

JUNE 2022

# Reader's Digest

Dad Jokes  
FOR SALE

From MCSWEENEY'S

How to Talk  
Even if You  
Disagree

From the book I NEVER  
THOUGHT OF IT THAT WAY

Life Advice  
from  
MARGARET  
ATWOOD

From the book  
BURNING  
QUESTIONS

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The Future of Tech

By CHRIS STOKEL-WALKER



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Things  
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By EMILY  
GOODMAN



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# Reader's Digest

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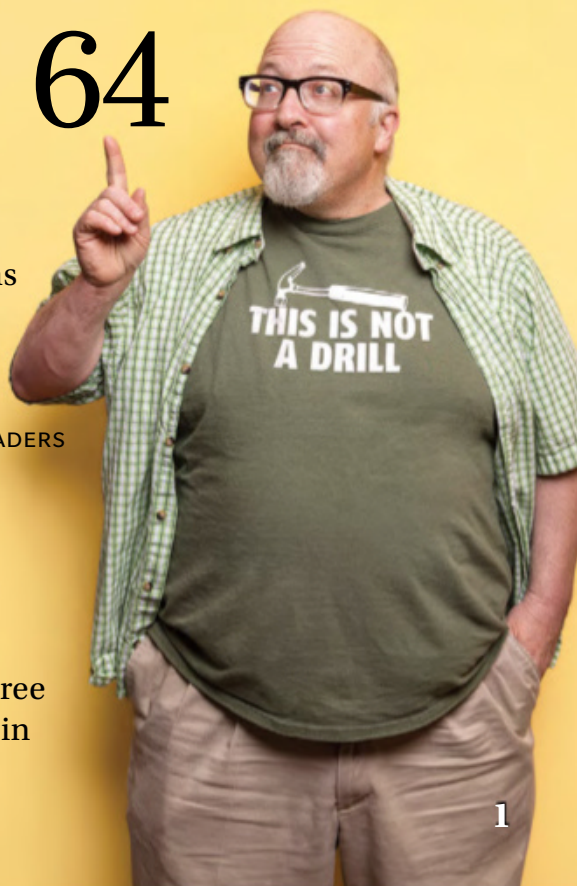
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**DEAR READER**

# A Fight for the Future



I SPENT AN AFTERNOON with Kyiv Mayor Vitali Klitschko a few years ago for a profile I was writing. At the time, he was still a professional boxer—a heavyweight champion to be exact—and only beginning to dabble in politics. He talked about growing up in the Soviet Union, and when I asked about his interest in Ukrainian politics, he explained, “I don’t want to be passive. Every citizen should help develop the future of his country.”

Klitschko is now fighting for the future of his country alongside his fellow citizens. The situation unfolded during the creation of this issue and weighed heavily over everything. *Reader’s Digest* is a place to celebrate family and community, and it was difficult to watch Ukrainians have their families and communities torn apart.

Many of us at *RD* have found hope in the heartwarming stories of ordinary people helping out, from Polish citizens donating strollers to Ukrainian families



Find ways to help at [rd.com/ukraine](https://rd.com/ukraine).

to Germans welcoming refugees into their homes. That’s what we do at *RD*—focus on the positives. In that spirit, we have rounded up a list of organizations to consider donating to at [rd.com/ukraine](https://rd.com/ukraine). Please check it out.

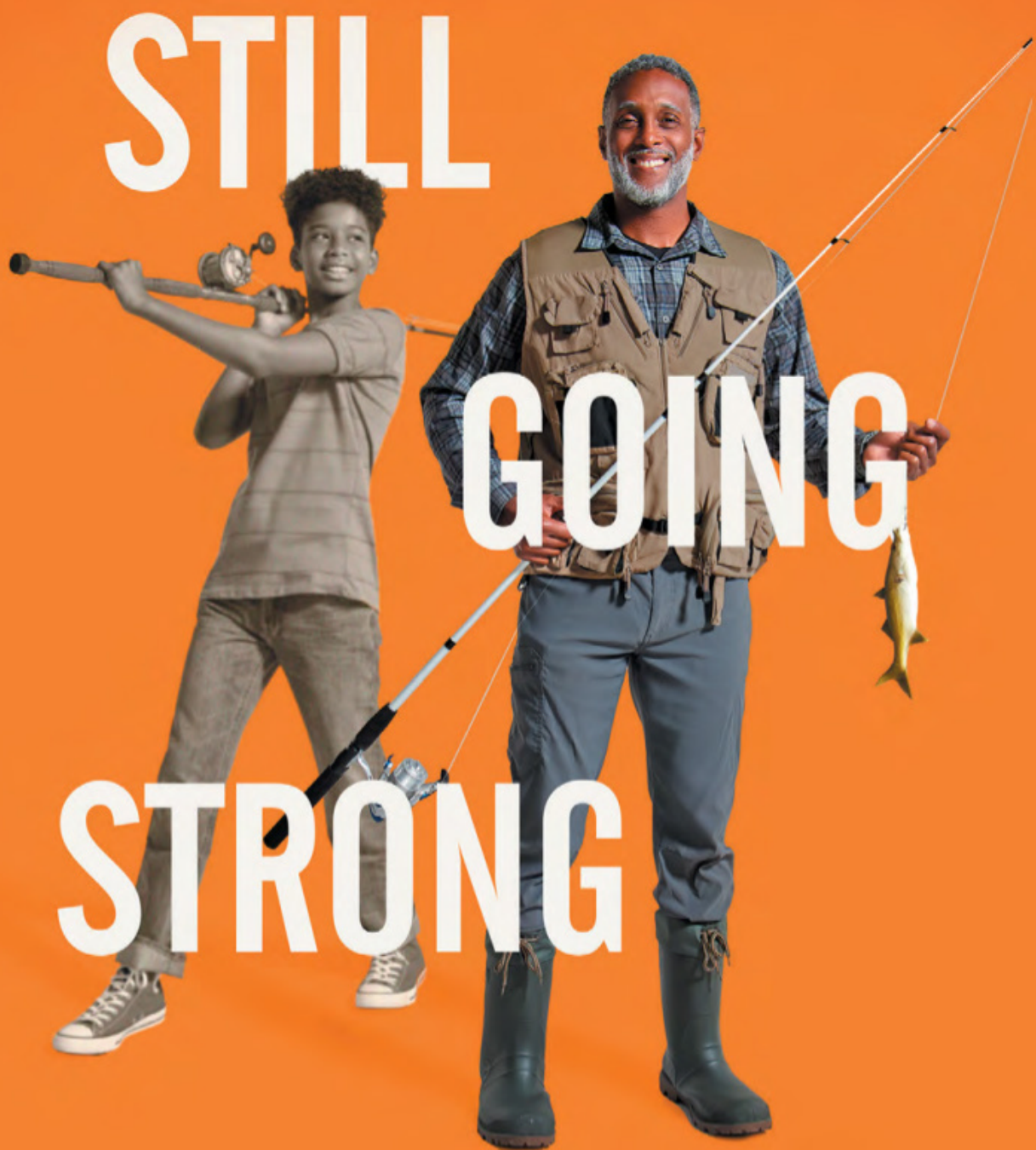
World events like this can bring people together or divide us. Mónica Guzmán specializes in helping people bridge those gaps through her work with Braver Angels, a national organization out to depolarize America. On page 76, she offers tips for talking to people on the opposite side of the political spectrum. It could help you connect—or reconnect—with a friend during these times.

Every citizen should help develop the future of their country. Sometimes a conversation is a good way to start. **R**

*Jason Buhrmester,*  
CHIEF CONTENT OFFICER

Write to me at  
[letters@rd.com](mailto:letters@rd.com).

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# LETTERS

NOTES ON  
*Past Issues*



## Where Have All the Nurses Gone?

I was made to be a nurse and can't see myself in any other profession. Your article about the nursing shortage (*March/April*) came just as the Federal Trade Commission began investigating travel nursing rates. Capping their pay can only negatively affect all nurses. Health-care executives make millions, and nurses deserve higher wages instead of pay scrutiny. That would certainly help the shortage.

—NICOLE VIDAK *Swanton, Ohio*

### Pandemic Silver Linings

These quarantine silver linings (*March/April*) were a welcome relief. I could see the smiles of the senior couple who found “A New Chance at Love” during the pandemic. I felt energized to get outside by the bicycling family in “The Road Less Pedaled.” I felt the grandmother’s joy in leading virtual

“Grandmagarten” for her grandson. It gave me hope that in spite of life’s hardships, the human spirit will endure.

—SUSAN DAVNIERO  
*Lindenhurst, New York*

### I Survived!

How frightening it must have been for the person who was rescued from quicksand after being stuck for 12 hours (*March/April*). You can

get out on your own by lying on your back, arms outstretched, and slowly pulling each leg out of the quicksand. Once loose, gently rock toward dry terrain. Your body is less dense than quicksand and will float.

—BEN ZUCKERMAN  
*Los Angeles, California*

FROM THE EDITORS:

*The chief ranger at Zion National Park describes a similar method to safely escape quicksand.*

### A Century of Stories

I loved the 100th anniversary issue (*February*). As a kid, I was the nerd who beat everyone to the vocabulary test—and used a pen. *Reader's Digest* isn't just a magazine. It represents who we are culturally and the changes we've experienced. Thanks for being there for us.

—PAULA

ELOFSON-GARDINE  
*Lakewood, Colorado*

### Everyday Heroes

It makes me proud that a fellow Detroiter came up with an idea to help



both the homeless and the environment. How many people could figure out how to turn recycled potato chip bags into insulated sleeping bags (*March/April*) as Eradajere Oleita did? I applaud her brilliance.

—JAMES LANCTOT  
*Indianapolis, Indiana*

### The Fight to Save Texas's Spectacular Coral Reefs

Clint Moore's encounter with a manta ray in the Gulf of Mexico (*February*) reminded me of a quote from environmental educator David Sobel: "One transcendent

experience in nature is worth a thousand nature facts."

—STACIE HAGWOOD  
*Garner, North Carolina*

### Growing Hope

All of Jane Goodall's reasons to be optimistic about the future (*March/April*) confirmed what I already know to be true, as sung by Luke Bryan in "Most People Are Good." I bemoan public discourse that insists we are all mad or mad (either definition of the word)—I know we're not.

—JOHN MICK II  
*Evanston, Illinois*

## TIPPING THE SCALES

From the Editors: Our *March/April 2022* article "Know How Much to Tip" generated a robust response from both sides of the table. Here is a sampling.

◆ As a server and bartender, I take exception to your tipping advice. Pre-pandemic, 15 to 20 percent was normal. Now, it does nothing to offset our financial loss from years of closings and limited service. Suggesting that 10 to 15 percent is acceptable is even more outlandish. Fortunately my customers tip well to keep us afloat.

—David Smith  
BEL AIR, MARYLAND

◆ The new guidelines are good to note. I wish there was also a note for companies that give huge raises to higher-ups while expecting most of the workforce to get by on less during record inflation. Being more generous to that labor pool, too, would help everyone tip better.

—Bharat I. Desai  
EAST LONGMEADOW,  
MASSACHUSETTS

## We're on the Prowl...

...for your wildest animal tales! America's Best Pet Pals is *Reader's Digest's* nationwide search for stories that make you laugh, cry, or purr. We're especially looking for hero pets, so if your best canine friend suddenly turned into Superdog, we want to hear about it. Many unlikely pet pals—from a poodle and a white-tailed deer to a first grader and some chicks—have been featured in *Reader's Digest*, on RD.com, and on our social media so far. See terms and submit your story at [rd.com/petpals](http://rd.com/petpals).



# A MOTHER-DAUGHTER TALK ABOUT WOMEN'S HEALTH

Get to know INNOVO, a technology that eliminates bladder leaks in 12 weeks

In conversation with **Joan Lunden** and her daughter **Jamie Hess**

## Q. Why is it important to talk about bladder leakage?

**(Joan)** The embarrassment of leakage, which can happen to women at any age due to pregnancy or menopause, can be isolating. In my book, I wanted to talk about aging in a way that's honest, relatable, and shareable. In fact, I even have a chapter titled, "Sometimes I Laugh so Hard, Tears Run Down my Legs!" Many women may not think bladder leakage is common... and many are too scared to talk about it.

## Q. What causes bladder leakage? Are there any quick fixes?

**(Joan)** Bladder leakage is usually caused by Stress Urinary Incontinence (SUI). It occurs when simple movements put pressure on the bladder. Age and childbirth can weaken the pelvic floor muscles so they can't tighten under pressure, which causes involuntary leaks. To strengthen the pelvic floor women have been told for years to do their Kegels. But the problem is... 50% of women are unable to do a Kegel correctly!

**(Jamie)** I struggled with leakage after childbirth and I can tell you that pads, liners, and leakproof undies don't get to the heart of the issue, and let's face it, they're embarrassing, too! They're also the antithesis of eco-friendly. (Did you know a single pad can take up to 400 years to decompose?)

## Q. How does INNOVO eliminate bladder leaks in 12 weeks?

**(Jamie)** INNOVO gave me a life-changing non-invasive solution that delivers pelvic floor strengthening Kegels with the push of a button. I wear INNOVO smart shorts for just 30 minutes a day. Its Multipath™ technology engages your pelvic floor muscles, giving you 180 precise Kegels per session! It's discreet, no prescription is needed, and it's easy to use at home.



## What to Know About Stress Urinary Incontinence

Stress Urinary Incontinence (SUI) is a leakage of urine during activities that put abdominal pressure on your bladder, such as coughing or sneezing. Weakened pelvic floor muscles can contribute to SUI; weakness may occur from events such as pregnancy and childbirth, aging (menopause), or high impact exercise.



Television personality and author of *Why Did I Come Into This Room*, **Joan Lunden**, and her daughter **Jamie Hess**, a wellness mentor (@NYCfitfam) believe in empowering discussions on women's health and aging. Here they tackle a common issue that impacts 1 in 3 women – bladder leakage.



Presented by **innovo**



Jamie Hess running the 2019 Hamptons Half Marathon

JAMIE HESS IS ONE OF THE **87%** OF WOMEN WHO ARE NOW LEAK-FREE BECAUSE OF INNOVO

“What I’ve learned through personal experience and through conversations with my mom and friends is that leaking does not discriminate by age,” says Jamie. “For me, it happened after the birth of my second child. I was running a half marathon, and I turned to my husband said, ‘Babe, I’m literally peeing my pants and there is nothing I can do about it.’”

Running was Jamie’s passion, her outlet, and her joy. “My leaking issues took my running away from me and it was truly devastating,” she says. “I knew I had to do something about it, and I started using INNOVO, which changed my life.”

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## The Fairy's Godmother

**S**HOULD YOU FIND yourself wandering in Alexandria, Virginia, be sure to cast your gaze down. You just might spot a two-inch door at the base of a stone wall, or a vivid teal portal on a tree in front of a frozen custard shop. These “fairy doors” are the creation of Kate Young, 30, for the express use of fairies. Young, got the idea a few years ago after becoming enchanted by a small door in a tree with a stone path and a bridge. So she erected her own tiny structures, about 100 of them in total. One favorite, a tiny post office installed against a dogwood, collected around 100 letters from children asking, “Who are you?” “What are you?” “I am a fairy real estate agent,” she says. “I build the houses, and the fairies move in.” 

ADAPTED FROM DURING THE PANDEMIC, AN ARTIST  
FILLED HER NEIGHBORHOOD WITH FAIRY DOORS  
BY TARA BHRAMPOUR FROM THE WASHINGTON POST  
(NOVEMBER 26, 2021)

CRAIG HUDSON

## EVERYDAY HEROES

# Dads on Duty

*When gang violence spiked, parents at a Louisiana high school said “Not on our watch”*

BY *Caroline Fanning*

**O**N THURSDAY, SEPTEMBER 16, 2021, just weeks into the school year, two groups of boys brawled across the courtyard at Southwood High School in Shreveport, Louisiana. The following day, two groups of girls picked up where the boys had left off. In a mere two days, 23 students were in police custody. One was charged with battery for allegedly hitting an assistant principal. Another student was charged with threatening a resource officer and a staff member.

When a school administrator told her former classmate Craig Lee, a business owner and community activist, that gang tensions were rising, Lee wanted to do something.

He contacted Michael La'Fitte, a fellow activist, who had an 11th-grade daughter at Southwood. That Sunday, the two held an emergency meeting with parents and the principal. By the end of the four-hour session, a group of the fathers in attendance had decided it was time to make their presence known on campus.

“We’re dads,” La'Fitte told CBS News. “The best people to take care of our kids are who? Are us.”

That’s how Dads on Duty was born. Its goal: Make sure the kids are safe. Around 40 men organized into six-person shifts with two shifts on campus every day. They started the day after the meeting. The dads are business owners, truck drivers, chefs, and financial advisers who sacrifice their



Rev. George McCain (from left), David Telsee, Torian Walters, Michael Morgan, and Craig Lee, along with other dads, helped bring peace to Southwood High.

own schedules and commitments. Some are fathers of kids at the school, while others are uncles, grandfathers, brothers, and men like Lee, who doesn't have a child at Southwood but wants the youth in his community to know they have an entire village behind them.

Now, anyone who wants to enter the school with rage and a closed fist will have to dodge boisterous papa bears, big smiles, positive affirmations, and a plethora of awful dad jokes. It's hard to be a tough guy when

## THE DADS MAKE SURE EVERY KID HAS AN ADULT TO TURN TO IN TIMES OF CRISIS.

somebody's uncle has just tricked you into checking your shoelaces for the umpteenth time only to find that they are not, in fact, untied.

Since Dads on Duty arrived on campus, fights have drastically declined, and gang battles have stopped completely.

"The school has been happy, you can feel it," said one student.

Another told the *Washington Post*, "They interact with all the kids like we're their own children."

But it's not just corny jokes and bubbly good mornings that have healed Southwood. It's the Positive Presence Promotion, developed by

Dads on Duty to make sure every student feels as if someone is invested in their success.

That means taking an interest in home lives, engaging in dialogue about entrepreneurship and alternatives to gang culture, sponsoring essay contests, and, ultimately, making sure every kid has an adult they trust to turn to in times of crisis.

The dads aren't meant to replace security guards or disciplinarians. If they do see a fight, they get security or an assistant principal on the scene ASAP. Their presence is meant to be more preventive than reactionary.

For instance, one day after school, Dad on Duty Mike Morgan noticed that a student who'd been bullied was milling about outside with friends. Morgan suspected they were lying in wait for the student's tormentor. Morgan found the bully and steered him clear of the area, likely avoiding an assault. It was a situation requiring more delicacy and a personal investment than law enforcement or security might have offered.

The Shreveport dads have already partnered with fathers in other parts of the country who've followed their example. Groups in Henderson, Nevada; Little Rock, Arkansas; and Jackson, Mississippi, have formed versions of Dads on Duty, Lee says.

As La'Fitte told *People*, the more the merrier. "We'd like this to be the same as the PTA—something that is in every school in every county." **R**



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# Hey, That's Me!

BY *Andy Simmons*

**A**MY JANDRISEVITS KNOWS the value of a good doll. “Dolls have a power we don’t completely understand,” she told *The Today Show*. It’s a conclusion she came to while working as a pediatric oncology social worker using dolls to help her young clients adapt to their changing medical situations. Many of the kids saw themselves in those dolls. But for the kids missing a limb or who had lost their hair, there were none they could relate to.

So, seven years ago, when a friend revealed that her child was transgender, Jandrisevits, now 49, knew what might help the youth through this potentially challenging period. “It’s hard to tell a kid, ‘You are perfect the way you are,’ and to build self-esteem that way, but never offer them anything that looks like them,” she says.

Jandrisevits went about changing that. She crafted a doll by hand—using fabric, stitching, and markers—that resembled her friend’s child and sent it off. After the friend posted a photo online of the happy child and doll, another woman asked Jandrisevits to make a doll that looked like her baby, who was missing a leg.



**Amy Jandrisevits wants every kid to have a doll they can identify with.**

Word spread, and soon Jandrisevits was making dolls for children with scars, birthmarks, facial deformities, tracheotomies—in short, a doll that looked like them. She quit her job and started a nonprofit, A Doll Like Me.

Working out of her home in Milwaukee, from photos sent by parents or caregivers, it takes Jandrisevits roughly seven hours to craft each doll. A GoFundMe page helps her offset costs and allows her to donate her services. She hasn’t charged for a doll since she began her nonprofit.

In all, she’s made more than 400 dolls. The waiting list is long, but Jandrisevits is unbowed. As she explains on her GoFundMe page, “Every kid, regardless of gender, ethnicity, age, medical issue, or body type, should look into the sweet face of a doll and see their own.” **R**

COURTESY RICK SWEARINGEN, MORTENSEN PHOTOGRAPHY



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## EVERYDAY MIRACLES



# A Perfect Match

BY *Stephen Messenger*

FROM **THE DODO**

AS AN ONLY child, Nicole Renae often felt lonely in her youth. But that all changed when she turned ten. For her birthday, Renae's grandmother surprised her with an adorable gray puppy named Chloe.

From the very start, the two were inseparable. "She was my best friend," Renae says. Every ounce of love Renae gave, the little dog returned tenfold.

"She was such a sweet dog," Renae says. "She'd lick your face forever if you didn't stop her."

But when Renae was 14, her father got a new job that came with a devastating caveat: He'd be working from home, and the house needed to be free of audible distractions.

"Chloe was very yappy," Renae says. "I was just a kid, so I didn't have any choice in the matter. I didn't want to get rid of my dog. I just felt so sick and sad about it."

With no easier option, the family surrendered Chloe to a humane society. Though they were optimistic that

the dog would find a new home with people who loved her, they couldn't know for sure.

"I called the humane society to try to find out what happened to her," Renae says, "but they couldn't tell me anything. So I never knew."

In time, Renae grew up, got married, and had a child of her own. But her family didn't feel quite complete. Remembering the joy that having a dog had brought her as a kid, Renae wanted her daughter to experience the same. She had it in her mind that she would adopt a puppy, but then one day she saw a post on Facebook about a senior dog that needed a new home. The dog in the photograph looked a lot like Chloe—she was even named Chloe. In an instant it was decided: She would adopt this older dog.

When she met Chloe, Renae was struck with an uncanny feeling. The dog seemed so familiar. And Chloe appeared to feel the same way about Renae. "She ran up to me and started licking my face," she says. Chloe reminded Renae so much of her old dog that the emotion overwhelmed her.

"I was crying," Renae says. "I just knew in my heart that it was her."

Still, eight years had passed since

Renae had seen Chloe last, so the notion seemed to be little more than wishful thinking.

"My whole family thought I was nuts," Renae says.

## "THE NUMBERS WERE A MATCH. I FELT LIKE I'D WON THE LOTTERY."



But her mom realized there was a way to test the theory: Their Chloe had been microchipped as a puppy. They found the ID number, then Renae took her new Chloe to the vet to be scanned. Sure enough, she also had a microchip.

"The numbers were a match," Renae says. "I felt like I'd won the lottery."

After years of thinking she'd never see her dog again, Renae is overjoyed to have her back. "I get so excited to come home and see her," she says.

As for Chloe, "she's made herself right at home," Renae says. And why shouldn't she? "She knows that she'll be with me forever." **R**

THEDODO.COM (FEBRUARY 8, 2018), COPYRIGHT © 2018 BY THE DODO

### Shepherd's Delight

**A car crash in northern Idaho last year sent Tilly, a two-year-old border collie mix, flying from his owners' vehicle. Tilly took off running and disappeared, but he was found days later on a nearby farm, happily herding sheep.**

WASHINGTONPOST.COM



## BEST PET PALS

## A Goose Chase

WICHITA, KANSAS

**G**ERTIE, OUR WHITE Chinese goose, with her companion, Vinnie, a brown Toulouse goose, has laid a clutch of eggs every spring for the past nine years. Gertie faithfully sits on them every spring, but, sadly, the eggs never hatch.

Last spring, Gertie injured her leg and was very upset that she couldn't roam free while she healed—her eggs needed her! My teenage son went down to the shoreline of the lake behind our house and carefully scooped up the eggs in her nest and brought them to her.

Weeks later, a miracle happened: An egg hatched! But the gosling peeking out from under Gertie's wing didn't resemble either of its parents. It was a Canada gosling like the ones that live on the lake.

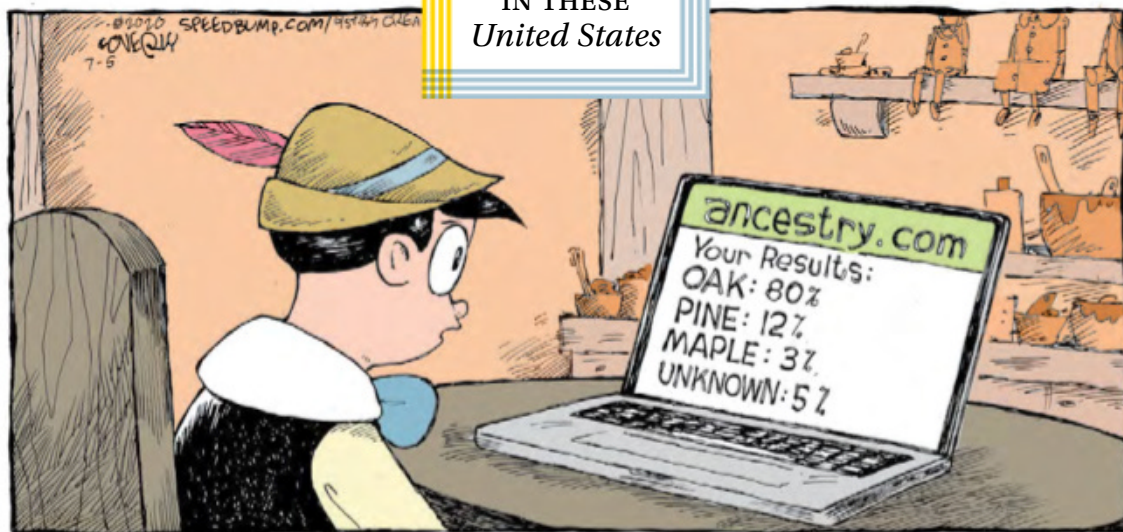
Our guess is that a Canada goose laid eggs near Gertie's, and one got mixed in. Nevertheless, Vinnie and Gertie love the Canada gosling we named Mayble as their own. While Gertie was recovering, Vinnie happily took over lots of early parenting duties, such as swimming and exploring with Mayble. This blended family is quite the sight on the lake. **R**

—*Nominated by* TAMMY RITCHIE

Can your  
pet top  
Gertie's story?  
See terms and  
submit your story at  
[rd.com /petpals](https://rd.com/petpals).

# LIFE

IN THESE  
*United States*



**My neighbor** was on a mission trip to South America, so his wife attended a dinner party alone. When the woman seated next to her asked why her husband hadn't come along, my friend explained, "He's been on the Amazon for four days."

The woman was impressed. "Really? Whatever is he buying?"

—VALERIE CHILDRESS  
*Arp, Texas*

**These posts** on Reddit and boredpanda.com beg the question: What is it about food that causes our brain synapses to misfire?

♦ Once when I was a waitress, a guy asked me for extra mashed potatoes. I replied, "They're mashed as much as they can mash them."

♦ Someone told me: "You shouldn't drink carbonated water, it's full of carbs."

♦ I was eight months

pregnant and saw someone I knew at a restaurant. They said, "OMG, what are you having?" And I said, "Chicken."

**An angry woman** sitting next to me in a diner called over our waitress and said, "I don't know what kind of ruse you're trying to perpetrate. I've had soup du jour before, and (points to bowl), this isn't it."

—[@AMYSELWYN](#)



**I was taking** a shower when my three-year-old granddaughter walked in on me in all my glory. “Grandma,” she said, stunned, “you don’t have your glasses on.”

—ALICE HORNE

*Springfield, Missouri*

**For me,** dying is a lot like going camping. I don’t want to do it.

—Comedian PHIL WANG

**My uncle** is a frugal man. He once told the woman at the movie theater box office that since he couldn’t remember if he’d seen the film, he wouldn’t buy a ticket until he was sure. And with that, he marched inside and found a seat.

A half hour later, the manager, followed by two police officers, collared him. As they escorted him out, my uncle shouted, “I’m still not sure whether I saw this!”

—MARY ANN VERGETIS

*West Bend, Wisconsin*

**“Why are they stealing our trash?!”**  
(My kid, horrified that the garbage men are doing their job.)

—[@MOMSENSE\\_ENSUES](#)

## SCENES FROM A MARRIAGE

Are you a June bride- or groom-to-be? Partake in wisdom from those who have come before you:

Welcome to marriage, you’ll now provide full details about the quality of your sleep, the number of times you peed, and any areas of pain before you even open your eyes in the morning.

—[@MumInBits](#)

Sleeping under separate blankets should have been the marriage advice everybody gave me a year and a half ago.

—[@iSmashFizzle](#)

Marriage is just listening to your husband talk about what he wants to grill on the weekend.

—[@ThisOneSayz](#)

70% of marriage is yelling “what” from a different room.

—[@mommajessiec](#)



Marriage is having separate tubes of toothpaste because your spouse squeezes it wrong.

—[@mom\\_tho](#)

12% of marriage is disagreeing on which plastic containers are recyclable.

—[@SladeWentworth](#)

Marriage is just your spouse perpetually standing in front of the kitchen drawer or cabinet you need to open.

—[@copymama](#)

**GOT A FUNNY STORY** about friends or family? It could be worth \$\$\$\$. For details, go to [RD.COM/SUBMIT](http://RD.COM/SUBMIT).

## CHANGE YOUR POV AGAIN AND AGAIN.



## Tuesday's Story

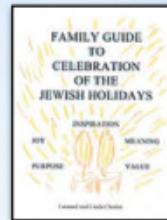
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Becky Hohnstein

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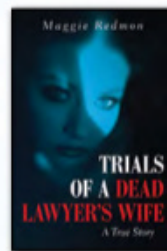


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*We Found a*

# FIX

HELP, HACKS,  
& HOW TO

## 1 TRAVEL Cushion Your Packing Limit

You've just arrived at the checked bag counter and—drat!—your suitcase is over the weight maximum. Now you have to pop it open and put on a fashion show for fellow passengers as you layer on three sweaters. Next time you fly, bring a zippered pillowcase. Pillows aren't usually considered a personal item by most airlines, so you can pack a few extra outfits inside one instead of dealing with a carry-on or an overweight luggage fee. Just make sure to check your airline's pillow policy before you fly.



## 2 HOME Corks for Starting, Not Stopping

If you have a firepit in the backyard or a camping trip coming up soon, start saving wine corks in a Mason jar. Fill the remainder of the jar with just enough rubbing alcohol to submerge the corks, but leave enough space at the top of the jar for them to swell. In a few days, each cork will make an excellent upcycled firestarter.



## 3 GARDENING Water Straight to the Roots

Trying to grow something special in your garden and need to make sure the roots are getting enough to drink for optimal nourishment? Poke a few holes in the bottom of some plastic bottles and bury them alongside your plants, leaving the caps just above ground level. You can funnel water directly from the hose into the bottles and down to your plants' roots—no trickle-down effect needed. Plus, you'll save water since you won't be spraying the entire yard. Be sure to pull the bottles out at the end of the season.

## 4 ENTERTAINING Party Pictures

Just because guests aren't huddling around the big screen to watch the Super Bowl or the ball drop on New Year's Eve doesn't mean you can't use your TV during a gathering. Instead of leaving a big black void in the middle of the room, play a loop of an appropriate movie or video: *Runaway Bride* for a bridal shower, *It's A Wonderful Life* or the Yule log for Christmas, *Sixteen Candles* for a birthday, etc. All on mute or low volume, of course, so your guests can still mingle—it might even give them something to chat about.

## 5

CLEANING

**Another Reason to Always Keep Lemons Around**

Try to hand-wash your cheese grater, and suddenly the kitchen sponge is shredded like a block of cheddar. Scrub it down with half a lemon instead: The lemon juice and pulp will loosen any debris stuck in the grates. All you'll need to finish the job is a thorough rinse.

## 6

TECH

**Test Your Remote Control Batteries with Your Smartphone**

Are the batteries done? Is the remote done? I am certainly done. If you've already replaced the remote's batteries once and still can't get it to work, open your phone's front-facing camera and point the remote directly at it. If you see a red light emit from the front, that means the infrared signal, undetectable to the naked eye, is working. So the problem is the batteries, not the remote.

## 7

FOOD

**Keep Food Cold Outdoors**

If you're serving chilled foods under the sun, put a zip-top bag of ice at the bottom of the dish, cover it with lettuce, and serve your culinary creation on top. You'll keep your shrimp or deviled eggs safe to eat through a sultry afternoon.

## 8

AUTO

**Cool Off a Hot Car**

Get into the car on a hot summer day and you can practically choke on the heat trapped inside. Lower the passenger window and quickly flap the driver door open and shut a few times to push out the bulk of the hot air. It'll give your AC a fighting chance and get you on the road more quickly. **R**



HOW TO

# Stop Losing Your Stuff

*Can't find your keys—again? Cognitive experts can help you stop searching (and stressing).*

BY *Angela Haupt*  
FROM THE WASHINGTON POST



**S**ASHA BRADFORD DOESN'T have time to lose things. She's a working mom with lots of hobbies, and when she misplaces her keys or leaves her purse at a restaurant, she becomes frustrated and irritable.

"It impacts me greatly," says Bradford, 35, a Washington, DC-based federal contracting officer. Bradford has attention-deficit/hyperactivity disorder (ADHD), which, she says, makes her "prone to put things places and not remember where I put them."

Her angst is probably familiar to anyone whose phone is MIA a dozen times a day, or who can't find the TV remote until ten minutes after a favorite show has begun. Such lapses might be accompanied by a nagging fear: Is something wrong with me?

Probably not, experts agree. "It's a common occurrence and certainly annoying," says Daniel Schacter, a professor of psychology and director of the Schacter Memory Lab at Harvard University. "Most of the time, losing things results from absentmindedness. That's a breakdown at the interface of attention and memory, where we're focused on something other than the object we're going to lose—be it the TV remote or a phone or glasses," he says. "We're thinking about something else, and then we never really encode the information into memory about where we've put the object, because we have other concerns occupying our attention."

That's not necessarily a bad thing, he says; we could be busy pondering something productive, such as a work task or what to make for dinner. Or there could be another innocuous factor at play: "It might be that I mindfully put something down somewhere—maybe it's a book I'm reading—and I know I won't be able to get back to it for a few days," he says. "And then I can't remember where I put it." This is a perfectly normal example of "transience," or the decreasing accessibility of memory over time.

Schacter, author of *The Seven Sins of Memory: How the Mind Forgets and Remembers*, has tried to train himself to keep track of where he puts his reading glasses and car keys, to the point that he sets them down only in certain places and would notice if he strayed from that routine.

Sometimes, when we're operating on autopilot and not truly focused on our surroundings, even the best of intentions might not suffice, Schacter says. But for the most part, he thinks people can overcome the tendency to misplace things.

Sasha Bradford has learned to adapt, in part by writing down where she has stored items and by setting specific goals. For example, she says, "Every time I travel, I typically forget or lose something. So now I think of one thing that's really important to remember, and I focus on that." She also coaches herself not to panic when an item goes astray.

If, like Bradford, you have ADHD, you've probably struggled with wayward objects throughout your life, says Stephanie Moulton Sarkis, a psychotherapist based in Tampa who specializes in the condition. To determine whether you need help, consider the intensity, frequency, and duration of the tendency to lose things: "Which means, how much is it impacting your day-to-day life?"

Sometimes, people who have ADHD report that losing things affects their work or relationships; for example,

## TAKE A PICTURE OF THOSE SPOTS WHERE YOU STORE EASY-TO-LOSE OBJECTS.

if they can't find their keys and are late to the office or a dinner party, they could anger their coworkers or friends. In that case, Sarkis says, it's worth being evaluated by a doctor. There are many effective medications that can "make it so your brain is able to put something back where it belongs," she says.

Many people ask Gregory Jicha, director of clinical trials at the University of Kentucky's Sanders-Brown Center on Aging, whether they should be worried about misplacing items. Often, it's simply a normal part of aging. Still, some worry it's a harbinger of Alzheimer's disease, Jicha says,

overlooking the fact that the problem has existed since they were teens.

If you're afraid you've developed a problem that could indicate cognitive decline, he suggests turning to a trusted confidant: "Reach out to a friend or family member—and they may tell you that you've been losing your keys all your life," he says. "What we're really looking for is a change from past performance."

A new tendency to misplace things, or an increase in severity, can indicate you need to see a doctor. More than half of patients who begin experiencing memory problems have a non-dementia cause that can be effectively treated, Jicha says, such as thyroid problems or a lack of sleep. Sometimes medication is causing the forgetfulness, or vision or hearing troubles could be behind it.

Here is some advice from experts about how to overcome a tendency to misplace things:

**When you put something down, say its location.** One way to be more mindful of where your things are is to verbalize where you put them, says Mareen Dennis, an assistant professor of psychiatry at the University of Kentucky College of Medicine. "You'd say, 'I'm setting my mouse to the right of my computer.' And saying that, either in your mind or out loud, focuses your attention on where you put it," upping the odds that you'll remember its location later.



**Make up a song or rhyme.** Turn keeping track of your items into an opportunity to be creative. You could make up a rhyme, or sub in your own lyrics to a catchy song. “I’ve got a few people that use the tune ‘Head, Shoulders, Knees and Toes,’” Dennis says. “That one works really well. I’ve had somebody sing, ‘My remote is sitting by the lamp. By the lamp.’”

**Take pictures.** Ever wander around the parking lot because you can’t find your car? Take a picture of your parking spot, suggests Susan Whitbourne, a professor emerita of psychological and brain sciences at the University of Massachusetts, Amherst. The same advice applies to lots of things: Photograph all those spots where you store easy-to-lose objects, and when you can’t find them, pull up the photo.

**Make your belongings stand out.** Dennis recommends designating a color that you love and using that color key ring and phone case, “so that, when you’re scanning, you’re always looking for your favorite color.” You could also put reflective tape on the TV remote, which will make it easier to find when it inevitably vanishes.

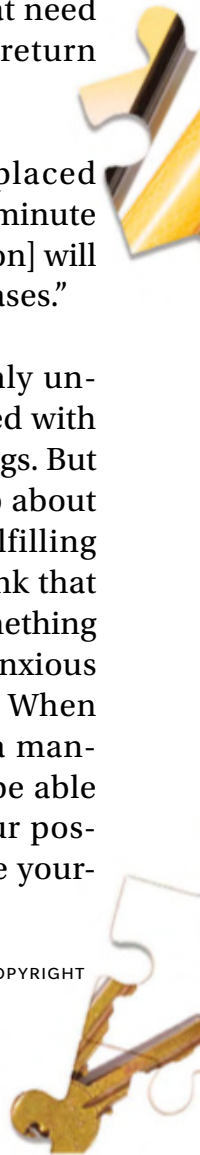
**Invest in technology.** There are many gadgets designed to keep track of items: You can attach an Apple AirTag to a product you often misplace, for example, and an app will guide you to its location, Sarkis says. There are

also fobs you can put in your wallet or purse that will ring like a phone when you press a button on either another fob or a phone app.

**Set up a routine.** Dennis coaches her patients with ADHD to make a “home for everything.” That might mean placing a basket by your front door where you drop your keys and wallet immediately upon entering your home, or designating one drawer as the scissors drawer. Then, at the end of the day, “scan the areas where you’ve been, find the items that need to be taken back home, and return them to their spots,” she says.

**Take a breath.** If you’ve misplaced something, “give your brain a minute or two,” Jicha says. “[The location] will come, in the vast majority of cases.”

**Be kind to yourself.** It’s certainly understandable if you’re frustrated with your tendency to misplace things. But if you keep beating yourself up about it, it could “become a self-fulfilling prophecy, and you start to think that you’re losing it, that there’s something wrong with you, and you get anxious about that,” Whitbourne says. When your thoughts spiral in such a manner, you’re even less likely to be able to focus and keep track of your possessions. So, remember to give yourself a break. **R**



HUMOR *in*  
**UNIFORM**

**The U.S. Strategic Command** detects and deters foreign attacks. So last year, when it tweeted “;l;;gmlxzssaw,” the Twittersphere went into overdrive. Had StratCom been hacked? Was it a coded message? Neither. The Command’s Twitter manager was working from home when he stepped away from his computer. His young son found the open Twitter account and sent his first tweet.

SOURCE: OMAHA WORLD-HERALD

**Driving on the German Autobahn** for the first time, we kept passing signs for *Einfahrt* and *Ausfahrt*. “Those must be huge cities,” I said to my sergeant.



He politely explained, “Einfahrt and ausfahrt are German for entrance and exit.”  
—DAVID KINNETT  
*Franklin, Indiana*

**In basic training,** our drill instructor made it clear that everything we recruits used belonged to her. For instance, she referred to our footlockers as “my trash,” and the racks where

we slept as “my racks.”

One time when we were all whispering in the bathroom while making “head calls,” she surprised us by yelling, “Why do I hear voices in my head?”

—SOURCE: GCFL.NET

**YOUR FUNNY MILITARY** story could be worth \$\$\$*. For details, go to* **RD.COM/SUBMIT.**

MARK LYNCH/CARTOONSTOCK.COM

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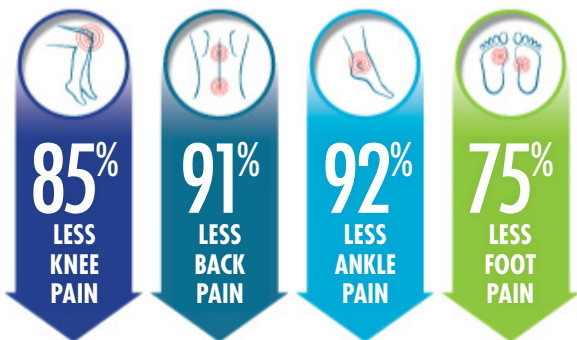
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**FOOD**FOR *Thought*

## Picking Peppers

---

**P**EPPERS, ESPECIALLY CHILIS, are at the center of dishes around the world, from China and India to Ghana and Uganda to Spain and Italy and, of course, to Mexico, where they originated. In fact, all peppers emanated from the Americas, but courtesy of Columbus's travels between the New World and Spain in the 1500s—and then Portuguese explorers' bringing them from Brazil to India—they spread far and wide. Today, these colorful, flavorful vegetables are so deeply incorporated into global cuisines that it's hard to imagine what these chili-centric food traditions might have been like pre-pepper.

Peppers range from sweet to spicy to somewhere beguilingly in between.

The common bell pepper, a lunch box favorite with not even a hint of heat, comes in yellow, red, orange, and purple varieties, as well as green—which is often an unripe yellow, red, orange, or purple pepper. Padrón and shishito peppers are both hot and not, depending on the specific one you're eating. And then there are the truly hot peppers with which some people have what you might call a love/heat relationship: habanero, jalapeño, ghost pepper, and thousands of others.

Capsaicin, the compound that makes hot peppers spicy, protects the plants from mammalian predators that, in chewing, crush up the seeds in a way that's not useful for growing new plants. Birds, on the other hand, swallow the seeds whole, fly them to new locales, and excrete them. It makes for an effective seed-spreading system, and since birds are unable to perceive heat at all, they have no issue doing this with the spicier varieties.

When humans consume capsaicin, we experience spiciness as if it's inflicting damage on us: pain, redness, swelling. But that excruciating feeling on your lips, tongue, and throat is a mirage. Capsaicin causes pain receptors to send signals to the brain that say damage is being inflicted on the body even though it isn't. The response is entirely an illusion that sends your body into five-alarm action, a hurt so good that we subject ourselves again and again. **R**

## EASY MUHAMMARA

Muhammara is a dip that originated in Aleppo, Syria. Delicious with pita and crackers and as part of a larger spread of snacks, this version whips up rapidly with the use of jarred roasted red peppers and a food processor.

In a food processor, pulse  $\frac{3}{4}$  cup lightly toasted walnuts until coarsely ground. Transfer walnuts to a medium mixing bowl. Drain the roasted red peppers from one 12-ounce jar, add them to the food processor, and pulse to a coarse puree. Add to the walnuts along with  $\frac{1}{4}$  cup toasted bread crumbs, 2 tablespoons extra-virgin olive oil, 2 tablespoons fresh lemon juice,  $\frac{1}{2}$  teaspoon Aleppo chili peppers (or other mild chili powder), and  $\frac{1}{4}$  teaspoon ground cumin. Season with salt and pepper and mix thoroughly. Serve as a dip, crumbling some larger pieces of toasted walnuts on top and drizzling with additional olive oil.



13 THINGS

# National Parks: Made for You and Me

BY *Emily Goodman*



**1** WHILE THE term “national park” conjures images of the American West, there are national park units in every U.S. state and territory. Together they welcome about 300 million visitors each year and span some 85 million acres, almost 55 million of which are in Alaska.

**2** THERE ARE more than 400 sites in the National Park System, though that includes far more than what we traditionally think of as “parks,”

such as parkways and rivers. Strictly speaking, there are 63 national parks (California has the most, with nine), but there are also national historic parks, national military parks, and other designations. A few are thoroughly unique. Among them: the White House.

**3** THE NATIONAL Park Service (NPS) oversees all 400+ of these sites, so Alfred Hitchcock in 1958 needed the agency's permission to shoot part of his film *North by Northwest* at Mount Rushmore (which is a national memorial). Despite initially granting him permission, the NPS later revoked Hitchcock's permit in the midst of filming, objecting to the chase scene across the presidential faces. (Hitchcock had promised he would not tread upon the sculpture.) He ended up filming the remainder of the movie on a mock-up of the monument.

**4** RULES ABOUT what you can and cannot do in national parks differ from site to site. Activities that are prohibited at national parks, such as hunting and fishing, are allowed on some national preserves. Many national parks allow the scattering of ashes (the Grand Canyon is a notable exception), though, like Hitchcock, you need to obtain NPS permission. The same goes for couples who wish to marry inside a national park.

**5** ADDITIONS TO the National Park System generally require acts of Congress, but presidents can name new national monuments. Of the 63 national parks, only one is named after a president: Theodore Roosevelt National Park in North Dakota.

**6** IT WAS another president who created the NPS in 1916: Woodrow Wilson. Parks that predate the NPS include Yosemite

in California and Mount Rainier in Washington. But Yellowstone, which turned 150 this year, was the world's first national park. Today, more than 100 countries have national parks and preserves. The largest by area is in Greenland, though a whopping 97 percent of the Galapagos Islands is a national park.

**7** YELLOWSTONE IS home to some of the most pristine aquatic ecosystems in the country as well as more than half the world's geysers. Other record-setters include Mammoth Cave National Park in Kentucky, which has the longest known cave system in the world; White Sands National Park in New Mexico, where you'll find the world's largest gypsum dunefield; and Sequoia and Kings Canyon National Parks in California, home of the biggest and second-biggest tree in the world, respectively.

**8** AMONG THE hardest parks to access are Dry Tortugas in Florida (off Key West) and Isle Royale in Michigan (surrounded by Lake Superior), both accessible only by boat or seaplane. But one of the hardest to explore is Gates of the Arctic in Alaska, our northernmost national park. It has no roads, no trails, no campsites, and—perhaps most frightening—no cell service.

**9** THE NPS employs 20,000 workers but relies on more than ten times that many volunteers: 279,000 in 2019. A big perk for volunteers is free admission. Those with more than 250 service hours are exempt from any entrance fees, as are members of the military, the families of fallen service members (Gold Star families), and all children under age 15. And thanks to a federal youth initiative called Every Kid Outdoors, fourth graders get their entire

immediate families into any park free of charge all year long.

**10** ON A few days each year, the national parks are free to all: Martin Luther King Jr. Day (the third Monday of January), the first day of National Park Week (held in April, usually in conjunction with Earth Day), the anniversary of the Great American Outdoors Act (August 4), National Public Lands Day (September 24), and Veterans Day (usually November 11).

**11** THAT SAID, only about a quarter of the parks charge admission. That money remains within the NPS, and at least 80 percent of it stays in the park where it was collected, funding things such as visitor access and habitat restoration. Supplementing those funds are the official NPS budget of \$3.5 billion, as well as private donations.

**12** WANT TO explore one of the traditionally less-crowded national parks? North Cascades in Washington, Lassen Volcanic in California, Congaree in South Carolina, Big Bend in Texas, and Great Basin in Nevada are among the least visited—at least for now!

**13** THE NEWEST national park is New River Gorge in West Virginia. (Though, ironically, the New River is thought to be the oldest river in North America.) Other recent additions to the roster include the Dwight D. Eisenhower Memorial in Washington, DC, the Medgar and Myrlie Evers Home National Monument in Mississippi, and Camp Nelson National Monument in Kentucky. But more are surely coming, as the National Parks Conservation Association's goal is to protect 30 percent of America's lands and waters by 2030. **R**





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DAVE COVERLY

“May I make a suggestion?”

**I began to have** doubts about how math is taught in this country when a young cook at my pizzeria said he had a problem. “A customer called, asking for a pie that’s a third cheese, a third pepperoni, and a third combination,” he said.

“So, what’s the

problem?” I asked him.

“I don’t know what to put on the fourth third.”

—ROBERT KEARNEY  
*Rancho Cordova,  
California*

**I pulled over** a 17-year-old for speeding. When I told him I’d clocked him at 101 mph, he

insisted he was doing only 85. “Why do you think that?” I asked.

He yelled back, “My speedometer only goes to 85, and I had the gas pedal pushed all the way to the floor!”

SOURCE: POLICEONE.COM

“**Health-care workers** are really stressed these days,” I observed as my nurse in the hospital shut off an annoying and pointless machine alarm.

“The beeping all the time from these things doesn’t help,” she agreed. “Especially when you read that.” She pointed to the monitor instructions that read, “Press OK, then run.”

—CAROLYN FRITSCHLE  
*Boise, Idaho*

**The flight from** Moscow to Irkutsk, Siberia, is a long one, so I was lucky to nab a window seat in an exit row. But as the Aeroflot jet gained altitude, I began to feel an icy draft

DAVE CARPENTER

on my legs and noticed that the exit door was not properly closed. Alarmed, I pointed out the problem to a flight attendant. She promptly took care of the situation: She brought me a blanket.  
—CECIL TAYLOR  
*Marshall, Texas*

**Scene:** A graphic designer calling a client.  
**GD:** Hi, I'm just updating the copy for your form and was wondering if you meant to say "programs" for the third request.  
**Client:** What I sent along was accurate. I wrote and edited it myself. Just copy it over exactly as it says!  
**GD:** "Please indicate which *pogroms* you've attended."  
**Client:** Yeah, that should be "programs."

SOURCE: CLIENTSFROMHELL.COM

**YOUR FUNNY WORK**  
*story could be worth \$\$\$.*  
*For details, see page 2 or go to [RD.COM/SUBMIT](http://RD.COM/SUBMIT).*

The five-year-old that I babysit is convinced I pay his mom to let me hang out with him.

—SOURCE: REDDIT.COM



Italian artist Salvatore Garau created an artwork that must be seen to be believed. Only, you can't see it. It's invisible. Still, that didn't stop Garau from successfully selling the nonexistent artwork to someone who saw enough there to shell out \$18,300. The new owner went home with very real instructions: The work, which is, to repeat, invisible, must be displayed in a five-by-five-foot space free of obstruction.

SOURCE: ARTNET.COM

Not to be outdone, Danish artist Jens Haaning received an \$84,000 loan

from a museum in Denmark. The cash was to be used as part of an art piece to illustrate income disparity. Haaning had a better idea: He produced two blank canvases titled *Take the Money and Run*. "The work is that I have taken their money," he says.

SOURCE: SMITHSONIAN MAGAZINE

When electric keyboard player Johnny Greenwood joined the rock group Radiohead, he knew that lead singer Thom Yorke had fired a previous keyboardist for playing too loudly. He came up with a novel way to stay employed: He turned off his instrument. During months of rehearsals, he says, "I'd pretend to play ... and Thom would say, 'I can't quite hear what you're doing, but I think you're adding a really interesting texture.'"

SOURCE: NPR

# SIGN UP FOR A NEW HOMEOWNER GUIDE



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## An Anti-Migraine Diet

*What you eat—and don't eat—can help stave off debilitating headaches*

BY *Jen Babakhan,  
Lisa Marie Conklin,  
and Jessica Migala*

**C**HRISTY NIELSON, 49, remembers getting her first migraine when she was in third grade. She curled up in the back of the school bus with excruciating pain, not able to find the words to tell her parents what it felt like when she got home. When she hit puberty, the migraines got worse. By her early 20s, she assumed that severe headaches were an unavoidable part of her life. It wasn't until years later that she

finally found a cure ... in her kitchen.

Migraine is a neurological disease that has a number of symptoms, including moderate-to-severe throbbing head pain that can stick around for anywhere from four hours to several days. According to the American Migraine Foundation, nearly 40 million people in the United States experience these headaches. While migraines can occur partly because of genetic factors, attacks may happen seemingly at random, set off by a trigger in the environment. "Everyone's brain works slightly differently, but we know in general triggers can cause a hyperexcitability to the cortex of the brain," says Danielle Wilhour, MD, an assistant professor in the Department of Neurology at the University of Colorado School of Medicine.

One common trigger is food, and some common dietary triggers include alcohol, salt, sugar, chocolate, and caffeine. But there are many others, and scientists continue to identify more. Last year, for instance, a Brazilian study looked at some common fruits and vegetables to see their impact on headaches. They found that watermelons were the most common migraine trigger among the produce they studied, bringing on a headache within minutes in about 30 percent of the study participants.

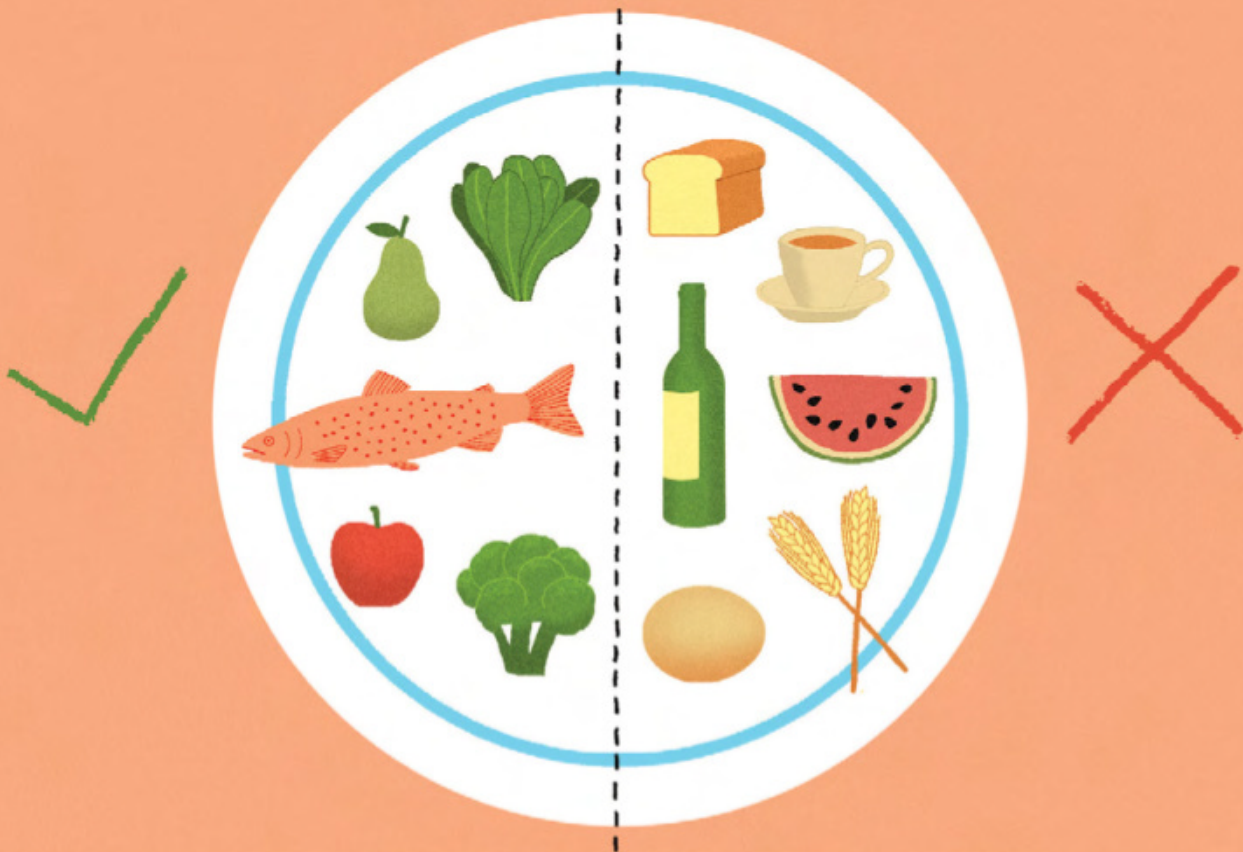
Another little-known trigger is bread. Gluten in foods such as crackers, pasta, and seasoning mixes may cause digestion woes (and be dangerous for people with celiac disease), but for some, headaches can also be a symptom of gluten sensitivity. Gluten

#### I TRIED IT...

## Keeping a Laughter Journal



**If you'd asked me** how many times I laugh each day, I'd have guessed once or twice at most—until I started keeping a laughter journal. For 30 days I jotted down every time I so much as sniggered. Turns out, I laugh way more than I thought, around six times per day. And while I like to think that I laugh at highbrow jokes, I'm a woman who cracks up when I hear what sounds like a dirty word on the radio (Day 8) or when someone trips in the street (Day 17), though I did feel a little bad about that. What's more, I learned that being happy is something you have to work on. Recognizing what brings you joy won't change your life, but it might lighten it a tad. And, sometimes, that's all you really need. —Charlotte Grainger



is a protein found in wheat, barley, rye, and some other grains.

Wheat turned out to be the culprit for Christy Nielson. When prescription drugs began to fail her, Nielson turned to alternative medicine. She visited Nicola McFadzean Ducharme, a naturopathic doctor in San Diego, who listened to her symptoms and tested her for possible allergies. While awaiting the results, the doctor put Nielson on an elimination diet, restricting her food intake to fruit, vegetables, and meat. “The first weeks of the diet were very difficult,” Nielson recalls. “But on day 13 it was as though a veil had lifted. The headaches were gone.” The lab results revealed that Nielson had a severe sensitivity to eggs and wheat, which

had always been part of her diet. Today, Nielson says her migraines are gone for good.

### **Foods That Heal**

Some of the newest research isn’t looking at what foods can trigger a migraine, but which foods and what kinds of diets can prevent or minimize them.

A study published last year by a team of researchers at the National Institutes of Health and the University of North Carolina at Chapel Hill found that a diet higher in fish oils rather than vegetable oils helped people suffering from frequent migraines to reduce the frequency and intensity of their headaches. In the study, those on a diet lower in vegetable oil (linoleic/omega-6 fatty acids)

and higher in fatty fish (omega-3 fatty acids) had a 30 to 40 percent reduction in total headache hours per day, severe headache hours per day, and overall headache days per month compared to the control group.

For some study participants, the improvement was dramatic. Tanya Kamka had suffered weekly migraines for most of her life. Then, in her 50s, she joined the NIH diet trial and increased her intake of fish. As she told the *New York Times*, the benefits were striking. After only a few months, her migraines had practically disappeared. She maintained the dietary changes after the study ended. "I haven't had a migraine, not even a mild one, in over two years," she says.

For others, relief comes from plants, not fish. Last year the *British Medical Journal* published a report from a team of New York-based doctors about a patient who had experienced remarkable relief from migraines after switching to a plant-based diet. The 60-year-old man had suffered from migraines without much relief for a dozen years. He'd already tried eliminating food triggers. Then he joined a study on the food-migraine link and switched to a diet called LIFE (Low Inflammatory Foods Everyday), which includes a lot of dark, leafy greens like kale and spinach, as well as blueberries and flaxseed. After two months the man reported he was experiencing only one migraine a month instead of the 18 to 24 a month

he'd suffered previously. He has remained migraine-free now for several years. The doctors believe that the diet may help both by eliminating triggers and by increasing levels of phytonutrients, which are found in plants.

Other individuals with migraines have found relief by following ketogenic diets, low-fat diets, or low glycemic diets. Clearly, since the food components of these plans differ dramatically—ketogenic diets, for example, are high in fat—and people with migraines react to food in very different ways, what works for one person may not work for another.

## Be a Food Detective

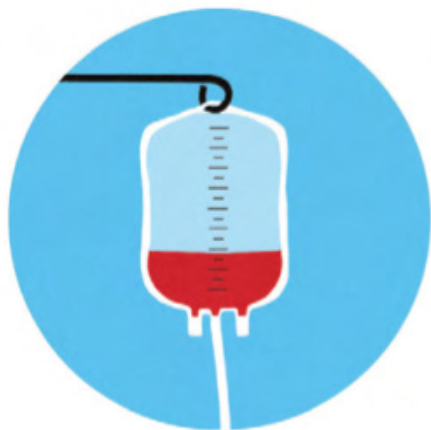
If you suspect that food may be contributing to your migraines, there are several steps you can take. The National Headache Foundation recommends keeping a log of the foods you have eaten, the time you ate, and when your headache symptoms occurred. After identifying your trigger foods, see if eliminating them from your diet reduces or eliminates your headaches. Be careful about dropping too many foods from your diet without consulting a medical professional. Elimination diets can lead to malnutrition if not done carefully.

Alternately, consider adding fish oil to your diet or trying to eat more plant-based foods. You can also experiment with different diets to see if overhauling your eating habits will banish your migraines for good. **R**



# Calling All Blood Donors!

BY *Kristine Gasbarre*



**B**LOOD DRIVES at schools and colleges—which make up a large portion of the American Red Cross’s collection sites—have dropped 62 percent. “The need is far greater than the supply,” says Tiffany Taylor, a spokesperson for the American Red Cross, which supplies about 40 percent of the nation’s blood. “There’s no replacement for blood.”

And the problem is likely to get worse. “As we go into the summer, we see a decline in donations,” she says. “Schools are out, people are traveling, the weather is nice—so donating blood drops to the bottom of the list.”

That’s why *RD* is putting out a call for all eligible donors to roll up their sleeves and help replenish the blood banks. Your donation could make a

huge difference, especially right now.

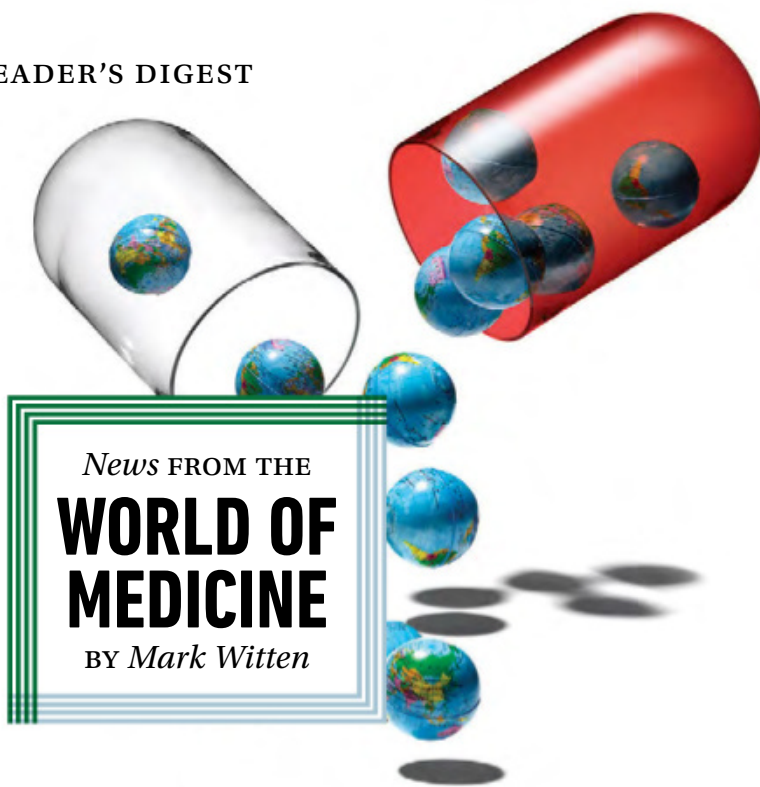
Here are a few key things to keep in mind, whether you’re someone who has donated before and has been afraid to do so again after COVID-19, or a first-timer in need of a dose of bravery.

**FACT: IT’S SAFE TO DONATE.** Blood banks are required to continuously adapt to CDC safety protocols. Blood drive workers frequently sanitize surfaces and change gloves between donors.

**FACT: IT TAKES ONLY** about half an hour. “And with one donation—they’ve saved three lives,” says Kathy Hastings, mobile drive coordinator at Community Blood Bank of Northwest Pennsylvania and Western New York.

**FACT: YOU CAN LOCATE** your nearest blood donation opportunity by visiting [redcross.org](http://redcross.org) or downloading the American Red Cross Blood Donor app. After your donation, the app will store your blood donor card for easy future access. “Wherever you see a bloodmobile, you can pull up the app and we scan it right in,” Taylor says. The app also enables you to keep track of your blood pressure, iron, and more so you can share your readings with your primary care provider.

The app even lets you know which hospital received your blood. “You might learn your donation went to a baby in the NICU,” Taylor says. **R**



News FROM THE  
**WORLD OF  
 MEDICINE**  
 BY *Mark Witten*

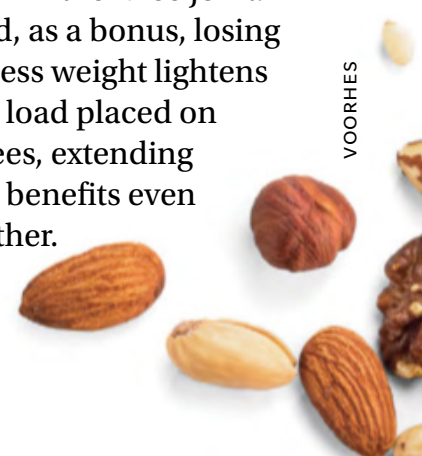
## A NEW WAY TO PROTECT YOUR EARS

Exposure to loud noise, such as an ear-splitting concert, is a common cause of hearing loss. But now we may have a way to prevent it. A University of Southern California study found that exposure to 100 decibels of sound or more—equivalent to a power lawn mower or motorcycle—causes inner ear fluid buildup and nerve cell damage. However, when researchers applied a salt-based solution inside affected ears one hour after noise exposure, the solution drew out the excess fluid, reducing the damage. After more testing, people exposed to loud noises could be scanned for possible fluid buildup and treated with a prescription that might end up saving their hearing.

## EXERCISE WON'T RUIN YOUR KNEES

It's commonly thought that your knees will eventually pay the price if you engage in high-impact exercise such as jogging and tennis. But a U.K. study that tracked the physical activity of 5,000 people for up to 12 years found that increased intensity, frequency, or time spent exercising didn't raise a person's odds of developing knee pain or arthritis. In fact, regular exercise and stretching can help lessen arthritis by strengthening the muscles around the knee and reducing inflammation and pain in the knee joint. And, as a bonus, losing excess weight lightens the load placed on knees, extending the benefits even further.

VOORHES



## Nuts Benefit Breast Cancer Survivors

Studies have already shown that consuming nuts on a regular basis reduces your risk for heart disease and can help control type 2 diabetes. Now we've learned that eating a handful of nuts a day also lowers a woman's chances of breast cancer recurring by half—and the risk of dying from the disease by one third, according to a study published in the *International Journal of Cancer*. These health benefits apply to every type of nut, all of which are rich in nutrients—such as unsaturated fatty acids and antioxidants—that can help prevent or stop the growth of breast cancer cells.

## GET MOVING FOR YOUR MENTAL HEALTH

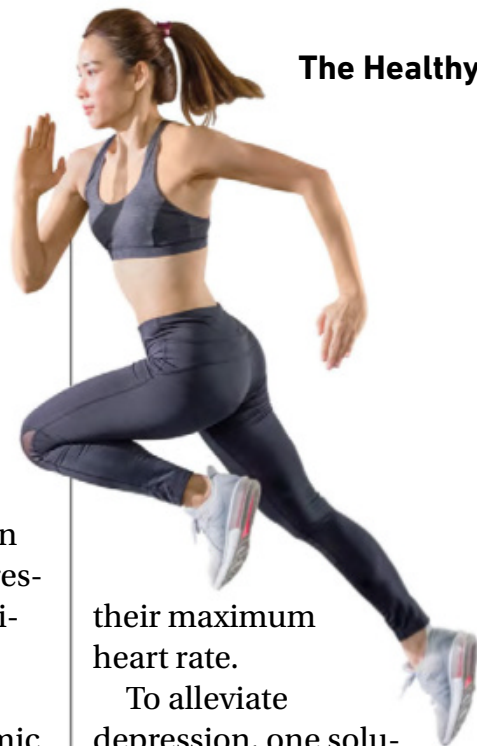
More than 500 million people live with depression or anxiety, conditions that for many were exacerbated by the COVID-19 pandemic. However, two new studies show that regular physical exercise can alleviate symptoms.

A University of Gothenburg clinical trial found that most patients with anxiety who did 12 weeks of aerobic and strength training saw major improvements—and the more vigorously people worked out, the more their anxiety symptoms lessened. For example, participants who exercised for an hour three times a week and reached 75 percent of their maximum heart rate became more relaxed than those who attained 60 percent of

their maximum heart rate.

To alleviate depression, one solution is to spend less time sitting, according to a study in *Frontiers in Psychiatry*. Researchers found that people who spent more time on the couch looking at screens early in the pandemic were more likely to be depressed than those who got up and moved more frequently.

Exercise may help ease symptoms of anxiety and depression by releasing feel-good chemicals called endorphins, stimulating the growth of nerve cell connections in brain regions that regulate mood and take the mind off negative thoughts. **R**



FROM TOP: EYEEM/GETTY IMAGES. ISTOCKPHOTO/GETTY IMAGES



# LAUGHTER

THE BEST *Medicine*



**A turtle walks** into a bar and orders a glass of water. The bartender hands the turtle the water and watches it slowly walk off. The next day, the turtle returns and orders another glass of water, then, again, inches

away. This goes on for a few days until the bartender finally asks, "Instead of water, wouldn't you like a beer? A snack?"

"Not now!" shouts the turtle. "My house is on fire!"

SOURCE: BTOKTIKTOK.COM

**I wish** days-of-the-week underwear were still a thing so I would know what day of the week it is.

—[@LHLODDER](#)

**It's Nick's** first post-college apartment, and he is showing it off to a friend. The big attraction: a large brass gong in the living room. "What's the gong for?" asks his friend.

"It's not a gong. It's a talking clock," says Nick.

"A talking clock? How does it work?"

"Watch," says Nick. He picks up a hammer and gives the gong an ear-shattering pound.

Suddenly, from the other side of the wall, a neighbor screams, "You @#\$%!!! It's 2:30 in the morning!"

SOURCE: WATCHUSEEK.COM

**How worried** should a cat owner be if the neighbor's dog is named Curiosity?

—BOB GREENWADE  
*Corvallis, Oregon*

**And now,** some a-dolt humor:

◆ A dolt wanted to buy personalized license plates, but he couldn't afford them. So he changed his name to JKM345.

◆ A dolt, walking down the street, sees a banana peel ahead and says, "Here we go again."

◆ A dolt and her father are in their yard when the father says, "Look, a dead bird." The dolt looks up and says, "Where?"

**I'd like to teach** y'all a Southern phrase that will help you get off a phone/Zoom/Facetime call you don't want to be on but don't have an excuse to leave. Allow me to introduce you to the power of "Well, let me let you go."

— @ \_SARACANNON

**GOT A FUNNY JOKE?**  
*It could be worth \$\$\$.*  
For details, go to  
**RD.COM/SUBMIT.**

## ON FATHER'S DAY, EVERY DAD IS A SUPERHERO

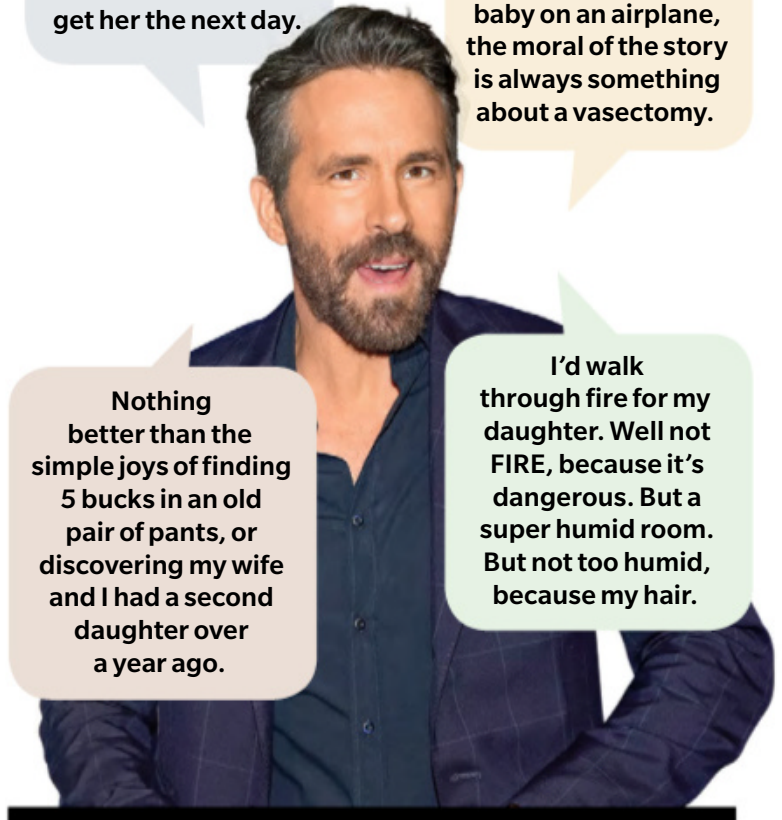
*Deadpool* actor Ryan Reynolds has a unique perspective on parenthood, which he shares on his Twitter feed, @VancityReynolds.

My daughter loves being buried up to her neck in sand at the beach. Her little face lights up when I come back to get her the next day.

No matter which kids book I read to my screaming baby on an airplane, the moral of the story is always something about a vasectomy.

Nothing better than the simple joys of finding 5 bucks in an old pair of pants, or discovering my wife and I had a second daughter over a year ago.

I'd walk through fire for my daughter. Well not FIRE, because it's dangerous. But a super humid room. But not too humid, because my hair.



A friend tricked me into going to Wimbledon by telling me it was a men's singles event.

—Comedian ANGELA BARNES



## WHERE, OH WHERE?

**B**uilding this stretch of road was not easy, and neither is hiking the ten-mile trail that begins here. The road and trail offer spectacular views of grassy slopes, glaciers, alpine meadows, and peaks along the Continental Divide. Located in a national park (for more on the parks, turn to page 36), the mountains you see feature contrasting red and green argillite, a sedimentary rock formed by the ancient Belt Sea more than half a billion years ago. But where are they? (*Answer on PAGE 115.*)

- A** Siyeh Pass, Montana
- B** Grand Teton, Wyoming
- C** Uinta Range, Utah
- D** Pegasus Peak, Idaho

COVER STORY

# THE FUTURE OF

# TECH

From self-driving cars to space travel,  
we answer your questions about  
where technology is heading

BY *Chris Stokel-Walker*

ILLUSTRATIONS BY *Tavis Coburn*









**very day, it seems, a new techy term pops up, leaving us non-techies asking questions in what sounds like a foreign language. “What is an NFT?” for example. And “Where, exactly, is the metaverse?” If you’re confused, you’re not alone.**

While it might feel as if technology is speeding up, it follows a predictable formula called Moore’s Law, which has correctly predicted the pace of human advancements in technology for nearly six decades. Moore’s Law suggests that the number of transistors on a computer chip will double about every two years. This is a reliable indicator of how much and how quickly technology will change.

And while Moore’s Law has held true for all this time, it hasn’t stopped other key trends in tech from accelerating far faster than computer chips can keep pace.

From a new space race pitting billionaires like Elon Musk and Jeff Bezos against each other to big advancements in the artificial intelligence, or AI, that powers robots and self-driving cars, we will answer some crucial questions to keep you on the cutting edge of the future of tech.

**QUESTION NO. 1**

**WHEN WILL I HAVE A SELF-DRIVING CAR?**

**LIKE THE JETPACKS** sci-fi writers have promised us since the 1920s, the vision of a self-driving car that whisks us to work while we read the news has proved to be more problematic to implement in practice than in theory.

So-called advanced driver-assistance system (ADAS) features are available in some cars, such as Tesla’s electric cars, but they’re not what would be considered self-driving. Tesla’s autopilot tool can help you stay in your lane while driving on the highway, but it’s graded only a Level 2 on the five-stage system of automation developed by SAE International, a driving standards organization. Level 5 would be a full

**China hopes to increase sales of self-driving cars to 20% by 2030.**



self-driving experience with hands off the steering wheel. We aren't there yet.

But that's in the United States. Look farther afield and the future is closer. "If you look at China, the big cities like Shanghai and Shenzhen have self-driving cars doing passenger transportation," says Ferdinand Dudenhöffer, director of the Center for Automotive Research in Duisburg, Germany. The self-driving taxis, which are run by Chinese auto and tech giants, are part of a country-wide plan to increase the sales of Level 4 vehicles—which allow drivers to switch off mentally while still requiring them to keep their hands on

or near the wheel—to around 20 percent of the total by 2030.

What works in China might not work elsewhere, admits Dudenhöffer—not least because of differing attitudes about how data should be used. Chinese citizens might accept having the journeys of their vehicles tracked and analyzed to improve traffic flows, but Americans may be reluctant to agree to that tracking. Privacy concerns may stymie the promise of kicking back on your commute. Self-driving cars must constantly generate data from their sensors and software to make driving decisions—otherwise they would crash.



## QUESTION NO. 2

## WHAT IS THE METAVERSE?

**YOU'VE LIKELY BEEN** unable to avoid talk of the metaverse in the past few months. The term, first coined by sci-fi author Neal Stephenson in a 1992 novel, has become a vision of the future of technology in our lives. And if the hype is to be believed, it's where we'll be living the rest of our digital lives.

"The metaverse is a further convergence of our physical and digital lives," says Cathy Hackl of Futures Intelligence Group, a consultancy. Put plainly, the metaverse is a 3D virtual space that can be accessed through virtual reality goggles, adding elements of the digital on top of our day-to-day lives. You could attend concerts and conferences in the metaverse, staged in a 3D digital representation of a nightclub or conference center. Elsewhere, you'll shop for shoes in a virtual Nike store or order food in a virtual McDonald's and have it delivered to your real-world home.

"It's the future of the Internet. But it's also about further connectivity," says Hackl.

So far, most of the attention around the metaverse has been focused on the company formerly known as Facebook, which rebranded last year as Meta in an indication of how

strongly it believes in the future of the metaverse. Founder Mark Zuckerberg wants a billion of us to live, work, and play in the metaverse by 2030.

But Hackl warns people not to view the social media giant as the center of the metaverse. "It's not just one company," she says. "No single company can build it, either." It's also not enabled by a single technology, even though right now the way to "enter" the metaverse is to strap on a pair of virtual reality goggles.

While the early running may be made by Meta, the momentum will be picked up by others. And just because we have an idea of what the metaverse will look like now, it doesn't mean that's what it'll end up as, Hackl cautions. "The way I explain it is we're in a high-speed train, destination metaverse," she says. "We don't know the stops, but we kind of know where we're heading."

You could order food in a virtual McDonald's and have it delivered.

**"It's the future of the Internet. But it's also about further connectivity."**

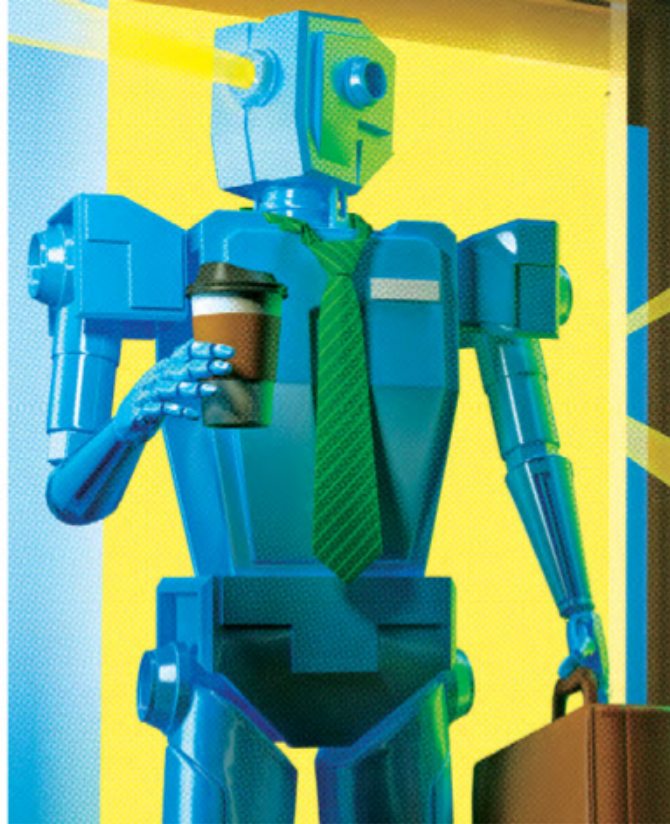
**QUESTION NO. 3****WILL ROBOTS TAKE MY JOB?**

**SCIENCE FICTION NOVELS** often turn into a dystopian nightmare partway through—and for blue-collar workers who are the bedrock of the labor force, there's a suspicion about the way the robot revolution story will end. By 2035, one in three jobs could be automated by robots, predicts PwC, a business consultancy.

"Robotics is traditionally applied to problems that fall into the categories 'dirty,' 'dull,' and 'dangerous,'" says Jonathan Aitken, a robotics expert at the University of Sheffield in the United Kingdom. "Automation of a repetitive process is always achievable. The lack of variability means that the process is the same, time after time. This is the reason that robots fell naturally into automotive production." It's been the case since the first robots appeared on production lines.

But it's not just blue-collar jobs that are feeling the squeeze from the rise of the robots. White-collar roles are also affected, particularly those focused on data sorting, a task well-suited for artificial intelligence. Financial services is one area that has turned to automated robots enacting trades. When a computer can pick stocks better and quicker than a

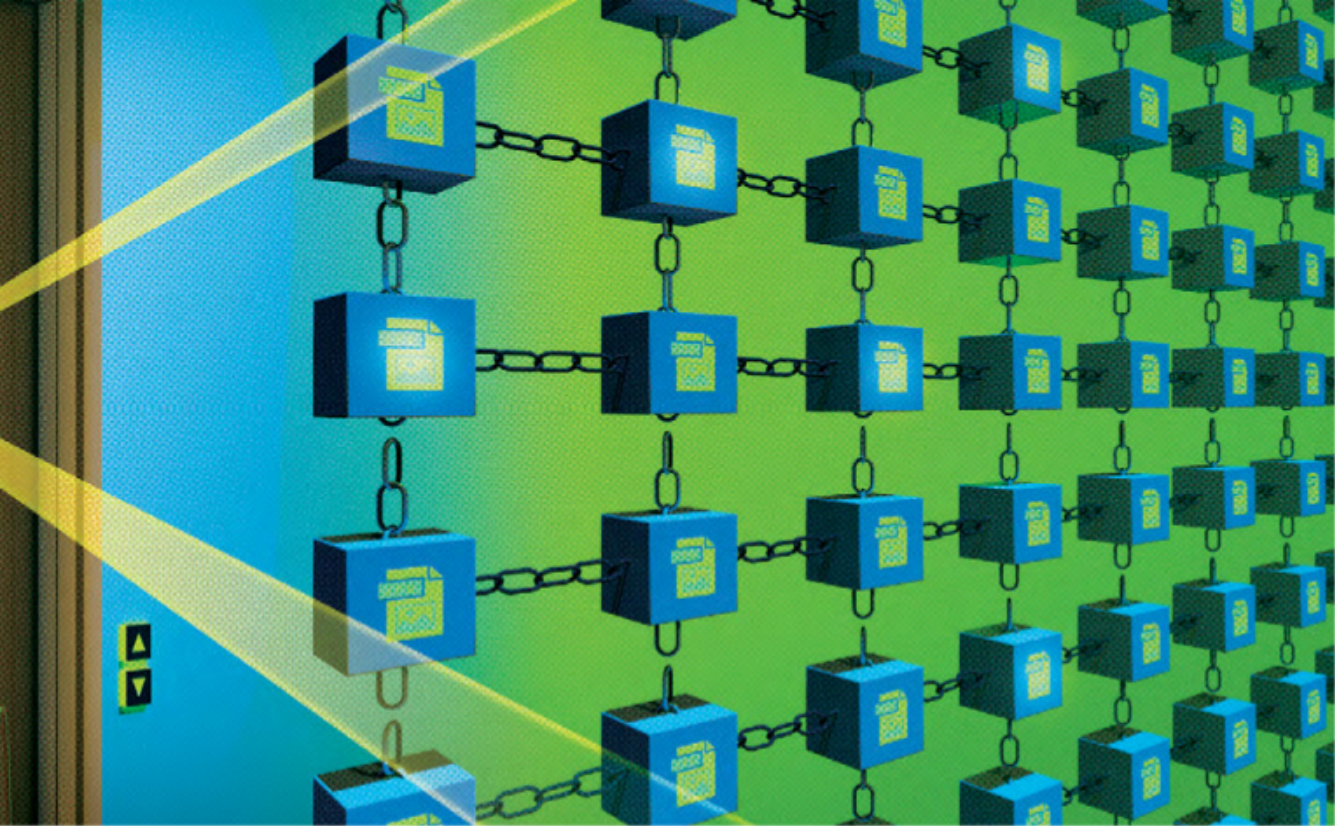
**By 2035, one in three jobs could be automated by robots.**



human, it makes sense to utilize them, and almost all Wall Street firms do.

Jobs where workers are less likely to be replaced by robots include those in health care, although surgical robots, which are controlled by remote health-care professionals in order to carry out more precise procedures, are already being used in hospitals. However, the gentle touch and caring reassurance of a well-trained nurse or doctor can't be replicated by a robot automaton.

"It's important to ask the question of whether we want robots doing certain jobs," says Aitken. "In replacing a human, especially in a human-facing role, we're being asked to accept the robot. This is something that'll take time to achieve. People still like people."



#### QUESTION NO. 4

## WHAT IS AN NFT?

**FEW THINGS WORTH** \$44.2 billion are as misunderstood as NFTs, but then few things have captured the zeitgeist like NFTs. The letters stand for the words non-fungible tokens, which are one-of-a-kind digital objects that can't be exchanged for each other or copied because of their encryption.

"What most people see as an NFT is art," says Nick Donarski, founder of ORE System, a company that deals in NFT technology. For example, instead of owning a physical painting, you could buy ownership of an NFT, an original piece of digital art. Some of the world's biggest celebrities, including Gwyneth Paltrow, Paris Hilton,

and Jimmy Fallon, proudly show off their NFT collections.

Celebrities have often spent hundreds of thousands of dollars to buy the right to an NFT from collections with themes such as bored apes and pixelated punks.

But despite the big-name endorsements, NFTs have faced a wave of criticism. NFTs have ended up being stolen or found to be using images that don't legally belong to the artists behind them. Other NFT projects have been uncovered as get-rich-quick scams for the creators, while those who own the artwork are left holding the bag.

If NFTs can overcome the bumps and bruises of their early negative publicity, they could become a commonly used bit of technology. The key word is "if."





## QUESTION NO. 5

## WHAT'S NEXT IN SPACE TRAVEL?

**FIFTY YEARS AGO**, astronauts traveled to space in rockets designed, built, and maintained by NASA and paid for by government funding. Today, the astronauts are often billionaires enjoying a journey into low orbit on a rocket they paid for from their billion-dollar bank accounts.

The change feels like a giant leap, but it makes sense, says Laura Seward Forczyk, founder of Astralytical, a space consulting company. "More and more of modern civilization relies on space," she says.

Huge numbers of satellites orbit the planet, connecting us to everything from cell phones to GPS to Netflix, and there is big money in maintaining those systems. "This doesn't get a lot of headlines, typically, but there are profit reasons why private companies want to go into space," says Forczyk.

And as private enterprise learns more about putting rockets and satellites into space, they're able to help the likes of NASA on their missions. That's important because NASA itself has become financially constrained. From its 1966 peak, where spending on the space race took up 4.4 percent of the federal budget, that spending is now less than 0.5 percent of the country's total budget.

Some see the moon as the staging area for deep-space exploration.

"NASA is using commercial companies to build a lot of the hardware to do a lot of those services of taking scientific payloads to the surface of the moon," says Forczyk.

The hope is that people will follow—possibly by 2025, but more realistically, says Forczyk, by 2030. If you're wondering why we're going back to the moon since mankind has already walked its surface, the answer is that we explored only part of it.

"We know a lot more, but we also know so very little," says Forczyk. "So we want to go back with people to learn more, but more importantly, we want to go back to live and work there."

Some even see the moon as an eventual staging area for human exploration of deep space. Mars is seen as the next stepping-off point toward the final frontier—though whether we'll get there in our lifetimes is another question. **R**

**"More and more of modern civilization relies on space."**

FOR SALE

# My Catalog of Dad Jokes

*Once your kid stops laughing at  
“Why didn’t Han Solo enjoy his  
steak dinner? It was Chewie!”  
it’s time to move on*

BY *Gary Rudoren*

FROM **MCSWEENEYS.NET**

PHOTOGRAPHS BY *Dale May*

I STILL REMEMBER THE first time I told my then-six-year-old son, Lev, that a clam makes calls with its “shell phone.” The laugh of recognition when he first got the joke was a moment I won’t ever forget. When I told it a second time in front of his friends Henry and Amir, I could see how proud he was that I had made his friends laugh. Excuse the bragging, but I was the cool dad.







By Lev's ninth birthday party, things had begun to change. After the seventh or eighth time I asked him "What do you call someone with no body and no nose?" he dismissively rolled his eyes. "I get it, Dad ..."

"... Nobody knows!"

"Stop it, Dad!"

I immediately shifted gears into food puns, reminding him and his friends that melons have weddings because they "cantaloupe," but I got

nothing except head shakes and averted eyes. I'm pretty sure I heard him say "Sorry about my dad" to his friends as they all ran off to play on their phones together.

I used to be the life of every kids party. When I was only an uncle, all the toddlers loved my "got your nose" bit. I was the one who always had a knock-knock joke at the ready. ("Knock, knock.' 'Who's there?' 'Nobel.' 'Nobel who?' 'Nobel, so I knock-knocked.'")

Other parents loved that I could show up at any event and distract their kids with age-appropriate, groan-worthy wordplay, such as the ever-popular “Did you hear about the guy who froze to death at the drive-in? He went to see *Closed for the Winter*.”

Sure, there were other dads with their bits, but I felt as if no one ever stole my crown. My wife long ago tuned me out, but she knew that my never-ending quest for laughter from kids, no matter how unashamedly, was in my blood. I believe as the kids got older, they took their cues to be embarrassed by me from their mom’s head-shaking disdain. We’re working through the issue.

I tell you all this because after a lot of soul-searching, I believe it’s time. My kids aren’t grown and out of the house, but I’ve come to realize that I’ll never be able to compete with my past success. I need our relationship to grow. I need to be able to talk to my children about topics other than how a witch’s car goes “broom, broom.”

Thus, I’m offering my entire catalog of jokes for sale on the open market. Puns, threatening tickling bits, knock-knock jokes, goofy faces, fart noises not from my butt, double takes, and

even borderline inappropriate spit-take lines. I’m done with them all, and it feels like the right time to sell my legacy to some deserving new dad.

**PUNS, KNOCK-KNOCK  
JOKES, GOOFY  
FACES, DOUBLE TAKES  
... I’M DONE WITH  
THEM ALL.**

The catalog includes my most famous work—including my killer aside at my days-old nephew’s bris, “After my bris, I couldn’t walk for like a year!” and my faux indignant kindergarten graduation routine, “Well, now he better get himself a job!”

I could go on.

As with all great works of art, my collection is priceless. But I can tell you that the first time you get your toddler to laugh at the line “I don’t trust stairs. They’re always up to something,” you’ll feel it’s worth any price tag. **®**

FROM MCSWEENEYS.NET. WHY I’M SELLING MY CATALOG OF DAD JOKES BY GARY RUDOREN © 2021.

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**And for My Next Act ...**

**Did the person who invented the phrase “one-hit wonder”  
invent any other popular phrases?**

@HONEYCUTTART

INSPIRATION

# Advice to the Young





*One of the world's most celebrated writers has much to share—though she sometimes wonders whether she should keep her thoughts to herself*

---

BY Margaret Atwood

FROM THE BOOK **BURNING QUESTIONS**

ILLUSTRATIONS BY *Shout*

## What advice would I give the young? I have trouble answering this question. Here's why.

Just before Christmas I was in a cheese store, purchasing some cheese, when a very young man of—oh, say, between 40 and 50—entered, manifesting bewilderment. His wife had sent him out to get something called “meringue sugar,” with strict instructions to buy no other kind, and he didn't know what the stuff was and couldn't find it, and nobody in any of the shops he'd so far wandered into had any idea either.

He didn't say this to me. He said it to the cheese shop person. She too appeared to be without a clue as to the meringue sugar mystery. None of this was any concern of mine. I could have—should have—simply pursued my own personal goal of cheese acquisition. Instead I found myself saying: “Don't buy icing sugar; that isn't what your wife wants. What she probably wants is something like fruit sugar or berry sugar, which is sometimes called powdered sugar but it isn't really powdered. It's a finer grind than ordinary white sugar, though you'll have a hard time finding it at this time of year. But really, ordinary white sugar works just fine for meringues as long as you beat it in very slowly. I use it all the time myself, and it helps if you add just a tiny bit of

cream of tartar and maybe a half teaspoon of white vinegar, and ...”

At this point my daughter—who'd succeeded in identifying the required cheese—got me in a hammerlock and dragged me over to the cash register, where a line was building.

“The white vinegar, not the brown!” I called in closing. But I was already appalled at myself. Why had I spewed out all this unasked-for advice to a complete stranger, albeit a helpless and confused one?





It's an age thing. There's a hormone in the brain that kicks in when you see a younger person in a state of shell shock over meringue sugar, or how to get the lids off jars or the beet stains out of tablecloths, or the right way of dumping the bad boyfriend who should be disposed of immediately because as anyone with half a wit can see the man is a psychopath, or which candidate is the best bet in the local election, or any number of other things on which you appear to yourself to have an overflowing fund of useful knowledge that may vanish from the planet unless you dish it out right and left, on the spot, to those in need.

This hormone automatically takes over—like the hormone in a mother robin that forces her to cram worms and grubs down the gaping maws of plaintively cheeping nestlings—and reams of helpful hints unscroll out of your mouth like a runaway roll of toilet paper falling down the stairs. You have no way of stopping this process. It just happens.

It's been happening for centuries; no, for millennia. Ever since we developed what is loosely called human culture, the young have been on the receiving end of instruction from their elders whether they liked it or not. Where are the best roots and berries? How do you make an arrowhead? What fish are plentiful, where and when? Which mushrooms are poisonous? The instruction must have taken

pleasant forms (“Great arrowhead! Now try it this way!”) or unpleasant ones (“You idiot! That's no way to skin a mastodon! Do it like this!”). Since we've still got the same hardware as Cro-Magnon man, or so we're told, it's merely the details that have changed, not the process. (Hands up, everyone who's ever taped laundry instructions to the washer-dryer for the benefit of their teenage kids.)

## HINTS UNSCROLL OUT OF YOUR MOUTH LIKE A RUNAWAY ROLL OF TOILET PAPER.



There are mountains of self-help books testifying to the fact that the young—and not only the young—are fond of securing advice on every possible subject, from how to get rid of pimples, to the suave way of maneuvering some youth with commitment issues into marriage, to the management of colic in infants, to the making of the perfect waffle, to the negotiation of an improved salary, to the purchase of a rewarding retirement property, to the planning of a really knockout funeral.

The cookbook is one of the earliest forms of self-help book. Mrs. Isabella Beeton's enormous 19th-century tome, *The Book of Household Management*, expands the tradition and includes not only recipes but advice

on everything, from how to tell a real fainting fit from a sham one, to the proper color choices for blondes and brunettes, to which topics of conversation are safe for afternoon visits. (Stay away from religious controversy. The weather is always acceptable.)

Martha Stewart, Ann Landers, and Miss Manners are Mrs. Beeton's great-granddaughters, as is Mrs. Rombauer Becker of *Joy of Cooking* fame and every home handyman, interior decorator, and sex expert you've ever watched on television.

## WE LIKE OTHER PEOPLE TO MIND THEIR OWN BUSINESS, NOT OURS.



Look at the shows and read the books and authors quickly, in sequence, and you'll feel the need of some cotton wool to stuff in your ears as a defense against the endless stream of what would sound like relentless finger-waving, hectoring, and nagging if you hadn't chosen to let these folks in the door yourself.

With how-to books and self-help shows, you can absorb the advice if and when you want it, but friends or acquaintances or relatives (especially mothers) cannot be so easily opened and then closed and put back on the shelf. Over the centuries, novels and

plays have given us a stock character: the older female or male—both versions exist—who's a voluble interfering busybody, deluging the young folk with unasked-for tips on how to conduct their lives, coupled with sharp-tongued criticisms when the advice is not heeded.

Mrs. Rachel Lynde in *Anne of Green Gables* is a case in point. Sometimes this type of person will have a good heart—Mrs. Lynde does—although, just as often, he or she will be a sinister control freak like the Queen of the Night in Mozart's *The Magic Flute*. But good or bad, the meddlesome busybody is seldom entirely sympathetic. Why? Because we like other people—well-meaning or not—to mind their own business, not ours. Even helpful advice can be indistinguishable from bossiness when you're on the receiving end.

My own mother was of the non-interference school unless it was a matter of life and death. If we children were doing something truly dangerous and she knew about it, she would stop us. Otherwise she let us learn by experience. Less work for her, come to think about it, though there was of course the work of self-restraint. She later said that she had to leave the kitchen when I was making my first pie crust, the sight was so painful to her.

I've come to appreciate these silences of my mother's, though she could always produce a condensed

pill of sensible advice when asked for it. All the more puzzling, then, that I have taken to blurting out instructions to strangers in cheese stores. Perhaps I take after my father, who was relentlessly informative, though he always tempered the force of his utterances by beginning, “As I’m sure you know ...”

I went to high school at a time when students were required to learn things off by heart. This work formed part of the exam: You were expected not only to recite the set pieces out loud, but also to regurgitate them onto the page, with marks off for faults in spelling. One standard item was the speech made in *Hamlet* by the old court counselor, Polonius, to his son Laertes, who is departing for a trip to France. Here’s the speech, in case you may have forgotten it, as I found I had when I tried for total recall.

*Yet here, Laertes? Aboard,  
aboard, for shame!  
The wind sits in the shoulder  
of your sail,  
And you are stay’d for. There—  
my blessing with thee!  
And these few precepts in thy  
memory  
Look thou character. Give thy  
thoughts no tongue,  
Nor any unproportion’d  
thought his act.  
Be thou familiar, but by no  
means vulgar:  
Those friends thou hast,*

*and their adoption tried,  
Grapple them unto thy soul  
with hoops of steel;  
But do not dull thy palm with  
entertainment  
Of each new-hatch’d,  
unfledg’d comrade. Beware  
Of entrance to a quarrel; but  
being in,  
Bear’t that the opposed may  
beware of thee.  
Give every man thine ear, but  
few thy voice;  
Take each man’s censure, but  
reserve thy judgment.  
Costly thy habit as thy purse  
can buy,  
But not express’d in fancy;  
rich, not gaudy;  
For the apparel oft proclaims  
the man,  
And they in France of the best  
rank and station  
Are most select and generous,  
chief in that.  
Neither a borrower nor a  
lender be;  
For loan oft loses both itself  
and friend,  
And borrowing dulls the edge  
of husbandry.  
This above all—to thine own  
self be true,  
And it must follow, as the  
night the day,  
Thou canst not then be false  
to any man.  
Farewell. My blessing season  
this in thee!*



The method is aggressive—Polonius scolds Laertes because he isn't on the ship yet, then holds him back with a long list of dos and don'ts—but it's all very good advice. A rational person can't disagree with any of it. Yet in every performance of *Hamlet* I've ever seen, Polonius is played as a comical but tedious old pedant and Laertes listens to him with barely concealed impatience, although he himself has just dished out a heaping plateful of his own advice to his younger sister, Ophelia. Looked at objectively, Polonius can't really have been the boring idiot we're usually shown: He's chief adviser to Claudius, who's a villain but no fool. Claudius wouldn't have kept Polonius around if the latter had really been several bricks short of a load. Why then is the scene always played this way?

One reason is that it would be boring if done straight, because advice you haven't asked for is always boring, and it's especially boring if the person giving the advice is old and you yourself are young. It's like the cartoon with the caption "What we say to cats ... What they hear" and over the head of the cat is a voice balloon with nothing in it. Our advice to the cat may be perfectly good—"Don't mess with that big tomcat down the street"—but the cat isn't receptive. It will follow its own counsel because that's what cats do. And that's what young people do as well, unless there's something specific they want you to tell them.

Which is my way of ducking the question. What advice would I give the young? None, unless they asked for it. Or that's what would happen in an ideal world. In the world I actually

inhabit, I break this virtuous rule daily, since at the slightest excuse I find myself blathering on about all kinds of things, due to the mother-robin hormone I've already mentioned. Thus:

As I'm sure you know, the most eco-friendly toilet is the Caroma. You can state your position and stick to your guns without being rude. Awnings cut down on summer heat through your windows by 70 percent or more. If you want to be a novelist, do back exercises daily—you'll

## MAYBE YOU'D HANDLE THE DANGER BETTER THAN THEY WILL— BUT YOU CAN'T.

need them later. Don't phone him, let him phone you. Think globally, act locally. After having a baby, you lose your brain and some of your hair, but they both grow back. A stitch in time saves nine. There's a kind of crampon you can strap onto your boots, handy on icy sidewalks. Don't stick a fork into a wall socket. If you don't clean the lint trap on the dryer, it may burst into flames. If the hair on your arms stands up in a thunderstorm, jump. Don't step into a canoe when it's pulled up on the beach. Never let anyone pour you a drink in a bar. Sometimes the only way out is through. In the northern

forest, hang your food from a tree some distance from your sleeping area and don't wear perfume. This above all, to thine own self be true. Eyebrow tweezers are handy for getting big wads of glop out of bathroom sink drains. Every household should contain a windup flashlight. And don't forget about the little touch of vinegar, for the meringues. That's the white vinegar, not the brown.

However, here's the best piece of advice of all: Sometimes young people don't want advice from their elders. They don't wish you to turn into Polonia, not as such. They can do without the main body of the speech—the long checklist of instructions. But they welcome the part at the end, which is a kind of benediction:

*Farewell. My blessing season this  
in thee!*

They want you to see them off on their voyage, which is—after all—a voyage they have to make on their own. Maybe it will be a dangerous voyage, maybe you'd be able to handle the danger better than they will—but you can't do it for them. You've got to stay behind, waving encouragingly, anxiously, a little plaintively: *Farewell! Fare well!*

But they do want the goodwill from you. They want the blessing. **R**

FROM THE BOOK BURNING QUESTIONS BY MARGARET  
ATWOOD, PUBLISHED BY DOUBLEDAY, COPYRIGHT © 2022  
BY O.W. TOAD, LTD.

# “I NEVER THOUGHT OF IT THAT WAY”

HOW TO TALK TO PEOPLE  
EVEN IF YOU DISAGREE



---

BY *Mónica Guzmán*

FROM THE BOOK  
I NEVER THOUGHT OF IT THAT WAY

**I**F THERE'S ONE thing most people can agree on, it's that the way we treat and talk to people with opposing views is broken. We can't stomach the ideas from across the political divide, let alone the people who hold them. This goes for other polarizing topics, too, not just politics. In one 2021 poll, most Americans thought the biggest threat to our country's way of life was "other people in America." By June 2021, U.S. voters rated "division in the country" as the number one issue facing them personally.

Whether you consider yourself conservative, liberal, something in between, or something off that spectrum altogether, I bet you've wondered, as I have, how long we can hold it together while our differences threaten to wreck our relationships, our country, and our ability to share our lives, really, at all.

Take poor Barbara in Knoxville, Tennessee, a mother of five grown men whose families got so fired up clashing over politics at her 2017 Thanksgiving dinner, she told me, it was like a bomb went off. One of her sons is very conservative, another very liberal, a third and fourth moderately conservative and liberal, respectively, and a fifth son is more centrist. Yes, really.

"I think my family is a microcosm of the country," said Barbara, who describes herself as a conservative libertarian Christian. She tried to keep the

peace that holiday, begging, "Can't we just have a nice family dinner?" Instead, some family members wound up leaving early, while at least one daughter-in-law ended up in tears.

Barbara and I connected through our shared determination to find some answer to the challenges these dangerously divided times present in our lives. This is important to me because I work for a group whose mission is to do just that: Braver Angels is the nation's largest cross-partisan grassroots organization working to depolarize America. I am also a Mexican immigrant and the proud liberal daughter of conservative parents.

**I VOTED FOR JOE BIDEN.  
MOM AND DAD VOTED FOR  
DONALD TRUMP. WHY ARE WE  
STILL SPEAKING?**

I voted for Joe Biden. Mom and Dad voted for Donald Trump. Each story I hear from Americans of all stripes about the ways that our divides are pulling them apart—the fallings-out, the declined invitations, the tweet-storms, all the ways that people are no longer speaking to people—brings me face-to-face with one question: Why am I still speaking to them?

Even after the tense three-hour conversation about race and law enforcement with Mom where neither of us changed our minds. Even after the two-hour argument with Dad about how the White House handled the coronavirus pandemic where I definitely went too far and he was about as mad as I'd ever seen him. Even after all that, and more, why am I not only speaking to my parents but listening to them, learning from them, and enjoying their company? Why am I both eager and afraid to tell my fellow Seattle liberals that I not only speak to my parents, but that I understand them? That if I were them, I would have voted for Donald Trump too?

**H**EAR PEOPLE SAY the answer to all this division is more education and information—but trustworthy information, not that other junk. I hear them say the answer is persuasion, that no conversation is worth having with people who disagree with you if you're not challenging their ideas and trying to show them where they're wrong. I hear them say the answer is simple action: Stop yammering and do something to build a more sensible world, ignoring or defeating whoever's standing in your way.

I say an answer, though it might include all these things, won't give us what we need. What we need are more questions. As a journalist, I've asked a lot of those. I used to be awful at it; I still remember my terror as a

kid the day Mom made me march up to the cashier at the Burger King and ask for another packet of salt. What if I sounded stupid? It took all my courage at my first newspaper internship just to pick up the phone and call strangers. My heart would stop when I heard their voices.

But then I fell in love with what they could show me.

Given the chance to ask anything I wanted about who people are, what they do, or what they think, I realized what for years I'd been too petrified to notice: Everybody's so interesting.

I stopped being afraid to ask questions; I was too impatient to hear the answers. Soon I developed an incurable addiction to people—our stories, our passions, the totally unique way each of us sees the world—and to conversation itself, that unpredictable meeting of minds where individuals with wildly different lives can surprise, delight, and ultimately learn from each other.

One of my favorite questions to ask in any interview is "Why you?" Why did you start a church in a bar, become your community's most beloved nurse, or decide to study crows for a living, and not, you know, somebody else? So I guess I should answer that question for myself. Why did I write a book about how to stay curious across divides, and why should you listen to what I have to say about talking to people you disagree with?

If I can sum up the work I've done in my 17 years of listening to people





professionally, I'd say it's been one big evolving experiment on how we can better understand each other. I don't do it for fun, though it's the most fun I've ever had. I do it because connecting with other humans is what makes our lives rich and meaningful. Especially when so much can pull us apart.

In her book *The Happiness Hack*, my friend, neuroscience educator Ellen Petry Leanse, explains what happens to your brain when you spend a lot of time with folks who reflect your own beliefs back to you. Basically, you stop thinking about those beliefs at all. Your brain likes to stay efficient, take shortcuts, save cognitive power. So as you become entrenched in your beliefs, your brain moves them to a part of itself that's good at automatic, reactive thinking, and away from the part that reasons things out, 'cause who has the time? As a result, you react to competing beliefs the way you'd

react to anything that seems totally unnatural or wrong: with disgust and repulsion.

"Our life experience is shaped by our assumptions, biases, and blind spots," Leanse told me. "We think it's reality, yet it is only the conditioned perception we have been taught is truth."

This is great news for groups that are battling it out over their beliefs. Nobody wants soldiers to question whether a threat is a threat. They want them in the fray, sure enough of the cause to hit fast and hard at every opportunity. But if you stop considering other points of view, if even your brain wants you locked in where you're comfortable, how can you be sure that the group battles you're waging are justified? And what if you just want to sit at a table and enjoy your family, regardless of what they believe?

Coming from the field of journalism, I feel as if I'm supposed to be

rah-rah for information as the cure for everything. But I'm not. I'm tired of us throwing out links and throwing up our hands. Ranting to *our* people, who get it, while raging at *those* people, who don't. I'm done, too, going along with the idea that if we could just rid the world of "misinformation," everything would be fine. As if mowing down weeds would keep new ones from sprouting. False stories soar because good people relate to something in them that's true: a fear or value or concern that's going unheard, unexplored, and unacknowledged. Every time.

One of the best ways to meet people where they are is to ask them where they've been. What paths have they walked to get to where they are? What have they seen along the way that changes their landscape, shifts their perspective? Think of the phrase we use almost automatically when some piece of understanding lands with us: "I see where you're coming

from." I know where you are. I'm there with you.

**T**O GET FROM Seattle, Washington, to Sherman County, Oregon, you drive east over Lake Washington, up and over Snoqualmie Pass—where your ears might pop—then south, watching mountains give way to quiet hills and plains. You cross the Columbia River into Oregon, pass Biggs Junction and Wasco, then arrive at Moro, the county seat. Population: 353.

Those 250 miles took about five hours to cover one Saturday morning in March 2017, when about 20 of us from the Seattle area made our way toward the Oregon State University Extension Office. Inside, 16 residents of Sherman County were waiting, a bit uneasy, to meet and talk with these urban visitors about the political divisions gripping the country. Most of them had voted for Donald Trump. The travelers from Seattle's King County



also wondered—and worried—about what the day would hold. Most of them had voted for Hillary Clinton.

Our visit would begin with a brief bus tour. Just 1,705 people lived on Sherman County's 831 square miles, and much of that landscape is wheat fields—a bright carpet of beige under the day's sunny sky.

"What would happen here today that would leave you feeling like this was a good investment of your time?" It was the opening question of the questionnaire I'd helped prepare for the event. If I'd closed my eyes, I wouldn't have been able to tell which answers came from which county:

"Having a talk with real people instead of all that angry yelling on Facebook."

"Getting to know people who don't live like me and don't think like me."

"Just learning something that helps me understand a bit better why we're all so different, because maybe we're not as different as we think."

People from the different counties paired off to ask each other questions and listen, without interruption, to the answers. After several rounds of pairings, the room buzzing with tense energy, we brought the big group back together for people to share their thoughts. I'll never forget when Darren Padget stood up—all six feet, nine inches of him.

Padget is a fourth-generation wheat farmer at a time when the average American is four generations removed

from anything approaching that lifestyle. He took a deep breath and gazed at the bits of sandwich crust scattered on the tables from lunch.

"If you knew," he said in a deep, gruff voice, "what it took to get that simple sandwich on your plate..."

Economic reasons, Padget said, led him to vote for Trump. His health-care costs had jumped 426 percent in the past few years, and regulations like the Waters of the United States rule were threatening his business.

**"THEY VOTED THAT WAY FOR REASONS I HADN'T EVEN CONSIDERED."**

"That's right," another farmer said. People from Sherman County nodded while people from King County thought, What the heck is the Waters of the United States rule?

Turns out the rule defines what bodies of water fall under federal regulation, and it's a big deal. Farmers for years have been nervous about how the rule might be interpreted to cover small, seasonal, rain-made ponds. The rules are complex and confusing, and many of the farmers thought they could better trust Republicans—including the businessman America had elected president—to address their concerns.

That detail was an “I never thought of it that way” moment for Seattle resident Laura Caspi. “It didn’t enter my consciousness that they voted that way for reasons I hadn’t even considered, or for reasons that didn’t matter to me,” she said. “Our lives are so different.”

**WE DIDN'T KNOW WHO'D WON. BUT FOR THAT MOMENT, AT LEAST, IT DIDN'T MATTER.**

My favorite photo taken that day was of Caspi and a Sherman County farmer named Fred. In it, they’re giving each other a high five at the end of their conversation—Caspi with blue-tipped hair, Fred with a cowboy hat. She’d been afraid that it would be tough to make this bridge to people who looked at the world so differently, even for a short couple of hours. The topics were difficult and tense. But it wasn’t hard to talk. And that gave her some hope.

“I felt like his granddaughter,” she said.

When our time together was done, nobody wanted to leave. People kept chatting in the conference room, the hallways by the reception desk, and outside under a big sky in a bit of March sun. People traded contact information.

Many good things would follow from this event, which we had titled

“Melting Mountains: An Urban-Rural Gathering.” Some people kept in touch, continuing their conversations over e-mail. Liberals and conservatives from around the country would reach out to my partners and me about doing something like it in their states. The trip would be featured in case studies, conferences, and articles.

We had started out with a mountain of assumptions to melt, and while no one is pretending one afternoon is all it took, we showed we could at least get started.

**A**T MY PARENTS’ place on Election Day 2020, the three of us watched the results of the presidential race stream in on Fox News, then CNN, then back and forth for hours.

We had our first shouting match, about immigration, over sips of the sangrias Mom mixed. We had a bigger one, about race, late into the night with me standing cross-armed in front of the TV, Mom taking my side for a fun, hot second, and usually reserved Dad leaning forward in his recliner, his voice booming.

“You know, Mónica,” he’d said to me in Spanish earlier that day, “I’ve heard that some people who don’t share their parents’ politics ... they stop letting them see their grandkids. And I’ve wondered if that’ll ever happen to us.”

I have two kids, now eight and six years old, and they see their

grandparents all the time. My dad's written songs for them. Songs he plays on his guitar and they memorize, then launch into singing at full volume from the back seat of my Altima.

I didn't hesitate. "*Jamás,*" I told Dad. *Never.* "That'll never happen, Dad. That'll never, ever happen to us."

After all the night's results had been reported and we had one more political clash about—well, who knows what it was about—I was sitting at their kitchen island eating butter pecan ice cream Mom had served me in the same little gray Tupperware cups I'd used as a kid. By the last bite, Mom had changed into her long red nightshirt. She sat down next to me, patted my hand, and said she was glad I'd come. I was glad I'd come too.


Neither of us knew who'd won, whose views would hold sway in the months and years to come. But I was grateful that for that moment, at least, it didn't matter.

**B**UILDING A BRIDGE to the other side isn't easy, but it's also likely that it's not as hard as you think. Take the first step out of your silo, and the gulf you've been afraid to span might look more like a gap and feel more like an invitation.

I guarantee that when you are more—and more genuinely—curious, it will strengthen all the relationships that matter to you, whether they're with your relatives, your colleagues, your country, or yourself.

So here's your mission, should you choose to accept it: Surprise yourself.

Take one step closer to someone who disagrees with you—whether that means spending time with a friend or relative you've been drifting apart from, reading an opinion from an earnest voice on the other side, or sparking a conversation you've been both eager and hesitant to have. When you want to explore why they're wrong, explore instead what you're missing. When you want to determine whose view wins, determine what makes each view understandable. When you want to discover why someone believes something that confounds you, discover how they came to believe it. When you want to know what their problem is, try to know what their concerns are. When you want to demand why they don't care about what you care about, learn what they care about more. When you want to trap them into saying what you want to hear, free them so they say what they honestly mean.

And when you want to stop listening so you can react or respond or judge—which will be often!—mind that gap between what you know and what you most certainly don't and ask one more curious question. More often than you probably think, you might just find yourself saying "I never thought of it that way." 

FROM THE BOOK *I NEVER THOUGHT OF IT THAT WAY* BY MONICA GUZMAN, PUBLISHED BY BENBELLA BOOKS, COPYRIGHT © 2022.

YOUR TRUE STORIES

Parenting,

Passed

Down

*Genes aren't the only things we inherit. Readers share the rules and traditions that made them the parents they are today.*

BY *Reader's Digest Readers*

## Winning Hearts

Both of my parents chose service professions (teaching and nursing) and spent nights and weekends volunteering. Both taught that a life dedicated to helping others is one full of purpose and meaning.

I am a physician and have worked with the homeless community for 11 years. I'm also a mom to two boys who dirt bike. At their first race, my oldest went first and managed to catch a little air. My youngest surprised me even more. Every time a rider fell or crashed, he'd stop and wait until they got up. He lost the race but won at being a good human. Parenting isn't easy, but it'll surprise you.

—SARA DOORLEY  
*Tijeras, New Mexico*

## Just Fishin'

My dad was an avid fisherman and loved taking me with him. We'd wake early and drive to his favorite hole. We'd stop for breakfast, and he'd get steak and eggs. I'd be his helper launching the boat, holding the line while he parked the car. Then we'd head out to catch "the big one."

Now I take my granddaughter fishing. She has caught bullhead and bass—what excitement!—and can cast her own line. Nana hooks the worms.

The Trace Adkins song "Just Fishin'" goes, "She ain't even thinkin' 'bout what's really goin' on right now, but I guarantee this memory's a big'in and she thinks we're just fishin.'" Every time

I hear it, I feel my dad's love. I hope my granddaughter feels my love for her.

—BARBARA FAGENBAUM  
*Penfield, New York*

## Banding Together

I started band as a high-school freshman with my brother's baritone horn. I didn't have prior lessons as my bandmates did, so it was much harder for me. When I told my mom I was quitting, she promptly told me I was not. In due time I absolutely loved band.

Years later, my daughter Sheena was in the band, using the same baritone. One day, she, too, said she was quitting, and I told her she was not. She kept at it and came to love it too.

Now Sheena is in her 30s and still tells me how glad she is I didn't let her quit. Me too, Mom. Me too.

—JANET BRANDES *Collins, Wisconsin*

## Like a Champ

I grew up a very athletic tomboy. My mother occasionally told me to let the boys win, because they wouldn't like me if I always beat them, so I did. My daughter is also quite athletic and has never heard anything even slightly resembling those words. I tell her she's as good as those boys and to do her best and win. And she has. She has grown up very confident and is even more broadly admired for her determination. What a difference a generation makes.

—KLARI FREDERICK  
*Linden, Michigan*

## Choose Your Battles

Many parents talk about video games being bad for kids, but I built an arcade machine with my son. I loved arcades as a kid, and my dad and I are software developers, so it's a bit of a legacy. Plus, it's a good lesson: If you want something, build it!

Of course, it's also just something fun to do together. Many think video games are isolating, but arcade games invite others to gather and play. It's a nifty bit of bonding when we help the other player get out of a corner the bad guys have backed them into.

—JOE HOCKING

*Highland Park, Illinois*

## The Whistle Effect

My father's whistle could be heard all over the neighborhood. My friends recognized it too. They would tell me, "Your dad is looking for you." I never considered claiming I couldn't hear it.

I eventually learned to whistle just as loud as him, and used it to bring my daughters home too. But now, grandkids are shepherded home via technology. I reserve the whistle for

recitals, sports events, and awards ceremonies. I'm certainly not the only one who can shatter the air, but every time I hear a grand whistle, I smile and think of my dad: "There he is!"

—MARY JO INGOLIA

*Schaumburg, Illinois*

## Buckle Up!

When I was growing up, many cars didn't have seat belts. Nevertheless, my brother and I were told to buckle up on every drive—no exceptions to Dad's rule.

Now that I have kids of my own, they also have to wear their seat belts on every trip. During my daughter's driver's education lesson, she hopped into the back seat and put her seat belt on when it was another student's turn to drive. An oncoming vehicle hit them head-on. Everyone was seriously injured. A paramedic said the seat belt had broken my daughter's sternum—but that if it hadn't been there, she'd have gone through the windshield. My dad's rule saved my daughter's life.

—PENNY MALES *Lucas, Texas*

### PUT ME IN, COACH!

Do you have a sports story that's a total slam dunk—even if it took place on the field or the rink or in the pool? We're looking for bloopers as well as highlights from your glory days in Little League or high school, or just last weekend on the golf course. Passed the baton to your little peanuts? If they've made you laugh this season, we're game to hear about it. See terms and share stories at [rd.com/sports](https://rd.com/sports). The ball is in your court!







## Snow Time like the Present

My kids have gotten to do some pretty outrageous things thanks to my mom. She always prioritized exposing me to new experiences. We visited Canada when I was 11. My heart was brimming with excitement when I saw my first snow. My grandmother suggested that it was too late and that I could play tomorrow. But my mom said, “No, I think I’ll let him play a little now.”

It was 70 degrees the next morning. No snow for the rest of our trip. I got to play in it because my mom didn’t want me to miss an opportunity. It’s a philosophy I’ve implemented in my own parenting. Just one exception for my dear daughter: No skydiving, please!

—JONATHAN GEWIRTZ  
*Monsey, New York*

## Following the Clues

My mama took great joy in having fun with her kids. She loved to make up songs and poems for us. She had a Louisiana accent and amused us with expressions like *fiddlesticks* and *punkin* and her pronunciation of Chicago (*Chicargo*).

Holidays were her chance to really get creative. One gift began with a clue. Upon finding that clue, we’d find another that would send us after another clue until we found the gift. The whole family would help search.

My children never met my mama, but her memory, humor, and gift-giving idea live on. One of my greatest joys has been witnessing my sons set up gift hunts for their own kids.

—CINDY STILLINGS *Topeka, Kansas* **R**

DRAMA IN REAL LIFE

# NIGHTMARE ON LAKE SUPERIOR

One by one, the three kayakers capsized in the cold, angry water. Then they became separated.

BY Jeff Moag  
FROM MEN'S JOURNAL







**IT** WAS MEANT to be another boys' trip, the latest in a tradition that stretched back more than two decades. Every other year, the old friends—Jim Farrington, 49, an electrical lineman in Alden, Michigan; Sean Royston, 47, an electrical grid systems manager in Cottage Grove, Wisconsin; and Tolan Annis, 53, the co-owner of a craft distillery in Grand Ledge, Michigan—had kissed their wives goodbye and headed out on an expedition. This time they decided to kayak Lake Superior's Pictured Rocks National Lakeshore, a challenging out-and-back route.

On the morning of September 13, 2016, they loaded up on food and camping gear, donned waterproof paddling pants and quick-dry T-shirts, and zipped up their life jackets. The forecast called for winds building to ten knots and seas rising to one to three feet by early afternoon, then stronger winds overnight. The friends were undeterred. They climbed into their 14- to 16-foot-long sea kayaks and, at about 10:30, pushed off from the beach at Sand Point, less than 100 yards from the park headquarters. They planned to return in a week.

The trio punched out through small waves and headed northeast. Soon the national lakeshore's trademark



cliffs began to rise on their right. Their next chance to get out of their kayaks would be some five miles ahead, beyond a tourist overlook called Miners Castle Point.

Away from the shore, the headwind grew to the forecasted ten knots and kept rising. The waves grew to four feet. Still, they never considered turning around. They'd already traveled around four miles and they had kayaked in worse conditions.

They'd been paddling maybe 90 minutes when, suddenly, the waves grew to six feet and steepened. The wind rose to 20 knots. "When it went bad, it went bad fast," says Annis, who was in the lead, about 60 feet ahead

of Farrington. Royston trailed another 40 or 50 feet behind Farrington.

Royston was the first to go overboard.

It was a bad place for a swim. The water was a chilly 62 degrees, and the wind and choppy waves were pushing him toward cliffs 100 yards away. Miners Castle Point was maybe a quarter-mile upwind, and the closest safe landing beach was another quarter-mile beyond that.

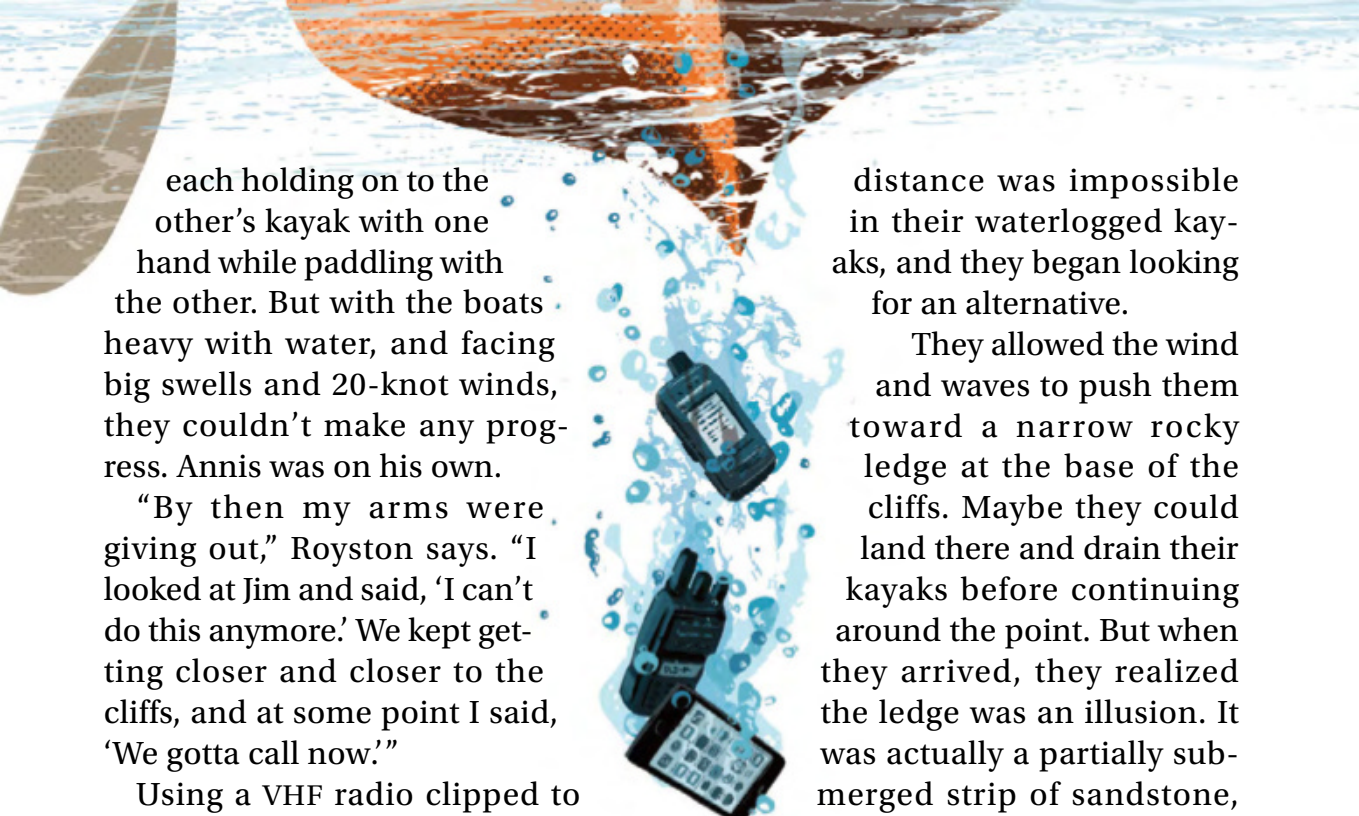
## SEPARATED

**AFTER ROYSTON TIPPED,** Farrington quickly paddled over to him. He brought his boat parallel to Royston's and steadied it as Royston scrambled into his cockpit, which was now full of water. He began working the small plastic hand pump but couldn't stay ahead of the waves.

"The pumping was just no use," Royston says. "I'd get close, and another wave would come over us."

Meanwhile, the wind pushed them closer to the cliffs, where the waves became even steeper. One wave rolled both Royston and Farrington into the water.

Farrington managed to get back into his boat, as did Royston—his second re-entry of the day. When they looked up, they saw Annis in the water, farther out, clinging to his boat. Farrington and Royston pressed their kayaks together for stability,



each holding on to the other's kayak with one hand while paddling with the other. But with the boats heavy with water, and facing big swells and 20-knot winds, they couldn't make any progress. Annis was on his own.

"By then my arms were giving out," Royston says. "I looked at Jim and said, 'I can't do this anymore.' We kept getting closer and closer to the cliffs, and at some point I said, 'We gotta call now.'"

Using a VHF radio clipped to his life jacket, Farrington called: "Mayday, three kayakers stranded at Miners Rock." But there was no response, because no one heard the calls. The tall cliffs blocked the radio signal from reaching the park's headquarters or anyone else on land, and no vessels were on the lake. A small craft advisory had been issued just after the kayakers launched, so the tour boats that normally ply the lake-shore were tied to their piers.

Another wave slammed into the boats and Farrington capsized a second time. When he got back into the kayak, the radio was gone, stripped from his life jacket, as were his cell phone and GPS unit.

Throughout the ordeal, Royston and Farrington had been trying to make it around Miners Castle Point, about a quarter-mile upwind. Now they realized that even that short

distance was impossible in their waterlogged kayaks, and they began looking for an alternative.

They allowed the wind and waves to push them toward a narrow rocky ledge at the base of the cliffs. Maybe they could land there and drain their kayaks before continuing around the point. But when they arrived, they realized the ledge was an illusion. It was actually a partially submerged strip of sandstone, and it was being pummeled

by head-high waves.

Farrington somehow managed to get onto the sandstone. He gripped the plastic T-handle in the bow of his kayak, which Royston held tightly against his own kayak. Farrington's grip held, but the handle didn't. It tore clean off. The two boats slid back into the crashing surf and, in the process, tossed Royston back into the water.

The waves pushed Royston and the boats along the shoreline before he disappeared around a small outcropping.

"The last time I saw him, he was rolling through the waves," Farrington says. "And I swore his life jacket was unzipped."

It was roughly 12:30. Two hours after shoving off, all three men were now separated. As far as Farrington knew, Royston was likely already dead. And

Annis was nowhere to be seen. Now he was stranded on the rocks, and his radio and cell phone likely were somewhere on the bottom of Lake Superior.

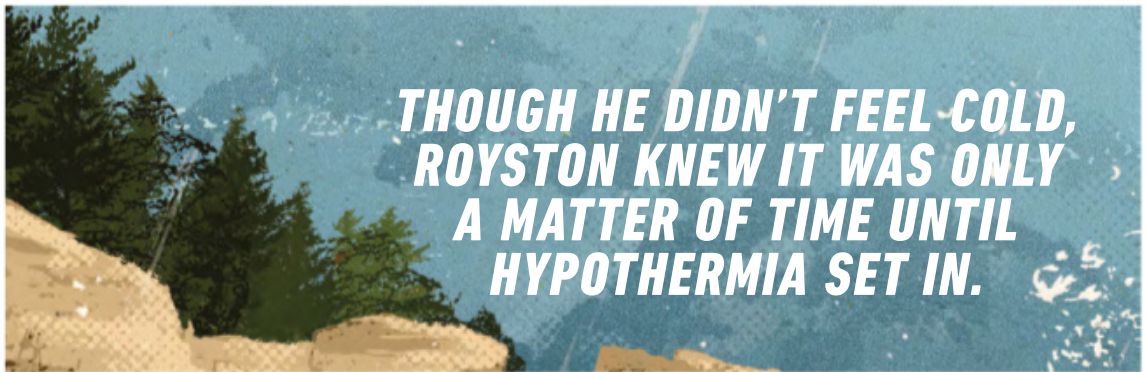
Farrington tried walking the narrow strip of shoreline like a tightrope artist, but the waves kept knocking him off the rocks. As he clawed his way out of the water a third time, Annis came floating by, holding his boat with one hand on the cockpit rim. He'd been kicking toward Miners Castle Point for more than an hour, trying to get around the point to land at Miners

of car doors closing as families visited the scenic attraction. He hollered until he was hoarse, but no one heard him.

## **"START KICKING"**

**ROYSTON STRUGGLED IN** the surf until the waves finally spat him away from the shoreline and farther out in the lake. Exhausted, he floated on his back and considered his options.

Miners Castle was barely a quarter-mile to the northeast, but with the



Beach, but he had lost ground in the powerful wind.

The men yelled to each other, but communication was hopeless. Soon, Annis disappeared from sight around another small outcropping.

Alone again, Farrington found a broken tree trunk and used it to scramble off the rocks, eventually climbing about halfway up the 90-foot cliff face. He could climb no farther; it was too steep. The Miners Castle Point overlook was just above him, close enough that he could hear the thump

wind and swell coming from that direction it may as well have been on the moon. Royston decided to turn downwind toward Sand Point, where they had launched that morning, three and a half miles away.

But the distance wasn't all that concerned him. Though he didn't feel particularly cold, Royston knew it was only a matter of time until hypothermia set in. He needed to get out of the water, and quickly. "I'm a swimmer," he says, "and I thought, Well, let's just start kicking."

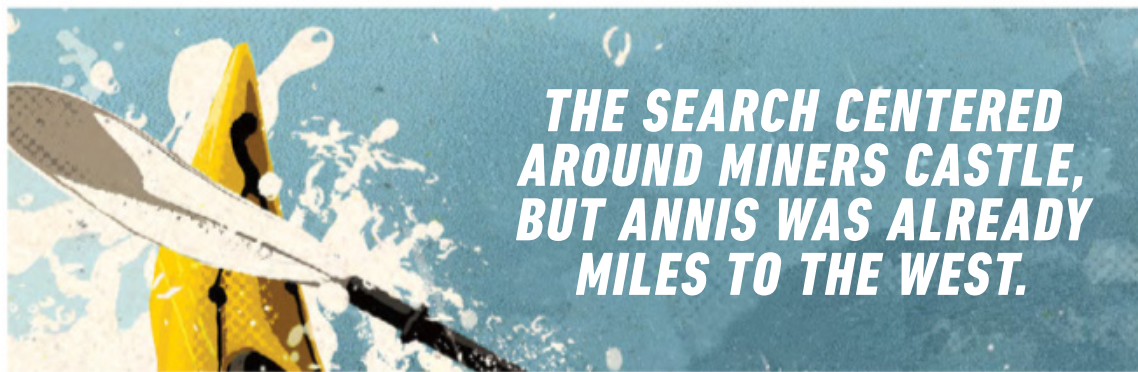
After about three hours, Royston made it most of the way back to Sand Point, where the cliffs finally gave way to a cedar swamp. "I got to a point where I could actually walk up and grab some of the branches." After half an hour of wading through thick foliage, he came to the mouth of a creek. It gave him just enough of an opening to drag himself out of the water.

He followed the creek bed into the cedar thicket and spotted a dirt hiking trail. He started down the trail as fast as his wobbly legs could walk, blowing

between Sand Point and Miners Castle. The Coast Guard dispatched a 45-foot patrol boat and scrambled a rescue helicopter.

## STRANDED

SINCE BECOMING SEPARATED from Royston, Farrington hadn't moved much from where he was standing midway up the 90-foot cliff. Wearing his bright red paddling top and life jacket, he was like a beacon against



past an older couple taking pictures, until he reached the parking lot. And that's when dumb luck finally took a shine to Sean Royston. A park ranger happened to be driving by. Royston waved him down.

It was just before 5 p.m. Royston, Farrington, and Annis had gone into the water four and a half hours earlier. Finally, a search and rescue operation set out to help locate his missing friends. The National Park Service launched its patrol boat *Arrowhead* and began scanning the shoreline

the tan sandstone wall. Though he'd lost his glasses in the water, he spotted the *Arrowhead's* flashing light bar coming around a bend.

"The biggest relief in my life was seeing them blue flashing lights that no one ever wants to see in the rear-view mirror," Farrington says.

Using the boat's loudspeaker, rangers told him to stay put. A rescue was underway.

The chopper arrived at 6:29 p.m. It wasn't going to be an easy rescue. To pluck Farrington from his spot,





the pilots would have to hover uncomfortably close to the tree-lined sheer cliff. They would have to lower a rescuer from more than five times the preferred height—using 210 feet of cable when they normally use only 40—all in swirling 20-knot winds. Leaves, twigs, and debris rained down on Farrington as the rescuer descended. He strapped himself to Farrington, then the two were hoisted back into the copter.

The streetlights were glowing when the chopper set down after 7 p.m. in the parking lot of Munising Memorial Hospital, where Farrington was finally reunited with Royston.

After refueling, the helicopter lifted off to search for Annis, who by now had been in the water for seven hours. The search centered around Miners Castle, where he'd last been seen. But Annis was already miles to the west.

## **AN ABANDONED PLAN**

**WHEN ANNIS CAPSIZED**, he was about 150 feet from the others—too far away for them to help or to communicate. After failing several times to climb back into his kayak, he chose to wait for the others to assist him. But the next time he looked for Royston and

Farrington, they were gone.

Annis resolved to stay with his orange kayak at all costs; it would be easier for rescuers to spot than a lone swimmer dressed in blue and gray. The kayak offered flotation and was packed with the food and dry clothes he'd need if he managed to reach the shore. That was his plan—kick with the kayak around Miners Castle and land at Miners Beach. The problem: 20-knot winds were whipping around the point, making progress in that direction all but impossible. Eventually, Annis abandoned his plan and turned west instead.

The hours flowed together. Annis kept kicking. "Normally when you have a situation go bad on you it happens fast, and adrenaline carries you through it. But after seven hours—there is no adrenaline left," he says. "I had no sense of time, but I'd seen the sun go across the sky. I could start to feel myself becoming hypothermic. I was getting sleepy, my hands were shaking, and I thought, You've gotta get out of this water soon or it's not going to end well."

About a mile from Sand Point, where their journey began, he saw his chance: a low spot in the cliff with a thick tree root reaching down.

"The boat was full of water and the waves were beating it hard, so as I was trying to grab this root, the boat became a weapon against



me," he says.

Annis made the difficult decision to let the kayak go,

along with the provisions it held. He pulled himself up the root to the edge of the thicket atop the low cliff. By the time he got there, the boat had drifted out of sight.

Annis continued along the ridge-line, hoping the boat might get caught up in the underbrush. And that's exactly what happened. He scrambled down the cliff to his kayak and recovered a few pieces of essential gear, including a change of clothes. He swigged water down his parched throat and ate handfuls of trail mix. Then he grabbed the phone he kept in a waterproof box.

There's very little cell service around Pictured Rocks, but Annis caught a signal. "The 911 operator knew who I was," he says. "She told me, 'We've already got the other two. Stay put.'"

Soon, the helicopter was circling directly above Annis. They couldn't see him in the dusk until a pinprick of light shone through the underbrush. It was Annis signaling with his headlamp.

The helicopter held steady to mark Annis's position as a team of National Park Service rangers made their way to him. The rangers judged him well enough to hike out, and they bush-whacked back to the trail in the



darkness, then walked a half-mile back to Sand Point, where his journey had begun.

The rangers asked Annis if he wanted to be taken to the hospital. His response was emphatic. “No way,” he said. “My Jeep is a block away. I’d just as soon go to the hospital and pick the other guys up.”

When he arrived at the emergency room, Annis found Farrington and Royston. They had changed out of their wet clothes and into hospital scrubs and socks. Annis took them shoe shopping at the only store still open, a supermarket. “All they had were women’s flip-flops with sparkles, so they bought a couple pairs,” says Annis.

**THE RESTAURANTS WERE** all closed, but sympathetic workers at a nearby casino listened to their story and reopened the kitchen for them.

When the server came over and asked what they wanted, Annis, the distillery owner, ordered first: “Whiskey.” The three friends toasted their good fortune and gorged themselves on fried chicken strips.

The next day they walked the shoreline—Farrington and Royston still in scrubs and women’s sandals—and recovered all three boats, as well as wallets, keys, and most of their gear.

Their vacation lasted only one day, but all three were more than ready to return to their families. **R**

FROM MEN'S JOURNAL (JULY 2021) © 2021 JEFF MOAG



## Is This Your Password... ?

A mobile security firm called Lookout analyzed passwords that had been leaked on the dark web, and it published a list of the most common ones.

If you use any of these, try being a little (or a lot) more original:

123456

Qwerty

Iloveyou

Abc123

DEFAULT

11111

Password

CNBC.COM



PATIENT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Prescription:

# FLIP THE 'SCRIPT

Before dialing your doctor,  
try finding relief with  
these simple home remedies  
that really work

---

BY *Lisa Bendall*

---

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_



JUSTIN POULSEN. BWFOLSOM/GETTY IMAGES (COFFEE FILTER)

**For Dry, Itchy Skin:**  
**Take an Oatmeal Bath**



Several studies show the benefits of using this traditional breakfast grain to treat skin symptoms.

One 2020 trial, for instance, found that patients with eczema showed more improvement when their hand creams contained colloidal oatmeal. (Colloidal means the grains are pulverized into dust and mixed thoroughly into the lotion or solution.)

“Oatmeal has anti-itch, anti-inflammatory, soothing properties, and it improves the skin’s direct barrier,” says Sandy Skotnicki, MD, a dermatologist in the department of medicine at the University of Toronto. This is thanks to the grain’s natural antioxidants, proteins, and other special compounds. The starch and fiber in oatmeal also help draw moisture to the skin.

You can make your own colloidal oatmeal by breaking down rolled oats with a coffee grinder or blender. Put one cup of the pulverized oats into a tightly woven mesh bag—the tighter the weave, the smaller the cleanup will be afterward—and immerse it in lukewarm-to-warm bathwater. (Don’t use hot water, as that will further irritate the skin.) Just be careful getting into the tub—the bath might get a bit slippery.

And don’t oversoak, as this can also cause skin irritation. “The data has

shown that a quick bath of less than 10 minutes every day can be helpful, followed by application of a moisturizer that helps repair the skin barrier,” says Dr. Skotnicki, adding that it’s best to look for a product that says it treats eczema, even if that’s not what you have. “Those are the best, in part because they’re formulated without allergens.”

**For Constipation:**  
**Drink a Tablespoon of Olive Oil**



When you’re feeling stopped up, swallowing a spoonful of extra-virgin olive oil every day can help move things along. That’s been shown in experiments including one on patients with ulcerative colitis, published in 2020 in the *European Journal of Clinical Nutrition*. Participants had fewer symptoms of constipation with taking extra-virgin olive oil (as opposed to canola oil, which was used for comparison), and blood tests showed that the disease was less active.

“It’s thought that extra-virgin olive oil can help hydrate and soften stools, making them easier to pass,” says Desiree Nielsen, a registered dietitian and author of the book *Good for Your Gut*.

Try taking olive oil in the morning, when your bowels are more active, and on an empty stomach. Nielsen notes that kiwis and prunes, which

she often recommends to clients, are better studied for their laxative effects, but extra-virgin olive oil has added heart-health benefits. It's also tasty, if a little peppery, after it goes down.

When you're shopping, double-check the price to ensure you're not cheated into buying soybean oil flavored with a bit of olive oil, says Nielsen. "Be wary if you see a liter of extra-virgin olive oil for \$6.99 instead of \$12 or so." Another indicator is when it was harvested. Look for a harvest date on the bottle; it should be within the past 18 to 24 months.

### For Joint Pain: Go on a Brisk Walk



If you have painful arthritis in your knees, you might be tempted to take it easy. Instead, set a goal of spending an hour a week—that's just nine minutes a day—walking briskly, as if you were trying to catch a train or were late for a meeting. People who do this are 85 percent less likely to end up with mobility problems from their arthritis, according to 2019 findings by researchers at Northwestern University outside Chicago.

It's unlikely that the physical stress of brisk walking will cause more wear and tear on your knees. Bioengineers at Queen Mary University of London showed that this kind of mechanical pressure on the joints in fact triggers a

protective effect in cartilage cells that wards off inflammation and damage.

### For Hiccups: Sip with Suction



Whether it's holding your breath or gulping water, everyone has a go-to trick for stopping hiccups— involuntary spasms of the diaphragm. The problem is, hiccup cures are usually hit or miss, says Ali Seifi, MD, associate professor and neurosurgeon at the University of Texas Health Science Center at San Antonio. "The remedies activate the phrenic nerve regulating the diaphragm muscle, or the vagus nerve regulating the epiglottis, which has a scientific basis. But trying these home remedies may not reach that sensitive point at which they can stop the hiccups."

Seifi's solution is a special straw, which he dubbed the HiccAway, that requires approximately five times the suction compared to sipping from a regular straw. "That's the key," he says. "It means higher and more prolonged contraction of the diaphragm muscle, which triggers a longer duration of nerve activation."

That pressure, coupled with swallowing to activate the phrenic and vagus nerves, resets the brain. More than 90 percent of participants in a 2021 study said the HiccAway stopped their hiccups when they tried it.

For a home remedy that works the

same way, Dr. Seifi suggests filling a glass with water and stretching a coffee filter (or a few layers of strong paper towel) over the top. Hold it tightly in place or secure it with a rubber band, then drink the water through the coffee filter. The suction should have the same effect. "I have tried this myself, and it works," says Dr. Seifi.

**For Stinky Feet:  
Soak in Black Tea**



Your feet contain about a quarter of a million sweat glands, more per inch than any other part of your body. And it's the combination of sweat plus bacteria that's to blame when your feet start to smell bad.

A black tea soak can address both problems. Tea is high in an antibacterial compound called tannic acid, so it helps kill germs. Tannins are also astringents, which means they tighten pores when they're applied to the skin. "Marathon runners use tea-bag soaks, because if you sweat less, you get fewer blisters," says Dr. Skotnicki.

Tannic acid gels are available from compounding pharmacies, but you can make your own formula at home. Boil a couple of tea bags in about two cups of water for 15 minutes. Dilute it with eight more cups of water, and when it's cool enough, soak your feet for half an hour. Do this daily for a week until you see improvement.

After that, once-a-week maintenance soaks should do the trick.

**For Sensitive Teeth:  
Rub with Toothpaste**



Brushing regularly with a toothpaste designed for sensitive teeth can ease discomfort because it contains ingredients

that coat teeth where the enamel has worn away, dulling sensitivity. Another way to get relief is by rubbing a high-fluoride toothpaste onto irritated teeth and leaving it there—just before bed, for example. The fluoride safeguards enamel, says Yang Gu, an oral pathologist who teaches dentistry at Dalhousie University in Halifax, Canada.

Another folk remedy is clove oil from cloves. More than 2,000 years ago in China, people chewed cloves to freshen their breath. While using cloves for a toothache is not a new idea, a recent discovery at Friedrich-Alexander University Erlangen-Nuremberg, in Germany, points to the mechanism behind it. The scientists showed that exposed tooth cells contain TRPC5, a special protein responsible for transmitting sensations of cold to the brain.

Cloves contain a compound called eugenol, which can block TRPC5. Make your own tooth rub by crushing ¼ teaspoon cloves and blending it with ¼ cup olive oil, then rubbing it onto sensitive areas.



**For Canker Sores:  
Swish Some Honey**



Honey is high in antioxidants, which can protect skin health, and is also antibacterial, thanks in part to its sugar content. In 12 of 13 studies analyzed by researchers at the University of Canberra in Bruce, Australia, using honey topically for canker sores, denture irritation, or mouth sores from cancer treatment helped them heal faster or prevented the discomfort from becoming more severe, compared to the pain reported

by people in the control groups.

To get some sweet relief, try putting a glob of honey on your finger and holding it directly on the sore area, says Dr. Gu. “Your saliva will wash it off otherwise,” he says. “Hold it there for one minute so it will be completely absorbed.”

Not all honey is the same—raw honey may be higher in antioxidants, and pasteurized (processed) honey may contain added sweeteners—but more research is needed before scientists can say for sure which honey sources are the most beneficial. **R**



### News Travels Fast—Now

These days, it takes only a millisecond for information to travel 1,000 miles, but how long would it have taken in past modes of communication?

*By Foot Messenger: 11 Days, 20 Hours*

In 1986, Stu Mittleman set this record for an endurance run of 1,000 miles, while averaging three hours sleep per night.

*By Carrier Pigeon: 1 Day, 10 Hours*

Wayne Jr. established the record for a 1,000-mile race in 1927: 122 yards per minute. (His record still stands today.)

*By Telegraph: 3 Minutes*

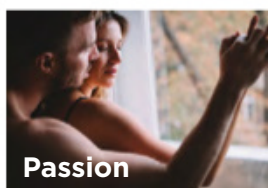
A skilled telegraph operator could send about 16 words per minute in 1850. Thus, a 50-word tidbit of celebrity gossip would have taken about 3 minutes.

*By Switchboard Phone Call: 40 Seconds*

In 1930, an experienced operator could gather the call information, fill in the record ticket, look up the route number, and plug in the appropriate cables to connect a long-distance call in less than a minute.

SPIKE CARLSEN, IN THE BOOK *A WALK AROUND THE BLOCK*

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*The RD***LIST**

READ, WATCH, LISTEN



# Top Gun: Maverick

*Starring* Tom Cruise

**TOM CRUISE IS BACK** to take your breath away in the sequel to the 1986 classic *Top Gun*. Hotshot Navy pilot Pete “Maverick” Mitchell is now captain at the Top Gun flight school, teaching a new generation of aviators how to wing it—but he can definitely still push Mach 9 in the sky, as his

students learn. Trainees include Lt. Bradley “Rooster” Bradshaw (Miles Teller), the skeptical son of the first film’s ill-fated “Goose” character: “My dad believed in you. I’m not going to make the same mistake,” he says. Although Maverick’s former love, Charlie (Kelly McGillis), is MIA, onetime rival Tom “Iceman” Kazan-sky (Val Kilmer) returns. And Cruise, a licensed pilot, actually flies a jet. Is it too much to ask for a new beach volleyball scene? (In theaters May 27)  
—*Mara Reinstein*



# Downton Abbey: A New Era

*Starring* Maggie Smith and Hugh Dancy

**Disregard the subtitle.** The original cast of the PBS series is back with more titillating drama and new cast additions—some of the queen’s best!—including Hugh Dancy, Laura Haddock, Nathalie Baye, and Dominic West. Join the upper-crust Crawley family as they head from England to the French Riviera, where the Dowager Countess (Dame Maggie Smith) has suddenly and mysteriously inherited a villa. Who hasn’t had that dream? (“Do I look as if I’d turn down a villa in the South of France?” she asks.) Meanwhile, back at Downton Abbey, a film crew takes over the manor to shoot a motion picture, much to the disgust of old-fashioned Lord Grantham (Hugh Bonneville). And Tom Branson (Allen Leech) prepares for his society wedding. Our RSVP is a yes—and we’ll have the filet. (In theaters May 20) —MR



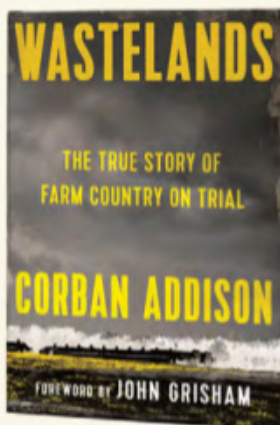
BOOKS

## Wastelands

By Corban Addison

A book that John Grisham says he wishes he'd written himself, *Wastelands* isn't a suspense novel, but it certainly hooks you like one. The nonfiction book tells the story of neighbors in rural North Carolina who unleash their inner Erin Brockovich when commercial pollution harms their health and homes. Plaintiffs include Elsie Herring, who endures racism and threats, and Don Webb, a farmer turned organizer against the large hog farming operation next door. Corban Addison, a lawyer, spent hundreds of hours talking to more than 60 people about this David vs. Goliath story.

—Caroline Fanning



## The Candy House

By Jennifer Egan

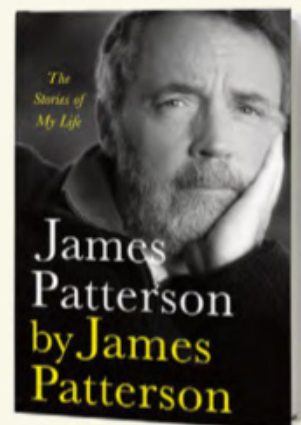
Readers of Jennifer Egan will recognize some characters and names in this latest from the Pulitzer Prize winner in the “sibling novel” to her 2011 book *A Visit from the Goon Squad*—but don't think that means you're in for a homely read. In a not-so-distant future, society is seduced by the instant gratification of *Own Your Unconscious*, a platform that makes thoughts and memories accessible to all users. Egan holds a mirror to our reckoning with social media and public personas, and is best when examining the “eluders” who refuse to relinquish their private thoughts.

—Jessica MacLeish

## James Patterson

By James Patterson

He met James Taylor while working in a Massachusetts mental hospital. He saw James Baldwin and Norman Mailer square up at a literary party. He wrote the “I'm a Toys 'R' Us Kid” jingle while toiling in advertising. Alex Cross, *The President Is Missing*, and *Women's Murder Club* are certainly compelling, but the stories of Patterson's real life rival even his most suspenseful works of fiction. The literary legend's autobiography is told in micro-chapters you can snap up like hors d'oeuvres. Reading feels like catching up with an old friend to rehash only the most succinct and interesting parts of your history together. —CF



# Better read this if you are 62 or older and still making mortgage payments.

It's a well-known fact that for many older Americans, the home is their single biggest asset. ***With interest rates historically low and while home values remain high, this combination could create the perfect dynamic for getting the most out of your home equity.***

But, many aren't taking advantage of this unprecedented period. According to new statistics from the mortgage industry, ***senior homeowners in the U.S. are now sitting on more than 10.1 trillion dollars\* of unused home equity.***

Not only are people living longer than ever before, but there is also greater uncertainty in the economy. With home prices on the rise, ignoring this financial option may prove to be short-sighted when looking for the best long-term outcome.

All things considered, it's not surprising that more than a million homeowners have already used a government-insured Home Equity Conversion Mortgage (HECM) loan to

turn their home equity into extra cash for retirement.

It's a fact: no monthly mortgage payments are required with a government-insured HECM loan; however, the borrowers are still responsible for paying for the maintenance of their home, property taxes, homeowner's insurance and, if required, their HOA fees.

***It's times like these that your largest asset can be a life saver.***

Today, HECM loans are simply an effective way for homeowners 62 and older to get the extra cash they need to enjoy retirement.

Although today's HECM loans have been improved to provide even greater financial protection for homeowners, there are still many misconceptions.

For example, a lot of people mistakenly believe the home must be paid off in full in order to qualify for a HECM loan, which is not the case. In fact, one key advantage of a HECM is that the proceeds will first

be used to pay off any existing liens on the property, which frees up cash flow, a huge blessing for seniors living on a fixed income. Unfortunately, many senior homeowners who might be better off with a HECM loan don't even bother to get more information because of rumors they've heard.

In fact, a recent survey by American Advisors Group (AAG), the nation's number one HECM lender, found that more than 9/10 clients are satisfied with AAG's service.\*\* While these special loans are not for everyone, they can be a real lifesaver for senior homeowners — especially in times like these.

The cash from a HECM loan can be used for almost any purpose. Other common uses include making home improvements, paying off medical bills or helping other family members. Some people simply need the extra cash for everyday expenses while others are now using it as a safety net for financial emergencies.

If you're a homeowner age 62 or older, you owe it to yourself to learn more so that you can make the best decision for your financial future.

Homeowners who are interested in learning more can request a **FREE Reverse Mortgage Guide** by calling toll-free at

## 800-203-3844

As Featured on: **ABC, CBS, CNN & Fox News**



USA's #1 Reverse Mortgage Company



\*<https://finance.yahoo.com/news/senior-home-equity-exceeds-record-180000366.html> \*\*Based on client satisfaction surveys as of September 13, 2021.

**Reverse mortgage loan terms include occupying the home as your primary residence, maintaining the home, paying property taxes and homeowners insurance. Although these costs may be substantial, AAG does not establish an escrow account for these payments. However, a set-aside account can be set up for taxes and insurance, and in some cases may be required. Not all interest on a reverse mortgage is tax-deductible and to the extent that it is, such deduction is not available until the loan is partially or fully repaid.**

**AAG charges an origination fee, mortgage insurance premium (where required by HUD), closing costs and servicing fees, rolled into the balance of the loan. AAG charges interest on the balance, which grows over time. When the last borrower or eligible non-borrowing spouse dies, sells the home, permanently moves out, or fails to comply with the loan terms, the loan becomes due and payable (and the property may become subject to foreclosure). When this happens, some or all of the equity in the property no longer belongs to the borrowers, who may need to sell the home or otherwise repay the loan balance. V2021.06.21 HYBRID**

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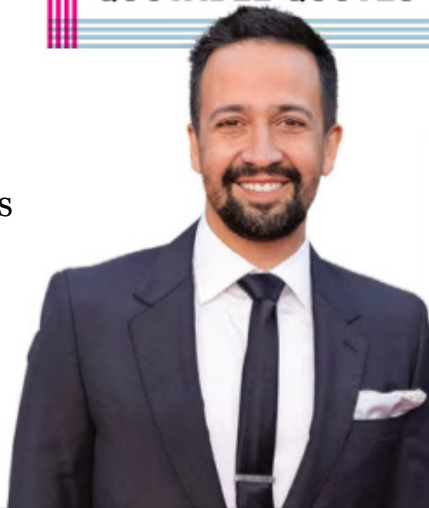
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QUOTABLE QUOTES

Lean into the things that scare you. That's what's worth doing, because that's what makes you grow.

—Lin-Manuel Miranda, PLAYWRIGHT, IN THE NEW YORK TIMES



We've always grown stronger the more widely we've opened our arms.

—Jon Meacham, WRITER, IN THE DOCUMENTARY THE SOUL OF AMERICA

I can name a lot of people who have rings. The ring is great, but what you do with that platform to impact other people is way more important.

—Russell Westbrook, BASKETBALL PLAYER, IN THE LOS ANGELES TIMES

You've got to find something to laugh about at least once a day, be it a dopey cat video or a dad joke.

—Whoopi Goldberg, COMEDIAN, IN ALLURE



Success is like sugar. It's too wonderful, and it burns up very quickly. Failure is like corned beef hash. It takes a while to digest, but it stays with you.

—Mel Brooks, ACTOR, IN THE BOOK ALL ABOUT ME!



FROM TOP: MATT WINKELMEYER/GETTY IMAGES. DIMITRIOS KAMBOURIS/GETTY IMAGES. BARRY KING/GETTY IMAGES

*Brain*  
**GAMES**  
SHARPEN YOUR MIND


**Fact or Fiction?**

**MEDIUM** Determine whether each statement is fact or fiction. To reveal the solution to the bonus question at the bottom, write the letters indicated by your responses in the corresponding numbered blanks. Turn the page upside down for the answers.

**1.** All country flags are rectangular.

FACT: **W**    FICTION: **M**

**2.** Broccoli contains more calcium than milk.




FACT: **A**    FICTION: **E**

**3.** As Beatlemania caught on, George Harrison took refuge in small-town Illinois.

FACT: **T**    FICTION: **R**

**4.** Divorce rates in the United States are increasing.



FACT: **P**    FICTION: **A**

**5.** The Twitter bird is named Larry.

FACT: **V**    FICTION: **S**


**6.** There's about a 50 percent chance that 2 people out of 23 share a birthday.

FACT: **E**    FICTION: **P**

**7.** The five beaches stormed on D-Day were Utah, Omaha, Gold, Java, and Sword.


FACT: **E**    FICTION: **R**

**8.** Reading is a proven stress reliever.



FACT: **S**    FICTION: **E**

**9.** Father's Day became a national holiday before Mother's Day did.



FACT: **D**    FICTION: **E**

**BONUS QUESTION** Which term, coined in a 1992 science fiction novel, did more than 100 companies mention in their earnings statements last year? (Need help? Turn to "The Future of Tech" on page 54.)

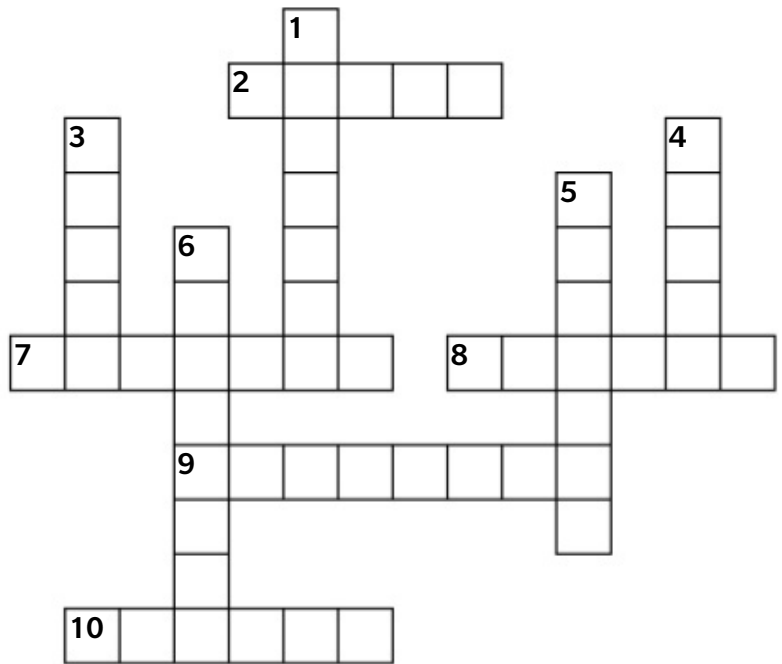
1
2
3
4
5
6
7
8
9

**Answers:** 1. Fiction; Nepal's is the shape of two triangular pennants. 2. Fiction. 3. Fact; he enjoyed anonymity in Benton while visiting his sister. 4. Fiction; they've been declining for more than ten years—but so have marriage rates. 5. Fact; after basketball legend Larry Bird. 6. Fact; this is known as the Birthday Paradox. 7. Fiction; Java should be Juno. 8. Fact; 9. Fiction; Father's Day became official 58 years after Mother's Day did. **Bonus Question:** Metaverse.



## Quick Crossword

**EASY** The first Friday of June is National Doughnut Day, a tasty tribute to the Salvation Army “Doughnut Lassies” who served the sweet treat to Allied soldiers on the front lines during World War I. But before you grab one—or two dozen!—place this doughnut assortment into the grid:



JELLY	ZEPOLE
GLAZED	CIDER
SPRINKLE	TWIST
MALASADA	POTATO
FRITTER	CRULLER

## Save the Dates

**MEDIUM** Five of your friends (Christina, Joanna, Madeline, Nicole, and Shannon) are all brides-to-be. Each is getting married on a Saturday in June. The problem? There are only four Saturdays in June, so you’re double-booked for one of them. Based on the following clues, can you determine which Saturday that is, and which two of those lovely ladies set the same date?

- ◆ Joanna will get married before Nicole but after Shannon.
- ◆ Madeline is the only one getting married on the second Saturday.
- ◆ Shannon and Joanna are both bridesmaids in Christina’s wedding.



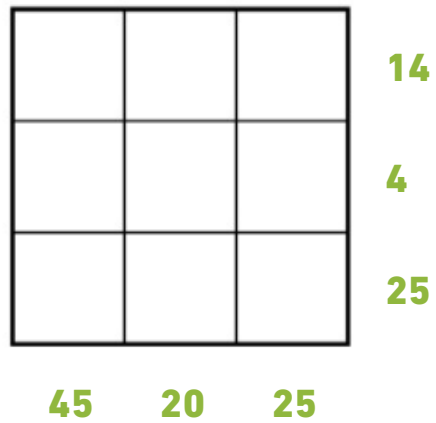
### Almost Anagrams

**DIFFICULT** The three words that fit in the blanks below are near anagrams of each other: Six of their seven letters are the same. The letter that is different in each word has been filled in for you, but it's up to you to find and rearrange the remaining six (unique) letters to generate three common English words. What are they?

1. \_ \_ \_ X \_ \_ \_ \_ \_
2. \_ \_ \_ \_ \_ \_ \_ Y
3. \_ \_ \_ Z \_ \_ \_ \_ \_

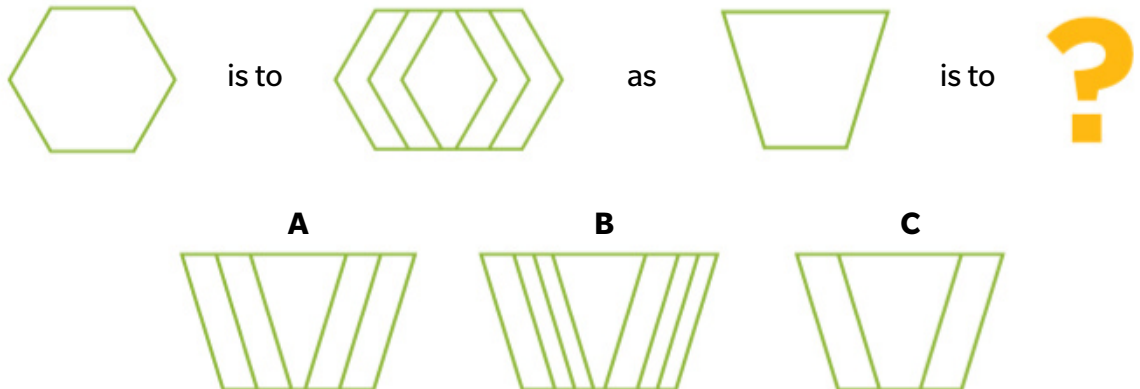
### Go Forth, Subtract, and Multiply

**DIFFICULT** Fill the numbers from 1 to 9 into the cells, using each number once. If the three numbers in any given row, from left to right, or column, from top to bottom, are A, B, and C, then the number provided for that row or column equals  $(A - B) \times C$ .



### Analogous

**EASY**



For more Brain Games, go to [RD.COM/BRAINGAMES](http://RD.COM/BRAINGAMES).

For answers, turn to **PAGE 115**.


**WORD POWER**

**The poet T. S. Eliot** once wrote, “What we call the beginning is often the end ... The end is where we start from.” That’s certainly true of these words: Each begins and ends with the same letter. Start with the quiz below, then come full circle by checking the answers on the next page.

BY *Sarah Chassé*

**1. epitome** *n.*  
(ih-'pīh-tuh-mee)  
**A** exact center  
**B** first edition  
**C** ideal example

**2. armada** *n.*  
(ar-'mah-duh)  
**A** long pause  
**B** fleet of ships  
**C** expensive suit

**3. tacit** *adj.*  
('tass-it)  
**A** unspoken  
**B** so-so  
**C** sticky

**4. rapier** *n.*  
('ray-pee-er)  
**A** gang of thieves  
**B** mountain climber  
**C** two-edged sword

**5. loll** *v.*  
(lahl)  
**A** laugh  
**B** lounge  
**C** lick

**6. hairsbreadth** *n.*  
('hairs-breth)  
**A** short distance  
**B** musty smell  
**C** flower bud

**7. nickelodeon** *n.*  
(nih-kuh-'loh-dee-un)  
**A** discount store  
**B** early movie theater  
**C** amusement park

**8. caustic** *adj.*  
('kaw-stik)  
**A** sealed tight  
**B** resulting from  
**C** cruelly sarcastic

**9. oratorio** *n.*  
(or-uh-'tor-ee-oh)  
**A** choral work  
**B** shell-shaped pasta  
**C** official speech

**10. magnum** *n.*  
('mag-num)  
**A** hunter’s rifle  
**B** free thinker  
**C** large wine bottle

**11. winnow** *v.*  
('wih-no)  
**A** zigzag  
**B** persuade  
**C** narrow

**12. gulag** *n.*  
('goo-lahg)  
**A** fool  
**B** labor camp  
**C** vegetable stew

**13. incubi** *n.*  
('in-kyew-by)  
**A** starlet’s posse  
**B** spider’s eggs  
**C** evil spirits

**14. devoid** *adj.*  
(dih-'voyd)  
**A** lacking  
**B** cunning  
**C** invalid

**15. synthesis** *n.*  
('sin-thuh-sis)  
**A** blend  
**B** copy  
**C** rebirth



## Reversible Vocab

What's more symmetrical than words that end up right back where they started? Palindromes, aka words and phrases that read exactly the same forward and backward. There are simple ones (dad, noon, civic, refer), and silly ones (taco cat; Was it a rat I saw?; Yo, banana boy!). Finnish takes the palindromic prize for the longest single-word example: *saippuakivikauppias* (19 letters), referring to a seller of lye.

## Word Power ANSWERS

### 1. epitome

(c) *ideal example*

Wearing a stunning gown and huge diamonds, the actress was the epitome of red-carpet glamour.

### 2. armada

(B) *fleet of ships*

The armada sped across the channel in pursuit of enemy warships.

### 3. tacit (A) unspoken

Is your nod a tacit admission that I was right all along?

### 4. rapier

(c) *two-edged sword*

"I challenge you to a duel!" the knight cried, brandishing his rapier.

### 5. loll (B) lounge

After a long workweek, Arjun spent Saturday lolling on the couch in his pajamas.

### 6. hairsbreadth

(A) *short distance*

Jayne missed winning the 100-meter dash by a hairsbreadth.

### 7. nickelodeon

(B) *early movie theater*

My great-grandparents' first date was a Charlie Chaplin film at their local nickelodeon.

### 8. caustic

(c) *cruelly sarcastic*

Marta's caustic sense of humor can make some people uncomfortable.

### 9. oratorio

(A) *choral work*

Handel's *Messiah* is one of music's most well-known oratorios.

### 10. magnum

(c) *large wine bottle*

A magnum holds 1.5 liters, twice as much as a standard wine bottle.

### 11. winnow (c) narrow

Once we winnow the pool

of applicants, we can start booking interviews.

### 12. gulag (B) labor camp

"When I ask my teenage daughter to take out the garbage, she acts as if I've sent her to a gulag!" Jay said with a laugh.

### 13. incubi (c) evil spirits

The witch summoned incubi and other supernatural creatures to do her bidding.

### 14. devoid (A) lacking

"Your Honor, these accusations against my client are devoid of merit," the lawyer said.

### 15. synthesis (A) blend

The band's hit album is a synthesis of jazz, soul, and gospel.

## Vocabulary Ratings

9 & BELOW: tenderfoot

10-12: executive

13-15: ruler

## ANSWERS

### WHERE, OH WHERE?

(page 52)

A. Siyeh Pass, Montana. Named after a Blackfoot warrior whose name (pronounced “sai-yeh”) translates to “Crazy Dog” or “Mad Wolf,” Siyeh Pass winds through Glacier National Park.

### BRAIN GAMES

(pages 111-112)

#### Quick Crossword

##### ACROSS

2. JELLY
7. CRULLER
8. POTATO
9. SPRINKLE
10. GLAZED

##### DOWN

1. ZEPPOLE
3. CIDER
4. TWIST
5. FRITTER
6. MALASADA

#### Save the Dates

Christina and Nicole are both getting married on the last Saturday in June.

## SPECIAL OFFER

### The Best of *Reader's Digest* Timeless Favorites

Certain tales stick in our memories and remain timeless as the years march on: a man's chance meeting with Einstein at a chamber music performance, the harrowing account of a courageous skydiving instructor determined to save an unconscious diver, and a woman's first-person tale of lucidity during brain surgery. For a limited time, this anthology from *Reader's Digest* editors is just \$10—and the shipping is on us. To order, visit [rd.com/RDJUN](http://rd.com/RDJUN).



### Almost Anagrams

1. COEXIST
2. SOCIETY
3. COZIEST

### Go Forth, Subtract, and Multiply

8	6	7	14
3	1	2	4
9	4	5	25
45	20	25	

### Analogous



A. The second figure consists of the first one plus two translations of it.

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*Locals Hangout* by Ellen Weinstein, exclusively for *Reader's Digest*

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