

Reader's digest

JUNE 2018

HOMEOWNER SECRETS

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An **RD CLASSIC**

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How Great Insurance Is Made

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And a turn of the gears
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With many ways to save
Friendly agents, night and day
The right coverage is just the start
To how great insurance is made.”*

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PHOTOGRAPH BY
YASU+JUNKO

DOOR:
PHOTOGRAPH BY
THE VOORHES

SIDING: VALERY
EVLAKHOV/
SHUTTERSTOCK



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Dear Readers

MY ROUTINE WHEN FACED with a home-repair task has been the same for my entire adult life: Upon begrudgingly starting a project, I will hit a snag, instantly mutter, “This is impossible,” and in seconds escalate to “Call the handyman!” as if something were on fire.

Lately, this has stopped seeming sitcom-cute. It’s embarrassing.

So I got up the nerve to call Gary Wentz. Patient and droll, he’s the editor of the *Family Handyman*, one of our sister publications, and a reason I’m newly embarrassed. I can’t imagine his respecting a colleague who’s afraid of a wrench.

Gary (that’s him below) listens to my tale. I’m impatient and clumsy with mechanical things, I say. No one in my family fixed stuff. His reaction: “Repair pros have a name for clients like you,” he says. “The guy who paid for my boat.”

Gary starts by appealing to my vanity. “You are as smart as or smarter than any pro, right?” He next describes the rewards of change. Recently, he decided to repair his truck’s balky transmission, about which he knew zilch, and felt his ego do a happy dance when it worked. “I was just soooo pleased with myself.”

Finally, he does some accounting. “A handyman charges \$100 just to walk through the door,” he says. “And the time! You set up appointments, stay home from work, then do it all over again when he doesn’t show up.”

His conclusion: “What’s the worst that can happen? You’re not going to wreck the house. You can always call a pro later. I bet you won’t, though: It’s remarkable the difference it makes when you become just willing to *try*.”

Next thing I know, I’ve spotted a fix for our sputtering bathroom faucet in this issue’s cover story, which Gary helped edit. I unscrew the faucet’s tip (I didn’t even know it came off!), use an old toothbrush to scrub away the residue from inside it, and screw the tip back on. In five minutes, the water is flowing as powerfully as Yosemite Falls.

Thank you, friend. As you promised, I like the feeling.



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



FROM LEFT: TOM FENENGA/THE FAMILY HANDYMAN, PHOTOGRAPH BY GLENN GLASSER; GROOMING: KERRY-LOU BREHM FOR PRO-STYLE-CREW

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Cat
Chow
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Your Pet, Our Passio :

Letters

COMMENTS ON THE APRIL ISSUE

World of Wonder

I thought the pictures in your cover story were gorgeous as well as tender, like the newborn baby's yawn featured in the gallery. By the way, I love the cover, too—perfect orchid color!

JOANNE MCPEAK,
Buena, New Jersey



clichéd story about librarians teaching literacy in after-school programs or helping unemployed adults build résumés. I was thrilled to read about the librarians on the front lines, helping to reverse overdoses and

combat the opioid crisis. This is not an inner-city problem;

this is an every-city problem.

I hope your article will shed light on this crisis and help reduce the stigma.

ZOE MELLO, Newport, Rhode Island

25 Ways Sugar Is Making You Sick

Here's another thing to add to your excellent list: Normally, good bacteria in the microflora of the gut flourish and keep bad bacteria under control. Excessive sugar consumption feeds the bad bacteria, destroying the healthy gut balance. This contributes to health problems, including a weakened immune system, diabetes, obesity, and autoimmune diseases, and has been linked to heart disease and cancer.

RICHIE LOCASSO, PHD, Hemet, California

Librarians Who Rescue Opioid Victims

I saw "The Librarian Who Saves Lives" on your cover and was expecting a

The Case of the Illegal Vegetable Garden

I have a solution: This couple should do away with their formal garden plot and landscape their front yard with edibles. Who's to say their sidewalk has to be lined with liriopse? Why not a nice border of kale? Did Miami Shores Village ban flowers? If not, okra produces beautiful large flowers. Are bushes allowed? Time to put in a few blueberry bushes. A border of cabbage around the bushes would look nice too. Considering that most produce travels an average of 1,500 miles from farm to plate,

instead of harassing this couple, the village should give them an award for environmental stewardship.

PAUL BECK, *Augusta, Georgia*

Showing Your Appreciation

Inspired by the article regarding the value of thank-you notes, I wanted to say thank you for publishing a quality digest without the ugliness and depressing content of other publications these days. I'm a big, burly heavy metal headbanging biker type, but I've yet to read through an issue without laughing out loud numerous times or (*gasp!*) actually shedding some tears. (Don't tell anyone. It'll ruin my image.)

ERIC LAYTON, *Tampa, Florida*

Watch Out for These 8 Phone Scams

Another phone scam to watch out for is the "grandparent scam." My 89-year-old mother fell for this one, fully believing her grandson had been in a car accident and needed \$7,000 to keep the woman he supposedly hit from suing him. Her "grandson" had his "attorney" on the phone to work out the details for the money transfer. She was one of the lucky ones who got her money back. We need to spread the word—if a "loved one" calls with a story like this, ask a question that a stranger wouldn't be able to answer. Better yet, don't answer calls from numbers you don't recognize.

CYNTHIA DEGILIO, *Port Charlotte, Florida*



THE KIDS' BOOK CLUB

We know we have an audience of readers, so we weren't surprised that many of you enjoyed "Once Upon a Time Again," in which Bruce Handy praised rereading children's books as an adult.

When the April issue arrived, I was reading for the first time in 50 years my favorite book from seventh grade. I found *The Sherwood Ring* by Elizabeth Marie Pope just as intriguing as an adult.

JAMES HENDERSON,
Gainesville, Georgia

After he outgrew my bedtime stories, my 11-year-old liked to read Animorphs books in bed. One night, his four-year-old sister copied him. So I asked her, "Marianne, what's your book about?" Her answer? "Well, I'd tell you, Dad, but you wouldn't understand."

KEITH WALTERS, *Monroe, New York*

GIFTS THAT KEEP ON GIVING

You can always find laughs on the Internet, with its endless stream of memes, tweets, and silly videos. What's the funniest thing you ever saw online? Share it at rd.com/lo!, and we might use it in a future roundup.

MAKE US LAUGH!




EVERYDAY HEROES

HUNGER  SPECIAL

A church community looks to feed itself
with the help of an old foe: the land

Sowing Hope

BY JEFF CHU FROM *MODERN FARMER*

 BY THE SUMMER OF 2005, the Reverend Richard Joyner of Conetoe Chapel Missionary Baptist Church realized he was conducting funerals twice a month—a startling number given his town’s tiny population. Nearly 300 souls call Conetoe (pronounced “ka-’nee-ta”) home. The predominantly African American hamlet is situated in North Carolina’s Edgecombe County, where a quarter of households live below the poverty line and heart disease kills more 20- to 39-year-olds than do car accidents. “I’ve closed too many coffins on young people,” Joyner, 64, says.

The pastor found it difficult to comfort the grieving: “How do you tell someone who’s just lost a child to poor nutrition that this was God’s plan when it was totally preventable? Who would hang out with that God?”

Driving home one day and beginning to doubt his own beliefs, Joyner pulled over and began to pray. “I heard a voice saying, ‘Maybe you’d get further with your eyes open,’” he remembers. He looked around, and all he saw was farmland. It gave him an idea: Get the kids involved.

Joyner ran a youth camp through his church, so that summer, using ➤

*"You can become
hopeless real quick
around here," says
Reverend Richard
Joyner. "But I'm
hopeful about these
children."*



land, equipment, and seed donated by the community, he showed the campers how to grow their own food on a small plot of land. The kids, 4 to 16 years old, consumed their initial harvest of mustard greens, sweet potatoes, and other vegetables, but the following year, they delivered free boxes of vegetables to senior citizens. “One 97-year-old lady was so excited, she kissed the children,” Joyner says.

Not everyone welcomed the bounty. Only a generation or two removed from sharecropping, some church elders questioned the wisdom of participating in any sort of agrarian pursuit. They remained uncomfortably familiar with Edgecombe’s role in the South’s antebellum cotton economy, in which African Americans were treated as second-class citizens and Conetoe was home to many slaves. As Joyner explains the prevailing concern: “Do we really want our kids going back to that?”


But he saw it differently. The kids are “bringing food to people who need it. They enjoy the process. They’re playing out there,” he says. Meanwhile, tending crops, selling produce, and tracking digital data impart valuable lessons in science, technology, math, and nutrition.

Today, thanks to Joyner’s zeal, as well as organizations such as the Presbyterian Church (U.S.A.) and the Conservation Fund, which supplied logistical and financial support, that small plot has transformed into the 21-acre Conetoe Family Life Center. Its mission: “Improve the health of

the community by increasing access to healthy foods, increasing physical activities, and providing access to health services.” The local hospital, schools, and restaurants help the center by buying its salad greens, peppers, broccoli, strawberries, and other crops for their cafeterias and custom-

ers. A fourth of the produce is distributed free to church members.

The results have been dramatic. Research from East Carolina University found that Conetoe residents have lost weight, lowered their blood pressure, and visited the emergency room less frequently because of the fresh food and health advice available at the center. And, Joyner says, his congregation spends far less on medication than it did a decade ago.

Thinking back on the center’s success as well as the town’s sharecropping past, Joyner concedes, “The greatest pain in our lives could be our greatest deliverance.” 

“*How do you tell someone who’s lost a child to poor nutrition that this is God’s plan?*”



Summer Travel in Comfort

No matter how you plan to travel this summer, feeling good on the go can be a challenge. After all, who wants joint issues slowing you down? Use these tips to make your next trip the most enjoyable yet.



BY AIR!

Opt for four-wheel spinner luggage over two-wheel rollers, which can be hard on your back and shoulders.



BY SEA!

Dehydration from the sun can contribute to joint stiffness. Remember to take a refillable water bottle to top off at the on-board fitness center.



BY LAND!

Stop for 15 minutes every two hours. Try a few simple stretches or take a short walk to relieve the tightness and help circulation.



COMFORT TIP!

For better comfort in your joints for a day of sightseeing, try the new **Move Free® Ultra 2in1**. It is clinically proven to provide you with faster comfort than Glucosamine & Chondroitin, plus comfort gets better the longer you use it. With just one tiny, easy to take pill you'll be ready for any adventure.

The Hunger App

BY ASHLEY LEWIS

ON HER FIRST DAY tutoring students from low-income families at an after-school program in New York City, Alyssa Kapasi noticed how many kids were lining up for free sandwiches and fruit in the cafeteria. One of the coordinators explained that many of these students don't get enough to eat at home, so a school lunch or an after-school meal might be the most food they would get all day.

Kapasi, who attends private school, was shocked. What's more, she was determined to help. "I want other kids to understand that if you see a problem, you don't have to wait to be an adult to fix it," says Kapasi. She and a group of friends are now putting their programming skills to work to create an app called Food for Thought, which will allow parents, students, and even kindhearted strangers to donate to a lunch account for a student in need at a nearby school.

About 20 million American kids receive free lunches. Two million more qualify for reduced-price meals, and those students' families have to pay



The Food for Thought GoFundMe page (above) and the app's high school mastermind, Alyssa Kapasi (left)

for part of their food. When they don't have the money on any given day, the students might have to settle for a meager—and humbling—"alternative meal" such as a cheese sandwich.

One ingenious feature of the app—which is being funded by grants from corporate and social investors, and a GoFundMe page—is that it provides anonymity to lunch recipients and donors. To receive financial help, a family will need only a recommendation from a school administrator, and no one else has to know.

"I want to make my platform an application that all users feel no shame in using," says Kapasi. She hopes to test the app in a school district this fall.



FEEDING AMERICA: BY THE NUMBERS*

41,200,000

AMERICANS ARE FOOD INSECURE.

(Meaning they don't know when or how they'll get their next meal)

13

MILLION

AMERICAN
CHILDREN FACE
HUNGER—
THAT'S
1 IN 6 KIDS.

1.5

MILLION

veterans receive
food stamps.

27%

of households with
incomes above the
federal poverty level
are food insecure.

18.7%

of Mississippians
are food insecure.

(Highest rate of all states)

8.7%

of Hawaiians are
food insecure.

(Lowest rate of all states)

5.4

MILLION

senior citizens currently
face food insecurity in
America. Lack of
transportation, functional
limitations, and health
problems are major factors.

\$1 donated to Feeding America will buy 10
meals for people facing hunger in America.

WANT TO DO SOMETHING?

One way to stem the tide of hunger is via neighborhood food banks. They need three things: money, your time, and food. If you plan on donating food, here are the nonperishable items food pantries need most:

- Applesauce
- Boxed meals
- Canned beans
- Canned chicken
- Canned chili
- Canned fish (tuna, salmon)
- Canned meat (Spam, ham)
- Canned vegetables
- Cooking oils
- Crackers
- Dried herbs and spices
- Fruit (canned or dried)
- Granola bars
- Instant mashed potatoes
- Nuts
- Pasta
- Peanut butter
- Rice
- Shelf-stable milk
- Soup
- Stew
- Whole-grain cereal

(Note: Avoid items with glass or cellophane packaging because they can be broken in transport. Pop-top cans are a plus—no opener needed.)

*Trusted Media Brands—Reader's Digest's parent company—has become an official media partner of Feeding America, the nation's largest hunger-relief charity. See how you can help our efforts at feedingamerica.org.

Ask the Expert

COCHLEAR IMPLANTS – LIFE BEYOND HEARING AIDS

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.

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.



Dr. Thomas Roland, 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 but clearer. Cochlear implants can help give you that clarity, especially in noisy environments. Hearing aids are typically worn before a cochlear implant solution is considered.

Q: Are cochlear implants covered by Medicare?

A: Yes, Medicare and most private insurance plans routinely cover cochlear implants.

Q: What does a cochlear implant system look like?

A: There are two primary components of the Cochlear™ Nucleus® System, the implant that is surgically placed underneath the skin and the external sound processor. Cochlear offers two wearing options for the sound processor, one that's worn behind the ear – similar to a hearing aid – and the new Kanso™ Sound Processor which is a discreet, off-the-ear hearing solution that's easy to use. The Cochlear Nucleus System advanced technology is designed to help you hear better and understand conversations.

Call **1 800 836 2905** to find a Hearing Implant Specialist near you.

Visit **Cochlear.com/US/RDigest** for a free guide.

VOICES & VIEWS

Department of Wit

Airbnb Reviews From Fiction Land

BY ANDY SIMMONS

TARA

Clayton County, Georgia

HOSTESS: *Scarlett O'Hara*

REVIEWS

ELIZABETH: On our very first morning, the proprietress, a Miss Scarlett, barged into our room, ripped down the curtains, and said, "I'm going to a party, and I need a dress." With the sun streaming in through the windows, we didn't get much sleep after that.



DEAN: The next morning, Miss Scarlett ripped the comforter off our bed, yelling, "I'm getting married! I need a wedding dress!" Honestly! I yelled out to her, "What are you going to take tomorrow?!" She shrugged and said, "Tomorrow is another day." Well, not for us. We packed our bags and found a lovely room over at the Wilkesses', not far away. ➔

HAY, STICK, AND BRICK HOUSES

Third Pigsty on the Right

HOSTS: *The Three Little Pigs*

REVIEWS

LOUIS: Every morning we awoke to the same racket—their neighbor shouting, “Little pig, little pig, let me come in.” One of the pigs would yell back something about chinny chin chins, and the next thing we knew, the whole house came down around us, which was very embarrassing because I sleep in my underwear.

TIM: I’m deathly allergic to hay, so as far as I’m concerned, the wolf did me a favor blowing down the house.

RESPONSE FROM HOSTS: Louis, Tim, please know we’ve patched things up with our neighbor, Mr. Wolf. We’d like to invite you back to enjoy a complimentary bowl of slop as well as a free night in our brand-new underground cement-and-steel-fortified bunker. We think you’ll find it even more durable than our brick design.

THE RED KEEP

King’s Landing, Westeros

HOSTESS: *Queen Cersei Lannister*

REVIEWS

ASHLEY: We came to King’s Landing because we’d heard something about a Game of Thrones, and my husband and I are competition addicts.

MARC: If you can get past the beheadings, poisonings, pillaging,

and spotty Wi-Fi, then this is a fun place. I swear, after every battle, the wine flows and people make out. So much better than the Sandals Resort in Jamaica!

JODY: Queen Lannister was quite accommodating, loading us with pelts for our bed and booking us on adventure tours. I’d never laid siege to a city before! When I get home, I’m going to gather my Zumba class and see whether we can invade Dayton!

301 COBBLESTONE WAY

Town of Bedrock

HOSTS: *Fred and Wilma Flintstone*

REVIEWS

MITCHELL: I was so tired by the end of a busy day in Bedrock that I fell asleep the instant my head hit the pillow. That’s because my pillow was made of schist and I was knocked unconscious. When my alarm clock tapped me on the shoulder eight hours later and told me—rather rudely, I thought—to wake up, I marched into Mr. Flintstone’s kitchen and demanded a new pillow. Mr. Flintstone offered me a marble pillow from the Martha Stewart Home Collection, which I refused.

NED: I applaud the Flintstones for being environmentally aware. They own a hybrid car powered by both right and left feet.

RUTH: I am *so* buying a woolly mammoth dishwasher!



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As he helps a shattered man face his wife's death, a social worker is inspired by an old message

For Thou Art with Me

BY SCOTT JANSSEN FROM *PULSE—VOICES FROM THE HEART OF MEDICINE*

“YOU NEED TO GET HERE NOW!”

The nurse whispers anxiously over the phone. It's after midnight. One of our hospice patients has just died at home, and her husband is threatening to shoot himself if the funeral home shows up.

“Has the funeral home been called?” I ask.

“No,” she says. It was her suggesting such a call that had set him off.

“Does he have a gun or weapon?”
“We're in the country. There are deer heads on the wall.”

The deer heads are a giveaway. There are probably lots of guns. “Has he threatened to hurt anyone else?”

“He says he might take one of the funeral guys with him, but I don't think he's serious.” She isn't sure, though. She is the backup nurse and has never met him or the patient

before. Of course, neither have I. The patient's regular social worker is off tonight, and I am on call.

We agree not to phone the funeral home yet. Then I jump into my car. As I drive, my mind turns to a night years ago. I was a graduate student at a bar with friends, and we were embroiled in an intense conversation about, of all things, death.

"You know what helps me when I think about death?" Claude asked. "I think of that psalm about the valley of the shadow of death."

He must be joking, I thought. Claude, a professor, was an inveterate atheist. He recited Psalm 23:4: "Though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff, they comfort me."

My cell phone rings, dragging me back to the present.

"He's drinking," the nurse says curtly. "It looks like hard stuff."

I ask her to hand him the phone.

Taking the phone, he says, "She's overreacting ... I'm just blowing off steam." His name is Pete; his wife's name was Jimmie. "Y'all think I'm nuts, don't you?"

"No, we think you're hurting. But if you keep drinking, I'll have to get the cops involved to make sure nothing bad happens."

"All right, I'll put the whiskey away," he says gruffly. We talk about Jimmie and their life together.

"What do you think Jimmie would say to you right now if she could see what's going on?" I ask.

He starts crying. "She'd tell me to shut my damn mouth and let people help me for a change."

He hands the phone back to the nurse.

"The guy is in a universe of hurt," I say. "We need to respond to the pain without being thrown by the behavior."

Within minutes, I'm turning onto a dirt road with a No Trespassing sign. My mind returns to Claude at the bar. Until then, our conversations had skated along the intellectual surface. That night, I'd sensed that Claude, an older guy who'd been knocked around by life, was making himself uncharacteristically vulnerable. Wanting nothing to do with it, I scoffed: "Aren't you the guy who's always dismissed that stuff as wishful thinking?"

He smiled, his mouth just a bit off-kilter. "It comforts me to think that I won't be alone down in that valley, that someone will be with me, whether it's God, a friend, even a stranger." Then he turned serious. "Maybe you'll be the one lending a hand down in the valley someday."



SCOTT JANSSEN is an author and a social worker at a hospice center in Burlington, North Carolina.

When I enter Pete's home, he's in the bedroom with Jimmie's body, sitting on the bed stroking her hair. I sit beside him. He's a big, rough-looking man with a crooked nose and muscular, tattooed forearms. "I let her down," he says. "Spent my time working. Never told her I loved her."

Rather than let him get sucked into a narrative of guilt, I ask what he did do. He describes spending long days at the oncology clinic, building a wheelchair ramp so she could smell her rosebushes, working extra shifts to pay for her medications. Using memories like these, we zero in on how he'd expressed his love—not through words but through gestures of affection and acts of loyalty and sacrifice. We talk throughout the night. Eventually Pete lets me call his buddy Tank, who shows up just as

the funeral home people arrive.

Pete, Tank, and I discuss Pete's threats and what's driving them. I talk about coping strategies and optimizing support. But these textbook recommendations take a back seat to the simple imperative to open my heart and be fully present to some-

one who's hurting. And that, I've come to believe, is what Claude was talking about: the power of moving toward another's suffering rather than away.

Driving home, exhausted, I reflect on the words Tank left me with. "You got him through the night, Scott," he said. "Me and my wife'll

take it from here. I promise."

I feel sad for Pete's loss. But I know he'll be surrounded by love. And in my mind's eye, I see Claude lifting his beer bottle and giving me one of his crooked smiles. **R**

“*It comforts me to think that someone will be with me—God, a friend, even a stranger.*”

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THE REAL NAMES OF ONE-NAMED CELEBRITIES

- Cher = Cherilyn Sarkisian
- Jay-Z = Shawn Corey Carter
- Sting = Gordon Matthew Thomas Sumner
- Adele = Adele Laurie Blue Adkins

Source: mentalfloss.com

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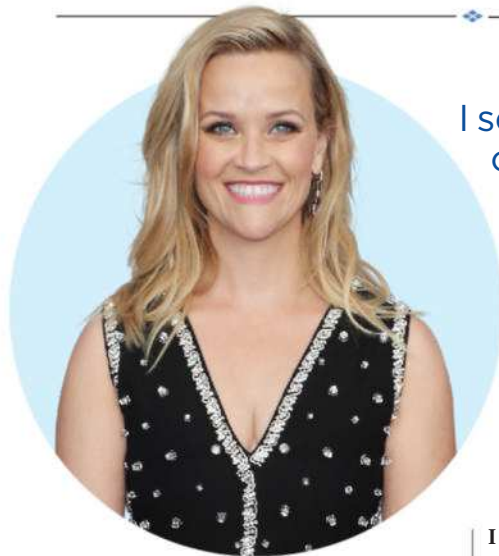
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Points to Ponder



I see fear as this little creature that lives in my life all the time, and I can either pay it attention and not get anything done or I can march ahead and ignore it.

REESE WITHERSPOON,
actor, in Marie Claire

IF YOU FEEL like life is passing you by ... try throwing yourself into the small things and repeating to yourself: This is where I start.

ROB BELL,
former pastor, in his book How to Be Here

PEOPLE ASK ME if what I know about love has ruined it for me. Not at all. You can know every single ingredient in a chocolate cake but then sit down and eat that cake and feel the joy.

HELEN FISHER,
biological anthropologist and author of Why We Love, on theguardian.com

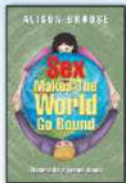
I LOVE TO SEND a letter, handwritten, with a stamp. You can't type it, because then it could have been automated. You can't create a perfect crease in the fold, because then it could have come from a fulfillment center. You just fold it over once ... and shove it in the envelope. There. Now a human being has obviously sent it.

STEVE SIMS,
author, in his book, Bluefishing

IF SOMETHING'S going on in your life and you're struggling? Embrace it. Because you're growing.

NICK FOLES,
football player, at a Super Bowl press conference

BRING A NEW STORY HOME WITH YOU TODAY



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Alison Brause

www.xlibris.com

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Let's take a ride on a mystical, wooden kiddie roller coaster to re-live the author's experiences, when he went "knocking on Heaven's door." Learn about some of the most amazing coincidences that happened to Charles E. Kaczorowski.



MENTAL ILLNESS MI Doesn't Look Like ME

A Warrior's Intimate Struggle to Confront Mental Health Illness Face-to-Face

Susie L. Landown-Clarke

www.authorhouse.com

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The author experienced a supernatural spiritual healing while struggling with invasion of hypermanic foes. Multilayered wounds triggered disturbing mental disorders that nearly caused earthly demise. This story depicts painstaking journeys that are profoundly inspiring, unmasking human cavities with spellbinding emotions.



Waiting Still

God's Glimpse

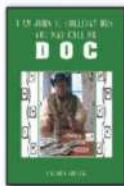
Marie Stevens

www.authorhouse.com

Paperback | E-book

\$20.99 | \$3.99

Marie Stevens' *Waiting Still: God's Glimpse* is a book of imagery, gentle persuasion, touching, encouraging, new life love and desire, not only in our own selves but, God Himself, expressed through rhythm and rhyme, short prose and light art.



I Am John H. Holliday DDS. You May Call Me Doc

Patrick Gillen

www.authorhouse.com

Hardback | Paperback | E-book

\$36.95 | \$13.99 | \$3.99

This book takes the facts about Dr. John H. Holliday and breathes life back into Doc himself. Author Patrick Gillen has lived through many of the same most crucial moments as Doc. Read a unique tale!



Finding the Good in the Workplace Bully

Dr. Debra Stewart

www.xlibris.com

Hardback | Paperback | E-book

\$29.99 | \$19.99 | \$3.99

This book examines organizational culture and wellness in the presence of bully triads. Also includes ideas for assessment and performance improvement concerning organizational culture, and addresses possible approaches to improve workplace culture and organizational wellness and to create bully-free environments.



A large school of bigeye trevallies swimming in the water, with a diver visible in the lower right corner.

PHOTO

OF LASTING
INTEREST

Swirl Pool

Why isn't the diver (below) swimming as fast as he can from this terrifying—though beautiful—swarm of fish? Because these bigeye trevallies in Mexico's Cabo Pulmo National Marine Park are looking to make love, not war. The "fish tornado," as researchers sometimes call it, is part of a courtship ritual, a sort of mass underwater hunt for the perfect mate. One reason this school is especially large is that fishing for the bigeye trevally was banned in this park in 1995. The population there increased by 463 percent in ten years. "What used to be an almost lifeless place now has a complete life chain," says photographer Anuar Patjane Floriuk. "It's an example that by leaving the ocean alone, it will recover by itself."

PHOTOGRAPH BY ANUAR PATJANE FLORIUK

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†Based on Nielsen data for 52 weeks ending 2/24/18.

When they didn't get their album right away, they trashed the photographer—all over the Internet

The Case of the Wedding Couple Out for Revenge



BY VICKI GLEMBOCKI

A MONTH after her October 2014 wedding, Neely Moldovan e-mailed her photographer and asked for a CD with her wedding photos. According to Neely, the disc was part of the \$6,000 package she'd purchased from Andrea Polito, a popular wedding photographer in the Dallas area. However, Polito said that Neely and her husband, Andrew Moldovan, hadn't filled out the album order form, which she required before delivering the photo disc. After Polito's studio manager explained the situation, the

bride responded, "Sounds great!"

But three weeks later, Neely e-mailed again to ask for the photos. The manager explained the timeline again and reminded Neely that she was waiting for the couple to order and pay for the album cover, which cost an additional \$125 to \$225. A few weeks later, on December 29, Andrew e-mailed, asking for the photos and claiming that the cost of the cover had been included in the package. Sensing the couple's frustration, the studio offered to give them the CD when the album design was approved (and ➔)

not, as stipulated in their contract, when it was completed). The Moldovans demanded the photos pronto.

Hoping to smooth things over, Polito herself e-mailed Neely on January 14, 2015, asking for their cover choice. Polito says she intended to waive the additional cost, but the couple still didn't make a selection. In fact, on that very day, a reporter from NBC 5 was interviewing them. They had sent the station an e-mail with the subject line "Help us get our wedding photos we paid for." The segment aired two days later. It showed the Moldovans saying that Polito had "cheated" and "scammed" them and that she "blatantly stole money while holding [their] pictures ransom and then adding on extra

fees." Several websites ran the story, and the Moldovans shared a link on Facebook, Instagram, Twitter, and Neely's beauty and lifestyle blog. The blowback got so bad that Polito took down her Facebook page.

About two months later, on March 18, Polito filed a defamation suit against the Moldovans, claiming that they had "instituted a public smear campaign" intended to "harm" her business. The couple argued that they were simply exercising their right to free speech and that the suit was an attempt to "silence and punish" them.

Did the bride and groom defame their wedding photographer by airing their complaints to the press and on social media? You be the judge.



THE VERDICT

Yes, they did. Defamation is a difficult claim to prove. In this case, Polito needed to show not only that the couple had harmed her personal and professional reputation but also that they had done it "with malice." The damage to her business was clear. "Andrea never booked another wedding after that show aired," says her attorney, Dave Wishnew. "She had to get out of the lease for her office space and let all her staff go." But it was the Moldovans' own online comments—such as "We are hoping that our story ... completely ruins her business" and, after the NBC segment aired, "No one is ever going to want to hire her"—that cost them. The Dallas District Court agreed with Polito's claims and ruled in July 2017 that the couple had published false statements about Polito and disparaged her business. The court ordered the Moldovans to pay Polito more than \$1 million. As Polito's attorney reminded the jury, "Freedom of speech is not freedom from consequences." **R**

Your True Stories

IN 100 WORDS

A CAT'S SECOND LIFE

Our black-and-gray tabby cat had been missing an unusual three days. On the fourth day, I found him half-smashed on the pavement a block from our house.

We drove him home in our trunk. We prayed and cried as we said our last goodbye over his backyard grave. The next morning, I awoke and heard a sound at the door. There was our cat, alive and well.

I said to my husband, "Honey, either we buried the wrong cat, or we have to rename him Lazarus because he just rose from the dead."

CYNTHIA ASKINS, *Houston, Texas*

SUNRISE MELTS AN OLD SALT

On my 24th birthday, I was standing a communications watch on the bridge of the USS *George Washington*. The captain was feared by the enlisted men and never spoke to anyone below officer status. It was early, and the sun was just appearing over the Mediterranean Sea. "Shipmate, get over here!" the captain bellowed. "Yes, sir!" I



ran from my alcove into view. "Look at that," he said, pointing to the red glowing sun cutting through the fog over the still, black sea. It was the most beautiful thing I had ever seen. I'll never forget his inadvertent birthday gift.

MICHAEL SUTCH,
Sellersville, Pennsylvania

IMPATIENT BIG SISTER

After confirming her pregnancy, my friend told her four-year-old daughter about the new brother or sister on the way. She made it clear that the baby's arrival would be quite a ways away. Her husband came home, and the family had dinner and discussed the good news. Finally, it was time for bed, and the little girl, suddenly very distressed, said to her mother, "I know you said it would be a long time until we got our baby, but this is just ridiculous."

JANET SIMMONDS, *Mancelona, Michigan*

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.

FINISH THIS SENTENCE

If I could move to

Colton, OR

Texas.

We'd love to watch our one-year-old great-grandson grow up.

ROSIE PROFFITT

Kentucky.

It has green grass, bluegrass music, horses, and, oh, that accent!

CARMA KULISH

Dickinson, ND

Alaska.

Its wildlife, greenery, and white landscapes offer peace of mind.

MARY BOONE

Murray, UT

Wyoming.

I love wide-open spaces, small tight-knit communities, and a chance to do good deeds for those around you.

REUBEN LAMBERT

another state, it would be ...

Minnesota.

I'm a huge Twins fan and would love to see them play every day!

HEATHER MARCISZEWSKI

Mississippi.

I found my biological family in Waveland after searching for them for more than 25 years.

SHARLENE ROURKE

Saginaw, MI

Elba, NY

Orange, MA

Stratford, CT

Russiaville, IN

Virginia.

My dad is buried at Arlington National Cemetery. It would be wonderful to visit him every time I need him.

LOIS LEE BELL

Wisconsin.

I'd be happy to be a cheesehead!

SUE LESKO-GLICK

Raleigh, NC

Hawaii.

So my son would finally come to visit me!


MARY ANN MANCONI

Vermont.

Ever since I read a book as a young girl about an orphan who moves to a family farm there, I've always wanted to take part in the sugaring process for maple syrup.

KATHRYN SCHULLER

Leesburg, FL

 Join our Inner Circle Community at tmbinnercircle.com for the chance to finish the next sentence.

Life

IN THESE UNITED STATES



MY HUSBAND CAN'T activate our Amazon Echo, because he keeps forgetting its name, Alexa.

"Just think of the car Lexus and add an *a* at either end," I suggested.

The next time he wanted to use our new toy, he looked a bit puzzled. Then he remembered what I'd said and confidently called out, "Acura!"

LINDA PRICE, *Glendora, California*

WHILE PLAYING CATCH with my young son, I accidentally sent the ball sailing over his head. "Sorry, that was a bad throw," I said.

He smiled kindly. "No, Daddy, that was a wonderful toss." Then, taking two steps toward the ball, he stopped and added, "When we say something nice even when we don't mean it at all, that's called being polite, right?"

Source: thoughtcatalog.com

SMALL-TOWN SLOGANS THAT WILL HAVE YOU SAYING, "I'M GOING THERE!"

WELCOME TO
GAS, KANSAS
DON'T PASS GAS;
STOP AND ENJOY IT

WELCOME TO
**CHERRYFIELD,
MAINE**
BLUEBERRY CAPITAL
OF THE WORLD

WELCOME TO
**GETTYSBURG,
SOUTH DAKOTA**
WHERE THE
BATTLE WASN'T

WELCOME TO
**WEED,
CALIFORNIA**
WEED LIKE TO
WELCOME YOU

WELCOME TO
**SAN ANDREAS,
CALIFORNIA**
IT'S NOT
OUR FAULT

WELCOME TO
NEVADA, IOWA
26TH-BEST SMALL
TOWN IN AMERICA

FEELING DOWN about my thinning hair, I told a friend, "Soon I'll never need to go back to the beauty salon. Whenever I vacuum, all I pick up is my hair."

A glass-half-full kind of gal, she responded, "Well, then you won't need to vacuum either."

AGNES SCHARENBRUCH,
Manitowoc, Wisconsin

SOME REDDIT.COM contributors finished the prompt "I knew my significant other wasn't the brightest bulb when ..." as follows:

■ "... she pointed up at a bluish star and sincerely asked, 'Is that Earth?'"

■ "... we were out to dinner, and he was reading the menu and asked, 'What's a green bean?'"

■ "... I bought her a Christmas present that had a connection to

some funny event involving my cat and her. So I made the present from the cat. I thought I was being cute ... Instead, she got angry that my cat got her a present and I didn't."

■ "... he called lingerie 'linguine.'"

■ "... she got me Mad Libs, and when it was her turn to do a noun, she asked, 'What is a noun?' I said, 'It's a person, place, or thing.' There was a long silence as she thought. Then she said, 'Place.'"

A HAIKU FOR MY HUSBAND ...

Your whiskers are black
The porcelain sink is white
Are you @\$%^&! blind?

 @MAB1013

Got a funny story about friends or family?
It could be worth \$\$\$\$. For details, see
page 3 or go to rd.com/submit.



**DELICIOUSLY
HEART HEALTHY**



While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.
©, TM, © 2018 Kellogg NA Co.

ART *of* LIVING

Does your prescription plan include an expensive “clawback”?

Overpaying For Medicine

BY JARED S. HOPKINS FROM BLOOMBERG.COM

ERIC PUSEY has to bite his tongue when his pharmacy’s customers, thinking their insurance is getting them a good deal, cough up co-payments for generic medications that are far higher than the out-of-pocket costs.

Pusey’s contracts with pharmacy benefit managers (PBMs)—the influential companies that administer prescription drug plans on behalf of insurers and large employers—bar him from volunteering details of their deals. In fact, for some generic medicines, co-pays *do* cost more than if a patient skipped insurance and paid for the drug directly. Pusey can tell people only if they ask—though they often don’t like his reply. “Some of them get fired up,” says Pusey, who owns the Medicap Pharmacy in Olyphant, Pennsylvania. “Some of them don’t believe what we’re telling them is accurate.”

MICHAEL KRAUS/SHUTTERSTOCK



The extra money—as little as \$2 or as much as \$30 a prescription—goes into the pockets of the PBMs. In the drug industry, these higher co-pays on cheap generics are called clawbacks, and they can mean millions of dollars for the PBMs on a highly marked-up drug.

Here's how clawbacks work: A patient goes to a pharmacy and pays a co-pay amount—perhaps \$15—agreed to by the PBM and the insurers who hire it. The pharmacy gets reimbursed for the price of the drug, say \$2, and a small profit. Then the benefit manager “claws back” the remainder. Most patients never realize that the cash price of the drug is cheaper than the co-pay.

“There’s this whole industry that most people don’t know about,” says Connecticut lawyer Craig Raabe, who represents people accusing two insurance companies and a PBM of defrauding them. Clawbacks are possible because benefit managers take advantage of an opaque market, says Susan Hayes, a consultant with Pharmacy Outcomes Specialists in Lake Zurich, Illinois. Only the PBMs know who pays what.

For their part, benefit managers argue that they actually keep prices low, in part by negotiating rebates from drugmakers. That may be true in some cases, but clawbacks have prompted at least 16 lawsuits since October 2016, with accusations that

HOW CLAWBACKS WORK

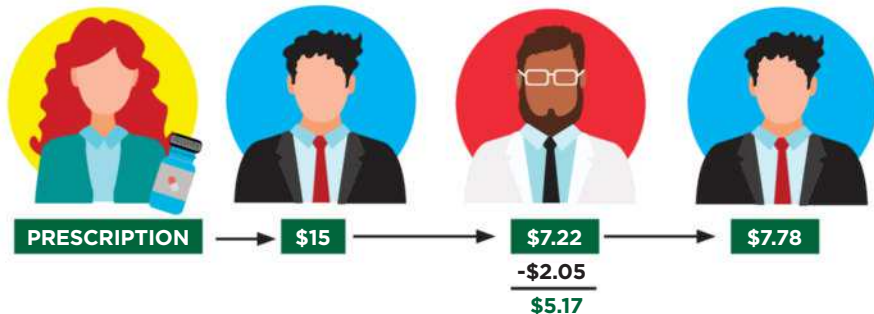
1 Customer is prescribed 40 milligrams of the stomach medicine pantoprazole.

2 The pharmacy benefit manager has helped negotiate a \$15 co-pay for the generic pantoprazole.

3 The medicine costs the pharmacy \$2.05. The pharmacy is reimbursed \$7.22, giving it a profit of \$5.17.

4 The benefit manager “claws back” the remaining \$7.78 from the pharmacy.

Source: bloomberg.com



include defrauding patients through racketeering, breach of contract, and violation of insurance laws.

The three largest PBMs in the United States—OptumRx (owned by UnitedHealth Group, Inc.), CVS Caremark (owned by CVS Health Corp.), and Express Scripts Holding Co.—

process an estimated 70 to 85 percent of all the prescriptions in the country. A spokesperson for UnitedHealth Group, Inc., the target of a class action lawsuit alleging that OptumRx required network pharmacies to charge excessive fees, said, “We believe these lawsuits are without merit.” CVS Caremark

and Express Scripts Holding Co. have claimed that they don't use clawbacks, but in a lawsuit filed against CVS Health Corp., plaintiff Megan Schultz stated that the practice was part of both PBMs' agreements with CVS pharmacies.

Many plans require pharmacists to collect payment when prescriptions are filled and prohibit them from waiving or reducing the amount. Pharmacies who contract with OptumRx, for instance, could be terminated for “actions detrimental to the provider network,” doing anything that “disparages” it, or trying to “steer” customers to other coverage

or discounted plans, according to OptumRx's 2016 provider manual.

“They're usually take-it-or-leave-it contracts,” says Mel Brodsky, executive director of the Philadelphia Association of Retail Druggists. Independent pharmacies in particular fear getting removed from reimbursement

networks, a potential death blow in smaller communities. A survey of 640 independent community pharmacists by the National Community Pharmacists Association found that 83 percent of the respondents see at least ten clawbacks a month.

“I've got three drugstores, so I see a lot of

it,” David Spence, a Houston pharmacist, says. “We look at it as theft—a way for the PBMs to steal.”

Many legislatures are responding. At least 13 states have enacted laws prohibiting “gag clauses” that prevent pharmacists from telling customers about clawbacks; at least 22 additional states have similar laws pending.

In the meantime, when customers question their co-pay amounts, some pharmacists jump at the opportunity to explain how they can pay less. “Most don't understand,” says Spence. “If their co-pay is high, then they care.”

“
***At least
16 lawsuits
have alleged
fraud and
breach
of contract.***



It's hard to enjoy yourself or be productive if you're exhausted. These tips will help you nod off in an unfamiliar place.

Sleep Better At a Hotel

BY MARISSA LALIBERTE

1 BOOK THE RIGHT ROOM
Choose a room on an upper floor and midway down the hall, if you can. That location is your best bet for staying away from noisy areas such as exits, elevators, and vending machines, says Richard Shane, PhD, behavioral sleep specialist for New West Physicians in Colorado.

2 MAKE IT DARK
You might also want to ask for a room with blackout shades. "Most hotels have them, but they may be in some rooms and not others," says Shane. That said, window shades usually can't close all the way, no matter how hard you try, says Debra Kissen, PhD, MHSA, clinical director of the Light on Anxiety Treatment Center in Chicago. Her advice: "Bring a sleep mask with you in case you need it."

3 REFRAIN FROM NAPPING
Unfortunately, taking a nap could set you up for a restless night. "Our brain builds up a drive for sleep," says Kissen. "If you nap, you'll have less of that."

4 DON'T GO TO BED WITH A FULL BELLY
Try to eat dinner at least two hours before you go to bed to give your body a chance to digest. "If you go to bed with a full stomach, your digestive system will be active while you're trying to get the rest of your body not to be active," Shane says.

5 GO EASY ON THE BOOZE No need to be a teetotaler on vacation, but you should be aware that those extra indulgences could mess with your sleep. Alcohol increases the production of adenosine, a chemical that normally helps induce sleep, according to the National Sleep Foundation. But after its rapid release following alcohol consumption, the chemical quickly dissipates, which can cause you to wake up.

6 STABILIZE YOUR SCHEDULE Regular routines often go by the wayside when you travel. “So much of sleep is getting a good rhythm going, and the fun of vacation is that it’s unpredictable,” Kissen says. But try staying somewhat consistent with your bedtime. If you go to bed at 4 a.m. one night and 8 p.m. the next, your body’s rhythm will get out of whack.

7 CRANK UP THE AC Keep your room at a cool temperature, between 65 and 68°F, Shane recommends. “When we sleep, our body temperature drops,” he says. “Consequently, when we stay in a room and our body temperature drops, it eases us into sleep.”

8 BLOCK OUT THE SOUND Does a rattling AC or your noisy neighbor keep you up? Pack a pair of silicone earplugs, says Shane. “Silicone warms with your



body and shapes to your ear for the best fit, and it has a high-rated decibel reduction,” he says. If you’re not a fan of earplugs, download some white noise tracks to your phone.

9 QUIET YOUR BREATHING “Most people, when they think about breathing, think about doing it deeply, slowly, or into the abdomen,” Shane says. “All those forms are adjusting your breath too much and taking effort, which means you’re not sleeping.” Instead, he recommends, make your breathing quieter, which is easier because it doesn’t change the muscles you use.

10 RELAX YOUR TONGUE “When people think of relaxation, they think of relaxing the entire body, and that’s too much work,” Shane says. “Just let your tongue be calmer, and that will spread relaxation through your body.” **R**



35 Lessons I've Learned In 35 Years of Marriage

Lesson 15: Being right will eventually lose its appeal

BY WINIFRED M. REILLY

FROM SPEAKINGOFMARRIAGE.COM

LIKE MOST NEWLYWEDS, my husband and I stepped into marriage bright-eyed, optimistic, and flat-out unprepared. But—let's hear it for young love—we assumed that our marriage would be a rousing success. Marriage turned out to be far more challenging than we had imagined; yet, we just celebrated our 35th anniversary.

Despite flaring tempers, pouting, and a mutual tendency to blame, our saving grace may well have been that come hell or high water, we both kept two feet in. We learned a lot and grew a lot, and as a result of our efforts, we have much to celebrate.

Here are some of the lessons we learned the hard way:

1. Don't complain about the cooking when your spouse is the cook.
2. Never start the day off nagging or complaining.
3. An unwillingness to quarrel about something doesn't mean you agree with it.
4. There's no end to how much you can love someone if you let yourself.
5. Never decide to get a divorce when you have PMS (or the flu or jet lag).
6. Establish early on whether the question "Do these pants make me look fat?" is a true yes-or-no question.

7. Express gratitude often.
8. Generosity may be the key to all happiness.
9. Admit your shortcomings. They're obvious anyway.
10. Most of your fights are living proof of your immaturity. The sooner you grow up, the happier you'll be.
11. "In love" pales in comparison with love.
12. When you think you've tried everything, know that you haven't.
13. *Clean* is a relative term.
14. Give up all hope of being perfectly understood.
15. Being right will eventually lose its appeal.
16. Many of the things you fight hard for will turn out not to have been worth the fight.
17. Your definition of sexy will change over time. New definition: husband going out in the pouring rain to latch the slamming gate.
18. Be the first to apologize. Really. It's not as painful as it sounds.
19. Pay more attention to what you're doing to make things go badly, and pay less attention to what your spouse is doing.
20. When your spouse's behavior is open to interpretation, ascribe the higher motive.
21. It's idiotic to stay up late arguing about being too tired to have sex.
22. Forget the nonsense

- about not going to bed angry. Get some sleep. Chances are things will look different in the morning.
23. When people say marriage is hard, believe them.
 24. If you're going to complain about something, come to the table with a suggested alternative.
 25. Hatred is perfectly normal under the circumstances. Don't freak out about it or take it too seriously.
 26. Don't kid yourself into thinking you have all the time in the world.
 27. Do not underestimate how irritating your spouse's slightly irritating behaviors will become over time.
 28. If you want something, recognize that it's your job to ask for it.
 29. The louder your spouse yells, the quieter and calmer you need to be.
 30. Disappointment is inevitable. Life gets a lot easier once you accept this.
 31. There are no guaranteed divorce-proofing moves. All any of us can do is be a husband or a wife our spouse would be foolish to leave.



WINIFRED M. REILLY *is a Berkeley, California, psychotherapist specializing in relationship issues.*

32. Sometimes you're going to do your unfair share. It's not worth whining about.
33. Accept apologies graciously.
34. Being happily married is not the same as living happily ever after.
35. Marriage will teach you more about yourself than you bargained for. Consider that a gift.

A handful of lesser-known checkup items can provide early clues about your cardiovascular health

These Heart Tests Can Save Your Life

BY ABBEY SCHUBERT

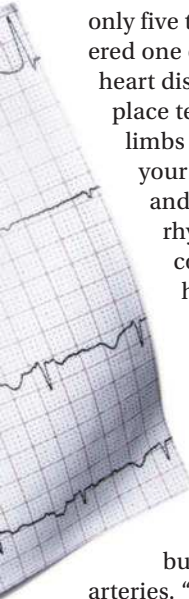
AFTER STUDYING a group of healthy individuals for more than ten years, researchers at the University of Texas Southwestern Medical Center discovered that those who scored poorly on five simple medical tests were 20 times more likely to develop heart disease than those with good results. The tests are not all standard, so they may not be covered by insurance. But the results will give you a much better—and earlier—sense of your heart disease risk than the

traditional reliance on blood pressure and cholesterol levels, and they can help you change your habits as needed to protect your heart for life. If you smoke, are overweight, have a family history of heart problems, or have any other risk factors, ask your doctor about these tests.

■ ELECTROCARDIOGRAM

A standard, 12-lead electrocardiogram, also known as an EKG, is non-invasive, painless, and usually takes



An ECG strip showing several leads with a regular rhythm. The grid is visible, and the waves are clearly defined.

only five to ten minutes. It's considered one of the best ways to assess heart disease risk. Your doctor will place ten small electrodes on your limbs and chest that measure your heart's electrical activity and will detect any abnormal rhythms and patterns that are commonly associated with heart attack, arrhythmia, and other dangerous cardiovascular conditions.

■ CORONARY CALCIUM SCAN

This low-radiation CT scan reveals the amount of calcium buildup in your coronary arteries. "When we see calcium in the coronaries, it means that there's some degree of atherosclerosis—sludge in the pipes"—which can disrupt blood flow and lead to heart attack or stroke, says Andrew M. Freeman, MD, director of clinical cardiology at National Jewish Health and cochair of the American College of Cardiology's nutrition and lifestyle work group.

■ BLOOD TEST FOR C-REACTIVE PROTEIN

The amount of C-reactive protein (CRP) in your bloodstream rises with increased inflammation in the body, which Dr. Freeman says is an underlying condition of many health problems, including heart disease. If

possible, get the high-sensitivity CRP test rather than the standard CRP blood test; it's better able to detect heart-related inflammation.

■ BLOOD TEST FOR NT-PROBNP OR BNP

Brain natriuretic peptide (BNP) is a hormone released by your heart in response to cardiovascular stress. N-terminal pro-brain natriuretic peptide (NT-proBNP) is a precursor to BNP. As Dr. Freeman explains, a high level of NT-proBNP or BNP in the bloodstream is a red flag that either your heart muscle has stiffened and may not relax well or that it has weakened and can no longer pump efficiently. (Often this is the result of a lack of regular physical activity.) Officially known as diastolic dysfunction, this condition can be an early predictor of heart failure.

■ HIGH-SENSITIVITY BLOOD TEST FOR TROPONIN T

Troponin T is a protein that is released when your heart faces significant stress or gets damaged. A typical troponin test can pick up on only large quantities of the protein, such as those produced during dire events for your heart (such as running a marathon or suffering a heart attack). However, the new high-sensitivity version, approved in January 2017, can detect much lower levels of troponin T, allowing doctors to begin treating heart damage earlier. **R**

World of Medicine

Raw Flour Can Carry *E. coli*

In unwelcome news for cookie-dough fans, flour was recently confirmed as the source of a serious 2016 *Escherichia coli* outbreak in the United States. Certain strains of this bacterium can be toxic, causing stomach cramps, bloody diarrhea, vomiting, and, in extreme cases, kidney failure. Scientists knew *E. coli* could thrive in undercooked meat, but they were surprised to find the bacteria in dry flour with no visible signs of spoilage. Health authorities now recommend that, to be safe, you wash your hands thoroughly after handling flour and abstain from eating raw or unpasteurized dough.

Mouthwash And Diabetes

In a recent study of 1,206 nondiabetic overweight individuals, participants who used mouthwash twice or more a day were at greater risk for developing pre-diabetes or diabetes over the course of

three years than those who used mouthwash no more than once a day. Mouthwash kills bacteria in the mouth, some of which are needed to form nitric oxide, which helps insulin function properly in your body. Avoid the risk by using mouthwash only a few times a week and by eating nitrate-rich foods such as strawberries, raspberries, spinach, lettuce, and beets.

A Shot to Protect Against Lyme Disease

A team of doctors at the University of Massachusetts Medical School is developing a new treatment to protect against Lyme disease. The injection, while not a vaccine, delivers an antibody that kills off the disease-causing bacteria transmitted by ticks before they can spread. So far, the test results have been promising; the shot has been 100 percent effective in preventing Lyme



disease in mice. For humans, researchers anticipate that a new shot will be necessary at the beginning of each tick season and will provide six to seven months of protection. Clinical trials for the treatment are expected to start soon.

Bipolar Depression Alleviated by Light Therapy

Sitting under a 7,000-lux white light (which is more than two and a half times brighter than football-stadium lighting) helps with the depressive side of bipolar disorder, suggests research published in the *American Journal of Psychiatry*. Prior to the study, the 46 subjects were all on stable doses of antimanic medication, which banished their manic symptoms, but they still suffered from moderate depression. After six weeks, 68 percent of the subjects receiving the bright-light therapy saw a remission, compared with just 22 percent of the subjects who were exposed to a 50-lux dim red placebo light. The time of day makes a difference when it comes to light therapy, and the researchers suggested trying it at noon or in the early afternoon.

A Faster Test for the Right Antibiotics

Researchers have developed a new technique that can determine in 30 minutes—instead of days, the current standard—what type of antibiotic will be most effective in

treating a urinary tract infection (UTI). According to the study, published in *Science Translational Medicine*, taking a “genetic blueprint” of urine bacteria quickly determines whether a UTI is resistant or susceptible to two common antibiotics.

Rheumatoid Arthritis Raises Risk of COPD

By comparing more than 24,000 people who suffer from rheumatoid arthritis (RA) with people who don't, Canadian researchers discovered that having RA increases the likelihood of developing chronic obstructive pulmonary disease (COPD) by 47 percent. That's because inflammation plays a role in COPD development. The scientists recommended that RA patients use anti-inflammatory medications; address COPD risk factors such as smoking; and watch for lung symptoms, such as wheezing, to catch COPD early.

Get More of This Key Nutrient for Brain Health

In a study of 60 people between the ages of 25 and 45, researchers found that older participants with higher levels of lutein scored just as well as their younger counterparts on exercises designed to test how well they concentrate on a given task. Lutein is abundant in leafy green vegetables, such as cooked kale and spinach, and in egg yolks and avocados.



ALL IN

A Day's Work



IT WAS MY FIRST NIGHT caring for an elderly patient. When he grew sleepy, I wheeled his chair as close to the bed as possible and, using the techniques I'd learned in school, grasped him in a bear hug to lift him onto the bed. But I couldn't clear the top of the mattress. So I grabbed him again, summoned all my might, and *hoisted* him onto the bed.

When the night shift nurse arrived, I recounted what had happened.

"Funny," she said, looking puzzled. "Usually I just ask him to get in bed, and he does."

ERIN DOCKERY, *Cuyahoga Falls, Ohio*

TO RESOLVE WORK conflicts between management and staff, I brought both sides together and asked employees to jot down key words on a flip chart. One participant complained about management's tendency to interfere and wrote the word *nitpicking*.

A manager leaped to his feet to ask, “Shouldn’t there be a hyphen between *nit* and *picking*?”

E. HOWSON, in *Reader’s Digest* International Edition

YOU KNOW YOU’VE been working too hard when you suffer these brain blips:

■ One day the phone rang at work while I was super busy. I was halfway between saying “Can you hold?” and “Can I place you on hold?” but instead just said, “Can I hold you?”

■ I went to Wendy’s, and the girl behind the counter said, “Welcome to McDonald’s!” and then just sighed.

■ A customer asked me whether I was Rachel. I responded with, “Yes, this is Rachel.” It was not a phone call. He was standing right in front of me.

Sources: tumblr.com and boredpanda.com

I WAS DINING with the actor Ben Chapman, who had starred in a horror film in the 1950s. Bennie got a little drunk and loud and ended up getting kicked out by the maître d’.

“Sir,” I said, “do you know who you are ejecting? This is the Creature from the Black Lagoon!”

The maître d’ snarled, “I don’t care where he’s from—he’s gotta leave!”

M. C. GWYNNE, in *Planet Proctor* newsletter

Anything funny happen to you at work lately? It could be worth \$\$\$.

For details, see page 3 or go to rd.com/submit.

JOB THAT NEED A **SLIGHT ADJUSTMENT**



We are better at installing auto parts than signs—we swear.



When you can't choose which urinal you like better.



Instructions that are both oddly specific and completely useless. Kudos!

Source: *You Had One Job!* © 2016 by Beverly L. Jenkins. Reprinted with permission of Andrews McMeel Publishing.



DON'T LET YOUR BLADDER

ALWAYS STOP YOU FROM

SEIZING THE MOMENT.



URGENCY



FREQUENCY



LEAKAGE

Ask your doctor about Myrbetriq® (mirabegron), the first and only overactive bladder (OAB) treatment in its class.

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.

TAKE CONTROL OF YOUR OAB SYMPTOMS BY TALKING TO YOUR DOCTOR ABOUT MYRBETRIQ TODAY.

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® is a registered trademark of Astellas Pharma Inc.

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IMPORTANT SAFETY INFORMATION (CONTINUED)

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.

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 (Tambocor®), 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. The most common side effects of Myrbetriq include increased blood pressure, common cold symptoms (nasopharyngitis), urinary tract infection, constipation, diarrhea, dizziness, 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.

Like us on Facebook 
and visit Myrbetriq.com



 **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 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™)
- flecainide (Tambocor®)
- propafenone (Rythmol®)
- 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
- common cold symptoms (nasopharyngitis)
- urinary tract infection
- constipation
- diarrhea
- dizziness
- 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).

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).

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.

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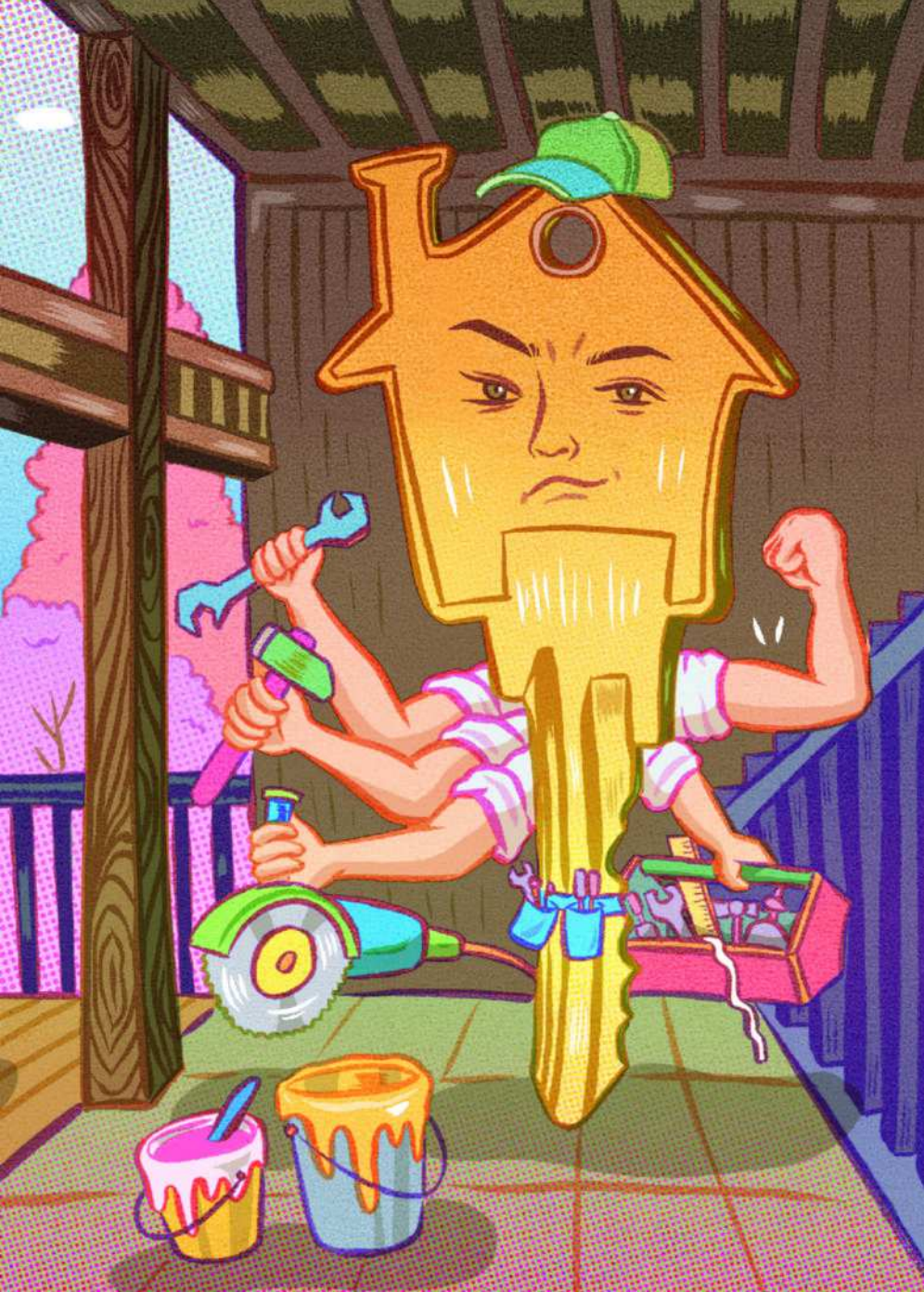
You can quickly master these yourself, even if you're not very handy. They're all smallish jobs that can fend off big problems later.

40 HOME REPAIRS ANYONE CAN DO!

BY THE EDITORS OF THE *FAMILY HANDYMAN*

Your home is your castle, but unlike an actual castle, it probably doesn't come with a staff. Which means that keeping it in good repair is on you. We asked our friends at our sister publication the *Family Handyman* for a list of projects you can do yourself, even if you'd never call yourself a DIYer. These small tasks won't take too much time (in some cases, just a few minutes) or cost too much money, and taking care of them now can prevent big headaches—and big bills—down the road.





THROUGHOUT THE HOUSE

Test Your Thermostat

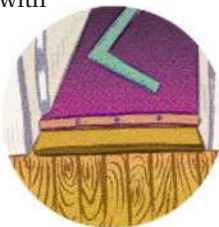
- ▶ **RISK:** If the temperature in your house isn't what shows on the thermostat, your air conditioner or furnace could be working too hard.
- ▶ **HOW TO DIY IT:** Every spring and fall, tape a household thermometer on the wall next to the thermostat. After about 15 minutes, compare readings. If the difference between the two numbers is more than a few degrees, try recalibrating your thermostat (follow the manufacturer's instructions).
- ▶ **WHILE YOU'RE AT IT:** If you don't have a programmable thermostat, consider getting one. According to the U.S. Department of Energy, an Energy Star-rated model can save you about \$180 in heating and cooling costs each year. You can buy one for about



\$40 and install it yourself. It's a relatively easy job; no rewiring required.

Stop Air Leaks Under Doors

- ▶ **RISK:** Cooling or heating the world outside your home is obviously wasteful—and expensive.
- ▶ **HOW TO DIY IT:** Most door thresholds (also called a saddle; *below*) adjust up and down with screws. Turn all the screws equally until the door opens and closes without much drag and the draft is eliminated.



- ▶ **WHILE YOU'RE AT IT:** You can seal drafty windows with removable caulk, which will keep cold air outside in winter and easily peel off come spring.

Patch a Hole in Drywall

- ▶ **RISK:** Holes happen, but you don't have to pay a pro \$100 or more to patch them. The easiest way to do it yourself is with an adhesive aluminum patch, some joint compound (similar to spackle), and a taping knife, all sold at paint and hardware stores for just a few dollars.
- ▶ **HOW TO DIY IT:** Clean up any rough edges around the hole, then stick the patch onto the wall over the hole (*left*). Using the taping knife, spread a layer of joint compound over it and let it dry overnight. Then spread a wider second coat, feathering out the compound on all sides to

make the patch blend in. Let it dry, then apply one more coat extending 8 to 12 inches beyond the patch in all directions. After the final coat dries, sand the area with a sanding sponge (a foam block wrapped in sandpaper) until it feels smooth and even. Prime, and then paint.

▶ **WHILE YOU'RE AT IT:** You can use joint compound to fill nail holes too. After filling the holes, apply a second coat and scrape the excess so the area is flush with the wall. Then prime and paint.

Protect Your Electronics

▶ **RISK:** Power surges—caused by lightning, an unstable power grid, or heavy power use from energy-hog appliances such as your refrigerator or furnace—can fry your electronics. That includes anything with a digital display: your computer, TV, microwave, smart fridge, etc.

▶ **HOW TO DIY IT:** Buy surge suppressors at a

home-improvement store for \$20 or so apiece, then plug each of your gadgets into one.

▶ **WHILE YOU'RE AT IT:** Consider a whole-house surge suppressor, which protects all your devices from external surges. You'll need an electrician to install it; expect to pay \$400 to \$600 for the job.

Repair Carpet Snags

▶ **RISK:** If you have carpet with woven loops, loose fibers can easily unravel



OOPS!

When It Hits the Fan

While I was painting my living room one summer day, my dog, Hobbes, was looking for relief from the heat. Spotting the box fan I had set up to dry the paint, he lay down in front of it to grab some shut-eye. As I was finishing the second coat, I stepped down off my ladder and right onto the back of my roller pan. It flew up, hit the back of the fan, and sprayed paint all over the room—especially on Hobbes, who slowly lifted his head, looked at his paint-covered body, stretched, and went back to sleep.

HEATHER CASSIDY, *Pekin, Illinois*

into even bigger snags. This quick fix is far cheaper than replacing carpeting, which will run you about \$40 per square yard, on average.

► **HOW TO DIY IT:** Gently tug the loose part of the carpet to find the point where it's still attached. Snip it off as close to the backing as possible and save it. Use painter's tape to surround the repair area. Squeeze a heavy bead of carpet seam sealer (about \$6 at home centers) into the run. Then fill in the hole with the saved fiber, using a screwdriver to press it into the sealer bit by bit until the area looks like the surrounding carpet (*below*).

► **WHILE YOU'RE AT IT:** Vacuum high-traffic areas at least once a week. This may sound like a no-brainer, but fabric experts stress that because dirt is abrasive, walking on dirty carpet—even if it looks clean—damages the fibers, making it stain more easily and wear out faster.



KITCHEN

Unclog Refrigerator Coils

► **RISK:** When coils are clogged with dust, pet hair, and cobwebs, they can't efficiently release heat. That makes your refrigerator's compressor work harder and longer than necessary, using more energy and shortening its life.

► **HOW TO DIY IT:** Coils are located on the back of the refrigerator or across the bottom. Pull the fridge away from the wall. (Hint: Grab the sides and pull from the bottom. You may want to lay cardboard on the floor first to prevent scratching.) Clean coils with a coil-cleaning brush (about \$10 at home centers), then vacuum. Do this every six months or so.

► **WHILE YOU'RE AT IT:** Wipe down the rubber gaskets that line the inside edges of the refrigerator and freezer doors, as a poor seal can also make your appliance less efficient. Use warm water and a sponge (no detergents, which can do damage).

Freshen Up the Dishwasher

► **RISK:** If yours isn't doing its job, you'll waste water by having to wash dishes again by hand or in another run through the machine.

► **HOW TO DIY IT:** A simple cleaning often solves the problem. Start by pulling out the lower dish rack. Remove the spray arm and use a thin piece of wire to clean out the holes where water sprays through. Scoop or vacuum out any leftover food



particles from the filter area, then remove the filter screen (*above*), if possible, and give it a good rinse.

▶ **WHILE YOU'RE AT IT:** If your dishwasher smells, cleaning the filter should help. Also, wipe the door with a spray cleaner. Then throw in a bottle of dishwasher cleaner (about \$5) and run the machine empty.

OOPS!

If at First You Don't ...

Our washing machine was on the fritz. It's part of a heavy stacked unit that's tucked into a tight hallway wall recess. After 45 minutes of pulling and straining, I pulled it out. The problem: a broken clutch (it's what houses and turns the agitator). It was too late to get the part, and the unit was blocking the way to the kitchen, so I pushed it back into place. The next day, I repeated the back-breaking process and repaired the clutch. But when I started it up, water came gushing from underneath—I'd forgotten to reattach the drain hose! So I pulled the unit out again and reattached it. The next day, my wife discovered hot water coming out during the cold cycle. I'd switched the hot and cold hoses when I reattached them. Which meant I had to ...

VAUGHN WILLIAMS, Knoxville, Tennessee

Degrease Range-Hood Filters

▶ **RISK:** The range hood sucks cooking fumes up and out of the kitchen. As grease splatters, it builds up and clogs the filter in the underside of the hood, keeping the fan from working as it should. This could cause your smoke alarm to go off, attract fruit flies, and leave potentially harmful pollutants from your gas or electric range lingering in the air. And if you have to replace the motor, it will cost around \$200.

▶ **HOW TO DIY IT:** Once a month or so, pop out the filter and run it through the dishwasher. (You can also place it in a sink full of hot water,



dishwashing liquid, and baking soda and let it soak for 10 to 15 minutes.) Scrub any remaining grease off with a brush, then rinse and dry the filter before putting it back.

► **WHILE YOU'RE AT IT:** Wipe down the fan blades and the rest of the hood with all-purpose cleaner.

Clean Garbage Disposal Blades

► **RISK:** Gunked-up, greasy blades won't chop up scraps the way they're supposed to, potentially causing backups and bad smells.

► **HOW TO DIY IT:** Once a month, toss a bunch of ice cubes into the disposal. They'll make a racket, but ice does a good job of cleaning the blades. Follow with a few lemon or orange peels, then run cold water down the disposal.

► **WHILE YOU'RE AT IT:** Scrub the rubber splash guard—top and bottom—using an old toothbrush dipped in an antibacterial grease-cutting kitchen cleaner.

BATHROOM

Unclog a Faucet

► **RISK:** If the flow from your faucet isn't what it used to be, the holes in the aerator are probably plugged with mineral buildup.

► **HOW TO DIY IT:** Close the drain stopper so small parts can't fall in. Wrap duct or electrical tape around pliers to avoid scratching the aerator,



then unscrew it (*above*). Scrub it with a toothbrush and rinse. If there's still residue, soak the aerator parts in vinegar.

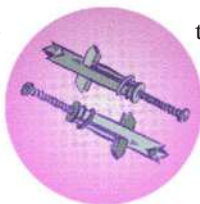
► **WHILE YOU'RE AT IT:** Clean your showerhead the same way. Or try this: Fill a freezer bag with a half-and-half mixture of vinegar and water. Secure the bag over the showerhead with a rubber band or duct tape. Remove it every 15 minutes and check the flow. Don't leave it on longer than necessary, as vinegar can damage finishes.

Fix a Loose Towel Bar

► **RISK:** Pulling the bar out of the wall can make a mess and perhaps bring you down with it.

► **HOW TO DIY IT:** Take off the loose bar by removing the screws on each of the posts that mount the bar to the wall. (If one side is solidly attached, leave it alone.) With the mounting plate now exposed, try tightening the screws in it. If that doesn't work, remove it. Chances are you'll find

two plastic anchors underneath. Poke them with a screwdriver and let them fall inside the wall. Replace with bigger, stronger metal toggle anchors (*above*), sold at hardware stores. Just drive them into the existing holes with a drill or a screwdriver, and then reattach everything.



► **WHILE YOU'RE AT IT:** Follow the same steps to fix loose hooks and toilet paper holders. These small jobs would each cost \$100 or more if you hired a handyman to do them.

Install a Low-Flow Showerhead

► **RISK:** If your house was built before 1994 and still has the original plumbing fixtures, you're using 30 to 40 percent more water than a comparable new home. Because about 70 percent of the water flowing through the showerhead is hot,

that means higher heating bills too. A basic showerhead can cost just \$15 and could pay for itself in reduced water and heating costs after just one month. Calculate your savings at epa.gov/watersense/watersense-calculator.

► **HOW TO DIY IT:** Simply unscrew the old showerhead and screw on the new one. Read the directions to see whether it requires a layer of plumber's tape to prevent leaks.

► **WHILE YOU'RE AT IT:** Look for the WaterSense logo, which means the showerhead uses at least 20 percent less water and still performs as well as or better than other products in that category.

OOPS!

A Sinking Feeling

My bathroom sink stopped up. To unclog it, I removed the trap, catching all the scummy, soapy, toothpaste-goobery, hairy water in a bucket. I lay down on the bathroom floor so I could look up and make sure all the gunk was out of the drain. My four-year-old son wanted to help, so I handed the bucket of water up to him and asked him to get rid of it. He "helped" by pouring it down the sink, right into my face.



LINDSAY GERARD, *Parker, Colorado*

Speed Up a Slow Drain

► **RISK:** Clogs only get worse over time, and a slow drain can turn into a stopped-up sink or tub—and a \$100-plus visit from a plumber.

► **HOW TO DIY IT:** There are lots of ways to clear a drain, so start with the easiest one. If your sink has a pop-up stopper, remove that and clean it. If that doesn't do the trick, fill the sink with 3 or 4 inches of water and use a plunger to plunge the sink (plug the overflow hole with a wet rag first). Still slow? Try snaking the drain pipe with a metal hanger or a pipe-cleaning tool (sold at hardware stores for about \$2).

► **WHILE YOU'RE AT IT:** Mix together 1 cup baking soda, 1 cup salt, and ¼ cup cream of tartar, and store it in an airtight, childproof container. To keep your drains clog-free, pour ½ cup of this mixture down each drain every few weeks, followed by a quart of boiling water.

BASEMENT Clean Your Dryer Vent

► **RISK:** Lint buildup near your clothes dryer's motor and heat source (gas burner or electric heating element) can ignite, causing a fire that could spread to the rest of your house. Besides, a clogged dryer takes longer to dry clothes.

► **HOW TO DIY IT:** You should already be emptying the lint trap before every load of laundry. To do a thorough cleaning of the dryer and its vent



duct system, unplug the machine (and turn off the gas valve if it has one). Pry off the access panel on the front (try a putty knife covered with duct tape to prevent scratching) and vacuum around the motor and heating element (*above*). Then carefully disconnect the vent duct tubing from the back of the dryer and use a dryer vent brush (about \$10 at home centers; look for one that also cleans refrigerator coils) to pull out any accumulated lint. Aim to do this at least once a year.

► **WHILE YOU'RE AT IT:** Vacuum behind the dryer regularly, and take the lint filter out every so often and run it under the faucet. If water doesn't run through, use a stiff brush to scrub the filter with hot water and a little laundry detergent.

Test Your Sump Pump

► **RISK:** Your basement could flood. Most homeowners don't discover

that their pump is broken until they need it and it fails.

- ▶ **HOW TO DIY IT:** Remove the basin cover and dump in a few buckets of water. If the pump doesn't run or eject the water, you've got trouble that will require professional help.
- ▶ **WHILE YOU'RE AT IT:** For less than \$20, you can get a battery-powered alarm that goes off if water reaches the top of the basin. But that helps only if you're home, so consider spending more (about \$100) for a system that contacts you if the pump fails.

Scoop Out Your Water-Softener Tank

- ▶ **RISK:** Water-softener salt contains some impurities that can accumulate in the bottom of the brine tank, clogging it and shortening the life of your system.
- ▶ **HOW TO DIY IT:** Wait until the salt level is low and scoop out any gunk

with an old plastic container. Once a year is often enough.

- ▶ **WHILE YOU'RE AT IT:** Don't cheap out and use rock salt instead of water-softener salt, even though rock salt costs half as much. It contains far more impurities that will clog up the works, and you could wind up needing to spend \$600 or more for a new water softener.

Shut Off the Water Before You Go on Vacation

- ▶ **RISK:** Every insurer has stories like this one: The homeowners left town Friday and returned Sunday evening to find a burst pipe, an overflowing toilet, or another plumbing fiasco.
- ▶ **HOW TO DIY IT:** Simply turn off the main water valve (usually located in the basement).

OOPS! Tidal Wave

While folding laundry one rainy Saturday, I noticed water seeping from a basement window. Figuring it wasn't shut properly, I got a rag and started to open the window to wipe down the seal. What I didn't realize was that the window well was full of water. When I turned the latch, I was hit with a tidal wave. I went upstairs to change and told my wife the laundry was still a little damp.



TERRY JOBKE, *Hartland, Wisconsin*

► **WHILE YOU'RE AT IT:** Any appliance that uses water has a shutoff valve. But when valves go untouched for years, mineral deposits can make them impossible to close. Before that happens, locate the valves for your washer, ice maker, water heater, etc., and turn the handle (clockwise, about a quarter turn) every year or so (more often if your water is very hard), and then turn it back.

OUTSIDE

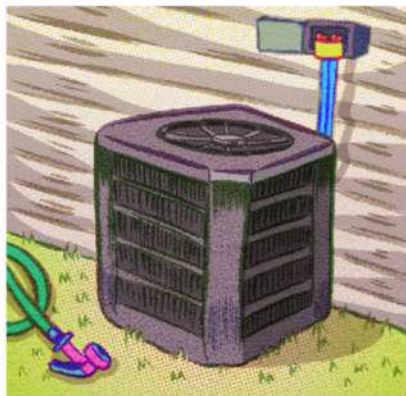
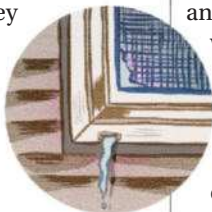
Clear Window Weep Holes

► **RISK:** If these holes, found in the bottom of the exterior frame of many sliding windows and vinyl replacement windows (*below*), get plugged with bugs or debris, they can't do their job of draining away collected rainwater.

► **HOW TO DIY IT:**

Pour water into the track or spray the outside of the windows with a hose. If you don't see a steady stream of clean water exiting the weep hole, poke a wire hanger into the hole or spray it with compressed air. Keep testing and cleaning out the hole until water runs through.

► **WHILE YOU'RE AT IT:** Check basement window wells for any collected water, leaves, or other debris, and clean them out. Or protect them with window covers (around \$10 at home centers).



Hose Down Your Central AC Unit

► **RISK:** The outside unit for your central air-conditioning is basically a fan surrounded by a wall of tubing and tiny fins. If those fins are plugged with dirt and debris, air can't flow through properly. A neglected air conditioner uses 10 to 30 percent more energy.

► **HOW TO DIY IT:** Turn it off by opening the disconnect box (typically located on the outside wall near the unit) and pulling out the disconnect block inside (*above*). Now take a good look at the unit. If the vents are caked with fuzz from dandelions or cottonwood trees, vacuum the vents. Then rinse the unit with a hose using moderate pressure (the flimsy fins might bend under strong pressure). As you spray, peer down into the unit. You should see water streaming through. If not, the fins are still clogged, so keep rinsing.

▶ **WHILE YOU'RE AT IT:** Change AC filters monthly during warm weather. Ditto for furnace filters during colder months, depending on what type you have (check recommendations in your owner's manual).

Lube Garage Door Springs

▶ **RISK:** All springs will eventually break because of metal fatigue and/or corrosion, but lubricating them at least twice a year will make them last longer. A new spring costs \$125 or so.

▶ **HOW TO DIY IT:** This job can be messy, so protect nearby surfaces by covering them with plastic or cardboard. Spray the springs

with garage door lubricant (about \$7 at home centers). Don't use oil, grease, or other lubricants. They may be cheaper, or you may have them on hand already, but they won't work as well and tend to pick up dust and grit—just what you don't want on moving parts.

▶ **WHILE YOU'RE AT IT:** Spray the rollers, hinges, and track too.



OOPS!

Blown Away

When my new (and very attractive) neighbor complained that her outdoor faucet was leaking, I saw an opportunity to impress her and promised to have it fixed in ten minutes. Trouble is, I forgot to turn off the water. A cold blast knocked me flat on my back in a mud puddle. My neighbor was less impressed than I had hoped.

DAVE WELK, *Wynantskill, New York*

THE HANDYMAN TOOLBOX

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- ▶ Buy the book *100 Things Every Homeowner Must Know*, with additional information on these projects and more, at rdstore.com/100things.

Sgt. First Class Carlos Santos-Silva died the way he served—right beside his men. This is their story.

Those He Left Behind

BY BRIAN MOCKENHAUPT

We usually wait many years, even decades, before we republish an RD “classic.” But the perspective and power of this story, which originally appeared in the March 2011 issue, are so rare that we opted to share it again sooner.

WHILE HIS MEN patrolled the farmland of southern Afghanistan, Sgt. First Class Carlos Santos-Silva came home to his wife, Kristen Santos-Silva, who had bought a new blue sundress embroidered with pink flowers to greet him at the airport. They’d planned to celebrate their 12th wedding

anniversary in Washington, DC, during his two weeks of leave from the war zone. They would tour the capital and visit some of Carlos’s men as they recovered from injuries at Walter Reed Army Medical Center. Instead, Kristen wore her new dress to Dover Air Force Base and watched six soldiers carry Carlos off a plane in an aluminum box draped in the American flag.



SANTOS-SILVA

USNSC

U.S.
SEA
GRAND

*Carlos Santos-Silva's son,
Cameron, and wife,
Kristen, holding his photo*

“We’re here together,” she said the night before the funeral—and their anniversary—April 11. “This just isn’t how I thought it would be.”

Outside the funeral home in Arlington, Virginia, she gathered with friends and family and handed out balloons, 12 blue and 12 white, for each of their 12 years together. At the signal, the others released theirs on cue, but Kristen wouldn’t let go. She gazed skyward, and her lips trembled. After a long moment, she opened her hand and watched the balloons rise. “I love you, Carlos, forever and ever and ever,” she said, then covered her face with her



“I heard stories about how tight people get when they deploy, but I never knew it could be like this.”

hands and shook with sobs. Cameron, their 11-year-old son, stood next to her and pressed his face to her hip.

The next day, under a cloudless sky, she buried Carlos, 32, in Arlington National Cemetery. A horse-drawn caisson carried his casket down a road lined with tall shade trees to Section 60, where the headstones chart the histories of the Afghanistan and Iraq wars. Sgt. First Class Raul Davila stepped to the casket. He and I had known Carlos for years, having both



served two deployments with him in Iraq. Carlos had gone on to become a drill sergeant, training new soldiers, and then a platoon sergeant with the 82nd Airborne Division, leading 40 men in the Arghandab River Valley, a violent swath of southern Afghanistan. “I will forever be honored to call him my friend,” Sergeant Davila said, his voice steady and solemn. “Rest easy, Brother.”

Gunshots cracked the warm morning air, a bugler played taps, and in



crisp movements practiced countless times, the burial detail pulled the flag tight and folded it into a neat triangle of stars on a field of blue.

A general knelt beside Kristen and handed her the flag. I looked at the crowd, at those who had known Carlos at so many points during his life.

But what about those who weren't there, those who'd known him best over the past seven months, those

Some of the men who served with Carlos (from left): Lachance, Maher, Taylor, Knollinger, and Rosa, in 2010

with him the day his truck had rolled over a massive bomb buried in a dirt road snaking through farmers' fields? Carlos's men were still

working in a lush, dangerous corridor of orchards and grape furrows outside Kandahar. As has happened thousands of times during the wars in Afghanistan and Iraq, when soldiers are killed and their bodies sent home, their friends stay behind,

to mourn and remember—and fight. I wanted to meet those men.

FLYING INTO Afghanistan, I peered out the window at the vast stretches of brown interrupted by jagged mountains, scored by rivers, and dotted with villages. I would be staying with Carlos's platoon at Combat Outpost Tynes along the edge of the Arghandab River Valley, northwest of Kandahar. The post was named for another lost soldier,



Loredo heard the radio call: "Our guys just hit an IED. Four responsive. One unresponsive."

Pfc. Marcus Tynes, who was killed November 22, 2009. To get there, I rode in the last truck of a five-vehicle convoy. Looking through the windshield from the back seat, I watched a giant fountain of dirt shoot into the air 200 yards ahead. The concussion rattled my chest. "IED! IED! IED!" crackled over the radio, the same call made when Carlos's truck was hit. An improvised explosive device planted in the same spot near the bridge had just exploded. But this time, the insurgents were too hasty. The bomb went off too early, and the target truck rolled on, its crew uninjured.

At Combat Outpost Tynes, a former



school, Carlos's legacy was immediately apparent. When the platoon had moved into the compound, in December 2009, soldiers slept in the few small classrooms or outside, until Carlos coordinated a construction project. The platoon then extended the structure and built small rooms for each soldier.

During the slow, hard work of building up the rooms and the outpost's outer defenses, Carlos had been beside his men, filling sandbags and lugging materials. "He was always hands-on with us," S.Sgt. Edward Rosa, the platoon's senior squad leader, told me. "He was always out there with us working. He did everything with us.



He was about the guys.”

He organized movie nights with a wide-screen television powered by a gun truck’s battery. At Christmas, after Kristen and the platoon’s family support group sent stockings from Fort Bragg in North Carolina, Carlos played Santa at the outpost. He made each man sit on his lap before he’d give him a stocking.

Carlos was born in Germany to an Army family and bounced around bases as he grew up. He enlisted in 1996 and trained as a mechanic in an aviation unit at Fort Campbell,

Left: Carlos in the Arghandab River Valley, Afghanistan, 2010.

Above: On March 22, the truck he was riding in was destroyed by an IED.

Kentucky, where he met Kristen, who was also in the Army. But he soon switched to the infantry, where he excelled.

I served with him at Fort Drum, New York,

for three years, and he impressed me as the most knowledgeable but laid-back soldier I knew. He could answer any question on tactics, weapon systems, or Army regulations, but he was also quick with wisecracks and constantly concerned about his men.

The soldiers at Combat Outpost Tynes told me the same. He played video games with them, gave



*Cameron and Kristen
at their home at
Fort Bragg in 2010*

professional guidance, and counseled them on problems at home. And he often made jokes when his men faced danger, to put them at ease and remind them that good could be found even during dark and fearful times.

"I heard stories about how tight people get when they deploy, but I never knew it could be like this," said Spc. Clayton "Doc" Taylor, the platoon's medic. "I called him Dad."

So did many of his men. Sgt. Adam Lachance had never had a male friend like Carlos. They had planned a couple of trips to Las Vegas, and Carlos and Kristen had visited Lachance and his wife in New Hampshire. Lachance had even turned

down a promotion to staff sergeant in February because it would have meant switching platoons and leaving Carlos.

EACH PLATOON is led by an officer, a first or second lieutenant. The platoon sergeant serves as his or her go-to person in administration and logistics. That means Carlos could have stayed behind at the outpost while his men patrolled. But he was always with them, as he was on the morning of March 22, in the front passenger seat of a hulking mine-resistant truck, driving down a dirt road alongside a vineyard, just about to cross that small bridge.

Three miles away, S.Sgt. Edwardo

Loredo heard the call crackle over the radio as he led a foot patrol through the farmland south of the outpost.

"Our guys just hit an IED," he said. Sound takes about 15 seconds to travel that far, so another moment passed before they heard the blast. Even at that distance, it rumbled through their chests. The bomb had been huge. The radio crackled again:

“

***"I need to see this,"
Kristen told them. "Is that
the truck? I need to see
where it happened."***

"Four responsive. One unresponsive."

Loredo's patrol ran toward the sound of the explosion. They arrived just as the medevac helicopter lifted off in a wave of dust that blocked out the sun. A tan armored truck lay on its side, the bottom scorched and the rear tires blown away, next to a deep crater in the dirt road.

Sgt. Dale Knollinger, still out of breath, approached Sgt. Gregory Maher, who had been in the four-vehicle patrol.

"He's gone," Maher said.

"Who's gone?" Knollinger asked.

"Sergeant Santos."

Knollinger stood in the road and cried. For a week afterward, Combat Outpost Tynes was quiet. "There was just silence for a while," Knollinger

said. "There wasn't joking around like there was before." Soldiers talked to one another in quiet voices or kept to themselves. Carlos's men felt adrift without him.

"They lost their rudder," Capt. Jimmy Razuri, the commander with Carlos's company, said at the time. Lachance had planned to bring Carlos a McDonald's double cheeseburger from Kuwait on the way back from his two weeks of leave. Instead, while he sat in the Atlanta airport, his wife called with the news.

ON HIS FIRST patrol after his friend's death, Lachance reached into a pouch on his body armor and pulled out a handful of Jolly Rancher candy, the small pile speckled with green apple candies. His breath caught. He always carried Jolly Ranchers on patrol, and Carlos took all the green ones, every time. Lachance stuffed the green candies back in the pouch. "I wouldn't touch them," he told me.

Several weeks before, Lachance, a self-trained tattoo artist, had given Carlos a tattoo. The words snaked around his right arm: *The only thing necessary for the triumph of evil is for good men to do nothing.* Beneath them, a date: *22 November, 2009*, when Private First Class Tynes and another soldier in Carlos's company, Sgt. James Nolen, had died.

After Carlos's death, ten platoon members asked Lachance for a similar

tattoo. One now wears the quote on his thigh, another on his biceps, another on his ribs, all followed by *22 March, 2010*, and *C. M. S.*, Carlos's initials.

ON SEPTEMBER 11, 2010, I grilled chicken wings with Doc Taylor under a gray sky at a park on Fort Bragg. Country music blared from the open doors of his white Chevy pickup truck. Taylor's wife inflated a plastic palm tree as Kristen Santos-Silva opened a box of plastic Hawaiian leis. She and Carlos had planned to throw a luau for the guys after the deployment. She figured he would have wanted her to follow through.

The pavilion filled up, and Captain Razuri stood in front of the memorial table stacked with photos of six men in the platoon who had died that year, starting with Carlos. "Nine years ago today, you know what happened," he told the group. "It's why we're still doing what we're doing today and why these guys behind me aren't with us."

Later, Kristen sat with a half-dozen soldiers and looked through pictures from the deployment, many of which she hadn't seen before. Carlos walking

through villages, filling sandbags at Combat Outpost Tynes, drinking tea with the Afghan police, handing out stockings for Christmas.

Kristen laughed and reached toward the laptop computer screen, as though to touch him. And then the pictures changed, from shots of a grinning Carlos to soldiers standing on a dirt road next to a truck flipped on its side, scorched by flame, two wheels blown off.

The laughter stopped, and Dale Knollinger and Edward Rosa traded nervous glances with other soldiers. "I need to see this," Kristen told them. She leaned closer to the screen and stared at the pictures. "Is that the

truck? I need to see where it happened. I need this."

Kristen and the soldiers told stories about Carlos, and one by one his men sat for a few moments and wrote on the big framed picture she had brought. By day's end, the border around the photo was crowded with messages to their fallen leader.

I want you to know you changed my life and I love you for that. The world will never be the same without



Knollinger, Cameron, and Kristen, at Cameron's high school graduation in 2017

you. But I will be the man I told you I would. I love you, Dad. Till we meet again.

DOC TAYLOR

Dad, I can't even describe what it was like to work for you. I learned so much and matured because of you. You were awesome to work for and truly a great friend. I love you and think about you every day. Miss you.

SGT. DALE KNOLLINGER

You were the quiet professional. Thank you so much for your guidance. You have no idea how much you are missed. Goodbye, Brother.

SGT. BRIAN FLANNERY

I've never been closer to another man. You were a great friend. Until we meet again, you will be thought of every day.

SGT. ADAM LACHANCE

THAT NIGHT, after Kristen had packed up the leftovers and pulled down the decorations, she and Cameron returned to their small brick house on Fort Bragg,

crowded with pictures of her husband. Cameron retreated to his bedroom to play video games, as he had often done with his father and now did alone. Beside him on the bed lay the framed picture, adorned with the memories of the men his father left behind.



WHERE THEY ARE NOW

Carlos's legacy lives on with his platoon mates, his wife, and his son. The group tries to meet at least once a year to catch up and reminisce about Carlos with a round of White Russians, his favorite drink, and a toast: "For Carlos!" A year ago, Knollinger attended Cameron's high school graduation. The 19-year-old also completed the U.S. Naval Sea Cadet Corps program, with the highest rank. He plans to become a hospital corpsman with the U.S. Navy in the future. "It's awesome that my dad made such an impact on his friends that they keep supporting me," he says.

R

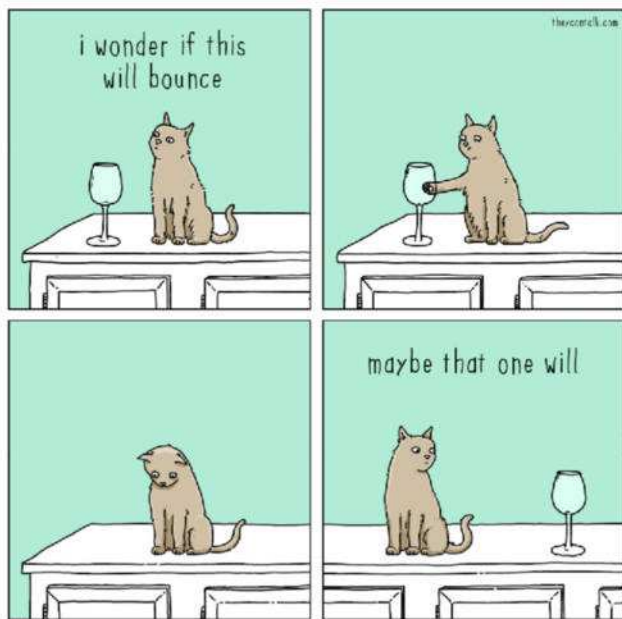


THERE'S ONLY ONE PRESIDENT WHO ...

- ... became a six-star general: George Washington.
- ... received a patent: Abraham Lincoln.
- ... earned a PhD: Woodrow Wilson.
- ... won a Pulitzer Prize: John Kennedy.
- ... received an offer to play professional football: Gerald Ford.

Laughter

THE BEST MEDICINE



JENNIFER'S WEDDING DAY was fast approaching, and she was horrified to learn that her mother had bought the exact same dress for the wedding as her father's young new wife. Jennifer implored her stepmother to exchange hers, but she refused. So Jennifer's mother agreed to buy a different dress for the wedding.

"Are you going to return the other dress?" Jennifer asked. "You really

don't have another occasion where you could wear it."

Her mother smiled. "Of course I do, dear. I'm wearing it to the rehearsal dinner the night before the wedding."

Source: friarsclub.com

A PARK RANGER is warning some hikers about bears. "Brown bears are usually harmless," he says. "They avoid contact with humans, so we



THESE PHRASES MAY SOUND HARMLESS, BUT ...

- Sorry for the mass e-mail** = No, I'm not, and also I want something from you.
- Don't take this the wrong way, but ...** = I'm about to insult you.
= There's no other way to take it.
- I hate to break it to you** = I'm totally OK with breaking it to you. In fact, I kind of like it.
- Please don't hate me** = You should start hating me during this sentence.
- Can I ask you a question?** = Can I ask you another question after this one?
- Quite frankly** = I'm about to lie to you.
- I'm not ready to be in a relationship right now** = ... with you.
- Bro,** = I'm dumb.

By Demetri Martin, from *If It's Not Funny It's Art* (Grand Central Publishing)

suggest you attach small bells to your backpacks and give the bears time to get out of your way. However, grizzly bears are extremely dangerous. If you see any grizzly-bear droppings, leave the area immediately."

"How do we know whether they're grizzly-bear droppings?" asks a hiker.

"Easy," replies the ranger. "They're full of small bells."

Source: homecomingmagazine.com

Your funny joke, list, or quote might be worth \$\$\$. For details, see page 3 or go to rd.com/submit.

WEBMD IS UPDATING its server because of a virus. Well, they think it was a virus, but it could also be malaria, kidney failure, a heart murmur, gallstones, or possibly appendicitis.

Submitted by **CRYSTAL LOWERY,**
McKinney, Texas

I WENT TO Bank of America to deposit a check, and they asked me for ID. I said, "Are you telling me other people are trying to put money into my account and you're telling them no?"

Comedian **RICH VOS** in the *Wall Street Journal*

HEALTH



RISE AND SHINE ALL DAY

BY ANDREA AU LEVITT

Making these easy tasks part of your morning schedule will improve your nutrition, energy, and mood today—and beyond

6:00 a.m.**STRETCH IN BED**

Try this even before you open your eyes. Lift one arm and begin by stretching each finger, then your hand, then your wrist, and then your whole arm. Move on to the other arm. Then stretch your toes, feet, ankles, and legs. Finally, end with a neck and back stretch that propels you out of bed. You've just limbered up your muscles and joints and enhanced blood flow throughout your body, providing a shot of oxygen to all your tissues. Take up the entire length of the bed when you stretch. According to Harvard University psychologist Amy Cuddy, this "power pose" mimics the position of a bold person, making you feel more confident all day long.

OPEN THE BLINDS

When natural light from the sunrise creeps into your bedroom, it signals your brain to slow its melatonin production and boost cortisol, both of

which tell your body to wake up. A flood of sunshine isn't just an instant morning pick-me-up: A Northwestern University study found that people exposed to moderately bright light in the morning have a significantly lower body mass index than people who get the majority of their light exposure later in the day.

TAKE A BREATHER

No matter when you do it, meditating has numerous benefits, such as fighting insomnia, reducing stress and anxiety, increasing energy levels, boosting your immune system, and providing mental clarity. Meditating in the morning helps you set a peaceful tone right off the bat so you are less likely to get sidetracked. If you're a novice, an app such as *OMG I Can Meditate!* can get you started. (You'll find it on YouTube as well.) *OMG* even has a wake-up function that transitions your alarm right into a meditation session.

LOOK BACK WITH ROSE-COLORED GLASSES

Research from San Francisco State University shows that focusing on good memories makes us feel more content with life. To start each day off right, take two minutes to write down every detail you can remember about a meaningful event from the day before, suggests Michelle Gielan,



a positive psychology expert and the author of *Broadcasting Happiness*. “Yesterday’s high points can be today’s fuel for happiness,” she says. This can also have an effect on your overall health: A study found that patients suffering from chronic pain who did this for six months were able to reduce their intake of pain meds.

7:00 a.m.

EXERCISE A BIT—ON AN EMPTY STOMACH

Working out before you eat, researchers say, encourages your body to burn more fat for energy rather than relying on carbohydrates from food. In a *Journal of Physiology* study, participants who exercised after breakfast still gained weight (as did a control group who didn’t exercise), but those who exercised on an empty stomach did not. Moreover, research from the University of Vermont shows that the mood-enhancing benefits of a 20-minute workout can last for 12 hours, a boost you’ll want to enjoy all day long.

DON'T TAKE A HOT SHOWER

Take a cold one. A growing body of research shows that enduring cold temperatures in the morning can lead to lower body fat, a stronger immune system, more energy, and even a higher overall tolerance to pain.



Even before you get out of bed, strike a power pose to feel bold all day long.

... AND DON'T DRESS FOR SUCCESS

Facebook’s Mark Zuckerberg is famous for his dressed-down style of jeans and a gray T-shirt. Zuckerberg explained to the *Independent* that he prefers to save his mental energy for important decisions rather than stressing about what to wear. While

you may not be able to leave the house every day in jeans, you could simplify your wardrobe by color coordinating mix-and-match outfits.

WAKE YOUR KIDS WITH A CUDDLE

Anyone who has ever raised children knows that few things are more

stressful than waking up a slumbering child. Yet this is one of the few times a parent can catch a child still vulnerable. According to a 2016 University of Notre Dame study, children who get lots of affectionate touch grow up to be less anxious adults—and earlier studies showed that adults who get lots of hugs are better able to fight off colds and have lower blood pressure.

TURN ON THE MUSIC

Pick something energetic that you and others in the house enjoy and put it on while you get ready. If anyone plays an instrument, and if you have a little time, morning is the perfect time to practice, as it primes your brain for learning. One study from Johns

Hopkins University found that both playing and listening to music help improve academic performance in 16 different ways, including increasing focus and memory. (And see page 120 for more ways music can improve your health.)

8:00 a.m.

KNOCK BACK A COLD ONE

No, not beer—water. When you sleep, your body is deprived of water for eight or so hours, which can add to feeling drained or fatigued upon waking. “Drinking ice-cold water has been shown to provide a metabolism boost, as the body needs to warm the water to body temperature during digestion,” says Erin Palinski-Wade, RD, CDE, the author of *2 Day Diabetes Diet*.



... AND ADD LEMON TO IT

Lemon in your water has myriad health benefits. Vitamin C, found in lemon and other citrus fruits, strengthens the immune system, protects against damaging free radicals, helps skin stay wrinkle-free, and may improve overall digestion. Plus, the acidity in lemon juice contributes to the acidic environment in the stomach, which “serves as a chemical barrier to deter pathogens from gaining a foothold and causing illness,” says Roxanne B. Sukol, MD, a preventive-medicine specialist at the Cleveland Clinic’s Wellness Institute.

FIND A SWEET SPOT

Everyone should be on the lookout for excess sugar. But a University of Barcelona study found that healthy men and women who drank a caffeinated beverage with sugar before breakfast had a longer attention span and better verbal memory recall than those who started their morning with either caffeine or sugar by itself.

BREAK YOUR FAST TWICE

Breakfast is the most important meal of the day, so why not have two? A study published in the journal *Pediatric Obesity* tracked the weight and breakfast-eating patterns of 584 students over two years. They found that frequent breakfast ➤



GOT A BIG DAY?

We've got 10 layers of wheat to fill you up.



BIG FOOD
FOR
BIG DAYS

skippers showed increased odds of becoming overweight or obese compared with those who ate two breakfasts (one at home and one at school). The sensible takeaway: If you eat more in the morning, you'll be less likely to snack at night, when it's harder to burn off calories.

DON'T FORGET THE PROTEIN

Of course, what you eat also matters. Research presented at a 2013 Obesity Society meeting found that women who ate a breakfast with more than 30 grams of protein (twice as much as most Americans get at breakfast) consumed 175 fewer calories at lunch compared with those who ate a breakfast with just 3 grams of protein. Eggs, plain Greek yogurt, and nuts are all quick, easy protein-rich ways to start your day.

EAT FROM THE BOTTOM UP

It sounds strange, but if you want to lower your calorie intake, flip your buttered toast or salted potato rounds upside down. "When you eat foods this way," Devin Alexander, a chef and former host of FitTV's *Healthy Decadence*, told *Health*, "the flavor hits your tongue right away, and you taste more of it. Ultimately, that means you can cut out at least half the belly-bloating salt or butter."

9:00 a.m.

SAVOR SOME FUN

Many people dread having to face a new day of work, school, or chores, says Steve Orma, PhD, a clinical psychologist and the author of *Stop Worrying and Go to Sleep*. But if the first thing you do is pleasant, you'll find it much

easier to get going. "This can be meditating, having a cup of coffee as you read your favorite blog, journaling, etc. Choose activities you enjoy and that set you on a good path for the day," Orma says.



**Playing and
listening to music
first thing helps
boost focus and
memory.**

SEEK OUT GOOD NEWS

In a 2015 study, researchers asked one group of participants to watch just three minutes of positive, solutions-focused news (such as a video of a 70-year-old man who got his GED after failing the test dozens of times). These participants were 27 percent more likely to report a few hours later that their day had been "happy" than people who watched negative news in the morning. Study author Gielan also cited substantial evidence that negative moods affect workplace performance.

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Flight 72 is in

TROUBLE

*Not photo of story subjects

When a “psycho” computer on a jumbo airliner goes rogue and grabs control from the pilot, 315 people find themselves facing disaster

BY **MATT O’SULLIVAN** FROM THE *SYDNEY MORNING HERALD*



RETURNING FROM the bathroom, Second Officer Ross Hales straps into the right-hand-side seat next to Captain Kevin Sullivan in the Qantas jet's cockpit. "No change,"

the American-born Sullivan says. He is referring to the Airbus A330-303's autopilot and altitude as it cruises at 37,000 feet above the Indian Ocean on a blue-sky day.

Within a minute, the plane's autopilot mysteriously disconnects. That forces Sullivan to take manual control of Qantas Flight 72, carrying 303 passengers and 12 crew from Singapore to Perth, Australia. Five seconds later, stall and overspeed warnings begin blaring. "St-aaa-ll, st-aaa-ll," they screech. The overspeed warnings sound like a fire alarm. *Ding, ding, ding, ding.* Caution messages light up the instrument panel.

"That's not right!" Sullivan exclaims. How can the plane stall and overspeed at the same time? The aircraft is telling him it's flying at both maximum and minimum speeds, and 30 seconds before, nothing was wrong at all.

"You'd better get Peter back," Sullivan says. Minutes earlier, First Officer Peter Lipsett left for his break. Hales picks up the plane's intercom to try to track him down.

In the rear galley, flight attendant Fuzzy Maiava relaxes after collecting meal trays from passengers. Window

blinds are drawn in the cabin, and calm has descended following lunch service. Some passengers stand in line for the bathrooms. An off-duty Qantas captain and his wife, who have been on vacation, join Maiava.

"Hey, Fuzz, where's your wine?" they ask.

"Just help yourself—you know where it is," Maiava says, laughing.

Boooooom. A crashing sound tears through the cabin. In a split second, Maiava, the off-duty captain, and his wife are propelled into the ceiling and knocked out.

In the cockpit, Sullivan instinctively grabs the control stick the moment he feels the plane's nose pitch down violently. It is 12:42 p.m. He pulls back on the stick to thwart the jet's rapid descent, bracing himself against an instrument panel shade. Nothing happens. So he lets go. If the plane suddenly returns control to him, pulling back might worsen the situation by pitching the nose up and causing a dangerous stall.

Within two seconds, the plane dives 650 feet. In a gut-wrenching moment, all that the pilots can see through the cockpit window is the blue of the Indian Ocean. Is my life going to end here today? Sullivan asks himself. His heart is thumping. Qantas Flight 72 is in dire trouble. The captain has no control over this plane.

SECONDS AFTER THE A330 nose-dives, the plane slowly begins to



"I was in a knife fight with this plane," says Kevin Sullivan. "And only one person or one computer was going to win."

respond to Sullivan's control stick movements. As it does, he lets the plane continue to descend before gingerly leveling off and climbing back toward 37,000 feet.

It is too late for the more than 60 passengers and crew who were not belted into their seats and were bounced around as if they were trapped in a pinball machine. Maiava lies on the rear-galley floor after hitting the ceiling. On the way down, he hit the galley bench and was thrown against the meal-cart storage. Regaining his senses, Maiava sees blood gushing from the off-duty Qantas captain's head. He lies unconscious on the floor. The captain's wife—a senior Qantas flight attendant—begins to recover consciousness.

Beyond the galley curtain, two unaccompanied young sisters Maiava has been watching over scream. With fear in her eyes, the younger one reaches a hand out to Maiava. Barely conscious,

he can't do anything to comfort her. Oxygen masks dangle from the ceiling, swaying from side to side. Baggage and broken bottles litter the cabin floor.

Suddenly, a passenger from an Indian tour group rushes into the galley in a panic, pointing at an inflated life jacket around his neck. His face is turning blue.

"The guy's choking," Maiava shouts. The off-duty captain's wife hands a pen to the passenger, pointing at a nozzle in the life jacket. Thrusting the pen into the nozzle, the passenger deflates his jacket and gasps for breath. Seconds later, he bows in gratitude. Maiava tells him bluntly to get back to his seat.

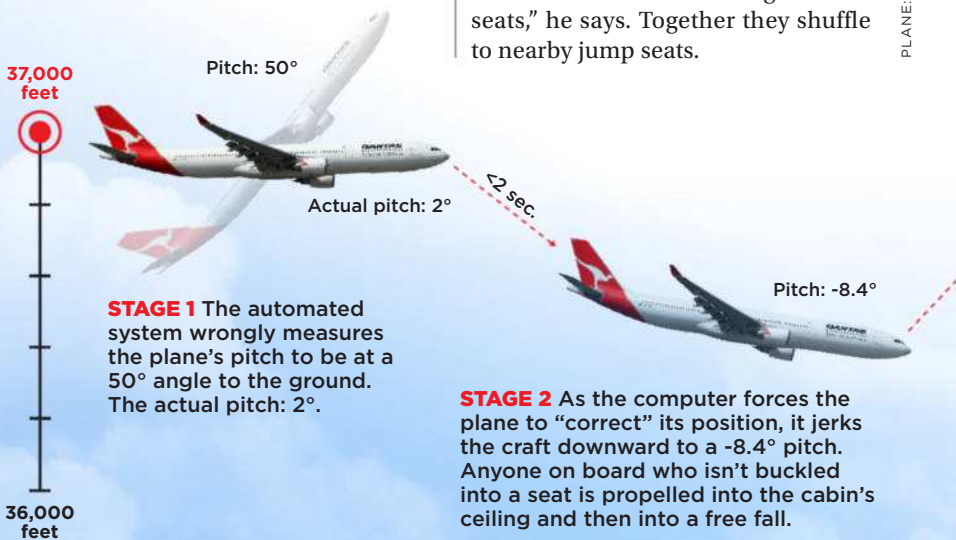
IN THE COCKPIT, overspeed and stall warnings keep ringing in the pilots' ears even as the plane recovers to 37,000 feet above the Indian Ocean. Sullivan and Hales have no idea what caused the plane to dive. The computer system does not tell them. Sullivan hand-flies as they begin responding to fault and warning messages. One of the aircraft's three primary flight-control computers—which pilots refer to as PRIMs—is faulty. They begin to reset it by flicking the on-off switch.

Then, without warning, the plane

dives again. Sullivan pulls back on his control stick and, as he did in the first pitch down, lets go. It takes several seconds for the plane to respond to the commands. In little more than 15 seconds, the Qantas jet falls 400 feet.

IN THE REAR GALLEY, Maiava senses the aircraft is about to plunge again the moment he hears a roar. In absolute fear, he locks eyes with the wife of the off-duty Qantas captain. The second nosedive—less than three minutes after the first—propels them toward the ceiling again. They avoid hitting it by hanging on to a handrail.

Four Stages of Fear and Confusion



Lying on the floor seconds later, Maiava prays death will come quickly and without pain.

"What the hell was that?" Hales exclaims to Sullivan.

"It's the PRIM," the captain replies.

A realization of their predicament has dawned on Sullivan. The flight-control computers—the brains of the plane—are supposed to keep the plane within an "operating envelope": maximum altitude, maximum and minimum g-force, speed, and so on. Yet against the pilots' will, the computers are making commands that are imperiling all on board.

In the rear galley, the wife of the off-duty Qantas captain helps her husband and Maiava as best she can. Maiava is eager to get seated. "We have to move. We have to get to our seats," he says. Together they shuffle to nearby jump seats.

Minutes later, they hear an announcement over the PA from the captain. Sullivan tells passengers he expects to land within 15 minutes at a remote airport in the Western Australia town of Learmonth, where emergency services will be waiting.

With Qantas Flight 72 diverting, Western Australia police and a small medical center kick into gear. Because of the airfield's remoteness, emergency services need at least 30 minutes to prepare. The services in the area are basic: a fire truck and two ambulances.

Yet Sullivan still does not know

Fuzzy Maiava has endured eight operations since the incident.



whether they can land. The computer system is not telling them what data it is sampling and what it is doing. Thoughts race through the captain's mind: What is my strategy? How will I stop a pitch down if it happens during landing?

Circling Learmonth, the pilots run through a checklist. The plane's two engines

are functioning. But the pilots do not know whether the landing gear can be lowered or the wing flaps extended for landing. Even if they can extend the flaps, they still have no idea how the plane will react. As much as they can, the pilots try to assert control



STAGE 3 Seconds after the aircraft dives 650 feet, the captain regains control and brings it back up to cruising altitude.

STAGE 4 Less than three minutes later, without warning, the plane drops 400 feet. It takes 15 seconds for the computer system to react to the captain's commands.

over the A330. They punch “Learmonth Airport” into the computer used for navigation. The computer shows an error. It means they will have to conduct a visual approach. The precariousness of the situation is laid bare in a lengthy summary of error messages on their screens. They include the loss of automatic braking

stay in Australia was meant to last three years. But after marrying an Australian and having a daughter, he joined Qantas.

Sullivan tries to use all that experience to bring Qantas Flight 72 down safely. Flying at 10,000 feet above the Learmonth airfield, he intends to reduce power and descend into a spiral

before lining up the runway and flying in fast in the hope of preventing another dive. Minutes later, Sullivan lowers the A330’s nose and reduces the power to idle as he begins a final approach. First Officer Peter Lipsett reminds him that the speed is greater than it should be. “Noted,” Sullivan replies tersely.



The force of the nosedives dislodged overhead compartment doors and ceiling panels.

and spoilers to prevent lift once the plane is on the runway.

Sullivan plans to rely on a strategy he practiced in fighter jets. Born in San Diego, he became a Navy pilot when he was 24. Within two years, he was flying F-14 jets from the USS *America* during the Iran hostage crisis. In 1982, he was selected for Top Gun, the Navy’s fighter weapon school made famous by the film of the same name. In 1983, he became one of the first U.S. Navy exchange pilots with the Royal Australian Air Force. His

Seventy minutes after the first dive, the wheels of the A330 scrape the runway at Learmonth. Passengers clap wildly as it glides along the tarmac. As the plane grinds to a halt, Sullivan turns to his pilots. “So a little excitement in an otherwise dull day,” he quips, imitating Arnold Schwarzenegger in *True Lies*.

The plane’s cabin looks like a scene from a disaster movie. EMTs from a nearby town nurse the passengers; compartment doors have been ripped from hinges; smashed bottles, glasses,

and baggage are strewn on the floor. "It just looked like the Incredible Hulk had gone through there in a rage and ripped the place apart," Sullivan recalled later.

QANTAS FLIGHT 72'S brush with disaster happened almost ten years ago, on October 7, 2008. The day still haunts Sullivan and Maiava. Sullivan took eight months off work. When he returned, he was hyperalert and concerned about another potential loss of control. He continued to fly, but he no longer enjoyed the job that had once defined him. He retired three years ago, after three decades at Qantas.

Like Sullivan, Maiava still suffers from post-traumatic stress disorder. He has not had paid work since the incident and suffers chronic physical and psychological injuries. "I get spasms continuously, every day, nonstop. Those are what trigger the flashbacks, the memories, the nightmares—it just hasn't gone away," he says.

UNTIL THEY PRINTED out the maintenance log after landing, the pilots did not know that the A330 had sustained ten simultaneous failures at the same moment. Instead of alerting

them to the failures, the computer system responded on its own to the faults, and Sullivan could not override it. "There was one air-data computer that went rogue," he says. "It didn't identify itself to say, 'I'm going psycho.' As a human, I should have a right to veto [the computer's commands]."

The events of October 7, 2008, are not merely about how three airline pilots found themselves fighting to save a passenger plane from itself. It serves as a cautionary tale as society accelerates toward driverless cars, trucks, and trains.

In the air, complex computer systems already oversee a new generation of planes, reducing the control of pi-

lots who spend long periods of flights keeping watch. The technology has helped make the world's ever-more-crowded skies safer. Yet, paradoxically, it is technology that threatened the lives of those on Qantas Flight 72.

"Even though these planes are super safe and so easy to fly, when they fail, they are presenting pilots with situations that are confusing and potentially outside their realms to recover," Sullivan says. "To me, it's a caution sign on the highway of automation to say, 'Hey, can you completely remove the human input?'" **R**



Passengers and crew were bounced around as if trapped inside a pinball machine.

Laugh Lines

LET'S PLAY PASSWORD!

Kenny Loggins should team up with Kenny Passwords.

🐦@JOHNMOE

Glad my car insurance company requires a ten-character password to log in. Wouldn't want someone to hack in and ... pay my insurance bill. 🐦@SORTABAD

I've just reset my password to Delicate Luggage Handler, as I was told it had to be case-sensitive.

🐦@JULIANLEECOMEDY

I hate it when I forget my password and can't answer my secret questions right. It's like I don't even know me.

🐦@KWIRYKERRI

My mother's maiden name is Password.

🐦@TYLERLINKIN

I needed a password eight characters long, so I picked Snow White and the Seven Dwarfs.

NICK HELM



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Lawyer
37%



In-Laws
71%



Mechanic
32%



Babysitter
41%



Police
64%



Grocery Cashier
36%



Handyman
30%



Next-Door Neighbor
55%



Dry Cleaner
27%

LEARNING TO Trust AGAIN

BY JOSH C. MORGAN

MY WIFE AND I WERE at a crowded grocery store not long ago. It was a weekday evening, cold and wet—and tense. People were carelessly blocking aisles, grumbling and snarling and cutting one another off with their carts. At one point, two women traded insults for several minutes after colliding in the freezer section.

Things got worse at the checkout line. The cashier scanned a man's discount card, but he misread the

← **WHOM DO WE TRUST MOST?** We asked 5,500 Americans: If you lost \$100 and it was found by someone from your life on this list, do you trust that he or she would return it to you? Here are the percentages of “yes” votes for each category.

savings on her screen as an additional charge. He decided she was acting maliciously and began to argue.

“She’s being spiteful!” he yelled. “This is un-[beeping]-believable.”

Other customers looked away as the cashier tried to reason with him. She called a manager, who escorted him to customer service. Shaken, she moved to the next customer in line.

We’ve all witnessed uncomfortable scenes like this in public places. My reaction when I see them is both personal and professional. I am a data analyst and sociologist who studies how and why people interact with one another—or why they choose not to. To me, the grocery scene was another example of how our trust in others has eroded. But it was also a teachable moment on how we can

rebuild our faith—starting with just one person.

Americans’ diminishing trust has been making news for years now. At our peak in the late 1960s, more than half (56 percent) of Americans surveyed said they thought “most people can be trusted.” By 2016, fewer than one in three agreed. Trust in our institutions—including politics, the media, and our employers—has fallen too. The United States now trails most developed countries by global measures of trust.

How can you tell whether you are a trusting person? Try this test: If you lost \$100 while running errands, would you expect someone to turn it in, or would you assume the first person

PREVIOUS SPREAD: SHUTTERSTOCK (ALL)



40 PRODUCTS FOR LIFE

What are the most trusted brands in America? *Reader's Digest* teamed up with research firm Ipsos Connect to find out. We asked 5,500 Americans which brands they trust the most in 40 categories. Here are the winners. For more on them, go to rd.com/trustedbrands.

Always
Feminine product

Aveeno
Body lotion/
moisturizer

Behr
Interior paint

**Blue Cross
Blue Shield**
Health insurance

Carnival
Cruise line

Centrum
Vitamin

Claritin
Allergy relief

Clif Bar
Nutrition bar

**CVS
Pharmacy**
Pharmacy/
drugstore

Depend
Incontinence product

Dove
Soap/body wash

Fidelity
Retirement investment service

Folgers
Coffee

Ford
Truck/van

to find it would take it?

These expectations represent two types of trust that social scientists study, and both are at the heart of the trust crisis. The first, more optimistic kind reflects what's called generalized trust. It's based on the idea that people generally share your values and would

react as you would. You know that *you* would return a lost wallet, so you have faith that you'd get yours back. (It's worth noting that people who trust others by default—people who experience more generalized trust—report being happier, healthier, and more resilient to life's ups and downs.)

The second, more pessimistic view



A TENSE
ENCOUNTER
IN THE
GROCERY
STORE LEADS
TO A LESSON
IN REBUILDING
FAITH.

is called particularized trust, meaning you tend to trust only particular people—people who believe or act the way you do. So while you know *you* would return the wallet, you also know that most people aren't like you, and therefore you wouldn't expect to get it back.

Here is the problem: In our increasingly polarized world, roughly a quarter of Americans have particularized their trust over the past 50 years. Because of this, millions of Americans have become less willing to rely on or to help most people, and they have lost confidence in the value of public services.

General Electric

Large kitchen appliance

Hilton

Resort

Home Depot

Home improvement store

Kellogg's

Cold cereal

Kraft

Salad dressing

Listerine

Mouthwash

Lysol

Bathroom cleaner

Maytag

Washer/dryer

MetLife

Life insurance

Milk-Bone

Pet treat

NyQuil

Cold and flu remedy

Olay

Antiaging skin care

Purina

Cat food

Purina

Dog food

Quaker

Hot cereal

Silk

Nondairy milk

Tide

Laundry detergent

Toyota

Hybrid/electric car

Toyota

Car

Toyota

SUV/crossover

Tylenol

Headache/pain reliever

Verizon

Wireless provider

Visa

Credit card

Visine

Eye-care product

Walmart

Mass merchandiser retail store

Weight Watchers

Weight-loss system

Because fostering trust and elevating the national conversation have long been central to *Reader's Digest's* values, the magazine has been creating surveys over the past few years to measure the country's mood. This year's survey, conducted in November 2017 with the survey company Ipsos Connect, asked Americans the hypothetical question about the lost \$100. It found that our trust in people across most professions in our lives, from mail carrier to lawyer to grocery clerk, sits well below 50 percent. (The most trustworthy: the family



“WE FELT
BAD ABOUT
HOW THAT
MAN TREATED
YOU AND
WANTED TO
BUY THIS
FOR YOU.”

doctor.) Nearly half of us didn't trust next-door neighbors or coworkers. Also telling was the fact that trust levels varied by income, by race and ethnicity, and even by location in the country. That has fed the crisis, too: What may restore trust among one group might not make sense for everyone else. There is no quick fix.

Still, I'm convinced that Americans can choose to trust one another again. I wanted to listen to people on the front lines of the issue—people out there trying to make a difference—so I began a podcast in 2014 called *The Plural of*

WHICH GROUPS HAVE FAITH IN OTHERS?

Exploring the demographic patterns in the *RD* poll

Whom do you trust more: a coworker or your next-door neighbor? It might depend on where you live, how old you are, or your gender. This year's *Reader's Digest*/Ipsos Connect survey reveals a host of fascinating demographic patterns.

American adults generally trust their family doctor, but people 55 and older trust him or her

far more than those under 35 do (80 percent vs. 68 percent). For women overall, the most trusted people aren't their doctors but their in-laws. In general, Northeasterners trust more than Southerners do (though the differences aren't large). Wealthy people are more trusting than people earning less than \$25,000, and whites are more trusting than Hispanics or African Americans.

No matter their earnings or ethnicity, one group stood out for their confidence: readers of this magazine. The survey found that folks who read us regularly have far more faith in others overall than nonreaders of the magazine. Can the *RD* trust factor become contagious? We hope so. That would make us proud.

For more data from our survey, go to rd.com/trustfactor.

You (pluralofyou.org), for which I've interviewed dozens of trusting individuals about what motivates them.

One of the most impressive people I've met is Pardeep Kaleka of Milwaukee. Kaleka's father founded the Sikh Temple of Wisconsin in nearby Oak Creek. On August 5, 2012, a white supremacist shot and killed six members at the temple, wounded four others, and then turned his gun on himself. Kaleka's father was among the dead.

Kaleka and the congregation could have easily shut out the world after the incident. Instead, they founded Serve 2 Unite (serve2unite.org), a non-profit that conducts talks and workshops on trust and unity in schools and communities across the country.

"We know the shooter wanted us to be isolated and miserable," Kaleka told me. "To battle that, we needed to get out into the broader community."

In other words, we need to learn to talk to one another,

even in uncomfortable circumstances—or, perhaps, especially then.

Back at the grocery store, my wife and I reached our flustered cashier. I grabbed a bottle of water from a nearby cooler and handed it to her. We learned her name was Beth.

"We felt bad about how that man treated you and wanted to buy this for you," I said.

Beth's face lit up, and we talked as she scanned our items. She told us she had been working that evening through severe foot pain and would be having surgery later that week. We wished her well in her recovery, and she thanked us as we left.

Those are the balancing acts, the moments of countering social and emotional pain with healing, that will add up to restore trust across the United States. You can start that pattern in someone else's life, even in a place as ordinary as the neighborhood grocery store. **R**



JOSH C. MORGAN
*is a data analyst
and sociologist
living in Baltimore. He also
hosts the podcast
The Plural of You.*



LINDA: WHAT A PRETTY NAME!

In 1947, after Jack Lawrence's song "Linda" hit number one, 5.5 percent of the girls born in the U.S. were named Linda. Since then, no baby name has become so popular so quickly. Oddly enough, the Linda who inspired the song (the daughter of Lawrence's lawyer) became even more famous in 1969 when she married a guy named Paul McCartney.

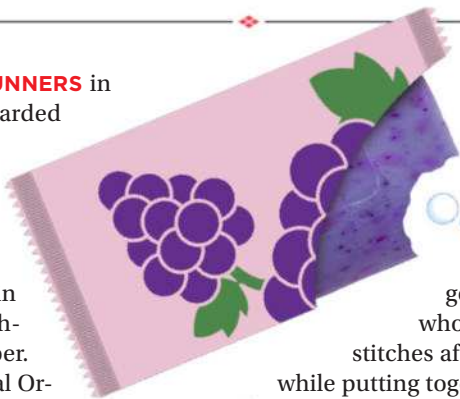
That's Outrageous!

BAD SPORTS

MARATHON RUNNERS in China were rewarded with a gift bag after the race. One of the goodies was a fruit-flavored bar ensconced in its pretty English-language wrapper. In fact, the Royal Orchard bars were fruit-perfumed soap. According to the BBC, "Witnesses report many bars of soap, all with one bite missing, dumped on the roadside." Source: bbc.com

GREAT NEWS for a player on the Gateway Grizzlies, a professional baseball team in Sauget, Illinois: With his team losing 3-0, he cracked a grand slam to take the lead! Bad news for the player: The ball sailed into the parking lot and smashed his car's windshield. Source: sttoday.com

THE NOMINEES for the craziest injuries ever: **1.** Olympic swimmer Ryan Lochte, who tore a ligament in his knee while catching a teenage fan who'd jumped into his arms. **2.** Baseball player Brent Mayne, who missed several games with



back spasms—triggered by trying to look both ways before crossing a street.

- 3.** Hockey goalie Glenn Healy, who required ten stitches after he cut himself while putting together his bagpipes.
- 4.** NASCAR driver Jimmie Johnson, who broke a wrist during a celebrity golf tournament after falling off the top of a golf cart. Source: bleacherreport.com

AN UMPIRE AT the ATP Challenger Tour in Nottingham, England, penalized tennis player Brydan Klein for calling a player on the court a “stupid, stupid person.” The player Klein was berating was ... himself. And he was right! The penalties cost him the game, set, and match. Source: msn.com

FROM FAN to fanatic: A New England Patriots fan tattooed *Tom Brady* on his lip so that the quarterback's name would always be on the tip of his tongue. Meanwhile, a Green Bay, Wisconsin, man married a woman named Packer and took her last name.

Sources: bostonmagazine.com and abcnews.go.com

SOAP: EVIKKA/SHUTTERSTOCK

If You Bought or Leased a New Vehicle, or Bought Certain Replacement Parts for a Vehicle Since 1995

You Could Get Money From Settlements Totaling Approximately \$1.04 Billion

Fifty-six defendant groups and their affiliates have agreed to Settlements resolving claims that they fixed the price of certain vehicle components. This may have caused individuals and businesses to pay more for certain new vehicles and replacement parts. These Settling Defendants deny any claims of wrongdoing.

Am I included?

You may be included if, from 1995 to 2018, you: (1) bought or leased a qualifying new vehicle in the U.S. (not for resale) or (2) bought a qualifying vehicle replacement part (not for resale) from someone other than the manufacturer of the part. In general, qualifying vehicles include four-wheeled passenger automobiles, cars, light trucks, pickup trucks, crossovers, vans, mini-vans, and sport utility vehicles. Visit the website or call for a full list of Settling Defendants and applicable time periods and to determine whether you are included.

What do the Settlements provide?

The Settlements, totaling \$432,823,040, are being presented to the Court for approval. The Court previously approved settlements totaling \$604,069,618. The Settlement Funds (minus expenses, attorney fees, and other costs) will be used to pay consumers and businesses in 30 states and the District of Columbia. The Settlements also include non-monetary relief, including cooperation, and agreements by certain Settling Defendants not to engage in certain conduct for a period of 24 months.

The 30 states are: Arizona, Arkansas, California, Florida, Hawaii, Iowa,

Kansas, Maine, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Mexico, New York, North Carolina, North Dakota, Oregon, Rhode Island, South Carolina, South Dakota, Tennessee, Utah, Vermont, West Virginia, and Wisconsin.

How can I get a payment?

You must submit a Claim Form online or by mail. There is no deadline yet to submit a claim. If you already filed a claim, you do not need to submit another claim for the same vehicle or part. You can get a Claim Form at the website or by calling the toll-free number below. At this time, it is unknown how much each Class member who submits a valid claim will receive. Payments will be based on the proposed Plan of Allocation (available at the website).

What are my rights?

Even if you do nothing, you will be bound by the Court's decisions. If you want to keep your right to sue, you must exclude yourself by **July 13, 2018**. If you do not exclude yourself, you may object to one or more of the Settlements applicable to the Settlement Class in which you remain by **July 13, 2018**. Visit the website for important information.

The Court will hold a hearing on **August 1, 2018** to consider whether to approve the Settlements. Settlement Class Counsel may also request reimbursement of costs and expenses as well as attorneys' fees of up to 25% of the Settlement Funds (minus costs and expenses). You or your own lawyer may appear and speak at the hearing at your own expense.



Leading The Way Through Alzheimer's

Gerri Taylor was determined to face
her diagnosis without shame—and to
help others like her live with dignity

BY N. R. KLEINFIELD FROM THE *NEW YORK TIMES*

IT BEGAN WITH WHAT SHE SAW in the bathroom mirror. Geri Taylor padded into the shiny bathroom of her New York City apartment and casually checked her reflection. Immediately, she stiffened with fright. She didn't recognize herself.

That was late 2012. She was 69 years old and had recently retired. For some time, she had experienced the sensation of clouds coming over her. There had been a few hiccups at her job. She was a nurse with a master's degree in public health who'd moved into administrative positions. Once, she was leading a staff meeting when she realized she had no idea what she was talking about, her mind like a stalled engine. She got past the episode by quickly handing off the meeting to a colleague.

Certain mundane tasks stumped her. She kept pulling the wrong cord on the blind in the bedroom. She got off the subway at 14th Street unable to figure out why she was there.

So yes, she'd had inklings that something was going wrong with her mind. But to not recognize her own face! This was when she had to accept a terrible truth.

She confided her fears to her husband, Jim Taylor, and made an appointment with a neurologist. The doctor listened to her symptoms, took

*She pictured
Alzheimer's
with defiance,
through a
dispassionate,
unblinking
lens.*

blood, and gave her a standard cognitive test. She was asked to count backward from 100 in intervals of seven. She had to say the phrase "No ifs, ands, or buts." He asked her to remember three common words; when he called for them later, she knew only one.

He gave a diagnosis of mild cognitive impairment, a common precursor to Alzheimer's disease. She understood it was the footfall of what would come. Alzheimer's had struck her father, an aunt, and a cousin. She had long suspected it would eventually find her.

Alzheimer's is degenerative, incurable, and democratic in its reach. Worldwide, nearly 44 million people have Alzheimer's or related dementia. People live with it for eight to ten years on average, though some last for 20 years.

The disease moves in worsening stages to its ungraspable end. That is the familiar face of Alzheimer's, the withered person with the scrambled mind marooned in a nursing home. But there is also the beginning, the waiting period.

SHE NEVER CRIED

“**T**he beginning is like purgatory,” said Geri, an effervescent woman with a round face and a froth of swirling hair. In her health-care career, she had seen Alzheimer’s in action. Now she would live it. Those who learn they have the disease often sink into a piercing black grief. They try to camouflage their symptoms from a dismissive world as they backpedal from life. But Geri pictured Alzheimer’s differently, with defiance and through a dispassionate, unblinking lens.

Crossing into the pitted terrain of Alzheimer’s made her question her purpose. Was she limited to backward glances, or could this be a new beginning?

At first Jim had trouble adjusting. He wouldn’t meet her eyes. To unfreeze the chill between them, Geri gave him a pep talk that put the present in softer perspective. She told him, “This is something that is going to develop, but it hasn’t developed yet.”

Yes, something big had happened. Yet they were still alive. Still together, with more mileage in their future. So they moved forward into their re-ordered lives.

She couldn’t know the speed of her decline. It is different with everyone. The impact appears to be determined in part by the amount of cognitive reserve each person has, the mental capabilities that one accumulates over a lifetime. She felt she had plenty of that—at least she hoped so.

Her doctor put her on Aricept, a drug designed to improve cognitive performance. It seemed to sharpen her thinking, especially in the morning, but she couldn’t really gauge how much good it did.

Her belief system was optimism. She never cried. Depression, she knew, would lead her down alleys she didn’t want to visit and held nothing for her. Instead, the disease made her hungry for living. She vowed to plunge ahead and accelerate her longtime interest in photography. See friends more. She aimed to live the most fulfilling days she could at what seemed the bleakest possible time.

STRUGGLE TO KEEP UP

Jim drew up an Alzheimer’s to-do list, a way to get things started. When to tell the kids and the grandkids. How long to keep the couple’s two homes. Advancing care needs. End-of-life decisions.

Geri was advised not to tell people of her condition: “Friends will fall away from you.” The Taylors didn’t agree. “It was my decision to let the disease be alive in my life,” Geri said. “You don’t have to just throw in the towel.”

They waited six months after her diagnosis. Then, in the summer of 2013, she told the children. They were not surprised. They had detected glitches in her memory, and now they knew their origin.

She postponed informing the grandchildren and moved on to other



Geri and Jim Taylor on their anniversary in 1993 with their children: Mark, Heidi, and Amy Taylor and Lloyd Widmer

CaringKind organization in Midtown Manhattan. She enrolled in some programs, including a photography workshop. She signed on for a Memory Works group that engaged in mind exercises. The moderator said the games would not cure anyone or forestall their decline. They were there to have fun.

Name words starting with the letter *b*.

Name foods starting with the letter *m*.

The best part was not having to mask her shortcomings.

The chumminess among these strangers was amazing. “Everyone’s laughing,” she reported, “and everyone is happy they are with people just like them, who can’t get the words out.” Sitting there in the bubbly ambience, she would sometimes think, We shouldn’t be this happy.

It was as if they were all high. High on Alzheimer’s.

COPING STRATEGIES

Geri became watchful when she was walking. Her gait had changed. She felt as if she were weaving, one wrong step away from whirling onto the floor. It was worse when she talked while walking. Once, she stumbled and fell while

relatives and friends. Some accepted the news; others quibbled. One friend combed the Internet for solutions and zeroed in on coconut oil. Geri drank it for a few weeks, detecting no benefit, and then moved on.

Although others could hardly see it, she knew better. She was slipping, the disease whittling away at her. Certain words became irretrievable; sentences refused to come out. Belongings vanished: keys, glasses, earrings. “I know the tide is going out on my memory,” she would say.

She had trouble with time. “The concept of how long it takes to do something has been lost,” she said. Her new best friend was her iPhone. She fished it out maybe 20 times a day and scrolled through the calendar and the notes she’d made to herself.

In March 2014, she went to the

conversing with friends. Her new rule: Talk only if necessary while walking.

One day she was driving in upstate New York, and she bumped into another car. Not long after, she was driving with Jim when she came upon some roadwork. A flagman motioned her to stop. Instead, she continued onward, feeling an irresistible urge to speak to the flagman. She couldn't explain her odd behavior.

That night, Jim suggested that she ought to stop driving, that she was using poor judgment. She lashed out at him, told him he used poor judgment all the time. Drove too fast. Tailgated. But the next day, once the weight of inevitability had settled in, she agreed to cut back and drive only when absolutely necessary.

A friend showed her the Find My Friends app on her iPhone. "I hope this doesn't offend you," the friend said.

"No offense," Geri replied. "I've already got it." She had set it up with Jim, allowing him to track where she was through their phones in case she got lost and had to be rescued.

She was a different person with Alzheimer's, tugged back and forth across the borders of the disease. One day things were one way, and then they were another. The

fluctuations would lead her to question herself. "It's the fraud complex that Alzheimer's people have," she said. "You have good days and bad days. And when you're having a good stretch, you think, Am I a fraud?"

But then the disease would clear its throat and remind her.

Some nights, she would walk in her sleep. She felt as if she were moving at half speed. She lost interest in buying clothes. Food also mattered less to her. She had trouble keeping up in a conversation. "When I'm talking to friends, I'll prepare," she said. "Do some research. Like make sure

to ask about the latest granddaughter."

One thing nagging at her was finding purpose in her life, a purpose to replace her career. She'd loved her work. She never wanted to simply walk the sidelines.

Photography had been a sideline for 30 years, but now she could really devote time to it. Birds were her avid interest. She put her best photos on cards and gave them as gifts.

When she immersed herself in photography, the world around her seemed to relax. With her birds, there was no need to scabble for the right word. She didn't have to talk to them. "For me, the disease doesn't exist when I'm taking pictures," she said.

"Everyone is happy they are with people just like them, who can't get the words out."

FROM THE FRONT LINES

The CaringKind caregiver workshop began in the training room. There were eight participants, Jim among them.

The moderator told the participants that eventually they would need support too. "You can only bend so far before you break," she said. She invited sharing. Driving came up. A woman said she got nervous when her husband almost ran a red light and stopped only because she yelled. Afterward, she confiscated his keys. He got furious. She relented. They were still hashing it out.

Next, the moderator said she wanted to try an exercise. She handed everyone two sheets of paper. Each contained a star drawn in double lines. She asked them to draw a line between those double lines, tracing the outline of the star. Once they finished, she asked how they felt about the experience.

Back came their answers: "Boring." "Annoyance."

She then handed everyone a small mirror. Now, on the second sheet, she wanted them to position the mirror so they could see the star in the reflection and then trace the star again while looking only in the mirror. The point was to let them experience a

taste of what it was like to have dementia, to promote understanding and empathy.

As he fumbled his way through the star exercise, Jim said, "This is like driving a U-Haul trailer in reverse."

This felt like hope—a drug that might negotiate some sort of truce with this disease.

The results were appalling, lines scooting all over the place. Again, the moderator asked how they felt.

"Frustrated." "Disoriented." A piqued woman asked, "So is this how they feel, people with Alzheimer's?"

The moderator replied, "I would put that back to you. What do you think?"

The woman was quiet. She got it. "Yes," she said softly, "I guess it must be."

SHARING THE JOURNEY

Jim read a newspaper article about an early-stage study for an experimental drug. Geri trawled the Internet and learned that part of the trial was under way at Yale New Haven Hospital in Connecticut. Soon she was in New Haven for cognition testing.

The results placed her in the mild stage of Alzheimer's, the appropriate group for the trial. A PET scan confirmed she had amyloid buildup in her brain, another prerequisite.

This felt like hope, and it had a

potent allure for her, the possibility that the drug might negotiate some sort of truce with this disease.

She wouldn't know whether she would receive the drug or a placebo, but because of the way the trial was structured, the odds of getting the treatment were high. Either way, she would be entitled to the actual drug after the yearlong study period, assuming it was effective.

Meanwhile, in February 2015, the Taylors took a winter break in Florida. They were invited to give a talk about living with Alzheimer's at a church that Jim's sister belonged to. They had at first been hesitant. But if it went well, perhaps it was something they could keep doing. Maybe how they were figuring out this disease could help others.

Three dozen people squeezed into the room. Geri sat in a chair. When she stood too long, she got tremors. Geri and Jim told about the way the disease weighed on them, how they avoided the lockdown that people with Alzheimer's went through, how they chose forward as the only sensible direction. The small details drew good laughs. How Geri kept confusing their toothbrushes and finally threw away Jim's because she couldn't figure



Geri says that her relationship with Jim is "better than ever" since learning that she has Alzheimer's.

out whose it was, even though, as she put it, "there were just the two of us."

She gave tips on how to communicate with someone with the disease: Focus on one subject; never ask several questions at the same time. When a friend pelted her with multiple questions, it left her baffled.

The audience was hushed and rapt, hearing an aging couple tell how they were torn up and united by a disease.

A man wanted to know whether she did crossword puzzles. She said she didn't; they were too frustrating.

Someone else asked, "What do you want to hear when you tell someone you have Alzheimer's?"

"I love you; anything I can do I'll do," said Geri. "The acceptance is more important than the particulars."

When they finished, the applause went on for a while.



Geri at the Walk to End Alzheimer's in Manhattan in 2015

NEW MISSION

In March 2015, Geri returned to New Haven for her first monthly infusion of the trial drug, called aducanumab. Biogen, the manufacturer, had recently announced that an analysis of 166 patients had shown positive results. The drug slowed cognitive decline and reduced plaque in the brain. Experts saw the data as encouraging. Of course, other drugs had offered initial promise only to be discarded as false leads.

In April, the doctor sat with Geri as she lay outstretched, an IV needle in her arm. She knew about the parade of failures for Alzheimer's drugs. At this point, the drug remained a question mark. It would take years to know its genuine worth.

"How are you feeling?" he asked.

"Fine."

"No itching?"

"No." She felt hopeful. It was her

inner optimism, her desire to locate a way out.

Geri and Jim gave several more talks on Alzheimer's. They were becoming apostles for how to live with the disease. But she needed to do more. She wanted to see strategies identified and shared for navigating the everyday mundanities, for wrenching survival out of this disease.

In August, Geri met with two CaringKind staff members. She gave her pitch. She didn't want a traditional support group. She wanted a group to share strategies, a peer-driven Alzheimer's tutorial. "We don't want to be done to. We want to do."

CaringKind set up a series of workshops to swap tips for living with early-stage memory loss.

The Taylors then met with the Connecticut chapter of the Alzheimer's Association and told them of their ambition to brush off the stain of Alzheimer's. They learned that the association offers to do presentations at companies. Corporate executives first say they don't think they have anyone affected, and then the association shows up and there are 80 or 90 people waiting to listen. The stigma again. The denial. People hiding it.

"If it stays hidden," said Geri, "people don't develop the strategies to

compensate for the deficits. They just slowly pass into a state of inability.”

The Alzheimer's Association staff members agreed. They mentioned a woman who couldn't remember where different dishes were stored, so she put glass doors on her cabinets. And the husband who worried his wife would get lost when they went shopping and he wouldn't recall what she was wearing, so now they wore shirts of matching color.

Geri Taylor listened to all of this, and then the association's CEO said she wanted Geri's help. Come and speak. Become one of their champions. Maybe become a representative to the national organization.

Geri's face crinkled up, and she began to cry. For what she wished more than anything was for people with Alzheimer's not to live in shame but in nobility and to learn ways to carry

on. This woman was telling her she wished for it too.

More than three years had rolled by since Geri hadn't recognized her face in the mirror and began to wonder what would fill her days. Now, with her involvement in the Alzheimer's Association, here was the answer. This would be her second act, something that drew on her healthcare career: helping others deal with the darkness of Alzheimer's.

Having purpose as the stabilizing force. And Alzheimer's itself, she realized, could be her purpose.



Geri Taylor continues to work with the Connecticut and New York City chapters of the Alzheimer's Association. She is a national spokesperson for the organization, sharing her story to raise awareness of the disease and advocating for more Alzheimer's research. **R**

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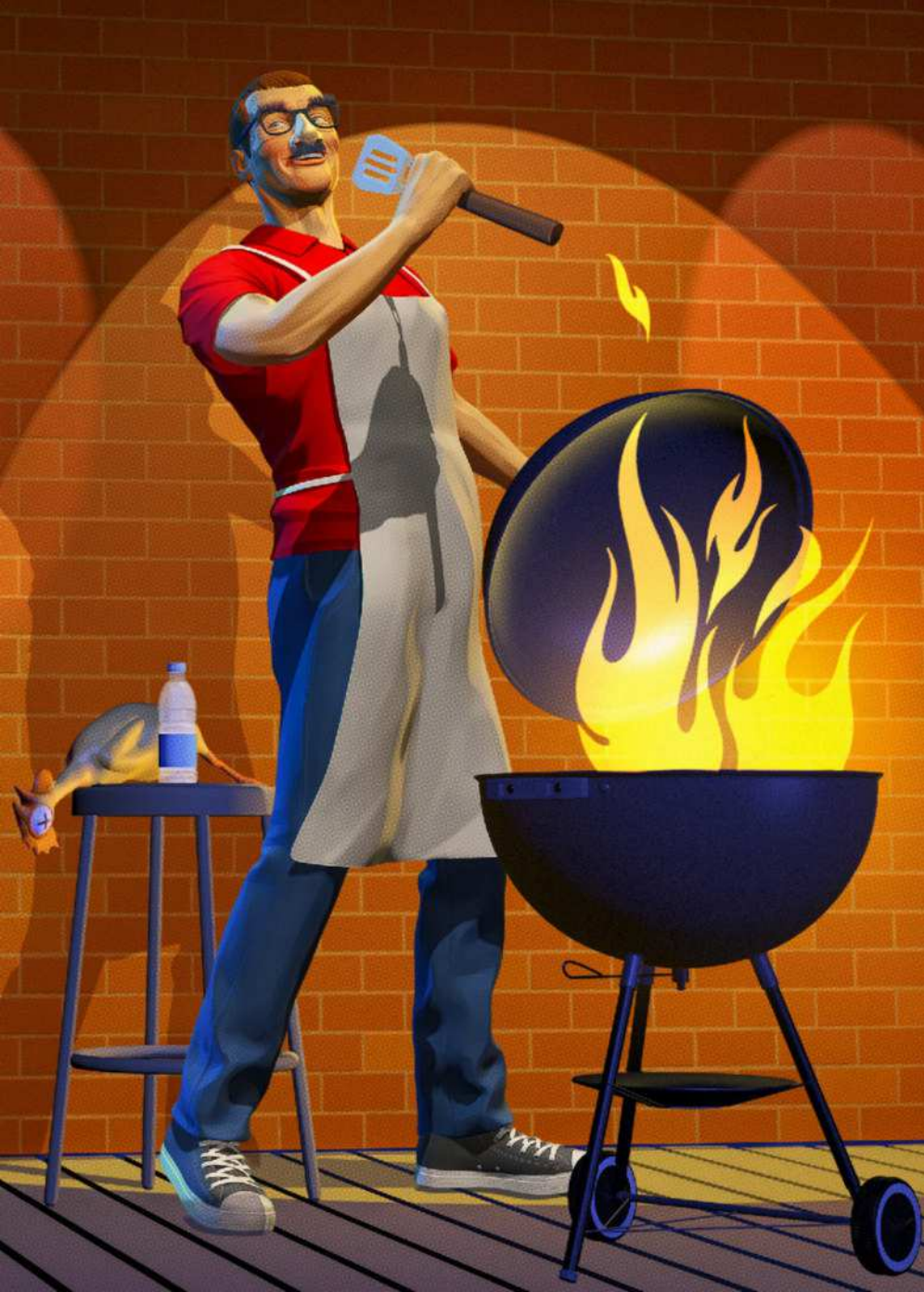


KEEP YOUR HANDS AND FEET TO YOURSELF

SEVEN-YEAR-OLD SON: “Dad, she's kicking me!”

NINE-YEAR-OLD DAUGHTER: “Am not ... I was just high-fiving him with my feet!”

 @DADBITS



Sure, his gags are cringeworthy.
But that just makes growing up around
him more memorable.

DAD JOKES!

(You've Been Warned)

EDITED BY ANDY SIMMONS

MY FATHER IS A proud practitioner of “dad jokes,” gags so corny they’re guaranteed to make you groan while he grins with glee. Dad can reel off awful gags with the best of them (“What do you call a man with a rubber toe? Roberto”), but his specialty is something even more maddening.

An example: When I was young, I chose a car trip with him to broach a prickly subject.

“Dad, yesterday—”

Suddenly, my father broke into song: “*Yesterdaaaayyyyyy*, all my

troubles seemed so far awayyyyyyy!!!”

I continued. “At school, I got in trouble with—”

Dad: “Oh, we got *trouble*, right here in River City! With a capital *T* that rhymes with *P* and that stands for po-o-o-o-o-!!!”

“No, Dad, stop—”

“In the name of lo-o-o-ve ...”

For this Father’s Day, we asked our readers for their favorite dad jokes. Here are the sometimes funny, sometimes eye-roll-inducing, and almost always sweet stabs at humor that had folks recalling their childhoods fondly.



WHEN I WAS 12, my father told me a terrible story that had happened at the gas station that day. "I was pumping gas when I noticed this small dog licking up a puddle of gasoline off the ground," he said. "All of a sudden, the poor thing started running around the car as fast as he could. He kept running and running until he finally just dropped to the ground right in front of me."

I gasped, "Oh no. Was he dead?"

Dad shook his head. "No, he just ran out of gas."

Dad was quite pleased with himself over that one. **BILL WOODMAN,**
Bridgewater, Massachusetts



EVERY YEAR—every single year!—when we're getting the garden ready, I can be sure Dad will say, "I'd like to grow seedless watermelon, but I can't find the seeds!"

CHRISTOPHER FISHBEIN,
Selinsgrove, Pennsylvania



I GREW UP hearing my dad tell a joke about a Mrs. Dunn, whose son, Timmy Dunn, had left Ireland for America, never to be heard from again. She discovered that Mike O'Malley was leaving for America and asked Mike to look for Timmy and tell him to write to her. Well, Mike looked for Tim everywhere he

went, asking many a man whether he was Timmy Dunn, but to no avail. Then one day in a men's room, a man walked out of a stall. Mike asked him, "Are you Dunn?"

The gentleman said, "Yes."

Mike replied, "Well, why don't you write to your mother?!"

When my 12-year-old brother heard Dad tell the joke for the hundredth time, all of sudden, he started laughing. "I finally got it!"

SUSAN WALL, *Lynbrook, New York*



ONE NIGHT, the phone rang, and Dad answered it. On the other end was an obscene phone caller. Dad listened for a few seconds before telling my mother, "It's for you," and handing her the phone.

TONYA BRANTLEY, *Evansville, Indiana*



MY DAD'S FAVORITE joke is indelible: Joe is a new man on a construction crew. The first day on the job, he opens his lunch box and mumbles, "Oh no, peanut butter!" The next day, "Peanut butter again!"

This goes on for days, until another worker says, "Why don't you ask your wife to make a different lunch?"

Joe replies, "I'm not married. I make my own lunch."

Whether or not anyone else laughed, Dad certainly did.

RONALD D. STIEGLITZ, *Green Bay, Wisconsin*



WHEN MY DAD got out of the Army, a friend gave him a job as a “diesel fitter” at his ladies’ undergarments factory. On Dad’s first day, the friend took him to the production line where he would be working. The friend explained that as a diesel fitter, my dad’s responsibility would be to pick up each garment as it came off the line, look it over, and then hold it up and announce, “Yep, deez’ll fit ’er!”

At least, that’s the story my dad told a thousand times.

MARYBETH MARTENS COBBLE,
Lexington, Virginia



AS MY SISTER and I were counting the cows in a pasture, Dad glanced over at the herd and said, “There are 127.” “How’d you know?” we asked. He replied, “I counted their legs and divided by four.” Decades later, my kids give me the

same look I gave my dad every time I pull that same gag.

GEORGE BROWN, Tallahassee, Florida



MY MOTHER was hard of hearing and wore a hearing aid that she removed at bedtime. My dad would wait till she had put it on her nightstand and say, "Do you want to go to sleep or what?" Not being able to hear, she would inevitably respond with "What?" And that, my dad joked to me on numerous occasions, is the explanation for why I come from a very large family. **MIMI WRIGHT**,

Cincinnati, Ohio

"In his lifetime, this man told thousands of jokes, but they were always the same one."



WHEN I was in high school in the '70s, Dad said he'd just heard my favorite group on the radio, Carrying Grain. The band was Hall & Oates, and this gag perfectly sums up my father's sense of humor.

MATT RIZZO, Eagan, Minnesota



MY FATHER AND I were in the snowplow he drove for work when I saw a switch encased in a box. "What's this for?" I asked.

"It's to turn red lights green," he replied. As we reached a red light, he pointed to the box. "Try it."

I hit the switch, and it worked—the light turned green!

Only much later did I find out that it was his garage-door opener.

HEIDI BERG, Rapid River, Michigan



IF MY FATHER was in a doctor's waiting room and saw another old-timer looking dejected, he'd shuffle up and tell him, "A rabbit goes to the dentist, and the dentist says, 'I need to pull a tooth, but I'll give you Novocain.' The rabbit answered, 'Uh-uh! Not me, Doc. I'm an ether bunny.'" **LISA ANN TURAY**,

Littleton, Colorado



MY FATHER liked to say, "I'm bald because a good man always comes out on top." Dad loved to make people laugh. At his funeral, the preacher said, "In his lifetime, this man told thousands of jokes, but they were always the same one." **M. T.**, via e-mail



MY DAD WAS not a jokester, but his fun side did come out once in a while. When I was 12, he took me to a Chicago White Sox game with a group from a local tavern. The game between the Sox and the Indians was in the ninth inning, with the Sox ahead by a run. I was having so

much fun, I said, "I hope the Indians tie the game in the ninth."

The die-hard Sox fans we were with were horrified, but not Dad. He started cheering for the Indians to score, even as the men yelled, "Cut it out; you're a Sox fan!"

The Sox ended up winning, everyone was happy, and my dad and I laughed all the way home.

I miss him tremendously.

RICK BRUECKMANN, Lemont, Illinois



IF IT WAS A blustery day, you could be sure to hear my dad remark, "It was so windy today, I had to wrinkle my forehead and screw my cap on to keep it there!"

JOANN EVJEN, Dawson, Minnesota



HERE'S MY favorite dad joke, with me as the dad: Every Sunday on the way to church, we would have to stop at a railroad crossing. And each time, I'd tell my 12-year-old daughter, "A train just went by. Know how I can tell? It left its tracks." I got a moan the first

couple of Sundays. After a while, every time we'd pull up to the crossing, all I had to do was look in the rear-view mirror and she would smile.

My daughter is now a college graduate and lives out of state, but every time I cross those tracks, I think of her.

MIKE VANLOO, Belding, Michigan



MY DAD USED to sing little ditties. This was my favorite:
*There was a young lady named Mabel.
She danced on the dining room table.
Her face grew red,
When the gentleman said ...
"Look at the legs on that table!"*

CLO DODGE, Sacramento, California



WHAT I REMEMBER most about my dad's jokes is my mother's reaction. While everyone else was howling at one of his punch lines, my mom would always respond, "Bernard, no one thinks you're funny."

NEDRA CAWLEY, Riverton, New Jersey



FROM THE ATLAS OF APATHY

Bland Shire, Australia—a community of nearly 6,000 in New South Wales—is a sister community of Boring, Oregon, and Dull, Scotland. The group was affectionately called a "trinity of tedium" by a Scottish newspaper.

Source: lonelyplanet.com

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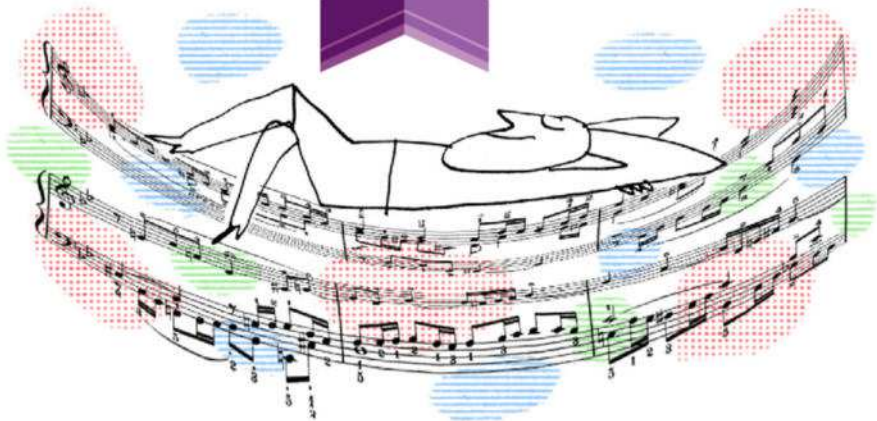
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WHO KNEW



13 Incredible Ways Music Benefits You

BY MICHELLE CROUCH

1 Listening to happy music at work can help you complete tasks more quickly, especially if you're doing something repetitive such as checking e-mail or filing documents. One study showed that the accuracy and efficiency of surgeons improved when they worked with the music of their choice in the background. Cornell University researchers also found that upbeat tunes help workers cooperate and

make group decisions that contribute to the good of the team.

2 Music decreases levels of the stress hormone cortisol just as well as massage therapy does, according to a small 2010 study. Scientists randomly assigned anxious patients to listen to music either during massage therapy or while lying in a dim room. After three months, those who just listened to music

experienced the same drop in anxiety as those who also got massages.

3 Listening to music before surgery has been shown to ease anxiety and limit the need for sedatives. After surgery, it helps reduce pain. An analysis of 73 studies published in the *Lancet* in 2015 confirmed that listening to music before, during, or after surgery improves anxiety and pain levels, which in turn means less pain medication.

4 People come up with more creative solutions when they listen to happy, upbeat music than when they sit in silence, according to researchers from the Netherlands and Australia. It may be because music improves your brain's flexibility or because it relaxes you enough for the creative juices to flow. But don't play the music too loudly; research also has found that moderate volume provides the creativity sweet spot.

5 When you listen to music, your brain releases dopamine, the same neurotransmitter that's released when you eat chocolate, have sex, or use cocaine. It's also associated with being in love. One small study found that just the anticipation of knowing the best part of a song is coming can get the dopamine flowing.

6 Feel like quitting a workout? Whether you're running, biking, or

walking, you'll go farther if you pump up the jams, studies have found. Music distracts you from your discomfort and motivates you to stay with the beat. The effect is so profound that the author of a 2012 review examining the psychological effects of music on exercise called music "a type of legal performance-enhancing drug."

7 That rush of energy you feel when you put on your best power song is real. College-age men who were studied doing squats while listening to a favorite song took off more explosively and performed reps at greater speeds than those doing them in silence, one study found. People also sprint faster and hold heavy weights longer when listening to music.

8 Lullabies aren't just for babies. Listening to music before bed can help you fall asleep faster, wake up less often during the night, and feel more rested in the morning, according to the National Sleep Foundation. In one study conducted in Taiwan, seniors with sleep problems who listened to 45 minutes of soft, slow music before bed reported a 35 percent improvement in the duration of their shut-eye and less dysfunction throughout the day.

9 Music has been used to heal for centuries, and now we're learning why it works. The latest meta-analysis of 400 studies finds

that listening to music promotes the body's production of an antibody (called immunoglobulin A) that attacks viruses and bacteria, as well as natural "killer cells," which kill invading viruses and cancerous cells.

10 Time does fly when you're listening to music: Scientists have shown repeatedly that people judge a period of waiting as shorter when music is playing. Retailers use that to their advantage, playing music so you stay longer and spend more. For instance, more drinks and food are sold in bars and restaurants when music (especially slow music) is played. And grocery sales increase by 38 percent when the background music is slow.

11 Listening to music that brings you joy causes blood vessels to expand, increasing blood flow and improving cardiovascular health, a University of Maryland study found. The average upper-arm blood vessel diameter of people in the study increased 26 percent after listening to joyful music. A separate review of 26 studies covering almost 1,400 heart

disease patients found that music reduced heart rate, blood pressure, and anxiety.

12 In one study, adults who focused on childhood melodies while receiving safe electric shocks decreased their pain by 17 percent overall. Other studies show that music may reduce pain for fibromyalgia and cancer patients. It works on kids, too: Children who listened to soothing and/or upbeat music while having an IV inserted reported less pain and distress compared with those who had the procedure in silence, according to a study in *JAMA Pediatrics*.

13 Maybe you've heard about Alzheimer's patients coming alive when they hear a song from their past. Studies show that music helps them retrieve memories, communicate more effectively, and remember who they are. Singing is particularly powerful; George Mason University researchers demonstrated that Alzheimer's patients who regularly belt out their favorites may boost their cognitive function over time. **R**



WEIGHING IN

My wife caught me standing on the bathroom scale, sucking in my stomach. She laughed and said, "That's not going to help." "Sure it will," I replied. "It's the only way I can see the numbers."

@MADAZZAHATTER on reddit.com

OVERACTIVE BLADDER?

If you experience minor leaks or a sudden urge to urinate, help is now available. 25 million Americans suffer from incontinence problems, which may lead to a limiting of social interactions to avoid embarrassment.

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"Love these pills. It is the first thing in a long, long time that is helping me. Thank you!" Margeret S., FL.

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Do you suffer from burning, tingling or stabbing pain in your feet? You should know help is available. Many are suffering from these symptoms and live in pain because they are not aware of this proven treatment.

MagniLife® Pain Relieving Foot Cream contains eucalyptus oil and yellow jasmine, known to relieve tingling, burning, and stabbing pain while also restoring cracked, damaged, and itchy skin. *"It's the ONLY product that helps relieve the burning, and tingling*

feeling in my feet!" - Mable NY.

MagniLife® Pain Relieving Foot Cream is **sold at Walgreens, CVS, Rite Aid, Kroger and Walmart**, in the footcare and diabetes sections. Order risk free for \$19.99 +\$5.95 S&H for a 4 oz jar. **Get a FREE jar** when you order two for \$39.98 +\$5.95 S&H. Send payment to: MagniLife NC-RD2, PO Box 6789, McKinney, TX 75071, or call **1-800-246-9525**. Satisfaction guaranteed. Order at www.MDFootCream.com

SCIATICA BACK OR LEG PAIN?

Are radiating pains down the back of your leg or pain in your lower back or buttocks making it uncomfortable to sit, walk or sleep? Many are suffering unnecessarily because they are not aware of this proven treatment.

MagniLife® Leg & Back Pain Relief combines four active ingredients, such as Colocynthis to relieve burning pains and tingling sensations. Although this product is not intended to treat sciatica, it can help with the painful symptoms. *"I am absolutely amazed*

at how it works and how fast it works." - T Martin. Tablets dissolve under the tongue.

MagniLife® Leg & Back Pain Relief is **sold at Walgreens, CVS, Rite Aid and Walmart**. Order risk free for \$19.99 +\$5.95 S&H for 125 tablets. **Get a FREE bottle** when you order two for \$39.98 +\$5.95 S&H. Send payment to: MagniLife S-RD3, PO Box 6789, McKinney, TX 75071 or call **1-800-246-9525**. Money back guarantee. Order at www.LegBackPain.com

Gadzooks! The Surprising Sources Of Great Sayings

BY JACOPO DELLA QUERCIA



WHEN EXACTLY do “the cows come home”? Who was the first person to “steal someone’s thunder”? English is full of colorful expressions that have lost the connection to their delightful origins. That said, when you learn the checkered past of some of these phrases, you might think twice about using them.

“To steal one’s thunder”

Thor and young-adult demigod Percy Jackson may be fiction’s most celebrated thunder stealers, but it was an 18th-century dramatist named John Dennis who popularized the phrase. Dennis invented a device to simulate the sound of thunder for his plays—so clever that a rival dramatist copied his method for a production of *Macbeth*.

“Eternal curses light on these scoundrels!” Dennis is said to have declared. “They have stolen my thunder and don’t know how to roll it!”

“Let the cat out of the bag”

Who would even put a cat in a bag? The answer may lie in medieval markets, where people used to sell piglets tied in bags for farmers to carry

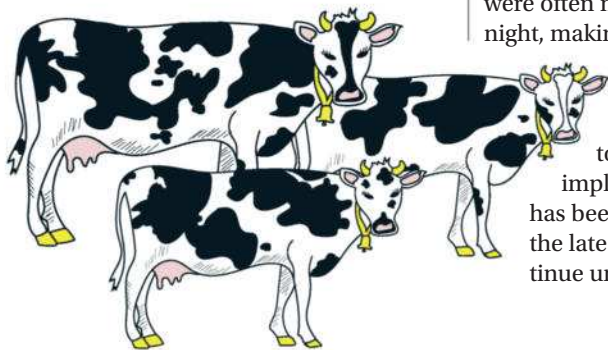
home. A shady dealer might swap the piglet in the sack with a less expensive animal, such as a cat. So when you let the cat out of the bag, you were exposing the con to everyone.

“The seven-year itch”

Before the phrase became associated with Marilyn Monroe’s iconic skirt, the “seven-year itch” felt much worse than a playful subway breeze. The term originally referred to scabies, an itchy infection caused by mites burrowing underneath a person’s skin. Its “seven-year” moniker referred to how long the bugs could linger. Yuck!

“The cold shoulder”

Giving someone “the cold shoulder” may have originally meant giving someone a meal—a lousy one. Serving a guest a cold shoulder of mutton (an inexpensive, undesirable dish in the early 19th century) was a subtle way to get rid of him or her. As Sir Walter Scott said in his 1823 novel *St. Ronan’s Well*, “I must tip him the cold shoulder, or he will be pestering me eternally.”



“Gadzooks!”

“Zounds!” “Egad!” “Cripes!” These silly exclamations, called minced oaths, were originally Bible-friendly alternatives to swearing. The idea was that if you shouted “Gadzooks!” instead of “God’s hooks!”—a reference to the nails from the Crucifixion—you could stub your toe without running afoul of the third commandment. Other minced oaths: *gosh* (“God”) and *jeepers* (“Jesus”). Christians have been shouting *gadzooks* since the 1690s.

“Blood is thicker than water”

You probably think this means you should always put family ahead of friends. In fact, it originally may have meant the opposite. The full maxim was “The blood of the covenant is thicker than the water of the womb,” with *covenant* referring to friendship. In other words, it was your friends—your blood brothers, if you will—who were with you through thick and thin.

“Till the cows come home”

Clearly, this has to do with cattle curfews, right? It sort of does. Cows were often milked in their barns at night, making that task one of the last on a farmer’s to-do list (but let’s hope he wouldn’t wait forever to do the job, as the phrase implies now). The expression has been around since at least the late 1500s and is likely to continue until ... well, you know. **R**

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IT PAYS TO INCREASE YOUR

Word Power

Do you know your adze from your auger? And what exactly is a grommet? Sharpen your verbal edge by mastering these words related to construction and tools, then check the shed—or the next page—for answers.

BY EMILY COX & HENRY RATHVON

- 1. serrated** ('seh-ray-ted) *adj.*—A: primed for painting. B: toothed like a saw. C: waterproof.
- 2. vise** (viys) *n.*—A: clamp that holds an object in place. B: mechanism to lift a car. C: flaw in building materials.
- 3. adze** (adz) *n.*—A: ax-like tool with a curved blade. B: small rubber mallet. C: piece of scrap wood.
- 4. flanged** (flanjd) *adj.*—A: sealed with wax. B: with a protruding rim. C: wound tightly.
- 5. torque** (tork) *n.*—A: twisting force. B: mechanical failure. C: electrical current.
- 6. auger** ('ah-ger) *n.*—A: master woodworker. B: spiral drill bit. C: sailor's knife.
- 7. dowel** (dowl) *n.*—A: toilet plunger. B: peg. C: paint roller.
- 8. ferrule** ('ferr-uhl) *n.*—A: beveled edge. B: tape measure. C: protective cap.
- 9. cambered** ('kam-berd) *adj.*—A: encircled. B: arched. C: stained.
- 10. gauge** (gayj) *n.*—A: deep groove. B: plumber's wrench. C: measuring instrument.
- 11. loupe** (loop) *n.*—A: cutter. B: gripper. C: magnifier.
- 12. awl** (all) *n.*—A: pointed tool for piercing holes. B: large wheelbarrow. C: system of pulleys.
- 13. casters** ('kass-terz) *n.*—A: swiveling wheels. B: ball bearings. C: fishing reels.
- 14. grommet** ('grah-meht) *n.*—A: ring that reinforces. B: copper pipe. C: gutter.
- 15. kludge** (klooj) *n.*—A: blueprint. B: makeshift solution. C: tangled wire.

 To play an interactive version of Word Power on your iPad, download the Reader's Digest app.

Answers

1. serrated—[B] toothed like a saw. The fiery dragon's back was *serrated*, its claws razor-sharp.

2. vise—[A] clamp that holds an object in place. Before sanding the board, Louisa secured it in a *vise*.

3. adze—[A] ax-like tool with a curved blade. *Adzes* have been used to shape wood since the Stone Age.

4. flanged—[B] with a protruding rim. Bobby's model train has *flanged* wheels to keep it on the tracks.

5. torque—[A] twisting force. If you use the wrong *torque* setting on your drill, you could strip the screws.

6. auger—[B] spiral drill bit. To fish in the winter months, anglers use *augers* to bore holes in the ice.

7. dowel—[B] peg. Ethan decided to construct the birdhouse using wooden *dowels* instead of nails.

8. ferrule—[C] protective cap. Your hatchet's handle wouldn't have split if you'd braced it with a *ferrule*.

9. cambered—[B] arched. The highway

is *cambered* in the middle to promote runoff of rain.

10. gauge—[C] measuring instrument. Christine used a homemade rain *gauge* to track the precipitation in her yard.

11. loupe—[C] magnifier. After examining the antique ring with his *loupe*, the appraiser determined the stone was glass.

12. awl—[A] pointed tool for piercing holes. Jerry used an *awl* to poke through the tough leather.

13. casters—[A] swiveling wheels. The heavy-duty *casters* on the dolly really helped make the move easier.

14. grommet—[A] ring that reinforces. Everything in Ashley's bathroom is pink, from the towels to the custom *grommets* she installed on the shower curtain.

15. kludge—[B] makeshift solution. I've patched together some of these cables; it's a bit of a *kludge*, but it just might work!

QUICK FIXES

What's the difference between *jury-rigged* and *jerry-built*? Not much—they both mean “hastily constructed.” But *jury-rigged* suggests a clever makeshift, perhaps deriving from the Latin *adjutare* (“to aid”) or the French *jour* (“day”), suggesting a short-term fix. *Jerry-built*, however, implies a shoddy job, though no one's quite sure who “Jerry” was.

VOCABULARY RATINGS

9 & below: apprentice
10-12: artisan
13-15: master

Advertisement

How To: Fix Your Fatigue and Get More Energy

Founder and Director **Dr. Steven Gundry** is a world-renowned heart surgeon, a best-selling author, and the personal physician to many celebrities. But his breakthrough could be the most important accomplishment of his career.

Dr. Gundry has unveiled a simple — yet highly effective — solution to issues that plague millions of Americans over 40: low energy, low metabolism and fatigue.

“When you’re feeling low energy, that’s your body screaming **HELP!**” Dr. Gundry’s radical solution was inspired by a breakthrough with a “hopeless” patient who had been massively overweight, chronically fatigued and suffering from severely clogged arteries.

The secret to his breakthrough? **“There are key ‘micronutrients’ missing from your diet,”** Dr. Gundry said, “If you can replenish them in very high dosages, the results can be astonishing.”

Users of this new method is what led Dr. Gundry to create an at-home method for fatigue.

“They’re reporting natural, long-lasting energy without a ‘crash’ and they’re feeling slim, fit and active,” he revealed yesterday.

Dr. Gundry’s team released a **comprehensive video presentation,**



so that the public can be educated as to exactly how it works.

Watch the presentation here at **www.GetEnergy56.com**

Within just a few hours, this video had gotten thousands of hits, and is now considered to have gone viral. One viewer commented: “If this works, it’s exactly what I’ve been praying for my whole life. I’ve never seen anything like it before...the truth about my diet was shocking and eye-opening.”

It makes a lot of sense, and it sounds great in theory, but we’ll have to wait and see what the results are. Knowing Dr. Gundry, however, there is a great deal of potential.

See his presentation here at **www.GetEnergy56.com**

Humor in Uniform



"When did 'At ease' become 'Chill'?"

DURING WORLD WAR II, my father often found himself stuck with KP duty. One day, convinced he could improve things, he told the head cook, "If you give me a paring knife, I could peel these potatoes faster."

The cook turned slowly to my father and said, "Son, you're in the Army. You have plenty of time."

JACK GIRARD, *Plymouth, Massachusetts*

DAD ALWAYS bragged about the gunners on his ship. Once during target practice, an unmanned drone flew past an antiaircraft cruiser. The

cruiser opened up, shells furiously flying all around the drone but not hitting it. Then came Dad's ship's turn. The gunners' very first shot sent the drone into the water!

Forty years later, Dad met the man responsible, and he told him how impressed he had been. "Yeah, I got in a lot of trouble for that," the gunner said. "Turns out we were supposed to shoot around it, not hit it."

PATRICK MCSHERRY, *Lancaster, Pennsylvania*

Your military anecdote might be worth \$\$\$! For details, go to page 3.

Consumers with Public Records on Their TransUnion Credit Reports

Could Be Affected by a Class Action Settlement

TransUnion agreed to settle litigation claiming it included inaccurate public records on its credit reports and failed to disclose the vendor from whom it obtained public record information. TransUnion denies that it did anything wrong.

Are you included?

You are included if you: (a) requested your TransUnion credit report between May 20, 2009 and March 23, 2018, and it included a public record (such as a bankruptcy, judgment, or tax lien); or (b) TransUnion sent your credit report to a third party between July 5, 2014 and March 23, 2018, and the report contained a tax lien or civil judgment that was inaccurate or did not belong to you.

What does the Settlement provide?

TransUnion will establish an Alternative Dispute Resolution Program (“ADR Program”) for consumers who were injured by a TransUnion credit report containing an inaccurate civil judgment or tax lien. If you are able to show you were injured, you can get an automatic payment of at least \$1,500. TransUnion will also stop reporting civil judgments and tax liens for a period of time and will disclose its public records vendors.

How can I participate in the ADR Program?

The ADR Program will be available for 18 months after the effective date. Details will be posted on the Settlement website.

What are my rights?

This Settlement only releases the right to bring these claims on a class action basis. It will not impact individual claims. However, if you accept a payment in the ADR Program, you will release your individual claims as well. Even if you do nothing, you will be bound by the Court’s decisions. You may object to the Settlement by **July 31, 2018**.

The Court will hold a hearing on **August 29, 2018** to consider whether to approve the Settlement and requested attorneys’ fees. You or your own lawyer may appear and speak at the hearing at your own expense.

For More Information:

1-844-718-2692 www.TUPublicRecordSettlement.com

Quotable Quotes



**I WISH I HAD
TREASURED THE
DOING A LITTLE MORE
AND THE GETTING IT
DONE A LITTLE LESS.**

ANNA QUINDLEN, writer

**I've been very lucky
in my life in terms
of people who are
able to tolerate me.**

PATTON OSWALT, comedian

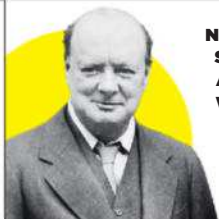


**You can't move mountains
by whispering at them.**

PINK, singer

**It is the greatest of
all mistakes to do
nothing because you
can only do little.**

SYDNEY SMITH, English preacher



**NOTHING IN LIFE IS
SO EXHILARATING
AS TO BE SHOT AT
WITHOUT RESULT.**

**WINSTON
CHURCHILL,
British prime
minister**

**Art isn't your pet—it's your kid.
It grows up and talks back to you.**

JOSS WHEDON, screenwriter

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