

Reader's digest

OCTOBER 2016

*"If I were
two-faced, would
I be wearing
this one?"*

ABRAHAM LINCOLN

13 Things Dreams Reveal About You

An RD ORIGINAL ... 132

Outrageous! How Exxon, Coke, and Other Corporations Deceived You

By DEREK BURNETT ... 100

Chilling Real-Life Ghost Stories

From REDDIT.COM ... 116

101 Funniest Quotes *Ever!*

An RD ORIGINAL ... 76

Fatima Gets an Apartment

By LIZ VACCARIELLO ... 32

Go Ahead, Make Someone Else's Day

An RD ORIGINAL on Gratitude ... 42

"There's No Choice—Leave Me Here!"

A Father-Son DRAMA IN REAL LIFE ... 108

Don't Be a Cancer "Survivor"

From TEDMED ... 18

Overruled! A Felon Befriends His Prosecutor

From THE OREGONIAN ... 90

168 SNORT-INDUCING LAUGHS (Honest, just count 'em.)



Removable bookmark brought to you by **GEICO**

GEICO.



The other guy.



Helping people
since 1936

24/7 licensed
agents

97% customer
satisfaction

2nd-largest auto
insurer

The choice is yours, and it's simple.

Why enjoy just a slice of an apple when you can have the whole thing?

The same goes for car insurance. Why go with a company that offers just a low price when GEICO could save you hundreds and give you so much more? You could enjoy satisfying professional service, 24/7, from a company that's made it their business to help people since 1936. This winning combination has helped GEICO to become the 2nd-largest private passenger auto insurer in the nation.

Make the smart choice. Get your free quote from GEICO today.

GEICO[®]

geico.com | 1-800-947-AUTO | Local Office

Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. Customer satisfaction based on an independent study conducted by Alan Newman Research, 2015. GEICO is the second-largest private passenger auto insurer in the United States according to the 2014 A.M. Best market share report, published April 2015. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. © 2016 GEICO

Contents

OCTOBER 2016

Cover Story

76 THE 101 FUNNIEST QUOTES EVER

The complete *Reader's Digest* guide to witticisms, quips, retorts, rejoinders, and pithy replies.

The Stranger Who Changed My Life

90 "SHE WAS MY PROSECUTOR"

How a hardened felon and the DA set on putting him away found common ground, as friends.

TOM HALLMAN
FROM THE
OREGONIAN

Special Report

100 OUTRAGEOUS COMPANIES!

Some of the world's most respected corporations have gone out of their way to deceive us. Here's how they got caught.

DEREK BURNETT

P. | 76

Drama in Real Life

108 A MOUNTAIN OF TROUBLE

A backpacking trip turns disastrous, and a boy must decide: Should he leave his injured father to look for help?

KEN MILLER

Ghost Stories

116 ENCOUNTERS WITH THE OTHER SIDE

Absolutely true stories about things that go bump in the night.

FROM REDDIT.COM

122

Who Knew?

MIND-BLOWING FACTS ABOUT THE STATUE OF LIBERTY

Celebrate the famous lady's 130th birthday with some monumental trivia.

BRANDON SPEKTOR

124

Inspiration

RAISING ALEXANDER

Alexander was a motionless and silent baby, and doctors knew of few cases like his. How love and perseverance overcame

a grim diagnosis.

CHRIS TURNER



4 Dear Readers

6 Letters



p. | **56**

READER FAVORITES

- 22 100-Word True Stories
- 24 Photo of Lasting Interest
- 39 Points to Ponder
- 40 Life in These United States
- 66 News from the World of Medicine
- 70 All in a Day's Work
- 98 Laughter, the Best Medicine
- 121 That's Outrageous!
- 139 Word Power
- 141 Humor in Uniform
- 144 Quotable Quotes

Everyday Heroes

8 He Paints Their Final Portraits

JULIANA LABIANCA

12 When Pizza Saved a Life

BRANDON SPECKTOR

VOICES & VIEWS

Department of Wit

15 My Dog Reviews the Furniture He Has Eaten

A finicky dog explains the finer points of dining on a dining table.

ANDY SIMMONS

Words of Lasting Interest

18 Down Off the Cross

A cancer survivor makes a case for dropping the s word.

DEBRA JARVIS FROM TEDMED

You Be the Judge

27 The Case of the Terrifying Trail

Did a Halloween venue place Scott Griffin in peril?

VICKI GLEMBOCKI

Finish This Sentence

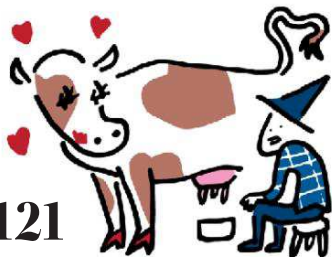
30 Unlike Most People, I'm Not Afraid of ...

I Found a Story

32 Fatima's Freedom

Our editor-at-large shares one woman's courageous journey.

LIZ VACCARIELLO



P. | 121

ART OF LIVING

42 The Goodness of Gratitude

LISA FIELDS

Home

48 Is It Germier To ...?

KELSEY KLOSS

Family

56 Losing My Father's Smile

HARRISON GOLDEN FROM CNN.COM

Food

58 Undo a Sugar Binge

KELSEY KLOSS

Health

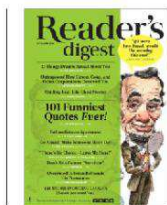
60 Pleasurable Health Hacks That Actually Work

TERESA DUMAIN

Health

64 What to Ask About Antibiotics Before You Start a Course

MARISSA LALIBERTE



ON THE COVER:
ILLUSTRATION
BY JOHN CUNEO



WHO KNEW?

132 13 Things Your Dreams Reveal About You

MICHELLE CROUCH

134 5 Great Songs Almost Ruined by Their Original Titles

BRANDON SPECKTOR

136 Boardwalk Empire

FROM MORNING EDITION

P. | 58





Dear Readers

THIS MONTH I'VE BEEN THINKING a lot about family. For the first time, our two kids are living a long ways away. Rachel, 22, just began graduate school in Los Angeles, studying to be a nurse; Neil, 19, is a sophomore in college, also in LA. I'm in Connecticut, on the other side of the country, and I'm struggling to stay in touch and show them I love them.

My mom understands how I tussle with this. She's almost 90, upbeat and energetic, and a gas to talk to about any topic. But from the first time I moved away from home, I know that I haven't been the dream son in letting her know how much I'm thinking of her.

I'm realizing there are many ways, besides phone calls, to show that. So I text Neil about the Warriors' latest trade and Rachel about her (excellent!) grades. And I have a new idea, inspired by reader Pat Kuder's letter to us about her dad, Joe. "In 1944, he couldn't do the normal Christmas gift thing," she wrote. He wanted to show his love for his girlfriend, Rita, while he was "a little tied up in the Philippine Islands fighting a war." He gave her a gift subscription to his favorite magazine, *Reader's Digest*. Two weeks after Japan surrendered, Joe and Rita were married, and they went on to have Pat and her two brothers. While Joe has passed away, Pat and her mom, now 100, still read *RD* together.

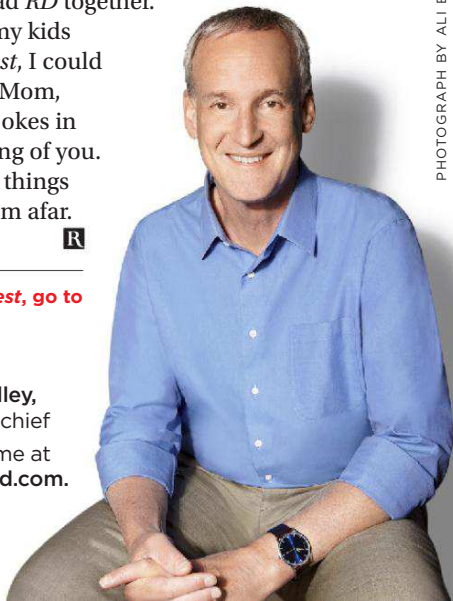
Pat's letter showed me that by giving my kids and mom subscriptions to *Reader's Digest*, I could share what I love with the people I love. Mom, when you read the dramas, stories, and jokes in these pages, please know that I'm thinking of you. And Rachel and Neil, there are a million things I want the gift of this magazine to say from afar. But the main one is, I love you. **R**

If you'd like to share the gift of *Reader's Digest*, go to rd.com/giveagift.



Bruce Kelley,
editor-in-chief
Write to me at
letters@rd.com.

PHOTOGRAPH BY ALI BLUMENTHAL. HAIR AND MAKEUP: ALLISON BROOKE

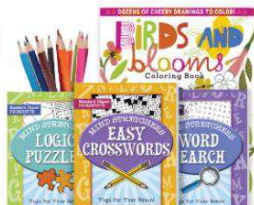
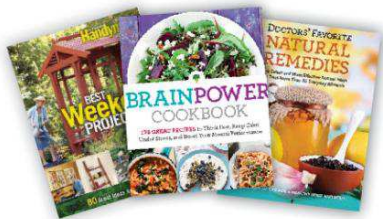


Shop the Reader's Digest Store!

Find your favorite magazines, books and more!



NEW
Items added
weekly!



20% OFF+ FREE shipping

offer only applies to books. *exclusions apply



Go to www.RDstore/mag

Letters

COMMENTS ON THE JULY/AUGUST ISSUE

Best Stories in America

I listen to the Moth on NPR, and I love it! Reading the stories in your magazine was every bit as good. It was impossible for me to pick a favorite.

MAGGIE HARRIS, Akron, Ohio

Colin Ryan, your story about Michelle Siever speaking up for you in sixth grade made my day. Some of the best and sweetest students of all are also some of the most unpopular. Thank goodness for those that are!

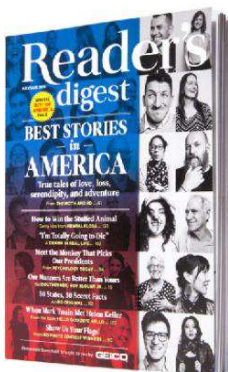
PEG IVEY, Lititz, Pennsylvania

The story by Ray Christian about being a black Boy Scout is appalling. It's sad that any child swimming in a pool could be treated with such cruelty by what are considered "fellow Americans"!

KARYL J. KLINE, Pennsburg, Pennsylvania

Secrets of the Carnies

OK, granted, some of the games may be rigged, but carnies are people too. On a sweltering hot afternoon, I was chatting with one when I noticed he



didn't have anything to drink. I offered to get him a soda, and he handed me five dollars. It took me a while, but when I returned with his soda and change, he greeted me with a huge smile. He then hollered

"Winner, Winner!" and gave me one of

those three-foot-tall stuffed animals!

CATHERINE BOGGS, Sebring, Ohio

Editor's Note

I just read Liz Vaccariello's story about the moment she decided to become a writer. Liz, your story was touching but had a sad ending with the news of your stepping down. Thank you for making *Reader's Digest* my favorite magazine again and one that I eagerly await and enjoy.

MAUREN VOLPONI, Livermore, California

With Liberty and Justice for All

Robert Coles's patriotic essay resonated with me. Every morning, I pledge myself to the ideals that this country holds. I realize that we are

a far cry from living up to all of them, but each year, more progress is made. I don't expect anybody to support every decision that our country makes. I simply think that we should all do our best to make our home a better place to live in.

ALEXANDER J. GRONEMAN,
Barkhamsted, Connecticut

A Very Civil War

This is the hospitality I grew up with, but I was a northerner. My parents would help anybody. In my home, meeting people from somewhere else was a joy and an adventure.

CHARLES H. HERRON,
Saint Charles, Minnesota

13 Things Park Rangers Wish You Knew

The rangers are right: Animals certainly don't want to be included in your selfie. If you care about animals, simply leave wildlife in peace.

JENNIFER O'CONNOR, *Largo, Florida*

50 Facts for 50 States

Anyone who believes Kansas is flatter than a pancake has not driven through the Flint Hills, which are steep, towering, and ruggedly beautiful.

ROBIN RUST, *Fulton, Missouri*

Your article contains an error. The Alexandria with the painted ball is in Indiana, not Iowa.

AN RD READER, *via e-mail*

FROM THE EDITORS: *No wonder we couldn't find the painted ball while driving through Iowa. Our apologies to all Hoosiers.*

Barbecue Is My Truth ...

Whether you're sitting at a table with family and friends or with complete strangers, barbecue breaks down barriers and brings people closer together. It has magical powers that know no boundaries. Long live barbecue!

STEPHEN SMITH, *Dothan, Alabama*

HEAD OVER HEELS

One man knew his future wife was the one for him when they both laughed while watching *Get Smart*. A woman says she fell for the man in her life after he shared a secret. How about you? What was the moment you knew you were in love? **For details and a chance to win \$100, go to rd.com/inlove.**



**SEND
US YOUR
STORY!**

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 100-word true stories, jokes, and funny quotes, and if we publish one in a print edition of *Reader's Digest*, we'll pay you \$100. To submit your 100-word stories, visit rd.com/stories. To submit humor items, visit rd.com/submit, or write to us at Jokes, 44 South Broadway, 7th Floor, White Plains, NY 10601. Please include your full name and address in your entry. We regret that we cannot acknowledge or return unsolicited work. **Requests for permission** to reprint any material from *Reader's Digest* should be sent to magrights@rd.com. **Do Business** Subscriptions, renewals, gifts, address changes, payments, account information, and inquiries: Visit rd.com/help, e-mail us at customer@rd.com, or write to us at Reader's Digest, PO Box 6095, Harlan, Iowa 51593-1595.




EVERYDAY HEROES



A World War II veteran brings
fallen heroes back to life

He Paints Their Final Portraits

BY JULIANA LABIANCA

 ALEX YAWOR leans in to study his nearly finished portrait of a man in uniform. He picks up a thin paintbrush and, resting an arm against a maulstick, carefully fills in a badge on the soldier's chest. As he does so, he quietly asks, "Why did you have to die?"

The old man thinks about this a lot. Almost every day for the past seven years, he has sat behind a wooden easel in his daughter's basement-turned-studio in Hopewell Township, Pennsylvania, and painted portraits of servicemen and -women who will

never see the final product. He then frames, boxes, and ships the paintings to the families, free of charge.

On a certain level, Alex can relate to those he paints. A World War II Marine veteran himself, Alex fought in the brutal battles of Saipan, Tinian, the Marshall Islands, and Iwo Jima. But ask him about it and he'll demure. "I don't like to talk about my service," he says.

Alex's postwar transition was difficult. "I didn't leave the house for a year," he says. Itching to get his mind off the war, he took up painting. ➔

*Alex Yawor forms
a unique bond
with each of the
men and women
he paints.*



Now more than 30 years into his retirement from a local steel mill, the 93-year-old uses his talent to paint portraits of fallen military heroes, most of whom were killed in Iraq or Afghanistan. To date, he has completed 111 of the 16-by-20-inch portraits based on photos parents have sent him. His hands aren't as steady as they used to be, and many of his subjects' uniforms have intricate details, so each painting takes about a week to finish.

It's an emotional pastime for Alex. "I cry a lot while I'm painting," he says. He also talks to the men and women, greeting fellow Marines with a rousing "Semper parati!"

Alex began the project in 2009, after reading a news clip about a woman who had done something similar. To find contact information for parents who might want portraits, he reached out to veterans' groups and the American Gold Star Mothers, an organization for mothers who have lost military sons and daughters.

"I hung up the phone with Alex thinking I had just received the best New Year's present since 1988," says Norma Luther, a former president of the American Gold Star Mothers. Norma's son, Army Captain Glen P. Adams Jr., was killed in 1988 in a

helicopter accident in Germany. Glen, whom Norma remembers for his warm smile and laugh, "a soldier of soldiers," was 27. Alex painted a portrait of him for Norma.

Parents often write Alex heartfelt notes. One mother told him how, after she hung the portrait in her son's old bedroom, she would walk in and it would feel as though he was still there.

"When you first get the painting, you just want to sit and cry for about two hours," says Norma, who keeps the portrait of her son displayed as a focal point in her living room, above a sword

and scabbard Glen gifted to her and his father upon his graduation from West Point. "I cannot put into words the comfort it has been to have his picture smiling at me every day."

Reactions like that make the work feel like a calling. "I believe certain people were put on this earth for a reason," Alex says. "If I live to be 100 and am able to paint, then I'll paint for the parents who want portraits."

For now, Alex will rinse his brushes and finish up for the day. "Good night," he'll say to the man on the canvas.

Once it's dry, he'll ship the portrait to another family. Or, as Alex says, "send him home." **R**

“*I can't explain the comfort it has been to have his picture smiling at me," says one mother.*”

UPGRADED WITH MORE VITAMIN D₃[^]

Plus up your day with Centrum[®] Silver[®],
an addition you can feel good about.



*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.

[^]Versus prior formulas of Centrum[®] and Centrum[®] Silver[®] products only. ©2016 Pfizer Inc.

When Pizza Saved a Life

BY BRANDON SPEKTOR

ALMOST EVERY NIGHT for more than ten years, Kirk Alexander, 48, of Salem, Oregon, ordered dinner from his local Domino's pizzeria. Sometimes he'd call for a salad, sometimes a pie, sometimes chicken wings. Then one day, he stopped calling.

"It had been 11 days," Domino's general manager Sarah Fuller told *katu.com*, "which is not like him."

Sarah had known Kirk since 2009. Many Domino's delivery drivers regularly made the short trip to Kirk's house, about six minutes away. She knew he worked from home and that he rarely ventured outside. She also knew that he had suffered health issues in the past. Something, Sarah worried, was wrong.

Around 1 a.m. on Sunday, May 8, Sarah sent delivery driver Tracey Hamblen to Kirk's home. Tracey approached the door as he had countless times before and knocked. He could plainly see the TV set and lights were on, but after several minutes, Kirk still hadn't answered the door. Tracey called Kirk's phone. The call went straight to voice mail.

Tracey rushed back to the store, where 911 was called, and soon officers were on their way.



A slow night got Domino's manager Sarah Fuller, right, with Jenny Seiber, wondering why Kirk Alexander hadn't called.

When deputies arrived at Kirk's house, they heard a man calling for help from inside. They broke down the door and found Kirk on the floor in need of immediate medical attention after suffering from what Sarah said was a stroke. One day later, and they might have been too late.

Kirk was rushed to Salem Hospital, where he was listed in stable condition. Sarah and her peers recently visited him at a rehab facility, where he's doing "well," she says (phone calls from *Reader's Digest* to Kirk were not returned).

So is keeping an eye on regular customers part of Domino's business plan? Not really, says Sarah. "Kirk is part of our family here," she told *koin.com*. "We felt like we needed to do something." **R**

COURTESY SARAH FULLER

WHY SETTLE FOR A SINGLE
GOOD CUP OF COFFEE,
WHEN YOU CAN HAVE A GOOD CUP OF COFFEE
EVERY SINGLE TIME.



EACH MAXWELL HOUSE BLEND IS SELECTED FROM
FIVE DIFFERENT TYPES OF BEANS, SO EVERY
DELICIOUS CUP IS **GOOD TO THE LAST DROP.**

Keurig, the Cup and Star design, Keurig Brewed and K-Cup® are trademarks of Keurig, Incorporated. Used with permission. © 2016 Kraft Foods.



Sweet drizzled Mini-Wheats
with bits made with real fruit?
Dreamy.



VOICES & VIEWS

Department of Wit

My Dog Reviews the Furniture He Has Eaten

BY ANDY SIMMONS



ANDY SIMMONS looks glum for a simple reason: He's been shopping for a new dining room set.

ANDY'S HOUSE



By Hudson Simmons

I had just spent a busy afternoon barking at motorcycles, lunging at joggers, and digging holes in the backyard, so I was famished when I sat down for dinner. Luckily, the proprietor of Andy's House does not skimp on portions, offering entire banisters, whole couches, and the complete American Girl doll collection.

Unable to control myself, I first attacked the cold antipasti plate: an exciting assortment of remote controls, lamp cords, and children's art projects. The remotes were crisp and enthralling, with a touch of maple syrup from when the owner's daughter clutched them at breakfast. After licking off the ➤➔

Play button, I pried open the hard shell and picked at the delicate circuit board and capacitor. Inside was the real treat: two AA batteries (Eveready, not store brand!), which I swallowed whole, a delightful departure from the chewy lamp cords. That dish's saving grace? It was served still plugged in to the outlet, the electricity adding a much-needed dash of spice. The kids' art projects were light and simple, though the diorama of a Native American village did lodge in my throat. After a few minutes of retching, the tepee came up, and I promptly gobbled it up again. It was just as good the second time around. It was now time to dig in to the next course.

Great-Grandma's Heirloom Wing Chair was aged to perfection. Shards of wood tore easily from its back, exposing Egyptian cotton filling and tufting threads, both of which maintained their aura of faded splendor all the way down. This was Chef Andy's mic drop.

I moved on to the comfortingly thick and tasty Leg of Table. I like my table legs pine, bathed in a rich, dark stain. Thus was the case with the Amish Mission Table from Macy's Au Jus. This dish is served in a reduced mahogany varnish, its flavor both

deep and long, with extraordinary balance, no gamy edge, and only a few splinters left in my gums. Fortunately, Andy's House offers an extensive drinks menu with which to wash down the shards. After passing on the overwatered fern, I stopped at the fish tank. This was self-serve, so

with a gentle nudge on the stand, the water poured out, along with the gravel, air-filtration system, fake scuba diver, real fish, and the 50-gallon tank itself, a heady brew enlivened by algae extract.

For dessert, I had the rug. The rayon fibers were al dente, just how I like them. One

downside—it was bland, as Sam's Club rugs tend to be. Fortunately, my dining partner, Chester the beagle, had rolled in something dead only minutes earlier and thoughtfully seasoned the meal.

If there is a drawback to Andy's House, it's the service. I can't say I enjoyed having my nose swatted after each course. Nor was I pleased to be unceremoniously torn away from the sumptuous, palate-cleansing first edition *Adventures of Huckleberry Finn* and dumped in the yard. But that won't keep me from returning for the restaurant's inaugural theme meal: Hawaiian Shirt Night—all you can eat.

“
*The lamp cords
 were served still
 plugged in to the
 outlets, adding
 a much-needed
 dash of spice.*”

R



DOGS WON'T QUIT NEITHER WILL NEW FRONTLINE® GOLD

Introducing the latest innovation in FRONTLINE flea and tick protection. FRONTLINE Gold's new triple action formula makes it relentless at killing fleas and ticks. With a new easy-to-use applicator, it delivers powerful protection that keeps working just as hard for up to 30 days.¹ Now available at your vet. Learn more at FRONTLINE.com/Gold



GO FOR THE GOLD



1. Data on file at Merial. ©FRONTLINE is a registered trademark of Merial. ©2016 Merial Inc., Duluth, GA. All rights reserved. FrontlineGold_2016Print (07/2016)

A chaplain who survived cancer makes her case for dropping the s word

Down Off The Cross

BY DEBRA JARVIS FROM TEDMED

LET'S SAY I meet you on a bus. We really hit it off, but I've got to exit soon, so you're going to tell me three things about yourself that help me understand who you are, that get at your essence. I'm wondering: Of those three things, is one of them surviving some kind of trauma, like being a cancer survivor, a war survivor, or an abuse survivor?

Many of us tend to identify ourselves by our wounds, and where I've seen this survivor identity have the most consequences is in the cancer community. I've been part of this community for a long time. I've been a hospice and hospital chaplain for nearly 30 years. In 2005, I was working at a cancer center when I learned I had breast cancer. I had chemotherapy



and a mastectomy, with a saline implant put in. Through the process, I learned a lot about being a patient.

One surprising thing I found was that only a small part of the cancer experience is about medicine. Most of it is about feelings, faith, losing and finding your identity, and discovering strength and flexibility you never even knew you had. It's about realizing that the most important things in life are not things at all, but relationships. It's about laughing in the face of uncertainty—and learning

that the way to get out of almost anything is to say “I have cancer.”

The other thing I learned was that I didn’t have to take on “cancer survivor” as my identity, even though there were forces pushing me to do that. Please don’t misunderstand me. The push for early screening, cancer awareness, and cancer research has normalized cancer, and that is wonderful. We can talk about cancer without whispering, and we can support one another. But too often, it feels like some people go overboard.

A week after my surgery, we had a houseguest. At dinner one night, he says, “Deb, now you’re really going to learn what’s important. Yes, you are going to make some big changes in your life, and now you’re going to start thinking about your death. Yep, this cancer is your wake-up call.”

Those were golden words coming from someone speaking about his own experience, but when someone is telling you how you’ll feel, it’s instant baloney. The only reason I didn’t kill him with my bare hands was that I could not lift my right arm. And it wasn’t just him. It seemed like everyone was telling me what my experience was going to mean. “Oh, this means you’re going to be doing the walk.” “Oh, this means you’re coming to the luncheon.” “This means you’re going to

be wearing the pink ribbon and the pink T-shirt and the headband and the earrings and the bracelet.”

At that point, I felt like being a cancer survivor was taking over my life. That’s when I told myself, “Claim your experience; don’t let it claim you.” We know that the way to cope with trauma, loss, or any other life-changing experience is to find meaning. But here’s the thing: No one can tell us what that meaning is. We have to decide what it means. And that meaning can be quiet and private—we don’t need to start a foundation, write a book, or work on a documentary. Instead, perhaps we make one small decision about our lives that can bring about big change.

Many years ago, I had a patient who was a wonderful young man. He was beloved by us, so it came as a shock to realize he had no friends. He lived by himself, he’d come in for chemotherapy by himself, and he’d walk home alone. But he had tons of friends on the infusion floor, with people in his room all the time. At his last chemo treatment, we had a celebration for him, and I asked, “What are you going to do now?” He answered, “Make friends.”

And he did. He started volunteering and going to a church. At Christmas, he invited me and my husband to a party, and it was filled



DEBRA JARVIS
is a *hospital chaplain, a writer, and a cohost (with Nassim Assefi, MD) of the podcast The Art of Risk.*

with his friends. He decided that the meaning of his experience was to know the joy of friendship, and he learned to make friends.

Sometimes it's not outside factors that cause us to take on that survivor identity; sometimes we like the perks, but we get stuck. One of the things

I love most about being a chaplain is seeing my patients a year or years after their treatment. It's inspiring to find out how they've changed and what has happened to them. So I was thrilled one day to see a former patient who was there for her one-year follow-up exam with her two adult daughters. They were

ecstatic—she'd just gotten her test results and she was NED: No Evidence of Disease. We sat down, and within two minutes, she was retelling me the story of her diagnosis, surgery, and chemo, even though I'd seen her every week and knew it. She used words like *suffering*, *agony*, and *struggle* and ended her story with "I felt crucified."

At that moment, her daughters stood up and left to get coffee. I handed the woman a tissue and gave her a hug. Then, because I cared for her, I told her, "Get down off your cross." She said, "What?!" I repeated it. To this woman's credit, she was able to talk about why she was clinging to her survivor identity. It got her

attention, and people took care of her, for a change. Now it was having the opposite effect and pushing people away—they kept leaving to get coffee.

You may think I was a little harsh with her, so I'll add that I was speaking out of my own experience. Years before, I was fired from a job I loved.

Afterward, I wouldn't stop talking to everyone I met about my innocence, the injustice, and the betrayal until, just like with this woman, people were walking away from me. I realized I wasn't processing my feelings—I was feeding them. But with any resurrection story, we know that you must die

before you can be reborn. Jesus was dead for a whole day in the tomb before he rose. For us, being in the tomb means doing our own work around our wounds and letting ourselves be healed. We have to let our old story go so that a newer, truer story can be told about who we are.

What if we lived in a world without survivors? What if people decided to claim their trauma as an experience instead of taking it on as an identity? It could mean the end of being trapped by our wounds and the start of defining ourselves by who we are becoming. Remember, we're all on this bus together. What story are you going to tell? **R**

“
*We have to let
our old story go
so that a newer,
truer story can
be told about
who we are.*

Your eye's protective layer is thinner than a human hair, and it's what stands between your eyes and the world.

Dry eye happens when this layer breaks down. Soothe® XP can help.

Your eyes have an outer protective lipid layer that keeps in moisture. Only Soothe XP contains Restoryl™ mineral oils that help restore this layer, seal in moisture, and protect against further irritation. Ordinary drops can't do that.

BAUSCH + LOMB
See better. Live better.



MANUFACTURER'S COUPON | EXPIRES 9/30/2016

SAVE \$3 off any

BAUSCH + LOMB
Soothe®
Lubricant Eye Drops
SootheEyeDrops.com



CONSUMER: Coupons can only be redeemed at retail locations. Coupons may not be redeemed for cash or used to purchase products directly from Bausch + Lomb. RETAILER: We will reimburse you at face value plus 8 cents handling per coupon if used in accordance with the terms of the Bausch + Lomb Coupon Redemption Policy (CRP#1). Coupon void if taxed or prohibited by law. Limit one coupon per purchase of specified products. Good only in USA. Void if copied, transferred or expired. Not valid with any other coupon. Not redeemable for more than purchase price. Void where prohibited by law and where reimbursed under Medicare, Medicaid, or other government programs, and in states, including Massachusetts, that prohibit patient rebates if a third-party pays any of the prescription price. Mail to: Bausch + Lomb, Inmar Dept. 10119, 1 Fawcett Dr., Del Rio, TX 78840.

Distributed by Bausch + Lomb, a Division of Valeant Pharmaceuticals North America LLC, Bridgewater, NJ. © 2016 Bausch + Lomb Incorporated. Soothe and Restoryl are trademarks of Bausch + Lomb Incorporated or its affiliates. All other brand/product names are trademarks of their respective owners. PMS0757 SKP0016.USA16

0310119-021618



Available in the eye care aisle.

Your True Stories

IN 100 WORDS

ALWAYS THERE

On a crisp fall morning, my daughter Laura went to pose for her senior pictures with her brother Josh's bright green snowboard. Josh had died in a motorcycle accident the summer before, and Laura, an avid snowboarder, wanted his board in the shot. The photographer knew the perfect backdrop—a vibrant graffiti wall in town. He peered through the lens, focused, and gasped. We all looked up and read the words spray-painted on the wall above Laura's head: "Big Bro Is Watching." What a beautiful reassurance that she has a guardian angel.

LYNN ELSNER, *Missoula, Montana*

LOVE ON A LEASH

While strolling along a popular boardwalk with my dog, Cheswick, I was quickly surrounded by a dozen people who wanted to pet him. Cheswick, however, focused on a distraught young man on a bench a few feet away. He maneuvered through the crowd toward the man and snuggled his head onto his lap. With teary eyes, the man



opened his arms and hugged Cheswick for the longest time. "Does he go around saving people?" he asked. "Not usually," I replied. He smiled up at me and said, "Well, today he did."

JUDY LLOYD DAVIS,
Deming, Washington

SKY FLIER

I had very little family time during my first four years as an Air Force chaplain at Carswell Air Force Base in Fort Worth, Texas. I was rarely home for dinner or evening time with my eight-year-old daughter, Amity. My next assignment was at the remote Gila Bend Air Force Auxiliary Field in Arizona. Lots of family time. I stood with Amity every night and admired the desert sunset. A new girl moved on base. Amity told her, "You will like it here in the desert. My daddy and I watch the sunset each evening. Texas did not have sunsets."

GARY L. SMITH, *Mexia, Texas*

To read more 100-word stories and to submit your own, go to rd.com/stories. If your story is selected for publication in the magazine, we'll pay you \$100.

Expect more from your day.
And your multi-vitamin.

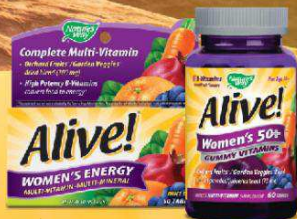


Alive!® is the complete multi-vitamin that gives you more of what you need. With more vitamins and minerals at 100% or more daily value than leading competitors,* it's up to you what you do with them.

Alive!® multi-vitamins provide 60-200 mg fruit/vegetable powder per serving.

*Comparing Women's/Women's 50+ tablets, Alive!® has 100%+ DV of more vitamins/minerals than Centrum®/One A Day®.

This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



PHOTO

OF LASTING
INTEREST

Child's Play

U.S. Army photographer Bill Perlmutter captured this animated moment in Augsburg, Germany, while stationed in the city's American barracks a decade after World War II. These youngsters, who were likely born after the war, were comfortable with the presence of American GIs. "As soon as I took out my camera, they presented me with a salute," says Perlmutter, now 83. Then they went right back to being kids. "It's one of my favorite shots."

PHOTOGRAPH BY BILL PERLMUTTER
FROM *THROUGH A SOLDIER'S LENS*





**ALL-NEW
Bigger
Buttons**

"My friends all hate their cell phones... I love mine!" Here's why.

**No
Contracts**

Say good-bye to everything you hate about cell phones.

Say hello to the **ALL-NEW Jitterbug Flip**.

"Cell phones have gotten so small, I can barely dial mine." Not the new Jitterbug® Flip. It features a larger keypad for easier dialing. It even has a larger display so you can actually see it.

"I tried my sister's cell phone... I couldn't hear it." The Jitterbug Flip is designed with a powerful speaker and is hearing aid compatible. Plus, there's an adjustable volume control.

"I'd like a cell phone to use in an emergency, but I don't want a high monthly bill." The Jitterbug Flip has a plan to fit your needs... and your budget.



Why pay for minutes you'll never use!

Monthly Plan	\$14.99/mo	\$19.99/mo
Monthly Minutes	200	600
Operator Assistance	24/7	24/7
Long Distance Calls	No add'l charge	No add'l charge
Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
Friendly Return Policy ¹	30 days	30 days

More minute plans available.
Ask your Jitterbug expert for details.

Enough talk. Isn't it time you found out more about the cell phone that's changing all the rules? Call now, Jitterbug product experts are standing by.

Order now and
receive a **FREE**
Car Charger for
your Jitterbug Flip –
a \$25 value.
Call now!

Available in Red
(shown) and Graphite.



NEW Jitterbug Flip Cell Phone
Call toll-free to get your Jitterbug Flip.

Please mention promotional code 104121.

1-888-824-1876

www.jitterbugdirect.com

jitterbug
flip

firstSTREET
for Boomers and BeyondSM

1998 Ruffin Mill Road
Colonial Heights, VA 23834

IMPORTANT CONSUMER INFORMATION: Jitterbug is owned by GreatCall, Inc. Your invoices will come from GreatCall. Plans and Services require purchase of a Jitterbug phone and a one-time setup fee of \$35. Monthly fees do not include government taxes or assessment surcharges and are subject to change. Coverage is not available everywhere. 55star or 9-1-1 calls can only be made when cellular service is available. ¹We will refund the full price of the Jitterbug phone and the activation fee (or setup fee) if it is returned within 30 days of purchase in like-new condition. We will also refund your first monthly service charge if you have less than 30 minutes of usage. If you have more than 30 minutes of usage, a per minute charge of 35 cents will be deducted from your refund for each minute over 30 minutes. You will be charged a \$10 restocking fee. The shipping charges are not refundable. There are no additional fees to call GreatCall's U.S.-based customer service. However, for calls to a GreatCall Operator in which a service is completed, you will be charged 99 cents per call, and minutes will be deducted from your monthly rate plan balance equal to the length of the call and any call connected by the Operator. Jitterbug and GreatCall are registered trademarks of GreatCall, Inc. ©2016 GreatCall, Inc. ©2016 firstSTREET for Boomers and Beyond, Inc.



Did a Halloween venue's over-the-top scares place Scott Griffin in peril?

The Case Of the Terrifying Trail

BY VICKI GLEMBOCKI

ON OCTOBER 15, 2011, Scott Griffin and friends went to the Haunted Trail in San Diego, a Halloween attraction run by the Haunted Hotel, Inc. Printed on tickets was a warning that the trail had “high-impact scares.” Visitors walked a mile-long path along which actors dressed in ghoulish costumes and carrying prop weapons jumped out to frighten—and even chase—them.

Griffin, then 44, and his friends completed the trail and walked through what appeared to be the exit. They were laughing about

how much fun they'd had, when suddenly an actor with a revving chain saw came toward them. The Haunted Hotel calls this the *Carrie* effect, referring to the last scene in the 1976 horror movie, when the audience, believing the film is over, is surprised by one final scare.

Griffin tried to back away, but the actor followed him closely. Griffin yelled, “Stop!” He couldn't tell whether the chain saw was real. “He was pointing [the chain saw] right at me ... You could literally smell the gas,” Griffin said in a deposition. ➤➤

“He was literally running after me ... I was fearful for my safety big-time.” While being chased, Griffin fell. He severely injured both wrists, which were in casts for four months.

On April 12, 2013, Griffin sued the Haunted Hotel, Inc., in the Superior Court of California, County of San Diego, for negligence and assault, claiming the defendants “acted with conscious disregard for the safety of [Griffin] when they were aware of the probable dangerous consequences of their conduct.” He requested an undisclosed amount in damages to cover the costs of his injuries.

The Haunted Hotel responded with a motion to dismiss the case, arguing that the lawsuit was governed by the “doctrine of primary assumption of risk.” Said the amusement’s attorney,

David Hall, “There was a risk inherent in the activity—the risk that you might get scared and react in a way that might hurt you.”

Superior Court Judge Katherine Bacal agreed with the Haunted Hotel and dismissed the case, noting that Griffin “was still within the scare experience that he purchased.” She added: “Who would want to go to a haunted house that is not scary?”

Griffin appealed to the Court of Appeal, Fourth Appellate District. “Yes, he was paying to get scared,” said his attorney, P. Christopher Ardalan. “But when does that go too far?”

Was the Haunted Hotel negligent when its actor chased Griffin with a chain saw after Griffin thought he’d exited the trail? You be the judge.



THE VERDICT

To be clear, primary assumption of risk does not give recreational businesses like the Haunted Hotel, Inc., complete immunity; they still “owe participants the duty not to unreasonably increase the risk of injury” beyond those inherent in the activity. In his appeal, Griffin said primary assumption of risk did not apply, because the business included a scare outside the trail. In October 2015, the appeals court disagreed with him. Justice Gilbert Nares wrote, “Being chased within the physical confines of the Haunted Trail by a chain saw-carrying maniac is a fundamental part and inherent risk of this amusement. Griffin voluntarily paid money to experience it.” The Haunted Hotel’s attorney summed it up with a Hunter S. Thompson quote: “Buy the ticket, take the ride.” **R**

NEW JAR
LOCKS IN
FRESHNESS



ALL TRADEMARKS ARE OWNED BY SOCIÉTÉ DES PRODUITS NESTLÉ S.A., VEVEY, SWITZERLAND

NESCAFÉ.
Taster's Choice.
CRAFT EACH DAY™

Now unlock the rich taste of
well-crafted coffee in every cup

FINISH THIS SENTENCE

Unlike most people,

Everett, WA

The Kardashians.

LISA ADOLF

Being alone
in the woods.

BEN HASKELL

Asking doctors difficult questions—and seeking out second, third, and
even fourth opinions.

JEN WORRELL

Rapid City, SD

San Mateo, CA

Kale.

CARY WASHINGTON

Highlands Ranch, CO

A houseful of
teenage boys.

KAREN CURRAN

Los Angeles, CA

Loma Linda, CA

Thunder and lightning.

I turn off all the lights and electronics and wait for the bright flashes and loud booms to embrace me!

SHARON O'NEAL BAGUYO

I'm not afraid of ...

Sudden noises.

I grew up in the country, and on many quiet nights, my dad would fire up his race car. We'd jump up and run outside to watch.

KEVIN COOK

Yoder, IN

Electricity.

As a woman in the electrical trade, I get to do the same job as the men, like changing 26,000-volt circuit breakers!

TIGER MILLER

Montague, NJ

Being different.

Normal people don't make history books.

CARLEY LINDSAY

Knoxville, TN

East Prairie, MO

Asking anyone

I've not seen in a while their name. Usually they've forgotten mine too!

TRACEY MICKEL

Land O' Lakes, FL

Looking silly.

I have made it a lifestyle!

BARBARA BUONOCORE BOOKER

Go to [facebook.com/readersdigest](https://www.facebook.com/readersdigest) or join our Inner Circle Community at tmbinnercircle.com for the chance to finish the next sentence.



Fatima's Freedom

AT HER GRADE SCHOOL graduation in June, as we walked up the steps together, my daughter Olivia stopped and asked me a question: "Be honest, Mommy; is being a grown-up fun?" All her hope, excitement, and worry were contained in that single question. She gripped my hand tightly, and I squeezed it back.

At dinner, the talk turned to high school and college. Olivia and Sophia couldn't imagine not living

with us. "Oh, that will change," I said. "You'll want to leave, but it won't be because you love us any less."

Tell them about Fatima, said Steve.

Fatima was the bright, strong-willed young woman I'd gotten to know a few weeks earlier at a writing conference. Her story had made me shiver and push away thoughts of the skirmishes that awaited me and my girls.

She'd lived in Florida, the middle child of five brothers and sisters

"I love taking care of myself, even doing laundry and grocery shopping," Fatima says.



HAIR AND MAKEUP: AMY KLEWITZ. ILLUSTRATION BY JOE MCKENDRY

in a family shaped by religion. In Fatima's orthodox Muslim world, they prayed five times a day. And women stayed at home until they married.

But Fatima could not be contained. "Even as a child, I'd always questioned why men and women had to be separated, why women had to wear a head scarf," she'd told me.

At 15, she was caught talking to a boy. Her mother told her it was time to wear the hijab, a head covering worn in public by some Muslim women. Fatima obliged when she was with her family, but she'd take off the hijab at school. Living at home, she kept up this secret double existence through college, law school, and her first job. She was 25 when she finally came to an inflection point: "I could live the life they decided for me, or I could live the life that I wanted to live."

She told her parents she was taking off the hijab permanently. Bitter arguments ensued.

She decided it was time.

Every night, she'd fill a backpack. Night one, she stuffed it with socks, then delivered the bag to a girlfriend

who'd agreed to store her things. The next night, she filled it with underwear. She researched, found, and applied for an apartment closer to her job. "The lease was like a scroll laid out before me," said Fatima. "My entire life was about to change.

"That night, I focused on my father's face for what might be the last time. I said it simply: 'Mom, Dad, I signed a lease, and I'm moving.'" Silence. Then her father said he didn't want to see her again.

She'd been quiet telling this part. "The first step toward freedom is the hardest," she said.

Today Fatima is 28

and a reporter for the *Cincinnati Enquirer*. Independence, and the courage it takes to win it, suits her. "I love taking care of myself," she said. "When I see the American flag, I really understand what freedom is."

She is still close with all her siblings and her mother, who serves as a bridge between father and daughter. There have been opaque overtures in recent months. Cards have been sent. "My father and I are both extremely stubborn. But as I look at having a family of my own, I will want him to be part of my life."

Oh good, I'd said. You *are* finding your way back to each other.

"I think so," she'd said. "We'll know when we're ready." **R**

“*When I see the American flag, I really understand what freedom is.*”

LIZ VACCARIELLO is the editor-at-large of *Reader's Digest*. She believes stories are everywhere—you just have to listen. To share yours with her, e-mail liz@rd.com.

Advertisement



PUBLISH YOUR BOOK...

If you only knew someone in the industry, right?
Let us introduce ourselves.

We're LifeRich Publishing.

We're that "someone in the industry"
that's going to help you get your book
published. Nice to meet you.



CALL NOW FOR YOUR **FREE** PUBLISHING GUIDE
888-238-8637

or visit LifeRichPublishing.com/ReadersDigest

LifeRich Publishing is an imprint of Reader's Digest

Points to Ponder

With women, there's this constant weird cultural thing where we're always... comparing ourselves with one another. Who wore it best? Whose butt's better? Instead, how about if everyone wins?

MELISSA MCCARTHY,
actress, in Redbook

IT'S SO HARD to forget pain, but it's even harder to remember sweetness. We have no scar to show for happiness.

CHUCK PALAHNIUK,
novelist, in his book Diary

I LEARNED FROM [waitressing] what a TSA agent told me many years after: "Everyone's carrying the same things." ... We both understood that she was speaking metaphorically too: Everyone's carrying the same burdens, the same woes one way or another. We have more in common than we know.

PEGGY NOONAN,
columnist, in the Wall Street Journal

MONSTERS ARE REAL, and they are us. Once I had kids, I remember thinking, Yeah, if that guy tried to kill my kid, I would rip his head off.

ROBERT KIRKMAN,
*creator and executive producer of
The Walking Dead, in Rolling Stone*

MUSIC IS humans' most advanced achievement. Trying to turn lead into gold is nothing compared to taking something mechanical like an instrument—a string and a bow—and using it to evoke a human soul.

CHRISTIAN TETZLAFF,
violinist, in the New Yorker



Life

IN THESE UNITED STATES



“Loving the switch to kettle corn!”

THE CHIHUAHUA at my vet’s office was quiet right up until a huge Rottweiler came in. Suddenly, the six-pounder became Cujo—barking and slavering. “Oh, please,” said his owner. “The only way you could hurt that dog would be if you got stuck in his throat.”

LINDA MARTIN, *Philomath, Oregon*

THE BEST “MAN DAY” in the world would involve building a bridge and then blowing up that bridge. Which is why you can’t make a better man movie than *The Bridge on the River Kwai*, unless you make *Two Bridges on the River Kwai*.

JOEL STEIN,

from Man Made: A Stupid Quest for Masculinity

“FOR EVERY ACTION, there is an unequal and opposite overreaction.”
—Newton’s law of the Internet

🐦 @DAMIENFAHEY

WHEN THE DOOR to our front porch is opened, the doorbell rings and a motion light comes on. One night, I was in bed when both occurred. I shook my husband. “The doorbell rang and the light’s on,” I said.

“What?” he said groggily.

“The doorbell rang and the light’s on.”

“Huh?”

“The doorbell rang and the light’s on!”

He raised his head up. “Say that again.”

Through clenched teeth, I spoke slowly: “Somebody is on the porch!”

He said, “How do you know?”

GLORIA KIRKLAND, *Mount Juliet, Tennessee*

TEXTS MY FATHER SENT that could also be microfictions:

■ “No parking. Jump in. There’s cops.”

■ “She followed my coffee-splatter trail.”

■ “It’s clean. Don’t tell your mom.”

■ “We’re fine. There’s ice cream here.”

MERYL CATES, on mcsweeneys.net

WHEN MY WIFE and I argue, we’re like a band in concert: We start with some new stuff, and then we roll out our greatest hits.

Comedian FRANK SKINNER



OH, BABY ...

Here are five parents who have just enough time in their busy baby-rearing schedules to shoot off a tweet or two.

■ Four-year-old said he went potty, and I asked if it was Number 1 or 2. He said Number 7, and now I’m terrified to go into the bathroom.

■ I can’t find my kid’s birth certificate, but I apparently saved one for every Build-A-Bear we own in a special file because I’m insane.

■ “This is a funny necklace!”
—Three-year-old with my thong around her neck

■ I try to explain to my kids during the movie that in reality, even a cowardly lion would definitely eat a girl and a little dog.

■ Mommy Milk Factory has officially closed down. Owner thanks her two loyal customers. Equipment will now be used for display purposes.

From The Bigger Book of Parenting Tweets,
edited by Kate Hall

Got a funny story about babies, big and small? It could be worth \$100. For details, go to rd.com/submit or page 7.

ART *of* LIVING

The science behind the
natural high of thankfulness

The Goodness of Gratitude

BY LISA FIELDS

LAST YEAR, I baked brownies for strangers to whom I was grateful. They thanked me for my gesture. And that was it—an exchange so simple, you'll be surprised at the complexity of its rewards.

It started when I called 911 after finding my partner unconscious on the floor. Within minutes, a police cruiser arrived, followed by an ambulance filled with first responders who whisked my partner to the emergency room, where he received the critical care he needed.

A week later, I wrote thank-you notes and dropped them off at the police station and the firehouse with batches of still-warm brownies. After the firefighters thanked me

for delivering the gifts, I drove away feeling both light and happy.

That natural high is increasingly understood to be a benefit of gratitude. I felt good both because of my good deed and because I'd been touched by selfless people who expected nothing in return. Research confirms that performing acts of kindness and sharing thankful thoughts have many positive effects on mood and health. People who express gratitude lower their blood pressure, get better quality sleep, improve their relationships, decrease their depression levels, and are less affected by pain. Says Willibald Ruch, a psychology professor at the University of Zurich





who researches how factors like gratitude and humor affect perception, “Gratitude is among the top five predictors of happiness.”

The Ticket to a Bigger Life

When you feel thankful for things you’ve received or something that’s happened, that’s gratitude. You never feel it in a vacuum; you are clear who or what is responsible, whether that’s a loved one, a stranger, or a higher power. “Gratitude is how you relate to others,” Ruch says, “when you see yourself in connection with things larger than yourself.” He and other researchers believe this understanding of our reliance on others is becoming more difficult today. “With commercial and social media, everything makes the younger generation feel that they are the center of the universe,” says Tamiko Zablith, founder of the London-based etiquette consulting firm Minding Manners. “If it’s all about them, why thank others?”

If true, this would be a disturbing health trend, because thanking others in heartfelt ways—or, even better, helping them—carries long-lasting effects. Canadian researchers found that people who wrote thank-you letters or performed good deeds for a six-week period decreased their pain, upped their energy, accomplished more every day, and improved their mental health for up to six months. And you can reap

these benefits at any age. Swedish researchers have found that people ages 77 to 90 who choose to be thankful are less likely to dwell on their chances of growing frail.

“When they can’t change something, they choose gratitude and focus on what’s good: walking on their own legs, still being alive, and living by themselves,” says study author Helena Hörder, a researcher at the University of Gothenburg in Sweden.

Gratitude is contagious, as well: Those who are helped are more likely to pay kindness forward. One study found that when someone is thanked, it more than doubles his or her chances of being helpful again, likely because he or she enjoys feeling socially valued. Zablith likes the reaction she gets when she rewards a stranger who holds the door open for her at Starbucks with his rightful place in line in front of her. “The look on his face is shock,” Zablith says. “He’ll be nicer to the cashier, the next person he sees at work. There’s a trickle-down effect.”

This give-and-take can also deepen intimacy. When your partner regularly expresses appreciation for you, you’re more likely to return the feeling and stay committed; in one study, expressions of gratitude made partners feel more responsible for one another’s well-being and more satisfied with the relationship. ➔

— *Texas Takeover* —
CONNECTIONS:

TEXT TO
WIN!
 ★★ ★

Text **TRAVELTEX** to **41411** for a chance to win a Texas-inspired prize below!

Music

Jam out to that soulful Texas sound in these musical cities.

WIN! A Fender® Telecaster®



Arts & Culture

Enjoy the art and culture at one of Texas' many museums.

WIN! An Alligator print by Texas artists Adam Choen and Ben Labay from Williams-Sonoma®



Outdoors

Hook a big catch on the shores of the Gulf.

WIN! Two Cabela's® Salt Strikers® ZX Inshore Spinning Combo and two Cabela's® Super Salty 96-Piece 3-½" Tube Kits



Food & Drink

Discover the many delicious flavors of Texas.

WIN! A Weber® Spirit E-310 Gas Grill



Go to TexasSweeps.RD.com for more!

TEXAS

It's like a
WHOLE OTHER COUNTRY

Train a Grateful Brain

If you aren't particularly grateful now, you can learn to be. People who keep journals in which they write down three positive things that happen to them each day cultivate health-inducing thankfulness.

At first, people may have difficulty

recognizing the good things that occur, Ruch says. "But if every

evening you write them down, you experience those things more intensively," he says.

"Gradually, your brain gets trained into a more appreciative mode."

When Ruch instructs patients to keep a gratitude journal, they

often keep it up later, he says, on their own. "It becomes a book of nice memories."

A gratitude journal carried Samuel Coster of St. Louis, Missouri, through a battle with lymphoma. "Gratitude training certainly came to my aid during the dark times," Coster says. "Did I get cancer? Yep. Did I also get to hang out with my family way more, gain a greater appreciation for life, and get a few cool scars? Yep. And that's the part I focus on."

A Circle of Appreciation

Whenever you express gratefulness, you make yourself happier. But when you share it directly with the

person you feel grateful to, the benefits accumulate. Researchers found that people who write thank-you notes to those they haven't already properly thanked may improve interpersonal relationships for up to six months.

John Kralik of California experienced this firsthand.

Divorced twice, he wasn't as close with his children as he wanted to be, and his law practice wasn't earning money despite the grueling hours he devoted to working. At a particularly discouraging point, he remembered his grandfather telling him decades

earlier about the importance of gratitude. He decided to write 365 thank-you notes over 365 days, hoping for a positive change.

Immediately he noticed that his attitude and his fortunes improved. At the end of his thank-you note year, he wrote a memoir about his experience, *A Simple Act of Gratitude: How Learning to Say Thank You Changed My Life*. "I don't need a scientific study to know that if you are grateful to people and if you learn how to accept gratitude well from other people, your life will be enriched," Kralik says. "The first effects are that you realize you have a much better life than you thought." **R**

“
*When you share
 gratitude with
 those you feel
 grateful to,
 the benefits
 accumulate.*”

“Made you look.
And yes, I’m wearing them.”

always
discreet

The **RapidDry™** core absorbs bladder leaks and odors in seconds. Hugs my curves for a discreet fit under clothes.



Always Discreet for bladder leaks.

Is It Germier To ...?

BY KELSEY KLOSS



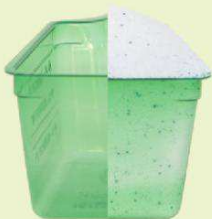
... EAT FOOD THAT HAS FALLEN INTO THE SINK OR ON THE FLOOR?

Your kitchen sink is one of the germiest places in your home, with about 18,000 bacteria per square inch. In comparison, the kitchen floor in front of the sink has, on average, 830 bacteria per square inch. **ANSWER:** *The sink*



... SKIP CLEANING YOUR BBQ OR YOUR TOILET SEAT?

The grill, including the preparation area around it, may have more than double the bacteria of the average toilet seat, according to a British survey. Food or utensils placed there could be contaminated by raw meat or animal feces from outdoor exposure. Use an ammonia-based cleaner to sanitize before each use. **ANSWER:** *BBQ*



... USE TOO LITTLE DETERGENT OR TOO MUCH?

Too many suds can actually trap dirt in the fabric or leave residue, allowing bacteria to build up. Too much soap can also promote mold and mildew growth in the machine. For the average load, you can get away with using just half the recommended amount of detergent. **ANSWER:** *Too much*

FROM TOP: TILES: ANGEL TRAVERSI; SINK: WDSSTOCK; BBQ: BLUEMOON STOCK; TOILET: C SQUARED STUDIOS; BOTH DETERGENT CUPS: WALTER B. MCKENZIE. (ALL FROM GETTY IMAGES)



**... SHARE
DEODOR-
ANT OR
A BAR OF
SOAP?**

Researchers have discovered bacteria such as *E. coli* and *Staphylococcus aureus* on soap bars. The bars usually don't dry completely between uses, allowing bacteria, yeast, and fungi to accumulate. While bacteria is unlikely to be transferred, skip sharing soap, to be safe. Borrowing deodorant spreads only skin cells and hair and doesn't put you at risk for infection. ANSWER: *Bar of soap*




**... REUSE
A BATH
TOWEL OR
A KITCHEN
TOWEL?**

Thick bath towels can trap bacteria and harbor odors, but kitchen towels carry nasty microbes. University of Arizona researchers found 89 percent of kitchen rags carried coliform bacteria, and a quarter tested positive for *E. coli*. Dangerous bacteria from raw meats can build up and spread every time you dry your hands. Launder kitchen towels after each use. ANSWER: *Kitchen towel*



**... HAVE
A COCK-
ROACH
OR A
FLY NEAR
YOUR
FOOD?**

Houseflies are twice as filthy as cockroaches, according to an Orkin entomologist. Both are germy bugs, but flies carry more disease-causing pathogens and spread them quickly by flying from surface to surface (rather than crawling). Flies reproduce in fecal matter, garbage, and animal carcasses and harbor bacteria in the hairs covering their bodies. OK, TMI. ANSWER: *Fly* 



From what you eat to what keeps your family happy and healthy, brands are trusted because they're reliable enough to become part of your everyday story.

We asked Americans to vote for the brands they trust across 40+ categories of products and services.

Here are the stories behind the 2016 Trusted Brands.

"MY WISH IS TO BE A
HOLLYWOOD STUNT DRIVER."



THE 2017 CAMRY

With an available sport-tuned suspension,
Camry can handle the boldest of wishes.



Reader's Digest Trusted Brand is a service mark of The Reader's Digest Association, Inc. Professional driver on closed course. Do not attempt. Prototype shown with options. Production model will vary. ©2016 Toyota Motor Sales, U.S.A., Inc.



MOUTHWASH LISTERINE

50%: Amount of people who suffer from chronic bad breath, according to the American Dental Association. Listerine was originally invented as a surgical antiseptic (its name even comes from the founding father of antiseptics, Dr. Joseph Lister). Listerine was marketed to dentists as early as 1895, but didn't gain its mouth-freshening reputation until the formula's owners coined the term "halitosis" in a series of 1920s ads.



CEREAL KELLOGG'S

48%: Amount of Americans who add chocolate milk to their morning cereal, according to a recent survey by Kellogg's (weirder still: 8% said they add juice). The first Kellogg's cereal began with a flubbed attempt to make granola when sanitarium worker W. K. Kellogg accidentally turned wheat berry into flakes. He tried flaking corn next, and in 1906 Kellogg's Corn Flakes hit the market.



CAR TOYOTA

80%: Amount of Toyota vehicles sold 20 years ago that are still on the road today. The Toyota Motor Corporation began with strings attached—literally. Kiichiro Toyoda founded the company in 1937 as a spinoff of his father's Toyoda Automatic Loom Works business, a pioneer in automatic weaving machinery.



SUV/CROSSOVER FORD

28 mph: The top speed of the very first Ford Model A when it rolled out of Henry Ford's Detroit workshop in 1903. A Chicago dentist snagged that cherry-red ride for \$850 (about \$23,000 today). By December 1915,

Ford produced its one millionth car. A century later, Ford remains a family-owned company, employing more than 187,000 people, including executive chairman William Clay Ford Jr., Henry Ford's great-grandson.



LAUNDRY DETERGENT TIDE

8-10 loads: The amount of laundry an average American family cleans each week. Americans spend more on Tide laundry detergent annually than on Halloween candy or weight-loss products—\$2.8 billion a year. We may be tied to Tide now, but inventing it was a lot more complicated than lather, rinse, repeat: Procter & Gamble scientist Dick Byerly put in 14 years of trial and error before he came up with the Tide formula, which debuted in 1946.



BANK CHASE

217 years: How long Chase Bank has been in the business of keeping money safe. American politician and Alexander Hamilton frenemy Aaron Burr founded Chase's earliest iteration, the Bank of the Manhattan Company, in 1799, and the company still keeps the infamous Burr-Hamilton dueling pistols displayed in their New York headquarters.



CONGRATULATIONS

TO THE REMAINING WINNERS
THAT HAVE EARNED AMERICA'S TRUST!

**Southwest
Airline**

**Benadryl
Allergy Relief**

**State Farm
Automotive
Insurance**

**Aveeno
Body Lotion/
Moisturizer**

**Dasani
Bottled Water**

**Folgers
Coffee**

**NyQuil
Cold & Flu
Remedy**

**Visine
Eye Care Product/
Eye Health**

**Olay
Facial Moisturizer/
Cream**

**L'Oréal
Hair Color**

**Advil
Headache/
Pain Reliever**

**Lysol
Household
Cleaning Product**

**Fidelity
Investment Firm**

**Carnival
Cruise Line**

**Tropicana
Juice**

**KitchenAid
Small Kitchen
Appliance**

**MetLife
Life Insurance
Company**

**Walmart
Mass Merchandiser
Retail Store**

**Apple
Mobile Phone**

**Marriott
National Hotel
Chain/Resort**

**CVS
National
Pharmacy/
Drugstore**

**Clif Bar
Nutrition Bars**

**Febreze
Household
Air Freshener/
Deodorizer**

**Dell
Computer**

**McDonald's
Fast Food/
Casual Dining**

**Purina
Pet Food**

**Kraft
Salad Dressing**

**Dove
Soap/
Body Wash**

**Nature Made
Vitamin/Herbal
Supplement**

**Campbell's
Soup**

**Weight Watchers
Weight Loss
System**

**Verizon
Wireless Provider**

**Yoplait
Yogurt**

**Visa
Credit Card**



TO DISCOVER THE STORY OF EACH TRUSTED BRAND

VISIT RD.COM/TRUST

Reader's Digest Trusted Brand is a service mark of Trusted Media Brands, Inc. Trusted Media Brands engaged Ipsos, an independent market research company, to launch the 2016 Reader's Digest Trusted Brand™ Survey in the United States. In February 2016, 5,017 U.S. adults were asked to name their most trusted brand in 40 categories.



YOU CAN'T TOP NEW KELLOGG'S
RAISIN BRAN GRANOLA.
(OH WAIT, YES YOU CAN.)

Crunchy Granola Clusters • Plump Raisins • Sweet Honey
Oh, yes we did. Also in **Cranberry** Almond.



When Bell's palsy stole Robert Golden's grin, his son made a vow to join him

Losing My Father's Smile

BY HARRISON GOLDEN FROM CNN.COM

DAD AND I LOVED baseball and hated sleep. One midsummer dawn when I was nine, we drove to the local park with our baseballs, gloves, and Yankees caps.

"If you thought night baseball was a thrill, just wait," Dad told me. "Morning air carries the ball like you've never seen."

He was right. Our fastballs charged faster and landed more lightly. The echoes of our catches popped as the sun rose over the dew-sprinkled fields.

The park was all ours for about two hours. Then a young mother pushed her stroller toward us. When she neared, Dad politely leaned over the stroller, waved, and gave the baby his best smile.

The mother ogled at him for a second, then rushed away.

Dad covered his mouth with his hand and walked to the car. "Let's go, bud," he said. "I'm not feeling well."

A month earlier, Bell's palsy had struck Dad, paralyzing the right side of his face. It left him slurring words and with a droopy eyelid. He could hardly drink from a cup without spilling onto his shirt. And his smile,

which once eased the pain of playground cuts and burst forth at the mention of Mick Jagger, Woody Allen, or his very own Yankees, was gone.

As I slumped in the car, I began suspecting that our sunrise park visit wasn't about watching daylight lift around us. This was his effort to avoid stares.

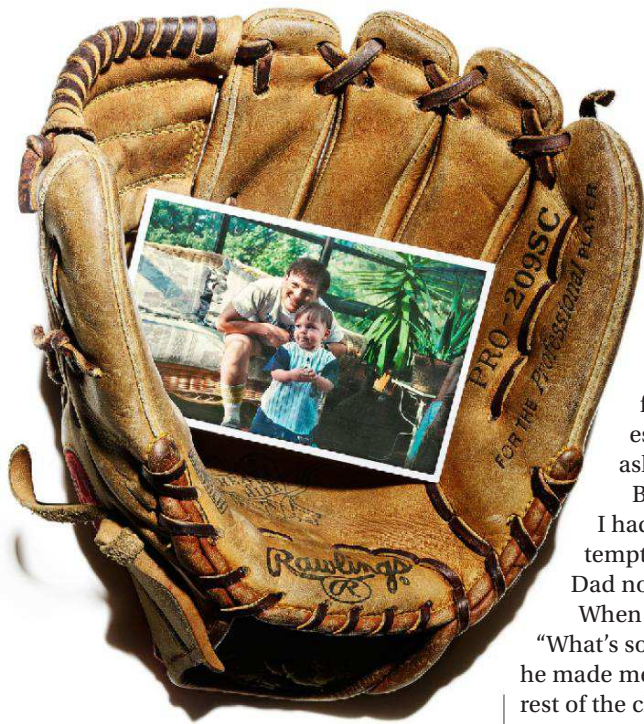
It was a solemn drive home.

After that day, Dad spent more time indoors. He left the shopping, driving, and Little League games to Mom. A freelance editor, he turned our dining room into his office and buried himself in manuscripts. He no longer wanted to play catch.

At physical therapy, Dad obeyed the doctor: "Now smile as wide as you can. Now lift your right cheek with your hand. Now try to whistle."

Only the sound of blowing air came out. My earliest memories were of Dad whistling to Frank Sinatra or Bobby McFerrin. He always whistled. He had taught me to whistle too.

Of the roughly 40,000 Americans afflicted with Bell's palsy every year, most recover in several weeks. Other cases take a few months to heal. But



after nine weeks of therapy, the doctor confessed she couldn't help Dad.

"I've never seen anything like this," she told him after his final session. Then she handed him the bill.

Dad coped through humor. He occasionally grabbed erasable markers and drew an even-sided grin across his face. Other times, he practiced his Elvis impersonation, joking that his curled lips allowed him to perfect his rendition of "Hound Dog."

By the time I entered fourth grade that September, Dad could blink his right eye and speak clearly again. But his smile still hadn't returned. So I made a secret vow: I would abstain

from grins of any kind.

Nothing about fourth grade made this easy. Classmates were both old enough to laugh about pop culture and young enough to appreciate fart jokes. Kids called me Frowny the Dwarf. (I was three foot ten.) Teachers escorted me into hallways, asking what was wrong.

Breaking the promise I had made myself was tempting, but I couldn't let Dad not smile alone.

When I asked my PE coach, "What's so great about smiling?" he made me do push-ups while the rest of the class played Wiffle ball. Then he called Dad.

I never learned what they discussed. But when I got off the school bus that afternoon, I saw Dad waiting for me, holding our mitts and ball. For the first time in months, we got in the family sedan and went to the park for a catch.

"It's been too long," he said.

Roughly a half-dozen fathers and sons lined the field with mitted arms in the air. Dad couldn't smile, but he beamed, and so did I. Sundown came quickly. The field's white lights glowed, and everyone else left. But Dad and I threw everything from curve balls to folly floaters into the night. We had catching up to do. **R**

These simple tips
can quickly reverse the damage of
high blood sugar

Undo a Sugar Binge

BY KELSEY KLOSS

■ HAVE A SPOONFUL OF PEANUT BUTTER

The fat and protein of nuts help ward off a debilitating blood sugar crash by slowing digestion, says Jennifer Powell Weddig, PhD, RDN, a professor of nutrition at Metropolitan State University in Denver. “Or try hummus with vegetables, which have fiber, which can slow the absorption of simple sugars.”

■ **TAKE THE STAIRS AFTER EATING** “This will help your muscles use the blood sugar instead of storing it,” says Amanda Bontempo, MS, RD, CDN, an oncology dietitian and wellness coordinator at NYU Langone’s Laura and Isaac Perlmutter Cancer Center. Proof that short exercise bursts work: A study in *Diabetes Care* found that older adults who walked

for just 15 minutes after each meal had lower blood sugar levels than those who walked for 45 minutes in the late morning or before dinner.

■ DRINK TEA WITH LEMON

Green tea and lemon are diuretics, which means you’ll take more bathroom breaks.

“You’re not directly eliminating the sugar, but you are forcing your blood to pump nutrients and waste products through your kidneys faster, which speeds sugar out of your system,” says Bontempo. Remember to stay well hydrated with H₂O too; normally sugar suppresses leptin, an appetite-regulating hormone, but drinking water counteracts this effect.

■ PLAN TOMORROW’S BREAKFAST

A high-protein, low-carb breakfast with a bit of fat is imperative the day after a sugar overload. “The protein and fat keep you full, and fewer carbs encourage you to burn yesterday’s stored-up sugar energy,” says Bontempo. Try a vegetable omelet with a slice of whole-grain toast, topped with avocado. **R**



Notice: Medical Alert

Dear Reader,

Medical related emergencies are on the rise. More seniors are seeking an independent lifestyle and better quality of life. **Over 1 in 3 people over the age of 64 will fall this year.** Nearly half will not be able to get up without support.

Medical expenses can escalate when a person is not given timely support. You can prevent a medical catastrophe with our 24-hour emergency response system. Our solution is highly recommended by doctors, healthcare professionals, and hospitals.

We are offering a **FREE Medical Alert System** to seniors or their loved ones who call now. For a limited time, there will be no set-up fees and the medical monitoring starts at less than a dollar a day. The system is Top-Ranked and easy-to-use. The pendant is 100% waterproof and it can travel with you. Our new system can detect falls automatically.

Call Toll-Free **1-800-360-0405** and gain peace of mind. There is no long-term contract. Our medical alert professionals can walk you through everything over the phone.

The first 100 callers to order will receive:

- Free Medical Alert System (\$300 value)
- 24 Hours a Day / 7 Days a Week LIVE Monitoring and Support
- Free Waterproof Necklace Pendant or Wristband
- No Long-Term Contract
- Free Shipping (mention "Reader's Digest")

Don't wait until after a fall to give us a call. Take advantage of this special offer now to protect yourself or a loved one.

Call Now Toll-Free: 1-800-360-0405 and mention "Reader's Digest"

Sincerely,



Geoff Gross
President



MedicalAlertNow.com



Pleasurable Health Hacks That Actually Work

BY TERESA DUMAIN

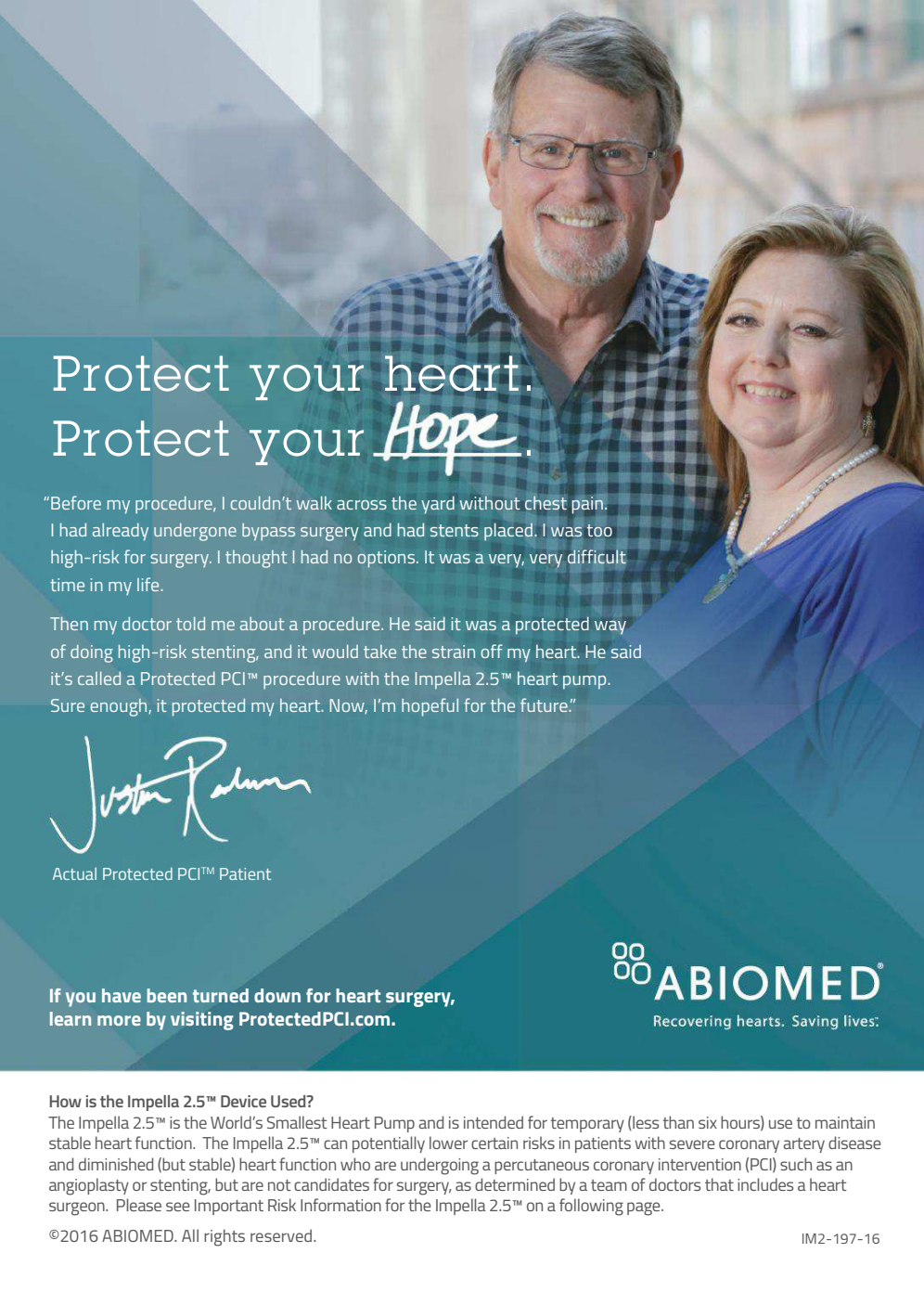
Cracking Up with Friends Increases Pain Tolerance

Genuine, feel-it-in-your-gut laughter triggers the release of mood-boosting endorphins, which leads to a higher tolerance for pain. Researchers at Oxford University put frozen wine-chiller sleeves around volunteers' arms both before and after having them watch funny sitcoms, stand-up comedy routines, or serious docu-

mentaries. Those who laughed could withstand pain longer, and laughing along with others relieved pain better than did chuckling alone.

Singing Prevents a Cold

The catch: You have to belt it out with other people. Group singing increases levels of SIgA, or secretory immunoglobulin A—the fancy name for an antibody that serves as the ➤



Protect your heart.
Protect your *Hope*.

"Before my procedure, I couldn't walk across the yard without chest pain. I had already undergone bypass surgery and had stents placed. I was too high-risk for surgery. I thought I had no options. It was a very, very difficult time in my life.

Then my doctor told me about a procedure. He said it was a protected way of doing high-risk stenting, and it would take the strain off my heart. He said it's called a Protected PCI™ procedure with the Impella 2.5™ heart pump. Sure enough, it protected my heart. Now, I'm hopeful for the future."



Actual Protected PCI™ Patient

**If you have been turned down for heart surgery,
learn more by visiting ProtectedPCI.com.**

 **ABIOMED**®
Recovering hearts. Saving lives.

How is the Impella 2.5™ Device Used?

The Impella 2.5™ is the World's Smallest Heart Pump and is intended for temporary (less than six hours) use to maintain stable heart function. The Impella 2.5™ can potentially lower certain risks in patients with severe coronary artery disease and diminished (but stable) heart function who are undergoing a percutaneous coronary intervention (PCI) such as an angioplasty or stenting, but are not candidates for surgery, as determined by a team of doctors that includes a heart surgeon. Please see Important Risk Information for the Impella 2.5™ on a following page.

Important Risk Information for the Impella 2.5™ Device

Protected PCI™ is not right for everyone.

You should NOT be treated with the Impella 2.5™ if your doctor determines you have certain pre-existing conditions, such as:

- Severe narrowing of your heart valves
- Clot in your heart chamber
- Replacement heart valve or
- Certain deficiencies in your heart valve.

Many of the risks related to the Impella 2.5™ device are the same as those with the procedure being completed and the placement of any pump used to help the heart. Risks related to use of the Impella 2.5 can include certain allergic reactions to medications, infections, blood clots, injury to heart tissue, valves or blood vessels, bleeding, low blood pressure, low platelet count and/or damage to red blood cells. Some of these conditions could be life threatening.

To access the Patient Information for the Impella 2.5™, which includes additional RISK INFORMATION for the Impella 2.5 and related procedure visit www.protectedpci.com

ABIOMED, Inc. | 22 Cherry Hill Drive | Danvers, Massachusetts 01923 USA
©2016 ABIOMED. All rights reserved.
IM2-197-16



first line of defense against bacterial and viral infections. Studies found that choir singers have lower levels of the stress hormone cortisol and better moods overall, which probably plays a role in the immune system boost. “There’s something about having to coordinate your actions with those of others that brings particular health benefits,” says Daniel Levitin, PhD, a professor of psychology, neuroscience, and music at McGill University in Montreal.

Chewing Gum Sharpens Your Wits

The same habit that irritates etiquette sticklers may help you concentrate

better. British researchers had two groups of people listen to random lists of numbers and remember certain sequences; gum chewers had higher accuracy rates and faster reaction times than did non-gum chewers, especially toward the end. Other research suggests gum chewing may improve a variety of cognitive functions, including memory, alertness, and attention, and enhance performance on intelligence and math tests.

Watching Reruns Restores Mental Energy

You know that little voice in your head that makes you feel bad for getting sucked into *Seinfeld* again? Ignore it.

According to scientists at the University of Buffalo, reruns can jump-start your energy. Test subjects who watched a rerun of their favorite television show after completing an exhausting cognitive task felt more energized. The reason: Reruns don't require much mental effort (since you already know the plotline) and offer indirect social time with beloved characters without the energy-draining effects of interacting with a real person. This combination, researchers speculate, allows mental resources to build back up so you feel replenished.

Sipping on Ice Water Defuses a Fight

In two experiments, scientists found that participants who literally cooled down by holding a cold drink were more inclined to see someone else's point of view. Physical coldness is associated with "social distance"—or seeing yourself as different from others. Psychology experts think feeling chilly helps you see the person you're sparring with as unique from you, which prevents you from projecting your own biases and opinions and helps you better appreciate his or her perspective. Slushies, smoothies, and frozen coffee concoctions work too.

Wearing Socks to Bed Improves Sex

How Dutch sex researchers figured this one out is probably the most interesting part. They had members

of 13 couples take turns lying with their heads in a scanner while their partners ... uh, excited them ... so the scientists could compare brain activity in different states, from simply resting to orgasm. About half the women couldn't climax—but the problem was that their feet were cold. The brain regions responsible for anxiety and fear (the amygdala and prefrontal cortex) need to be deactivated for women to successfully reach climax. A pleasant environment, which includes room temperature, is an important part of making women feel safe and secure. When scientists doled out socks to increase subjects' body temperatures—making them more comfortable—80 percent reached orgasm.

Using a Cafeteria Tray Encourages Healthier Eating

Some colleges and workplaces have removed trays from their lunchrooms in an effort to reduce food waste, but if those convenient carriers are still stacked at your favorite eatery, pick one up: Diners who do are more inclined to take a salad, an entrée, and a dessert, according to Cornell University researchers. A trayless trip through the food stations, however, probably forces you to leave one or more of these items behind—and guess which one it is? Study results showed more diners skipped the salad and kept the dessert. **R**

What To Ask About Antibiotics Before You Start A Course

BY MARISSA LALIBERTE



■ WHAT'S MY PILL SCHEDULE?

If the instructions say “take every eight hours,” pay attention, says Barbara Young, PharmD, MHA, an editor of consumer medication information for the American Society of Health-System Pharmacists. “That’s not the same as taking three doses at any time of day,” she warns—a common misinterpretation. Antibiotics really do work best when taken with an equal amount of time between doses, which keeps the right amount of the medication in your bloodstream throughout the day. Instead of taking a pill with every meal, for

instance, you and your doctor might find that taking one as soon as you wake up, during a midday snack, and right before bed is a better schedule.

■ WHAT IF I MISS A DOSE?

You’ll be glad you asked—some antibiotics will work best if you take the medicine as soon as you remember, while others should wait until the time you’d take your next dose. “It’s important to know ahead of time what to do so you’re not scrambling for information when you’ve missed a dose and it’s late at night,” says Young.

■ WHEN SHOULD I FEEL BETTER?

Soon. If you've been on the meds a few days and haven't gotten some relief or start feeling worse, call your doctor, says Vincent Hartzell, PharmD, an American Pharmacists Association spokesman and the president of Hartzell's Pharmacy in Catasauqua, Pennsylvania. "It's either not the best choice of medication or something else is going on," he says. (But do take your Rx as directed until your doctor says to do otherwise.)

■ SHOULD I DRINK A FULL GLASS OF WATER WITH THIS?

Absolutely yes. "Taking an antibiotic with water makes for the best experience," says Norman Tomaka, MS, an American Pharmacists Association spokesman and a clinical consultant pharmacist in Melbourne, Florida. By diluting stomach contents, water helps get an antibiotic through your digestive system before your belly gets irritated or nausea sets in, both common side effects. Also, some drugs need a full glass of water for proper absorption.

■ ARE THERE ANY FOODS I

SHOULD AVOID? Some medications may not work as well with certain foods, because they can affect how the body absorbs drugs. For instance, dairy products make tetracycline less effective because the calcium in the food binds with the antibiotic, so your body doesn't absorb as much, Young says. And follow directions

if your med is to be taken on an empty stomach—the food may block the drug from being absorbed into your bloodstream, says Hartzell.

■ SHOULD I TAKE A PROBIOTIC

TOO? Your doctor will likely recommend eating probiotic-rich yogurt or taking a probiotic supplement to prevent side effects like stomach upsets, UTIs, and yeast infections. About 90 percent of gut bacteria should be "friendly" probiotics, which are essential to the health of your reproductive and digestive systems, but "antibiotics kill a variety of bacteria, including the ones you don't want to kill," Hartzell says. Probiotics may help maintain a healthier balance of gut flora while you're on medication.

■ IS IT OK TO CRUSH THE PILL?

Check with a doctor before crushing a pill—it might not absorb the same way a whole one would, Young says. If you have trouble swallowing pills, many antibiotics also have a liquid or chewable form available.

■ WHY AM I TAKING THIS?

Nearly a third of oral antibiotics may be inappropriately prescribed, according to a *JAMA* study. A wait-and-see approach may work better for many sinus, ear, and respiratory infections. Your doctor should be able to provide a clear rationale for why you need any drug, says Tomaka. **R**



NEWS FROM THE

World of Medicine

BY SAMANTHA RIDEOUT

A Deep Breath for City Dwellers

Does exposure to everyday urban air contaminants outweigh the health benefits of regularly walking or cycling outdoors? According to computer modeling from Cambridge University and several other institutions, a city dweller on average would need to walk for 16 hours each day or bicycle for 7 in order to inhale enough pollutants to trump the health boost provided by regular physical activity.

The Pain of Repetition

Performing physical labor (such as bending and lifting) day in, day out for years is known to contribute to osteoarthritis, or deterioration of cartilage that cushions joints. Now a Swedish study has revealed a possible link between these tasks and rheumatoid arthritis, an autoimmune condition that inflames the joints. Those at risk could include workers in the

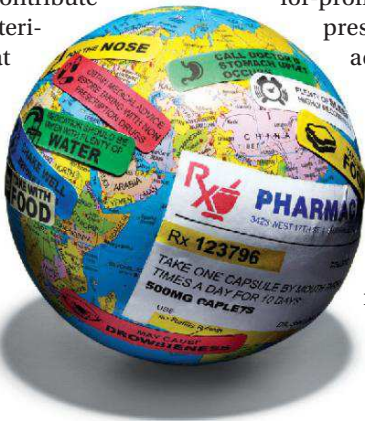
construction, food-service, agriculture, oil and gas extraction, and elder-care fields. To help prevent arthritis, take breaks, use well-designed tools, and employ ergonomic techniques.

Rx Painkillers Too Risky to Share

Opioid prescription drug overdoses killed more than 14,000 Americans in 2014, says the CDC. What's more, almost two million Americans abuse these medications or are addicted to them. A recent survey unearthed a new contributing factor: A fifth of patients with opioid prescriptions report having given leftover pills to others. Many states also say that for-profit pain clinics over-prescribe the drugs, according to the CDC.

Prevent Your Own Migraine

For 90 days, more than 320 migraine sufferers kept detailed diaries of their food, drink, habits, and headaches in a study from the Autonomous 





SPENDING TOO MUCH TIME IN THE BATHROOM?

If you're spending too much time in the bathroom, you're not alone. Your symptoms may be caused by a digestive condition called EPI, or exocrine pancreatic insufficiency. Even if you have just one of these symptoms, you could still have EPI.

- **Frequent diarrhea**
- **Unexplained weight loss**
- **Oily, foul-smelling stools that float**
- **Gas and bloating**
- **Stomach pain**

EPI is a manageable condition, so don't keep a lid on it. Go to CouldItBeEPI.com, complete the symptom checker, and talk to your doctor about your symptoms. Find out if it could be EPI.



University of Barcelona and the Medical University of Vienna. Using statistical analysis, researchers pinpointed likely triggers (such as soft drinks, bright lights, and missed meals) for 87 percent of subjects. Few patients were set off by exactly the same set of factors, reaffirming that closely looking at your own triggers is important.

Distance Destroys Cravings

As a treat, Google's New York City office offers chocolates, cookies, and other goodies. Employees who visited a beverage station that was 18 feet away from the snacks were 69 percent less likely to indulge in the junk food compared with those who went to a beverage station 7 feet away—a difference that could result in meaningful weight loss over time. Putting unhealthy snacks out of sight in a pantry could help boost self-control as well, say study authors.

Your Heart's New Enemy

Fatty liver disease not associated with alcoholism is on the rise: Up to 20 percent of Americans now

have the often-silent condition of excess fat in the liver. This group tends to suffer from more cardiovascular disease (CVD), but it has been unclear whether the fatty liver itself plays a role. A *Journal of Hepatology* study has found evidence that fatty liver disease encourages the buildup of plaque in the arteries, thus independently speeding up the progression of CVD. If your doctor diagnoses fatty liver disease (via an abdominal ultrasound scan or a liver biopsy), that may impact your need for preventative CVD treatments, such as statins.

Alternative to Sleeping Pills

The Food and Drug Administration has cleared a new prescription device to help insomniacs. The Cerêve Sleep System uses a software-controlled forehead pad to gently cool users' brows, because this appears to calm the nighttime frontal-cortex activity observed in many insomnia patients. The device will hit the market in the second half of 2017 and may help patients avoid the side effects of sleep medications. **R**



THE WORLD'S CHEAPEST RULER ...

... is 16 pennies. Laid edge to edge in a straight line, they span exactly one foot.

Source: kokogiak.com

So, Why Do You Think They Call It “Super”?



health PLUS
HEALTHY LIVING. CONSCIOUS.

Super Colon Cleanse® is a high-quality digestive cleanse designed to help your body gently eliminate waste.* Made with soluble fiber from Psyllium Husk and a gentle herbal stimulant, Senna - Plus the added benefit of 7 soothing digestive Herbs and Acidophilus - **Super Colon Cleanse** contains 1g of fiber with No sugar, sodium, cholesterol or fat!† And your Satisfaction is 100% Guaranteed. **No Wonder They Call it “Super”!** So start feeling clean, from the inside out today – with **Super Colon Cleanse.***



Available in over 55,000
stores nationwide

CVS pharmacy

GNC

theVitamin
Shoppe.

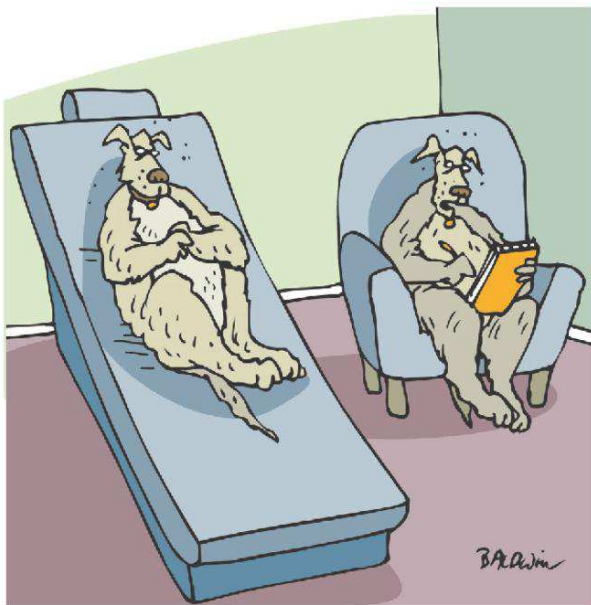
Walgreens

www.supercoloncleanse.com • 800.822.6225

*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.

ALL IN

A Day's Work



"You might be overthinking it. Sometimes a belly rub is just a belly rub."

THE TOUGHEST part of the job for medical providers? Deciphering what was written in patient charts.

- Left nose fracture, but his right nose is OK.
- An autopsy was refused by the patient.
- She's OK; she just went into heart failure.
- I think he has sleep apathy.
- Patient had a "Cadillac arrest."

- This is a 52 YO with type 2 DM who was dragged in here by his wife.
- No significant issues other than she is a little on the slightly side.

Source: giggled.com

MY COWORKER Candy burst into the office one morning and declared, "Well, here it is—the 16-year anniversary of my having married too young."

LYNETTE COMBS, Norfolk, Virginia

THE MEETINGSPEAK-TO-ENGLISH TRANSLATOR:

- “This wasn’t on my calendar” = I deleted this from my calendar.
- “Duly noted” = I’ve already forgotten about it.
- “Let’s table that” = That’s the dumbest thing I’ve ever heard.
- “That said ...” = We’re still not changing anything.
- “Let’s get some data on that” = I’m pretty sure you’re wrong.

From *100 Tricks to Appear Smart in Meetings* by
SARAH COOPER (Andrews McMeel)

DURING HIS EVENING PRAYERS, my five-year-old kept his unemployed uncle in his thoughts. “Please help Uncle Steve find a job that he’s good at,” he said, “like owning a cat.”

SANDI ROWE, *Nampa, Idaho*

ONE OF OUR university professors indicated that two of his students had medical reasons for not completing his class thusly: “Student #1: Contracted mononucleosis. Student #2: Contracted pregnancy.”

BILL SPENCER, *Cullowhee, North Carolina*

TIPS FOR ACTORS from two seasoned pros, as seen on *The Late Show*:

■ “Crying scenes are tough. Personally, onions make me cry. So when I have to cry, I think of a dead onion.”

TOM HANKS

■ “The most important part of acting is listening. So always act like you’re listening.”

STEPHEN COLBERT

STOP THE PRESSES!

Newspaper corrections prove everyone’s human, including editors:

The story said, “More than 30,000 pigs were floating down the Dawson River.” What piggery owner Sid Everingham actually said was “30 sows and pigs,” not “30,000 pigs.”

Morning Bulletin (Australia)

The group Frightened Rabbi should have been the Scottish band Frightened Rabbit.

Guardian

The following corrects errors in the broker listing: Aberdeen is in Scotland, not Saudi Arabia; Antwerp is in Belgium, not Barbados; Belfast is in Northern Ireland, not Nigeria; Cardiff is in Wales, not Vietnam; Helsinki is in Finland, not Fiji; Moscow is in Russia, not Qatar.

Business Insurance

Source: pasadenastarnews.com

Here’s some breaking news: Your funny work story may be worth \$100. See page 7 or go to rd.com/submit for details.

IS YOUR BLADDER ALWAYS CALLING THE SHOTS?

Ask your doctor about Myrbetriq® (mirabegron), the first and only overactive bladder (OAB) treatment in its class. It's approved by the FDA to treat OAB with symptoms of:



Urgency



Frequency



Leakage

In clinical trials, those taking Myrbetriq made fewer trips to the bathroom and had fewer leaks than those not taking Myrbetriq. Your results may vary.

TAKING CHARGE OF OAB SYMPTOMS STARTS WITH TALKING TO YOUR DOCTOR.

Visit **Myrbetriq.com** for doctor discussion tips. Ask your doctor if Myrbetriq may be right for you, and see if you can get your first prescription at no cost.*

*Subject to eligibility. Restrictions may apply.

USE OF MYRBETRIQ (meer-BEH-trick)

Myrbetriq® (mirabegron) is a prescription medicine for adults used to treat overactive bladder (OAB) with symptoms of urgency, frequency, and leakage.

IMPORTANT SAFETY INFORMATION

Myrbetriq is not for everyone. Do not use Myrbetriq if you have an allergy to mirabegron or any ingredients in Myrbetriq.

Myrbetriq may cause your blood pressure to increase or make your blood pressure worse if you have a history of high blood pressure. It is recommended that your doctor check your blood pressure while you are taking Myrbetriq. Myrbetriq may increase your chances of not being able to empty your bladder. Tell your doctor right away if you have trouble emptying your bladder or you have a weak urine stream.

Myrbetriq may cause allergic reactions that may be serious. If you experience swelling of the face, lips, throat or tongue, with or without difficulty breathing, stop taking Myrbetriq and tell your doctor right away.

Please see additional Important Safety Information on next page.



Myrbetriq® is a registered trademark of Astellas Pharma Inc.

All other trademarks or registered trademarks are the property of their respective owners.

©2016 Astellas Pharma US, Inc. All rights reserved. 057-0891-PM



Hurry Up! > 1 min ago
Now!!! > 1 min ago

IMPORTANT SAFETY INFORMATION (continued)

Tell your doctor about all the medicines you take including medications for overactive bladder or other medicines such as thioridazine (Mellaril™ and Mellaril-S™), flecainide (Tambacor®), propafenone (Rythmol®), digoxin (Lanoxin®). Myrbetriq may affect the way other medicines work, and other medicines may affect how Myrbetriq works.

Before taking Myrbetriq, tell your doctor if you have liver or kidney problems. In clinical studies, the most common side effects seen with Myrbetriq included increased blood pressure, common cold symptoms (nasopharyngitis), urinary tract infection and headache.

For further information, please talk to your healthcare professional and see Brief Summary of Prescribing Information for Myrbetriq® (mirabegron) on the following pages.

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

 **Myrbetriq®**
(mirabegron)
extended-release tablets
25 mg, 50 mg



**Myrbetriq® (mirabegron)
extended-release tablets 25 mg, 50 mg**

Brief Summary based on FDA-approved patient labeling

Read the Patient Information that comes with Myrbetriq® (mirabegron) before you start taking it and each time you get a refill. There may be new information. This summary does not take the place of talking with your doctor about your medical condition or treatment.

What is Myrbetriq (meer-BEH-trick)?

Myrbetriq is a prescription medication for **adults** used to treat the following symptoms due to a condition called **overactive bladder**:

- urge urinary incontinence: a strong need to urinate with leaking or wetting accidents
- urgency: a strong need to urinate right away
- frequency: urinating often

It is not known if Myrbetriq is safe and effective in children.

Who should not use Myrbetriq?

Do not use Myrbetriq if you have an allergy to mirabegron or any of the ingredients in Myrbetriq. See the end of this leaflet for a complete list of ingredients in Myrbetriq.

What is overactive bladder?

Overactive bladder occurs when you cannot control your bladder contractions. When these muscle contractions happen too often or cannot be controlled, you can get symptoms of overactive bladder, which are urinary frequency, urinary urgency, and urinary incontinence (leakage).

What should I tell my doctor before taking Myrbetriq?

Before you take Myrbetriq, tell your doctor if you:

- have liver problems or kidney problems
- have very high uncontrolled blood pressure
- have trouble emptying your bladder or you have a weak urine stream
- are pregnant or plan to become pregnant. It is not known if Myrbetriq will harm your unborn baby. Talk to your doctor if you are pregnant or plan to become pregnant.
- are breastfeeding or plan to breastfeed. It is not known if Myrbetriq passes into your breast milk. You and your doctor should decide if you will take Myrbetriq or breastfeed. You should not do both.

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. Myrbetriq may affect the way other medicines work, and other medicines may affect how Myrbetriq works.

Tell your doctor if you take:

- thioridazine (Mellaril™ or Mellaril-S™)
- propafenone (Rythmol®)
- flecainide (Tambocor®)
- digoxin (Lanoxin®)

How should I take Myrbetriq?

- Take Myrbetriq exactly as your doctor tells you to take it.
- You should take 1 Myrbetriq tablet 1 time a day.
- You should take Myrbetriq with water and swallow the tablet whole.
- Do not crush or chew the tablet.
- You can take Myrbetriq with or without food.
- If you miss a dose of Myrbetriq, begin taking Myrbetriq again the next day. Do not take 2 doses of Myrbetriq the same day.
- If you take too much Myrbetriq, call your doctor or go to the nearest hospital emergency room right away.

What are the possible side effects of Myrbetriq?

Myrbetriq may cause serious side effects including:

- **increased blood pressure.** Myrbetriq may cause your blood pressure to increase or make your blood pressure worse if you

have a history of high blood pressure. It is recommended that your doctor check your blood pressure while you are taking Myrbetriq.

- **inability to empty your bladder (urinary retention).** Myrbetriq may increase your chances of not being able to empty your bladder if you have bladder outlet obstruction or if you are taking other medicines to treat overactive bladder. Tell your doctor right away if you are unable to empty your bladder.
- **angioedema.** Myrbetriq may cause an allergic reaction with swelling of the lips, face, tongue, throat with or without difficulty breathing. Stop using Myrbetriq and tell your doctor right away.

The **most common side effects** of Myrbetriq include:

- increased blood pressure
- urinary tract infection
- common cold symptoms (nasopharyngitis)
- headache

Tell your doctor if you have any side effect that bothers you or that does not go away or if you have swelling of the face, lips, tongue, or throat, hives, skin rash or itching while taking Myrbetriq.

These are not all the possible side effects of Myrbetriq.

For more information, ask your doctor or pharmacist.

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

How should I store Myrbetriq?

- Store Myrbetriq between 59°F to 86°F (15°C to 30°C). Keep the bottle closed.
- Safely throw away medicine that is out of date or no longer needed.

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

General information about the safe and effective use of Myrbetriq

Medicines are sometimes prescribed for purposes other than those listed in the Patient Information leaflet. Do not use Myrbetriq for a condition for which it was not prescribed. Do not give Myrbetriq to other people, even if they have the same symptoms you have. It may harm them.

Where can I go for more information?

This is a summary of the most important information about Myrbetriq. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Myrbetriq that is written for health professionals.

For more information, visit www.Myrbetriq.com or call (800) 727-7003.

What are the ingredients in Myrbetriq?

Active ingredient: mirabegron

Inactive ingredients: polyethylene oxide, polyethylene glycol, hydroxypropyl cellulose, butylated hydroxytoluene, magnesium stearate, hypromellose, yellow ferric oxide and red ferric oxide (25 mg Myrbetriq tablet only).

Rx Only

PRODUCT OF JAPAN OR IRELAND – See bottle label or blister package for origin

Marketed and Distributed by:

Astellas Pharma US, Inc.

Northbrook, Illinois 60062

 **Myrbetriq[®]**
(mirabegron)
extended-release tablets
25 mg, 50 mg

Myrbetriq[®] is a registered trademark of Astellas Pharma Inc. All other trademarks or registered trademarks are the property of their respective owners.

©2015 Astellas Pharma US, Inc.

Revised: December 2015

15L110-MIR-BRFS

057-0912-PM

COVER STORY

THE

Reader's Digest

COMPLETE GUIDE TO

 **witticisms** 

Quips

RETORTS

◆ *Rejoinders* ◆

AND

PITHY REPLIES

FOR EVERY OCCASION

ILLUSTRATIONS BY JOHN CUNEO

PART I:

👉 **Laughs from Gaffes** 👈

Bypass the remark you'd always regret in favor of the version you'll shamelessly repeat

INSTEAD OF SAYING THIS ...

"It is better to live one day as a lion than 100 years as a sheep."

DONALD TRUMP (*retweeting a Benito Mussolini quote*)

... SAY THIS: "The lion shall lie down with the calf, but the calf won't get much sleep."

WOODY ALLEN

INSTEAD OF SAYING THIS ...

"I thought Europe was a country."

KELLIE PICKLER, *country music singer*

... SAY THIS: "If our Founding Fathers wanted us to care about the rest of the world, they wouldn't have declared their independence from it."

STEPHEN COLBERT

INSTEAD OF SAYING THIS ...

"I make Jessica Simpson look like a rock scientist."

TARA REID, *actress*

... SAY THIS: "My definition of an intellectual is someone who can listen to the William Tell Overture without thinking of the Lone Ranger."

BILLY CONNOLLY, *actor*

INSTEAD OF SAYING THIS ...

"I won't go into a big spiel about reincarnation, but the first time I was in the Gucci store in Chicago was the closest I've ever felt to home."

KANYE WEST, *rap artist*

... SAY THIS: "I don't believe in reincarnation, and I didn't believe in it when I was a hamster."

SHANE RICHIE, *British actor*

INSTEAD OF SAYING THIS ...

"It's really hard to maintain a one-on-one relationship if the other person is not going to allow me to be with other people."

AXL ROSE, *musician with Guns N' Roses*

... SAY THIS: "Bigamy is having one husband too many. Monogamy is the same."

ANONYMOUS



PART II:

✌️ Fight Ire with Fire ✌️

Fend off a cruel or foolish declaration with a zinger that will have the Hamptons buzzing

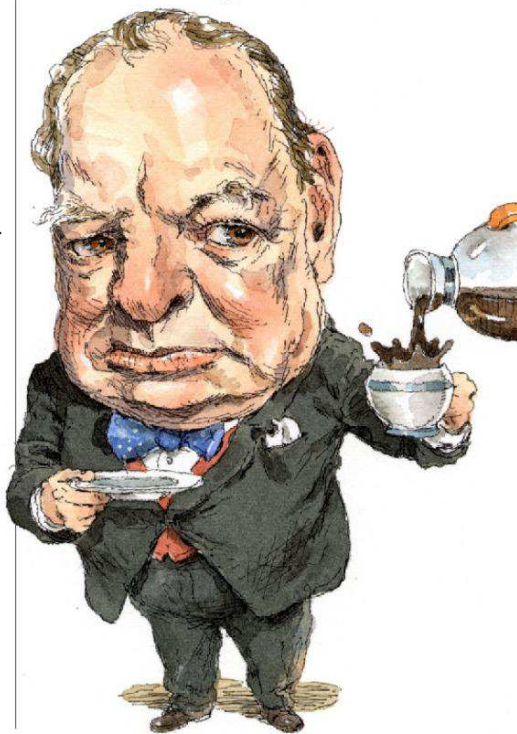
When Mick Jagger insisted that his wrinkles were actually laugh lines, jazz singer George Melly replied, **“Surely nothing could be that funny.”**

A sports columnist recalled the story of a flight attendant who asked Muhammad Ali to fasten his seat belt. Ali replied, “Superman don’t need no seat belt.” The flight attendant’s retort: **“Superman don’t need no airplane either.”**

Seeing a male dog sniffing a female dog, the young daughter of Laurence Olivier asked Noël Coward what they were doing. Coward: **“The one in front has suddenly gone blind and the other one has very kindly offered to push him.”**

When a fan asked Wolfgang Amadeus Mozart for tips on writing symphonies, the composer is said to have suggested, “Begin with some simple lieder and work your way up to a symphony.” “But Herr Mozart,” replied the fan, “you were writing symphonies when you were eight.” **“Yes,” said Mozart. “But I never asked anybody.”**

Following an argument, an angry Lady Astor told Winston Churchill, “Winston, if you were my husband, I’d put poison in your coffee.” Churchill snapped, **“If you were my wife, I’d drink it.”**



In the 1960s, Joe Pyne, one of the original shock jocks, apparently began an interview with Frank Zappa by saying, "So I guess your long hair makes you a woman." Zappa responded, "**So I guess your wooden leg makes you a table.**"

Katharine Hepburn so hated filming a movie with John Barrymore, she declared, "Mr. Barrymore, I am never going to act with you again." Barrymore replied, "**My dear, you still haven't.**"

Director/writer Kevin Smith told Tim Burton that Burton's *Planet of the Apes* reminded him of a comic book he'd written. Burton

responded, "Everyone knows I never read comics." Smith shot back, "**That explains Batman.**"

An acquaintance walked past Algonquin Round Table member Marc Connelly and ran a hand over Connelly's bald pate. "That feels just as smooth and as nice as my wife's behind," he said. Connelly, running his own hand over his head, remarked, "**So it does!**"

Leonard Nimoy was asked by a woman, "Are you aware that you [as Spock] are the source of erotic dream material for ladies around the world?" Nimoy's reply: "**May all your dreams come true.**"



9 Things a Great Line Is Good For



Advocating "You know there's a problem when you realize that out of the three Rs, only one begins with an R."

DENNIS MILLER, comedian

Chiding "To lose one parent may be regarded as a misfortune; to lose both looks like carelessness."

OSCAR WILDE

Critiquing "He has Van Gogh's ear for music."

BILLY WILDER, director

Both praising and insulting "She loves nature in spite of what it did to her."

BETTE MIDLER

Creating hope "Can you imagine a world without men? No crime and lots of happy fat women."

NICOLE HOLLANDER, cartoonist

Waxing philosophical "Start every day with a smile and get over it."

Attributed to W. C. FIELDS

Looking inward "I wish I had the confidence of the woman who boldly admits she's the Miranda of her crew."

JESSICA BIEL, actress

Piety "Want to know what God thinks of money? Look at the people he gave it to."

DOROTHY PARKER, writer

Summing up the world "Karaoke is the great equalizer."

AISHA TYLER, talk show host

PART III:


Timed Lines


The right line at the right time is a thing of beauty.
Memorize these tried-and-true replies for any situation.

It's Thanksgiving dinner, and your Luddite uncle Ralph is at it again about how science is bunk:

"I have noticed that even people who claim everything is predetermined and that we can do nothing to change it look before they cross the road."

STEPHEN HAWKING, *physicist*

"The only people who still call hurricanes acts of God are the people who write insurance forms."

NEIL DEGRASSE TYSON, *astrophysicist*

"By all means let's be open-minded, but not so open-minded that our brains drop out."

RICHARD DAWKINS, *scientist*

"He was so narrow-minded, he could see through a keyhole with both eyes."

MOLLY IVINS, *author*

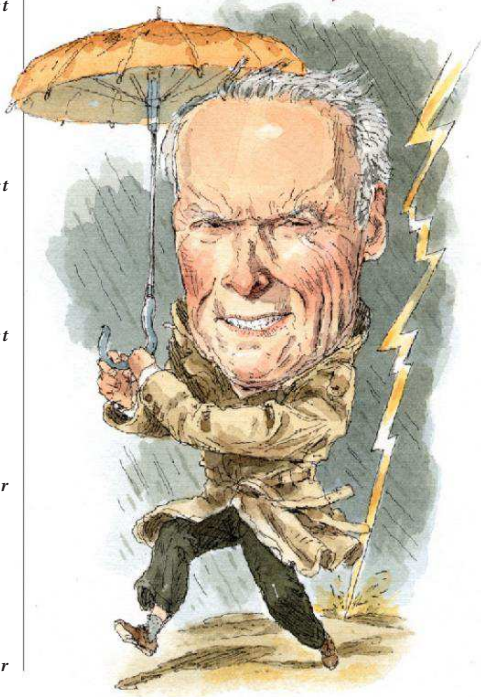
"I've come to learn that the best time to debate family members is when they have food in their mouths."

KENNETH COLE, *fashion designer*

A friend is considering getting married, and you have certain "insights" about the institution you'd like to communicate:

"They say marriages are made in Heaven. But so is thunder and lightning."

CLINT EASTWOOD



"My advice to you is get married: If you find a good wife you'll be happy; if not, you'll become a philosopher."

SOCRATES

"Before you marry a person, you should first make them use a computer with slow Internet service to see who they really are."

Attributed to WILL FERRELL

"Life in Lubbock, Texas, taught me that sex is the most awful, filthy thing on earth, and you should save it for someone you love."

BUTCH HANCOCK, *country musician*

"Instead of getting married again, I'm going to find a woman I don't like and just give her a house."

ROD STEWART, *rock star*

Someone is pressuring you to do better. Time to lower the bar:

"All the things I like to do are either immoral, illegal, or fattening."

ALEXANDER WOOLLCOTT, *actor*

"When you have bacon in your mouth, it doesn't matter who's president."

LOUIS CK

"Part of [the \$10 million] went for gambling, horses, and women. The rest I spent foolishly."

GEORGE RAFT, *film star*

"I was going to sue for defamation of character, but then I realized I have no character."

CHARLES BARKLEY, *TV basketball analyst*

"I know a man who gave up smoking, drinking, sex, and rich food. He was healthy right up to the day he killed himself."

JOHNNY CARSON

A coworker asks your opinion of an insufferable boss. You're happy to unload:

"He is not only dull himself, he is the cause of dullness in others."

SAMUEL JOHNSON, *18th-century author*

"Her only flair is in her nostrils."

PAULINE KAEEL, *film critic*

"She never lets ideas interrupt the easy flow of her conversation."

JEAN WEBSTER, *author*

"He can compress the most words into the smallest idea of any man I know."

ABRAHAM LINCOLN

"He is a self-made man and worships his creator."

HENRY CLAPP, *newspaper editor*

"People who think they know everything are a great annoyance to those of us who do."

ISAAC ASIMOV, *science fiction writer*

PART IV:

Stand and Deliver

When a one-liner isn't enough, assemble
bons mots and mix

A bird poops on your friend's brand-new Dolce & Gabbana pumps. She doesn't believe you when you say "That's good luck in China," so she takes a seat on the curb and sobs. You want to buck her up, but the China bit was your best gambit. Try this:

"Don't we both know that life is filled with disappointment? **I once had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: no good in a bed, but fine up against a wall.**¹ Heck, if life was fair, Elvis would be alive and all the impersonators would be dead,² so **sometimes you just have to put on lip gloss and pretend to be psyched.**³ After all, you already know **there's no half singing in the shower; you're either a rock star or an opera diva.**⁴ But if you still want to mope, go ahead. **I personally think we developed language because of our deep inner need to complain.**⁵ Then again, there's always plan B: **Swallow a toad in the morning and you will encounter nothing more disgusting the rest of the day.**⁶ Or even

better, plan C: **Live every week like it's Shark Week!**⁷

- 1) ELEANOR ROOSEVELT; 2) JOHNNY CARSON;
3) MINDY KALING, actress; 4) JOSH GROBAN,
singer; 5) JANE WAGNER, writer; 6) NICOLAS
CHAMFORT, 18th-century French author;
7) TINA FEY, humorist



A friend bemoans the men in her life. Of course, you have advice:

“Why does a woman work ten years to change a man, then complain he’s not the man she married?”¹ Women cannot complain about men until they start getting better taste in them.² For instance, **men who have a pierced ear are better prepared for marriage—they’ve experienced pain and bought jewelry.**³ And you’ll know it’s love when you’re not too embarrassed to give him your REAL Starbucks order.⁴ On the other hand, **if you text ‘I love you’ and he writes back an emoji—no matter what that emoji is, they don’t love you back.**⁵ Hey, love is tough. Personally, over the years I’ve found that **the perfect lover turns into pizza at 4 a.m.**⁶

1) BARBRA STREISAND; 2) BILL MAHER, *talk show host*; 3) RITA RUDNER, *comedian*; 4) WHITNEY CUMMINGS, *comedian*; 5) CHELSEA PERETTI, *actress*; 6) CHARLES PIERCE, *writer*

Your mother is a year older today and none the happier about it.

“Yeah, Mom, this is big, but you know, **the secret is to live honestly, eat slowly, and lie about your age.**¹ Don’t listen to those who say **you know you’re getting old when you get that one candle on the cake. It’s like, ‘See if you can blow this out.’**² Granted, **age is a high price to pay for maturity,**³ but **how old**

would you be if you didn’t know how old you are?⁴ The way I see it, you should live every day like it’s your birthday.⁵ You just have to have the right attitude. **I will never be an old man. To me, old age is always 15 years older than I am.”**⁶

1) LUCILLE BALL; 2) JERRY SEINFELD; 3) TOM STOPPARD, *playwright*; 4) SATCHEL PAIGE, *baseball player*; 5) PARIS HILTON, *socialite*; 6) FRANCIS BACON, *artist*

A friend suggests you put down the Oreos and eat a salad. You say:

“Low-carb diets work not because they are healthier, but because without carbs I simply lose the will to eat.”¹ Honestly, the only time to eat diet food is while you’re waiting for the steak to cook.² Besides, a healthy lifestyle is too time-consuming. **Natural beauty takes at least two hours in front of the mirror.**³ And it’s just a temporary solution. **Makeup can only make you look pretty on the outside, but it doesn’t help if you’re ugly on the inside. Unless you eat the makeup.**⁴ Do I really want to put myself through all that it takes to be beautiful? The workouts ... the treatments ... **In a thousand years, archaeologists will dig up tanning beds and think we fried people as punishment.”**⁵

1) ANNA KENDRICK, *actress*; 2) JULIA CHILD; 3) PAMELA ANDERSON, *actress*; 4) *Attributed to* AUDREY HEPBURN; 5) OLIVIA WILDE, *actress*

PART V:


Point/Counterpoint


How to win the argument, switch sides, then win again

DOGS VS. CATS

POINT: "A dog teaches a boy fidelity, perseverance, and to turn around three times before lying down."

ROBERT BENCHLEY, *humorist*

COUNTERPOINT: "Cats are smarter than dogs. You can't get eight cats to pull a sled through snow."

JEFF VALDEZ, *producer***WINE VS. BEER**

POINT: "Wine; a constant proof that God loves us, and loves to see us happy."

BENJAMIN FRANKLIN

COUNTERPOINT: "Why beer is better than wine: human feet are conspicuously absent from beer making."

STEVE MIRSKY, *author***DEMOCRATS VS. REPUBLICANS**

POINT: "The Democrats are the party that says government will make you smarter, taller, richer, and remove crabgrass on your lawn."

P. J. O'ROURKE, *writer*

COUNTERPOINT: "The Republicans are the party that says government doesn't work, and then they get elected and prove it."

P. J. O'ROURKE, *still a writer***MEN VS. WOMEN**

POINT: "I've been married to one Marxist and one Fascist, and neither one would take the garbage out."

LEE GRANT, *actress*

COUNTERPOINT: "The trouble with some women is that they get all excited about nothing, and then they marry him."

CHER



FICTION VS. NONFICTION

POINT: "The difference between fiction and reality? Fiction has to make sense." **TOM CLANCY, author**

COUNTERPOINT: "Be careful about reading health books. You may die of a misprint."

MARK TWAIN

OPTIMISTS VS. PESSIMISTS

POINT: "An optimist is someone who falls off the Empire State Building, and after 50 floors says, 'So far so good!'" **ANONYMOUS**

COUNTERPOINT: "The nice part about being a pessimist is that you are constantly being either proven right or pleasantly surprised."

GEORGE WILL, columnist

BLONDES VS. BRUNETTES

POINT: "I'm not offended by blonde jokes because I know I'm not dumb ... and I also know that I'm not blonde." **DOLLY PARTON**

COUNTERPOINT: "It was a blonde. A blonde to make a bishop kick a hole in a stained-glass window."

RAYMOND CHANDLER, author

CRITIC VS. ARTIST

POINT: "He suffers from delusions of adequacy." **WALTER KERR, critic**

COUNTERPOINT: "Critics are like eunuchs in a harem; they know how it's done, they've seen it done every day, but they're unable to do it themselves." **R**

BRENDAN BEHAN, Irish author

Final Test: Who Said It?

How well do you know your famous quotes? Take the quiz.

- 1) "The reports of my death are greatly exaggerated."
- 2) "Two things are infinite: the universe and human stupidity; and I'm not sure about the universe."
- 3) "Good girls go to heaven, bad girls go everywhere."
- 4) "If stupidity got us into this mess, then why can't it get us out?"
- 5) "He has no enemies, but is intensely disliked by his friends."
- 6) "They say you shouldn't say anything about the dead unless it's good. He's dead. Good."
- 7) "Washington is a city of Southern efficiency and Northern charm."
- 8) "The trouble with this country is that there are too many people going about saying, 'The trouble with this country is ...'"

A) HELEN GURLEY BROWN, former editor of *Cosmopolitan*; B) MARK TWAIN;
C) OSCAR WILDE; D) attributed to ALBERT EINSTEIN; E) MOMS MABLEY;
F) PRESIDENT JOHN F. KENNEDY; G) SINCLAIR LEWIS; H) WILL ROGERS

ANSWERS: 1-B; 2-D; 3-A; 4-H; 5-C; 6-E; 7-F; 8-G

NOTE: Ads were removed from this edition. Please continue to page 90.

THE STRANGER WHO CHANGED MY LIFE




How a hardened felon and the DA set on putting him away found common ground, as friends

“She Was My Prosecutor”

BY TOM HALLMAN FROM THE OREGONIAN

PHOTOGRAPHS BY CHRISTOPHER ONSTOTT



“Everyone on the street knew my dad. He got respect out of fear,” says DeQuandre Davis. “Everyone knows I’m his son.”

DEQUANDRE DAVIS'S father was a legend, a feared and respected leader of the Crips until rival gangsters shot him dead on a Portland, Oregon, street in 1990. He left behind a one-year-old, a son who would be schooled by the street, spend time in prison, and have an extensive rap sheet by age 24.

Stacie Beckerman's father was a legendary Iowa attorney, a do-gooder who served on the boards of nonprofits and his church and died of a heart attack three weeks after she graduated from Harvard Law School. By 41, she was a federal prosecutor with a reputation for toughness.

They were brought together three years ago.

From the outset, Beckerman knew Davis's case would be easier than what normally came across her desk at the U.S. Attorney's Office Gang and Sex Trafficking Unit. In June 2013, Portland police had stopped a car full of men and found a gun in the pocket of a coat that had been left by Davis. Already a felon after a robbery conviction as a teen, he was prohibited from carrying a gun. At arraignment, the judge released Davis from jail and required him to undergo random drug screening. He soon tested positive for marijuana. Beckerman thought he was dangerous and argued he be held until trial.

Instead, Judge Paul Papak released Davis and ordered him to participate in something called the Court Assisted Pretrial Supervision program. It's a way to keep defendants out of trouble, and thus out of jail, while their cases make their way through the system.

"I was apoplectic," Beckerman said. "He needed to be put away."

Davis eventually pleaded guilty to the gun charge, and he faced up to ten years in federal prison. Over the months they awaited sentencing, though, Beckerman, Davis, his court-appointed defense attorney, and a pretrial employee were forced to meet twice a month with Papak.

"I was impatient, skeptical, and frustrated," Beckerman said. "I'm an in-the-trenches prosecutor, and I had a million other things I needed to be doing."

Davis also saw the presentencing meetings as pointless. "I thought she was going to say lies about me," he said. "I know the system. Justice isn't equal."

So the prosecutor and the criminal both brought a certain attitude to that first meeting, in January 2014. Davis, about six foot three and muscular, didn't smile or look anyone in the eye. He seemed bored—barely talking, and mumbling when he did—and kept his distance from Beckerman, who reminded him of a strict high school principal. Beckerman, a



*“I’m an
in-the-trenches
prosecutor, and
I had a million
other things
I needed to be
doing.”*

STACIE BECKERMAN

foot shorter, was all business. In her tailored black or blue business suits, she had one purpose: to put Davis behind bars.

WHILE BECKERMAN lived in a precise world—a defendant is either guilty or not—Davis lived in a gray place foreign to most law-abiding people, a place with its own rules and codes that must be understood to survive. Eight years after his father was gunned down, a nine-year-old DeQuandre threatened a classmate with a toy gun. He lived off and on with his mother and his father’s sister, and also in foster care. He spent time in juvenile hall and was expelled from an alternative high school after his freshman

year. When he was 14, a close friend was shot to death. At 17, he was imprisoned after being convicted of robbing a man who was selling fake drugs.

“I didn’t let anyone walk over me. I didn’t care if I died young,” he said. “My mama always taught me not to fear nothing but God.”

January passed.

February.

At meeting after meeting, Beckerman and Davis went through the motions. They’d pick benches on opposite ends of the hallway as they waited for the courtroom doors to open. Inside, Beckerman sat alone at one counsel table; Davis and his attorney sat at the other. Judge Papak ran the meeting from his bench.

March went by.

April.

It's hard to pinpoint precisely when something changed between them. Neither Beckerman nor Davis can remember the specific date, time, or other details.

Perhaps it began the day that Beckerman decided to stop sitting at the far end of the hallway and asked Davis if she could join him on his bench. "I sat with him because I finally felt comfortable with him," she said. "I recall he didn't say much. I don't think he was comfortable with me yet."

Perhaps it was the day Davis listened to Beckerman talking about something—precisely what doesn't matter—and smiled. "A smile," he said, "goes a long ways."

Perhaps it was the day they walked into court together, after he held the door for her and let her pass first. Perhaps it was when they began saying goodbye at the end of meetings instead of merely stalking off in silence.

Beckerman had come to believe that Davis was trying to make meaningful changes in his life, that he had found the right attitude. He took a job on an assembly line at a local food company that made granola bars. In time, he was promoted to sanitation clerk. He started classes at Portland Community College.

Beckerman noticed Davis never complained or missed a meeting, even though he had to take two buses from the halfway house where he was living during the presentencing

period. Davis was doing everything the law and law enforcement required: working hard, attending life-skills classes, remaining sober, and staying out of trouble.

AFTER ONE MEETING, Beckerman returned to her office and glanced at her computer. Taped to the side was a quote from John Wesley, a cofounder of the Methodist Church. Beckerman had first heard the words from her father and kept them as a reminder of his values. Now they carried new meaning:

*"Do all the good that you can
In all the ways that you can
In all the places you can
At all the times you can
To all the people you can
As long as ever you can."*


May passed.

Then June.

At one of their last meetings before the September 2014 sentencing, Davis proudly announced that his girlfriend was pregnant with a boy. He'd picked out a name: DeQuandre Davis Jr.

A few weeks later, Beckerman walked to Target and bought a few books for Davis and his future son. "I wanted him to know I cared about him and his new baby," Beckerman said. "But I was also nervous about what my colleagues would think, because let's just say it's not every day a prosecutor is buying baby gifts for a defendant."

"Those books changed the way I



"Seeing DeQuandre's vulnerability up close made me want to do more," says Beckerman.

saw her," Davis said. "It changed the way I saw the system." Davis cut ties to old friends. He stayed clean. "I wanted to not just be a father," he said. "I wanted to be a dad."

The case Beckerman had once thought would be easy was now keeping her up at night. She believed Davis deserved a second chance, a different kind of justice.

And so, early one July morning, as her family slept, Beckerman sat at her home computer to write a letter to U.S. district court judge Michael Mosman: "If he goes to prison, he leaves behind another young boy to be raised by a single mother, or he receives a sentence of probation and is present the day his son is born, the day his son says his first words, and

the day his son takes his first steps. The government votes for the latter path, in an effort to stop the cycle of paternal absence that likely played an important role in Mr. Davis ending up before this Court in the first place."

On the day of Davis's sentencing, he and Beckerman met in the hallway outside the court. He was wearing a sharp dark suit. He stood up, slipped on his jacket, and grinned at Beckerman. "See," he said, "now I look just like you." She smiled back, and he opened the door for her.

Inside the courtroom, Davis's attorney and Beckerman asked the judge to place Davis on probation with conditions. Beckerman wanted Judge Mosman to restrict the neighborhoods to which Davis could travel,

“I’m being given the chance to show I can do something different with my life than crime.”

DEQUANDRE DAVIS



prohibit him from associating with gang members, and require random drug testing. She even wanted Davis restricted from traveling in a car with others, something that frequently led to trouble, without official approval.

Before ruling, Mosman asked Davis to explain himself.

“I’m being given the chance to show I can do something different with my life than crime,” he told the judge.

Mosman agreed to the deal. Afterward, back in the hallway, the prosecutor and the felon hugged.

“I learned a lot about the law at Harvard Law School,” Beckerman said. “But no one taught me about why a 20-year-old black male in a tough neighborhood feels like he needs to be armed. No one taught me

about what attracts kids to join gangs. I knew the law, and I could apply the law. But it is difficult to stand in judgment of other human beings without understanding human beings.”

In the ensuing year, Davis became a father. Although he didn’t live with his son, then almost the age Davis had been when his own father was murdered, he saw him often and read the boy the books Beckerman had given them. “When I was little and saw other kids with a dad, I used to feel so sad,” he said. “When I am with my son, I talk with him, hug him, kiss him, and sing songs to him. He goes to sleep every night listening to church songs.”

Beckerman’s life changed for the better too. On June 5, 2015, she became a U.S. magistrate judge. The

swearing-in ceremony at the courthouse was crowded with family, friends, and officials, all prosecutors or other representatives from the criminal justice system. Except for one person. When Beckerman entered with her family, she spotted Davis in the back and beamed. He smiled back.

A man in a suit took note of the exchange and asked Davis how he knew Beckerman.

"She was my prosecutor," he said.

The man chuckled. "You're joking, right?"

"No," Davis said quietly. "She was my prosecutor."



Some habits are hard to break. Davis started smoking marijuana and failed to show up for routine drug tests, resulting in a five-month jail sentence, which was subsequently cut to two months for good behavior. Since then,

he has gotten a job, has checked in as required with his parole officer, and has taken all routine drug tests.

Beckerman offered some perspective to those who would criticize Davis. "Anyone who has worked with offenders knows that there will be bumps in the road to change," she said. "It can be difficult for someone who has had no structure in his life for more than 20 years. I took a chance on DeQuandre because I believed he was ready to walk away from the gang lifestyle, and I continue to believe in him.

"I bought a DQ (Dairy Queen) onesie for DeQuandre's kiddo a while back that I never had a chance to give to him," she said. "Now it doesn't fit DQ Jr., so I put it on a stuffed bear. I had a bag for DQ to hide it in when he walked out of the courthouse, but he tossed the bag aside and said he was going to walk around with the doll all day." **R**

OREGONIAN (NOVEMBER 2015). COPYRIGHT © 2015 BY OREGONIAN PUBLISHING CO., OREGONLIVE.COM.



THERE IS ONLY ONE ...

... kosher McDonald's outside of Israel. It's in Buenos Aires, Argentina.

... ship in the Mongolian navy: a tugboat named *Sukhbaatar III*.

... animal whose testimony is admissible in U.S. courts:
the bloodhound.

... pig in the entire country of Afghanistan.

Khanzir (the name is Arabic for "pig") lives in the Kabul zoo;
the rest of the nation is pork-free.

Laughter

THE BEST MEDICINE



Ken Krimstein

“Make it look like an accident.”

IN JUNE, the United Kingdom voted to split from the European Union. “Brexit”—as in “British exit”—is the catchy nickname for the breakup. Here are the handles for other countries should they make a move, be they in Europe or not:

- Czechout
- Outdia
- AufWiederSpain
- Dubaibye
- Boltswana
- Afghaniscram
- Fleeji
- Farewales
- Scotland

From humorlabs.com

HOW DO YOU TELL if a cowboy driving his pickup truck is married? There’s tobacco juice on both side mirrors.

From A Prairie Home Companion

WHAT IF THE PERSON who named walkie-talkies named everything?

- Forks would be stabby-grabbies.
- Wigs would be hairy-wearies.
- Socks would be feetie-heaties.
- Defibrillators would be hearty-starties.

From reddit.com

THANK YOU, fantasy football draft, for letting me know that even in my fantasies, I am bad at sports.

JIMMY FALLON

I DON'T KNOW, GUYS. The whole “play dead when a bear attacks”

thing sounds suspiciously like something the bears would come up with ...

🐦@JORDAN_STRATTON

Your funny joke, list, or quote might be worth \$\$\$\$. For details, see page 7 or go to rd.com/submit.



JOKES FROM THE CIA, THE IRS, AND OTHERS YOU NEVER KNEW HAD A SENSE OF HUMOR

The CIA

The spy agency's first tweet, in June 2014, was: “We can neither confirm nor deny that this is our first tweet.”

For its anniversary in 2015: “In our second year we are going to [REDACTED] # [REDACTED] #Twitterversary”

Source: the CIA

Environmentalists

How do electric-car owners drive? One hand on the wheel, the other patting themselves on the back.

Source: Environmental Defense Fund

The IRS

“I am proud to be paying taxes in the United States. The

only thing is, I could be just as proud for half the money.”

ARTHUR GODFREY,
entertainer

Source: Internal Revenue Service

Vegetarians

Q: How many vegetarians does it take to screw in a lightbulb?

A: I don't know, but where do you get your protein?

Source: vegetus.org

The Marines

The Marine general went to the doctor for his annual physical. Among the questions his doctor asked was “When was the last time you made love?”

“Oh,” mused the general, “1945.”

“That long ago?” asked the doctor.

“It's not so bad,” said the general, pointing to his watch. “It's only 21:13.”

Source: leatherneck.com

Economists

An “acceptable” level of unemployment means that the economist to whom it is acceptable still has a job.

Source: econosseur.com

Psychiatrists

Two psychotherapists pass each other in the hallway. The first smiles and says to the second, “Hello!”

The second smiles back and walks on. When he is comfortably out of earshot, he mumbles, “Hmm, I wonder what that was all about?”

Source: *Psychology Today*



Quinest

OUTRAGEOUS COMPANIES!

GREED, GUILE & LIES

Some of the world's most respected corporations have gone out of their way to deceive us. Here's how they got caught.

BY DEREK BURNETT

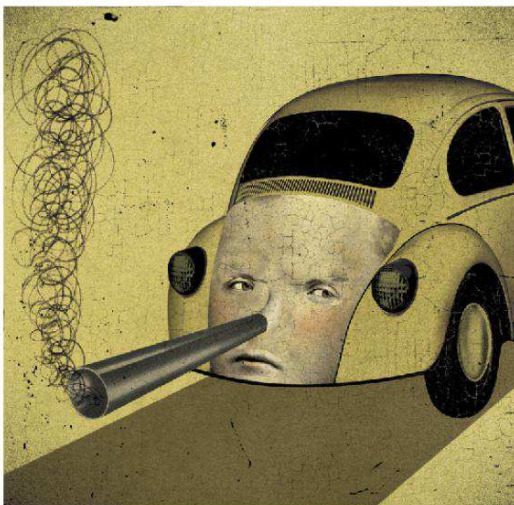
THEODORE ROOSEVELT, who battled the excesses of the Gilded Age, was always careful to point out that he was not hostile to corporations; rather, he was “endeavoring to do away with any evil in them.” Sorry, Teddy, but wrongdoing has not been expunged. The past few decades alone have seen the lies of tobacco companies exposed, Enron and Tyco collapse under the weight of malfeasance, and financial institutions that cooked the books lead us into the Great Recession. You might think that today's large corporations would have learned from such misdeeds. As these companies show, you'd be mistaken.

VOLKSWAGEN: CHEATED TO BEAT EMISSIONS TESTS

THE PITCH: Volkswagen promised consumers that its diesel-engine cars were not only fuel efficient but also clean enough to meet U.S. Environmental Protection Agency air-quality standards. American consumers scrambled to get behind the wheel of Volkswagen's "green diesels," which combined high fuel economy, great performance, and the cachet of driving an eco-friendly European vehicle.

THE HITCH: American air-quality standards are very different from those in Europe. European emissions standards are more focused on greenhouse gases (carbon dioxide, primarily) and fuel economy, while U.S. standards are aimed at limiting smog and adverse health effects, so they target six principal pollutants, such as particulate matter and carbon monoxide. To span this divide, Volkswagen developed a secret sauce that allowed models to pass the EPA's test.

THE FALLOUT: The secret sauce, it was revealed last year, turned out to be good old-fashioned cheating. Every Volkswagen diesel was equipped with a "defeat device"—software that detected when the car was undergoing



emissions testing, says the EPA—that triggered a tightening of the car's emissions-control system and allowed it to meet emissions standards in the lab. But as soon as the car came off the test treadmill, the engine snapped back to snazzy life, spewing up to 40 times the allowable limit of nitrogen oxide (NOX), which causes respiratory ailments, especially in fragile populations such as the elderly and young children with asthma.

The company has fessed up to the cheating, but that didn't stop the EPA from going after it. In June, Volkswagen agreed to pay up to \$14.7 billion to settle claims with dissatisfied car owners and to answer for violations of the Clean Air Act. If the engineers who designed the cheat told themselves they were hurting no one, they were wrong:

Harvard and MIT scientists estimate that the added NOX emissions could cause about 60 early deaths in the United States alone.

PRO SPORTS TEAMS: PAID TO BE PATRIOTIC

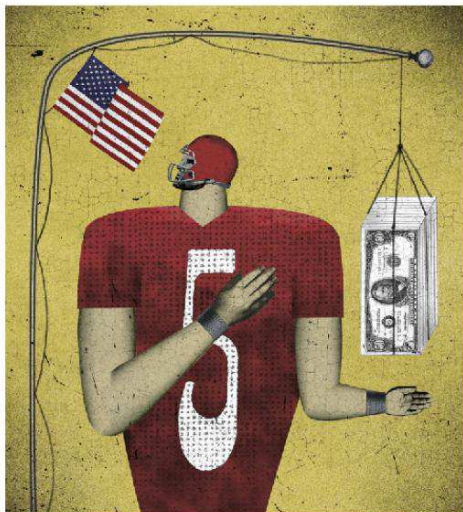
THE PITCH: Sports stadiums are among the most patriotic places in America. There you might witness a tear-jerking surprise reunion of a soldier just home from Afghanistan with his family, on-field reenlistment ceremonies, Air Force flyovers, and more. It's enough to put a lump in our throats and leave us thanking the individual teams for their commitment to our servicemen and -women.

THE HITCH: In 2015, it was revealed that what sports fans had assumed were genuine shows of support for the armed forces by teams in the NFL, the NBA, the NHL, Major League Baseball, and Major League Soccer had actually been business deals designed for profit. It wasn't that the sports teams had never staged sincere shows of patriotism; however, it's doubtful the fans would have responded so emotionally to all these spectacles had they understood that many of them were lucrative recruiting advertisements, paid for by the Department of Defense.

THE FALLOUT: Arizona senators Jeff Flake and John McCain launched an investigation and

published a damning report on "paid patriotism." They found that the National Guard, the biggest "advertiser," had dropped millions on sports teams while simultaneously appealing to Congress for funding to meet a \$100 million budget shortfall. (A typical example blasted by the senators: a \$20,000 payout to the New York Jets to recognize local Army National Guard soldiers as hometown heroes on the video board, as well as Coaches Club access for the recognized soldiers and three guests.) The senators added that the DOD, operating with a "complete lack of internal controls," couldn't prove that paid patriotism had helped recruitment.

It's certainly easy to be angry with the Department of Defense for wasting money on potentially fruitless advertising. But neither the leagues nor the



individual teams should get a pass. After all, they were all too eager to benefit from our emotions.

In response to the report, the Department of Defense issued new guidelines that banned paid patriotism. In May, after conducting an audit, the NFL announced it identified \$723,734 spent between 2012 and 2015 that “may have been mistakenly applied to appreciation activities rather than recruitment efforts,” which would be returned in full to taxpayers.

LUMOSITY: PROMISED UNPROVEN BENEFITS FOR THE BRAIN

THE PITCH: As the U.S. population ages, Americans are becoming increasingly worried about dementia and Alzheimer’s. Many have seen parents or grandparents lose their dignity to mental decline and have said, “I’d give anything to ensure that never happens to me.” And then along came companies like Lumosity, with an alluring promise: Play some fun games designed by neuroscientists on your computer or phone and boost your brainpower.

Advertisements for Lumosity’s games—which cost \$11.95 per month for a monthly plan or \$299.95 for a lifetime subscription—referred to them as “improving your performance with the science of neuroplasticity,” which is the brain’s ability to respond to new challenges by forging new pathways and connections.

THE HITCH: The science-speak sounded good, but in fact, in 2014, 75 of the world’s top neuroscience researchers signed a consensus statement accusing “brain game” purveyors of handpicking data that was only tangentially related to the games being sold and using it to make claims that were “frequently exaggerated and at times misleading.”

While they did not mention Lumosity or any of the brain game companies by name, the scientists said that the industry claimed to offer consumers a scientifically grounded way to reduce or reverse cognitive decline, despite no compelling scientific evidence to date that it actually did. The neuroscientists argued that such claims ignored a “cornerstone tenet” of scientific psychology, which is that mastery of a single task cannot stand in for an entire capability. For example, if you get really good at remembering where the red cube was on the screen, it doesn’t mean that you’ll always remember where you put your car keys.

THE FALLOUT: This past January, Lumosity (without admitting to or denying any wrongdoing) agreed to a \$50 million judgment from the Federal Trade Commission for lacking data to support its scientific claims. “Lumosity preyed on consumers’ fears of age-related cognitive decline,” said Jessica Rich, director of the FTC’s Consumer Protection Bureau. No other brain game companies were targeted. Was Lumosity singled out because it’s the

largest in the industry? The FTC isn't saying. However, it agreed to suspend all but \$2 million of the total judgment, the amount Lumosity claimed it could afford, pending verification of financial records and as long as Lumosity agreed not to make any claims without reliable scientific evidence.

COCA-COLA: SUGARCOATED NEWS

THE PITCH: "There is virtually no compelling evidence" that fast food and sugary drinks cause obesity, said Steven Blair of Global Energy Balance Network in a video announcing the launch of that scientific research organization. Good health, claimed GEBN, is achieved when an individual balances calories consumed with calories burned.

THE HITCH: GEBN wasn't exactly an objective source. In 2014, James Hill, PhD, of the University of Colorado had e-mailed Coca-Cola executives: "It is not fair that Coca-Cola is [singled] out as the #1 villain in the obesity world," Hill wrote. "I want to help your company avoid the image of being a problem in people's lives." Coca-Cola contributed \$1 million to support the creation of the organization. Hill and Blair gave obesity-related media interviews that put more emphasis on

calories out than calories in, without any disclosure of their ties to Coke.

THE FALLOUT: After a *New York Times* article exposed the special relationship between Coca-Cola and GEBN, the two parted ways. GEBN soon shut down and returned the \$1 million to the company. Coke's CEO, Muhtar Kent, has acknowledged an "insufficient amount of transparency" and flaws in Coke's approach to public health. The company's chief science and health officer retired in the wake of the scandal, and Coke has since rolled out an oversight committee and a sales strategy that focuses on smaller cans and bottles.

This may not have been the first time the company has bungled in the public health sphere. According to the *Times*, back in 2001, Coca-Cola



sponsored a campaign called “H2No,” in which waitstaff at some restaurants were trained to correct diners’ troublesome practice of ordering tap water instead of Coke.

THERANOS: DIDN’T DELIVER DISRUPTION

THE PITCH: In 2003, Theranos was a hot new start-up with a breakthrough technology so brilliant that it threatened to disrupt the medical industry. The company said it was able to test for dozens of conditions—from HIV to high cholesterol—with just a few drops of blood from a person’s pricked finger (as opposed to requiring vials of blood), thanks to Edison, its patented testing technology.

Big names like Henry Kissinger joined the board, and investors showered the private company with hundreds of millions of dollars. Last year, *Forbes* gave Theranos a \$9 billion valuation and estimated the personal net worth of then-31-year-old founder and CEO Elizabeth Holmes, who owned a 50 percent stake in the firm, at a cool \$4.5 billion.

THE HITCH: In 2015, anonymous former employees spoke to the *Wall Street Journal* and voiced concerns about Edison’s accuracy; they also claimed that the company had stopped using it and instead had resorted to industry-standard testing methods—the very methods the company had intended to replace. A Theranos spokes-

person called the article “factually and scientifically erroneous.” A lawyer for the company told the *Wall Street Journal* that Theranos wasn’t yet using the Edison technology for all the tests it offered, calling that transition “a journey.” But that was not the end of concerns about Theranos. When federal authorities inspected one of its California labs, they found numerous violations, some of which were potential dangers to public health. In response, Theranos submitted a plan of correction to authorities.

THE FALLOUT: Despite reassuring the public that its tests were reliable, Theranos nullified or revised two years’ worth of Edison-generated results in May. (Theranos says that represents less than 1 percent of all of its test results.) What’s more, the *Wall Street Journal* reported that Theranos performed many of its tests using traditional methods. In June, regulators proposed sanctions that could require Theranos to shut down the discredited California lab and bar Holmes from owning or operating a laboratory for two years. Theranos announced that it would resolve the issues identified and had already taken “remedial actions,” such as shutting down the facility and rebuilding it from the ground up. But Holmes hasn’t given up on the technology. In August, she presented Theranos’s latest research in small-volume bloodwork to the American Association for Clinical Chemistry.

Was Theranos's breakthrough technology really viable? Time—and investigation—will tell. Certainly the investment community has expressed its opinion: In July, *Forbes* reexamined Theranos and valued it at a fraction of its previous worth. As for Holmes? Her net worth was also “downwardly revised,” to \$0.

EXXONMOBIL: OBSTRUCTED ACTION ON CLIMATE CHANGE

THE PITCH: “The risk of climate change is real and it warrants action. Ninety percent of emissions come from the consumption of fossil fuels.” Does this quote come from a fringe environmentalist? Nope. It’s from an ExxonMobil spokesperson speaking to us earlier this year. The oil giant has seen the light: The greenhouse effect imperils Earth.

THE HITCH: Thirty-five years ago, executives at ExxonMobil (then Exxon) considered how climate change could factor into decisions about new fossil fuel extraction, according to an e-mail from a former employee. Yet they continued to fund groups and individuals who debunked global warming. Last fall, the Union of Concerned Scientists released a trove of documents revealing just how deliberately the fossil fuel industry attempted to sway the public. One 1998 memo by the American Petroleum Institute, an industry group that is bankrolled by ExxonMobil and other oil and natural gas companies,

laid out a strategy to get the public to “realize” the “uncertainties of climate change.” It would target high school science teachers, conduct a media campaign, and distribute “information kits” that included peer-reviewed papers emphasizing “uncertainty” in climate science.

THE FALLOUT: ExxonMobil now faces a probe by attorneys general in New York, Massachusetts, and the U.S. Virgin Islands over its past research statements about climate change. Dozens of other AGs voiced their support. ExxonMobil certainly isn’t the only oil company involved in trying to alter the public’s view. But ironically, it was its own internal memos that blew the lid off the scandal. In other words, Exxon was the one that got itself caught.

In 2009, it announced that it would no longer fund climate-denial groups. Yet, unlike BP and Shell, ExxonMobil remains a member of the American Legislative Exchange Council, which, while it acknowledges that climate change exists, is notorious for lobbying legislators to block action on it. A spokesperson for ExxonMobil maintains that the company’s contributions “do not constitute an endorsement of every policy position ... by ALEC.”

Maybe not, but it was ALEC’s position on the climate that caused Google to sever ties with the organization: “The facts of climate change are not in question anymore,” Google’s then-executive chairman Eric Schmidt said. “They’re just literally lying.” **R**

A backpacking trip turns disastrous, and a boy must make a heartrending decision: Should he leave his severely injured father to look for help?

A MOUNTAIN OF TROUBLE

BY KEN MILLER

THE FRANK CHURCH-RIVER OF NO RETURN

Wilderness is the broadest sprawl of untamed landscape in the contiguous United States, covering 2.4 million acres of central Idaho. Among the area's most spectacular attractions is the Bighorn Crags, a jagged phalanx of 10,000-foot peaks set amid glittering alpine lakes. Near one of those pools, just after dawn on a cloudless summer day, 13-year-old Charlie Finlayson crouches inside his tent, getting ready for a long hike. He stows a water bottle and some snacks in his day pack, along with a sleeping bag, in case he has to bivouac.



David Finlayson snapped this photo of his son, Charlie, in the Bighorn Crags shortly before they attempted their most complex climb.

He leaves another water bottle for his father, David; fills the cooking pot to the brim with water from the creek; and also sets out a week's supply of energy bars. Then he takes a GPS reading of the campsite.

He turns to David, who lies pale and gaunt in a bloodstained bedroll, his forehead marked with a purple gash, his jaw clenched in pain, his leg banded. "I'd better get moving," Charlie tells him.

"Good luck, kiddo," David says quietly. "Just take it slow and steady."

Outside the tent, Charlie pauses and mumbles a prayer. "I'm not coming back without a helicopter," he calls over his shoulder as he sets off.



AT 52, DAVID FINLAYSON HAD ALREADY EXPLORED MANY OF THE WORLD'S WILD SPACES, bagging major summits in Alaska, Europe, and South America. David, a respected defense attorney, had split up with Charlie's mom shortly after Charlie was born. The boy lived with his mother in a suburb of Boise, Idaho, but spent most summers with his father. Although Charlie was as calm and contemplative as his dad was volatile and restless—David called him "the Zen master" and "Good-Time Charlie"—both were passionate about nature. When Charlie reached seventh grade, David introduced him to rock climbing.

By the time they set out for the Bighorn Crags in August 2015, Charlie was ready to take on complex climbs. They crammed their packs with enough supplies to last two weeks. After driving six hours from Boise, they hiked for two days to reach Ship Island Lake, a mile-long jewel shadowed by a gallery of pinnacles. In their first week, they did two long climbs.

Their next ascent began on a Monday morning. Around noon, David was inching his way across a granite spire 800 feet above the valley floor, searching for a line of cracks that would lead them to the top. Charlie stood on a ledge a dozen yards to the right, lashed to a tree for safety as he fed rope to his dad. Reaching up, David dislodged a small stone, which tumbled off into the void. In the next moment, he heard a sharp crack from above as something larger broke loose. He barely had time to scream before everything went black.

When Charlie saw his father sailing through the air alongside the massive boulder that had struck him, he yanked on the rope. An instant later, an automatic braking device arrested the fall.

"Dad!" he called. "Are you OK?"

There was no answer.



Charlie's destination is the trailhead, 12 miles away, where a couple of volunteers live in a cabin equipped with a two-way radio, which he hopes they'll use to call for



DAVID HUNG 40 FEET BELOW HIS SON, EACH HIDDEN FROM THE OTHER'S VIEW.

A minute passed before he managed to call out, "Charlie, are you there?"

"I'm here! Are you hurt?"

Beneath David's dented helmet, his head was throbbing from a concussion. His left arm and foot were shattered; the shinbone protruded through the skin, and blood was dripping onto the rocks below. A vertebra in his upper back was fractured. The pain came from so many places that it nearly knocked him out again.

"I think I've broken some bones," he shouted.

"What do I do? What do I do?" Charlie sounded frantic.

"Can you lower me about 20 feet? There's a ledge there."

Charlie let the rope play out slowly. When David reached the ledge, he yelled for his son to lower his climbing pack, which held a first aid kit. But Charlie was still anchored to a large pine tree, and the pack kept getting stuck in the branches. After readjusting the anchor, Charlie managed to land the pack perfectly.

With his right hand, David slathered his leg wound with antibiotic cream, covered it with gauze compresses, and began wrapping it in athletic tape. He felt detached from his own body, as if it belonged to someone else, but he didn't want Charlie to have to see the



"Charlie and I are alike," says David. "We both love to be out there away from everybody."

help for his dad. The path rises gently at first, but he knows it will grow steeper, reaching 9,400 feet before plunging into a valley and climbing again. It will branch off into poorly marked side trails, which can lead a traveler astray. Grizzlies and mountain lions frequent the surrounding woods; as he walks, Charlie blows his emergency whistle to ward them off.

After a mile, the route meets a trail to another lake. Following David's instructions, Charlie takes the detour, hollering to anyone who might be camped there. After a few hundred yards, however, he stops to calculate the odds: It's a weekday, when visitors are sparse. If he continues and encounters no one, he'll have thrown away an hour. He mutters a cussword and hurries back to the main trail.

utting bone. Once it was covered up, he called for the boy to rappel down and join him, shouting instructions all the way. When Charlie arrived, the two of them added more tape and tightened it as best they could. “Tell me it’s going to be OK,” Charlie pleaded, struggling to control his fear.

“It’s going to be OK,” David told him, trying to believe it. “But we need to get off this mountain.” He proposed a plan: Charlie would lower David half a rope length at a time, then lower himself to the same level, set a new anchor, and begin again.

Although the pulley system enabled the 90-pound child to bear the weight of a 190-pound man, the process proved agonizing for both of them. David was dizzy and nauseated, and whenever his left side touched the cliff face, the pain was almost unendurable. With each pitch, he had to hammer a piton one-handed into the rock, and Charlie had to untangle 50 yards of rope and thread it through the anchor. As the hours passed, David fought to remain conscious. “If I pass out,” he said, “don’t stick around. Hike back up the trail as fast as you can.”

“You won’t pass out,” Charlie assured his father, and himself. “We’re going to make it.”



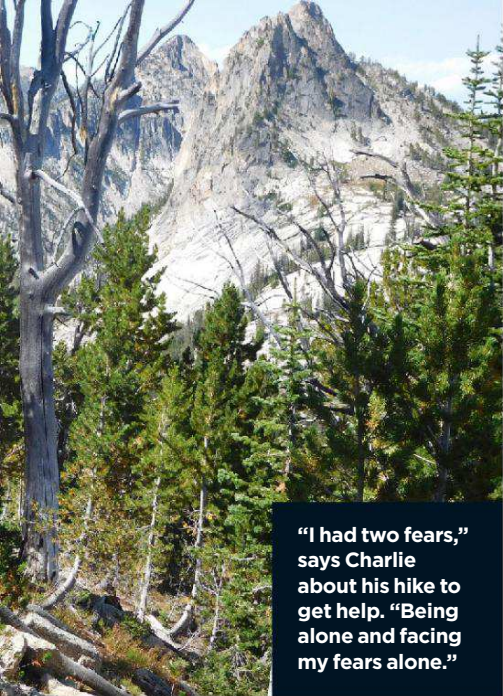
Charlie’s hike grows more strenuous as the trail climbs toward the pass. As his heart rate rises, so does his anxiety level. Images



flit through his mind: Dad writhing in agony; Dad’s eyes rolling back in his head. He focuses instead on the rhythm of his footsteps. Around the three-mile mark, he thinks he hears voices. He gives a blast on the whistle and shouts, “Hello! Can you help me?” Someone yells back, “Sure!”

Sprinting up the switchbacks, the boy encounters two tall, stubble-faced men on their way down—Jon Craig and his 19-year-old son, Jonathan. Choking back tears, Charlie describes his father’s plight to the pair. He shows them the campsite marker on his GPS.

The Craigs debate whether to turn around and accompany Charlie or forge on to find his father. “Please go to



"I had two fears," says Charlie about his hike to get help. "Being alone and facing my fears alone."

him," Charlie says, insistent but calm.

"There are three groups camping by Airplane Lake in the next valley," Jon tells Charlie, circling the location on his map. "They can help you get where you need to be." The two men disappear down the trail.

After cresting the pass, Charlie takes the side route toward the lake. His heart sinks as he realizes that none of the groups are there anymore.



IT WAS NEARLY DUSK WHEN THE EXCRUCIATING RAPPELLING AND BELAYING FINALLY delivered David and Charlie to the base of the cliff, and the temperature had dropped into the

40s. In his shorts and light Gore-Tex jacket, David was shaking with cold and exhaustion. "That's enough for today," he said. "You'll have to go get our sleeping bags so we don't freeze to death."

Their gear was in their tent, more than a mile down a steep slope covered with scree and boulders. Charlie took off running. He grabbed the sleeping bags and stuffed a backpack with warm clothes and energy bars. Realizing they would need water, too, he used his filter pump to fill several bottles from the lake. By the time he found his way back through the boulder field, night had fallen.

David saw a pinpoint of light—his son's headlamp—floating toward him through the blackness. "Good-Time Charlie!" he exclaimed through chattering teeth. After helping David into long pants and a down parka, Charlie zipped him into a sleeping bag. He propped the injured leg on a rock to slow the bleeding. He made sure his father ate some dinner. Then he crawled into his own bag.

Worried that David would die if he fell asleep, Charlie kept the conversation going; they talked about past travels, the constellations overhead, the accident. Eventually Charlie allowed himself to catnap, checking on his father each time he awoke.

David, however, was in too much pain to drift off. He tried to distract himself by counting breaths. But breathing hurt, so he counted stars.

There was a chance he'd survive, he thought. There was also a good chance he wouldn't. And then what would happen to the kid?

He kept counting.

On the trail, Charlie hears more voices off in the distance. He blows his whistle and calls out, and the voices answer. Following his ears, Charlie gropes his way through the pines to a different pond, half a mile away. There, he stumbles upon a married couple, their three kids, and a family friend, Mike Burt. Hearing the urgency in Charlie's voice, Mike, a former Marine, offers to run the demanding nine miles to the volunteers' cabin, where he hopes to call in medical aid for David. Charlie follows him to make sure help is indeed coming.

WHEN THE SUN ROSE ON THEIR CAMP, CHARLIE WAS RELIEVED TO SEE

that his father was awake and alert. But the mile-wide cordon of boulders, many as big as cars, was a far less welcome sight. The pair huddled in their sleeping bags for an hour or two, until the chill lifted. "Let's go, Dad," Charlie said. "This could take some time."

After wrapping more tape around the blood-soaked bandage on David's leg, they started down the slope. David dragged himself through the



David and Charlie, in the hospital just days after the accident, have plans to go rock climbing together again.

obstacle course inch by inch, leaving a trail of red. When he couldn't maneuver between the rocks, he hauled himself over them, crawling up one side and sliding down the other. Sometimes he lost control, landing on one of his shattered limbs and blacking out briefly from the pain. He woke each time with Charlie's tense face looming over him. "I'm fine," David would say, attempting to smile. The boy ran ahead periodically, scouting for the least torturous path, then trotted back to offer guidance. "Just another foot," he coaxed. "Just a few inches."

They reached their campsite around 4 p.m. David plunged his leg into the lake to clean it, and Charlie—unfazed by the gore—covered it with a new dressing.

Toward evening, Charlie cooked dinner on the propane stove. He wolfed down his portions of pepper steak and chicken teriyaki, but his father was too

nauseated to eat more than a few bites.

"Charlie," David said, "you're going to have to go look for help in the morning."

Picturing himself separated from his father by vast tracts of wilderness, Charlie burst into tears. "What if I never see you again?" he wailed.

"I'm sorry, kiddo," David said. "We don't have a choice."

That night, Charlie slept with his arms around his dad. David stared out through the tent's mesh window, counting stars.

Just after dawn, Charlie lifted his pack onto his back and headed off on the trail toward the volunteers' cabin 12 miles away, hell-bent on bringing back a helicopter that would carry his father to safety.



Sometime that evening, David Finlayson awakes in traction. He is at Saint Alphonsus Hospital in Boise, where doctors immobilize his arm and leg and stabilize his

spine with a brace. Over the coming months, he will undergo several major surgeries and will eventually be able to climb again. But on this night, through the morphine glow, he tries to remember his rescue.

He recalls the Craigs arriving at his campsite. When they told him they'd just spoken with Charlie, he forgot his pain; he wanted to get up and dance. A young ranger named Rachel (dispatched after Mike Burt reached the volunteers' cabin) showed up soon afterward. She kept David company until he was strapped into a harness and lifted by a cable into a hovering helicopter.

The next day, Charlie arrives at David's bedside. Through the tangle of ropes that are IV drips, father and son hug. Good-Time Charlie, the Zen master, had kept his promise. He brought back a helicopter.

"Charlie's as strong as anyone I know," says his father. "People say, 'You must be so proud of him.' They have no idea." **R**



WHY DO WE CALL IT ...

- **A "BUCK"?** Because in the 1700s, trappers could sell a single buckskin for one dollar.
- **THE "FUZZ"?** Because London bobbies once wore fuzzy helmets.
- **THE "LIMELIGHT"?** Because theater spotlights used to burn lime to create light.

Source: Bathroom Reader's Institute



Encounters

~~~~~ *with the* ~~~~~

# Other Side

Absolutely true stories about shadowy figures, moving objects, strange voices, and other things that go bump in the night

FROM REDDIT.COM

**H**alloween is the traditional time for ghouls and spooks to emerge, but for many of us, fright night is every night. According to a 2012 poll, nearly half—45 percent—of Americans believe in ghosts. Scientists have come up with many reasons for spirit sightings, ranging from the physical (low-frequency sounds, magnetic fields, thermal patterns) to the psychological (suggestibility, fear of mortality). But as sound as these explanations are, the existence of ghosts will most likely remain murky: While they can't be proved to exist, they cannot be resoundingly debunked, either. Online you'll find thousands of people's firsthand experiences with the paranormal, and we've selected five of the most vivid. Read them, and then ask yourself: Do you believe?

---

## The Little Hands

**I'VE NEVER LIVED** in a haunted house, but my mother did as a teen. Other houses on her street had strange things going on too. A few homes away from her lived a man and his family. One night, one of his daughters went to bed with a bad headache. The next day, she was dead—she'd passed away from an aneurysm. After the funeral, the family went away to get their minds off the tragedy, and the father asked my uncle—my mom's brother—to check on their pets. My mom and dad (they were dating then) went with my uncle; my mother had heard there was a grand piano and she wanted to play it, and my dad was studying to be a veterinarian.

After entering the house, my uncle and my father headed to the basement to see the animals, and my mother went to the piano on the ground floor. She was playing it when she felt something brush her ankles. She thought a cat must have left the basement and walked past her. She kept playing, and she felt it again. She looked under the piano and saw nothing. When she started again, she felt hands clasp her legs and grab them tightly. She dashed to the basement door, called my uncle and father, and waited for them. When they all walked outside, my uncle could tell my mom was rattled and asked what was wrong. She told him what had happened, and he turned white. He told her the daughter

who died used to play a game with her father. When he'd play the piano, she'd crawl underneath, grab his ankles, and push his feet up and down on the pedals.

*Reddit.com contributor*  
**PATENTEDSPACEHOOK**

## An Unseen Patient

**THE AMBULANCE COMPANY** that I used to work for had a “haunted” ambulance: rig 12. A lot of EMTs had stories about it, but I never put much stock in paranormal stuff. That is, until I had my own experience with rig 12.

My partner and I were working in a rural community at 3 a.m., and it was pitch-dark and completely quiet. We were both dozing; I was in the driver's seat, and she was in the passenger seat. I woke up to a muffled voice, and I thought my partner was talking. I told her I was trying to sleep and closed my eyes. I distinctly heard a male voice say, “Oh my God, am I dying?” followed by a few seconds of heavy breathing. My partner and I sat up straight and looked back into the patient compartment, where it sounded like the voice had come from.

Things were quiet for a couple seconds; then we heard the click of an oxygen-bottle regulator and a hiss, as if it was leaking. I turned on the lights, and we ran out of the rig. I thought a transient might have climbed in while we were asleep, so we opened the rear doors. No one was there. I checked the

oxygen bottles; neither was opened. We didn't sleep much after that.

*Reddit.com contributor* **ZERBO**

## An Impish Ghost

**MY NEIGHBOR DIANE** and I had a playful poltergeist for years, and we called it Billy. I'd come home and find something put in a weird place: milk in a cupboard, toilet paper in the fridge, laundry detergent in the bathtub. Diane once called to ask if Billy had been around, because she couldn't find a gallon of milk. We finally found it outside on her back steps. And sugar ... darn sugar! Every morning, my sugar bowl was empty.

When I had enough, I'd point to Diane's home and yell “Go see Diane!” Within five minutes, I'd get a call from her, and she'd say “Thanks a lot,” because he'd gone and pulled shenanigans at her place. This occurred for the entire two years we lived there. No one believed us—not even our husbands. My mother thought someone was stealing from us when we were sleeping or out of the house. My sister believed something was going on but didn't know what. I still can't explain any of it.

*Reddit.com contributor* **ABBYS\_ALIBI**

## The Eerie Attic

**IT SEEMS SO CLICHÉD** to start by saying “I don't believe in ghosts, but ...” However, that's where I'm coming



from. A few years ago, I moved into a one-bedroom apartment in Melbourne, Australia; it was my first time living on my own. The apartment block had been built in the 1930s. I'd been there for a few months when I came home from work one day and went into the bathroom. I saw something strange: The wooden board covering a hole in the ceiling that led to



*I was frozen stiff with fear. I thought, Someone is up there for sure.*

a small attic space lay broken in two pieces on the ground. I examined the broken pieces. The board was an inch thick, and it would have taken a Bruce Lee to break it. I thought the landlord had sent someone to work on the attic.

I e-mailed pictures to the landlord asking if anyone had been there (with an undertone of annoyance, since she hadn't warned me). Her reply read, "Please call me as soon as you are able to." I called, and she explained that her last two tenants had said the same thing happened. She promised to replace the board, and she did.

A month later, I woke up one night around 4 a.m. I had so many goose bumps, it felt like someone was rubbing his or her hands on me. Everything was silent, but then I heard this sound coming from above my bed. It

was a dragging sound, like someone pulling a sack of potatoes. I was frozen stiff with fear. I thought, Someone is up there for sure. There is no way an animal could make that sound. After five minutes, I managed to work up the courage to turn on the light and walk to the bathroom. I was armed with a cricket bat.

When I looked, I saw that the new board covering the

hole was broken in two! I felt sick. The dragging sound had stopped. But I heard something else—whispering. The sound was clear and coming from the attic. It sounded like children's voices, and I could hear one sentence repeated over and over: "It's your turn ... It's your turn ..."

I switched on every light in the apartment to make things feel normal. It was 5 a.m. and dark outside. I watched TV to try to unwind. Then a fuse blew. My pet budgie, Dexter, whom I kept in the kitchen, usually never made a sound at night, but he started squawking like he was being strangled. I'd never heard him make those sorts of noises—he was screaming. I grabbed my car keys, ran out, sat in my car, and waited there until the sun came up.

When I saw people walking their dogs, this comforted me enough to go back in. The front door was open, but I thought I hadn't closed it when I'd run out. I went to the kitchen to check on Dexter, and he wasn't in his cage—I felt sick again. All my windows were closed, so I looked everywhere inside. When I walked to the bathroom, I heard splashing. Dexter was half drowned in the toilet! I took him out, washed him, and dried him. I was so confused. At 8 a.m., I called the landlord and gave her a watered-down version of the night. "Oh, wow, you heard the whispering too!" she said.

I stayed in that apartment for another 18 months. I heard the whispering on a few occasions, and twice the board covering the hole in the ceiling moved. Although I live elsewhere, the landlord recently called. She said that her new tenants had begged to speak with me about some of the stuff that's been going on there. Forget it—it's their problem now.

*Reddit.com contributor DIGSDAWS*

## The Boy with No Eyes

**ONE NIGHT WHEN I WAS TEN**, I was woken up by my bedroom door opening, followed by someone sitting on my bed. I felt my leg grazed and the bed sink under a person's weight. Thinking it was my mom, I opened my eyes to see an eyeless boy (he had black empty sockets) about my age sitting

at the foot of my bed. He extended his hand, and in it was a little box. I was startled but reached out. He pulled back. I reached again and said, "Give it." Then I blinked, and when I reopened my eyes, he was gone, but the imprint of someone sitting on my bed was present.

Fast-forward five years. My girlfriend came over to do homework. After she finished, she took a nap while she waited for her parents. When they arrived, I tried waking her up. She opened her eyes suddenly, looking up at a corner where the wall met the ceiling. She pointed there and went back to sleep. I shook her again. She came to full consciousness, and I explained what she'd done. She said, "Up on the wall, I saw a little boy with no eyes. He was there in a Spider-Man pose, staring at me." I freaked out and told her my story about the same kid.

Fast-forward another five years. I was with the same girlfriend, and we had a two-year-old. We were living in my parents' house, in my old room. My daughter started waking up at the same time every night, and she'd talk. After a while, I noticed she had almost the same conversation every night. I playfully asked her once whom she was talking to. She said, "It's a little boy. He's nice. He's lost and looking for his mommy." My daughter's nightly conversations continued until we got our own place later that year. **R**

*Reddit.com contributor KMENDO4*

COURTESY OF THE AUTHORS, REDDIT.COM.

# That's Outrageous!

ANIMAL MAGNETISM

**MADE FOR** that special bovine in your life, Farmer's Cologne is "beautiful for a man or woman, and also pleasing for cows," says creator Lisa Broder. One whiff of this all-natural cologne crafted from essential oils and Bessie'll give milk till the ... well, you-know-who comes home. A two-ounce bottle costs \$115.



Source: *Bangor Daily News*

**BELLA MIA**, a Maltese terrier, enjoys the finer things in life, including filet mignon and having her own boudoir with a double bed. Which is why her owner, a New York accountant, is leaving more than \$1 million in her will to Bella. She wants to ensure that she's "taken care of in the way that she's used to."

Source: *Daily Mail*

**A NORWEGIAN COUPLE** were afraid that their bulldog, Igor, would feel homesick when they dropped him off at a kennel. So they built an exact replica of their living room in the kennel. The walls were painted gray, like the real living room, and the

coffee table was identical to the one at home. As for the couch and rug, they were moved in from the house.

Source: *Daily Mail*

**POLICE CHARGED** a Pennsylvania man with trespassing

and public drunkenness after he was caught drinking beer surrounded by his neighbor's pigs. The man had a ready explanation for the officers: "I just like pigs." Oh, and the beer he was drinking? Hamm's.

Source: *Associated Press*

**ONE MORNING**, an Alabama woman let her bloodhound Ludivine out for a quick pee. Ninety minutes later, Ludivine was wearing a ribbon after coming in seventh place in a local half marathon. She might have done better except that she stopped to smell a dead rabbit and occasionally detoured into streams and backyards, said other runners. "I can't believe she ran the whole marathon," Ludivine's owner told *Runner's World*. "She's actually really lazy."

Source: *metro.co.uk*

# Mind- Blowing Facts About The Statue Of Liberty

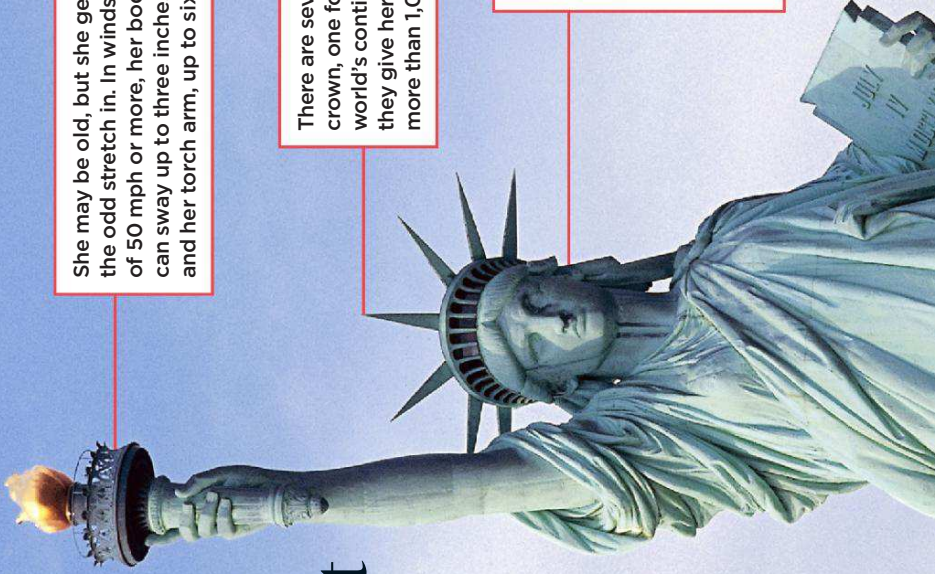
BY BRANDON SPECKTOR

**O**N OCTOBER 28, 1886, as many as one million people flocked to Lower Manhattan to witness the unveiling of *Liberty Enlightening the World* (aka the Statue of Liberty) in New York Harbor. Join us in wishing her a happy 130th birthday with this roundup of monumental trivia.

She may be old, but she gets the odd stretch in. In winds of 50 mph or more, her body can sway up to three inches and her torch arm, up to six.

There are seven rays on her crown, one for each of the world's continents. Together, they give her a hat that weighs more than 1,000 pounds.

She has a face a mother could love—specifically, designer Frederic-Auguste Bartholdi's mother, who is rumored to have been the model for the green goddess's massive visage. (Bartholdi's wife posed for the arms and torso.)



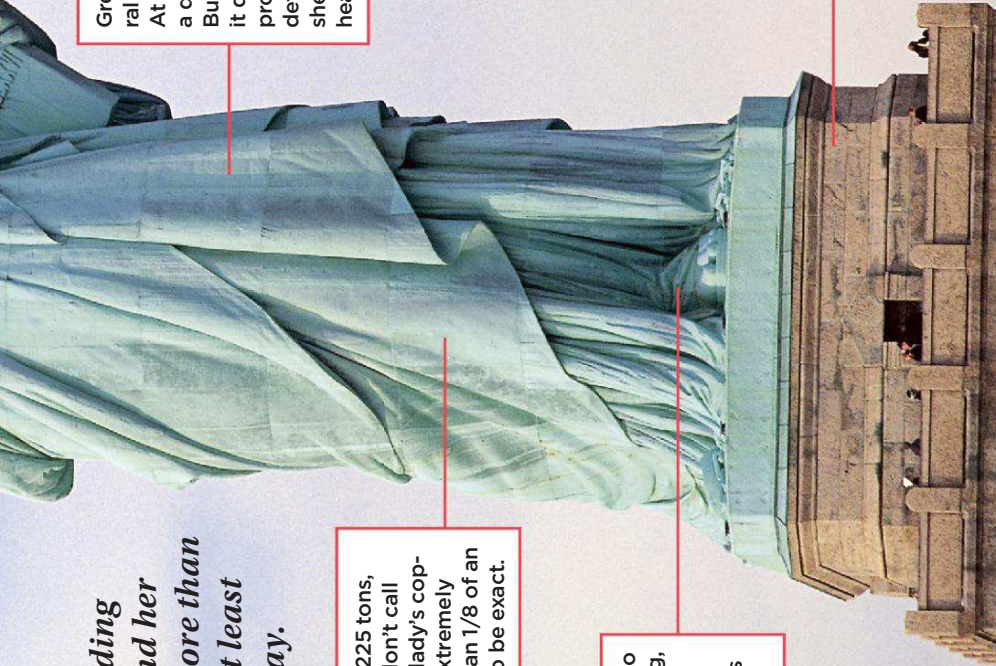
*The cost of building Lady Liberty and her pedestal was more than \$500,000—or at least \$12 million today.*

She weighs 225 tons, but please don't call her fat. The lady's copper skin is extremely thin—less than 1/8 of an inch thick, to be exact.

Despite easy access to Manhattan's shopping, the lady is a picky dresser. She wears a size 879 shoe and has a 35-foot waistline.

Green is not her natural hair (or skin) color. At first, the statue was a dull copper brown. But as copper oxidizes, it develops a patina to protect from further deterioration. By 1906, she was green from head to toe.

She was a beacon of feminism from day one. When women were banned from attending the statue's dedication on what was then Bedloe's Island, suffragists chartered a boat and held their own ceremony in the nearby harbor, loudly proclaiming the hypocrisy of men "erecting a Statue of Liberty embodied as a woman in a land where no woman has political liberty."





# RAISING *Alexander*

Alexander was a strangely motionless and silent baby, and doctors knew of fewer than 100 cases like his in the world. Here, how his family's love and perseverance overcame a grim diagnosis.

BY CHRIS TURNER

**F**OR THE FIRST SIX MONTHS of Alexander's life, I wanted to believe he might get well on his own. I would often lie down on the floor and make faces at him, trying to tease out a smile. Sometimes, after lots of effort, it worked. But mostly, my son was motionless and silent, his eyes focused on nothing in particular.

It was fall 2009, and my wife, Ashley, and I had only just moved into a new home in downtown Calgary, Alberta. We had a vivacious four-year-old daughter named Sloane, a grouchy Siamese cat, and an

infant son who was a mystery. Alexander had been born hypotonic—floppy, basically—with an abdominal hernia, a heart murmur, strange folds on his ears, and a V-shaped birthmark in the center of his forehead. The geneticist assigned to us in intensive care, Micheil Innes, knew these were markers of a genetic disorder, but he couldn't identify which one it was.

Even after Alexander was healthy enough to come home, he was undersized and underweight, hardly able to hold up his head. Amid the rush of feeding and diapers and getting Sloane to school, I could pretend he was just a little quiet and weak for his age. But the truth is, we often wondered if there was any awareness inside him at all.

The first tentative answer arrived on a dark afternoon in December. We were called to a small room at the Alberta Children's Hospital, where Innes explained that a piece of our son's genetic coding simply wasn't there. He showed us Alexander's lab results: rows of striped squiggles like some ancient alphabet and a red dot indicating the location of the missing material, near the end of the "q" branch of the ninth pair of chromosomes. The precise spot, in technical terms, was 9q34.3.

Innes then handed us a pamphlet that had been printed from a website. The document explained that "9q34.3 subtelomeric deletion syndrome" was usually an uninherited, spontaneous mutation, likely occurring at conception. The condition is also called Kleefstra syndrome, after

a Dutch researcher who studies it. Innes believed there were fewer than 100 verified diagnoses worldwide at the time. Alexander's developmental problems were born of a single cause—the tiniest of wounds, duplicated in every single cell in his body, forever. Because there were so few cases, the pamphlet provided

anecdotes rather than a prognosis: a series of expected obstacles—to speech, mobility, learning—that our son might overcome, if lucky, after a lifetime of hard work.

Ashley and I drove home from the hospital in devastated silence, as if some vital swatch of our family's fabric had been ripped away. We were terrified that our mute child would never walk or talk, let alone run across a playground or march up the aisle at his wedding. Later, as I watched Alexander in bed, I was too numb even to cry. I started to indulge in wishful thinking. Maybe he'll simply catch up to his peers, I thought. Maybe someone

“  
***I could pretend  
 my son was  
 just quiet, but  
 we wondered  
 if there was any  
 awareness in  
 him at all.***”



will figure out how to fix this. I was convinced, in any case, that I couldn't.

A few days after meeting the geneticist, we were having dinner when Sloane left her seat and skipped to her brother in his high chair at the other end of the table. We hadn't discussed Alexander's diagnosis with her, but Sloane's internal radar for her parents' moods had always been impeccable, and we were both far too shaken to hide it very well. My wife, usually a boisterous, no-holds-barred play fighter, had already stopped the roughhousing as the house filled with a formless, boundless anxiety.

Sloane set herself up behind Alexander, hands clutching either side of his chair, and flung herself from one side of his head to the other. With each swing, she bellowed, "Hello, Mr. Chubby Cheeks!" Alexander began to swing his head back and forth in time with her. His face erupted in a gap-mouthed grin. And then, for the first time in his life, Alexander laughed. Hard. A sudden gurgling, exuberant laugh. And then we all did.

Somewhere on the other side of the diagnosis was a boy who could feel joy. It was our job to find him.

**W**E BEGAN WHERE almost all parents with a special-needs child begin: monthly visits to an overworked early intervention clinic that recommended rudimentary physical

therapy—exercises to encourage rolling over and sitting up, for example. The workouts seemed arbitrary and totally out of proportion to Alexander's need, like Band-Aids on broken limbs.

My wife pushed the therapists at the clinic for better ways to address Alexander's disorder. They were kind and competent, but Kleefstra syndrome was a question mark for them too. The message was to wait and see, to react once Alexander's symptoms were clearer. Had we acquiesced, the "intensive" part of my son's therapy would've started around the age of three, at the earliest.

Ashley has never accepted the default position on anything, and when it came to her fear of her son's diminished prospects, she was relentless. She used her background as a research editor and radio producer to dig deeper. Books on disability and the brain piled up on her bedside table. One title was Glenn Doman's *What to Do About Your Brain-Injured Child*. Doman—who died in 2013, at 93—was the founder of the Institutes for the Achievement of Human Potential, an unconventional teaching institute in Philadelphia. Using its methods, neurologically impaired kids learn not only to walk and talk but to read and count—often well ahead of unimpaired peers. Ashley had been begging me to look at Alexander's condition as a crisis that, though it could never be eradicated, could be treated. Here, finally, was corroborating evidence.

As a physical therapist in the 1940s, Doman was frustrated by the high failure rate of the techniques used on stroke victims and, later, children with disabilities. He and his associates at the clinic developed a new approach founded on the theory that the brain can grow and change through use—today called neuroplasticity. His clinic amassed evidence, case by case, that with enough hard work, kids like Alexander often exceeded every limitation that had been placed on them.

At that point, the simple exercises at the clinic inspired nothing but frustration from Alexander. But following specifications in a book by Doman's son, Douglas, my father and I built a "crawling track" in our living room. It was a simple ramp with low sides made of heavy plywood, like a jungle gym slide, wrapped in padding and turquoise vinyl. Following the instructions, we propped the track at an incline steep enough that Alexander's slightest wiggle would result in movement. Then, against any number of parental instincts, we placed my son at the top. He was seven months old and had never willfully moved an inch in his life. He howled in protest, squirmed in defiance—and the motion sent him skidding down the track.

Within a week, he was propelling himself, angry at first, but eventually with resolve and even joy. We reduced the incline as he improved, until it was lying flat. A few months later, he crawled right off the end of it. And then he kept right on going.

We signed up for the next available introductory session at Glenn Doman's clinic, now directed by his daughter-in-law, Rosalind. Alexander was the first diagnosed Kleefstra kid the clinic would ever treat.

In Philadelphia the following April, when Alexander was just 11 months old, we found ourselves surrounded by three dozen parents who had come from as

far away as Belarus, Singapore, and India. In a week of all-day lectures, our expectations for Alexander—and for our role in his therapy—were turned upside down. The clinic's program was wildly ambitious and nearly impossible to implement fully. It involved almost constant, regimented stimulation, physical activity, and intellectual engagement: daily crawling distance targets, reading and math exercises, workouts aimed at improving breathing and coordination—all of it done by parents themselves. As Rosalind told us at the time, "There are lots of reasonable programs out there.

“

*Then came my son's voice: "Guitar!" He could talk—and rhyme! Every agonizing day of therapy had been worth it.*



*Alexander and his mother, Ashley Bristowe, at home in Calgary in late 2014*

Trouble is, they don't work very well."

When we returned home the next week, we reorganized the main floor of our house around Alexander's therapy. We filled our living room with mats and flash cards emblazoned with words and dots for counting. As part of Alexander's physical therapy, we installed an elaborate "monkey bars" ladder apparatus. (Learning to walk while alternating hands on the rungs would help train Alexander's brain in "cross-pattern" movement, and the raised arms would encourage good posture.) Our son's diet was stripped of known allergens and inflammatory to eliminate any possible nutritional impediments to his development. His daily regimen looked like something prescribed to an Olympic athlete.

The standard approach for a developmentally delayed person is not this ambitious. But we didn't want to wait until after our child's malleable brain had stiffened into adulthood. Ashley and I now had the tools to make the most of Alexander's crucial early years. We intended to use them all.

Ashley threw herself into running Alexander's therapy program full-time, and my daily routine as a work-from-home freelancer soon involved at least as much duty as a therapy assistant. The stress was enormous, and our debt grew whenever we sacrificed more work time for Alexander's sessions. For my wife, the manager of our ersatz team, administering the multiple programs meant constructing a self-made cage. Once, our professional lives had



*"Alexander's progress isn't a miracle," says the author, Chris Turner (here with his wife and son). "It's the product of hard work."*

involved extended research trips, and now whole weeks could pass without either of us leaving the house except to ferry our daughter to and from school.

Still, we agreed that the strain on our family was far better than the despair of not knowing what to do. We believed, most of the time, that there was a smart little boy straining to emerge from those flapping, disorganized limbs. Alexander's program required a platoon of volunteer helpers, which meant most of our block knew all about his condition. The spring after he turned three, when he started to walk up and down the street on his own, his first trips were victory laps to cheering neighbors.

We would have to wait another year

for proof that the reading and math exercises were sinking in. Day in and day out, we dutifully held up flash cards containing words and numbers, sentences and equations. But how could we know for sure how much of it was working when Alexander could speak only in fragments and mono-syllables? Incontrovertible evidence came one day when we were in the car, about to pull out of a parking lot. Ashley was listing off rhyming words for Alexander to attempt to repeat. "Car," she recited. Alexander repeated it. Then they ran through *far, bar, star*.

Ashley paused, thinking the game was over. From the backseat came a thin, cheerful voice: "Guitar!" An unprompted, two-syllable rhyme. Our

explosive cheer was so loud, it startled Alexander almost to tears. The kid could talk—and rhyme! Every agonizing day of his therapy had been worth it for that marvelous rhyme.

Alexander recently turned seven, and we no longer have reason to doubt his ability to learn. His daily life is an inventory of things he wasn't expected to do—possibly ever, certainly not by now. He can tell you his name and address. He'll ask you to draw a cement truck on his whiteboard, then spell the letters with glee as you write them out. At the grocery store, he counts off the aisles from the signs overhead, calling, "Aisle five!" with particular delight. Then we stand in beloved aisle five to wait for the automated checkout kiosks. "Commpooter!" Alexander announces as I sweep our groceries over the sensor, raising his arms in excitement. Gazing out from beneath a tussle of golden hair, his deep brown eyes are magnetic—they never fail to tease a smile from the checkout attendant.

Last fall, just a year behind schedule, Alexander started kindergarten in

a standard classroom. Whatever his limitations are, he is nowhere near them yet. He might never be completely self-sufficient. But I believe if he winds up anywhere near such a state, it will be because, against the advice of many experts, we maximized every moment during his early years, when his brain was most able to reorganize itself to compensate for the tiny missing sliver of gene in every cell. I want Alexander to be seen as a model of how early intervention should be done: all day, every day, as much as a distressed family can possibly cram in, from the moment anyone suspects anything is wrong.

This, I hope, is my son's lesson for all of us: Our approach to special-needs kids is completely upside down. We've only just left the dark ages when it comes to our understanding of how the human brain works. The potential waiting there is an enormous untapped resource. And, as Alexander has proved already, many of the limits we long believed were impossible to overcome fall away in the face of the right kind of hard work. **R**



## HOLIER THAN THOU EVEN IMAGINED

The farewell word *goodbye* first came into use in the late 1500s as an alteration of the phrase *God be with you*. Similarly, the Spanish sign-off *adios* is a contraction of the phrase *a Dios*—literally meaning “to God.”

Source: [english.stackexchange.com](http://english.stackexchange.com)

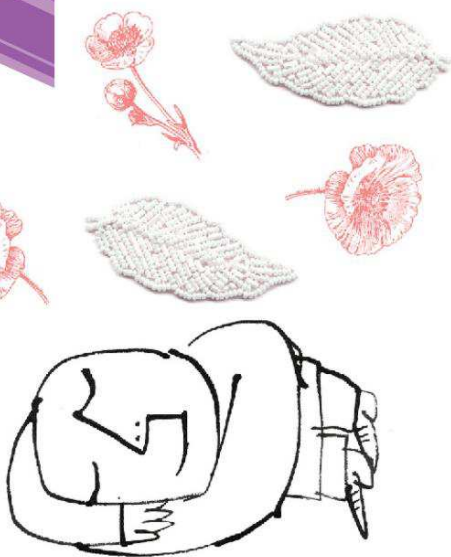
# WHO ? KNEW

## 13 Things Your Dreams Reveal About You

BY MICHELLE CROUCH

**1 How creative you are.** Creative people are more likely to dream about unusual settings (rather than home or work) and about obstacles in the natural world, such as a log or a rock they can't get around.

**2 Your political views.** Self-described conservatives are more likely to have mundane, realistic dreams, while liberals have more bizarre dreams. Does that mean liberals are more open-minded? Or that they're caught up in their own fantasies? Take your pick.



**3 That you've got a heart problem.** People who have frequent nightmares may be significantly more likely to suffer from an irregular heartbeat or chest pain compared with those who don't have them, found a study of older adults. That may be because heart problems can make it more difficult to breathe at night.

**4 If you're avoiding something.** Do you dream about being pursued by a stranger, a monster, or a giant tidal wave? This could

indicate that you're afraid to deal with something in your waking life. Ask yourself what issue, person, or emotion you're not confronting.

**5 How fast you'll bounce back from your divorce.** Divorced people who have longer, more dramatic dreams about the old relationship are more likely to adjust better to being single. Dreams may help divorced folks (and the rest of us) work through trauma.

**6 How you pursue the big answers.** Adults who attend church frequently may recall fewer dreams than those who don't attend worship services regularly. If you're not relying on religion to answer big life questions, then your dreams may become a resource for insight.

**7 That you're a workaholic.** Type A personalities tend to report more disturbing dreams than laid-back folks. Hard-driving types put more pressure on themselves, and that stress can appear in dreams.

**8 If you'll ace a test.** College students spent an hour learning how to navigate a complex maze. When tested later, the only students whose performance improved were those who had dreamed about the maze during a nap. Dreaming may consolidate memories, which boosts learning and problem-solving skills.

**9 Whether you'll give up smoking for good.** One study found that the more you dream about smoking—and experience the guilt associated with falling off the wagon (even a phantom wagon)—the more likely you may be to quit.

**10 Your risk of Parkinson's.** Up to 90 percent of people who act out violent dreams—by punching, kicking, or yelling while asleep—may eventually develop Parkinson's disease. The behavior may indicate REM sleep behavior disorder, an early sign of the disease.

**11 Whether you're depressed.** Depressed people start dreaming much sooner than others, as early as 45 minutes after falling asleep, rather than the usual 90 minutes.

**12 Death may be near.** The closer a person is to passing, the more likely he or she is to dream about loved ones who've passed on.

**13 What medications you're taking.** Many drugs are known to cause bad dreams, including antidepressants, antibiotics, statins, and some antihistamines. **R**

Sources: Kelly Bulkeley, PhD, a psychologist specializing in dream research; Michael Howell, MD, a neurologist at the University of Minnesota; Stephanie Silberman, PhD, a board-certified sleep specialist in Fort Lauderdale, Florida; Rosalind Cartwright, PhD, author of *The Twenty-Four Hour Mind: The Role of Sleep and Dreaming in Our Emotional Lives*; Veronica Tonay, PhD, author of *The Creative Dreamer: Using Your Dreams to Unlock Your Creativity*; Michael Schredl, PhD, of the Central Institute of Mental Health's sleep laboratory in Mannheim, Germany

# 5 Great Songs Almost Ruined by Their Original Titles

BY BRANDON SPEKTOR

**“HEY JUDE” WAS “HEY JULES.”** When John and Cynthia Lennon split in 1968, Paul McCartney felt so bad for their five-year-old son, Julian, that he drove out to the suburbs to console him. By the time he arrived, McCartney had written the boy a ballad called “Hey Jules”—a name he later obscured before sharing the song with the world.

**“MRS. ROBINSON” WAS “MRS. ROOSEVELT.”**

While scoring *The Graduate*, director Mike Nichols turned his lonely eyes to Simon and Garfunkel. Paul Simon was too busy touring to write, but he had been tinkering with a tune called “Mrs. Roosevelt,” a

tribute to Eleanor Roosevelt and the glorious past. Nichols agreed to use it if Simon agreed to change the title. He did.

**“TOTAL ECLIPSE OF THE HEART” WAS “VAMPIRES IN LOVE.”** Bonnie Tyler’s wrenching ballad about “love in the dark” was almost much darker. According to lyricist Jim Steinman, “I actually wrote that to be a vampire love song ... Its original title was ‘Vampires in Love’ because I was working on a musical of *Nosferatu*.”

**“TUTTI FRUTTI, AW ROOTIE” WAS “TUTTI FRUTTI, GOOD BOOTY.”** Frustrated in the studio one day, struggling artist Little Richard started

hammering the nearest piano and wailing a raunchy tune he used to play in southern clubs. Producer Bumps Blackwell liked what he heard but eventually swapped “good booty” for a slang expression meaning “all right.” The rest, as they say, is aw rootie.

**“IRON MAN” WAS NEARLY “IRON BLOKE.”** Black Sabbath guitarist Tony Iommi had just written one of the greatest rock riffs of all time, but he needed lyrics. Ever inspired, vocalist Ozzy Osbourne posited that the riff sounded just like “a big iron bloke walking about.” For months, “Iron Bloke” remained the song’s working title. **R**



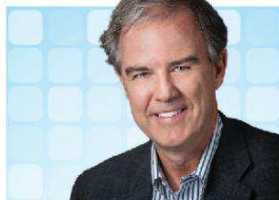
# Ask the Expert

## THE TRUTH ABOUT COCHLEAR IMPLANTS

### Straining to hear each day, even when using powerful hearing aids?

Feeling frustrated and sometimes even exhausted from listening? Whether it happens suddenly or gradually over time, hearing loss can affect you physically and emotionally. Being unable to hear impacts your ability to communicate with your loved ones, hear in noisy environments, talk on the phone, and may force you to become more reliant on your family members to interpret for you.

Cochlear implants work differently than hearing aids. Rather than amplifying sound, they use sophisticated software and state-of-the-art electronic components to provide access to the sounds you've been missing. They are designed to help you hear better and understand speech in all situations, including noisy environments.



David C. Kelsall, M.D.,  
Cochlear Medical Advisor

Dr. David C. Kelsall, a cochlear implant surgeon and medical advisor to Cochlear, the world leader in cochlear implants, answers questions about cochlear implants and how they are different from hearing aids.

#### Q: How are cochlear implants different than hearing aids?

A: Hearing aids help many people by making the sounds they hear louder. Unfortunately, as hearing loss progresses, sounds need to not only be made louder, they need to be made clearer. Cochlear implants can help give you that clarity, especially in noisy environments. If you suffer from high frequency hearing loss but maintain your hearing in the low frequencies, there is a solution called Hybrid™ Hearing that may be able to help as well. Be sure to discuss your options with a Hearing Implant Specialist in your area.

#### Q: Are cochlear implants covered by Medicare?

A: Yes, by Medicare and most private insurance plans.

#### Q: How do I know a cochlear implant will work for me?

A: The technology is very reliable. In fact, it has been around for over 30 years and has helped change the lives of over 400,000 people worldwide.

#### Q: Is it major surgery?

A: No, not at all. In fact, the procedure is often done on an outpatient basis & typically takes just a couple hours.

#### Q: Am I too old to get a cochlear implant?

A: No, it's never too late to regain access to the sounds you're missing.

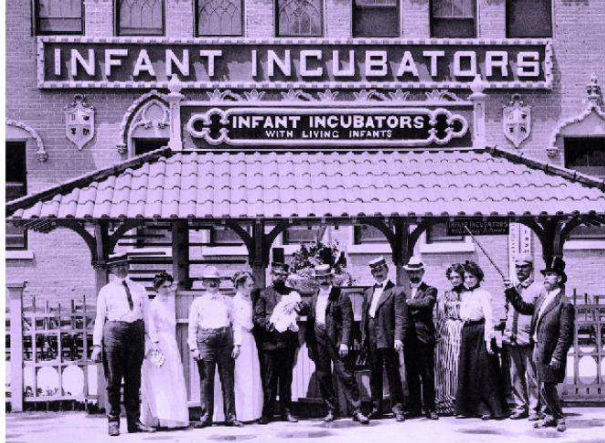
Call **1 800 836 2905** to find a Hearing Implant Specialist near you.

Visit **[Cochlear.com/US/RDigest](http://Cochlear.com/US/RDigest)** for a free guide about cochlear implants.



Cochlear®

How a Coney Island showman and his invention saved a generation



# Boardwalk Empire

FROM  
MORNING EDITION

**C**LOSE TO A century ago, New York's Coney Island was famed for its sideshows. Loud-lettered signs crowded the island's attractions, crowing over tattooed ladies, sword swallows—and even an exhibition of tiny babies.

The babies were premature infants kept alive in incubators pioneered by Dr. Martin Couney. The medical establishment had rejected his incubators, but Dr. Couney didn't give up on his aims. For 40-some years, starting in 1896, he funded his work by displaying the babies and charging 25 cents to see the show. In return, parents didn't have to pay for Dr. Couney's incubators, and many children survived who never would have had a chance otherwise.

Lucille Horn was one of them. Born in 1920, she ended up in an incubator on Coney Island.

"My father said I was so tiny, he

could hold me in his hand," she tells her own daughter, Barbara, on New York's Long Island. They were interviewing each other for StoryCorps, a nonprofit that records and shares stories. "I was only two pounds, and I couldn't live on my own. I was too weak."

She'd been born a twin, but her twin died at birth. And the hospital staff told her father that there wasn't a chance she'd live. "It was just: You die because you didn't belong in the world," Horn says.

But her father refused to accept that answer. He grabbed a blanket to wrap her in, hailed a taxicab, and took her to Coney Island—and to Dr. Couney's infant exhibit.

"How do you feel knowing that people paid to see you?" her daughter asks.

"It's strange, but as long as they saw me and I was alive, it was all



*More than 6,500 premature babies owe their lives to Dr. Couney's incubator exhibit.*

right," Horn says. "I think it was definitely more of a freak show. Something that they ordinarily did not see."

Horn's healing was on display for paying customers for quite a while. It was only after six months that she finally left the incubator.

Years later, Horn decided to return to see the babies—this time as a visitor. When she stopped in, Dr. Couney happened to be there, and she took the opportunity to introduce herself.

"And there was a man standing in front of one of the incubators, looking at his baby," Horn says. "And Dr. Couney went over to him, and he tapped him on the shoulder.

"Look at this young lady,' Dr. Couney

told the man. 'She's one of our babies. And that's how your baby's gonna grow up.'"

Horn was just one of thousands of premature infants that Dr. Couney cared for and displayed at world's fairs, exhibits, and amusement parks until the 1940s. He died in 1950, shortly after incubators like his were introduced in most hospitals.

At the time, Dr. Couney's efforts were largely unknown—but at least one person will never forget him.

"There weren't many doctors then who would have done anything for me," Horn says. "Ninety-six years later, here I am, all in one piece. And I'm thankful to be here." **R**

**LifeExtension**<sup>®</sup>

Stay Healthy, Live Better



# Super Bio-Curcumin<sup>®</sup>

Whole-body health support in a super-absorbable formula.



Item #00407  
Non-GMO.

Curcumin is an extract of turmeric that supports everything from immune system function to heart health ... and can even inhibit inflammatory factors related to joint comfort. And Super Bio-Curcumin<sup>®</sup> may be the *best* curcumin supplement you can buy, because BCM-95<sup>®</sup> Bio-Curcumin<sup>®</sup>, its patented extract, absorbs up to seven times better than traditional curcumin supplements. So get the most out of this super whole-body health nutrient. Try Super Bio-Curcumin<sup>®</sup> today.

Bio-Curcumin<sup>®</sup> and BCM-95<sup>®</sup> are registered trademarks of Dolcas-Biotech, LLC.  
U.S. Patent Nos. 7,883,728, 7,736,679 and 7,879,373.

**SAVE 50%**  
and get **FREE shipping**<sup>\*</sup>

Retail Price: \$38.00

**SPECIAL OFFER: \$19.00**

**ORDER NOW!**

Call toll-free anytime  
**1-866-280-2851**

[LifeExtension.com/AVJ629A](http://LifeExtension.com/AVJ629A)

Mention code **AVJ629A** when you order.  
Offer expires November 7, 2016.

<sup>\*</sup>Free standard shipping & handling (regularly \$5.50) in the U.S., includes Alaska and Hawaii.



MKAQAV160904

For the complete list of ingredients, cautions, references, dosage and use, please visit [www.LifeExtension.com/AVJ629A](http://www.LifeExtension.com/AVJ629A).

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.

IT PAYS TO INCREASE YOUR

# Word Power

*The musical Hamilton by Lin-Manuel Miranda features a hip-hop libretto packed with rich vocabulary. Here are some words to know before seeing the historical show—if you can get a ticket! But there's no wait for the answers, which are on the next page, complete with lines from the Broadway smash.*

BY EMILY COX & HENRY RATHVON

- 1. manumission** (man-yoo-'mih-shin) *n.*—A: spy operation. B: the act of freeing from slavery. C: handiwork.
- 2. complicit** (kom-'plih-siht) *adj.*—A: elaborate. B: in total agreement. C: associating with or participating in.
- 3. equivocate** (ih-'kwih-vuh-kayt) *v.*—A: waffle. B: share evenly. C: tremble.
- 4. enterprising** ('ehn-ter-pry-zing) *adj.*—A: go-getting. B: trespassing. C: just beginning.
- 5. homilies** ('hah-muh-leez) *n.*—A: family relations. B: sermons. C: opposites.
- 6. venerated** ('veh-nuh-ray-ted) *adj.*—A: exhausted. B: honored. C: pardoned.
- 7. restitution** (res-tih-'too-shuhn) *n.*—A: truce. B: imprisonment. C: amends.
- 8. dissidents** ('diss-ih-dihnts) *n.*—A: dissenters. B: immigrants. C: tossers of insults.
- 9. obfuscates** ('ahb-fuh-skayts) *v.*—A: substitutes. B: glides gracefully. C: confuses.
- 10. jettison** ('jeh-tih-sen) *v.*—A: turn black. B: rise rapidly. C: throw away.
- 11. intemperate** (ihn-'tem-puh-riht) *adj.*—A: permanent. B: hard to resist. C: unrestrained.
- 12. vacuous** ('va-kew-uhs) *adj.*—A: empty or blank. B: gusting. C: immune.
- 13. intransigent** (ihn-'tran-zih-jent) *adj.*—A: stubborn. B: revolting. C: on the move.
- 14. inimitable** (ihn-'ih-mih-tuh-buhl) *adj.*—A: incomparable or unrivaled. B: undivided. C: countless.
- 15. disparage** (di-'spar-ij) *v.*—A: scatter. B: speak ill of. C: fire, as cannons.

 To play an interactive version of Word Power on your iPad, download the Reader's Digest app.

## Answers

**1. manumission**—[B] the act of freeing from slavery. Alexander Hamilton: “[We are] a bunch of revolutionary *manumission* abolitionists.”

**2. complicit**—[C] associating with or participating in. Thomas Jefferson: “I am *complicit* in watchin’ him grabbin’ at power and kiss it.”

**3. equivocate**—[A] waffle. Hamilton: “I will not *equivocate* on my opinion.”

**4. enterprising**—[A] go-getting. Jefferson: “These are wise words, *enterprising* men quote ‘em.”

**5. homilies**—[B] sermons. Aaron Burr: “These are things that the *homilies* and hymns won’t teach ya.”

**6. venerated**—[B] honored. George Washington: “I’m ... the *venerated* Virginian veteran.”

**7. restitution**—[C] amends. Burr: “He woulda been dead or destitute without a cent or *restitution*.”

**8. dissidents**—[A] dissenters. Jefferson: “If Washington isn’t gon’ listen to disciplined *dissidents* ...”

**9. obfuscates**—[C] confuses. James Madison: “Ask him a question: It glances off, he *obfuscates*, he dances.”

**10. jettison**—[C] throw away. Hamilton: “There isn’t a plan he doesn’t *jettison*.”

**11. intemperate**—[C] unrestrained. Burr: “*Intemperate* indeed, good man.”

**12. vacuous**—[A] empty or blank. Jefferson: “Gimme some dirt on this *vacuous* mass so we can at last unmask him.”

**13. intransigent**—[A] stubborn. Hamilton: “These Virginians are ... being *intransigent*.”

**14. inimitable**—[A] incomparable or unrivaled. Burr: “I am *inimitable*. I am an original.”

**15. disparage**—[B] speak ill of. Philip Hamilton: “He *disparaged* my family’s legacy in front of a crowd.”

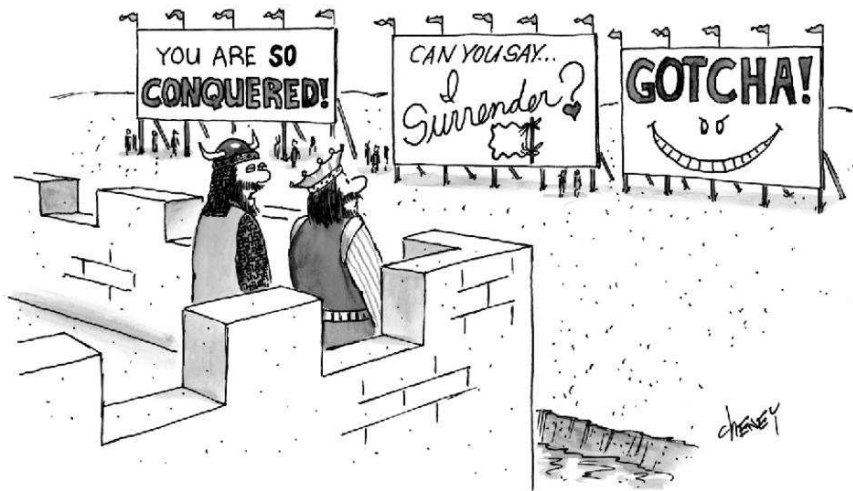
### SHAPE-SHIFTING

In the play, Alexander Hamilton is described as *protean*. This adjective comes to us from Proteus, a Greek sea god who could transform his shape at will—in Homer’s *Odyssey*, Proteus transforms into a lion, a tree, and even running water. In human terms, it refers to someone who has great versatility or someone whose personality seems ever-changing. If you’ve had two or three wildly different careers, you might be called protean.

### VOCABULARY RATINGS

**9 & below:** chorus  
**10-12:** headliner  
**13-15:** Tony winner

# Humor in Uniform



*"Their military is no threat, but they have a gigantic advertising budget."*

**I WAS ASSIGNED** to a military intelligence unit as a temporary assistant. One day, a memo came around with instructions for all officers to read and initial. So I read and initialed.

Days later, it came back with a note addressed to me: "You are not permanently assigned to this unit and are thus not an authorized signee. Please erase your initials and initial your erasure." Source: netfunny.com

**Send us your funniest military anecdote or news story—it might be worth \$100! For details, see page 7 or go to [rd.com/submit](http://rd.com/submit).**

**HOW COME THE DOVE** gets to be the symbol of peace? Why not the pillow? It has more feathers and doesn't have that dangerous beak.

*Humorist JACK HANDEY*

**DURING MY CLASS** at the Defense Language Institute, a student asked another student why she chose the Air Force over the Navy. "Simple," said Air Force. "Whatever goes up must come down. But whatever goes down doesn't necessarily have to come up."

*YEFIM M. BRODD, Tacoma, Washington*

# **If You Worked Around Gaskets, Packing, or Equipment Containing Asbestos**

## ***The Garlock and Coltec Bankruptcy Settlement May Affect Your Rights.***

There is a bankruptcy involving claims about exposure to asbestos-containing gaskets, packing, and equipment. Garlock Sealing Technologies LLC, The Anchor Packing Company, and Garrison Litigation Management Group, Ltd., along with representatives of asbestos claimants, have filed a new plan of reorganization (the “Plan”). Coltec Industries Inc is also part of the Plan. If claimants approve the Plan, Coltec will merge with a company known as OldCo, LLC, and that company will file a bankruptcy case. Together, these companies are referred to as the “Debtors.”

The gaskets and packing were used in places where steam, hot liquid, or acids moved through pipes, including industrial and maritime settings. The equipment included compressors, engines, pumps, transformers, and other equipment that may have had asbestos-containing components, such as gaskets or packing. The Coltec-related divisions or businesses that may have sold asbestos-containing products or equipment were Fairbanks Morse, Quincy Compressor, Central Moloney, Delavan, France Compressor, and Farnam.

### **Who Is Affected by the Bankruptcy Case?**

Your rights may be affected if you:

- Worked with or around Garlock asbestos-containing gaskets or packing, Coltec equipment with asbestos components, or any other asbestos-containing product for which Debtors are responsible, or
- Have a claim now or in the future against the Debtors for asbestos-related disease caused by any person’s exposure to asbestos-containing products.

**Even if you have not yet been diagnosed with any disease or experienced any symptoms, your rights may be affected.** The Court has appointed a Future Claimants’ Representative (“FCR”) to represent the rights of these future claimants.

### **What Does the Plan Provide?**

The Plan is the result of a settlement agreement between the Debtors, the FCR, and committees representing asbestos claimants against Garlock and Coltec (the

---

**For Information: [www.GarlockNotice.com](http://www.GarlockNotice.com) 1-844-Garlock**



“Asbestos Claimants Committee”). The Plan will establish a Trust funded with \$480 million to pay asbestos claims against Garlock and Coltec. **If the Plan is approved, all claims must be filed against the Trust. You will not be able to file claims against the Debtor or protected parties.** If you have claims only against Anchor, you are not expected to recover anything, as that company has no assets and will be dissolved.

The Plan replaces a different plan that was supported by the Debtors and FCR. The Plan provides more guaranteed funding for paying asbestos claims, and also pays claims against Coltec. The Asbestos Claimants Committee opposed the previous plan, but supports the Plan.

### **Who Can Vote on or Object to the Plan?**

All identifiable asbestos claimants or their attorneys will receive the “Solicitation Package.” This includes the Plan, Voting Ballot, and other information. You can vote on the Plan by providing certified information about your claim, or making a motion to vote as described in the Solicitation Package available online or by calling the toll-free number.

**You will need to vote on the Plan by December 9, 2016.** You may also object to the Plan and the adequacy of the FCR’s representation of future claimants, but must do so by December 9, 2016.

### **Do I Have to File a Claim?**

Certain deadlines for filing asbestos claims against Garlock have already passed. **If you have an asbestos claim against Coltec based on a disease diagnosed on or before August 1, 2014, you must cast a ballot before December 9, 2016, or else file a claim by March 24, 2017.** If you do not file a claim, you may lose your right to bring your Coltec claim against the Trust in the future. Individuals diagnosed with disease after August 1, 2014 do not have to file a claim at this time, but may be able to vote or object to the Plan. In addition, if you have already filed an asbestos claim against Garlock, you do not have to file a separate Coltec asbestos claim.

### **When Will the Court Decide on the Plan?**

A hearing to consider confirmation of the Plan will begin at 10:00 a.m. ET on May 15, 2017, at the US Bankruptcy Court, Western District of North Carolina, 401 West Trade Street, Charlotte, NC 28202.

---

**For Information: [www.GarlockNotice.com](http://www.GarlockNotice.com) 1-844-Garlock**

# Quotable Quotes



What's the world for if you can't make it up the way you want it?

**TONI MORRISON**, *novelist*

**BARN'S BURNT DOWN—NOW I CAN SEE THE MOON.**

**MIZUTA MASAHIDE**,  
*Japanese poet*

Discipline equals freedom.

**JOCKO WILLINK**,  
*retired Navy SEAL*

*People get stuck simply because they're stuck telling a story about why they're stuck.*

**HEATHER HAVRILESKY**, *advice columnist*

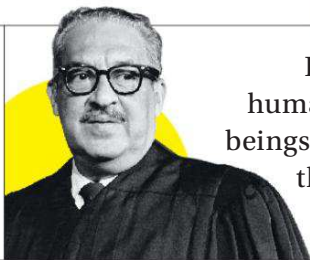


**MOST OF THE TIME I FEEL ENTIRELY UNQUALIFIED TO BE A PARENT. I CALL THESE TIMES BEING AWAKE.**

**JIM GAFFIGAN**, *comedian*

**BOOKS ARE NO MORE THREATENED BY KINDLE THAN STAIRS BY ELEVATORS.**

**STEPHEN FRY**, *actor*



In recognizing the humanity of our fellow beings, we pay ourselves the highest tribute.


**THURGOOD MARSHALL**,  
*Supreme Court justice*

*Reader's Digest* (ISSN 0034-0375) (USPS 865-820). (CPM Agreement# 40031457), Vol. 188, No. 1124, October 2016. © 2016. Published monthly, except bimonthly in July/August and December/January (subject to change without notice), by Trusted Media Brands, 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. Send undeliverable Canadian addresses to [ca.postal.affairs@rd.com](mailto:ca.postal.affairs@rd.com). All rights reserved. Unauthorized reproduction, in any manner, is prohibited. *Reader's Digest* and *The Digest* are registered trademarks of Trusted Media Brands, 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 Trusted Media Brands, Inc. For details, write: *Reader's Digest* Large Print, PO Box 6097, Harlan, Iowa 51593-1597. **CONSUMER INFORMATION:** Trusted Media Brands, Inc., 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.

DON'T JUST WASH IT.  
**WISK® IT.™**



This shirt is filthy white. Sure it looks clean, but after a workout, it's full of hidden odor-causing body oils and sweat. Wisk Deep Clean® with Micro-Cleaners® helps remove more of the unseen some other detergents can leave behind\*, attacking the odor source so clothes are deep down clean.

 [facebook.com/wisk](https://facebook.com/wisk)

\*Compared to the leading variant of the top three liquid value brands.

Dramatization: Hidden body oils and sweat on cotton t-shirt after workout under blacklight

© 2016 The Sun Products Corporation. All Rights Reserved.

# STAND TALL®

See how a less than 1-inch incision can give you relief from chronic neck or back pain.



**Peter Miller**  
Professional Fisherman and TV Host  
and Laser Spine Institute Patient

Every month, more people choose Laser Spine Institute to relieve their chronic neck and back pain than any other spine surgery provider in the world. **Here's why:**

- Minimally invasive outpatient procedures
- Board-certified surgeons†
- No lengthy recovery\*\*
- 97% patient satisfaction rate

## GET RELIEF FROM:

Pinched nerve  
Bulging/herniated disc  
Scoliosis  
Spinal stenosis  
Arthritis of the spine  
Sciatica  
Other chronic conditions



If you've had an MRI and have been told you might need neck or back surgery, call us today for your MRI review. We'll tell you within 48 hours if one of our procedures is right for you.

**Call 1-866-300-7425**  
or visit [LaserSpineInstitute.com](http://LaserSpineInstitute.com) to request your no-cost MRI review.\*

 **LASER SPINE INSTITUTE®**

**CALL TODAY FOR YOUR  
NO-COST MRI REVIEW.\***

\*\*Each patient is different. Results may vary.

†Not a diagnosis. See [LaserSpineInstitute.com/MRIReview](http://LaserSpineInstitute.com/MRIReview) for more details.

‡For more information, visit [LaserSpineInstitute.com/surgeons](http://LaserSpineInstitute.com/surgeons).

Medicaid currently not accepted. © 2016 Laser Spine Institute, LLC