from shoulder to shoulder and from waist to back as we seek a comfortable

place to rest our burden. We stumble through the darkness, the glare of the sodium lights bathing us in pink. Wet, chafing, suddenly no longer cold.

We finish, and Divine tells us to take a knee next to our rocks. He walks slowly to the end of the line opposite me and says, "I want you all to think of an answer to this question: What's the most important thing you've learned in the past year?"

I thank God I'm at the other end of the line. I know I should be listening to my teammates, learning from their

a flash, a two-hour movie of my kids, my wife, my family, my coworkers, my brothers and sisters, and anybody who'd ever helped me and whom I'd ever helped. All the people I love and who love me. I wish I could say my fine, educated mind delivered the thought. But I don't know where it came from. I just blurted it out.

"Love is the answer, sir."

Divine scares me, staring at me through the cold fog of a February night. He must think I'm putting him on. Who talks to a Navy SEAL about love? He's



I KNOW MY ANSWER IS RIGHT. LOVE IS THE ANSWER. IF I DIDN'T LOVE MY FAMILY, WHY WOULD I HAVE DONE THIS?

answers, and one small part of my brain does, hearing them talk about never stopping, never quitting, but I can't think of anything to say. Is my answer something from the last 14 hours? The last seven months? About hard work and fighting and being smart and not quitting and staying true to your word, to promises made, even if they were unsaid? My mind races, but my mental tires spin in the mud of my fatigue.

"Madden?" Divine is in front of me. "What's the most important thing you learned this year?"

I wish I could say it was a carefully, consciously constructed thought. I wish I could say my brain played, in

gonna make me take another lap with the rock. And that's OK. At this point, I know I can do it. I'd rather not, but I can if I have to. Because at this point, I know my answer is right. Love is the answer. If I didn't love my family, why would I have done this?

He's still looking at me. "Outstanding, Madden. Outstanding."

Turns out we weren't done. We went back inside and worked out with the logs while trying to recite "Invictus" from memory. We got this. **R**

Stephen Madden is the author of *Embrace the Suck*, to be published this fall by HarperCollins.

From the shelves of



MEDITATIONS FOR AN UNBEATABLE MIND

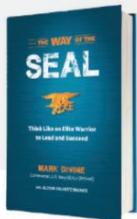
Physical training can help set you up for success, but mental training is just as essential. Former Navy commander Mark Divine has taken the mental exercises and routines used by the U.S. Navy SEALs and adapted them for anyone who wants to develop courage, perseverance, and uncanny intuition.

■ **FOR ULTIMATE CALM: STILL WATER RUNS DEEP** Envision sitting at the bottom of a deep pond. Remain serene as you look up at the clear, sparkling surface. Inhale deeply, and then count each slow exhale. Your objective: Get to ten without any conscious thought. If you start thinking about a project or task, let the thought float to the surface and dissolve; then start the count over. Practice for five to 15 minutes daily.

■ **FOR MENTAL TOUGHNESS: EMBRACE THE SUCK** Simply repeating this famous SEAL phrase can help anyone lean in to a hard task without wavering or whining. Another tactic: Laugh. Says Divine: "During Hell Week, a SEAL instructor demanded that I do 1,000 burpees. The only way I could get past 700 was to laugh as if I'd heard the funniest joke ever. Soon I felt bolts of energy flowing through me."

■ **FOR BETTER RECALL: THE KEEP-IN-MEMORY GAME** Choose 20 random items and place them under a blanket. Clear your mind with a few minutes of deep breathing. Remove the blanket and study the items for 60 seconds. Now replace the blanket. How many of the items can you (or your team) recall? Practice weekly until you can remember all 20 objects with nuanced detail.

■ **FOR POSITIVITY: WHAT DOG ARE YOU FEEDING?** To identify and quash a negative mind-set, SEALs stop to ask themselves one simple question: Am I feeding Fear Dog or Courage Dog? Do this throughout the day to help channel negative thinking into can-do energy.



In *The Way of the SEAL* (Reader's Digest; \$21.99; available wherever books are sold), ex-Navy SEAL commander Mark Divine reveals eight powerful principles and over 30 mental exercises to help you think like an elite warrior to lead and succeed at work, at home, and in life.

A chance conversation at a lunch counter led me around the world—and to the child who was meant to be mine

The Making of a Mom



DIANE CLEHANE
is a New York Times bestselling author who writes about topics from pop culture to parenting. She is currently at work on her first novel.

BY DIANE CLEHANE

ON MY MANY EXCURSIONS into Saks Fifth Avenue in New York City over the years, I've bought countless pairs of shoes that brightened my mood, picked out dresses that (sometimes) flattered my figure, and turned over my credit card for too many cosmetics that I'd hoped would make me look like a fresher, prettier version of myself.

But one afternoon in October 2002, I walked out of the store with something more valuable than anything money could buy. I found hope in the unlikeliest of places after months of despair, thanks to a woman who decided to strike up a conversation with me in the store's café.

It was a painful time for me. Married a little over two years, I'd suffered three devastating miscarriages in nine months and, at 42, was slowly coming to terms with the idea that I might never be able to have a child. Up until that point, I never really gave much thought to being a mother, and suddenly I could think of little else. My husband and I had been together for ten years before we decided to get

ILLUSTRATION BY JOE MCKENDRY (CLEHANE)



Anna J. Ward

married because neither of us was in a hurry to do so. My parents' marriage had ended disastrously, leaving my mother in deteriorating health and dire financial circumstances. After her death a few years later, I vowed to maintain my independence, and I threw myself into my work as a freelance marketing consultant and fledgling writer. Motherhood just wasn't part of the plan.

As my 40th birthday approached, I began, for the first time, to notice babies and their happy, smiling mothers wherever I went. I wished I could talk to my own mother about the yearning, hurt, and confusion I was experiencing.

On that fateful day, I'd been trudging around the city sleepwalking through meetings with clients while the voice inside me cried out, "It's too late! You missed your chance to be a mother! You wanted an all-consuming career, and now you've got one."

A light mist turned into a heavy rain. Perfect, I thought. Just the thing to match my mood. With an hour to kill before my next appointment, I ducked into Saks, hoping to distract myself with some retail therapy. When scouring the sale racks did little to lift my spirits, I decided to head to the ninth-floor café.

An elegantly dressed, slightly older

woman wearing a tweed blazer and oversize pearls was seated a few stools away at the half-empty counter.

"Would you like to see a picture of my daughter?" she asked me.

"Sure," I said, not at all sure why I was remotely interested.

“*I didn't want work to be my whole life," she said. I'm not sure if she saw my tears.*”

She reached across the counter and handed me a photo of a smiling Chinese girl. The child was about seven years old and was wearing a Snow White costume.

"That's Melanie. She's in the first grade," she said. I could hear the motherly pride in her voice.

"She's pretty," I said.

"I love her costume."

We were still chatting when our salads arrived. My new acquaintance told me she was exhausted, having been up half the night worrying over the news that some boys on her daughter's bus had teased her about the "funny-smelling" Chinese snacks she had in her lunch box.

The woman explained that she felt strongly about teaching her daughter about Chinese customs and maintaining ties to her heritage.

"What made you decide to adopt her?" I asked, uncertain whether I'd ventured into too-personal territory.

"I didn't want work to be my whole life," she said.

I'm not sure if she saw the tears

welling up in my eyes as I replied, "I don't either, but I'm afraid it's too late."

"I was 51 when I adopted Melanie," she said with more than a hint of reassurance in her voice. "And it's the most rewarding, exciting thing I've ever done."

When our checks came, she handed me her business card, and I finally learned her name—and in that minute, I saw a happier, more fulfilled version of myself. Jill Totenberg was a public relations consultant and a happy, loving adoptive parent. Could I ever hope to have that kind of life?

That night, I dreamed of my mother, remembering that she once had wanted to adopt a child from Vietnam, but my father hadn't felt the same way. It was the first time she'd ever appeared in my dreams. I woke up knowing I could be—and would be—a mother. I also knew how that was going to happen.

A few days later, in the car on our way to dinner, I told my husband that I wanted to look into adopting a girl from China. "You're enough for me," he said. "But if you want to find out more about that, we can."

In early 2003, we registered with

an adoption agency and began an 18-month "paper pregnancy." During that time, I kept in touch with Jill, e-mailing her occasionally. I promised to visit so I could meet her daughter, but as often happens, life got in the way. Still, the little girl in the Snow White costume and her mother were never far away in my thoughts.

When my husband and I returned from China with our nine-month-old daughter, Madeline Jing-Mei, in November 2005, Jill was one of the first people I e-mailed. "I did it!" I wrote. "I'm a mother, and she's beautiful!"

"Congratulations," she wrote back. "You're embarking on the greatest adventure of your life."

We recently reconnected on Facebook, and I reminded her that meeting her was the single most important encounter I'd ever had with a stranger. "I can't imagine my life without Madeline. She's the happiest child, and I adore her. I would have never really thought about adopting a baby from China if I hadn't met you that day," I told her. "You changed my life."

"You were just ready to hear what I had to say," said Jill. "It was meant to be." **R**

* *
* *

LOCATION, LOCATION, LOCATION

Trust me, you want "heels over head" in love. "Head over heels" in love is just, like ... standing.

@KELLYOXFORD



KILLER.

It's insanity to kill your father with a kitchen knife. It's also insanity to close hospitals, fire therapists, and leave families to face mental illness on their own.

My cousin Houston and his parents in snapshots before illness overwhelmed him



SCHIZOPHRENIC.



MY COUSIN.

BY MAC MCCLELLAND
FROM MOTHER JONES

The thing that struck me when I first met my cousin Houston was his size. On the other side of the visitors' glass, he looked surprisingly small, young for his 22 years. The much more remarkable thing about him turned out to be his vocabulary, vast and lovely, lyrical almost—until it came to an agitated or distracted halt. He seemed altogether unlike a person who had recently murdered someone.

The symptoms displayed by Houston in the year preceding this swift and horrific tragedy have since been classified as “a classic onset of schizophrenia.” At the time, it was just an alarming mystery. Houston had been attending Santa Rosa Junior College in Northern California, living with his mom, and playing guitar with his dad when he became withdrawn and depressed. He slept all day, his band broke up, and suddenly he had no friends. His dad, Mark, and his mom, Marilyn, tried to help. They took him to a psychiatrist, who indicated possible schizoaffective disorder in his notes and put Houston on a changing regimen of antidepressants over the next eight months. It didn't make any difference. He got fired from multiple jobs. Houston started stealing his

mom's Adderall. He said it helped him feel better. She kicked him out, and he moved in with his father.

“This was not my nephew,” Aunt Annette, Mark's sister, says of Houston's behavior then. “He was always solicitous and loving and talkative with me. Now he was anxious, quiet, said very strange things. I asked him how his therapy was going, and he said, ‘Terrible.’”

Toward the end of Houston's devotion, he started having violent outbursts, breaking furniture; he tossed his mother across a room. Desperate, his parents called the psychiatrist repeatedly and asked what they should do. He told them to phone the police.

But Mark didn't want to call them. For one, he didn't think Houston was that dangerous—just upset, despairing. Also, he didn't think three days of lockdown in a facility would make his son more stable. He was looking for a meaningful treatment plan. “Just let me handle it,” he told Marilyn.

So Mark didn't call the police, and Houston didn't get any additional help. He was having delusions, something about telepathic communications and aliens and wireless circuits. Something about his mom and dad—who'd been divorced for a long time—and teenage sister, Savannah, being in a sex ring. Something about an invisible friend, and that he'd been cutting himself to exorcise the evil, and also that Mark was poisoning him with lead and was the source of the evil.

And then Houston came home late one November night in 2011 and stabbed his father 60 times, with four different knives. By the time his sister came downstairs and called 911, it appeared Houston was trying to behead Mark.

Roughly one year after her brother's death, still mourning, Aunt Annette spoke to me about Houston. She told me that even though what he did was "so heinous," it didn't mean that he wasn't a victim. "Because I love this child. I was there at his birth. I know how sick he was." And then she asked me to do the talking for a while because she was sobbing.

Psychiatrist E. Fuller Torrey, MD, a researcher who specializes in schizophrenia and bipolar disorder and the founder of the Treatment Advocacy Center, a national nonprofit organization dedicated to promoting timely and effective treatment of severe mental illness, calls a crime like Houston's "a predictable tragedy." That's what he's also called many other shootings—at Virginia Tech in Blacksburg, the movie theater in Aurora, Colorado, and Sandy Hook Elementary School in Newtown, Connecticut—as well as dozens of other recent homicides. The chances that a perpetrator of a mass shooting displayed signs of mental illness prior to the crime are one in two. Ten percent

of U.S. homicides, Dr. Torrey estimates based on an analysis of studies, are committed by the untreated severely mentally ill—like my schizophrenic cousin. And, he adds, "I'm thinking that's a conservative estimate."

Obviously, many violent acts in our society are perpetrated by the "sane." And most of the violence committed by the severely mentally ill is inflicted on themselves. Even in the range of schizophrenia narratives, which commonly end in suicide or dying on the streets, Houston's took an extraordinarily terrible turn. But happy endings are getting harder for even the nonviolent mentally ill to come by. As states and counties pare back what few mental-health services remain, we're learning that whether people who need help can get it affects us all.

AUNT TERRI: SAME ILLNESS, DIFFERENT STORY

Houston's schizophrenia was not the first instance of severe mental illness in my family. My Aunt Terri—my mother's baby sister—had a psychotic break in 1977, when she was 16. She lived near my mom in Ohio and appeared in her backyard one day, pacing, raving in outer-space language, and swinging her arms wildly.

"Do whatever you have to do to

HE DIDN'T
THINK THREE
DAYS OF
LOCKDOWN IN
A FACILITY
WOULD MAKE
HIS SON MORE
STABLE.

get her in the car," the general practitioner said when my mother phoned him and described the scene. He told her to get her sister to the Woodruff Psychiatric Hospital in Cleveland by any means necessary. So my mom told her sister that she would take her to the airport because the only discernible thing that Terri was babbling about was that Chris Squire, the bass

player of the rock band Yes, was sending her messages that she needed to meet him in Canada right away.

It took five white coats to contain Terri as she tried to scream and fight her way out of the hospital lobby. Terri—straight-A's bright and talented—was schizophrenic.

My grandparents tried bringing her home. They weren't medical professionals, and for years she was in and out of the hospital as they struggled to get her to take her medication and to care for her when she wasn't stable. But after several violent episodes, including a fight that ended with my grandmother's arm broken, Terri was moved to a group home. Within six months, she was thrown out, so my grandparents got her a duplex. She was evicted. She got another apartment—and was evicted again. Two more group homes in Cleveland—evicted.



From left: Aunt Terri at age 11 in 1972; Terri enjoying the sun in 1997.

Another apartment—evicted. With the state hospital, Cleveland Psychiatric Institute (CPI), long since closed by then, making hospitalization no longer an option, Terri was running out of places to go.

Fortunately, my aunt lived in a state, Ohio, where leaders at the Department of Mental Health were determined to build a model for post-deinstitutionalized life. It was an excellent case manager who helped solve Aunt Terri's housing crisis. Eleanor Dockry, a tiny woman with chin-length black hair and black-framed glasses, was assigned Terri's case through a non-profit agency supported by the county Alcohol, Drug Addiction, and Mental Health Services (ADAMHS) board—essentially the rump of what was supposed to have been the community-services network envisioned by the reformers of the '60s—and a slew of other local organizations. Eleanor sat my grandparents down. "I think if you could afford to buy something for her, that would be good," she said. My grandparents pulled together the money for a trailer in a mobile-home community near their house.

A lifesaver, Eleanor took care of my aunt for 23 years. She came by at least once and sometimes twice a week. She took Terri to her favorite restaurant,

McDonald's, to the park, or to the store to buy her nieces presents with money from her Social Security check. Every three weeks, Eleanor took her to get her antipsychotic haloperidol injections. She took her to Neighboring, a local nonprofit organization, which offered field trips, skill-building lessons, art classes, and support groups about medication side effects.

Terri was able to live on her own for almost two decades. In 2012, my Aunt Paula came to pick Terri up for her weekly grocery shopping and found her dead in the cold winter grass. This isn't as bad as it sounds. It was, in fact, the best-case scenario. She died in her

own yard, where she had lived her own life. Young, at 52, yes, but not a terrible age for a body doused in antipsychotics and cigarettes. Yet more and more these days, Aunt Terri's scenario is an unlikely one. It took a lot of work on the part of my grandma and Aunt Paula and 23 years of dedication by a caseworker. It's work that nobody wants to do, work that counties and states are increasingly not paying for.

THE VANISHING MENTAL-HEALTH SAFETY NET

The first hospital my mom checked Aunt Terri into no longer exists. Neither does CPI, where she was taken

“
IT TOOK FIVE
WHITE COATS
TO CONTAIN
HER. TERRI—
BRIGHT AND
TALENTED—WAS
SCHIZOPHRENIC.”

later. In the 1950s, more than a half million people lived in U.S. mental institutions—one in 300 Americans. By the late '70s, only 160,000 did, due to efforts by psychiatrists, philanthropists, and politicians to deinstitutionalize the mentally ill.

Today there's one public psychiatric-care bed per 7,100 Americans—the same ratio as in 1850. The motives behind this trend were varied. Emptying the asylums was going to save money. And who needed hospitals with all the antipsychotic drugs on the market? Deinstitutionalization was going to restore citizens' rights and protect them from deplorable conditions like those portrayed in movies like *One Flew*

Over the Cuckoo's Nest, conditions in which a sane person would go crazy and a crazy person was unlikely to be cured. Wouldn't it be better if the mentally ill were treated at home, given support, therapy, and medication via community clinics? It sounded good, but the reality was quite different.

In 1961, a joint commission of the American Medical and American Psychiatric associations recommended integrating the mentally ill into society. This plan depended on the establishment of local facilities where mentally ill people could receive outpatient care. Congress passed a law providing

funding for these "community mental health centers" in 1963, and states, under pressure from the patients' rights movement, downsized their psychiatric hospitals faster than anyone had anticipated.

Between the Vietnam War, an economic crisis, and a lack of political will, adequate funding for community services never came through. In 1980,

the Mental Health Systems Act was passed to fill the gap. But a year later, Ronald Reagan gutted the act, then decreased federal mental-health spending by 30 percent and shifted the burden to state and local governments. The crucial community services that the mentally ill were

supposed to receive failed to materialize, and more and more people ended up on the streets. Collectively, states have cut \$4.35 billion in public mental-health spending since 2009.

As of 2006, 1.3 million of America's mentally ill were housed where they used to be until the late 1800s: in prisons. Between 1998 and 2006, the number of mentally ill people behind bars more than quadrupled. In some county jails, rates of inmates with mental illness have increased by nearly 50 percent in the past five years. It's not uncommon for individual jails to report that 25 to 30 percent of their inmates



THE PENDULUM
HAS NOW
SWUNG FAR
PAST PATIENTS'
RIGHTS AND
INTO THE
TERRITORY OF
WILD NEGLECT.

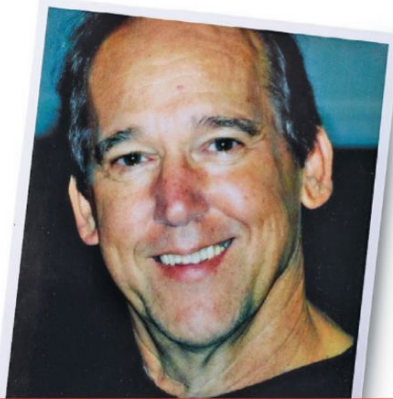
are mentally ill or that their mentally ill population rises year after year.

"None of us are suggesting that we need to go back to 1930, when a psychiatrist could say, 'I don't like the sound of your voice, so I'm going to keep you in my facility—which I also happen to own—for three weeks,'" says Dr. Torrey. "You have to have a system of checks and balances."

WHAT WILL HAPPEN TO HOUSTON?

The pendulum, however, has now swung far past patients' rights and well into the territory of wild neglect. The dismantling of the mental-health system has left those willing to undergo treatment with no options and rendered ineffective the laws intended to protect against dangerous scenarios. "Danger to self or others is defined too [stringently]," Dr. Torrey says. In the eight states where danger to self or others is the sole trigger for treatment, "you either have to be trying to kill your psychiatrist or trying to kill yourself in front of your psychiatrist" to receive assistance.

Regardless of what you think about commitment rules, the bottom line is that decent facilities need to exist. "A psych ward in a general hospital that's set up to see people with eating disorders and depression" is not equivalent to a psychiatric-care facility, Dr. Torrey says. If my uncle Mark could have taken Houston to a well-staffed hospital with an open bed and properly



"If [Houston's] story can serve a purpose, I feel like Mark [above] will not have died in vain," says Aunt Annette.

administered antipsychotic medications, maybe his crime could have been not only predicted but also prevented.

"Hospitals are motivated to get people out as quickly as possible. We ignore the mentally ill until they commit a crime that lands them in prison," says Robin Lipetzky, the chief public defender of Contra Costa County, near San Francisco Bay. "Over and over again, we see situations where the parents of those who commit these offenses ... say they've been trying and trying to get treatment for their kids, and it's just not available. And it's usually young adults. There's not enough out there in terms of resources for families." She concedes that calculating the cost of treatment of the mentally ill is not so easy to do. "How do you put the price," she asks, "on people losing their lives when

[someone has] a psychotic break?"

Houston had already been incarcerated for 430 days the first time I visited him back in January 2013, costing the county \$49,811 in jail expenditures. He received medication but no therapy. After I identified myself as a cousin who knew Aunt Annette and we settled into our visiting-booth chairs, he explained, without complaining, that he wasn't exactly thriving there. He talked about his illness a little, how he'd had "some episodes" that had landed him in the most acute cells of the most serious of the jail's three mental wards—"the dungeon," which includes rooms with padded walls and no socializing and sometimes sick people yelling and screaming on all sides. "You would have a nervous breakdown," he told me, "just standing in there for ten minutes."

We did not talk about Uncle Mark or about how Houston had gruesomely killed him, or, as unspeakable as that was, that sometimes unchecked mental illness can lead to far worse tragedies, when access to guns meets

delusions centered on a movie theater or a temple or a school.

The last time I saw Houston was in a courtroom at the end of February 2013. It was yet another hearing to set his trial date for April 5. He didn't look at me, or at anybody, not even his mother, Marilyn. Houston kept his tortured-looking face pointed at his twitching thumbs, probably wondering, amid his delusions—despite antipsychotics, he still suspects people of being conniving extraterrestrials or robots—whether his NGI (not guilty by reason of insanity) plea will be accepted by a jury.

Ultimately, it was. Ultimately, Houston was not sentenced to prison but was moved to a psychiatric hospital in California. There he'll remain for years, or maybe forever, occupying one more bed that won't be available to one more person having trouble until it's too late. **R**

Mac McClelland is an award-winning journalist and the author of *For Us Surrender Is Out of the Question: A Story from Burma's Never-Ending War*.

MOTHER JONES (APRIL 2013), COPYRIGHT © 2013 BY THE FOUNDATION FOR NATIONAL PROGRESS, SAN FRANCISCO, CALIFORNIA 94108.

COMING IN THE MARCH ISSUE

TRUE TALES FROM THE ER

Mind-blowing medical dramas

Orphaned on the Ocean

A young girl spent four days floating on a raft in open water. Where had her family gone?

PLUS

- Calm Is the New Happy
- Secrets of a Personal Organizer
- The End of the Waffle House

That's Outrageous!

ANIMAL BEHAVIOR

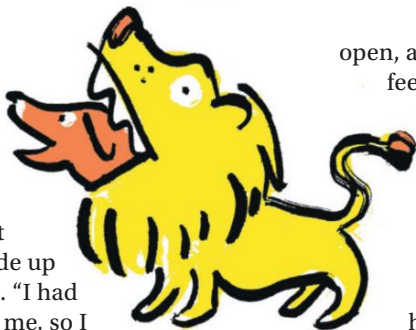
VISITORS to the zoo in Luohe, China, noticed something odd about the lion: It was actually a Tibetan mastiff that appeared to be made up to pass for a big cat. “I had my young son with me, so I tried to play along and told him it was a special kind of lion,” said one mother, according to reports. The jig was up when the “lion” barked.

Source: web.orange.co.uk

THE FIRST THING Marion Webster, of Solihull, England, did after finding her garden decimated was to march over to her neighbor’s flower bed and pull out all the pansies and roses and anything remotely planty. Why? Webster was reportedly convinced that her neighbor had grown so jealous of her beautiful garden that she’d trained a squirrel to destroy it.

Source: *Daily Mail*

WHEN A COUPLE arrived home in East Wenatchee, Washington, they were surprised to find a strange man in their kitchen. More surprising than that, the refrigerator door was



open, and the man was feeding their dog.

Even more odd: As the stranger calmly headed toward the door, he called to the dog, and the two left the house together.

Source: *Wenatchee World*

A WOMAN IN CHINA filed for divorce after suspecting that her husband was cheating on her. How could she tell? Her pet mynah bird’s vocabulary had grown to include *divorce*, *I love you*, and *be patient*—words it had allegedly picked up while overhearing the husband on the phone with his lover. According to reports, the bird became particularly chatty whenever the phone rang.

Source: CNN

ONE WAY TO KILL bedbugs is with heat. Knowing that, a New Jersey man whose home was infested with the little buggers went after them with a space heater, a hair dryer, and a heat gun. He did, in fact, get rid of the bedbugs—but only because he ended up setting his house on fire.

Source: bigstory.ap.org

PHOTO

OF

LASTING INTEREST





Photograph by Moby
Chosen by Markus Spiering

Head of Product at Flickr

"I follow other musicians on Flickr, but Moby's photos are unique. This one [shot at the Coachella Festival in Indio, California] is well made, but it also reflects authenticity. You know, when, as an artist, you go out onstage and something is going to happen, you approach the microphone in the center of the stage, and the crowd is cheering and excited and holding up their phones to take pictures—to see a show from the artist's perspective is pretty fantastic! I wish that when I gave a presentation, this would happen to me!"

Great Escapes



Cranes will fly. Jaws will drop.

Each spring more than 500,000 Sandhill Cranes descend on Nebraska's Platte River Valley. Discover what many call the greatest recurring natural phenomena in North America.

NEBRASKA
Tourism

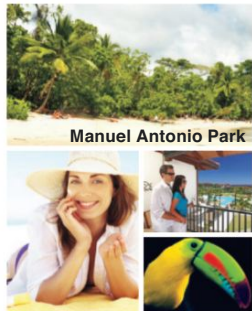
VisitNebraska.com
800-228-4307

Sevierville
TENNESSEE
Where Smoky Mountain Fun Begins!
VisitSevierville.com

Fun • Adventure • Outlet Shopping
in Dolly's Hometown!

For more information and a free Vacation Planner, call 1-888-766-5948 or go online to VisitSevierville.com

State of Tennessee Information: 1-800-GO-2-TENN or visit www.tnvacation.com



Manuel Antonio Park

Costa Rica 9 Days \$1095

Hike in jungle rainforests, view volcanoes, soak in hot springs and relax on tropical ocean beaches.

All meals included. Tax, fees extra.

Join the smart shoppers and experienced travelers who rely on Caravan to handle all the details.

Far left: Relax on tropical beaches; Luxury resort & spa; Keel-billed toucan

Affordable Guided Vacations

8-10 days, \$995-\$1495 + tax, fees

Guatemala	Grand Canyon
Panama	California Coast
Nova Scotia	Mt. Rushmore
Canada Rockies	New England

FREE Tour Catalog

1-800-Caravan
www.Caravan.com



caravan

Great Escapes

Fairbanks, Alaska



Go deep inside Alaska, where the unparalleled meets the unexpected. Fairbanks emanates a quality of light, energy and warmth found nowhere else on earth.

Call +800-327-5774 or visit www.explorefairbanks.com for your free Fairbanks Visitors Guide.

Lake George Area in New York's Adirondacks



It's all here! Easy access, great winter recreation, outstanding events and unbeatable value! The perfect winter vacation destination, in the nearby Lake George Area in New York's Adirondacks! Free 2014 Travel Guide and

Winter Activities Brochure. 800-365-1050 X466, VisitLakeGeorge.com
Four great seasons, one outstanding destination!

Outer Banks of North Carolina



Get your free 2014 travel guide, filled with pages of adventures, festivals, places to eat and stay, today.

Visit or call:
Outerbanks.org
877-629-4386

La Crosse, Wisconsin



La Crosse is located on the banks of the mighty Mississippi River. Gently nestled amidst the bluffs and coulees. La Crosse offers first-class accommodations, award winning restaurants and much more.

FREE Visitor's Guide
+800-658-9424 or visit
explorelacrosse.com

Greensboro Convention & Visitors Bureau



Play in the center of it all! With great spas, galleries, shopping, dining, culture and more Greensboro has everything. Featuring 88 accommodations,

500+ restaurants and 135 attractions, customize an affordable family adventure today.
www.VisitGreensboroNC.com
800-344-2282

St. Lawrence River Cruises



Visit and experience the beauty, magnitude and historical charm of this magnificent river. The gateway to the Great Lakes, they highway of history and develop-

ment. 3 and 6 night cruises. Call +800-267-7868 or visit www.StLawrenceCruiseLines.com.

Advertisement

Great Escapes



saratoga, new york

THE *Perfect* GETAWAY

SARATOGA
COUNTY

easy to reach. always exceptional.
1-866-451-2266 | saratoga.org I♥NY

Where Nature
and **Culture Meet**



VisitGainesville.com

Visit
GAINESVILLE

866.778.5002

A PLACE
FOR ALL
SEASONS!

Discover Historic
Hendersonville
NORTH CAROLINA

Check out Our great
Stay & Play
Vacation Packages
and One-click Local
Room Availability!



SHOP • EAT • HIKE • GOLF • EXPLORE



800.828.4244
historichendersonville.org

Order a
FREE!
Travel
Planner



FOR MORE INFORMATION VISIT www.RD.COM/TRAVELTIPS

ADVERTISEMENT
ADVERTISEMENT

Soothing
for your soul

and your stomach



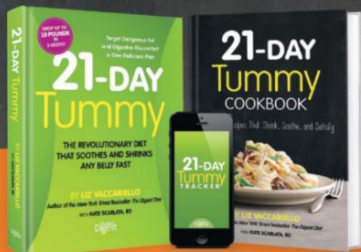
CURRIED CHICKEN SOUP

The **21-Day Tummy** plan is designed to alleviate chronic stomach issues, including acid reflux, gas and bloating, constipation and more.

Discover which surprising foods promote weight loss and help **get your body into better shape – both inside and out!**

Get it all & SAVE \$10

Only at **21DayTummy.com**



In a recent rant, Louis CK said smartphones are ruining people's abilities to experience their own lives. Thank you very much, responds one concerned parent.

CAN YOU HEAR ME NOW?!

BY ANDY SIMMONS

WHEN ASKED BY CONAN O'BRIEN if his daughters had smartphones, comedian Louis CK explained that he had successfully fended them off by simply replying, "No, you can't have it. It's bad for you. I don't care what you want."

He instantly became my hero.

This hit home for me because at the time, I was mired in difficult negotiations with my ten-year-old daughter over one. And frankly, she was winning. Was it possible that I could just say no to my daughter, as CK suggested? I hadn't even known I was allowed to, if the guinea pigs, the dogs, and the base-mentful of American Girl paraphernalia for her doll Molly were any indication. CK rationalized, "I'm not raising the children—I'm raising the grown-ups that they're going to be. So just because the other stupid kids have phones doesn't



Louis CK's diatribe caused a buzz online, where millions watched it on YouTube.

mean that my kid has to be stupid, or otherwise she'll feel weird."

OK, I was sold. But now that I knew I didn't want my kid to grow up stupid like her friends, I needed to explain to *her* why she shouldn't grow up stupid like her friends. After all, she liked her stupid friends. That's why they were her friends. And this is what CK told Conan and me.

Cell phones are "toxic, especially for kids," he said, because they don't help them learn empathy, one of the nicer human emotions. When we text, we don't see or hear a visceral reaction. The response we get is in cold, hard text-speak. Why are kids mean? he asked. "Because they're trying it out. They look at another kid and go, 'You're fat.' Then they see the kid's face scrunch up, and they think, Ooh, that doesn't feel good." There, they've

experienced empathy. Texting "you're fat" allows you to bypass the pain you've caused.

CK went on to explain to Conan and me that smartphones rob us of our ability to be alone. Kids use smartphones to occupy their time: Must text! Must play game! Must look up more tiny American Girl socks online for Molly!!! CK asked, Whatever happened to just zoning out? After all, one of the joys of being human is allowing our minds to wander. With cell phones, kids are always preoccupied. They never daydream, except in class. And here's something else we're missing out on thanks to Steve Jobs's little gizmo: our right to be miserable. This was a right I hadn't realized I desired until CK pointed out that it's yet another of the essential human emotions.

CK gave the example of driving by yourself and suddenly realizing that you're alone. Not "Oh, hey, guess I can't use the HOV lane" alone. We're talking Ingmar Bergman alone. Dark, brooding sadness that causes so many drivers to grab that smartphone and reach out to another living soul.

"Everybody's murdering each other with their cars" as they text, CK screamed, because they dread being alone. Too bad—they're missing out on a life-affirming experience.

"I was in my car one time, and Bruce Springsteen's 'Jungleland' came on," he told Conan and me. "And he sounds so far away. It made me really sad. And I think, OK, I've got to get the phone and write hi to 50 people. I was reaching for the phone, and I thought, Don't! Just be sad."

So CK pulled over and allowed himself to sob like a little girl denied that brand-new four-poster bed for her American Girl doll. "It was beautiful. Sadness is poetic. You're lucky to live sad moments," he said. And because he didn't fight it, because he allowed himself to be miserable, his body released endorphins. "Happiness rushed in to meet the sadness. I was grateful to feel sad, and then I met it with true profound happiness.

"The thing is, because we don't want that first bit of sad, we push it away with that little phone," CK said. "So you never feel completely sad or completely happy. You just feel kind of satisfied. And then you die.

"And that's why I don't want to get phones for my kids."

And I suppose I don't either. **R**

HOLD THE PHONE!

Daniel Engber counters, saying that smartphones make our kids true global citizens

FROM SLATE.COM

COULD LOUIS CK be right that smartphones are the devil's playthings? His sermon on the couch begins by parroting a concern that has become a staple of daytime talk shows—that social media contaminate our chil-

dren, erode their social skills, and will produce a generation of near-sociopaths.

The problem is, recent research doesn't support the claim. A survey conducted in 2010 by Stanford

professors showed that eight- to 12-year-old girls who spent lots of hours buried in their smartphones weren't less likely than their peers to hang out with friends in person—and girls who liked to go out in groups were not less inclined to text or send instant messages.

True, the survey did find that having face-to-face communication made kids feel more “normal” and socially successful. But sending texts and using Facebook and Twitter don't make a girl much worse off. In fact, two of the activities that seem to retard her development of social skills the most are reading (which includes doing homework) and watching videos (which includes spending time in front of the television). In other words, girls who keep their noses in books or veg out on the couch may not be as well attuned to social cues as those who do not.

CK argues that distractions like technology prevent kids from learning how to regulate their emotions. But there are plenty of pre-smartphone ways to tamp down discomfort and/or the essential sadness of existence. When I was a preteen, I filled up every empty moment of my days reading science-fiction paperbacks. I didn't have a smartphone, but neither did I follow CK's advice to not do anything. Neither did my parents. They didn't have the benefit of mobile apps, but they shrugged off moments of

depression or boredom by doing crossword puzzles and listening to NPR.

Are these old-fashioned modes of entertainment and distraction any less pernicious than the ones we have today? CK's own example mixes the old technology with the new. He had the urge to text his friends, he says, while listening to music in his car; his smartphone distracted him from the radio. But what if CK had been sitting there in blessed silence, staring out across the open road and contemplating his own mortality? Why did he have to clog the gaping quiet with classic rock? What made his phone distracting but his radio a source of sadness and joy?

We like to think that antique distractions—Isaac Asimov, Carl Kasell, Bruce Springsteen—are superior to the modern sort. Books and songs enrich us; smartphones make us dumber. “Jungleland” is art; Facebook is a waste of time. But is that really true?

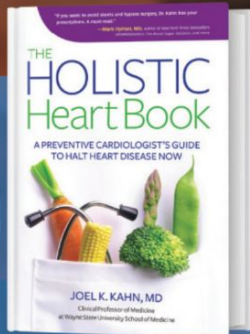
And so it is with smartphones. Some texts from friends are snoozers, pointless blips that distract us from our daily lives; others wrench the soul. Some Facebook posts work to dull our senses; others blind us with their brilliance. Isn't the Louis CK clip [on *Conan*] itself a melancholy, distant cry, piercing through the news-feed fog? Can't we use our smartphones to hear “Jungleland” at any time of day? Or is that distraction too? **R**

“Each of us has the power to add years to our lives – it’s never too late.”

-Joel K. Kahn, MD
Preventive Cardiologist
Clinical Professor of Medicine,
Wayne State University Medical School

Treat and help prevent the effects of heart disease with the expertise of Dr. Kahn, America’s Holistic Heart Doc and *Reader’s Digest* columnist.

His 78 simple lifestyle prescriptions blend traditional and natural therapies to strengthen your heart and enhance your doctor’s treatment plan.



PREVIEW IT FREE AT
HolisticHeart.com

WHO ? KNEW

50 Secrets Your Grocer Won't Tell You

BY MICHELLE CROUCH

DO YOU walk into the supermarket to pick up just a few things but leave with a trunk full of food, an eye-popping bill, and an urgent need for a nap? It's no wonder. With about 40,000 products in today's typical grocery store, the industry is using more tricks than ever to get you to buy more than you had planned. And if you know what to look for, you might find that food safety and hygiene have fallen by the wayside in some stores. We asked 16 grocery experts, including industry analysts and store employees, to share their insider strategies to save money, stay healthy, and beat supermarkets at their own game. ➤➤



Our Newest Tricks

1 We're very aware of the role that the senses play in marketing. When you walk in the door, you smell bread baking or rotisserie chicken roasting in the deli area because we know those smells get your salivary glands working. When you're salivating, you're a much less disciplined shopper.

PACO UNDERHILL, *consumer expert and author of What Women Want: The Science of Female Shopping*

2 It's no accident that shopping carts are getting bigger: We doubled their size as a test, and customers bought 19 percent more.

MARTIN LINDSTROM, *marketing consultant and author of Brandwashed: Tricks Companies Use to Manipulate Our Minds and Persuade Us to Buy*

3 The more people buy, the more they consume. If you used to buy a six-pack of soda and drink six cans a week but now buy a 12-pack because that's the current standard size, you're probably going to start drinking 12 cans a week. Be mindful when buying larger sizes to make sure your habits don't change as a result.

JEFF WEIDAUER, *former supermarket executive and vice president of marketing for Vestcom, a retail services company*

4 The average consumer tends to remember the price of only four items: milk, bread, bananas, and eggs. Ninety-five percent of shoppers

have no idea what all the other items cost and don't know if they're getting a good deal when they buy them.

MARTIN LINDSTROM

5 The produce department is at the front of the store because its bright colors put you in a good mood and inspire you to buy more. That's why I recommend that you start shopping in the middle of the store, with its bland boxes and cans.

PHIL LEMPert, *grocery industry expert and editor of supermarketguru.com*

6 Over 60 percent of shoppers off-load products as they check out, so supermarkets started making checkout lanes narrower, with less shelf space, which means it's harder to ditch goods at the last minute.

MARTIN LINDSTROM

7 We let you linger ... and it's good for business. Customers would tell me as they went through the checkout, "I just stopped in to get eggs," and they would have \$250 worth of stuff.

JASON SWETT, *former bagger and cashier at a grocery store in Kalamazoo, Michigan*

8 To save money, wear headphones and listen to upbeat music as you shop. Many stores play music with a rhythm that's much slower than the average heartbeat, which makes you spend more time in the store—and buy 29 percent more.

MARTIN LINDSTROM

We Want You To Know

9 Supermarkets aren't out to steal from you. The average supermarket makes about 1.5 percent net profit a year. To give you some idea of how low that is, the profit margin for clothing stores can be several times that. **PHIL LEMPert**

10 Kroger uses heat sensors to track where people are in the store to determine when there's likely to be a rush of shoppers to the checkout counters so that they can get cashiers to the front in advance.

JEFF WEIDAUER

11 Please have your money or credit card ready at checkout. Some stores time each transaction. If you take too long, we get in trouble.

AIMEE BRITAIN, former grocery cashier who blogs at prettyfrugaldiva.com

12 In my experience, food safety is the biggest priority, especially when it comes to produce. Employees were required to sterilize cutting boards every four hours; they had to fill out a cleaning log each



time the boards were washed. Some employees would try to get out of doing the dirty work, so it was my job to pop into the department throughout the day and check the log.

LINDA KING, former store and department manager for a Connecticut chain

13 One thing that shocked me is that prepared food in the deli area, like chicken or potatoes, is thrown away at the end of the day. Stores can't save it. They won't even give it to their employees.

AIMEE BRITAIN

14 Grocery stores can't compete with Walmart on price. So what are they doing? Bringing in

people who are passionate about food. They're hiring butchers who are skilled at cutting up meat, produce managers who are experts on fruits and vegetables, and a few dietitians who give seminars on healthy eating habits. **JEFF WEIDAUER**

15 Most grocery stores have a budget for supporting local causes and are interested in being a part of the community. So if your school is having a fund-raiser, don't forget to talk to your nearby store. **JEFF WEIDAUER**

16 You can't win when you're a bagger. If you put a loaf of bread in a bag by itself, some people get mad because they want it with their other groceries. But other customers get mad if you don't put the bread in a separate bag. **JASON SWETT**

17 People believe milk is located in the back of the store so that they have to walk through the aisles to get to it. But the real reason is simple logistics. Milk needs to be refrigerated right away; the trucks unload

in the back, so the fridges are there so that we can fill the cases as quickly and easily as possible. **JEFF WEIDAUER**

18 About 80 percent of what shoppers buy, they buy every week. Keep your receipt, which shows the item and the price you last paid, so you can tell when something is on sale. That's when you should stock up. **PHIL LEMPert**

Appearances Can Be Deceiving

19 If you need a cake, don't buy it the day you need it. We'll have to give you one from the display case, and those cakes have often been sitting out for a while. If you order in advance, we'll make the cake for you that day or the night before, and it will be a lot fresher. **LINDSAY SMITH, former cake decorator and bakery worker at a grocery store near Birmingham, Alabama**

20 Believe it or not, my years of research have found that the average apple you see in the supermarket is 14 months old ... or older. **MARTIN LINDSTROM**



21 Some of the same cheeses displayed behind the deli counter are available in the dairy case. The packaging isn't as fancy, but they're much cheaper. **PHIL LEMPERT**

22 The mist that's sprayed on your fruits and veggies may make them look fresh, but it can make them rot faster. The water also adds to an item's weight, so make sure you shake off leafy greens. **MARTIN LINDSTROM**

23 Our French bread was exactly the same as our Italian bread, which was the same as our White Mountain bread. They were all made with the same dough and then shaped differently. **LINDSAY SMITH**

The Customer Is King

24 There's a lot that grocery store employees will do for you if you just ask. The butcher will tenderize meat for you, the baker will slice a loaf of bread, and the florist will usually give you free greenery to go with your loose flowers. At some stores owned by Kroger, the seafood department worker will even coat your fish in flour or Cajun seasoning and fry it up for free. I couldn't believe it the first time they did that for me.

TERI GAULT, *grocery savings expert and CEO of thegrocerygame.com*

25 If we're having a sale on a baked item and you don't need it until the next month, ask if you can buy it now, during the sale, but not pick it up until your event. We let people do that all the time. They bring back their receipt a month later and get their order.

A cake decorator in an Ohio grocery store

26 Is there a product you want that the store doesn't carry? Talk to the manager. A lot of today's supermarkets will special-order things for you. They'll even arrange to bring something in for you on a regular basis. **JEFF WEIDAUER**

27 If you see something in the bakery or meat department that will expire the next day, say, "Hey, this is expiring tomorrow. Are you going to mark it down?" A lot of times, they'll mark it down for you right then. You're really doing them a favor, since they have to unload it anyway. **TERI GAULT**

Deals May Not Be Deals

28 In a supermarket, a good sale is anything that's half price. "Buy one, get the second one 50 percent off" discounts are not good sales—that's only 25 percent off each. Almost everything is reduced to 50 percent at some point. **TERI GAULT**

29 The store I worked at would make some of its sales very specific and, in my opinion, very deceptive. For example, it would offer 50 percent off a ten-ounce package of deli ham and put the sign right between the ten-ounce packages and the 16-ounce ones. Shoppers would wind up grabbing the wrong one and paying full price.

JASON SWETT

30 Customers think that when they buy in bulk, they end up with a better deal, but that's not always the case. In the produce department, individual peppers are almost always cheaper than those in the multi-packs, and loose avoca-

dos are usually cheaper than the ones grouped in mesh bags.

TERI GAULT

31 The ten-for-\$10 promotion is one of the most effective. When a store does it, volume takes off, even if the promotion raises the price of something. We'll take an 89-cent can of tuna and mark it "ten for \$10," and instead of buying six cans for 89 cents, people will buy ten for \$10.

JEFF WEIDAUER

32 Do not assume that if something is displayed at the end of an aisle, it is a good deal. Often, it's not. Those endcaps are sold specifically to companies trying to promote a product.

PACO UNDERHILL

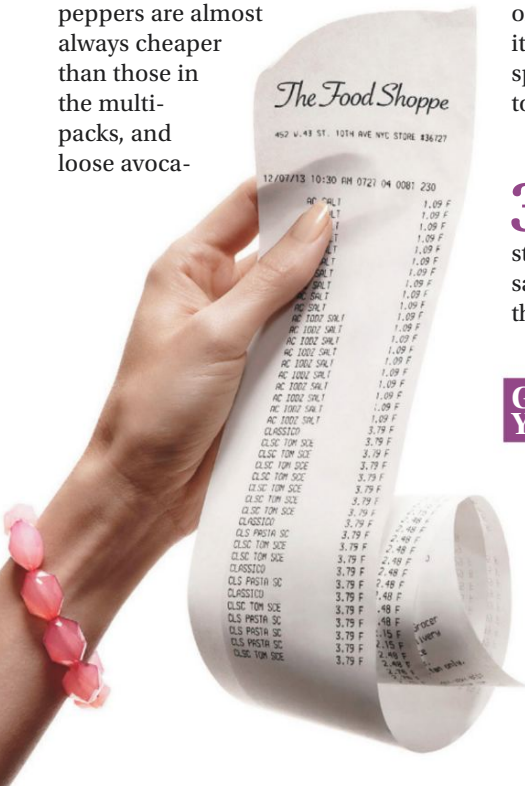
33 Just because something is advertised in your grocery store circular doesn't mean it's on sale. There's a whole lot in there that's full price.

TERI GAULT

Get More for Your Money

34 Grocery stores usually don't have the best milk prices. The milk at drug-stores and convenience stores is typically priced 30 to 50 cents less per gallon; it may even be locally produced and hormone-free.

TERI GAULT



35 Do you like the hot pizza from the deli? It's likely the same store-brand pizza offered over in the freezer section for almost half the price per slice.

BRADLEY MCHUGH,

meat manager and deli clerk for an independent grocery store in Ohio

36 At the fresh seafood counter, most products are labeled *previously frozen* in small type. Those same products are probably for sale in the frozen-food case for 40 percent less. Not only that, but you won't have to use them right away, since they haven't been thawed out.

PHIL LEMPERT

37 I've tasted every item in our deli case, and there's very little difference between what's been prepackaged and what we slice fresh. A lot of times, it's the exact same product. But you're paying \$1 to \$2 more per pound for the same product just to have us slice it for you.

BRADLEY MCHUGH

38 When you buy fresh bread, we give it to you in a brown paper bag. Why? Because the bread may go stale faster, sending you back to the store to buy more. A quick fix: Place loaves in airtight plastic bags as soon as you get home.

LINDSAY SMITH

39 If you can, shop when the store is not busy. Studies show that most consumers buy more when the

store is crowded because they subconsciously want to be part of the group. Mondays and Tuesdays are the best days to shop. Whatever you do, avoid weekends.

PHIL LEMPERT

Better Meat For Less

40 It's almost always cheaper to buy a large cut and have us trim it for you. We can cut a chuck roast into stew cubes, a whole boneless strip loin into New York strip steaks, or a flank steak into stir-fry strips. We've had people buy one big roast and have us remove the bone for soup, run half of it through the grinder for hamburger, and cut the rest into a pot roast. That can save you about 30 percent compared with buying everything cut.

BRADLEY MCHUGH

41 Just because a cut of meat is labeled *Angus* doesn't mean it's going to be a great steak. What you really want to check is its USDA quality grade. Prime is the best, then choice (usually the highest grade available in grocery stores), followed by select, and finally standard.

KARI UNDERLY, former grocery store meat cutter and author of *The Art of Beef Cutting: A Meat Professional's Guide to Butchering and Merchandising*

42 Find out when your butcher marks down meat—at most stores, it's between eight and ten in the morning.

TERI GAULT

43 One of our best-kept secrets is that you get filet mignon much cheaper by buying whole T-bone steaks. Every T-bone has a small filet mignon on the bone, and a New York strip on the opposite side. The price difference can be \$3 to \$5 a pound.

BRADLEY MCHUGH

44 If you're worried about what's in your ground meat, buy a piece of roast when it's on sale and have your butcher grind it up for you in-store. A sirloin roast would be so delicious as hamburger.

KARI UNDERLY

The Scary Truth

45 When I was training as a health inspector, the instructors beat into our heads how to inspect restaurants. But there was very little training focused on grocery stores. They took us through a grocery store in one day and then turned us loose, even though the stores have all this processing equipment that's tough to clean. And I have to admit, I'd look at some of these machines on my inspections and say, "Yep, looks good." But I didn't really know what I was looking for.

Grocery store public health consultant

46 When you buy prepackaged ground meat in one of those tubes or foam containers, it may

have come from hundreds of cows. If just one of those cows had *E. coli* on its hide, it's now in your hamburger. If you ask a grocery store meat cutter to grind your hamburger in the store, it's coming from just one cow. There's still a risk of contamination, but it's a much lower one.

BILL MARLER, *food-safety advocate and Seattle attorney who has frequently sued food companies*

47 Everyone handles the produce. I've seen customers drop something, pick it up, and put it back on the shelf. I've seen kids take a bite and put the item back. It took me a long time to start eating fresh fruits and vegetables again after working in a store.

AIMEE BRITAIN

48 In almost every store we walk into, the employees tell us they don't have enough time to clean properly. The result: I've seen some mice infestations so bad that they were living in the dairy cooler.

Grocery store public health consultant

49 We recycle the vegetables and fruits that don't sell in time by using them in our prepared foods.

BRADLEY MCHUGH

50 The carts never get cleaned. I've seen babies soiling carts and carts with chicken juice leaking on them. That's why I give them a once-over with my own sanitizing wipes.

AIMEE BRITAIN 

oxygen. anytime. anywhere.®

Introducing the INOGEN ONE It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The **INOGEN ONE** portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night. Inogen accepts Medicare and many private insurances!

- ✓ No more worries about running out of oxygen tanks ever again.
- ✓ No more relying on others for your oxygen supply.
- ✓ No more waiting for deliveries.



MKT-0293B

inogen

**CALL INOGEN TODAY
to request your
FREE Information Kit**

1-800-690-1500

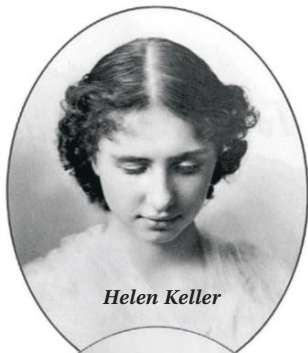
One mother pushes aside princesses and teaches her daughter to admire real women

Little Girl as Hero

BY ALISON CAPORIMO

SEARCHING FOR FUN dress-up ideas for her daughter Emma's annual birthday portrait in April, photographer Jaime Moore found countless examples of children decked out as Disney's Princess Jasmine or Cinderella. "I started thinking about all the real women whom Emma should look up to rather than emulating those characters," says Moore, from Austin, Texas. So she opted for role models who made history for their amazing accomplishments and values. "Emma's favorite was Amelia Earhart," Moore says. "She found flying over the

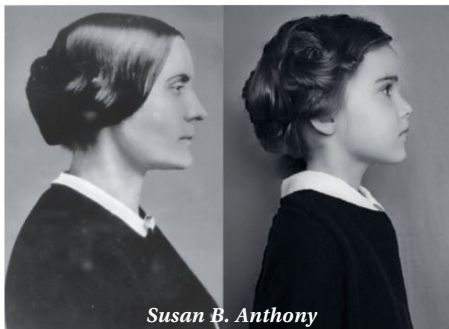
ocean particularly exciting." Moore hopes that this special experience has taught Emma that "she can be anything she wants to." As for next year's portrait, Moore is already brainstorming a whole new roster of female leaders. Her current favorites include Malala Yousafzai, Sally Ride, and Marie Curie.



Helen Keller



Amelia Earhart



Susan B. Anthony

PHOTOGRAPHS OF EMMA, COURTESY JAIME C. MOORE; GETTY IMAGES (EARHART)

IT PAYS TO INCREASE YOUR

Word Power

A wave of our wand and presto! We conjure a page of magical words and phrases. Step right up and test your vocabulary—then transport yourself to the next page, where we reveal the answers.

BY EMILY COX & HENRY RATHVON

1. levitate ('le-vih-tayt)

v.—A: defy gravity. B: weave spells.
C: disappear.

2. clairvoyant (klayr-'voy-ent)

adj.—A: in a trance. B: ghostly.
C: seeing beyond ordinary perception.

3. planchette (plan-'shet)

n.—A: sorcerer's cloak. B: Ouija board pointer. C: mischievous fairy.

4. mojo ('moh-joh)

n.—A: book of secrets. B: magical spell. C: mantra.

5. telekinetic (te-leh-kih-'neh-tik)

adj.—A: predicting the future.
B: calling on ghosts. C: using mind over matter.

6. voilà (vwah-'lah)

interj.—A: "Begone!" B: "There it is!"
C: "Open!"

7. whammy ('wa-mee)

n.—A: trapdoor. B: illusion. C: hex or curse.

8. soothsaying ('sooth-say-ing)

n.—A: prophecy. B: recitation of chants. C: revelation of a trick.

9. mesmerized ('mez-meh-riyzd)

adj.—A: sawed in half. B: hypnotized.
C: turned to pixie dust.

10. augur ('ah-ger)

v.—A: serve as an omen. B: bend a spoon without touching it. C: chant in a monotone.

11. shaman ('shah-men)

n.—A: fake psychic. B: healer using magic. C: genie in a bottle.

12. occult (uh-'khult)

adj.—A: sinister. B: miraculous.
C: secret.

13. invoke (in-'vohk)

v.—A: transform. B: use ventriloquism. C: summon up, as spirits.


14. sibyl ('si-buhl)

n.—A: séance. B: fortune-teller.
C: black cat.

15. pentagram ('pen-teh-gram)

n.—A: elixir. B: five-pointed star.
C: enchanted staff.



 To play an interactive version of Word Power on your iPad or Kindle Fire, download the Reader's Digest app.

Answers

1. levitate—[A] defy gravity. Before dunking the basketball, Michael *levitates* long enough to polish the backboard and rim.

2. clairvoyant—[C] seeing beyond ordinary perception. As a bookie, I find being *clairvoyant* really helps me call the races.

3. planchette—[B] Ouija board pointer. My *planchette* just spelled out “You’re too gullible.”

4. mojo—[B] magical spell. I’ve got my *mojo* working, but I still can’t charm Angelina.

5. telekinetic—[C] using mind over matter. Chloe employs her *telekinetic* powers to make the trash empty itself.

6. voilà—[B] “There it is!” As he threw back the curtain, Houdini cried, “*Voilà!*”

7. whammy—[C] hex or curse. After the gypsy placed a *whammy* on Tex, he fell into the duck pond three times.

8. soothsaying—[A] prophecy. If Joe is so good at *soothsaying*, why does he always lose in Vegas?

9. mesmerized—[B] hypnotized. Since meeting Jenny, Paul has been stumbling around as though *mesmerized*.

10. augur—[A] serve as an omen. A flat tire on the first day surely *augurs* ill for our vacation.

11. shaman—[B] healer using magic. The local *shaman* recited a few incantations to heal my broken nose.

12. occult—[C] secret. At midnight, I was poring over an *occult* black-magic text.

13. invoke—[C] summon up, as spirits. While studying ancient Rome, I tried to *invoke* the ghost of Caesar to appear before me.

14. sibyl—[B] fortune-teller. My apprehension grew as the *sibyl* looked into her crystal ball and winced.

15. pentagram—[B] five-pointed star. David said his spells don’t work unless he traces a *pentagram* with his wand.

DIVINING DICTIONARY

When predicting the future, the suffix we use is **-mancy**, which means “divination.” *Pyromancy* involves reading the future in flames, *hydromancy* in water, and *chiromancy* in the lines on the palm of a hand. Another far-out example: *favomancy*, meaning “telling the future by reading beans scattered on the ground.” Related to *mantra* and *mania*, the root **-mancy** is derived from *mind*.

VOCABULARY RATINGS

9 & below: Sorcerer’s apprentice
10–12: Skilled conjurer
13–15: Wonder-worker

Humor in Uniform



"Why, yes, my dad is military—how'd you guess?"

MY FATHER was transferred to a new Navy base when I was four, so my parents quizzed me about our address. After I recited it perfectly, the test continued.

"City?" they asked.

"Memphis," I answered.

"State?"

"Tennessee."

"Country?"

"'Tis of thee."

JENNIFER KIRKSEY, *Freedom, California*

Send us your funniest military anecdote or news story—it might be worth \$100! See page 7 for details.

THE ARMED FORCES have a language all their own. Here's our Military-to-English Dictionary:

Birth control glasses (BCGs): military-issued eyeglasses noted for their unappealing appearance.

Gone Elvis: missing in action.

Latrinegram: unfounded rumor.

Moo juice: milk.

Repeaters: beans and cabbage.

Self-loading cargo: passengers on a transport aircraft.

Stupid o'clock: ridiculously early in the morning.

Volun-told: an "optional" event that one is actually required to attend.

IN CASE YOU MISSED IT ON

Rd.com



THE HUMAN BRAIN

Unlock Your Creativity

To open your mind, the latest psych studies suggest, you should keep your desk a little messy, work with coffee-shop-level background noise, and surround yourself with the color blue.

 MOST RETWEETS ON TWITTER

ADVICE

How Successful People Spend Their Weekends

They schedule three to five “anchor” activities, writes time-management expert and author Laura Vanderkam. Try it: Even the anticipation should make you happy.



EVERYDAY WELLNESS

Health Predictions from Birth Order

A surprising body of research shows that firstborns are smarter than their younger sibs—and also more prone to food allergies and diabetes. Middles have healthier gums and stronger marriages. Last-borns? They're most drawn to addictive behavior.



HEALTH

Maybe It Should Be Renamed Lifesaver

Cotton candy can be shaped and then specially coated to create artificial blood vessels, reports NewYork-Presbyterian Hospital. What's next: Pixy Stix stents?

 MOST POPULAR ON FACEBOOK

FUNNY STUFF

12 Smart Jokes Not Just for Geniuses

Philosopher to linguist: “What if, instead of periods, women had apostrophes?”
Linguist: “They’d be more possessive and have more frequent contractions.”

READ UP AT RD.COM/FEBRUARY

NICK CLEMENTS/GETTY IMAGES (MAN); JONATHAN KANTOR/GETTY IMAGES (COTTON CANDY); GETTY IMAGES (STOPWATCH); DORLING KINDERSLEY/GETTY IMAGES (SHOES)



Reader's digest

Liz Vaccariello **VP, Editor-in-Chief | Chief Content Officer**

Design Director Dean Abatemarco

Executive Editors Barbara O'Dair, Courtenay Smith

Managing Director, Content Operations Kerrie Keegan

Executive Digital Director, RD.com Diane Dragan

Director of Digital Operations, RD.com Brenda Schmerl

Features Editors Daryl Chen (National Interest), Beth Dreher,
Lauren Gelman (Health), Dawn Raffel (Books), Andy Simmons (Humor)

Senior Associate Editor Alison Caporimo

Associate Editors Damon Beres,
Perri O. Blumberg,
Caitlin O'Connell

Deputy Managing Editor Paul Silverman

Assistant Managing Editor Lauren Gniazdowski

Copy Editor Sarah Wharton

Research Manager Francis K. Lostys

Assistant Research Editor Alyssa Jung

Magazine Rights Tara Zades (Manager),
Drew Anne Scarantino

Head Librarian Ann DiCesare

Art Director Marti Golon

Associate Art Director Lauren Stine

Assistant Art Director Jennifer Klein

Photo Director Rebecca Simpson Steele

Photo Editor Emilie Harjes

Art & Photo Assistant Alexa Speyer

RD.com Site Manager Amy Pollak

Digital Production Director Jeff Nesmith

Digital Design &

Production Associate Michael Hipwell

Digital Design Associate Jonah Schrogin

Executive Assistant to the Editor-in-Chief Adrienne Farr

Editorial Assistants Elizabeth Kelly, Taylor Shea, Brandon Specktor

Contributing Editors Derek Burnett, Michelle Crouch, Glenn Glasser, Joel K. Kahn, MD,
Kenneth Miller, Brian Mockenhaupt, Lenore Skenazy, Gary Sledge, B. J. Summers

THE READER'S DIGEST ASSOCIATION, INC. President and Chief Executive Officer Robert E. Guth

Founders: DeWitt Wallace, 1889-1981; Lila Acheson Wallace, 1889-1984

Howard Halligan **COO North America**

Mark S. Josephson
VP, Chief Sales Officer

Associate Publisher Mark Bernardini

Advertising Services Director

Kristine Wimmerstedt Bihm

Advertising Sales

New York Joanne Parlamis, Tara Primiano,
Beth Roth, Lori Scelzi **Atlanta** Melissa Evertsen

Chicago Nora Healy **Dallas** Carol Contestabile

Los Angeles Erin Foy-Vian

VP, Digital Ad Sales North America

Steven Sottile

Digital Account Executives

Tim Baarda, Colin Herbst

Advertising Operations/Business

Development Manager Eric Silverstein

Alain Begun

VP, Business Development and Marketing

Marketing Shauna Hepburn, Robert Kline,
Alyssa Kopelman, Jarred Milich, Risa Miller,
Kristin Schuck, Darya Schwartz

Public Relations Manager Paulette Cohen

Retail Sales The Media Source

VP, Magazine Marketing Dave Fiegel

Director of Customer Care Brenda M. Wendt

Production Director Patricia Nolan

Advertising Production Manager Leslie Kogan

President and Publisher, Books and Home Entertainment
Harold Clarke

VP, Chief Marketing Officer, Consumer Marketing Leslie Doty

VP, North American HR and Global Talent Management

Phyllis E. Gebhardt, SPHR



Braille and audio editions of *Reader's Digest* are available from the American Printing House for the Blind (aph.org/products/magsubsc.htm). A *Reader's Digest* Large Print edition is available by writing to: Reader's Digest Large Print, PO Box 6097, Harlan, Iowa 51593-1597. For information about our digital editions, go to rd.com/readers-digest-digital-editions.

Quotable Quotes



Monsters are real, and ghosts are real too. They live inside us—and, sometimes, they win. **STEPHEN KING**



WHEN YOU ARE ACTUALLY POWERFUL, YOU DON'T NEED TO BE PETTY.
JON STEWART

I have this rule I live by: Only do what you can do. That means you're never looking outside for what's popular; you're always looking inside for what's true.

DELIA EPHRON, screenwriter



Even when I'm playing someone named Fat Amy, I'm all about confidence and attitude.

REBEL WILSON, comedian

Study after study has documented that when women have the opportunity to start businesses, own land, [and] receive credit ... entire economies expand.

HILLARY CLINTON

YOU NEVER LOSE A DREAM. IT JUST INCUBATES AS A HOBBY.

LARRY PAGE, cofounder of Google

Think about winning the day ... If you are worried about the mountain in the distance, you might trip over the molehill right in front of you.

DREW BREES



Reader's Digest (ISSN 0034-0375) (USPS 865-820), Vol. 183, No. 1096, February 2014. © 2014. Published monthly (subject to change without notice) by The Reader's Digest Association, Inc., 44 South Broadway, White Plains, New York 10601. Periodicals postage paid at White Plains, New York, and at additional mailing offices. **POSTMASTER:** Send address changes to Reader's Digest, PO Box 6095, Harlan, Iowa 51593-1595. All rights reserved. Unauthorized reproduction, in any manner, is prohibited. Reader's Digest, The Digest, and the Pegasus logo are registered trademarks of The Reader's Digest Association, Inc. Marca Registrada. Printed in U.S.A. You may cancel your subscription at any time and receive a refund for copies not previously addressed. Your subscription will expire with the issue identified above your name on the address label. **SUBSCRIBERS:** If the Post Office alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within one year. A special *Reader's Digest* Large Print with selected articles from *Reader's Digest* is published by The Reader's Digest Association, Inc. For details, write: Reader's Digest Large Print, PO Box 6097, Harlan, Iowa 51593-1597. **CONSUMER INFORMATION:** *Reader's Digest* may share information about you with reputable companies in order for them to offer you products and services of interest to you. If you would rather we not share information, please write to Reader's Digest Customer Care, PO Box 6095, Harlan, Iowa 51593-1595.

11 GRAMS OF PROTEIN
21 VITAMINS & MINERALS
50% DAILY VALUE OF CALCIUM
100% GOOD TO GO



BOOST.com

BOOST NUTRITION BARS

With flavors like chocolate and peanut butter chocolate, they're nutritious and delicious.
Look for BOOST in the Nutrition Aisle.

Stay Strong,
Stay Active with BOOST®.





IF YOU HAVE **MEDICARE PART D**

SWITCH

and

SAVE

Our customers saved
an average of

\$135

— last year —

on prescription copays*



**Now switching to Walgreens can save
you even more on Medicare Part D.**

Just bring your prescriptions to us, and we'll do the rest.
Walk in anytime or schedule an appointment at
[Walgreens.com/Medicare](https://www.walgreens.com/Medicare).

*Compares average copayments for our customers over 12-month period at a preferred vs. non-preferred pharmacy

Walgreens
AT THE CORNER OF **HAPPY & HEALTHY**™