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Pour une mise à jour sur la santé de la caisse du RPC, consultez le site investissementsrpc.com.

Reader's Digest

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Quiet
Is Good
for You
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CANADA'S
MOST-READ
MAGAZINE

MARCH 2021

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For B.C.'s
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happiness
starts with
helping others

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(PHOTO) MAY TRUONG; (ILLUSTRATION) LAUREN TAMAKI



EDITOR'S LETTER

Happier Places

To the ancient Greeks, trauma meant physical harm to the body. Today, the first thing that comes to mind is, well, the mind: we talk about the psychological trauma of death and illness, of environmental catastrophes and of workplace harassment, among other unwanted experiences.

Trauma is everywhere right now. Mental-health experts are warning us about the long-lasting impact of the pandemic's toxic brew of isolation, anxiety and grief. One study estimates that Canadian depression rates are four times higher than they were before the pandemic. All this stress and

empty time has led to a surge in alcohol consumption and drug abuse, with Ontario doctors predicting a rise in opioid-related deaths. There's also talk of a "shadow pandemic" of domestic violence: one Toronto women's hotline received 55,000 calls, nearly double the usual volume, between last March and September.

For many Canadians, even the low-level dread that we may never return to "normal" feels traumatic. For this month's cover feature, "Find Your Happy Place" (page 30), we interviewed psychologists and medical experts on the best methods to build your personal resilience and embrace a positive outlook. Their tips are practical and straightforward—but the effects can be profound. To start, cut back on Facebook, help a neighbour and take a daily walk. Because one of the surefire cures for any trauma, physical or mental, is self-care.



A handwritten signature in black ink that reads "Mark".

P.S. You can reach me at mark@rd.ca.

DANIEL EHRENWORTH

Reader's Digest

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Martel has written about the people and places of Western Canada’s mountain community for 25 years. Her 2008 book, *Expedition to the Edge: Stories of Worldwide Adventure*, was a finalist for the Banff Mountain Book Competition. Martel’s work has also appeared in *Canadian Geographic* and *Gripped Magazine*. Read an excerpt from her latest book, *Stories of Ice*, on page 86.



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“Fact Check”

Hanmer’s energetic work has been published in *The New York Times* and *National Geographic Kids*. He has illustrated several children’s books, including 2020’s *Trending: How and Why Stuff Gets Popular*. Hanmer’s work is displayed in both private and corporate collections through the Canada Council Art Bank. Find his latest illustration on page 14.



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“Five Times I Shouldn’t Have Used Stilts”

Hannigan’s illustrations, which can best be described as whimsical and vibrant, have appeared in *The New Yorker* and *Medium*. She has received the Warby Parker Visionary Scholarship from the Society of Illustrators and won the 2020 Exploration Category Award for New Talent at the World Illustration Awards. See her drawing on page 84.



LEAH RUMACK
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“Go With the Flow”

Rumack is an award-winning writer who has been published in *The Globe and Mail*, *Elle* and *enRoute*. She specializes in beauty, women’s health, travel and parenting. Rumack has also been a producer for CBC’s *Marketplace*, as well as a writer for *Trailblazers*, a podcast hosted by author Walter Isaacson. Check out her tips on how to be more spontaneous on page 74.

(MARTEL) GRACE GORMAN PHOTOGRAPHY

LETTERS

GOING HOME AGAIN

Reading the editor's letter in the December 2020 issue brought to mind my husband's roots. George, now 76 years old, has lived in Toronto for many years but still recalls growing up in Glace Bay, N.S.—playing baseball, fishing with his uncle and then working at the post office. We had wanted to visit last summer, as my husband would love to see his birthplace again, but then the pandemic hit. Hopefully next summer.

— JANICE HABASINSKI, *Toronto*

CLARIFICATION

The January/February Editor's Letter incorrectly stated that no COVID-19 vaccines "have been shown to be safe or effective." Because of our printing schedule, the issue was finalized before Health Canada approved any vaccines. We regret if this caused any confusion.

CONTRIBUTE

Send us your funny jokes and anecdotes, and if we publish one in a print edition of *Reader's Digest*, we'll send you \$50. To submit, visit rd.ca/joke.

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THIS OLD DOG

"The Truth About Pet Adoption" (December 2020) is bang on. I'm a foster coordinator for Before the Bridge Senior K9 Rescue, and I'm glad this article shows that it's not all unicorns and butterflies when adopting a pet. Thank you for sharing what needed to be shared. P.S. Senior and rescue dogs rock!

— AMY MCGOWAN, *Winnipeg*



A GOOD DOCTOR

Thank you to Lisa Bendall for her December 2020 "What's Wrong with Me?" article. I can't help but think how lucky Vera was to have been sent to Dr. Adrian Baranchuk after the first emergency room physician believed she just had a common skin infection instead of Lyme carditis. It's great to read about a doctor who listens carefully to what a patient is saying even when the facts might point them in another direction. Well done, Dr. Baranchuk.

— BRIAN KEEPING, *Mulgrave, N.S.*

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How seniors are forming their own retirement communities—without leaving home

Join the Club

BY Vanessa Milne

PHOTOGRAPH BY MAY TRUONG

IN 2007, as part of her work at the Council on Aging in Kingston, Ont., Christine McMillan interviewed seniors in the city about their most pressing needs. A couple of years into that project, McMillan, who was 79 years old at the time, connected with people living in Bowling Green 2, an unassuming grey mid-rise across the street from the Kingston Centre mall. Bowling Green 2 isn't a bad place to grow old: its apartments are affordable and within walking distance of grocery stores, pharmacies and banks.

Despite those conveniences, however, the 12 residents McMillan spoke

to confirmed an unaddressed problem she'd already identified among this demographic: crushing loneliness. Most of them were widows and described sitting in their apartments all day, watching TV and napping—and subsisting on tea, toast and cereal because they lacked the motivation to cook a proper meal for themselves. They dreaded having to go into long-term care but couldn't afford to move to a retirement home.

"What they said really bothered me," says McMillan. But it also raised a question she'd been asking herself: why couldn't the activities and meals



Christine McMillan
helped to create the
first Oasis program
in Kingston, Ont.

that happen in the common room of a retirement home exist in the shared spaces of a private apartment building?

McMillan and her team, who named their concept Oasis, encouraged Bowling Green 2's landlord to let the group use the common room and to convert an unused space into a coffee lounge for members.

Then, in 2010, with funding from the federal government, they hired full-time staffers to run the program, which included group exercise classes and activities like art lessons and Wii bowling. (More funding followed from the City of Kingston, the United Way and local health networks run by the province.) Meanwhile, Oasis partnered with St. Lawrence College, whose culinary students created healthy meals for a small fee.

"I'll never forget our first meeting—the residents were so excited," says McMillan. One woman told the group that when she'd opened her door to attend Oasis, she chatted with the woman across the hall for the first time. Both of them, they realized, had been alone in their apartments all winter, not knowing a potential friend was so near.

Within the first year, the program almost doubled in size. Participants lined up in the hall to wait for the coffee lounge to open in the mornings, and the collective dinners often stretched to two or three hours long as people kept chatting.

Seventy-seven-year-old Elaine Watier, who moved into the building and joined Oasis in 2017, immediately reaped the benefits of the program, learning to play bridge and starting a craft group that makes projects for local charities and hospitals. "It's given me a sense of worth," she says. "And I'm never lonely."

In 2018, Oasis attracted the attention of researchers at Queen's University, who received grants to temporarily expand the concept to six more buildings in Ontario. "My co-investigator, Vincent DePaul, and I saw this as an ideal program to help think about how to support older adults at home," explains Catherine Donnelly, director of the school's Health Services and Policy Research Institute. After analyzing Oasis, she reported that the program had led to fewer falls, less inactivity, better nutrition and, of course, an increased sense of community.

While Donnelly and her team try to pull together funding to keep the Oasis programs going long-term, they continue, with some adjustments, during COVID-19. Meanwhile, McMillan has partnered with the University Health Network to create an Oasis in the Toronto apartment building where she moved to a few years ago. She thinks the idea deserves to keep growing. "It's cheap and it addresses all the issues of aging," she says. "Apartment owners love it, seniors love it, and their families love it, too." **R**

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ASK AN EXPERT

“Why Is Canada Banning Plastics?”

We ask Robert Kitz, food industry analyst and researcher

BY Courtney Shea

ILLUSTRATION BY LAUREN TAMAKI



The federal government plans to ban certain single-use plastics by the end of the year. How does it work and how much will that change our lives?

The ban will cover six specific items: plastic straws, grocery bags, stir sticks, six-pack rings, cutlery and takeout containers. These six were selected based on both the damage they cause to the natural environment and whether there's a readily available alternative. So with straws, for example, there are cardboard options or metal options. The difference the ban will make on your day-to-day life depends on how reliant

you are on these items, but largely, these are not direct-to-consumer products, so a lot of the onus will be on businesses.

What types of businesses will be affected the most?

A lot of these changes are going to be felt by the restaurant industry, which has already had a horrible year due to the pandemic. Offering takeout has been their lifeline, so I think there will have to be an effort to minimize the impact on them. Manufacturers of these items will also be affected, and ultimately there will be an impact on

consumers, who will absorb some of the new costs.

David Suzuki believes that plastic beverage bottles should have made the list of banned products. Do you agree?

Plastic bottles are something we see a lot of, but they are relatively easy to recycle, which is not the case with the banned items.

The other thing is that, as well as the ban, the government's play includes moving to a more circular economy. Currently, most plastic goes from manufacturer to consumer to landfill. We take our blue bins to the curb every week, but the reality is that only nine per cent of plastics in Canada get recycled. To improve that, we need to invest in infrastructure.

Are you surprised that the government decided to move forward with the ban now, given we're still dealing with a pandemic?

This was a Trudeau re-election promise, so I'm not totally surprised. People want to think of COVID-19 as something that will soon be over, but that's likely not the way it will play out. Also, plastic pollution has only gotten worse during the pandemic. My research shows that, of those we surveyed, 30 per cent are using more since last March: more takeout containers, more grocery delivery and gravitating towards packaged foods that bring a sense of safety.

Is plastic packaging actually safer?

Anything that protects the items you're buying is going to add some degree of increased safety. At the same time, we've learned that surfaces are not as significant as we once thought in terms of virus transmission.

SINCE THE BEGINNING OF THE PANDEMIC, 30% OF US ARE USING MORE PLASTIC.

The plastics ban is the first step in the Canadian government's plan to achieve zero plastic waste by 2030. Is that a realistic target?

I don't want to be cynical, but I would say that it's definitely an overly optimistic goal, much like the federal government's target of being carbon neutral by 2050—particularly since Canada is part of a global supply chain. There's only so much that we can do on our own as long as we're importing products that are packaged in plastic.

What can Canadian individuals do to assist the effort?

One thing you can do is reduce your consumption of plastic. You probably have dozens of plastic bags under your sink. Recycling is better than landfills, but from a waste perspective it's still the second-worst thing. **R**

FACT CHECK

The Truth About Funeral Planning

BY Anna-Kaisa Walker

ILLUSTRATION BY CLAYTON HANMER



1 Don't fall for the stereotype that funeral directors take advantage of your grieving. "We're not on commission," says Regina funeral director Jeff Weafer. "If I make a commitment to you, it's my job to guide you through."

2 Zoom funerals are here to stay, even post-pandemic. One survey in the United States found that 60 per cent of funeral homes launched or expanded live-stream video services in 2020.

3 When it comes to prepaying for a funeral, your money accrues interest in a trust and the cost of the funeral remains frozen at today's prices. You can also opt for a life insurance policy that includes final expenses, paid with a monthly premium.

4 If you don't understand the terms of your pre-planning contract—exactly which

services you're buying, for example—ask more questions or find another provider who can clearly explain things to you. “If you change your mind, you're legally entitled to get any prepaid money back,” says Weafer.

5 To help families save money on a traditional burial, most funeral homes offer a simple pine box. “All funeral costs are optional, even embalming,” says Scott MacCoubrey, a funeral home owner and director in Cobourg, Ont.

6 To help prevent uneven surfaces as the ground settles over time, you may be asked to buy an outer container for the casket, to the tune of \$1,000. They're not mandatory by provincial law, but some cemeteries require it.

7 Cremation is now the most popular option, rather than traditional

burials. In 2019, nearly three quarters of all deaths in Canada were followed by cremation.

8 Budget concerns are among the biggest factors in choosing cremation, which costs an average of \$5,500 for a standard package without a graveyard plot, compared to an average of \$12,900 for a traditional funeral with embalming, visitation, burial plot, headstone and service.

9 The simplest and most affordable option is direct cremation, with an average cost of \$3,000—the body is transported straight to the crematorium without embalming, visitation or a funeral service, and then the ashes are provided to the family.

10 The scattering of your ashes is generally allowed by federal law anywhere on Crown Land without a permit, including waterways. But you may

not place any kind of memorial marker.

11 Looking for something more creative? You can have your ashes made into diamonds or glass art, or even pressed into a vinyl record.

12 Even if you opt for direct cremation, some provinces may require the body to be first visually identified by a family representative. Funeral homes can make this experience a little kinder even without embalming, by bathing, dressing and “setting” the deceased's features so that they look more peaceful.

13 Green burials, in which the body is buried without embalming chemicals in a biodegradable casket or shroud, with nature allowed to take over, are an eco-friendly alternative to traditional burials. Nine cemeteries across Canada now allow the practice. **R**

POINTS TO PONDER



The pandemic is a great chance to look inward and to ask if our values line up with the things that we're doing.

–Tessa Virtue

IT'S QUITE IMPORTANT: I'M GOING TO BE IN THE DICTIONARY!

–Quebec rock collector Gilles Haineault, AFTER HEARING THAT A MINERAL HE DISCOVERED WILL BEAR HIS NAME

Unless you're willing to roll back your standard of living, women are in the labour market to stay.

–Economist Armine Yalnizyan, REACTING TO REPORTS ABOUT THE NUMBER OF WOMEN WHO HAVE LOST JOBS DURING THE PANDEMIC

YOU NEED SOCIAL JUSTICE TO HAVE CLIMATE JUSTICE.

–Green Party Leader Annamie Paul



Take the risk. Be a little bit broke to make your dreams come true.

–Priyanka, winner of Canada's Drag Race, Season 1

TIKTOK IS THE FUTURE.

—Hoop dancer James Jones, a.k.a. **NotoriousCree**, SPEAKING ABOUT GOING VIRAL ON SOCIAL MEDIA



I wrote some hard stuff in there, but the little quirks are what make it mine.

—**Devon Packer**, 14-YEAR-OLD FINALIST IN THE COMMONWEALTH COMPOSITION COMPETITION FOR PIANO

I can't begin to express how remarkable it feels to finally love who I am enough to pursue my authentic self.

—**Actor Elliot Page**, ANNOUNCING THAT HE IS TRANSGENDER

WAITING FOR “SOMEDAY” IS POINTLESS.

—**Aurora Browne**, SPEAKING ABOUT HOW 2020 TAUGHT HER TO LIVE IN THE MOMENT

When you have a chronic illness your instinct is to isolate and make your world as small as possible, but a dog will open you up.

—**Michael J. Fox**, SPEAKING ABOUT PARKINSON'S DISEASE AND HIS DOG, GUS



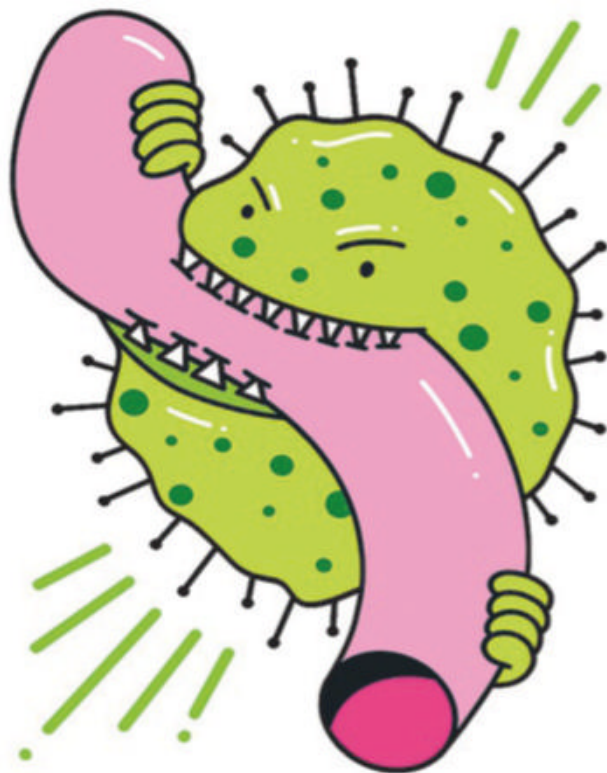


Bladder Bother

Debunking common misconceptions about urinary tract infections

BY Christina Frangou

ILLUSTRATION BY SAM ISLAND



URINARY TRACT INFECTIONS can make some people, particularly women, feel needlessly ashamed. “For years, women were told that UTIs were related to their cleanliness, but they’re not,” says Dr. Barbara W. Trautner, physician at Houston’s Michael E. DeBakey VA Medical Center and professor of medicine at Baylor College of Medicine.

It is true that women get UTIs up to 30 times more often than men, but it’s a matter of anatomy, not hygiene. For anyone, a UTI develops when bacteria in the bladder—usually introduced via the urethra—cause inflammation or other symptoms somewhere along the

urinary tract. Since the urethra in women is shorter than it is in men, the bacteria have less distance to travel to reach the bladder. As well, in women’s bodies, the urethra opening is closer to the anus, where *E. coli*—a common cause of UTIs—reside.

Other factors make certain women more prone to the condition: sexual activity, pregnancy and birth control with spermicides, for example.

Another misconception about UTIs is that they cause delirium in seniors. Trautner says the evidence around that isn’t conclusive. A fever related to a UTI could be a contributing factor causing confusion, but it’s more likely to be a

symptom of an underlying brain disease, taking multiple medications, malnutrition, untreated pain or organ failure. Muddling matters, Trautner adds, is the fact that bacteria are often present in the urine of older adults without causing harm—a condition known as asymptomatic bacteriuria, which normally requires no treatment.

UTIs do become more common with age, however. In women, estrogen levels drop after menopause and the vagina loses protective bacteria that keep harmful bacteria out. In men, the prostate begins to enlarge after age 50, trapping urine in the bladder. Also, all older adults are more likely to acquire risk factors such as kidney stones, catheter use or a suppressed immune system from diseases like diabetes.

Determining whether you have a UTI depends on where the infection is located. In the lower parts of the urinary tract, like the bladder, symptoms are related to peeing: an urgent need to go, burning while urinating, blood in the urine or pain in the pelvic region. An infection that affects the kidneys is known as an upper urinary tract infection, and the symptoms are more vague, consisting of back and flank pain, high fever, vomiting, nausea or chills.

Antibiotics are the recommended treatment for UTIs, but there's a high risk of recurrence, especially among women. In fact, approximately one in four women will have a second UTI within six months.

If an infection recurs, it's not the patient's fault, says Dr. Larissa Grigoryan, an assistant professor of family and community medicine at Baylor. "In some cases, it's due to increasing antibiotic resistance," she says, explaining that physicians will then prescribe another course of that antibiotic or try a different one.

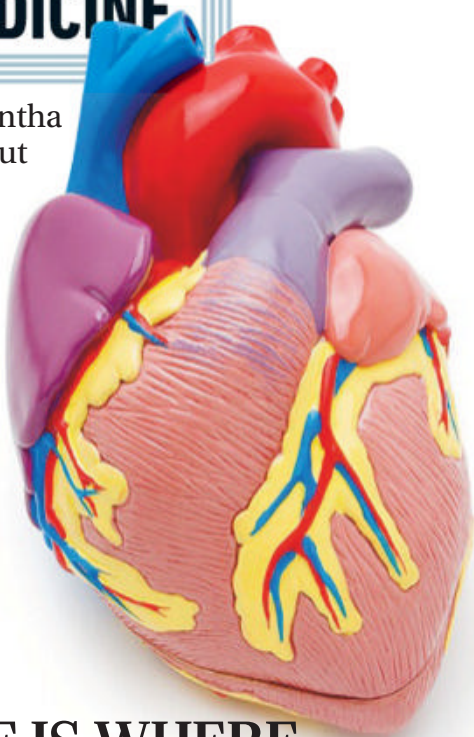
50%
OF ALL WOMEN WILL
HAVE AT LEAST ONE
UTI IN THEIR LIFETIME.

It's long been believed that cranberry juice can prevent or cure UTIs. While some research shows that an active ingredient in cranberry juice can prevent bacteria from sticking to the bladder wall, larger studies have not confirmed a benefit. Even though cranberry juice is not a fix, it's not harmful. In fact, drinking plenty of non-alcoholic fluids is a good prevention strategy.

Along those lines, in a 2018 study in *JAMA*, women who increased their regular intake of fluids by 1.5 litres each day were less likely to get a UTI. So, to keep these infections at bay, the best prevention strategy is simple: drink water and empty your bladder often. **R**

NEWS FROM THE
**WORLD OF
 MEDICINE**

BY Samantha
 Rideout



HOME IS WHERE THE HEART RISK IS

Life partners share a lot of things—and that includes their level of cardiovascular health, according to a *JAMA Network Open* study. Among the 5,364 couples that took part, the correlation was most often the case because they both had the same risk factors, whether it was high cholesterol, smoking, physical inactivity, obesity, high blood pressure or poor eating habits. On the flip side, though, researchers found that partners can also have a positive effect on each other: participants were 2.3 times more likely to quit smoking if their other half did and 6.4 times more likely to follow the other's lead in improving their diet.

Rethinking the Risks of Breast-Cancer Surgery

Breast cancer can often be stopped through surgery—mastectomies and lumpectomies—but doctors don't always offer it to women over 70, worrying that it may do them more harm than good. However, new research suggests that for most older women, surgery is life-lengthening—and more tolerated than some have assumed. In fact, only the least fit and most frail patients didn't fare better with these procedures.

Of course, some women may still be willing to risk a shorter life if it means avoiding these invasive treatments. To help with the decision, the researchers created a tool that doctors and patients can use together to estimate survival with and without surgery. It's available at agegap.shef.ac.uk.



How to Cook Arsenic Out of Rice

Arsenic is naturally found in soil and water, and unfortunately, rice is good at absorbing this toxic element as it grows. While rice doesn't contain enough arsenic for most adults to worry about, young children's small bodies can be poisoned more easily. Although no rice-related harms have been documented, for families that eat a lot of the grain and want to play it safe, British scientists found that the best way to prepare it for kids is to boil water first, add the rice for five minutes, dump the water, replace half of it, then cook at low to medium heat until the rice is done. This method discards over half of the arsenic while keeping a lot of the vitamins and minerals.

In CPR, Breaking Bones Is the Lesser Evil

You wouldn't know it from watching TV portrayals of people performing CPR, but nearly a third of recipients end up with broken ribs. Still, for the person performing it, it's a risk worth taking, according to the European Resuscitation Council, which recommends a depth of five centimetres for chest compressions on an adult. A recent Spanish study supports this advice: it found that adults with CPR-related fractures had a much better chance of surviving cardiac arrest without brain damage than those who had no fractures. Bones heal, so don't be shy about pushing deep enough with your compressions.



Nighttime Blood Pressure: Why It Matters

For most people, their blood pressure dips slightly when the body relaxes at night. But for others, it spikes—a condition called “nocturnal hypertension.” For a Japanese study, people with daytime hypertension or other cardiovascular risk factors (diabetes or high cholesterol, for example) wore ambulatory blood-pressure monitors for at least 24 hours. The devices revealed that 12 per cent of the participants experienced nocturnal hypertension. These subjects had an even higher risk of developing heart disease than the others, especially heart failure.

If you're getting treated for blood pressure but only ever check it during the day, uncontrolled nighttime issues could be flying under the radar. Ask your doctor if ambulatory monitoring is available.

Choose an Exercise App That Suits Your Personality

If sticking with an exercise habit is a challenge for you, there's an app for that. In a University of Pennsylvania trial, smartphone games helped subjects become more active.

Participants were randomly assigned to one of three versions of a game that recorded how many steps they took each week. The first version placed them in direct competition with others. In the second version, they worked as a group to gain points. In the third, players earned points on their own but were asked to designate a friend or family member to be their supporter. This person received an email each week reporting on the player's performance in order to help cheer them on.

On average, all three groups racked up more steps than usual. That said, certain versions of the game worked better for people with different personality traits. For instance, players who were more outgoing and more motivated to persevere with their goals tended to accumulate more steps in the competitive mode. In contrast, introverts tended to respond well to the game whether it was competitive, collaborative or supportive. A third group, who were generally more prone to taking risks with their health and safety (by not wearing a seatbelt, for example), were not helped by the game at all.

In short, exercise gamification works for a lot of people but not for everyone. Also, if you decide to give it a try, keep your personality in mind when choosing from among the many available apps.



The Pros and Cons of PPIs

One of the world's most commonly used drugs, proton-pump inhibitors (PPIs) bring relief from acid reflux, peptic ulcers and indigestion. However, scientists have linked long-term use to an increased risk of kidney disease, gut infections, stomach cancer and, recently, diabetes. If you have no choice but to rely on PPIs for two years or more, ask your doctor about getting your blood sugar checked regularly.

Exploring Is a Mood Booster, Even Close to Home

COVID-19 has curbed the joy that can come from travel, but it doesn't have to end it. A *Nature Neuroscience* study showed that simply exploring near where you live brings novel experiences that could lift your mood. **R**



THE 2021 READER'S DIGEST **TRUSTED BRAND™** AWARD RESULTS ARE IN!

Canadian consumers continue to be overloaded with competing product messages and choices. And during this unprecedented time, nearly half of Canadians (**44%**) say they trust products and services less today because of the pandemic¹. So, how do you determine what products and services you *can* trust?

A trusted brand signifies a product or service that Canadians identify as being reliable, durable, credible and holds a good reputation. Celebrating its 13th year in 2021, the Reader's Digest Trusted Brand™ study polled more than 4,000 Canadians to identify what brands Canadians trust most across 33 product and service categories. **Turn the page to discover the full list of winners for 2021!**

So, when you are shopping for, or researching your next product or service, look for the Trusted Brand™ seal. A symbol of trust. Voted by Canadians.

¹Reader's Digest Trusted Brand Study 2021

SPECIAL FEATURE

CELEBRATING OUR 2021 TRUSTED BRAND™ WINNERS

PLATINUM

10+ YEARS



Sun Care Product



Breakfast Cereal



Sun Life

Life Insurance
Company



TOYOTA

Passenger Car
Manufacturer



TOYOTA

Hybrid Car
Manufacturer

5-9
YEARS



Non-Dairy
Beverage



Bottled Water



Tea



Sensitive/Dry
Skin Lotion



Interior Paint



Pharmacy/Drug Store



Arthritis Pain
Reliever



Your Pet, Our Passion.
Pet Food



Beauty Retailer



Headache Pain
Reliever

GOLD

SPECIAL FEATURE

CONGRATULATIONS TO OUR 2021 WINNERS

1-4 YEARS



Travel Insurance
Company



Automobile
Insurance
Company

REACTINE

Allergy
Reliever*



Sun Life

Health & Dental
Insurance
Company*

always

Pads/Liners

Claritin

Allergy
Reliever*

Kellogg's

Breakfast Bar



SKIP THE DISHES

Food Delivery
Service

BEHR

Exterior Paint



Incontinence
Product



Disinfectant

TYLENOL

Pediatric Fever
& Pain Reliever

BEHR

Exterior Stain



Meal Kit
Delivery
Service



Sparkling
Water

TYLENOL

Cold Symptom
Reliever



Health & Dental
Insurance
Company*



Home
Insurance
Company

Rakuten

Cash-Back
Rebate
Company



Grill

*Tied brands within the category

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CLASSIC

WINNERS SPOTLIGHT

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BEHR

Behr Paint Company is a leading manufacturer of interior and exterior paints and exterior stains for DIYers and Pros. For over 70 years, its BEHR® and KILZ® brands have shown an unwavering commitment to quality, innovation and value.



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MEDICAL MYSTERY

An Infection Turns Dire

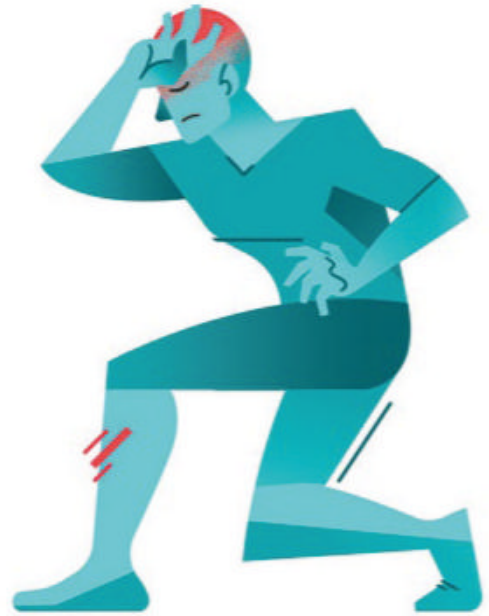
A severe reaction to a shin scrape raises concerns about COVID-19

BY Lisa Bendall

ILLUSTRATION BY VICTOR WONG

WHEN THE PANDEMIC forced Gary Corbin to start working remotely in March 2020, he counted himself lucky. Instead of having to hole up in his house in snowy Grosse Pointe, Mich., the 63-year-old mergers-and-acquisitions broker moved to his partner Cheryl's winter place in sunny Florida.

In mid-June, as the couple made preparations to return north, Corbin



dropped a metal hurricane shutter, badly scraping his left shin. He cleaned the abrasions as best he could. The next day, the couple hit the road, making various stops along the way. "In some places, too many people were not wearing masks," recalls Corbin. "And social distancing was a joke."

At a routine appointment a few days after arriving back in Michigan, Corbin's sleep specialist noticed his leg injury, which had become red, itchy and warm. He recommended having it checked, and suggested a COVID-19 test as well, since Corbin had been travelling. Corbin got the test and a prescription for antibiotics at a nearby urgent care centre.

Thankfully, the COVID-19 test came back negative. A lab culture of the leg wound, however, showed the antibiotic Corbin had been given wasn't effective against this particular type of bacteria, and he'd need to switch to one called co-trimoxazole. Relieved he'd avoided COVID-19, and with his leg now healing, Corbin looked forward to the weekend, when he, his 25-year-old son Grant, and Cheryl would take their boat out of winter storage.

But Thursday evening, Corbin didn't feel right. "I thought I'd just had one glass of wine too many," he says. The next day, he developed a mild fever. On Saturday morning, despite feeling crummy, he tried helping with the boat. He was exhausted within minutes. It was dawning on him: What if his COVID-19 test result wasn't accurate? Corbin got another test, and then went home to bed—for the next three days.

The second test was also negative, but Corbin's symptoms only intensified. "I was completely fatigued. Just getting out of bed to brush my teeth was a major project," he says. "Everything in my body hurt."

Corbin's temperature was now up to 39.5 C. He felt dehydrated and suspected he needed IV fluids, but he was reluctant to have Cheryl take him anywhere, given the risk he might have COVID-19. Since he'd fallen ill, she'd kept her distance while Corbin stayed in the bedroom. "I thought for sure I'd had two false negatives," he says. He

resolved to drive himself to the urgent care centre, barely making it out of bed and into the car.

The centre's staff recommended Corbin head to a hospital and receive IV fluids. He remembers approaching an intersection and feeling conflicted. "I could have turned left and gone back to bed, which was what I wanted to do," he says. "But there was a little voice in my head saying, 'Turn right, get yourself to the hospital.'"

THREE TIMES HIS COVID-19 TESTS CAME BACK NEGATIVE. COULD THEY ALL BE WRONG?



At the Beaumont Hospital Grosse Pointe emergency department, Corbin met Dr. Mark Sadzikowski. "I thought he might have COVID right off the bat," the doctor admits. "He had the classic symptoms, and the testing is by no means perfect." Within an hour, however, another test came back negative. An antibody test was also negative. Lab tests were baffling, showing high inflammatory markers and other abnormalities that doctors were often seeing with COVID-19. "Could a patient have three negative tests and still have COVID? At that point, I didn't know what else was going on."

Sadzikowski needed to investigate further. “My father, who was a physician, always said that the answers are at the bedside.” He peppered Corbin with questions. Where had he stopped on the way back to Michigan? Besides his regular medications, was there anything else he’d taken? Corbin mentioned he’d finished a course of antibiotics just three days earlier.


Armed with more information, Sadzikowski consulted with other specialists at the hospital. One of the doctors, infectious disease specialist Dr. Joel Fishbain, was especially interested in the leg wound. He asked which antibiotics Corbin had been taking. Then he said: “I wonder if this could be serum sickness.”

Serum sickness occurs when a patient’s immune system overreacts to foreign proteins in medicines meant to help, such as snake antivenom or rabies vaccine. Certain antibiotics can occasionally cause a similar reaction, known as serum-sickness-like syndrome. Fishbain suspected the co-trimoxazole had triggered Corbin’s symptoms. The condition is so rare, affecting probably less than half of one per cent of people taking antibiotics, that Sadzikowski had only seen one

or two cases of this before. “It’s more common in kids,” he notes.

Corbin was given new antibiotics—under careful watch—to make sure the leg infection was cleared, then started on steroids to bring down the inflammation. The diagnosis was truly confirmed when his fever and aches disappeared within 24 hours. “I felt like I could leap tall buildings in a single bound!” says Corbin, who went home three days after his hospital admission.

It’s not known why Corbin had the reaction to co-trimoxazole, but one risk factor may be a previous allergic reaction; 30 years earlier, Corbin had developed a rash after taking a different antibiotic. Serum sickness often resolves on its own after the patient stops taking the medication, but in Corbin’s case, even though the seven-day course was over, he’d worsened. He remembers a medical staffer commenting that if he hadn’t sought help, he could have developed sepsis. “That scared me to death,” says Corbin.

He’s grateful to everyone at Beaumont Hospital, noting: “Even with all the stresses that health-care workers are going through, there are still miracle workers who are saving lives and care about their patients.” 



Rebirth Returns

You can cut all the flowers
but you cannot keep spring from coming.

PABLO NERUDA

COVER STORY



Find Your Happy Place

10 self-help secrets that really work

BY *Reader's Digest* staff

NIK WEST



“I deliver food for a non-profit that cooks healthy meals for seniors, people in self-isolation or anyone in need. Making a small difference for others helps put things into perspective.”

– Liz MacInnis,
40, Victoria

The pandemic has done a number on our morale. We're worried about catching COVID-19 or losing someone to it. We may be trying to work with kids underfoot, risking our health at our job or suddenly unemployed. Then there's the boredom and loneliness experienced by anyone who must stay home for extended periods of time. It's no wonder that over half of Canadians report that their mental health has suffered since last March.

While we can't change the circumstances, we can take active measures to feel better about ourselves. Here are 10 expert-approved strategies that'll help you strengthen your resiliency—and find your happy place.

1. CUT BACK ON FACEBOOK

Since social-media platforms can bring approving attention from others, they can seem like good places to go for a pick-me-up, but they might actually bring you down. Most people portray themselves in a distortedly flattering way on these feeds, giving the impression they're having more exciting lives than they truly are. "This can lead to faulty comparisons and doubts about your own lifestyle," says Rob Whitley, a psychiatry professor at McGill University in Montreal. In some cases, he adds, it can even contribute to the onset of depression or anxiety.

Social media can also tempt you to make decisions based on how you hope other people will perceive you—going to scenic spots that don't actually interest you, for example, or spending all your time baking loaves of bread just to post photos of them. Meanwhile, the activities that will provide a sense of real purpose and worth, such as cultivating good relationships, pursuing meaningful work, contributing to the community and learning new things, don't always lend themselves to social-media sharing.

In a 2018 Centre for Addiction and Mental Health survey, Ontarians who reported spending two or more hours on social media every day were significantly more likely to say their mental health was "poor" or "fair," compared



to people who spent less or no time on these platforms.

Whitley recommends moderation. He also suggests deciding on times when you won't log on to social media at all—such as when you're at the dinner table or having a telephone conversation—so you can give the activities at hand the focus they deserve.

2. DO SOMETHING YOU'RE GOOD AT

Patrick Keelan, a Calgary-based psychologist, rehearses the piano every day. It's one of the ways he practises what he preaches. When he's helping someone who is experiencing low self-esteem, he suggests they routinely engage with activities that use or improve their skills. "When you're doing something you're good at or getting better at, it gets harder to think negatively about yourself," he explains.

Psychologists even have a name for this inner conflict—cognitive dissonance—and it's a spark that can lead to a positive shift in how you see yourself. "If you keep up with activities you've mastered, it'll put pressure on your attitude toward yourself to adjust to match," Keelan says. "Something has to give."

In other words, you shouldn't wait until you're feeling confident to brush up your chess game, learn to build furniture or try out a new recipe. Quite the opposite: just applying yourself to

pursuits you find both interesting and challenging could, on its own, help to improve your self-perception.

3. EMBRACE BALANCED THINKING

People who are experiencing low self-esteem tend to be plagued by "hot thoughts" (distressingly negative ideas) about themselves. "Their minds do the reverse of what a press secretary would do for a politician: they spin things in a negative direction," Keelan explains.

He encourages you to move toward "balanced thinking," which shouldn't be confused with trying to put a blindly positive spin on everything—despite what some self-help books tend to promote. Instead, it's about considering the evidence for and against your self-critical thoughts.

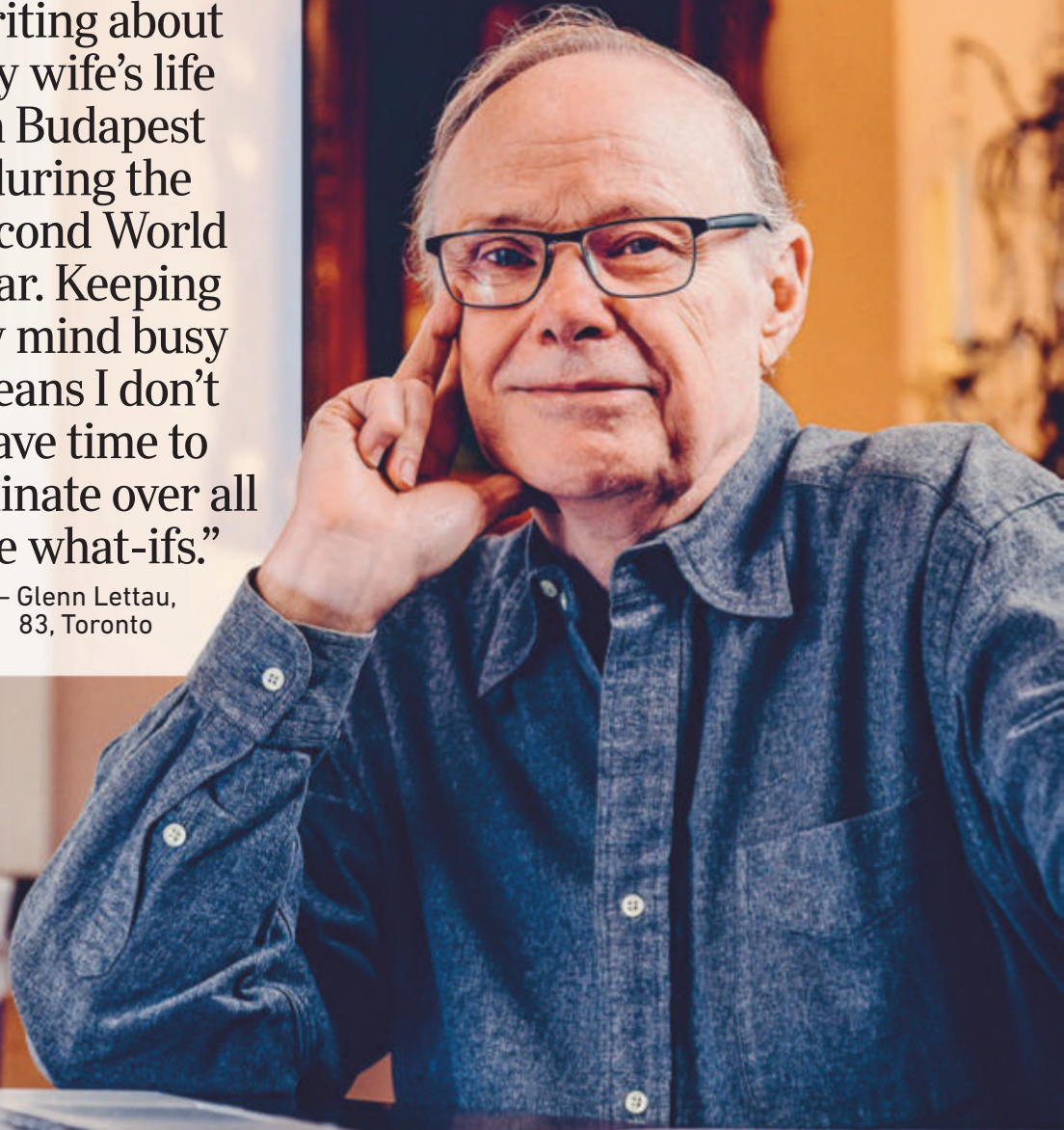
"Typically, when you examine it, a hot thought is either not completely true or not true at all," says Keelan. For example, suppose a friend stops calling you. If you find yourself thinking, "I'm not a lovable person," you could look at whether that's the most logical conclusion. It's far more probable that you need to talk something through with your friend, that they're busy and distracted or that you're simply drifting apart because your lives are going in different directions.

Cognitive behavioural therapy (CBT), which is widely available both in person and online, can help with what Keelan calls the three Cs: catching, checking



“I’m a widower, and I’ve been writing about my wife’s life in Budapest during the Second World War. Keeping my mind busy means I don’t have time to ruminate over all the what-ifs.”

– Glenn Lettau,
83, Toronto



and changing unhelpful thoughts. A 2018 *Psychiatry Research* review found that even attending a one-day CBT workshop focused on self-esteem can make a small but meaningful difference.

4. ACCEPT COMPLIMENTS

People struggling with their self-image often have trouble believing positive feedback because it doesn't jibe with how they see themselves. But even though it may feel uncomfortable, going through the motions of accepting a compliment is an easy place to start when setting out to improve your outlook on life.

"It's straightforward: all you have to do is say thank you," says Keelan. Much like doing the things you're good at, thanking instead of deflecting someone for a kind word triggers cognitive dissonance, which might ultimately change your attitude.

5. RESPECT YOUR BODY

Only nine per cent of Canadian women and 13 per cent of men are completely satisfied with their physical appearance, according to market research. A lot of influences can leave us feeling down about our bodies, including the judgment of family members and peers and the narrow range of body types celebrated in media and advertising.

Besides resisting these influences as much as possible, it's also helpful to remember that there's a lot more to your body than what it looks like. "We spend a lot of time living in our bodies as objects—things to be seen and evaluated by other people," says British Columbia counsellor Amy Green. She believes it's important to focus on what you're able to *do* with your body: plant a garden, create art, hug your pet or anything else that brings you purpose or enjoyment.

Green is a proponent of a concept called positive embodiment, which encompasses all the ways we can experience and love our bodies. "We're good at living in our heads," she says. "So it's important to take time in the day to just notice your body. It could be as simple as pausing to take a deep breath, wiggling your fingers or feeling your feet on the floor."

She also emphasizes the benefits of caring for yourself: "Do this in a way that's not about fitting a particular appearance, but that's instead about your physical health and your sense of connection to your body," she says. This includes mindful eating (paying attention to bodily sensations such as hunger, fullness and the smells and flavours of foods) and mindful exercise (being attentive to the sensations of physical activity).

Some disciplines, such as yoga, include a built-in mindfulness component, but just about any activity could

be approached in this way. For instance, if you go out for a walk, pay attention to the cadence of your steps and the wind on your skin.

6. REMINISCE

Getting older often brings changes that can threaten your sense of who you are—the loss of loved ones, professional identity or independence, for example. It should come as no surprise, then, that self-esteem tends to peak at around age 60 and then declines.

If you're an older person with a lot of life experience, you could benefit from telling someone stories from your past. In a 2015 study from Iran, a therapist encouraged a group of widowed men to share memories of the personal and historic events that had shaped their lives, as well as the life lessons they'd picked up along the way. The researchers reported that this “promoted a sense of identity and a positive contribution to the next generation and reaffirmed the meaning of [the subjects'] lives.”

Of course, anyone of any age can take a trip down memory lane by looking through a photo album with someone or playing music that reminds you of meaningful moments.

7. PRACTISE SELF-COMPASSION

Studies have linked self-compassion to self-acceptance, as well as resilience in

difficult circumstances. Of course, being charitable to yourself is easier said than done, and people are often their worst critics. You might worry that offering yourself the same kindness you'd give to a good friend would mean giving up on self-improvement and personal responsibility. But in fact, research shows that self-compassion actually makes those things easier because it allows you to face your flaws and learn from your mistakes.

To practise self-compassion, first make yourself aware of your harsh self-talk while trying not to pass judgment on it. “For example, you could just matter-of-factly notice something like, My inner critic thinks I'm overweight right now,” says Toronto psychotherapist Diviya Lewis. (Remember that you're not conceding that your inner critic is right.)

After that, you can acknowledge your suffering with kindness and remind yourself that imperfection and feelings of inadequacy are an inevitable part of the shared human experience.

As you're doing this, you still might try to change in ways that could make you happier, healthier or more accomplished, but you'll do so because you want to thrive, not because you're deficient as you are. And when you mess up—which is bound to happen—you'll be able to carry on trying your best instead of beating yourself up.

Just that thing happened in a University of Texas at Austin study of students who'd received disappointing grades on



“After losing my job, I started baking cakes with flavours from my Iranian-Filipina heritage. It’s a pick-me-up for myself, but I also get a boost from giving them away to friends and acquaintances.”

– Mahalia Golnosh Tahriha,
28, Montreal





“At least once a week, we drive to a nearby conservation area for a family hike. Out there, we’re grateful to be able to take a deep breath without worry and connect with the outdoors.”

– Ariel Brewster, 37, Toronto



a mid-term exam: self-compassionate participants were more likely to remain interested in the course and its topic in spite of this setback.

8. GET MOVING

There's no such thing as a cure-all, but exercise is the closest thing we have. Not only is it good for stress management and general mental health, it also provides a sense of competence and accomplishment.

Over the years, dozens of studies have indicated that exercise has a significant impact on physical self-worth and other self-perceptions, such as body image. For instance, a German study of seniors found that their body self-concept improved after a 14-week exercise program consisting of stretches, moderate-intensity aerobic activities and exercises for improving strength and coordination.

The activity you choose matters less than enjoying it, sticking to it and being challenged. Going to the gym may not be an option right now, but outdoor activities are still accessible, as is doing strength training at home (with or without equipment).

9. SEEK SUPPORT


Sometimes aiming for self improvement by itself is not the most effective approach, especially if you're facing other serious psychological challenges.

By way of analogy, imagine doing stretches every day for back pain but continuing to walk around with a heavy boulder on your back. Lightening your load first would make it easier to get lasting results.

Professional help is always available for ongoing problems that can feed a negative attitude toward yourself, such as trauma, abuse, chronic pain, financial stress or marital breakdown. If you don't know where to start looking, try dialing 211. Available in most of Canada, this free service aims to help people find the health and social services they need.

10. HELP OTHERS (AND ACCEPT THEIR HELP)

Studies of people volunteering and performing acts of kindness suggest that caring is linked to high self-esteem. In fact, helping people and feeling good about yourself appear to promote each other in a virtuous cycle.

There are exceptions, such as cases when your attempts to help don't actually bring good results, or when they come at the expense of meeting your own needs. But generally speaking, it's good for your mental well-being to do something kind—perhaps calling someone who might be feeling isolated or offering assistance to overwhelmed parents. And, in turn, if you're the one who's struggling, let others get that same boost by helping you. 





DRAMA IN REAL LIFE

THE WOMAN WHO WRESTLED A COUGAR

Her mind racing, Larrane Leech leaped onto the cat, hoping against hope she could protect the children

BY Mary Murray

ILLUSTRATION BY KAGAN McLEOD

Nudged awake by the morning sun, the young cougar opened its jaws in a teeth-baring yawn and stretched its muscular forelegs. Then it started down the mountainside, crossed a narrow highway and loped toward the wide, rushing river. For days, the cougar had been edging closer to the small lumber village of Lillooet on the Fraser River, at the edge of the mountains of southern British Columbia. Now, after drinking the river's cold water, the cougar bedded down again in the nest of tall grass.

On July 3, 1991, the five children in Larrane Leech's daycare group were outdoors early, painting bright tempera landscapes under the penetrating sun. By 10 a.m., it was time to find shade, so Larrane decided they would walk down to the river. "We're going to pick berries now," she announced.

At 44 years old, she had made one of her dreams come true when she turned her home into a daycare centre. It had taken hard work and determination to get her certification. After completing her coursework in early-childhood education, she had worked as a volunteer in a daycare centre while holding down a job at the local lumber mill and raising three teen sons alone.

So far, the centre was operating smoothly. But it was too soon to tell whether the families she worked for would be happy with it. And she worried about being able to care for enough children to make the business pay off.

Larrane had known all five children in her care since they were infants. Three were siblings: playful Mikey, age two; Jessica, five, the exuberant leader; and three-and-a-half-year-old Alleshia Allen, the tough little athlete. Four-year-old Natani Leech, who had long hair, was actually their aunt, and Larrane in turn was her aunt. Only the bubbly toddler Lisa O'Laney, a few months shy of two, was unrelated to

them. All were members of Indigenous tribes clustered around Lillooet, more than 160 kilometres northeast of Vancouver.

The children had fallen easily into Larrane's daily routine. A nature lover, she insisted they spend as much time as possible outdoors. Everyone loved circle time, when they passed around a black and white eagle feather; the child who held it could then talk about whatever they wanted.

After clearing away the painting supplies and handing each child an empty jar, Larrane called for Pal, her one-year-old part-German shepherd. Giggling with anticipation, Jessica and Natani paired off in front. Larrane linked Mikey's hand with Alleshia's, took little Lisa's in her own and said, "Let's go."

Larrane's house stood on a wooded slope not far up from the mighty Fraser River. The group made its way over the dusty gravel road and then onto a dirt trail through the trees. The two oldest girls broke into a run through the tall brown grass at the trail's edge, Natani's waist-length hair swaying back and forth. Larrane and the little ones hurried to keep up.

Stopping the children at the first berry bush, Larrane pointed to the long, thin branches bearing clusters of plump, sweet navy-blue fruit. "Look, the berries are all over," she said. She helped Lisa find some clusters on the lowest branches. Mikey watched, then tentatively bit into one of the berries.

"Mmmmmm, good," he said, and got busy plucking more.

The cougar cocked an ear toward the birdlike chatter and reflexively sniffed the air. Cougars rarely attack people or show themselves, but as towns expanded into mountainous countryside, there had been more and more sightings, especially in southern British Columbia. At the time, the province was home to some 3,000 of them.

The young cougar was instinctively versed in hunting strategies: step silently and downwind through the brush to avoid being heard, scented or seen; choose the weakest prey and attack from behind, clamping powerful jaws on the vital nerves and blood vessels of the prey's neck.

LARRANE AND THE children moved slowly from bush to bush. Pal stopped frequently in the shade, panting. In 20 minutes, the children filled their jars and were almost to the river. Here, the ground fell steeply to a cool, shady strip of sand about four metres wide.

"Okay," Larrane commanded after the group clambered down to the sandbank, "let's get in our circle." She could not risk letting a child wander off. Suddenly Alleshia jumped up and scooted toward the trees. "Come back, Alleshia," Larrane called. Running after her, she caught up with the child and leaned over to help her back to the sandbank.

Now the cougar could see the funny little creatures that had been making all the noise. Automatically, its predatory machinery kicked in. These were perfect prey: small, wiggly and oblivious to any possible attack.

Stepping over the thick carpet of pine needles, the cat slunk toward the children, never so much as rustling a leaf or snapping a twig. Then it did something remarkable, something only a young, inexperienced cat would do. It walked onto the bank and merely nudged one of the children, the young boy, Mikey, backward onto the sand. The rules of hunting required that the cougar grab the boy's head in its mouth and carry him away. But the young cat paused, and to remove any hair before attacking and feeding, it began to lick the boy's smooth skin with its rough tongue.

LARRANE SENSED THE children suddenly go quiet. She looked up to see the back end of a cat the size of Pal standing over Mikey. The cat's head was down, out of sight behind its peaked shoulder blades, and its plumped, black-tipped tail swiped back and forth like a whip.

Larrane was momentarily frozen by the sight. Now Natani was giggling nervously. "Stop licking Mikey's face," she said playfully, as though talking to a house cat.

Larrane couldn't tell whether Mikey had been bitten; he was silent and hidden beneath the beast. Her mind racing wildly, she sprang impulsively

toward the cougar. Blindly intending to grab its tail, she shifted aim at the last minute and seized the cat by the scruff of the neck. Tugging once, she shook it from side to side.

Instantly, the cougar unsheathed its claws and wheeled toward Larrane, swiping Mikey's face and Lisa's, too. Growling and hissing, it stretched up high and brought its paws down upon the head of the five-foot-one-inch woman. As she stumbled backward, one paw slipped onto her right shoulder, the claws grazing her ear.

LARRANE GRABBED THE BIG CAT BY THE SCRUFF OF ITS NECK AND SHOOK IT FROM SIDE TO SIDE.

This animal was capable of killing her. Although still in its youth, it had all the teeth and muscle a cougar needs to pull down a victim three times its size.

Aware now of the danger, four of the children shrieked and ran behind Larrane. Mikey lay still on the ground.

"Stay behind me," Larrane screamed as she faced the beast. Acting before she could think, she grabbed the animal's forelegs and pulled them off her. The cougar's thrashing forced her back into a crouch. Her soft sandals shifted and slipped in the sand, making it

difficult to keep a secure stance. Summoning all her strength, Larrane forced herself back upright, still grasping the cat's thick legs. Then she thrust her arms forward and locked them straight out in front of her. At the same time, she used her thumbs to push the animal's paws inward to protect herself from being cut.

Locked in a deadly dance with the cougar, Larrane felt as though she were watching herself in slow motion. She stared at the animal's pink tongue and long ivory fangs. Stepping back and forth on its hind legs, the cat let out a menacing growl as it tried to tug its paws with their sharp claws away from her.

"Pal, do something!" Larrane yelled at the dog cowering on the sand not three metres away. She felt the muscles in her arms, legs and back weakening. *What in the world am I going to do? she thought. No one will ever find us here, and if the cat gets away from me, he'll surely kill the children.* "Just go away and leave us alone," she yelled into the animal's face. "Leave us alone, and we'll leave you alone."

The cougar was now trying a new tactic to break Larrane's grip. It began thrashing its upper body from side to side, and Larrane could sense its imminent escape. Again acting without any conscious plan, she arched her back to gather momentum, then shoved forward with all her might, thrusting the cat directly at the dog and shouting, "Pal, do something!"

The cougar fell backward but rolled instantly onto its feet and darted past Pal through the brush farther along the sandbank.

Without knowing it, Larrane had responded perfectly. She had distracted the cougar from Mikey only a fraction of a second before it had a chance to crush the boy's skull in its mighty jaws. Then her aggressive movements and loud shouting probably scared the animal. Cougar experts say the cats often lose their appetite for killing when angrily confronted.

THE COUGAR HAD ALL THE TEETH AND MUSCLE TO PULL DOWN A VICTIM THREE TIMES ITS SIZE.

Watching the cat retreat, Pal gave chase, barking madly. In one bound, the cougar leaped halfway up a pine, then climbed to the top, wrapped its paws around a branch and hung there, looking down at the dog.

Larrane rushed to Mikey, who lay quietly on the sand. The left side of his face and neck was bathed in blood. But he was breathing, and his eyes were open so wide they seemed to bulge from his face.

He's alive, Larrane thought, gasping in relief. But he was eerily still. *He must*



Larrane Leech on the day she received the Star of Courage.

be in shock, she decided as she pulled him into her arms.

Then her eyes fell on Lisa, wailing at her side. The girl's face was also covered with blood.

Shifting Mikey to her right side and scooping Lisa up in her left arm, Larrane called to the other children. "We have to run home now." She saw their terror as they looked at her. She touched her face and felt blood dripping. *It's scaring them just to look at me*, she realized. "Let's go," she ordered, "as fast as we can!"

They scrambled up the hill, Lisa still crying, Mikey remaining silent. Larrane soon found the two children too heavy

to carry and eased Mikey down. He suddenly jolted from his stupor. "Owie, owie, owie!" he screamed, tears coursing down his face.

Larrane pulled him along toward the house. Pal lingered behind, watching the cougar, before finally following the others. "Everything will be all right," Larrane called out to the kids. But deep down, she was not so certain. The cougar could be anywhere. She considered what it had already done—to Lisa, to Mikey and to the dream she had worked so long to realize. Would any parents trust her with their children after this?

In five minutes, they were all inside the front door. Suddenly Larrane was aware of her own pain. Her thighs were bruised, and the scratches on her arm, forehead and ear burned. Her hands shook as she telephoned the hospital and the parents of Lisa and Mikey.

At the Lillooet Hospital, Mikey needed 40 stitches to close the lacerations on his chin and neck, but all his wounds were shallow. Lisa had been lucky, too. The cat had clawed within an inch of her right eye. The doctors used 20 stitches to repair the cuts on her face and gave both children tetanus shots.

Larrane's scratch needed only to be cleaned and left to heal. But the muscles

in her arms, back and legs were so sore that she had difficulty walking.

The next morning she felt profound relief when she opened the front door to four of her daycare children—including Mikey. Only Lisa did not return.

For several days, as they sat in a circle passing the eagle feather, the children remained quiet. The pictures they painted at art time were showered with splatters of red.

Finally, a week later, Mikey took the eagle feather in his hand and said, “I had a dream last night.”

“And what did you see in your dream?” Larrane asked gently.

“I saw an eagle. And he was sitting on my bed. Then he flew over me.”

Larrane smiled. In Lillooet folklore, the eagle is a sign of strength, sent by ancestors as an assurance that the person who sees it will be kept safe. She knew the child was beginning to feel secure again.

Larrane felt secure, too. She had met

the greatest challenge of her life head on. Her friends and neighbours applauded her strength. And now, she felt, she could accomplish anything.

Police and a local conservation officer set out in search of the cat immediately after the attack was reported. Nine days later, the cougar wandered into Doug Johnston’s yard, one and a half kilometres north of Larrane Leech’s house. Johnston called his neighbour Dayle Turley, who came over with a shotgun and killed the cat.

In December 1992, Governor General Ramon John Hnatyshyn, awarded Leech the Star of Courage. And the village of Lillooet gave her a commendation for “outstanding bravery.”

Leech continued running a daycare out of her home for several more years. She passed away on September 14, 2020, at age 73.



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Technical Difficulties

There’s a proverb which says “To err is human,” but a human error is nothing to what a computer can do if it tries.

AGATHA CHRISTIE

We are stuck with technology when what we really want is just stuff that works.

DOUGLAS ADAMS

We have not yet seen the Web as I envisaged it. The future is still so much bigger than the past.

TIM BERNERS-LEE, INVENTOR OF THE WORLD WIDE WEB

AS KIDS SEE IT



“If I’m going to have a baby brother, can I help design him?”

My niece wants to know: if she donates her hair and the recipient of her hair commits a crime and leaves hair at the crime scene, will her DNA be found all over the place and thus incriminate her?

She’s 12.

—[@PHILNOBILEJR](#)

My nine-year-old nephew wanted permission to make a Facebook account. His mom said, “No, you’re nine,” but he figured out how to make one anyway. He got caught when he sent her a friend request.

—[@PONETPLUS](#)

A few nights ago, my eight-year-old granddaughter stayed over at our place. The following morning, she watched me rub anti-wrinkle cream on my face.

“Don’t worry,” I said. “You don’t have to worry about this yet. You aren’t old like me.”

SUSAN CAMILLERI KONAR

“You’re not old,” she answered. “You’re middle-aged.”

—ROBIN FRONTEDDU,
Burlington, Ont.

When I was 10, I told my mostly white class that I was Japanese, and a white classmate raised her hand and said, “You can’t say Japanese. You have to say Asian.” And the entire class agreed.

—JARED GOLDSTEIN, *actor*

After my three-year-old said she wanted to be an astronaut, I told her she had to study hard, go to college, learn a lot of science and take a physical fitness test. She shrugged and said, “That’s just four things.” So she’s basically a motivational speaker.

—[@JENDZIURA](#)

My eldest child was born five years after my husband and I got married. Today we found out she’s mad at us for not inviting her to the wedding.

—[@REALLIFEMOMMY3](#)

We started giving our kids a quarter every time they cleaned up. I just walked in on my three-year-old explaining to my six-year-old that they “need to make a mess tomorrow.”

—[@ERICLAW](#)

My six-year-old daughter was talking to her friend about prime ministers.

“What’s a prime minister?” asked her friend.

“It’s someone who runs the whole country,” my daughter replied.

After a long pause, her friend said, “Oh, so like Terry Fox?”

—IQBAL KHAN,
Red Deer, Alta.

For the last 20 minutes, my two- and four-year-olds have been communicating via walkie-talkie. They’re in the same room. The walkie-talkies have no batteries.

—[@HENPECKEDHAL](#)

Things my three-year-old cried about today:

◆ My hands didn’t make a sound “like a bridge” when he rolled his toy car across them.

◆ He wanted to take his jacket off but keep the jacket sleeves on.

◆ The dog refused to eat the handful of sand it was given.

—[@DAVEAPNEA](#)

A few years ago, my mom was teaching a class of second graders. One day I was at her school during recess and saw a girl and a boy sitting on the floor in the hallway. The girl was crying, and the boy looked angry. I asked what they were doing. In the most serious voice a second grader could muster, the boy responded, “Talking about our relationship.”

—REDDIT.COM

Send us your original jokes! You could earn \$50 and be featured in the magazine. See page 7 or rd.ca/joke for details.

SHHHHH...

Background noise—from traffic, from industry—is killing us. Here's what you can do about it.

BY Matthew Braga
FROM *THE LOCAL*

ENVIRONMENT



For much of last summer, I was serenaded by a chorus of circular saws, lawn mowers and wood chippers outside my Toronto apartment. Some days, a mysterious banging from a nearby neighbour joined in. If you've spent the pandemic mostly working from home, you've probably become well acquainted with the sounds around your home, too. Not all of them have been pleasant! But if you listened closely and ventured out into the streets, you might have also heard something else—or rather, a surprising lack of something else, for city dwellers and suburbanites alike. The birds seemed louder. Voices carried further. In some places, construction had even paused.

The sudden shift was palpable. With fewer cars on the road, noise measurements in cities across Canada, the U.S. and Europe dropped significantly. Seismologists could actually see our behaviour shift, the usual vibrations of human activity now dulled. Microphones in cities around the world captured what *The New York Times* called “human-made environments suddenly stripped of human sounds.” Our cities, once loud, had been silenced. It was tempting to wonder: what if life were this quiet all the time?

Noise is too often thought of as a personal problem and not a societal concern. But Tor Oiamo, an assistant

professor of geography and environmental studies at Ryerson University, hopes his research will make you think differently. For over a decade, Oiamo has been studying the long-term health effects of background or environmental noise—the minimum level of noise observed in an environment, the kind of noise so pervasive, so part of the fabric of daily life, that it could never justify a complaint to the city.

“What comes to people’s minds most of the time when they think about noise,” says Oiamo, “are things like your neighbour doing construction, or the dog, or concert events—these things that basically stand out from background noise levels.”

As annoying as these daily intrusions may be, they don’t pose as much of an impact on our health as the chronic, long-term nuisances we’ve learned to cope with or ignore. That is, the constant thrum of highway traffic, manufacturing and warehouse activity—the stationary sounds that ripple outward day after day, year after year. This is the kind of noise you might have never noticed until quarantine turned the volume down in 2020.

Aside from the obvious impacts excessive environmental noise has on sleep, mood and quality of life, it’s also detrimental to cognitive, cardiovascular and mental health, according to the World Health Organization. The people who suffer the most tend to be among our cities’ most marginalized

and disadvantaged, while quiet is for those with privilege and money. While what we hear in the foreground certainly matters, there's mounting evidence that the background noises so many Canadians have learned to cope with or tune out deserve our attention, too. All it took was a global pandemic for us to hear the difference.

THE SOUNDSCAPE of our cities in the early 20th century was a cacophonous din: trucks rumbling, newsboys shouting, streetcars screeching, milk bottles clattering, children screaming, radios blaring, factories whistling, dogs barking and, most hated of all, car horns honking at all day and night.

By the mid-1920s, the anti-noise movement was in full swing. Organized campaigns decried “needless noise” and urged order be brought to the city. Noise was deemed unneighbourly. G.R. Anderson, an acoustics professor at the University of Toronto known all over Canada as “the Noise Professor,” was a fixture in the press. He used a cutting-edge portable sound-measuring device called an audiometer to rank the city's worst offenders (number one: streetcars).

Adelaide Plumptre, only the third woman to serve on Toronto city council, proposed a bylaw against “unnecessary noise,” and on June 26, 1939, it came into effect. Shouting, honking and bell ringing were outlawed. Old cars had to run quietly. Radios had to

be turned down low. People could be fined up to \$50 for each offence—the equivalent of more than \$900 today.

Toronto's anti-noise efforts took cues from New York City, where the mayor, Fiorello La Guardia, waged his own “war on noise.” In 1936, the city passed one of the first comprehensive noise bylaws in North America. La Guardia, wrote cultural historian Lilian Radovac, “approached noise as an aural barometer of the chaos of New York City,” both as a symptom and a cause of urban disorder. Noise went from something city builders tried to mitigate to a moral failing to be policed, licensed and controlled.

Noise impacts our sleep, mood and quality of life, plus our cardiovascular and mental health.

In reality, noise complaints in New York were used as a pretext to hassle the original Black and immigrant residents of gentrifying neighbourhoods, to disrupt political protests and strikes, to get merchants off the sidewalks and children out of the streets and to maintain the status quo. In Toronto, the city's police chief, D.C. Draper, sought authority to deny vehicles with loudspeakers permission to participate in parades.

And noise bylaws are still wielded against marginalized groups today.

Radovac points to the cancellation of Carnival Kingdom, a Caribbean culture and music festival held in Vaughan, Ont. in 2018, after the city received complaints of excessive noise. "Why? Is it because they're Black? Is it because these sounds aren't perceived to have a wider community value, like the Air Show?" says Radovac. "When you look at what gets shut down and what doesn't, who gets targeted and who doesn't, patterns start to emerge."

"The number of people exposed to harmful levels of noise is definitely increasing."

While noise complaints have long been used as a cover for racism, classism and political opposition, there is something that some early anti-noise campaigners got right: certain types of environmental noise can be incredibly harmful to human health.

WITH THE 1960S came the promise of supersonic flight. Oklahoma City had aspirations of becoming America's first supersonic hub. But no one quite knew how its residents would deal with the sonic booms. "Would everyone

eventually adapt, or would the country be slowly driven insane?" wrote Sam Anderson in his 2018 book, *Boom Town*. The answer was Operation Bongo, a six-month U.S. government campaign to subject the residents of Oklahoma City to multiple sonic booms each day, varying in intensity. As you might expect, residents were anxious, frustrated and very annoyed.

Much as cars had remade the soundscape of the streets, air travel remade the soundscape of the sky. Soon, noise was seen as an environmental scourge on par with pollution and became a full-blown public health issue in the 1990s. A growing number of studies suggested links between excessive noise exposure and chronic adverse health effects, from heightened blood pressure to cognitive impacts on memory, performance and concentration.

There are many to choose from, but one 2011 study of the Danish population found that people aged 65 and over faced a 27 per cent higher risk of stroke when noise exposure went up by 10 decibels (dB). A separate study by some of the same researchers linked a 10 dB increase in traffic noise with a 12 per cent higher risk of heart attack.

Ryerson's Oiamo and his colleagues published the first comprehensive study of environmental noise in Toronto with the city's public health department in 2017. "The number of people exposed to harmful levels is most definitely increasing," Oiamo says. Unsurprisingly,

the study found that road traffic contributed 60 per cent of background noise, and people living near major roads, highways and mixed commercial areas were especially vulnerable to excessive levels.

Over 60 per cent of Toronto residents experienced traffic noise levels above 55 dBA during daytime hours. (While dB measures sound intensity, the term “dBA” refers to both sound intensity and how the human ear responds to it.) And while that level dropped to 50 per cent of residents at night, this level of noise still exceeds World Health Organization guidelines of 53 dBA for road traffic during the day and 45 dBA at night. Over a 24-hour period during weekdays, the overall average noise levels for Toronto were about 63 dBA—about as loud as a normal conversation, but one that never ends. (Montreal and Vancouver both have similar noise levels.)

Lower-income areas were almost 11 times more likely to have half their residents exposed to excessive nighttime noise than higher-income areas. Put another way, a quiet life is a privileged life, available to people who can afford a well-insulated unit, a detached suburban home on a residential street or an apartment on the upper floors of a building, nowhere near the street at all.

Given all this, you would think we would be more concerned. “We’re seeing long-term effects on hypertension, diabetes and cardiovascular disease,”

KEEP IT DOWN

Noise pollution can do everything from disturb your sleep to increase the risk of cardiovascular disease.

What Canadian municipalities are doing to reduce noise:

- More bylaw enforcement
- Traffic calming measures, such as roundabouts and street closures
- Limiting construction hours
- Increased insulation requirements for new and converted residential buildings
- New public charging stations to encourage electric vehicle use
- Designated quiet zones

Some easy ways you can help:

- Walk or cycle when possible
- Drive a quiet, fuel-efficient vehicle
- Combine errands to reduce car use
- Keep lawn equipment in good working order—and consider using a rake!
- Turn down your music

Oiamo says—effects that can be even worse for people in lower-income or marginalized communities, who often have more limited access to health care, are more likely to be stressed and in general have lower life expectancy. Why, then, don’t we treat environmental noise the way we do other sonic intrusions in our lives?


BEFORE THE PANDEMIC, Toronto's two most frequent noise complaints were related to construction and amplified sound. It's not hard to see why. They're the types of intrusions you can't help but notice, the exceptions to the norm. "When you're in your apartment and your neighbour is blasting music, you can pinpoint who it is, where it's coming from and why you hate it," said Radovac.

The city has 24 dedicated bylaw officers who respond to noise complaints from 6 a.m. to 2 a.m. the next day. Officers use sensitive, objective measuring devices to ensure compliance with newly set decibel limits. But background noise is more pernicious. It's always there—and there's nothing you can do about it, not by yourself. You can't complain to 311. In fact, the city's bylaw officers take into account background noise from distant highways and industrial work in their readings when investigating a noise complaint.

As a society, there are different levers we need to pull. In October 2019, Toronto released a noise action plan "aimed at reducing exposure to ambient environmental noise over time" (Vancouver and Ottawa have also released guidelines in recent years). It recommended that public-transit agencies prioritize noise mitigation in their planning and adopt more electric vehicles. Speed limits could be reduced, freight trucks rerouted and roads kept in better repair. Beyond Toronto, the national

building code now requires more comprehensive soundproofing—something Radovac says would go a long way toward separating people from harmful noise levels. To measure and understand how noise levels change over time, Montreal has even proposed the creation of a city-wide noise observatory, essentially a permanent version of Oiamo's Toronto study.

The goal shouldn't be to make our cities quieter but to reduce the number of people, and types of communities, exposed to harmful levels of sound. Doing so won't be easy; it will require us to confront multiple interconnected inequities at once. In Toronto and Montreal, research has shown that Black residents and residents of colour are those most impacted by noise. They're also the ones who the pandemic has affected most. You can't treat one and not the other when the underlying causes are the same.

As pandemic restrictions loosen, people are slipping back into their old routines. Factories and warehouses are humming again. Cars have returned to the road. The background noise is, well, back. The saws, the mowers, the mysterious hammering are still as annoying as ever, but remember, they're merely temporary neighbourhood nuisances. The real threats are harder to hear because they're always there—a part of the soundscape itself. 

© 2020, MATTHEW BRAGA FROM "HOW NOISE SHAPED A CITY," *THE LOCAL* (FALL 2020), THELOCAL.TO

LIFE'S LIKE THAT

Sit... Stay... Draw...

To raise funds, the staff at the Wisconsin Humane Society put their lack of artistic talent to good use: For US\$15, they would draw anyone's pets. They raised US\$12,000 in one day, thanks in part to these timeless works.



One of the defining phrases of the past year:
"You're on mute."

— WAUBGESHIG RICE, *writer*

I listen to country music because I like to

kick back and hear a guy with three houses teach me how to appreciate the simple things in life.

— DONOVAN WOODS, *musician*

I actually don't mind losing an hour to daylight saving time because I chose the one when I go on the treadmill.

— [@KENTWGRAHAM](#)

Investing 101

Everything I know about the stock market is from accidentally googling two or three letters when I meant to type in a full website.

— ASHLEY HAMILTON, *podcast host*

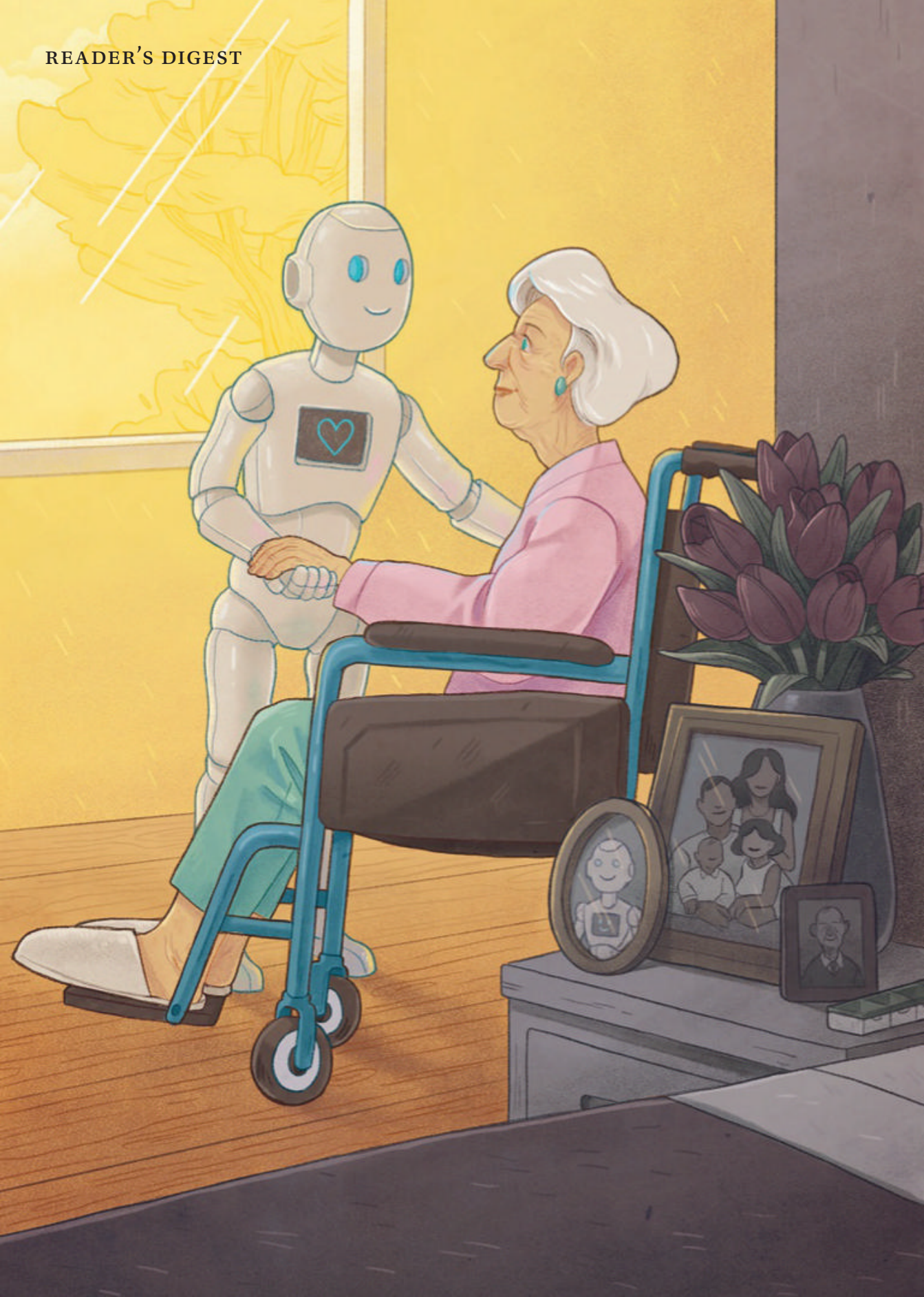
I don't have any hobbies, but I do like reading customer reviews of Indian cookbooks where white people complain about the dishes being too spicy.

— SCAACHI KOUL, *writer*

The generation of kids taking classes on Zoom should now be called Baby Zoomers.

— ILENE SPENCER, *Ottawa*

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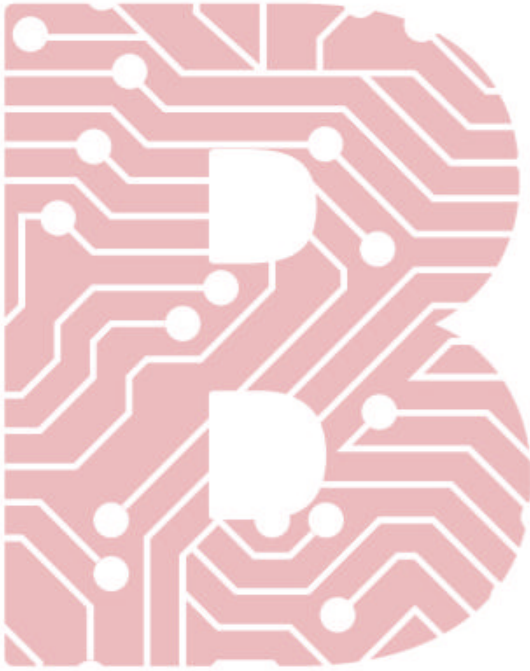


NURSE ROBOT

An army of artificially intelligent caregivers is keeping seniors fit, fed and healthy. They might even be better than the real thing.

BY Katrina Onstad FROM *CHATELAINE*

ILLUSTRATION BY DESHI DENG



BRIAN SITS AT A TABLE, across from an elderly woman. He is wearing a blue T-shirt and a baseball hat. She is petite, with curly grey hair, an expectant smile and a tray of scrambled eggs in front of her. “The side dish looks very tasty,” he says in a cheerful voice, reminiscent of a primary school teacher. “Why don’t you try some?”

She takes a bite. “It’s pretty good, Brian,” she says politely.

Brian’s own smile is a little robotic, which isn’t judgey; he’s a prototype socially assistive robot. His stiff expressions are created via actuators beneath his silicone-rubber face, and his blue T-shirt is draped over a torso of wires and arms with metallic hands. The full effect borders on creepy, a mash-up of an emoji, an over-plugged outlet and a mannequin. Yet among the seniors

who encounter him in research testing, Brian is a hit.

Brian’s job is to motivate older adults to eat. Eating can be a life-and-death health issue for elderly people in care, especially those with cognitive impairment. That population is the focus of the work under way at the University of Toronto’s Autonomous Systems and Biomechatronics Laboratory, where Brian and his fellow prototypes were developed.

Goldie Nejat, a professor and Canada Research Chair in Robots for Society at U of T, and her research team are building an array of socially assistive robots that can offer support for everyday and repetitive tasks, such as eating, selecting clothes or exercising, with the aim of lightening the burden for seniors and their caregivers. And the future is closing in: Nejat predicts that robots could become a common presence in care facilities within two to five years.

The technology that animates Brian and his ilk might be complex and anchored in artificial intelligence, but the promise of “robocarers”—a field that’s booming around the world—is simple. Robots give us time. If these machines take on much of what sociologists call the “dull and dirty” work of caregiving, humans will be freed up to do what matters most: providing companionship, touching, talking. The caring part of caregiving will be restored.

After Brian has made a couple of bad jokes (“Why did the cookie go

to the doctor?” “She was feeling crummy!”), and the woman has eaten her eggs and finished her juice, their time together comes to an end. Sweetly, she says: “Thank you, Brian. I hope to see you again.”

To observe a person extend such graciousness to a machine is strange, and somehow poignant, yet most of the subjects who meet Brian do so. The inevitable integration of robots and caregiving doesn't just signal a triumph of technological innovation but also serves as a stark reminder of our failings when it comes to the elderly. It's clear

the call button and waiting with frustration for someone to arrive. Perhaps whoever was on call was tired; surely, they were all overworked. Still, waiting felt like an affront. In the eyes of a loving family member, the attention provided could never be sufficient. No caregiver could give her enough support, enough love, enough time.

Resources to serve the elderly population are scarce and patchily available. Medical advances mean many will be living with chronic illnesses. They'll likely want to age at home for as long as possible, and public policy shifts

IT'S STRANGE TO WATCH PEOPLE EXTEND GRATITUDE TO A MACHINE, YET THAT'S WHAT THEY DO WITH THIS ROBOT.

that the robots are on their way, but the desired outcome is much murkier. Who wins, and who loses, when the machines arrive to do what we can't?

WHEN MY GRANDMOTHER was moving through the stages of dementia, and nearing the end of her life, in the late '90s, she lived in a government-funded complex-care home in Vancouver. It was a pretty, wood-sided house with a tidy green lawn and warm staff—about as good as long-term care can get. Yet I remember sitting with her in her room when she was agitated, hitting

encourage it, even with a nationwide shortage of personal support workers. During the first wave of the COVID-19 pandemic, 81 per cent of deaths in Canada were among residents of long-term care homes, and staffing shortages were identified as a primary factor in the virus's spread.

The tech sector is poised to help—and profit from—this conundrum. A Belgium-based company sells miniature companions, nicknamed Zora, to nursing homes in Europe, the U.S. and the Middle East. China is sinking millions into robocarers to address the

conundrum of a massive population of seniors and a one-child policy that's thinned the ranks of family caregivers. Throughout Japan, it's not unusual for seniors' facilities to use automatic feeding robots, assistive devices that chat with Alzheimer's patients or the "Robear"—a polar bear-like creature that lifts and moves frail patients between beds.

According to the International Federation of Robotics, sales of personal service robots increased 30 per cent

response to a user's touch, offering company and empathy to Alzheimer's and dementia patients.

In the midst of this tech-care explosion, a small robot army is being test-driven in trials at U of T and at retirement and long-term care homes throughout the city. Besides Brian, an early prototype, the robot fleet includes Tangy, who can host bingo games and trivia nights, and Casper, who can guide a senior through

“ROBOTS CAN REPEAT THE SAME MUNDANE TASK OVER AND OVER AGAIN WITH A SMILE ON THEIR FACE.”

between 2016 and 2018, to reach almost US\$1.6 billion. Right now, they're prohibitively expensive: the knee-high, dancing and game-playing Zora robot, rolled out in some nursing homes in France in 2018, can cost up to US\$18,000. But as demand and production increase, the price is expected to drop.

In Canadian health care, humanoid robots are still relatively rare, though cheaper robotic pets are used as ostensible therapy animals in some homes and clinical settings. The most well-known is Paro the seal, an artificially intelligent fluffy automaton developed in Japan that costs about \$6,500 and can bleat and flap its flippers in

the steps to make a basic meal. As the technology evolves, a single automaton will be able to do all these tasks.

Building a machine that's emotionally sensitive is still a major research problem. Paro has fairly primitive emotional intelligence; its responses when touched seem hardly more advanced than those of a Teddy Ruxpin. The tasks that Japanese robots are performing in nursing homes today are largely physical. Canadian researchers, including Nejat, are distinguishing themselves in the robotics field by focusing on robots that can assist a vulnerable population by learning and adapting from the user in the same way that human caregivers do with older adults.



Salt is designed to help with upper body exercises.

IN A VAST, mostly empty room overlooking the city at U of T's downtown campus, Nejat and two team members introduce me to Salt, a gleaming white robot with an egg-like head. A little over a metre tall, it resembles a precocious toddler—an aesthetic decision made to reduce intimidation. This particular robot is designed to lead seniors in upper body exercises.

“Robots can repeat the same mundane task over and over again with a smile on their face. The robot never gets tired of doing it,” says Nejat.

Salt is placed at a very specific distance from me—between 1.5 and two metres—because researchers have found that placing the robot any closer

feels like a violation of personal space. It moves its head encouragingly and lightly sways its arms and waist; both movements subconsciously register as human. Salt is designed to be gender-neutral, though a female voice instantly makes me view it as female. Still, Salt isn't exactly passing as a person, and that's strategic, too: a robot that's too human is off-putting.

In a voice laden with exclamation points, Salt says: “We are going to do our exercises together! Are you ready?” Salt takes in the user's speech, facial expressions, gestures and body language and adapts fast. The robot is sensitive enough to respond to the user's mood by changing eye colour:

a positive tone and the eyes are green; if the user is talking, they turn yellow to show she's listening and interested.

"Let's get started," Salt exclaims. I immediately answer: "Okay, yes!" It's hard not to want to please Salt; she's very peppy. Nejat's researchers have found that humans are, overall, remarkably accepting of social robots. In user trials, compliance and acceptance levels are consistently high; older adults and visiting family members flock to the robo-curiosities.

Nejat and her team observed that language barriers in multicultural Toronto were an issue; hence, the robots they're developing can speak and recognize different languages. Some caregivers with packed schedules said they wanted the robots to offer them task prompts, like when to move a nursing-home resident, so reminders are built into the design. Others said that it would be helpful if a robot would simply sit next to a resident to give them someone to talk to.

As I followed Salt's movements, doing my arm bends and receiving my praise ("It was fun doing this exercise with you!"), I could imagine "Salt-exercise" as a useful activity in a busy nursing home. But I also thought that a human occupational therapist would be able to touch my arms, adjust my posture, maybe hug me. I remembered how much my grandmother responded to touch; how my mother would hold her hand, or rub lotion onto her arms,

or recite a poem that my grandmother remembered. These moments were profoundly human, personal.

Nejat understands the hesitancy. "If we had enough caregivers, robocare wouldn't be happening. But unfortunately we don't—so what do we do? Do we let people sit there and watch the elevator doors open all day long? Or can we help and support them with technology?" she asks. "If we had the human power, then we would all be working on building robots for manufacturing or other services. But you're seeing people—especially those with dementia—sitting there day by day, and their symptoms get worse if they don't have stimulation."

I look at Salt, standing at attention, and I think of my grandmother, as well as Nejat's question: "What else are we going to do?"

Well, we could train and hire more personal support workers, then proclaim the value of this work (mostly performed by women of colour) by paying better wages. We could strengthen employment laws to protect family members (again: mostly women) who take time off work to care for their loved ones. We could follow the recommendations of the Canadian Medical Association and implement a national strategy for seniors, making critical investments in long-term and nursing care to avoid a looming crisis of wait times and bed shortages.

Or, you know, robots.

LITTLE IS KNOWN about what effects robocare will have on seniors in nursing homes. Research on long-term relationships with robots is scant. Australian and German researchers found that residents with dementia who spent time with Paro the therapy seal reported improvements to their quality of life, and their anxiety levels dropped substantially. In other words, the benefits of an electronic seal that responds to touch and voice aren't dissimilar from the benefits of social contact at any age. Sociability is, in fact, a key to aging well and the best insurance

medical ethicists are concerned that robots may, in fact, reduce the amount of human contact a patient receives. If a robot leads an exercise class or changes the bedpans, some patients without family or friends might lose crucial points of human contact.

Fifty per cent of the global workforce could be automated by 2055, according to the McKinsey Global Institute. The overwhelming majority of caregivers for the elderly—up to 81 per cent—are female, meaning that jobs for women are particularly vulnerable to the robot revolution. Nejat

SOCIABILITY IS THE BEST INSURANCE AGAINST DEMENTIA AND MANY NURSING HOMES USE ROBOTS FOR COMPANIONSHIP.

against dementia. Loneliness and social isolation among seniors are linked to increased health risks, such as obesity, and even early death.

With that in mind, nursing homes are primarily using robots for companionship. One U of T study in a long-term care facility showed that visits with Tangy, the bingo-hosting robot, improved sociability among a group of elderly people there—and not solely because they were interacting with Tangy but because they began to speak with one another about it. But robots' sociability could also be a liability. Some

is adamant that the robots will not displace, but will work in concert with, medical professionals and caregivers.

But as robocare becomes cheaper and more prevalent, a dark future scenario emerges in which human caregiving might become a luxury item. A live companion or nurse—the gold standard for care—will be reserved for the wealthy, while the rest of our seniors are handed electronic seals.

Earbuds, smartphones, Alexa, the Roomba—we have so far shown a shrugging willingness to allow the mechanical to intervene in our lived

experience. But if there is a line, a point where we say that technology isn't solely a boon, it might be at caregiving, the most intimate, important work of being human.

ALLISON MATHIESON IS a former preschool teacher in Toronto who agreed to participate in one of the U of T robot studies. She spent an afternoon with Casper, a squat fellow with a tablet on his chest who led her through the steps to make a tuna sandwich.

Mathieson felt a little nervous the day she went into the lab, but fascinated, too. With the robot's prompting, she got the necessary items out of the fridge, opened the tuna tin, mixed in the mayonnaise—the kind of sequencing that can be hard for someone with cognitive impairment. Casper was a good guide, she said, even kind of fun.

At 72, Mathieson doesn't have cognitive decline and she lives independently. But she thinks about what's ahead and worries that if she does start to lose her faculties, she could become a burden to those around her.

After spending some time with a robot, she felt excited about the possibilities of a helper that might allow older people to maintain their independence a little longer. "Robots are the future," she says.

I ask her if she'd want to have a robot in her home. "I would be comfortable if there was no human available to do that same function for me. But I do think that in my generation, people would prefer human interaction, not just in health care but in all aspects of their daily lives."

All generations age, and all of us approach this narrowing of time with uncertainty. Yet we seem to be at a defining moment: deciding how we get old—and how we take care of each other—will reveal deeper truths about our society, its fault lines and strengths. The great hope is human care that's augmented by automation; the great fear is replacement. Will we get to choose, as Mathieson hopes, the shape of our final years? Or have we ever? **R**

© 2020, KATRINA ONSTAD, FROM "CAN ROBOTS EASE THE CAREGIVER BURDEN?" CHATELAINE (MARCH 2020), CHATELAINE.COM



Lend an Ear

Good communication is as stimulating as black coffee,
and just as hard to sleep after.

ANNE MORROW LINDBERGH

Anything that's human is mentionable, and anything that is mentionable
can be more manageable.

FRED ROGERS

LAUGHTER THE BEST MEDICINE

While I waited for my cataract surgery, I overheard an exchange on the other side of the hospital curtain:

“Are those your own teeth?” asked the intake nurse.

“I hope so,” answered the elderly man. “I paid for them.”

—JOAN ALMOND,
Waterloo, Ont.

World’s Fastest Birthday

When my wife turned 32, I told her not to get her hopes up. “After all,” I said, “we’re only going

to be celebrating it for half a minute.” When she asked what in the world I was talking about, I pointed out, “This is your thirty-second birthday.”

—REDDIT.COM

I thought about getting a weighted blanket, but now that I’ve seen how much they cost, I guess I’ll just do it the old-fashioned way: by putting some cats on top of myself when I go to sleep.

—[@SDAMNED](#)

“Well-behaved people seldom make history,” I whisper as I don’t wait the full 10 minutes for the oven to preheat.

—[@ABBYHASISSUES](#)

False Advertising

I went down to the 24-hour grocery store. When I got there, the guy was locking the front door. I said, “Hey, the sign says you’re open 24 hours.” He said, “Yeah, but not in a row.”

—STEVEN WRIGHT,
comedian

Send us your original jokes! You could earn \$50 and be featured in the magazine. See page 7 or rd.ca/joke for details.

THE BEST JOKE I EVER TOLD

By Jen Sakato

I’m always cleaning out my parents’ expired medication. The other day I found a box of Pepcid AC so old it was labelled Pepcid B.C.

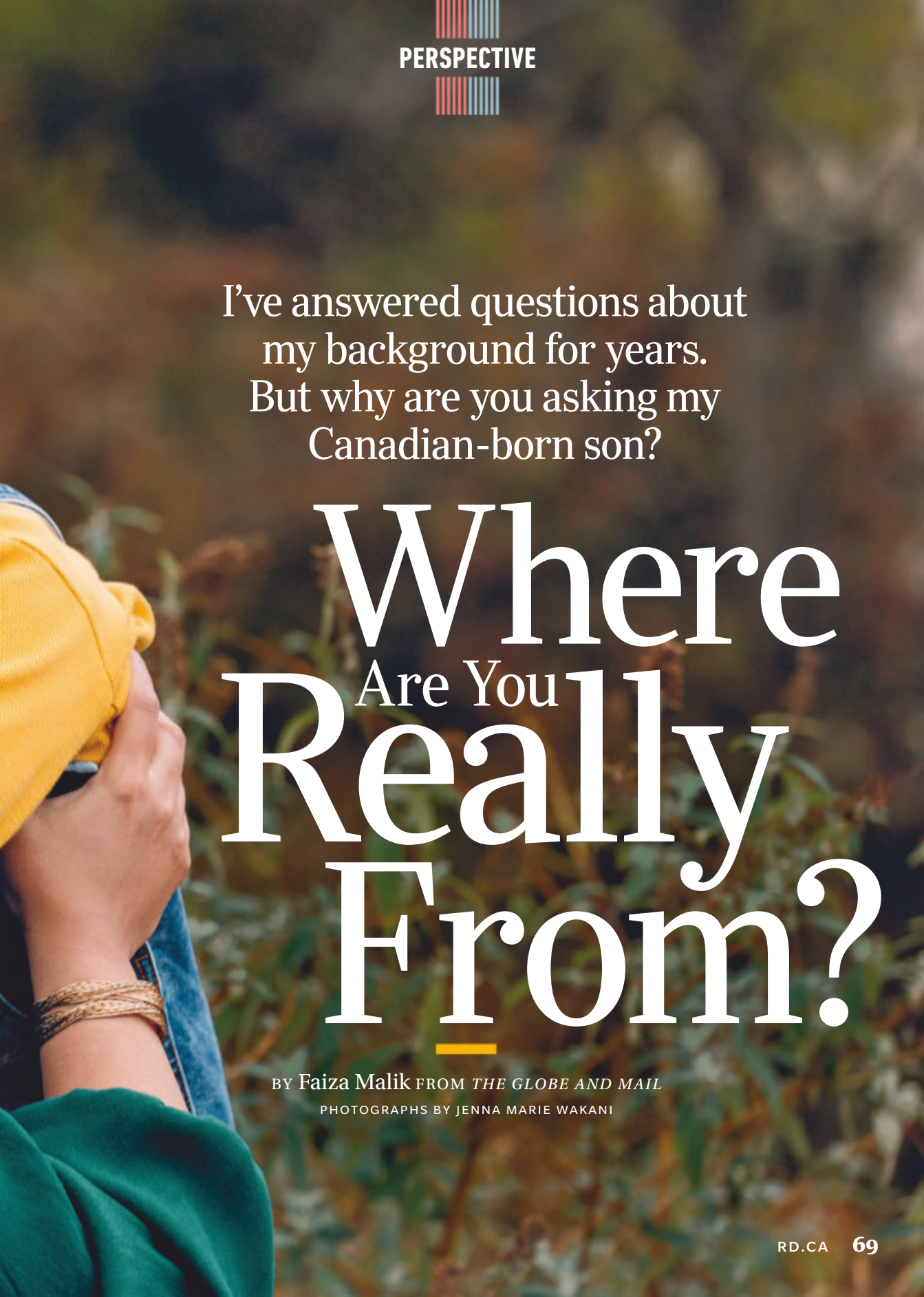
*Jen Sakato is a Toronto-based comedian.
Follow her on Instagram @JenSakato.*





"I've always had complicated feelings about this line of questioning," says Malik.

I've answered questions about
my background for years.
But why are you asking my
Canadian-born son?



Where Are You Really From?

BY Faiza Malik FROM *THE GLOBE AND MAIL*

PHOTOGRAPHS BY JENNA MARIE WAKANI

Like any visible minority, I've been on the receiving end of microaggressions—subtle, racist words and actions—all of my life. “Where are you from?” is the most common one.

Most of the time, I laugh it off and respond with “Scarborough,” but that's not really true. I actually grew up in the former borough of East York in Toronto. But I went to university in Scarborough and I generally feel most at home in the eastern edges of Toronto, so I say “Scarborough” as a shorthand.

My answer leads to the inevitable follow-up question, another microaggression: “No, where are you really from?”

I've always had complicated feelings about this line of questioning. Technically, I am not “from” here. I am an immigrant. I was born in Punjab, Pakistan and came to Canada in 1993 at the age of six with my mom and two siblings. My dad had lived here for a few years prior to our arrival, working as a cab driver to get settled and to be able to sponsor us. As the young child of a Canadian resident, I got citizenship when my dad got his, before our flight to Canada.

I started Grade 1 here and completed my entire education from elementary school through law school in Ontario. I haven't lived anywhere else since I arrived in Canada. I feel Canadian. I am Canadian. So Canadian that I say “Eh.”

So Canadian that I apologize to people when they bump into me. So Canadian that I say I am from Scarborough.

WHILE I WAS A STUDENT, a friend and I were on the subway and, being from the east end of Toronto, got lost at a station on the west side. We asked a woman for directions.

“You're not from around here, are you?” she said, after giving us directions.

“No,” I replied.

“Where are you from?”

“Scarborough.”

But in this case, another microaggression followed: “No, before that?”

“Pakistan.”

When I said this, yet another slight: “But you speak English so well!”

This has happened to me countless times.

Another instance sticks out in my mind: my husband Syed and I went to a concert at the Danforth Music Hall in Toronto a few years ago. While we were waiting, an older man began talking to us and asked us where we were from. I am from Pakistan, Syed is from India, I told him. He proceeded to talk to us about backpacking through Afghanistan in the Seventies, and about teaching Muslim students in the inner city. One of them even wore a hijab, or chador, as he called it. Syed and I nodded and smiled throughout his small talk, and eventually made our way across the venue to get some distance from him.

In the moment, my husband and I were too polite—too Canadian—to say anything. Looking back, I wish I'd asked him if he was only interested in us because of our ethnicities. I've only visited Pakistan once since I came to Canada; similarly, my husband hasn't been to India since he was a young child. Neither of us can talk meaningfully about either of those countries, let alone Afghanistan.

Because I would receive the question of where I'm from so often, I grew to accept it. Or rather, I grew to accept the inevitability of the question. I would still resent the question, but a part of me felt that I shouldn't. After all, the person inquiring was merely pointing out something accurate: I am not from here. Engaging in the same tiresome conversations over the course of my life meant that I internalized the thought process. I've been asked "Were you born here?" so often that I heard the unspoken message loud and clear: The primary thing that makes a Canadian a Canadian is whether they were born here. If you are born here, you are from here. I wasn't born here, so I can't be from here.

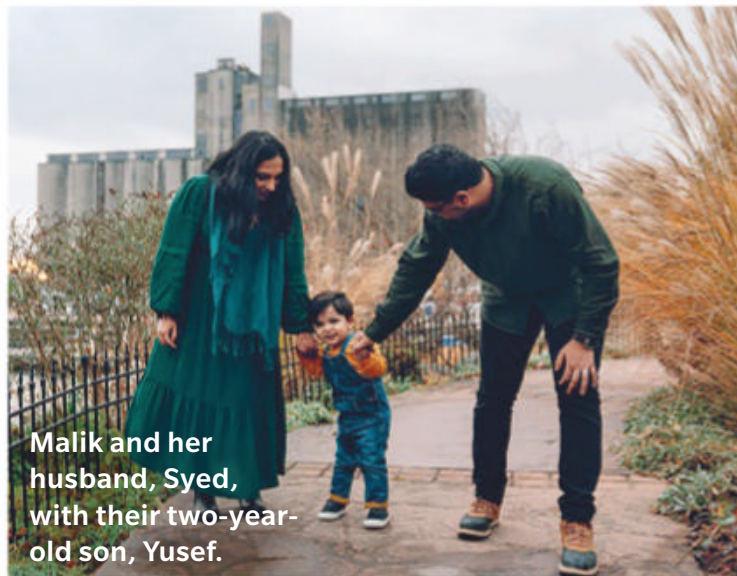
In the grand scheme of things, I reasoned, being asked these questions was a small expense to pay for enjoying the benefits of my parents' decision; for being able to live in Canada where my quality of life is decidedly better

than it would have been had my family remained in Pakistan.

It wasn't until I had a baby that I realized the question has nothing to do with where somebody is actually from.

I AM A NEW MOM. All parents are biased, but my son is, by all accounts, a cheerful and sociable toddler who often approaches strangers, charming them with some combination of a toothy grin, a friendly wave and animated babbling. Whether we are out for a walk at the park, at the library, bank, community centre or grocery store, he will always make a new friend.

Because of his extroverted nature, I often find myself engaged in friendly chatter with someone he has befriended. This new friend might say, "He's so cute." They might say, "Oh, this one is a troublemaker, isn't he?" They might ask what his name is.




Malik and her husband, Syed, with their two-year-old son, Yusef.

The answer to that last question is what does it. If his new friend was curious before, based on the colour of his skin, this is the piece of information that causes the presumptuous questions to bubble over and spill out: "Yusef? Oh? Where are you from, Yusef?"

Yusef, meaning "God increases," is an Arabic name we chose to honour his Islamic heritage. We made sure to spell it phonetically so that it would be easy to pronounce. And the name often results in adults asking him where he's from. Yusef is mostly preverbal; rest assured, he cannot answer that question himself. And if he could, I imagine he would be baffled by it. Where is he from? From here, of course. Toronto! He was born at St. Joseph's Health Centre. He lives in an apartment with a view of the CN Tower and Lake Ontario. He has never known any other home. He does not even have a passport.

Yusef, I've come to realize, is also in for a lifetime of people asking him

where he's from—it doesn't actually matter where he was born. He is being asked that question simply because of the combination of the way he looks and his name. Just as he inherited his parents' brown skin and black hair, he has also inherited the enduring question of where he is from. How to answer this question is not something I ever anticipated I would have to talk to him about, but I realize now that Syed and I will have to prepare him.

By asking my child this question, what people are really saying to him and to me is that having brown skin and ethnic names is inconsistent with being Canadian. I have tolerated that question for almost my whole life, believing people when they told me I wasn't Canadian enough. But my baby is most definitely from here, so please stop asking him. 

© 2020, FAIZA MALIK. FROM "PLEASE STOP ASKING MY CANADIAN-BORN CHILD, 'WHERE ARE YOU FROM?'," FROM *THE GLOBE AND MAIL* (SEPTEMBER 10, 2020), THEGLOBEANDMAIL.COM



On the Road

**Ride as much or as little, or as long
or as short as you feel. But ride.**

EDDY MERCKX, FIVE-TIME TOUR DE FRANCE WINNER

**Truly, the bicycle is the most influential
piece of product design ever.**

HUGH PEARMAN, AUTHOR

**It doesn't matter whether it's raining or the sun is shining:
as long as I'm riding a bike, I know I'm the luckiest guy in the world.**

MARK CAVENDISH, BRITISH ROAD RACING CYCLIST

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How little acts
of spontaneity
can make
your day

GO WITH THE FLOW

BY Leah Rumack

ILLUSTRATION BY KATE TRAYNOR

THE PANDEMIC HAS made me a more spontaneous person. Weird, I know. Before COVID-19, I was very Type A about my social life: dinner at 6 p.m.—6:30 if I was feeling sassy—usually at a restaurant of my choosing that I'd researched and booked with three other moms, four weeks in advance. The upheaval of this last year completely changed my Virgo approach to recreation.

Now, with so many activities off the table, whenever there's a chance to do anything, I jump. Socially distanced falafel in the park? Sounds glamorous! Walk with an acquaintance who lives around the corner? My new BFF! Lawn cocktails with the neighbour? Why didn't I think of this before?

My new "Sure, why not?" vibe has been one of the surprising upsides of this time. I've made some new friends, seen parts of Toronto I didn't even know existed and become extremely good at dropping everything at a moment's notice.

I've also learned that embracing novelty and openness to new experiences can make us happier—even if it's confined to small changes in our daily routines. Here are some easy ways you can give spontaneity a fighting chance to thrive.

FOCUS YOUR EFFORTS

Someone who's naturally more introverted or anxious doesn't need to revamp their entire approach to life to reap the benefits of spontaneity, says Steve Joordens, a psychology professor at the University of Toronto, Scarborough. The key, he says, is to identify which areas are the ones you feel could benefit from a little more of an off-the-cuff approach and focus on changing your habits there.

"The first step is asking yourself what's lacking in your life," he says. "What's your goal?" Once you identify

your aim—more friends? A new hobby? Getting out of a fashion rut?—you then need to identify which habits are keeping you from getting what you want. Maybe your weekend routine is too packed or too rigid, or you keep making flimsy excuses to not try that new online baking class.

Then you can consciously substitute those spontaneity-killing habits for ones that will help you achieve your goal. If this doesn't exactly sound spontaneous, that's because it isn't—at least not at first. "It's just like going to the gym," says Joordens. "You may have to force yourself in the beginning, but then hopefully it becomes your new habit."

MAKE SOME ROOM

Having gaps in my day, thanks to the widespread closures of restaurants, bars and movie theatres, definitely helped foster the creation of Brave-New-Why-Not?-Leah. I could accept last-minute invites for bike rides or phone chats, and I quickly learned the small joys of unexpected fun.

According to Edward Slingerland, a professor of philosophy at the University of British Columbia, the first thing you need to do to nurture spontaneous experiences is to create some space for them. The author of *Trying Not to Try: Ancient China, Modern Science and the Power of Spontaneity*, he became interested in spontaneity while studying Chinese philosophers who wanted to

cultivate a state of *Wu Wei*, or effortless action, and saw spontaneity as an important goal.

“We overstructure our lives and plan too much,” he says. “Most people don’t have any gaps in their day to play.”

And while Slingerland admits that leaving those gaps is definitely trickier if you’re juggling things like work, taking care of family members or a busy volunteering schedule, even just having the mental goal of not overscheduling yourself can help change your approach. Many rabid list checkers (guilty!) might also be initially baffled as to how to put this into practice.

“Spontaneity is this weird combination of trying and not trying,” says Slingerland. He suggests giving yourself a very loose goal—like, say, going for a walk without a particular destination or just put “leaving the house” on your agenda—to help build the scaffolding for interesting things to happen. You just have to get comfortable with the idea that you might not always be “accomplishing” something, *per se*.

Another quick way to give spontaneity a fighting chance? Stop scrolling. Screen time, says Slingerland, is a “black hole” for adults and children alike. “Digital addiction is a real barrier to spontaneity,” he adds. The modern instinct to reach for our devices at the first hint of empty time (guilty again!) eats up both actual time when we could be engaging with our environment in

a more present way and the sudden mental breakthroughs that can occur when we let our minds wander.

You’re not going to strike up that interesting conversation with the person next to you in line if both of your faces are buried in your phones. And you’re not going to notice that you’ve just passed a cute new bakery if you’re too busy checking email as you scurry by. So put your phone down and embrace the unexpected world around you.

EMBRACE FAILURE (NO, REALLY)

Learning to not fear failure is a daunting but essential step in the path to becoming more spontaneous.

“The hardest thing for a non-spontaneous person is going to be that risk,” says Joordens. Even though we’re not necessarily talking about capital-B Big Risks here, even making small changes to your routine can be enough. Your partner might not like that new bedroom idea; you will perhaps look silly if you take up tap dancing (okay, you *will* look silly); it could be a flop if you stream that movie you know nothing about. The trick, says Joordens, is to take a cue from the entrepreneurial world and try to reconceptualize failure as a learning opportunity.

“Entrepreneurs embrace failure and the notion of learning from it,” says Joordens. “The upside is if you’re spontaneous, you’re more likely to discover something new, and that could turn out to be something you really love.” **R**

The logo consists of the word "HEART" in white, bold, sans-serif capital letters, centered within a white rectangular box. This box is flanked by vertical bars of varying heights and colors (blue, yellow, and white). A thick, vertical yellow brushstroke extends downwards from the bottom of the white box, tapering slightly towards the top.

HEART

As a teenager,
I gathered paints
and primed Masonite
boards for one of
Canada's most famous
folk artists

Maud and Me

BY Sheila M. Kinnear FROM *CANADIAN ART*



**Maud Lewis
in front of
her house in
Marshalltown,
N.S. in 1965.**

In the summer of 1965, my father, the artist John H. Kinnear, read an article in the *Star Weekly* titled “The Little Old Lady Who Paints Pretty Pictures.” It told of a then unknown, self-taught painter in Marshalltown, N.S. named Maud Lewis, who was “small and somewhat crippled by arthritis,” and poor.

“Maud and her husband Everett, both in their mid-60s, live in a house so small that it might have been built for Tom Thumb,” wrote Murray Barnard in the article. “The couple have no electricity or running water and none of the other comforts of life.” The newspaper showed examples of Lewis’s colourful paintings of cats and horse-drawn carriages, and included photographs of her at work and standing in front of her tiny, painted home.

Maud Lewis’s debilitating condition and life of penury struck my father, and he decided to help her. He, too, knew pain and hardship—while fighting in the Second World War, he had been captured and made a prisoner of war on three separate occasions, twice by the Germans and once by the Italians, and successfully escaped each time. In autumn 1965, he mailed Lewis a box of paints, sable brushes and standard Masonite boards, which I had primed. It was the beginning of a friendship that lasted until Lewis passed away

from pneumonia in 1970.

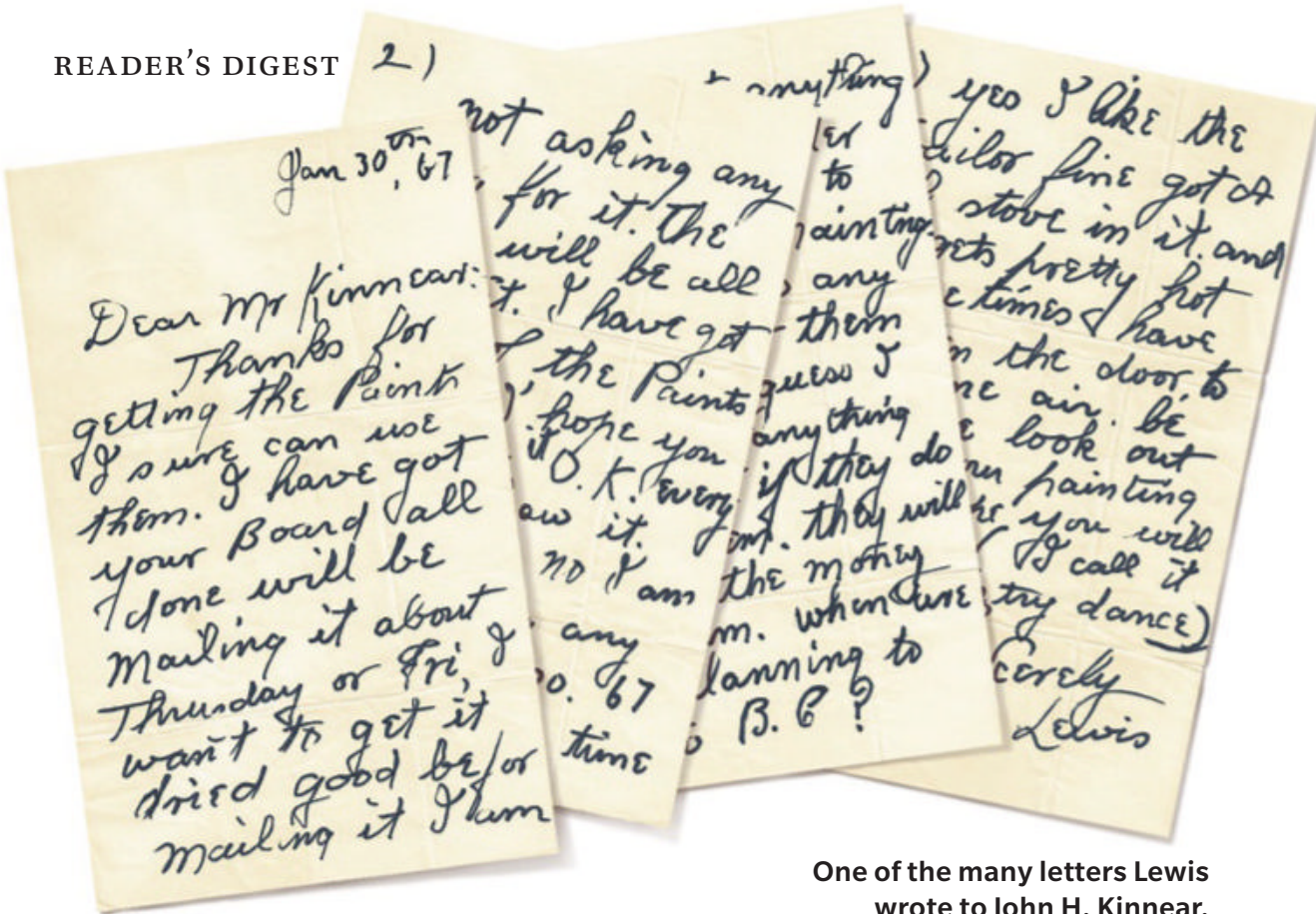
My father fell in love with the simplicity of Lewis’s art and found beauty in her unmixed rainbow palette of colours. Even more, he recognized that her paintings deserved archival-quality materials, and that, as an unschooled painter, she was working on found objects or wallboard, with house paint that would eventually peel from its base and disintegrate. He wanted her to have something that would stand the test of time.

Lewis thanked my father for his original gift, and he followed this note of thanks with a second package of supplies—more archival paints plus gessoed boards. After this second package, Lewis insisted on reimbursing my father with her paintings. She asked my father to continue to send her the gessoed boards and paints that she couldn’t find in Nova Scotia.

When I was in my early teens in the 1960s, there were only a handful of art supply stores in London, Ont., where we lived. My father would give me a wink and ask, “Shall we give our legs a good sprint?” I knew that meant it was time to start the eight-block walk over to Anderson’s Art Store to replenish his stock and pick up extra paints for Lewis. My father kept a list of paint colours

Lewis was known for her colourful paintings. Here are three from the 1960s, clockwise from top: *Carriage and Dog*; *White Cat (2)*; *Oxen in Spring*.





One of the many letters Lewis wrote to John H. Kinnear.

Lewis requested—she would ask for tubes of acrylic paint in bright red, daffodil yellow, black, sap green, white, brown and various shades of blue—and we would also take home some of the heavy jars of gesso that were needed for priming.

Getting supplies for Lewis was not out of the ordinary for me—as a young girl, I often worked in my father’s art studio. It was there, surrounded by art and artists, that I felt most comfortable and at home. Even now, I still love the smell of Dammar varnish with its hint of clove and orange peel. Fine art hung on the walls of the studio: a Greg Curnoe abstract painting, watercolours by William Roberts and more. When I was 12 years old, my father taught me the

process of properly sanding Masonite boards, and crosshatch-priming them with gesso. I used these lessons to prime Lewis’s boards.

My father and Lewis kept up a frequent correspondence. The earliest dated letters from Lewis to my father are from February 1966, but others have no dates or visible postmarks on the envelopes. They talked about many things, like whether her home was warm enough to endure the long winter, but my father never once attempted to influence her work.

In one letter, he asked whether Lewis would submit any of her paintings to the Expo 67 exhibition, which marked Canada’s Centennial. “No, I’m not putting anything into Expo 67, I haven’t

COURTESY OF SHEILA M. KINNEAR

the time to paint anything for it,” she replied. Lewis complained to my father that she had received over 300 letters after she was profiled on CBC TV on November 25, 1965.


“Maud was not a careerist, and she valued those friends, like Ontario painter John Kinnear who corresponded with her regularly, far more than an order from a premier or president,” writes historian Lance Woolaver in *The Illuminated Life of Maud Lewis*.

I remember walking to the post office to pick up the flat, brown-paper packages that Lewis mailed to us. She would send two or three—or occasionally five—paintings, and my father would post packages of five Masonite boards. He sold about 40 of Lewis’s paintings in London and the surrounding area for \$24 each, sending Lewis some of the profits and using the rest to purchase her paints. He kept several paintings for his own private collection and gifted two of them to me.

The first painting depicted Lewis and her husband driving away from church

in a black open-top Ford Model T during the summer, with Lewis wearing a bright red scarf. The second was a winter scene of children playing on the ice. Sadly, those two paintings were later stolen, but I like to think that the boards I sanded and primed with gesso, and the paints my father mailed to Lewis, will help preserve her art for future generations. But for me, working with my father was reward in itself.

When he learned of Lewis’s passing, he was filled with melancholy. “Maud was a beautiful woman, with a beautiful soul, and she painted from her heart,” I remember him saying. “The world has lost another underappreciated artist.”

The letters that Lewis wrote to my father were kept safe in an antique sea trunk that had once been in his studio. A few months before his death in 2003, my father and I opened the trunk together. I remember his smile as we recalled the days gone by, and the little old lady who painted pretty pictures. 

© 2017, SHEILA M. KINNEAR FROM “MY WORK FOR MAUD LEWIS,” CANADIAN ART (FALL 2017), CANADIANART.CA



Opening Moves

Chess is life in miniature. Chess is struggle. Chess is battles.

GARRY KASPAROV

Even a poor plan is better than no plan at all.

MIKHAIL CHIGORIN

Tactics is knowing what to do when there is something to do.

Strategy is knowing what to do when there is nothing to do.

SAVIELLY TARTAKOWER

Five Times I Shouldn't Have Used Stilts

I'm just a modern woman with a career and a family—and the urge to stand above it all

BY Sophie Kohn

ILLUSTRATION BY JESS HANNIGAN



1 At the annual convention for people with a paralyzing fear of heights

I will never know what possessed me to waltz into the National Acrophobia Convention on three-metre stilts, other than the fact that I'm straight-up jazzed about my stilts and never, ever want to remove them, not even when I sleep. Okay, so I didn't exactly "waltz." The very first bullet point in any stilt owner's manual explicitly says, "Good luck ever waltzing again." But *however* I entered Conference Room B, I'll never forget the shrieks of white-hot terror that greeted me as convention-goers

watched their greatest fear not-waltz into the room and openly mock their one common vulnerability.

2 At the conservation farm for endangered insects

I was not aware of the farm's viewing platform when I first arrived and instead decided to stroll across the grass in my three-metre stilts. Let's just say, perhaps it was a bad idea. Unfortunately, the rubber base of each stilt was the exact size of an insect teetering right on the edge of total extinction. I will also admit that the horrifying squishing and crunching sounds that accompanied every one of my heavily weighted steps did warrant a *very* expensive lawsuit against me.

3 At my own wedding


"Loving me means loving *all* of me!" I exclaimed triumphantly on the morning of my wedding. A beautiful flowing gown, a garland of flowers and, yes, my three-metre stilts. I'd been with Allan—the lawyer who represented me when I was sued by the Endangered Insects Conservation Farm—for nearly a year, and surely by then he was familiar with my deeply stilt-based lifestyle. We ended up losing that lawsuit quite badly, sending Allan into a depression. So yes, after lumbering down the aisle toward him, towering high above our guests, I suppose I now understand why he blurted out "Too soon!" and fled the venue.

4 At the male pattern baldness weekly support group

This one was an accident—sorry guys! I walked into the community centre on my three-metre stilts, looking for an empty room to practice some advanced stilt jumps. When I opened the door with my right stilt and beheld a circle of tearful, balding men sitting in chairs and sharing their feelings, of *course* I tried to turn around and leave, but the door-knob came off. Instead of joining the circle, I awkwardly strode around the room with an aerial view of every man's head. From my perch, I could examine in startling detail *exactly* how each one was balding. I now understand their increasingly loud protests, and why that one guy broke the one rule of the support group and grabbed a toque.

5 At my ex-fiancé's amateur stand-up comedy show

Hot tip: when you're trying to stalk your ex-fiancé Allan because you miss him and need to know if he ever talks about you on stage, three-metre stilts aren't a big help. I realized this when I entered the intimate, 30-seat comedy venue. "It's standing room only," the box office lady said, at eye-level with my stilts. "Works for me!" I chuckled. I see now that I was incredibly conspicuous in the back of the room. Within minutes, security showed up, but it turns out Allan *does* talk about me onstage! I was actually the very first thing he mentioned! *Nice!* Still got it. **R**



EDITORS' CHOICE

Western Canada's glaciers
are shrinking faster than ever—
and many will disappear before
the end of this century

MELTING AWAY

BY Lynn Martel FROM *STORIES OF ICE*



The Peyto Glacier and research station are located in Alberta's Banff National Park.

I hoisted my backpack and threaded my way through throngs of tourists. It was August 2011. My destination: the Peyto Glacier glaciology research site in Banff National Park. Scientists, students and technicians study the glacier year-round.

I emerged from the aromatic forest onto the breezy expanse of gravel beds braided with aqua ribbons of glacial melt, all flowing to fill Peyto's famous turquoise lake. From my vantage point a few hundred metres from where the glacier's snout had reached just a century ago, I understood first-hand how the melting glacier, now four kilometres and 450 vertical metres further up the valley, is in a constant state of flux, shoving rocks and water downstream.

Skipping and hopping across the gently flowing rivulets, I came to a larger channel pulsing toward the lake. Slipping off my backpack, I unlaced my boots and secured them to the outside of my pack. Then I stepped into the ankle-deep, icy stream. The chilly water swirling above my knees would ultimately flow through Edmonton to central Saskatchewan and finally pour

into Hudson Bay, where polar bears hunt for seals on its winter-frozen surface, and walruses, dolphins and orca swim and feed.

Peyto (pronounced pee-tow) Glacier is named for Bill Peyto, an outfitter, explorer and Canada's first national-park warden. It lies 30 minutes' drive north of Lake Louise along the Icefields Parkway. The first documented photograph of it was snapped in July 1896 by American explorer Walter Wilcox, who stopped at a clearing overlooking the shimmering turquoise basin, very near the spot that is now an essential tick on the list for Banff's tourists.

Before being christened with Peyto's name, the lake had been known as Doghead Lake, an appropriate moniker, as that's exactly what it looks like from any high point near its south end looking north. Showing the glacier's

tongue extending down below the tree-line, Wilcox's photo, first published in *National Geographic* in 1899, continues to prove its worth as a valuable reference point.

Peyto Glacier was photographed again, from approximately the same position, in 1902 and again in 1923 by another American, J. Monroe Thorington, an ophthalmologist, mountaineer and mountain historian who remains among the Rockies' most revered early explorers. In 1933, with an assistant, Thorington set up three separate camera stations overlooking Peyto Glacier that he marked with a

certain annual measurements be recorded on as many glaciers as possible around the world. The hope behind the suggestion was that simultaneous measurements recorded on glaciers would create a reliable representation of the state of glacier-covered regions around the planet. It was also hoped that the data collected would provide a solid sense of the trend of glaciation, given that glaciers are sensitive to climatic changes.

In 1985, there were 1,155 glaciers in the mountain national parks of Alberta and British Columbia. By 2005, there were 1,006. That means 149 glaciers

NEARLY 150 GLACIERS HAVE DISAPPEARED IN ALBERTA AND BRITISH COLUMBIA IN JUST TWO DECADES.

circle, a line or with the year in white paint on an obvious rock at each site. Other mountaineers and explorers continued to photograph the glacier from those sites in the years following. Thorington reported in that year's *Canadian Alpine Journal* that, based on his and Wilcox's earlier photographs, the ice had melted a quarter-kilometre since 1896.

In the early 1960s, Canada's National Research Council submitted a report to the International Commission on Snow and Ice recommending that

disappeared in just 20 years. Jasper National Park lost 135 of its 554 glaciers; Banff National Park lost 29 of its 365, and its total glaciated area shrank by 20 per cent. That's one per cent every year. During those same two decades, British Columbia lost 10 per cent of its glacial cover. At this rate, many of Canada's glaciers will disappear by the end of this century.

DRAINING TO THE NORTH and forming the headwaters of the North Saskatchewan River, Peyto shares very similar

characteristics with its sibling one valley to the south, the Bow Glacier, which drains south, although both descend from the Wapta Icefield. Icefields cover high plateaus; glaciers are ice rivers that slide down valleys that descend from icefields, like arms of a starfish.

As the headwaters of the Bow River, that glacier contributes to the water supply of the most populated region of Alberta, flowing past Banff and through Calgary, all the way to where it joins the Oldman River in the southeast of the province to form the South Saskatchewan River. Midway

glaciology. He returned to the glacier for a few weeks every summer until 1981, then sporadically through the late 1980s and most of the 1990s. Overall, Young figures he spent a total of 18 months living at Peyto Glacier over 30 years. Since completing his Ph.D. in 1974, he's enjoyed a respectable career as a research scientist with Canada's Department of the Environment (currently named Environment and Climate Change Canada), followed by a distinguished tenure as a professor of geography at Wilfrid Laurier University, in Waterloo, Ontario. He founded

GLACIERS ARE NATURE'S SAVINGS ACCOUNT FOR FRESHWATER. BUT THEY'LL SOON BE DIMINISHED OR UNAVAILABLE.

through their namesake province, the North and South Saskatchewan rivers merge to course into Lake Winnipeg and ultimately drain into Hudson Bay via the Nelson River. Water draining from the Wapta Icefield provides water for B.C., Alberta, Saskatchewan and Manitoba, as well as Washington State and Oregon.

For Dr. Gordon Young, the Peyto Glacier research site was one of many significant discoveries. For five months in 1969 and 1970, Young conducted research there toward his Ph.D. in physical geography with a specialization in

that university's Cold Regions Research Centre, from which he conducted high-mountain hydrology research in Canada, Europe's Alps, the Himalayas and Pakistan's Karakoram Mountains.

"Glaciers have been one of the loves of my life," Young told me. "The practical reason is that as glaciers melt, and as snow melts, they send water running downstream, and lots of people use the water. On Peyto, and on many other glaciers, I have always been interested in determining how much water is supplied to the rivers from melting snow and melting ice, such as glacier ice

melting out of permanent storage.” In addition to studying Peyto Glacier, Young remapped the Columbia Icefield and studied glaciers in British Columbia’s Selkirk Mountains, in Norway and on Axel Heiberg Island in the Canadian Arctic. Long-term records, he explained, are extremely important, as they enable researchers to witness and gain understanding of patterns and trends.

As it turned out, 1970, which was the height of Young’s Ph.D. research, was an eye-opening year, as his work led to the understanding of how, in low-snowfall years, the ice melts much more during the hot, dry late-summer weeks. This allows the glaciers to discharge more water into rivers when they need it most, an action by which glaciers serve as a buffer that regulates nature’s water flow. They are nature’s savings account for freshwater. But as glaciers disappear, he said, this service, which society has learned to count on, will become diminished or, eventually, altogether unavailable.

“Glaciers are most important in times of drought,” Young explains. “As the glaciers gradually melt away, they will have less and less of an effect on providing water in times of low flow. This is likely to be very important in future years, especially as demand for water from agriculture, energy and growing cities continues to increase.”

PEYTO GLACIER research station is a trio of small, weathered cabins built in

1965 on a rock-cluttered knoll overlooking the glacier’s front line. Backpacking tents occupied flat spaces around the site, providing private sleeping accommodations for the researchers, some of whom would stay a full week. While their equipment and supplies were flown up to the site by helicopter, most of them, like me, had made the trip on foot.

Early studies conducted on Peyto and other glaciers focused primarily on measuring mass and water discharge. To do this, researchers relied on cumbersome sensors connected to mechanically driven recorders that didn’t always work in cold, harsh alpine environments.

Today’s technology allows scientists to take their studies several degrees deeper and further. Satellite Internet connections make it possible for remote sites to be monitored from glaciologists’ offices thousands of kilometres away, for months at a time. And with many of the basic glacier functions better understood, scientists augment time-proven mass-balance measurement techniques with remote sensing—primarily radar satellites and aircraft-borne terrain-mapping technology that uses light instead of radio waves. Modern efforts include computer modelling to predict the future of glaciers and icefields.

One of the scientists working at Peyto during my 2011 visit was Mike Demuth, then head of the glaciology program

with Ottawa-based Natural Resources Canada's Geological Survey of Canada.

"Before the satellite era, researchers tended to concentrate on the behaviour of the glacier in the summer, when they were on-site," Demuth says. "Now we can recognize important processes that occur during the winter, when the glacier is being nourished."

On the ice, Demuth worked with technician Steve Bertollo. They were joined by Scott Munro, a professor of geography with the University of Toronto's Mississauga campus, who was there to maintain his own long-term studies. For Munro, time spent on the Peyto Glacier was personal; his history with the site began in 1971, while he was working on his Ph.D.

This time around, Bertollo was assisting Munro with dismantling and reas-

sembling a weather station. They also ensured that two-dozen stakes drilled into the ice to measure its thickness, as well as snowfall amounts through the winter, had not fallen over, or were not about to, as commonly happens on a moving, melting glacier.

Situated at 2,183 metres of elevation, that station had been moved up the glacier repeatedly since it was first installed in 1995. With no solar panels to power instruments in those days, the research team had hooked up the data logger to the biggest car battery they could carry up to the site. It was about 60 amps.

"We took a chance," Munro said. "We buried it in a big Rubbermaid container, threw a couple of rocks on top to hold the lid on and hoped no snow or water would get in."

Like glaciers the world over, Peyto is shrinking, not only in length but also in width, depth and, by consequence, volume. As



Top: the glacier in 1902. Bottom: the Peyto Glacier research station over a century later.

the ice surface diminishes, the rate of melting increases.

Peyto Glacier data reveals a steady pattern: firn lines are migrating to higher elevations and exposing more bare ice; air temperatures have increased; annual and seasonal precipitation patterns have changed; and rainfall ratios have increased. Peak streamflow for Peyto has advanced by a month, from August to July. Streamflow has also increased due to climate change and is attenuated by glacier retreat.

Given these and other facts, Demuth estimated that Peyto's snout would retreat uphill, to the point where the top of the icefall sat in 2011, by about 2060. That's just 50 years, a nanosecond in glacier terms.

The lake that has formed at its current toe will continue to expand, gradually submerging moraine stones that I walked on during my visit. The valley floor is a big concave area where, 3,500 years ago, a large lake existed, a fact that scientists were able to determine by studying trees that were left behind like beached driftwood as the glacier melted back. As it has in the past, the landscape of the Rockies, which elicits oohs and aahs from visitors and residents today, will, in the future, look very different again.

And with Peyto shrinking daily, the ice-core moraines that border it are opening up a new field of study, from which scientists plan to learn as much as they can.

"A lot of the big glaciers around the world are disappearing," Demuth said as we stood outside the Peyto station's kitchen cabin, watching the last of the evening sun's rays turn the surrounding mountaintops honey gold. "The utility of Peyto Glacier as a glacier climate monitoring site is not long for this world. As this place disappears, it becomes an excellent spot at which to study what's being left behind, though. In this valley, more and more ice is being covered by debris. In time, it will shift, and there will be less and less exposed ice, and ice-core moraines will characterize this place more and more."

While the debris acts as an insulator, slowing the rate of melting, the researchers were excited to study how much ice is preserved under all that rubble. "The whole eastern range of the Rockies is composed of lots of ice-covered moraines," Demuth said. "We're trying to learn more about that process and phenomenon. Whether it's a significant contributor to our water supply, that's another question. But Canada has a lot of cryosphere—the frozen part of the earth system. When the frozen stuff changes temperature or phase, those are indicators of changes in the earth's energy balance. Canada has a unique role in the world: to be the canary."

IN 2015, the UBC glaciologist Garry Clarke, along with several colleagues, published a research paper in *Nature*

Geoscience that shared results of studies of glaciers in Western Canada. The team used computer-simulation models of the glaciers to calculate how their size and shape might evolve. From that, the water equivalent of the ice was derived, and from those calculations the researchers were able to estimate with considerable accuracy how long individual glaciers might last under a number of projected climate-change scenarios.

Past estimates that the Columbia icefield was 350 metres thick appeared

my niece is my age—about 40 years from now. I picture a whole lot more rock, especially in the summertime. In the winter, when we have snow—and that's not a guarantee on a warming planet—it won't always be easy to tell where the glaciers end and moraines begin if they are all covered by a thick white cloak. But once summer comes, the stark truth will be revealed.


In the Rockies, and the Selkirks, too, a glacier in September is a sorry sight, naked of snow, exposed, withered and bedraggled after months of summer

WESTERN CANADA'S MOUNTAINS WILL LOSE 70 PER CENT OF THEIR GLACIAL ICE BY THE YEAR 2100.

to be optimistic, as recent research suggests it currently varies between 150 and 300 metres. The area of the icefield was calculated at 223 square kilometres—and it's still shrinking.

Estimates based on current conditions and trends are that Western Canada's mountains will lose 70 per cent of their glacial ice by 2100. The greatest effects of this melting will be experienced in the Rocky and interior ranges. The Coast Mountains are looking at 60 to 85 per cent loss of glacier ice.

I try to imagine what our mountain landscapes will look like by the time

sun and nights and winters too warm for it to grow. I imagine very little glacier ice left to be seen in those months, in the way those of us who live and play and work in these mountains today have learned to admire and celebrate those patches of vibrant blue amidst all that dull grey and brown. I imagine it will feel like watching wildflowers go extinct. Then, of course, some wildflowers that thrive downstream of glaciers, watered by summer runoff, could do just that. 

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DOWN TO BUSINESS



During a job interview, the interviewer asked, “Where do you see yourself in five years?”
“Um, I think we’ll still be using mirrors in five years,” I replied.

—REDDIT.COM

Client: Why is this taking so long?

Me: It’s a big job. I can be done by tomorrow morning.

Client: What if I help while watching you do it?

Me: Then it’ll take until the end of the week.

—CLIENTSFROMHELL.NET

Caught in the Act

Now that my boyfriend is also working from home, I’ve asked that we liven things up by pretending we’re having an office affair. I’m

going to put our cat in a little shirt and tie so my boyfriend and I can abruptly stop kissing whenever the cat walks into the room.

—FERN BRADY, *comedian*

I get so mad when people ask me what I’m going to do on my day off. I’m going to recover from all my days *on!*

—[@PANT_LEG](#)

Physical Distancing

I coughed and my wife, who’s also working from home, broke out the tape measure to make sure I was two metres away from her.

—VIC TAFUR, *sportswriter*

Bad Mood

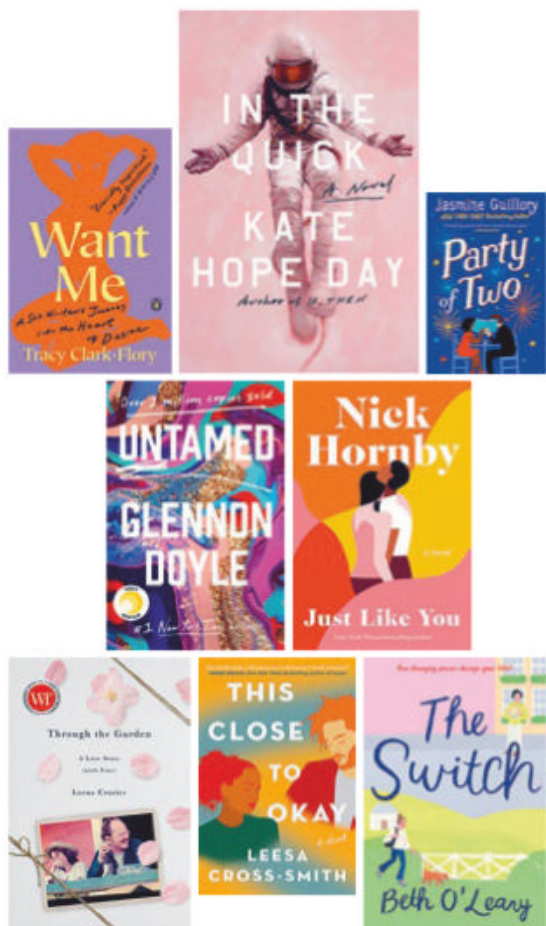
Inbox: I hope this email finds you well.

Me: It doesn’t. What do you want?

—[@STEPH_I_WILL](#)

Are you in need of some professional motivation? Send us a work anecdote, and you could receive \$50. To submit your stories, visit rd.ca/joke.

READER'S DIGEST
BOOK CLUB



*In the mood for love?
Take inspiration from these
steamy new titles.*

BY Emily Landau

THIS CLOSE TO OKAY

by Leesa Cross-Smith

Talk about a high-stakes meet-cute: in Cross-Smith's wistful love story, Emmett and Tallie first connect as he's about to throw himself off a bridge. Tallie, a recent divorcee, convinces him not to jump. The rest of the novel takes place over a feverish weekend as they bond, fall in love and reveal the secrets that brought them to this point. **\$34.**

WANT ME: A SEX WRITER'S JOURNEY INTO THE HEART OF DESIRE

by Tracy Clark-Flory

Clark-Flory is a real-life Carrie Bradshaw: a sex writer, on staff at *Jezebel*, who grew up watching the media boomerang between the rhetoric of female empowerment and the reality of overt sexualization. This memoir documents her journalistic forays into adult-film sites and kink conventions, attempting to reconcile what it means to be a woman today. **\$22.**

IN THE QUICK

by Kate Hope Day

This is for anyone who loves movies like *Gravity* and *The Martian* but wishes there were more extraterrestrial smooching. Day's dreamy speculative novel follows June, a budding engineer who lands her dream job as an astronaut on a space station, where she simultaneously falls in love for the first time and tries to solve the mystery of a lost spaceship—typical work stuff. **\$36.**

JUST LIKE YOU

by Nick Hornby

In his latest novel, Hornby examines love through the lens of Brexit. Lucy is an embittered single white teacher in her 40s, and Joseph is a 22-year-old Black man who lives with his mom and cobbles together a living with odd jobs. The dialogue is witty and dynamic, as the pair navigate their relationship against the politicized backdrop of the Brexit vote, sorting out their prejudices and presuppositions. **\$36.**

THROUGH THE GARDEN: A LOVE STORY WITH CATS

by Lorna Crozier

The Canadian poets Lorna Crozier and Patrick Lane met in 1976 and fell in love, leaving their previous spouses and running off together. That tale would be enough for a book—except Crozier isn't interested in the beginning of their story. She's interested in the end. Lane died in 2019, and Crozier wrote this crushing memoir as his health was declining. It's full of candid reflections on their writing, their cats and the garden they built. **\$30.**

PARTY OF TWO

by Jasmine Guillory

The new generation of romance novels are smart, diverse and blessedly beefcake-free. Leading the pack is Guillory, who writes rom-coms with complex characters and believable drama. This one centres on Olivia, an

entrepreneurial lawyer, and Max, a smooth-talking junior senator, whose secret relationship gets exposed by the media. Don't worry: one thing the new romance novels have in common with the old ones is that they still have happy endings. **\$35.**

THE SWITCH

by Beth O'Leary

Beth O'Leary's writing goes down like a cup of Earl Grey: it's wholesome, sweet and brazenly British. In her new novel, Leena, a young workaholic wound as tight as a piano string, moves into her grandmother Eileen's country cottage. Meantime, 79-year-old Eileen, newly single, takes up residence in Leena's London flat with her roommates. Both stumble upon romance in their new surroundings—Leena with a dashing schoolteacher and Eileen via the wild world of dating apps. **\$23.**

UNTAMED

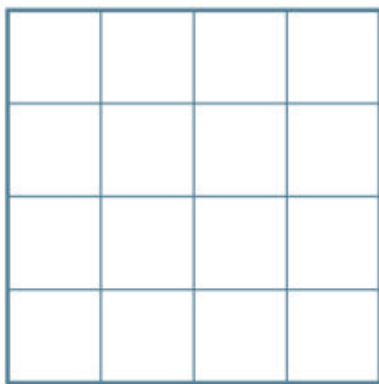
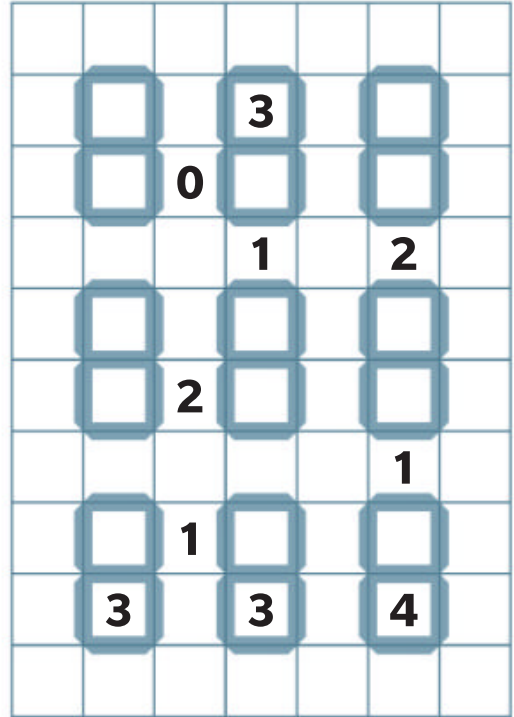
by Glennon Doyle

At the end of her hit memoir, *Love Warrior*, Christian blogger Glennon Doyle had recommitted to her husband after his infidelity. Her follow-up chronicles her divorce from said husband and her romance with retired soccer star Abby Wambach. Doyle covers a buffet of topics—her shaky faith, her newfound ability to trust her instincts—but the focus is her relationship with Wambach and how it changed her perceptions of herself and the world around her. **\$37.** **R**

BRAINTEASERS

Lighten Up

Difficult Three digital alarm clocks are sitting in a pile. The numbers inside the squares of this grid indicate how many of the lines adjacent to that square are lit. Can you fill in three numbers (with three digits each) so that the numbers on the top clocks add up to the number on the bottom clock? The digits 0 through 9 are shown for your reference.



45

16

98

54

48 63 42 30

Times Square

Moderately Difficult Fill in each cell of the grid with a digit from 1 through 9. Each number outside the grid is the product of multiplying the digits in its row or column. The number 1 will appear exactly once in each row and column. Other numbers can be repeated, and not every digit from 1 through 9 will be used. Can you complete the grid?

(LIGHTEN UP) DARREN RIGBY; (TIMES SQUARE) FRASER SIMPSON

Symbolism

Moderately difficult Based on these equations, what's the missing symbol?

 +  = 

 +  = 

 +  = 

 +  = 



Feeling Lucky?

Easy You enter a casino and are presented with a game where you must draw the ace, king, queen and jack of diamonds, in that exact order, out of a standard deck of 52 playing cards. What's your probability of winning?

Str8ts

Difficult Fill in the white cells with digits from 1 through 9 so that no number repeats in any row or column. Black cells divide the rows and columns into "compartments." Each compartment needs to contain a "straight." A straight is a set of numbers that have no gaps between them, but they can appear in any order (for example, 2, 3, 5, 4). A clue in a black cell removes that number as an option in the cell's row and column, but it is not part of any straight.

8			5					4
			1					
5	2	1		4				
	1		4				7	8
			3					
	6							
				9				7
3		5			8			2
			7	8		6		

For answers, turn to PAGE 103

(SYMBOLISM AND FEELING LUCKY?) SUE DOHRIN; (STR8TS) JEFF WIDDERICH



BY Beth Shillibeer

1. Which Canadian actor set up a program last year to hire people from marginalized communities in the film industry?

2. Until the 1970s, what was notable about the pubs in Ireland on Saint Patrick's Day?

3. Artist J.M.W. Turner illustrated some of which Scottish writer's poems and stories?

4. Lisa Campbell said it's always important to "reach for your own stars" when she was appointed as the first woman president of what Canadian agency?

5. What led to recent discoveries of 40,000-year-old mosses in the Canadian Arctic?

6. University of Warwick researchers had success treating antibiotic-resistant bacteria with a remedy from what ninth-century book?

7. Which 17th-century monarch is credited with making Paris the fashion capital of the world?

8. What species has fingerprints so similar to our own that crime investigators might confuse them with human prints?

9. Zimbabwe's successful Akashinga anti-poaching ranger group has what distinguishing feature?

10. In 2014, what chain created "bubblegum-flavoured" broccoli to encourage kids to eat their greens?

11. A recent ventilation system malfunction at a Swiss Lindt & Sprüngli factory caused what delicious event?

12. Which sport competition consoles its last-place finishers with the Wooden Spoon Award?

13. The French dictionary did not contain the letter w until the 19th century. True or false?

14. What mathematical term used to be referred to as "the quantity which, when the diameter is multiplied by it, yields the circumference"?



15. In 2020, what European city adopted an economic strategy modelled on a doughnut?

Answers: 1. Ryan Reynolds. 2. They were closed. 3. Sir Walter Scott. 4. The Canadian Space Agency. 5. Melting glaciers and ice caps. 6. *Bald's Leechbook*. 7. King Louis XIV. 8. Koalas. 9. They are all women. 10. McDonald's. 11. Chocolate "snow." 12. Rugby. 13. True. 14. Pi (π). 15. Amsterdam.

WORD POWER

Your parents probably taught you
to never use four-letter words.
But these unusual additions to your
vocabulary are clean as a whistle.

BY Linda Besner

1. calx—

A: medical symbol that features two snakes and a staff.

B: pivotal point in an argument.

C: powder formed when a metal is heated.

2. juke—

A: break a promise.

B: adulterate expensive liquor with cheap alcohol.

C: fake out an opponent with a false move.

3. razz—

A: tease.

B: add sparkle or glitter.

C: bulldoze an entire area.

4. cyan—

A: wistful yearning.

B: greenish-blue colour.

C: reddish-brown colour.

5. ankh—

A: feeling of anxiety and depression.

B: Egyptian symbol of life.

C: abscess in a molar.

6. silt—

A: fine dirt sediment.

B: funnel for pouring cement.

C: slippery undergarment.

7. fank—

A: visible repair.

B: thickened buttermilk.

C: pen for sheep.

8. apse—

A: recess in a church.

B: iron frame of a wheelbarrow.

C: sparse hedgerow.

9. tare—

A: tenth portion reserved

for charity.

B: bundle of kindling.

C: weight of an empty container.

10. wend—

A: travel in an indirect fashion.

B: wrap tightly.

C: walk while holding hands.

11. flub—

A: fail badly.

B: blow bubbles.

C: waylay.

12. sere—

A: endowed with wisdom.

B: extremely dry.

C: full to the brim.

13. echt—

A: concisely argued.

B: out of style.

C: authentic.

14. rapt—

A: spellbound by something seen or heard.

B: of a freckled complexion.

C: quick-witted.

15. mazy—

A: absent-minded.

B: full of twists and turns.

C: extensively cracked, especially of glass.

WORD POWER ANSWERS

1. calx—C: powder formed when a metal is heated; as, Antoine Lavoisier famously compared the mass of mercury with the mass of its *calx* after burning.

2. juke—C: fake out an opponent with a false move; as, To evade the McMaster Marauders football team's defensive guard, Himari *juke*d right before sprinting left toward the goalpost.

3. razz—A: tease; as, Eli was always *razzing* Sonia about her out-of-fashion clothes.

4. cyan—B: greenish-blue colour; as, Four-colour printers usually hold cartridges of *cyan*, along with magenta, yellow and black.

5. ankh—B: Egyptian symbol of life; as, The first known examples of the *ankh* sign in Egyptian artifacts date back to the Early Dynastic Period.

6. silt—A: fine dirt sediment; as, The fertile *silt* that accumulates as the Nile River empties into the sea makes the soil rich in nutrients.

7. fank—C: pen for sheep; as, Aidan's border collie helped herd the sheep into the *fank*.

8. apse—A: recess in a church; as, The *apse* of St. Peter's Basilica in Vatican City contains a bronze throne that the saint himself is believed to have used.

9. tare—C: weight of an empty container; as, Some reusable containers have their *tare* weight printed on the side to save time in the grocery store.

10. wend—A: travel in an indirect fashion; as, While the shadows lengthened, Penelope and Miro *wended* their way to the river.

11. flub—A: fail badly; as, Medical schools typically reject students who *flub* their biology exams.

12. sere—B: extremely dry; as, The desert landscape was *sere* and bright.

13. echt—C: authentic; as, Poutine is the *echt* Montreal meal.

14. rapt—A: spellbound by something seen or heard; as, The guide at the dinosaur exhibit lectured to a *rapt* audience of five-year-olds.

15. mazy—B: full of twists and turns; as, Paul and Ahmed navigated the town hall's *mazy* corridors to the marriage-licence desk.

CROSSWORD ANSWERS

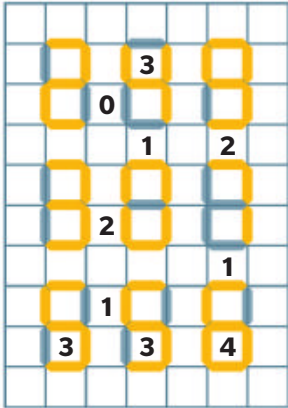
FROM PAGE 104

A	P	E	S		J	S	B	A	C	H
C	O	N	N		A	P	A	C	H	E
T	O	D	O		M	A	R	C	E	L
	H	O	C	K	E	Y	S	O	N	G
		F	A	Y	S			U	S	A
		S	T	O	M	P	I	N		
S	M	U			O	U	S	T		
T	O	M	C	O	N	N	O	R	S	
R	U	M	O	U	R		B	E	L	A
U	S	E	D	T	O		A	P	A	L
T	Y	R	E	S	E		R	S	V	P

BRAINTEASERS ANSWERS

FROM PAGE 98

Lighten Up



Times Square

1	3	3	5
4	1	2	2
2	7	7	1
6	3	1	3

Symbolism



Feeling Lucky?

1 in 6,497,400.

Str8ts

8	9		5	6	7		3	4
9	8		1	5	6	7	4	3
5	2	1		4			8	9
	1	2	4	3	5		7	8
6	7		3	2	4		8	9
7	6		2	1	3	4	5	6
	3	4		9		5	6	7
3	4	5	6	7	8		1	2
4	5		7	8	9	6	2	1



BY Jeff Widderich

				4			3	7
9					6			8
		5			9	4		
		9				5	7	
	7	6				3		
		3	5			1		
8			1		4			5
	4			9				

To Solve This Puzzle

Put a number from 1 to 9 in each empty square so that:

- ◆ every horizontal row and vertical column contains all nine numbers (1-9) without repeating any of them;
- ◆ each of the outlined 3 x 3 boxes has all nine numbers, none repeated.

SOLUTION

3	8	7	2	6	9	1	4	5
5	2	9	4	3	7	1	6	8
9	4	9	1	8	5	7	3	6
2	6	2	3	1	8	5	9	4
1	4	1	4	8	7	9	6	3
9	7	6	5	2	4	3	8	1
6	1	9	3	5	7	8	4	6
8	5	8	2	9	1	7	4	3
7	3	7	9	4	5	2	8	6



Cross Canada

BY Derek Bowman

1	2	3	4		5	6	7	8	9	10
11					12					
13					14					
	15				16					
		17					18			
		19				20	21			
22	23				24					
25			26	27					28	
29							30			31
32							33			
34							35			

ACROSS

- 1 Kong and Donkey Kong
- 5 Fugue master, for short
- 11 Hartford's state: Abbr.
- 12 Geronimo's people
- 13 Kerfuffle
- 14 Set in waves, as hair
- 15 Sporty track by 19- & 25-Across, with "The"
- 17 Wray of *King Kong* and feminist writer Weldon

18 Stars-and-stripes country

- 19 With 25-Across, "Cross Canada" singer
- 22 Halifax educational inst.
- 24 Remove from office
- 25 See 19-Across
- 29 Tabloid fodder
- 30 Dracula portrayer Lugosi
- 32 Familiar with

- 33 "You're ___ and a confidant" (*The Golden Girls* theme-song lyric)
- 34 *Fast & Furious* co-star Gibson
- 35 Answer an invitation

DOWN

- 1 Perform in plays
- 2 "Hunny" bear
- 3 Time for back-to-school sales
- 4 Polar-expedition vehicle
- 5 President after Madison
- 6 Do a veterinary job
- 7 Coffee Crisp and Mars
- 8 Some sales agents
- 9 Journalist Wei and *Big Brother* host Julie
- 10 Hufflepuff of *Harry Potter*
- 16 *Spork* author Maclear
- 20 Bit of wordplay
- 21 Weather-map detail
- 22 Swagger
- 23 Shy and quiet
- 26 Secret writing
- 27 Contract loopholes
- 28 Czech or Serb, e.g.
- 31 Peak near Grenoble or Innsbruck

For answers, turn to PAGE 102

**“With new Always Discreet,
I feel protected with a pad
I barely feel.”**



Unlike Poise pads, new Always Discreet locks away liquid without all that bulk.

30 ml fluid insult per pad, Poise Maximum Long vs. Always Discreet Heavy Long