

JULY/AUGUST 2022

# Reader's Digest

Take Our  
**WORD  
POWER  
QUIZ**

## The **BEST SANDWICH**

In Every State

By RD & TASTE OF HOME



## Supercharge YOUR IMMUNE SYSTEM

From [THEHEALTHY.COM](https://www.thehealthy.com)

## How to Learn from YOUR REGRETS

From [THE ATLANTIC](https://www.theatlantic.com)

## Helping Hands in Ukraine

An RD COLLECTION

## “Instead of College, I Read These Books”

By [TOM HALLMAN](#)

## Inside the Thai Cave Rescue

A DRAMA IN REAL LIFE



Trademarks owned by Société des Produits Nestlé S.A., Vevey, Switzerland.



# COME HOME TO CAT CHOW<sup>®</sup>

TAKE COMFORT IN OVER 50 YEARS  
OF TRUSTED NUTRITION



**PURINA**  
*Cat Chow*  
Complete

**PURINA**

Your Pet, Our Passion.™



# Reader's Digest

A Trusted Friend in a Complicated World

TMB STUDIO; PROP STYLIST: SHANNON NORRIS. ANDREA DESANTIS (ILLUSTRATION)

## Features

# 46

COVER STORY

### THE BEST SANDWICH IN EVERY STATE\*

We teamed up with *Taste of Home* and our collective readers to find the 50 greatest ways to fill two slices of bread (or just one, or a bun, or a biscuit...).

BY EMILY GOODMAN

# 58

LIFE WELL LIVED

### Instead of Going to College, I Read These Books\*

For a woman whose life took another path, a teacher's reading list taught her everything she needed to know.

BY TOM HALLMAN

# 66

YOUR TRUE STORIES

### Small Changes, Big Improvements

Readers share the tiny tweaks they made to their daily lives ... and what happened as a result.

BY READER'S DIGEST READERS

# 70

DRAMA IN REAL LIFE

### The Impossible Rescue\*

A Thai soccer team became trapped in a flooded cave. Here's how they were saved.

BY MATT GUTMAN FROM THE BOOK *THE BOYS IN THE CAVE*

# 82

HEALTH

### A Dose of Mental Health

Scientists are split over whether the benefits of taking small amounts of psychedelic drugs are a placebo effect or something more.

BY DANA G. SMITH FROM *THE NEW YORK TIMES*

# 88

INSPIRATION

### Lending a Hand in Ukraine\*

People around the world have reached out to help those in the crossfire.

# 58

# Departments

- 4 **Dear Reader**
- 6 **Letters**

**WORLD OF GOOD**

- 9 **Trash to Art**

**EVERYDAY HEROES**

- 10 **A Leap of Faith**  
BY DEREK BURNETT
- 13 **Fired Up**  
BY ANDY SIMMONS

**BEST PET PALS**

- 14 **Quincy the Show Goat**

**WE FOUND A FIX**

- 18 **Safeguard Slippery Feet in the Kiddie Pool, and More**

**HOW TO**

- 20 **Learn from Your Regrets\***  
BY ARTHUR C. BROOKS  
FROM *THE ATLANTIC*

**13 THINGS**

- 26 **Home Sweet Vacation Home**  
BY MELISSA KLURMAN

**WHERE, OH WHERE?**

- 44 **Tide Pool Tower**

**THE RD LIST**

- 97 **Elvis, W. Kamau Bell, Patrick Hemingway, and More**

**QUOTABLE QUOTES**

- 100 **Jon Batiste, Anya Taylor-Joy, Tim Cook**

**TRUSTED FRIEND**

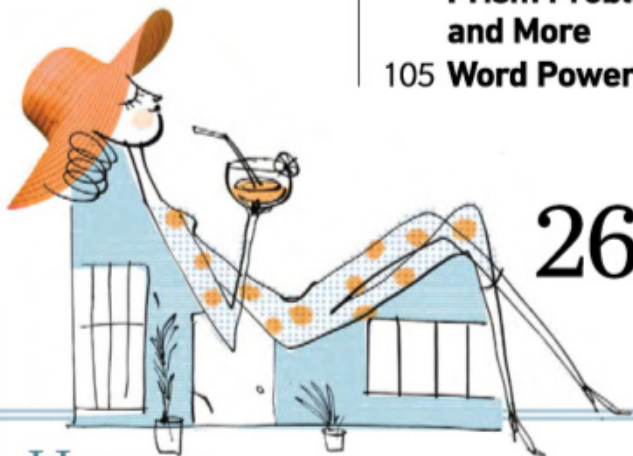
- 108 **Changing Perspectives**  
by István Bányai

# The Healthy

- 33 **Immune System Supercharger\*, A Peek at New Eye Science, Visiting a Rage Room**
- 38 **News from the World of Medicine**

# Brain Games

- 102 **Fact or Fiction?, Prism Problem, and More**
- 105 **Word Power\***



<h2>Humor</h2>	
Life in These United States .....	<b>16</b>
Humor in Uniform .....	<b>24</b>
All in a Day's Work .....	<b>30</b>
Laughter, the Best Medicine .....	<b>42</b>

Send letters to letters@rd.com or Letters, Reader's Digest, PO Box 6100, Harlan, Iowa 51593-1600. Include your full name, address, e-mail, and daytime phone number. We may edit letters and use them in all print and electronic media. **Contribute** your True Stories at rd.com/stories. If we publish one in a print edition of *Reader's Digest*, we'll pay you \$100. To submit humor items, visit rd.com/submit, or write to us at Jokes, 44 South Broadway, 7th Floor, White Plains, NY 10601. We'll pay you \$25 for any joke or gag and \$100 for any true funny story published in a print edition of *Reader's Digest* unless we specify otherwise in writing. Please include your full name and address in your entry. We regret that we cannot acknowledge or return unsolicited work. **Requests for permission** to reprint any material from *Reader's Digest* should be sent to permissions@tmbi.com. **Get help** with questions on subscriptions, renewals, gifts, address changes, payments, account information, and other inquiries at rd.com/help, or write to us at customercare@rd.com or Reader's Digest, PO Box 6095, Harlan, Iowa 51593-1595.

SERGE BLOCH; SADEUGRA/GETTY IMAGES (HAT)





# WEALTH PRESERVATION

LEGAL TENDER MINTED BY THE U.S. MINT • AUTHORIZED BY CONGRESS

## American Gold Reserve

is releasing Government issued **\$5 Gold American Eagles** completely free of dealer mark up for only **\$225** each. These beautiful \$5 Gold American Eagles are a perfect way to enter the gold market. They are set for immediate public release and will sell out fast.

Were you aware that if you had invested **\$150,000** in physical gold in **2000**, you would now have over **\$1 Million** at current gold prices. That's an astonishing **increase of more than 600%**. During this time period **gold outperformed the NASDAQ, DOW and the S&P 500.**

**Looking for a pot of Gold?  
Why not make your own?**



**NEW  
DESIGN**

**ONLY  
2,500 Left**

## GOVERNMENT GOLD AT COST

Congressionally authorized gold coins, fully backed by the United States Government, completely free of dealer markup.

## FINAL RELEASE

Limited Offer

**\*\$225** Per Coin

Special arrangements on orders over \$50,000

## First Come, First Serve

\*Minimum order 5 coins

Due to extremely limited supplies, we must adhere to a strict limit of ten coins per household.

**CALL NOW!**

**1-866-852-3346**

24 hours - 7 days a week

Mention vault release code: **RDG-0621**



**CHECKS**

**Protect your wealth by investing in U.S. Government Gold.**

**DEAR READER**

# A Taste of Togetherness



**J**OSÉ ANDRÉS HAS many inspiring quotes, but I've always loved this one: "I realized very early the power of food to evoke memory, to bring people together, to transport you to other places, and I wanted to be a part of that."

Food does something magical to us. It connects people around a table, within a community, or across the planet. Once that connection is made it never leaves. I still remember my mother's country-style cooking in our kitchen in central Illinois, a baguette sandwich I bought from a street vendor in Italy, and a particularly delicious hot dog roasted on a camping trip to the Grand Canyon with my wife and boys.

What better way to broaden our understanding of other people than through food? Few life experiences are as powerful as traveling somewhere and enjoying a meal. It's enlightenment one bite at a time.

With that in mind, grab a napkin and dig

**Enjoying my home state's famed Italian beef sandwich; Chef José Andrés**

in to our guide to the best sandwich in every state (page 46). Americans from coast to coast have created delicious things to put on bread, and each one provides a mouthful of insight into the local community, from Alaskan salmon salad to Wyoming's bison burgers.

For even more enlightenment, be sure to read the inspiring story of one woman's lifelong journey to complete a list of books given to her by a teacher (page 58). We also asked for your tips on small changes that impacted your life (page 66). Taken together, they feel like heartfelt advice from a friend over a cup of coffee.

Anthony Bourdain said, "Food may not be the answer to world peace, but it's a start." Let's start today. **R**

*Jason Buhrmester,*  
CHIEF CONTENT OFFICER

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



FROM TOP: COURTESY JASON BUHRMESTER. ALEXANDER TAMARGO/GETTY IMAGES. TMB STUDIO/MARK DERSE





# LIVE LIFE PAIN FREE



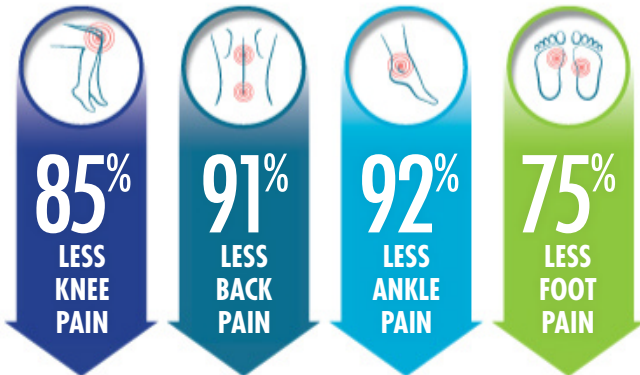
**PATENTED VERSOSHOCK® SOLE SHOCK ABSORPTION SYSTEM**



**FREE (\$50 Value)**  
Corrective Fit Orthotics  
with every shoe purchase  
Excludes sandals.

### Enjoy the benefits of exercise with GDEFY

- ✓ Ultimate Comfort
- ✓ Renewed Energy
- ✓ Maximum Protection
- ✓ Improved Posture



In a 2017 double-blind study by Olive View UCLA Medical Center.

## gdefy MIGHTY WALK \$135

**X-WIDTH AVAILABLE**

This product is not intended to treat, cure or prevent any disease.

**Men Sizes 7.5-15 M/W/XW**

**Women Sizes 6-11 M/W/XW**

- TB9024MGS Gray
- TB9024MLU Blue/Black
- TB9024MBL Black

- TB9024FGS Gray
- TB9024FGP Salmon/Gray
- TB9024FLP Black

# \$20 OFF YOUR ORDER

**Promo Code MZ4GPR9**

[www.gdefy.com](http://www.gdefy.com)

**Expires November 30, 2022**

**Free Exchanges • Free Returns**  
**100% Satisfaction Guaranteed**

**Call 1(800) 429-0039**

Gravity Defyer Medical Technology Corp.  
10643 Glenoaks Blvd. Pacoima, CA 91331



VersoShock® U.S Patent #US8,555,526 B2. May be eligible for Medicare reimbursement. \$20 off applies to orders of \$100 or more for a limited time. Cannot be combined with other offers. 9% CA sales tax applies to orders in California. Shoes must be returned within 30 days in like-new condition for full refund or exchange. Credit card authorization required. See website for complete details.

# LETTERS

NOTES ON  
*Past Issues*



## Up from the Well

What an uplifting story (pun!) of Brandon Leseberg's neighbors pulling him from a well after he dove in to rescue his young son (*May*). As a retired police officer, I consider a first responder as a person on the scene of an emergency who initiates immediate corrective action. In this case, the neighbors were the first responders.

—STEVE SCARANO *Vista, California*

## Pandemic Silver Linings

I was in my late 60s, working in my hometown hospital, when COVID-19 hit. I was terrified, but I showed up every day for my team and patients. I recently turned 70 and finally joined my husband in retirement, the first week of which I spent with the flu. One night, unable to sleep, I read your reader stories of blessings from the

last two years (*March/April*). It was so good to hear from people who found a four-legged walking buddy, learned the piano, fell in love, and did virtual school with grandkids. I'm so encouraged and determined to find my silver linings postretirement.

—FRAN DAVIES  
*Oak Ridge, Tennessee*

## The Hole in the Fence

This story about a little boy befriending the

nun next door (*May*) warmed my heart beyond expectation. I could see the boy's joy-filled face peering through the fence and the nun's brown page-boy haircut. I felt such sadness when the nun had to move, and relief that the two are still pen pals.

—CHERYL BEILKE  
*Hutchinson, Minnesota*

## Where Have All the Nurses Gone?

Thank you for the story about nursing burnout (*March/April*). My ex-wife was a nurse, and she was always exhausted, barely had time for lunch or bathroom breaks, and often had to divide her time unevenly among patients to the detriment of those in less critical condition. To top it off, the pay was terribly insufficient. I often asked why she didn't leave—but she loved patient care. It was important to her to be there for those in need.

—JON GUTMACHER  
*Delray Beach, Florida*



## Know How Much to Tip

Your article covers most gratuities for service industry employees (*March/April*) except for musicians who play music at restaurants. There, the old and new rules are about the same. If you enjoy the music, leave a generous tip. Any tip at all is greatly appreciated, as is a thank-you. Musicians do what they love, but don't always make much doing it. This harpist is certainly grateful!

—JOHN KOVAC  
*Front Royal, Virginia*

## E-Bike Safety Tips

Beth Weinhouse's advice for e-bikers (*May*) primarily focuses on the riders' safety. It's worth noting also that cyclists should signal audibly or ring a bell to warn pedestrians that they're approaching from behind. A friend's arm was broken when she was hit by a cyclist, and I recently almost collided with an electric scooter. It's important

to keep all parties safe when pedestrians and cyclists share walkways.

—HELEN WILSON  
*Pittsburgh, Pennsylvania*

## We Found a Fix

Your tip about driving PVC piping into the ground to better hold tiki torches (*May*) also works well for lawn umbrellas. If you have more than one favorite spot to lounge, you can install a few pipes in different locations. Additionally, we have

PVC pipes "planted" in multiple spots in our yard for our laundry line to catch the best breeze.

—KATHLEEN  
MELVILLE-HALL  
*Alpena, Michigan*

## A Trusted Friend in a Complicated World

I loved the illustration by Tomi Um (*May*). The gargoyles sitting under an umbrella were a hoot!

—CATHY OUTLAW  
*Seminole, Florida*

## DANKE, DUOLINGO

◆ I chuckled at "Words on the Street" (*March/April*) about the German friend who couldn't find her car because multiple streets had the same name as the one she'd left it on: One Way. My sister once couldn't find her hostel in Germany because it was on a street called *Einbahnstraße* (translation: "one-way street").

—Elise Teepe  
EATONTOWN, NEW JERSEY

◆ As a newlywed, I joined my husband during his tour in Germany. Knowing little of the language, I asked him why so many streets were named *Einbahn*. He laughed and said it meant "one-way." That Christmas he bought me a miniature railroad sign painted just like the *Einbahnstraße* road signs. I still have it!

—Carol Kolibaba Nieman  
PORTLAND, OREGON



# Build a legacy that makes an impact.



Scan the QR code  
with your smartphone  
camera to learn more.

St. Jude patient  
**Myla**



## **You can achieve your financial and personal goals while also supporting the mission of St. Jude.**

Whether you make a planned gift, grant from your donor-advised fund or contribute from an IRA charitable rollover, you're making a decision that impacts lives. Each gift type offers unique benefits and helps ensure St. Jude families can focus on what matters most—helping their child live.

Treatments invented at St. Jude have helped push the overall childhood cancer survival rate from 20% to more than 80% since we opened in 1962. And we won't stop until no child dies from cancer.

To learn more, visit [stjude.org/legacygifts](https://stjude.org/legacygifts)  
or call (800) 395-1087.







## Trash to Art

**M**ARIAH READING, an artist from Maine, saw so much garbage during hikes through national parks that it alarmed her. But it also gave her an idea. She would collect the trash and use it as her canvas. Since 2017, Reading, 28, has painted and photographed discarded cans, crumpled plastic water bottles, even old hubcaps, so that, when held just right, they blend in seamlessly with nature. Instead of cluttering landscapes, the trash has *become* landscapes. She calls it “breathing new life into forgotten objects.” **R**



## EVERYDAY HEROES

# A Leap of Faith

*A car crashes on a bridge and a child is catapulted into the water below. Who will save her?*

BY *Derek Burnett*

IT WAS A bright May afternoon along the Maryland coast, and Jonathan Bauer, 51, a technology executive at a hospital, and his 13-year-old daughter, Ava, were taking full advantage of it. They were driving with the windows down as they headed home on the 1.4-mile-long, two-lane Route 90 bridge, which spans the shallow waters of Assawoman Bay. Suddenly, the calm was disturbed by the squeal of tires.

Not far ahead of them, a black pickup was skidding from one lane to the other. To the Bauers' horror, it slammed into a concrete barrier, spun like a top, flipped over the SUV directly ahead of them, and came to rest dangling over the railing of the

bridge. Bauer hit the brakes in time to avoid the vehicles in his path, but a BMW sedan that had smashed into the guardrail on the right came sliding backward toward him. He swerved left, but too late—the BMW struck his Volvo's fender before crashing into the vehicle behind him.

Bauer stopped the car. "Ava, are you OK?" he asked. She was shaken, but otherwise unhurt.

He ran to the BMW. "Are you OK?" he asked the driver. She nodded, too shocked to speak.

And then a shriek. It came from the pickup, which had come to rest on its right side. The rear passenger compartment and truck bed hung out past the guardrail, 30 or more feet above





**Jonathan Bauer  
wasn't sure what  
to expect when  
he jumped from  
the Route 90  
bridge to  
save a child.**

the waters of the bay. The driver's door flung open and a man climbed out. He dropped to the ground, then sprinted to the railing. Bauer ran up beside him. The man pointed down, saying something in Spanish. In the water was a car seat. Bobbing next to it, a girl, about two years old. Pink polka-dotted dress, brown hair, brown eyes, terrified, floating on her back, kicking and splashing and screaming.

From around the truck, more screaming from its other passengers who had gotten clear of the wreck and were looking down into the water.

## BAUER LIFTED THE GIRL OUT OF THE WATER. SHE WASN'T BREATHING.



Matters quickly went from bad to frightening when the toddler rolled over onto her stomach. Bauer waited for the pickup driver to do something, but he didn't budge. Maybe he was in shock.

"Ava!" Bauer yelled, stooping to remove his shoes. "Stay by the car!"

He held no illusions about his chances jumping from this height into such shallow water. Four feet of depth was the most he could hope for—he'd gotten his boat stuck here a time or two. And were there rocks this close to the concrete pillar of the bridge?

He'd soon find out.

He climbed onto the railing and executed the most painless belly flop he could muster. A moment later he was bouncing off the sandy bottom—unhurt! The little girl was less than ten feet away. Bauer swam to her in a few quick strokes and lifted her out of the water: mouth half open, eyes nearly closed, not breathing. Standing, he laid her against his shoulder and whacked at her back with the flat of his hand. *Come on ... come on ...*

And then a retching sound as ocean water came streaming from her mouth. But still no breath. Another whack on the back and another retch followed by a gasp, and then the beautiful sensation of little fingers gripping him around the neck. Her eyes were opened now, focused on him. He pulled her close, hugging her to shield her from the cold.

A moment later a family on a pontoon boat pulled up and hauled Bauer and the little girl aboard. They motored to a boat ramp where an ambulance waited. Minutes later, the girl was en route to Johns Hopkins in a helicopter, and Bauer was hugging his own daughter next to their banged-up car on the bridge. The toddler suffered a broken shoulder but was otherwise uninjured.

Ava Bauer was so inspired by her father's actions that four months later she became a cadet firefighter so that she, too, could save lives. "That girl is going to live a whole life because of him," she says. "It's incredible." **R**

# Fired Up

BY *Andy Simmons*

WHEN 16-YEAR-OLD GRAYDEN Brunet joined the Sackets Harbor, New York, volunteer fire department in 2017, he was the youngest on the squad by 20 years. He was so stoked to be following in his dad's footsteps that he persuaded two classmates, Niklas Brazie and Dalton Hardison, to sign up too.

A few years later, the older firefighters quit en masse over COVID-19 concerns. Suddenly, the three teens not only were helping the Sackets Harbor volunteer fire department, they *were* the Sackets Harbor volunteer fire department. They were the ones responding to heart attacks, car accidents, and suicides. They were the ones speeding COVID-19 patients to hospitals.

"We went from not even having our licenses to saving people's lives," Hardison told CBS.

As far as the teens were concerned, they couldn't quit. If they did, Brunet told North County Public Radio, "The community would lose the ambulance."

The trio slogged on alone for a year until help arrived

in the form of five more teens, all motivated to serve their neighbors in the town of 1,300. "When they call 911, they're expecting someone to help them," says Sophia DeVito, who was 16 when she joined.

The job is taxing. One night last fall, the crew responded to two ambulance calls and a fire. They got home at 5:30 a.m., just two hours before school started.

"It's definitely hard coming back from the calls and having to take an algebra test," Grayden's younger brother Gannon told WWNY.

But they don't mind the grind. And the looks on the faces of 911 callers when they meet their rescuers? Priceless, says Cooper Antonson. "A lot of people ask, 'Wait, how old are you?'" **R**



EMTs Cooper Antonson, Reese Mono, and Sophia DeVito






**BEST PET PALS**

# Quincy the Show Goat

KERRVILLE, TEXAS

**A** FEW YEARS AGO, I was leaving the dog kennel where I worked only to find a baby goat at the end of the driveway. The kennel's owners are known animal rescuers, and I figured someone dumped him over the fence. The kid was visibly nervous but stood perfectly still as I approached.

I'm an animal lover and I've brought home dogs, cats, horses, chickens, and fish, but never a goat. The tiny kid was too adorable to resist. I named him Quincy, and with the help of some experienced friends, bottle-fed him in my bathroom.

Quincy proved to be quite intelligent. When he was about a week old, I tapped my fingers on the bathroom floor and said "Lie down." I was amazed when he dropped down. I was even more amazed when he did it three times in a row.

A quick study, Quincy learned to lie down, bow, and turn in a circle in no time. He is house-trained, jumps in the back of my SUV when I say "load up," and spends the day roaming with my dogs, whom he considers his herd.

He knows the name of everything I feed him (pellets, hay, apples, water, carrots, and strawberries), and even joins us for trips to the dog park.

I love to train animals and often take my dogs to shows where they can perform their tricks. Quincy did his first show when he was just six weeks old. He knew only a few tricks then, but he did them flawlessly and never misbehaved or got nervous in front of the crowd.

Now he has a whole inventory: He'll shake hooves, come when called, walk on a leash, wave, smile for the camera ("Say cheese!"), and more. Quincy and my dogs perform regularly at schools, nursing homes, and charity events. Quincy can even "read" his tricks off cue cards, which always earns the most applause.

It's hard to believe that the goat kid nobody wanted turned out to be one of the smartest and most good-natured animals I've ever had. He's by far the sharpest of my bunch—just don't tell the dogs! **R**

—Nominated by CYNTHIA MCBRIDE

**Is Quincy the G.O.A.T. or do you think your pet is still top dog?**

See terms and submit your story at [rd.com/petpals](http://rd.com/petpals).



**LIFE**  
IN THESE  
*United States*

**To enter** our closed community, one needs to punch a few numbers on a keypad. When my son was visiting, he asked for the code. “It’s the year Columbus discovered America,” I told him.

A few minutes later, my son, who, I should state, is the CEO of a thriving corporation, called to say, “Dad, the gate won’t open, even though I keep pressing 1776.”  
—C. J. MULER  
*Clovis, California*

**Nothing says** you’re nearing 40 more than sending a text after a night out that reads

**They should bundle all the streaming services together and call it cable.**

—[@JIMGAFFIGAN](#)



“Oh, here’s that soup recipe I was talking about.”  
—[@ALISONLEIBY](#)

**It is a truism:** Ukulele players garner little respect. Once, at a bluegrass festival, I was invited onstage to jam with the band. The

lead guitarist took one look at my uke and said, “You know you’re not supposed to wash your guitar in hot water, don’t you?”  
—JOHN KLAPPROTH  
*Anchorage, Alaska*

**I wake up** to Alexa every morning before my wife is up. But one morning, I must have been in a deep sleep because my wife had to chime in to get Alexa to stop. “I wonder why



Alexa didn't stop when I told her to," I mused.

"Because you didn't tell Alexa to 'stop,'" my wife said. "You told her to 'shut up.'"

—PHILLIP SIENNA  
*San Jose, California*

### Friends of ours

announced they were getting divorced, and I was shocked. "I don't get it," I said. "They were so compatible."

My husband shrugged. "I guess they had irreconcilable similarities."

—DIXIE RICHARDSON  
*Bloomington, Indiana*

**We invited** another couple to be our guests at a Metropolitan Opera performance of *Othello*. Since they were unfamiliar with the opera, I spent the taxi ride to the theater unraveling the plot for them. The cab's arrival at the Met coincided with my recounting of the climax. Before finishing, I handed over the fare to the driver

and prepared to get out. "Stop!" demanded the driver. "No one is leaving until I hear the end."

—VERN SCHRAMM  
*in the New York Times*

**I was singing** a lullaby to my three-year-old

and he told me he hated it. "That's a shame," I said. "I used to sing it to you before you were born, when you were still in my tummy."

"I hated it then, too," he replied.  
—[@ALICETAYLORM](#)

## FOOD FOR THOUGHT

**Trust my gut? The thing that can't even handle milk?**

—[@jzux](#)

**A girl at Starbucks complimented my lip gloss. I didn't have the heart to tell her it was grease from the rotisserie chicken I just ate in the parking lot.**

—[@Love\\_bug1016](#)

**I honestly think we are asking too much of cauliflower.**

—[@curlycomedy](#)

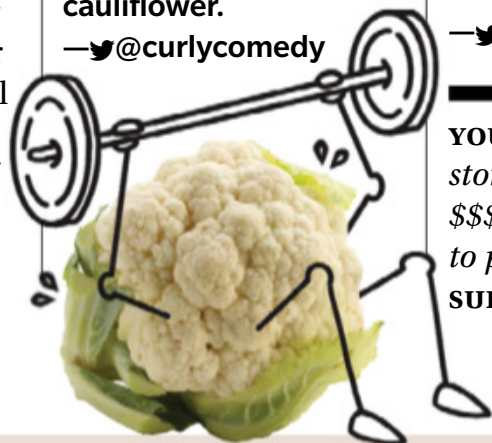
**Someone on Tinder just unmatched me mid-conversation because I said I liked ketchup. So, yes, it's going great.**

—[@KendrawCanDraw](#)

**Our goldfish died. When I told my five-year-old son we had buried it in the garden, he burst into tears. I was trying to think of how to explain how all living things die when he tearfully said, "I wanted to eat it!"**

—[@TerryDwyerSyd](#)

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



*We Found a*

**FIX**

HELP, HACKS,  
& HOW TO

**1** **FOOD**  
**Sweeten Your Sweet Corn**

A few ears of corn perfectly complement any summer feast. Add  $\frac{1}{4}$  cup powdered milk to the pot (assuming there's no real estate left on the grill with all the burgers, sausages, and kebabs you've got going) before you boil the water. It'll add to the corn's richness and natural sweetness.

*From* RD.COM *and*  
FAMILYHANDYMAN.COM



## 2 **HOME** Move Heavy Furniture by Yourself

Gashes and scratches left on your hardwood floor after rearranging the living room really reverses all that good fêng shui you just created. Lift one side of the couch (or sideboard, TV stand, etc.) and slip a thick sock onto each leg, then gently put it down and sock it to the other side. Heavy furniture will slide along seamlessly and leave no evidence etched into the floors.

## 3 **TECH** Free Up Phone (and Brain) Space

Is your iPhone constantly telling you it cannot possibly snap another photo, store another app, or download another song? Go to Settings>App Store>Offload Unused Apps. It'll do all the purging for you, deleting apps that haven't been opened for a certain number of days, but saving their data before doing so. That way if you decide to redownload something, all your information will still be there.

## 4 **CLEANING** Duster for the Vertically Challenged

Unless you're an NBA star, dusting your ceiling fan can be a tall order. To make it easier, wrap a few dryer sheets around a clean painting roller (one that extends, ideally) and secure the ends with rubber bands. Dust will cling to the sheets, and you won't have to balance on a chair to reach the blades.

## 5 **OUTDOORS** Safeguard Slippery Feet in the Kiddie Pool

Applying a few bathtub appliques on the floor of an inflatable pool will make it a lot less slippery for little feet and wobbly legs, saving many a bruise and bonked head this summer. You can even drape a few along the pool's edges so kids have something solid to grab onto. After all, if you wanted a Slip 'N Slide, you would've bought one! **R**





HOW TO

# Learn from Your Regrets

*If you never pine for a different past,  
you'll stay trapped in a cycle of mistakes*

---

BY *Arthur C. Brooks*

FROM THE ATLANTIC



“REGRETS, I’VE HAD a few. But then again, too few to mention,” Frank Sinatra crooned in his 1969 hit “My Way.” The song’s idea is seductive: that anyone can just declare that what’s done is done and move on. Some take the declaration a step further and claim that they have no regrets at all (even to the point of tattooing it on their bodies). Whether an aspiration or an actual philosophy, “no regrets” suggests that life can and should be lived without looking through the rearview mirror.

Easier said than done, though. In 2020, author Daniel H. Pink launched the World Regret Survey, the largest survey on the topic ever undertaken. With his research team, Pink asked more than 15,000 people in 105 countries, “How often do you look back on your life and wish you had done things differently?” Eighty-two percent said regret is at least an occasional part of their life; roughly 21 percent said they feel regret “all the time.” Only 1 percent said they never feel regret.

If you are of the “no regrets” school of life, you might think that all this regret is a recipe for unhappiness. But that isn’t the case. True, letting yourself be overwhelmed by regret is indeed bad for you. But going to the other extreme may be even worse. To extinguish your regrets doesn’t free you from shame or sorrow; it consigns you to make the same mistakes again and again. To truly get over our

guilt requires that we put regret in its proper place.

As uncomfortable as it is, regret is an amazing cognitive feat. It requires that you go back to a past scenario, imagine that you acted differently to change it, and with that new scenario in mind, arrive at a different present—and then, compare that fictional present with the one you are experiencing in reality. For example, if today your relationship with your partner has soured, your regret might mentally take you back to last year. You would remember your own pettiness and irritability, and then imagine yourself showing more patience, being kind instead of hurtful at key moments. Then you would fast-forward to today and see how your relationship could be flourishing instead of languishing.

Not all regrets are the same, of course. Pink says they come in four basic varieties, and an instance of regret may involve just one or a combination. Wishing you’d been kinder to your partner is an example of a connection regret, in which you lament behavior that harmed an important relationship, such as spoiling a romance or neglecting your bond with relatives before they died.

Many connection regrets overlap with moral regrets, which can come about after you violate your own values. For example, you may pride yourself on being a loving person, and thus regret not living up to this image in the relationship you harmed. Moral

regrets can also involve just yourself. Maybe you regret not living up to your commitment to your health when you ate a whole pizza or skipped the gym.

Pink's other two categories of regrets involve life choices. Foundation regrets are those in which you did something that affected the course of your life in a way you don't like. A classic example is wishing you had stayed in school. Meanwhile, boldness regrets are the opposite: They're all about inaction and forgone opportunities. This is what you feel when you kick yourself for not taking a chance, as in wishing you had just gone up to that attractive person and introduced yourself.

Unanalyzed and unmanaged, any variety of regret can be poison for your well-being. Regret is implicated in depression and anxiety, and excessive regret can adversely affect your

hormones and immune system. For me, it's anathema to sleep. I am not alone in this: In 2013, researchers asked one group of participants in an experiment to describe "your most burdensome regret" right before going to bed; this group took 61 percent longer to get to sleep than a group told to think about a typical day.

But regret doesn't have to be left unmanaged. The trick is not to banish the bad feeling; it's to acknowledge it and use it for learning and improvement. Instead of letting the specter of your failed relationship make you miserable, by simply wishing it had turned out differently you can be honest with yourself about what went wrong and use that knowledge to enjoy better relationships in the future.

Regret's benefits don't come to us by chance. We have to seek them out on purpose to improve ourselves.

## YOUR REGRET CAN TEACH YOU TO BECOME SMARTER—IF YOU LET IT.





Here are three steps you can take the next time you find yourself contemplating your past missteps.

### **Kill the ghost.**

People often say their regrets “haunt” them. This suggests that regret is like a ghost: not entirely clear but always intimidating. Bring your ghost out of the shadows by making a list of your regrets. Write down why each one still bothers you and its lingering bad effects. Be honest without catastrophizing. For example, note that you hurt a friend’s feelings through your own fault, but also that this almost certainly didn’t ruin the person’s life. You will find that a list is a lot less frightening than a ghost.

### **Forgive yourself.**

After you make a mistake, life moves on. But sometimes you just can’t stop kicking yourself. Perhaps you dropped out of school decades ago and are constantly calculating today how much money you would be making had you pressed on to graduation. In other words, you have voluntarily chosen a life sentence for a poor decision you made in the past.

Now is the time to appeal that verdict. Maybe you’d be making more today, but adding self-loathing to the

dollar penalty makes no sense. Resolve to commute your emotional sentence with a simple verbal declaration: “I make amends with myself and will not waste another minute of my life reliving a decision that cannot be changed.”

### **Collect your diploma.**

Regret is like a school run by human nature. If you never experienced regret, you would keep repeating the same behaviors that led you to miss opportunities and wreck relationships in the past.

Your regret can teach you to become smarter and more successful—if you let it. In your list of regrets, also note how you want to change your behavior, and outline your resolutions going forward. Next, list all the ways that you can invest in your own skills and improvement right now—and get started.

Regrets may hurt, but obsessing over them is destructive. Shunning them (or trying to live without them) is a lost opportunity to grow. Life is a journey full of pleasures and pains. To live it well and fully means learning from every bit of it, including the mistakes, and moving forward. **R**

THE ATLANTIC (FEBRUARY 3, 2022), COPYRIGHT © 2022 THE ATLANTIC MONTHLY GROUP, INC. ALL RIGHTS RESERVED. DISTRIBUTED BY TRIBUNE CONTENT AGENCY, LLC.



## **Baby Steps**

**If you don’t stop holding grudges, they’ll never learn to walk on their own.**

@UNFITZ

HUMOR *in*  
**UNIFORM**

**At a reunion** for my husband's Air Force bomber squadron, a man stood staring at me for the longest time. Finally, he came up to me and said, "I've got who it is you remind me of. I can't remember her name, but she was on *The Golden Girls*."

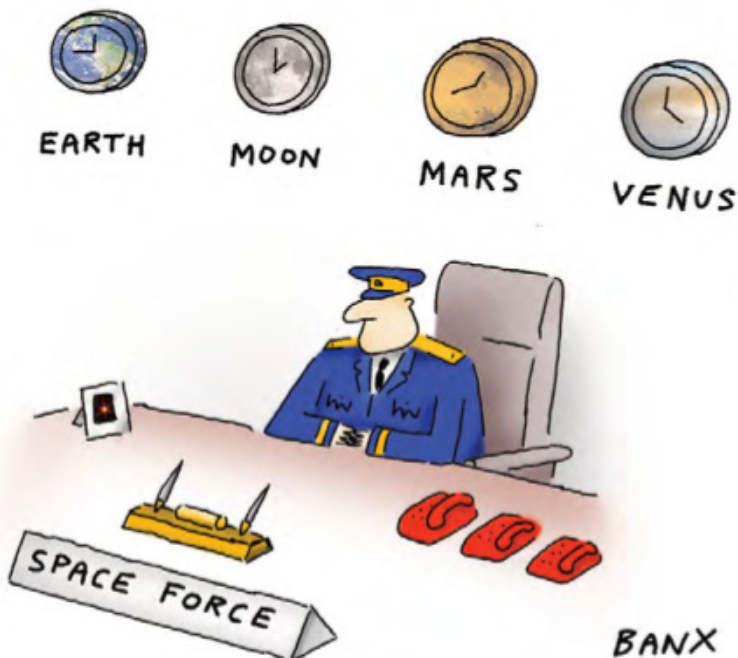
"Oh, the little grandma?" I asked.

"No," he said. "The dumb one."

—M.S.

*Evansville, Indiana*

**Nebraska** is landlocked, but that hasn't stopped it from having its own Navy. In 1931, the governor went on vacation and left Lt. Gov. T. W. Metcalfe in charge. "Governor" Metcalfe took full advantage, creating the Great Navy of the



State of Nebraska to reward his friends with the title of admiral. Why? Who knows. The title came with no pay or responsibilities—did we mention that Nebraska is landlocked? Today, admiralties are handed out to those who've helped promote Nebraska, including Bill Murray and Bill Gates.

—SOURCE: MILITARY TIMES

**Deserved or not**, the Air Force has the reputation of being the country club of the

military service, as this joke will attest: A commander asks some troops, "If you found a scorpion in your tent, what would you do?"

Army said, "Stomp on it."

Marines said, "Eat it."

Air Force said, "I'd call the concierge and ask why I had a tent in my room."

—SOURCE: VETFRIENDS.COM

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



**ALWAYS DELIVERING  
OUTSTANDING LITTER**



**UNDENIABLE ODOR CONTROL. AMAZING ABSORPTION. SUPERB SCOOPING.**

**AMERICA'S #1 LITTER\***

\*BASED ON SALES



**PURINA**

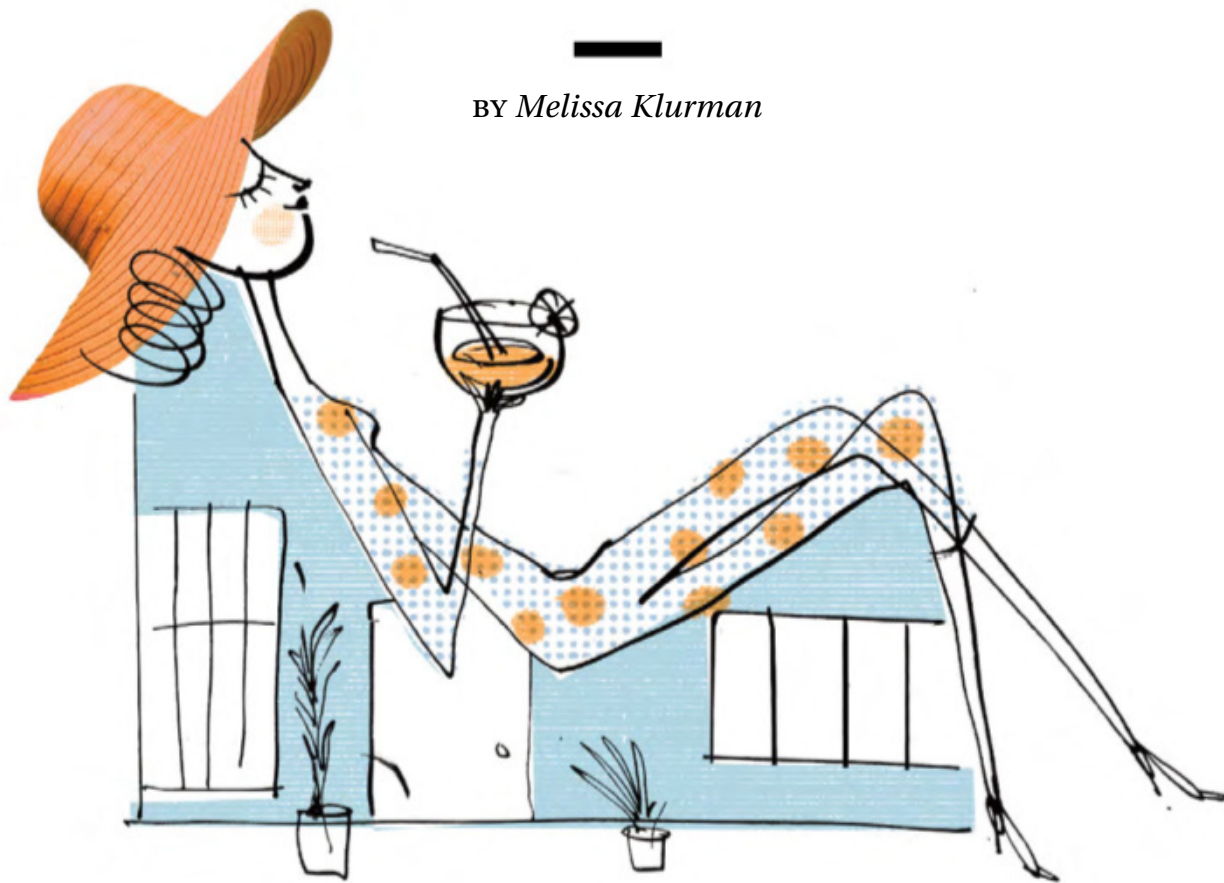
Your Pet, Our Passion.™



13 THINGS

# Home Sweet Vacation Home

BY *Melissa Klurman*



**1** SUMMER IS ALWAYS a busy travel season, but even at peak times like July 4th, that doesn't necessarily mean you'll see lots of hotels with No Vacancy signs. More and more travelers are opting instead to stay in vacation rentals: furnished private houses, rooms, or apartments that

only you and your party share for the duration of your stay. Or you can get adventurous and book a cabin, yurt, tree house, RV, houseboat, tiny home, or even a castle. One of the most sought-after rentals this year is a glass-enclosed Utah home with sweeping views of Zion National Park.

SADUEGRA/GETTY IMAGES (HAT)

**2** THE IDEA sparked in 2007, when Brian Chesky and Joe Gebbia, realizing that a San Francisco tech conference would make hotel rooms in the area harder to come by, let visitors sleep on air mattresses in their apartment for a fee. They called this humble venture Air Bed and Breakfast, but the company—now known as Airbnb—is worth almost \$100 billion today and has six million listings worldwide.

**3** THESE DAYS, dozens of sites can help you find accommodations for your next trip. Vrbo (short for Vacation Rental by Owner) and Booking.com function similarly to Airbnb. Vacasa and Vacation Perfect feature rental options owned by management companies as opposed to individuals, so their offerings are more standardized. Even the hotel booking site Hotels.com lists vacation home rentals.

**4** FOR TRULY upscale listings (think private beaches and personal chefs), try Airbnb Luxe or Thirdhome—which, as the names suggest, feature luxury retreats and owners with multiple vacation properties. Onefinestay bookings include concierge service to take care of stocking groceries or even finding childcare.

**5** MORE SPACE is a major appeal: The average hotel room measures just 330 square feet, while the average vacation rental property tops 1,300. And in 20 of the largest U.S. cities, average daily rates are comparable to (or slightly lower than) those of hotels.

**6** IF YOU'RE willing to share your own digs while you're away, Love Home Swap pairs you with like-minded travelers for stays in each other's homes for a membership fee as low as \$11

per month. If you'd like to list your home, check your local zoning laws, as some areas have strict rules on short-term rentals. In parts of Honolulu, a new law taking effect in October will up the minimum stay to 90 days.

**7** DON'T THINK your area is enough of a "destination" to interest renters? Think again! Places you might not think of as hot spots doubled in demand on Vrbo last year. Among them: Cincinnati; Yorktown, Virginia; Niagara Falls, New York; and Harrisburg, Pennsylvania.

**8** AS A HOST, you name your price and set your own house rules. You might decide to allow pets, for instance, but not parties or smoking. It's wise to have insurance, though guests are held responsible for damage. Airbnb also includes \$1 million of liability and damage coverage for hosts.

**9** GUESTS ARE expected to do light cleaning at the end of their stay (think stripping beds or sweeping floors), then hosts make sure the place is cleaned thoroughly before the next crew arrives. (Hosts typically charge a cleaning fee and may charge extra for pets or additional guests; be sure to note the total cost before you book.) If your rental isn't clean when you arrive or if you run into other issues, reach out to your hosts, who are bound by their rental agreements to respond promptly. If you're still unable to resolve the issue, contact the rental platform.

**10** INCREASINGLY, SOME people—mostly retirees and thirtysomethings—

are booking long-term rentals. In the second half of 2021, 20 percent of all Airbnb stays were longer than a month. In April, the company made headlines when it shared its new policy allowing, even encouraging, its employees to work from anywhere in the world.

**11** EARLIER THIS year, Airbnb started providing free lodging to Ukrainians fleeing their war-torn country. More than 33,000 people worldwide signed up to offer their homes to refugees, including nearly 7,000 in the United States. Others who wanted to help paid for stays in Ukraine so the landlords would earn money even as their properties sat empty.

**12** RENTAL SITES generally make it easy to sort for your particular preferences: pet friendly, homes with a pool, cheap stays. Or browse sites for suggested activities and see what catches your fancy, whether it's whitewater rafting, the home in France where Julia Child mastered the art of cooking, or an "alpaca interaction experience," as we found when we did a little armchair traveling.

**13** ALL REPUTABLE companies will have you book directly through their websites. Do not send money through a third party, but do check the property's cancellation policy before you book. Bon voyage! **R**



### How the Sausage Gets Made

Hot dogs come ten to a pack, so why do the buns come in packages of eight? Hot dogs are sold by weight and, since standard wieners are 1.6 ounces each, ten make an even pound. But the buns are baked in pans that hold eight, according to the National Hot Dog and Sausage Council. (Yes, that exists.)

RD.COM





Because

## Say Goodbye to Bladder Leaks.

Get our thoughtfully designed pads and underwear delivered discreetly to your door.



Only **Because™** holds  
6 cups of liquid

**SAVE**  
**40%** on your  
first order

[Becausemarket.com/RD](https://becausemarket.com/RD)  
or call **1-800-214-1201**



Satisfaction  
Guarantee



200,000+ Happy Customers  
★★★★★



Personal  
Support

ALL  
in a Day's  
**WORK**



Ten minutes before the invention of the haircut.

**While carpooling**, we pulled up to the driveway for our next passenger. We honked and waited, honked and waited, and honked again. Our coworker finally came out. “I’m so sorry I kept you waiting,”

she said, climbing into the car. “But I only heard the third honk.”  
—ELSIE WILLMS  
*Abbotsford, British Columbia*

**My old music instructor** told me that when she taught music in

elementary schools, she began each session by having the class sing a familiar song. She said that one enthusiastic first grader stood out for his rendition of “God Bless America” when he belted out those stirring lyrics: “Stand beside her and guide her, through the night with a light from a bulb!”

—PAUL LUND  
*Lakeview, Oregon*

**As the parent of a 5yo boy, I can name all the dinosaurs and none of my coworkers.**

— @PINKCAMOTO

**Need an excuse** for coming to work late? Don't try these, which various bosses say failed the first time they were used.

◆ "My wife put all my underwear in the washer."

◆ "I dreamt I was already at work."

◆ "My fake eyelashes were stuck together."

◆ "I had morning sickness." (It was a man).

◆ "I was stuck under my bed."

SOURCE: CAREERBUILDER.COM

**Before my friend's** dreaded hemorrhoid exam, the nurse tried to put her at ease by talking up her doctor's years of experience. Then she paused thoughtfully. "The funny thing is," she said, "although he's an excellent proctologist, he started out wanting to be a

---

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

dentist. But he couldn't stand bad breath."

—LUCRETIA MCCURLEY  
*Boaz, Alabama*

**A young boy** I was caring for was staring intently at a neighbor's

newborn when he announced, "We have a baby just like that at our house! He just has a different head."

—MARY SHIPLEY  
*Bentleyville, Pennsylvania*

---

## WHOM DO YOU CALL WHEN THE FUR FLIES?

These 911 operators took to Reddit to share some of the wilder calls they've taken.

"Someone called because they got their head stuck in their cat's scratching post. The cat was stuck inside with them. Throughout the call, I kept hearing, 'Ow, dude, this isn't fun for me either.'"

"I had a grown man call in about a monster trying to get into his son's room. The monster had climbed a tree and was at his bedroom window. It was as big as his dog, and had hands like him—but tiny. Turns out, they had just moved to America and had never heard of raccoons."

"Once I talked to a pizza delivery guy who couldn't reach his destination because a defiant chicken was standing in the middle of the road."

"On Thanksgiving morning, I got a call from a lady who needed help making a turkey. I told her this was an emergency line. She informed me this was an emergency, because she had family coming over."







BEFORE

“Thanks to Almased's unique amino acid complex, I lost 45 lbs and have kept it off! I feel amazing, and love what I see in the mirror.”

SONDRA W.

## My Bikini Emergency Plan at a glance

### First week

**Breakfast, Lunch and Dinner**  
Replace all 3 meals with 8 tablespoons of Almased for each meal. Drink as much vegetable broth as you like.

### Second week and beyond

**Breakfast & Dinner**  
8 tablespoons of Almased (50g) in low-fat dairy or plant-based milk with 1 teaspoon cinnamon or unsweetened cocoa powder, if desired.

**Lunch**  
Vegetables and salad with lean meat or fish. (see recipe ideas online)

# The most reliable way to lose up to 10 pounds of fat every week and keep it off!

Scientifically proven and successfully accomplished by hundreds of thousands of people within the last 30 years, this unique amino acid combination — designed to fit the human body optimally — is doing wonders.

Fad diets come and go. At any given time, one out of three women and one out of four men are on a diet. Unfortunately, two thirds of dieters regain the weight within one year, and virtually all regain the weight they lost within five years. This is called the yo-yo effect.

Years ago, Hubertus Trouillé, a German holistic therapist, developed an effective formula to end the cycle of weight loss and gain.

Using just three nourishing ingredients, Trouillé created a weight loss supplement with a unique amino acid complex that works in a unique manner by treating and improving the body's metabolism and thermogenesis, which converts food to heat or energy.

Unlike other supplements that simply suppress appetite, this patented formula increases the body's metabolism, maintains muscle mass and helps the body burn fat more effectively.

Today, this popular German weight loss phenomenon is available in the U.S. It can be used as a quick weight loss regimen or as a meal replacement to transform your body and lifestyle, and is helpful for achieving overall good health.

Actual research from the University of Edmonton shows, even used once a day as a meal replacement, Almased is effective in stimulating the fat-burning metabolism while actively fighting weight problems and insulin resistance. When used as directed, Almased helps take excess pounds off, and keep them off, ending the yo-yo cycle.

## Follow Almased's diet guide to help you achieve your health goals.



Download it for FREE at: [www.almased.com/RD06F](http://www.almased.com/RD06F) where you can also learn more about Almased.

For questions about your diet, contact [info@almased.com](mailto:info@almased.com) or call toll-free 1-877-256-2733.



Start your weight loss journey today! Scan me to download Almased's diet guide, which includes the Bikini Emergency Plan.

## Ask for Almased at a health food store or pharmacy near you.



NEW FLAVOR

Individual results may vary. Average weight loss is 1-2 lbs per week. These statements have not been evaluated by the Food and Drug Administration. These statements and the product of this company are not intended to diagnose, treat, cure, or prevent any disease. Consult your physician before implementing any new diet, exercise and dietary supplement programs, especially if you have preexisting medical conditions or are taking prescribed medications.



The  
**HEALTHY**

WELLNESS FROM THEHEALTHY.COM

# Immune System Supercharger

*Vitamin D appears to help prevent many illnesses, including COVID*

BY Adam Meyer

ILLUSTRATIONS BY James Steinberg

**S**INCE THE EARLY 20th century when vitamin supplements first became available, people have generally focused on a single, specific benefit attributed to each vitamin. Vitamin A, for instance, could optimize your eyesight. B vitamins could give you extra energy. Vitamin E could make your skin glow. Thanks to Linus Pauling, vitamin C supplements were popular in the 1970s and 1980s for helping to ward off colds (a theory

since debunked by numerous studies). Despite the fact that each vitamin actually delivers a range of benefits, it's often one characteristic that gets all the attention. And thanks to the COVID-19 pandemic, the public's recent focus has been on vitamin D and its immune system benefits.

## FATTY FISH AND DAIRY ARE THE MAIN DIETARY SOURCES OF VITAMIN D.

A 2020 study published in the *Journal of Clinical Endocrinology & Metabolism (JCEM)* found that more than 80 percent of people hospitalized for COVID-19 had low vitamin D levels.

And according to the National Institutes of Health, one in four U.S. adults has low levels of the vitamin, which—based on information from the *JCEM* study—could make them more susceptible to the virus. Before vaccines against the novel coronavirus became available, people started downing vitamin D supplements, hoping to prevent COVID illness.

More research appears to confirm the connection. A January 2022 peer-reviewed meta-analysis published in the journal *Reviews in Endocrine and Metabolic Disorders* noted that several studies have suggested a significant association between vitamin D deficiency and an individual's COVID-19 susceptibility and severity. Research done before the pandemic had found that vitamin D plays a role

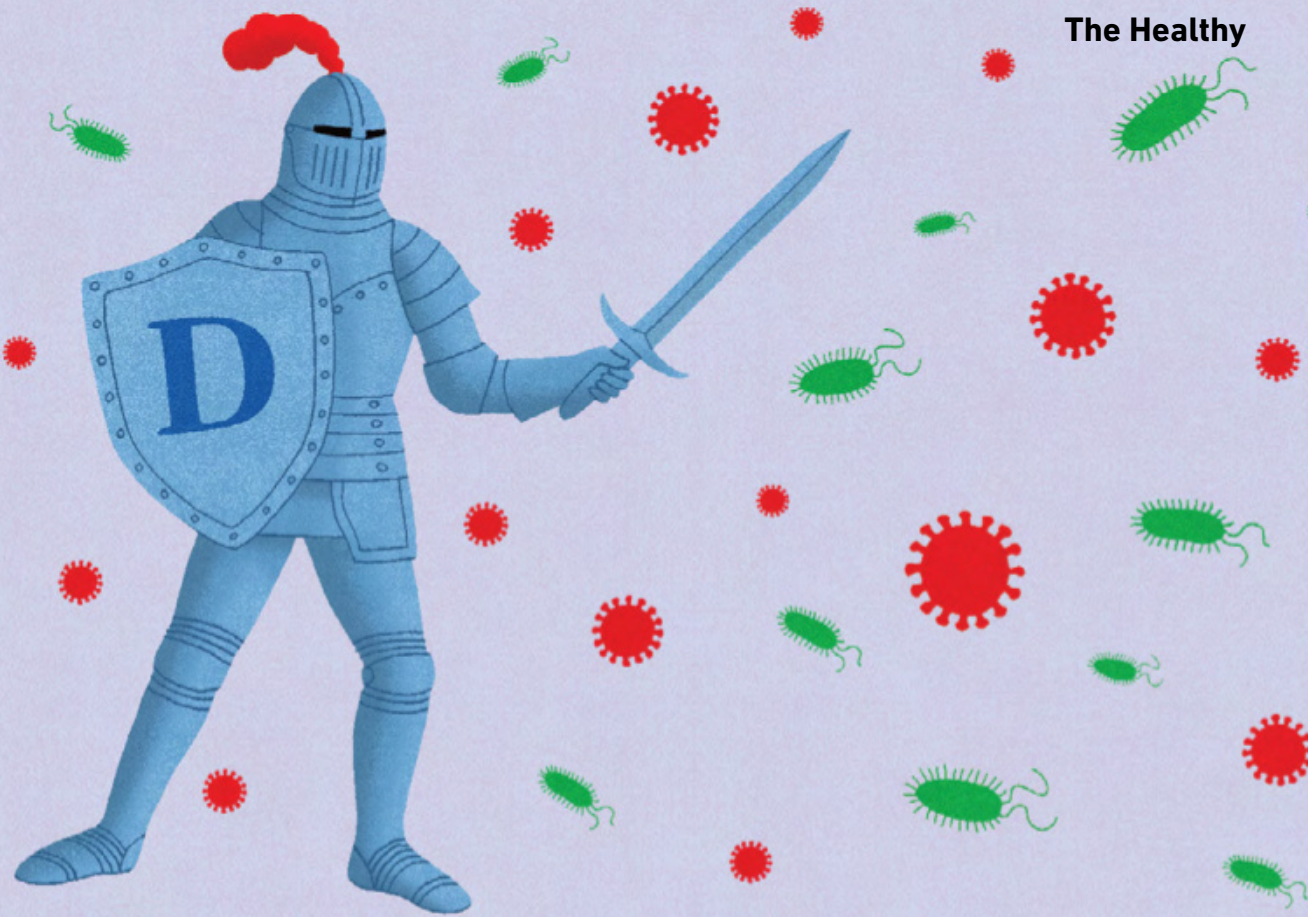
### I TRIED IT...

## Visiting a Rage Room

**The pandemic** caused stressful job changes and family health crises, and canceled the wedding my fiancé and I had planned. I reached a breaking point. We got married in a small ceremony instead, and my husband gifted me with a visit to a “rage room.” We suited up in protective gear and—for 20 glorious minutes—used golf clubs, bats, and a tire iron to smash dishes, appliances, and an old TV in a space designed for that purpose. We laughed and cheered until every last thing was destroyed. For the first time in what seemed like forever, I felt in control. I hadn't realized how much anger and tension I'd been holding in until I was able to let it all out. —*Desiree Banka Rothenberger, as told to Charlotte Hilton Andersen*







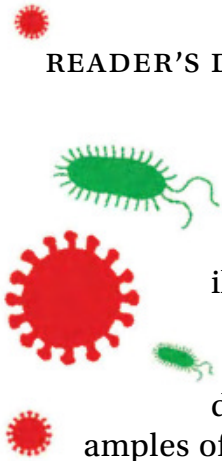
in minimizing the risk of respiratory infections and is associated with reduced potential for blood clots, which the researchers of the 2022 review stated “are a common and major cause of death among patients with COVID-19.”

What scientists still don’t know for sure is whether the increased likelihood of getting severe COVID-19 is directly caused by low vitamin D blood levels—or whether having low vitamin D levels just leads to poorer health overall. And the big question: Can taking vitamin D supplements help people avoid getting COVID-19?

William Schaffner, MD, professor of

preventive medicine and infectious diseases at the Vanderbilt University School of Medicine, says, “Vitamin D deficiency is associated with COVID-19 severity, but research doesn’t show it’s the cause specifically.” He adds: “Your best bet is to assume that vitamin D helps prevent COVID-19 and reduces the severity of symptoms, or at least is a healthy and safe option for strengthening your immune system to fight off disease.”

Fatty fish (salmon, tuna, trout) and fortified dairy products are the main dietary sources of the vitamin. The body also synthesizes vitamin D from sunlight, but indoor life and strong



sunblock reduce that source of the vitamin too. People who have chronic illnesses, elderly people, and people with darker skin are at particular risk of being deficient. All these are examples of why many medical experts recommend vitamin D supplements.

Supplementing with vitamin D can have many other benefits, including helping the body absorb calcium from the digestive tract in order to build healthy bones. Other, lesser-known health effects include:

- ◆ Vitamin D may be associated with a lower incidence of several urologic problems in adults, such as urinary tract infections and overactive bladder, as well as prostate and bladder cancers.
- ◆ Low levels of vitamin D have been linked with neurodegenerative diseases, such as Alzheimer's disease and multiple sclerosis.
- ◆ Low levels of vitamin D3 have been linked to increased inflammation and irritation in the digestive tract.

If you're considering a vitamin D supplement, it's important to consult your doctor before you start. Deena Adimoolam, MD, an endocrinologist at Summit Health in New Jersey, says, "I recommend patients get checked for vitamin D deficiency, and supplement if levels are low." A blood level of at least 30 nanograms per milliliter is considered optimal.

Another reason to see your doctor

first is to learn how to use your supplement properly. Vitamin D is fat-soluble, meaning it's best absorbed when it's consumed with a meal that contains some fat.

You'll also want your doctor to advise you on how much of the vitamin to take, as the necessary dosage can vary from person to person. For generally healthy adults 19 to 70 years old, the National Institutes of Health recommends 600 international units (IU) of vitamin D per day. For adults over age 70, the recommendation increases to 800 IU. For people with certain medical conditions—such as gastrointestinal disorders that affect nutrient absorption—a doctor may recommend a higher dose. Very high doses (60,000 IU per day for several months) have been shown to cause toxicity, so it's always wise to check with your physician about your specific needs.

It's unlikely that vitamin D deficiency is the only cause of severe COVID-19 and other respiratory illnesses, but making sure that your diet contains the vitamins and nutrients your body needs should be part of your overall wellness routine.

Other important practices to support your immunity are to get the COVID vaccine and boosters, reduce stress, exercise regularly, and make sure to get enough sleep. All these steps will help keep your immune system in good shape to fight off whatever you're exposed to. **R**

## A Peek at New Eye Science

BY *Denise Mann*



**T**O UPDATE AN old saying, the eyes truly are the window to ... the entire body. Artificial intelligence (AI) and other new technologies now allow ophthalmologists to predict and treat diseases affecting the heart, brain, and other organs.

A new field called oculomics combines big data and eye scans to diagnose and predict heart disease. One new AI system identifies people who are likely to have a heart attack in the next year based on the pattern of tiny blood vessels in their retinas, the light-sensing layers of tissue in the back of the eyes.

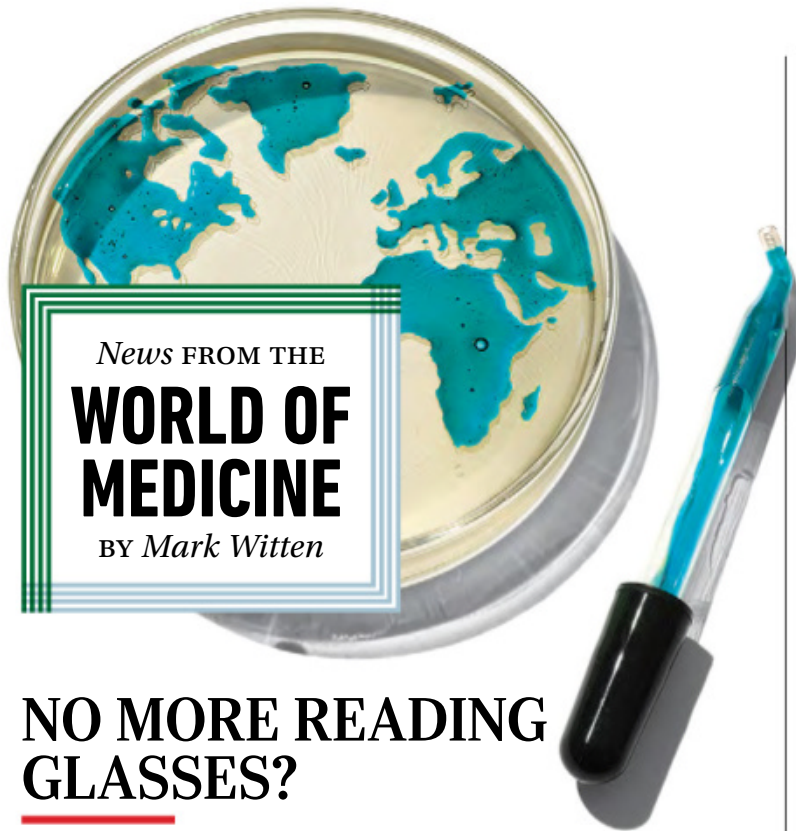
“If there are reductions in the density of these blood vessels or they appear wavier, it’s usually a sign of trouble,” says Alex Frangi, scientific director of the University of Leeds Centre for HealthTech Innovation. Eventually, the technology may also predict neurological conditions such as Alzheimer’s disease, multiple sclerosis, Parkinson’s disease, and stroke.

### SMART CONTACT LENSES MAY DO FAR MORE THAN CORRECT VISION.

Researchers are also developing smart contact lenses that do far more than correct vision. “Some smart contacts release medication, others may monitor important vital signs, and others still may promote wound healing,” says Janelle Davison, OD, an optometrist in Smyrna, Georgia.

The U.S. Food and Drug Administration recently gave the nod to the first contact lens—Acuvue Theravision—that emits antihistamines to ease itchy eyes caused by allergies. Smart contacts are also being developed to monitor glucose levels in diabetics, help eyes heal faster after eye surgery or corneal abrasions, and even provide information to help improve athletic performance. **R**





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

## **NO MORE READING GLASSES?**

The U.S. Food and Drug Administration approved the first prescription eye drops to treat age-related farsightedness, also known as presbyopia. The drops could potentially replace reading glasses for up to 1.8 billion people around the world. The eye drops, which go by the brand name Vuity, work by reducing your pupil size and expanding your depth of focus so you can see closeup objects more clearly. The drug is intended to be used once a day, but not if you have to drive at night, as shrinking your pupils impairs low-light vision. This treatment may be best suited for people in their 40s and 50s, as the drops are less effective for those with advanced presbyopia.

## **A NEW CANCER FIGHTER**

If mRNA rings a bell, and not just from high school biology, it might be because Pfizer and Moderna used messenger RNA (mRNA) technology to make COVID-19 vaccines. It was used in vaccines that instruct the body to make a protein that triggers an immune response. Now, researchers at the Mayo Clinic are using mRNA technology for immunotherapy—a type of treatment that uses the body’s immune system to fight cancer, which is more effective for patients whose T-cells are too weak for the task. Immunotherapy has had a great effect on certain cancers, such as advanced melanoma, for which it has improved the five-year survival rate to more than 50 percent, up from just 5 percent a decade ago.

ADAM VORHEES

# HIGH PROTEIN, LESS SUGAR\* & NUTRIENTS TO SUPPORT IMMUNE HEALTH

**30g**

PROTEIN

**1g**

SUGAR

ENSURE® MAX PROTEIN  
USERS REPORTED FEELING

**MORE  
ENERGY**  
IN JUST

**2**  
**WEEKS** ‡



Available in 5  
delicious flavors:

- Milk Chocolate
- French Vanilla
- Café Mocha<sup>§</sup>
- Milk Chocolate with Caffeine<sup>§</sup>
- Creamy Strawberry



**\$3 INSTANT COUPON!**  
[ensure.com/instantcoupon](https://ensure.com/instantcoupon)

**Ensure**  
STRENGTH &  
ENERGY

‡ Survey among 1038 consumers 50+; those who drank 1 Ensure Max Protein shake per day for 14 days and reported feeling more energy vs control group. Ensure Max Protein has 150 calories, 30g protein, and 8 B vitamins for energy metabolism.

\* 90% less sugar than Ensure® Original. Ensure Original 8 fl oz = 10g sugar vs Ensure Max Protein 11 fl oz = 1g sugar.

† Vitamins C and E.

§ Contains 100 mg caffeine.

Use as part of a healthy diet.

©2022 Abbott 202210389a/February 2022 LITHO IN USA

**Abbott**  
life. to the fullest.®

## Why You Should Nap like This Famous Inventor

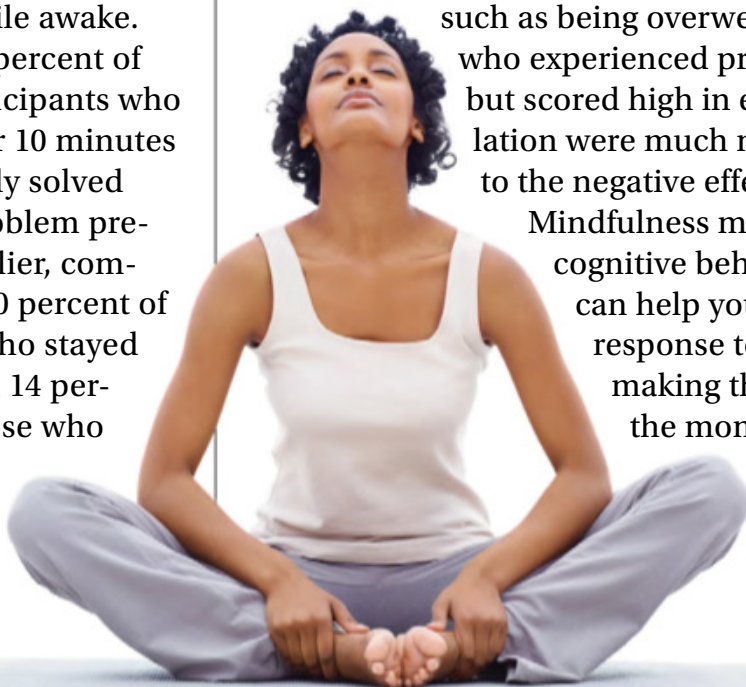
When Thomas Edison sought inspiration, he would take a nap. Specifically, he would hold a small object in his hand, then go to sleep. When the object fell to the floor, he'd often awaken with a new idea. As it turns out, his method has a scientific basis: A French study suggests the brain activity in the twilight zone between sleep and wakefulness—called N1 or hypnagogia—can connect dreamlike experiences with recent events that occurred while awake. Nearly 83 percent of study participants who napped for 10 minutes successfully solved a math problem presented earlier, compared to 30 percent of subjects who stayed awake and 14 percent of those who fell into a deeper sleep.

## Yogurt Lowers Blood Pressure

A University of Maine study found that people with elevated blood pressure (140/90 mmHg or higher) who regularly consumed a serving of yogurt lowered their readings by nearly seven points. This heart-healthy effect may come from bacteria that promote the release of pressure-lowering proteins.

## CHILLING OUT SLOWS AGING

Scientists have found that tracking changes in DNA as people age can predict health and life span better than simply knowing how many candles were on their last birthday cake. Yale University researchers found that cumulative stress makes a healthy person's biological clock accelerate at a faster rate than other factors, such as being overweight. People who experienced prolonged stress but scored high in emotional regulation were much more resilient to the negative effects of stress. Mindfulness meditation and cognitive behavioral therapy can help you control your response to stress triggers, making things easier in the moment—and adding months or years to your life. **R**



FROM TOP: GETTY IMAGES/OKEA, GETTY IMAGES/STEEB



# A joyful life is a Beneful life.

A full life doesn't just happen. It's a choice. And we choose to put joy into everything we do by bringing together all the wonderful tastes life has to offer.



Joyful. Healthful. Beneful.

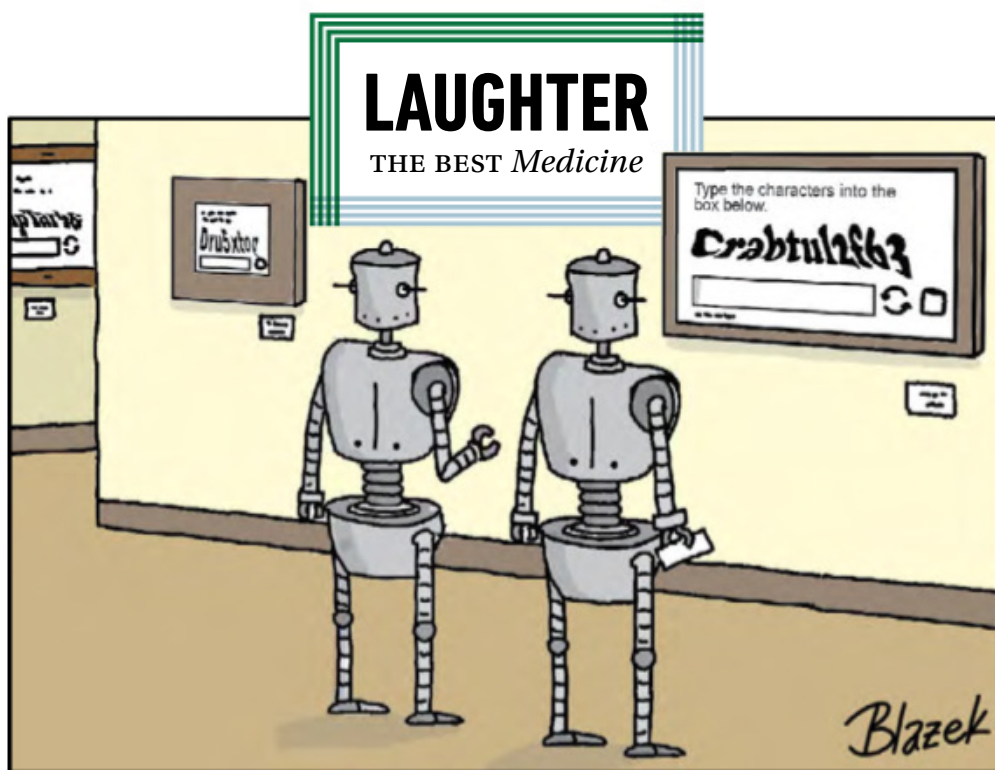
Discover more joy at [Beneful.com](http://Beneful.com)

\*See packaging or visit [Beneful.com/faq](http://Beneful.com/faq) for complete details. Refund request must be made within 60 days of date on receipt. Offer good only in USA, APOs & FPOs.



 **PURINA**

Your Pet, Our Passion.



"I don't get it."

**An optimist** and a pessimist spend a week together on a tropical island. "Isn't this ocean just amazing?" the optimist says. "The endless horizon, the crashing waves, the soft sand ... it makes you appreciate the

beauty of our planet."

The pessimist says, "I don't think that rescue plane saw us."

—Submitted by

CALEB YORK  
Queens, New York

**I wonder if Sally's** parents were like,

"Yeah great idea, Sally. Sell seashells. On the seashore. Where there are tons of free shells. Idiot."

—[@DUBSTEP4DADS](#)

**Lauren** was lying in bed one night when she felt her husband's hand caressing her neck. Then it slid down her side, stopping at her knee, which was as far as her husband could reach. Then he moved

Watching soccer is like watching grass grow, with soccer players in the way.

—STEPHEN COLBERT



closer and did the same on her other side before abruptly stopping and moving away.

Delighted by this unexpected attention, Lauren whispered, “Honey, that was wonderful. Why did you stop?”

He answered, “I found the remote.”

SOURCE: PALM BEACH FLORIDA WEEKLY

**The young father** took a seat on the crowded bus next to an elderly

man and plopped his one-year-old on his lap just as the little boy began to cry and fidget.

“That child is spoiled, isn’t he?” the old man remarked.

“No,” said the dad. “They all smell this way.”

SOURCE: BESTLIFEONLINE.COM

**I just swallowed** a stack of Scrabble tiles by accident. My next poop could spell disaster!

SOURCE: FOODNEWSNEWS.COM

**“Knock, knock!”**

“Who’s there?”

“The love of your life!”

“Dark chocolate who?”

—Submitted by

GARY KATZ

Long Grove, Illinois

**Who decided** it was called “emotional baggage” and not “griefcase”???

—[@NOAHDONOTCARE](#)

**YOUR JOKE COULD BE** worth \$\$\$\$. For details, go to [RD.COM/SUBMIT](#).

## IT’S A CAT-ASTROPHE!

Garrison Keillor once said, “Cats are intended to teach us that not everything in nature has a function.” These Tweeters might disagree.

Choosing to see my cat as an artist.



[@EMILYBERN](#)

So that’s what the holes in pizza boxes are for.



[@JOVLANDE](#)

That one friend who makes you be productive when you’re hungover.



[@THETRENDINGTOM](#)



## WHERE, OH WHERE?

**I**N AN AREA known for its natural tide pools, this man-made example is as mysterious as it is beautiful. It's believed to have been built in the 1920s for former state senator William E. Brown, because he had another striking structure built on the same beach—a 60-foot tower that connected his summer home to the shore. A retired naval officer bought the site in the 1940s and hosted treasure hunts for local children in and around the tower. Where is this? (*Answer on PAGE 107.*)

- A** Hanalei Bay, Hawaii
- B** Kiawah Island, South Carolina
- C** Key West, Florida
- D** Laguna Beach, California







1

## ALABAMA

### Chicken and white sauce

We don't know what prompted Decatur's "Big Bob" Gibson to make a barbecue sauce with mayonnaise and vinegar, but we do know it's great on hickory-smoked chicken. Nearly 100 years on, that sauce is sold in grocery stores throughout the state.







AMERICA THE TASTY

★ ★ ★ THE ★ ★ ★  
BEST  
SANDWICH  
IN EVERY  
STATE

*We teamed up with Taste of Home  
and our collective readers to find the  
50 greatest ways to fill two slices of bread  
(or just one, or a bun, or a biscuit...)*

BY *Emily Goodman*  
PHOTOGRAPHS BY *K. Synold*



**2 ALASKA**  
**Salmon salad**

The Last Frontier is also one of the last places where wild salmon thrive, and Alaskans turn their surplus into a sandwich spread by mixing it with mayo, celery, and onion and layering crunchy cucumber on top.

**3 ARIZONA**  
**Fry bread tacos**

The toppings are far less important than the shell of Navajo fry bread, a cornerstone of Native American cuisine and culture but also a painful reminder of persecution. When the Navajo were forced out of Arizona

**GEORGIA**  
**Pimento cheese**



about 150 years ago, they had to subsist on U.S. Army rations instead of their own crops and found that frying flour in lard created golden, pillowy bread.

**4 ARKANSAS**  
**Catfish po'boy**

Though po'boys can come with any of a multitude of meats on fluffy French bread, fried catfish is fittingly the filling of choice in the birthplace of the commercial catfish industry.

**5 CALIFORNIA**  
**French dip**

Two Los Angeles eateries, Philippe's and Cole's, each claim to be the birthplace of this baguette sandwich with roast beef. The whole shebang then gets dunked in the beef's *jus* (French for gravy).

**6 COLORADO**  
**Fool's gold**

Peanut butter, blueberry jam, and a pound—yes, a whole pound—of bacon. Dreamed up in Denver and served on sourdough, this variation on the classic had one very famous fan: Elvis.

**7 CONNECTICUT**  
**Clam roll**

Fresh clams collected along the Connecticut coast star in several New England dishes. Frying them up for a sandwich with a splash of tartar sauce might just be the simplest.



# 9

## FLORIDA The Cuban

This variation of the ham and cheese sandwich (with roast pork, ham, Swiss cheese, pickles, mustard, and sometimes salami) is often associated with working-class Cuban immigrants. But it was actually considered a luxury item pre-World War II. A 1919 advertisement told wealthy Tampa residents that the Cuban made a great accessory for their evening drive.



## 8 DELAWARE The Bobbie

Also called “Thanksgiving on a roll,” the Bobbie is a festive combination of roasted turkey, cranberry sauce, and stuffing that’s served year-round at Capriotti’s, a deli chain native to the Diamond State. Its founders named the sub after their beloved Aunt Bobbie, who started the family tradition of piling Turkey Day leftovers onto a freshly baked roll.

## 10 GEORGIA Pimento cheese

Combine pimento peppers, cheddar cheese, and mayonnaise to make this tangy orange spread. It’s been served on white bread at the Masters golf tournament in Augusta since the 1960s, but when tournament runners changed vendors in 2013 and didn’t perfectly reproduce the recipe, players and patrons alike took notice—and called the gaffe PimentoGate.



# 11

## HAWAII

### Kalua pork

Pit-smoked pork falls apart and joins tangy cabbage slaw and an optional ring of grilled pineapple on a Hawaiian bun.



## 12

## IDAHO

### Huckleberry PB&J

Wild huckleberries are treated like jewels in the Gem State. Their taste is similar to that of blueberries—but more intense—and their jam is what Idahoans reach for when assembling the classic PB&J.

## 13

## ILLINOIS

### Italian beef

Meat packers in 1930s Chicago found they could make tough beef palatable by slow-roasting it and then simmering thin slices in a spicy broth. Today the sandwich comes

“dry” (the meat is shaken off on its way to the bread), “wet” (it skips the shake), or “dipped” (the bread goes for a bath too). As for toppings, “wit’ motz and hot” is the way to go, says *RD* reader Susan Osada. (That means with mozzarella cheese and hot *giardiniera*, an Italian relish.)

## 14

## INDIANA

### Pork tenderloin

The Hoosier State is home to the Tenderloin Lovers Trail, along which you’ll find more than 70 joints serving fried pork hammered thin and bursting way beyond the bun.

## 15 IOWA Maid Rite

The Hawkeye State staple was born when Fred Angell of Muscatine decided to steam hamburger meat instead of frying it. He piled the crumbly, seasoned pieces onto a bun and offered it to a deliveryman who took a bite and proclaimed, "This sandwich is made right!"

## 16 KANSAS Bierocks

These dough balls stuffed with cabbage, onions, and seasoned meat came to the United States with German Russian Mennonites who settled in the Great Plains in the late 19th century.

## 17 KENTUCKY Hot Brown

You wouldn't have been able to drink at Louisville's Brown Hotel when it first opened in 1923, but there was no prohibition on cholesterol. The recipe for the hotel's signature open-faced turkey-and-tomato sandwich has been perfected since then. It currently calls for heavy cream, pecorino Romano cheese, parsley, paprika, and bacon, all on Texas toast.

## 18 LOUISIANA Muffuletta

This sandwich has as many origin stories as it does acceptable pronunciations. At Central

Grocery & Deli in New Orleans (one of the sandwich's purported originators), it is made with a round, Sicilian-style sesame loaf piled with ham, salami, mortadella, Swiss cheese, provolone, and marinated olives—and is pronounced "moo-foo-LET-ah." Others in the Big Easy call it "muff-uh-LOT-uh."

## 19 MAINE Lobster roll

You'll find lobster shacks all up and down the Eastern Seaboard, but perhaps the most famous is Red's Eats in Wiscasset, Maine, where the buttered split-top buns barely contain all the prized pink meat packed into them.

KENTUCKY  
Hot Brown



**20** **MARYLAND**  
**Crab cakes**

“You can’t get more Maryland than soft-shell crab on white bread with mayo, lettuce, and local tomatoes,” according to *Taste of Home* reader Dorothy McGinnity, describing her home state’s signature sandwich.

**21** **MASSACHUSETTS**  
**Fluffernutter**

Both Fluff, the marshmallow spread, and the sandwich it stars in were created in the Bay State. Leila Mercer of Hudson, Massachusetts, says, “In the 1960s, I think every child in

New England could sing the jingle.” (“First you spread, spread, spread, your bread with peanut butter. Add marshmallow Fluff and have a fluffernutter.”)

**23** **MINNESOTA**  
**Walleye**

Minneapolis has its Juicy Lucy (a cheeseburger with the cheese inside the meat patty instead of on top), but people fry up this freshwater fish all over the Land of 10,000 Lakes. Crisp lettuce, tangy tartar sauce, and lemon wedges—not to mention cold beer—are optional accoutrements.

**22**

**MICHIGAN**  
**Meat pasty**

The name for these half-circles of piecrust filled with minced beef and root vegetables rhymes (ironically, we assure you) with “nasty” and not “tasty.” But pasties were always more about practicality than flavor. The portability of these pocket sandwiches served Michigan’s copper miners of the early 1800s well—as it does today’s loggers.





## 24 MISSISSIPPI Slugburger

Don't let the name deter you: A "slug" was once slang for a nickel, which is what these burgers originally cost. The patties consist (partly or entirely) of extenders such as flour or beans, dating back to a Depression-era need to stretch limited supplies of ground beef. The town of Corinth has hosted an annual festival honoring this pioneer of protein substitutes since 1988.

## 25 MISSOURI Burnt ends

The fattier edge pieces of beef brisket used to be trimmed off—until Kansas City cooks realized they were the tastiest parts! As the name suggests, burnt ends get smoked to a crisp. Then they're cut into chunks, dribbled with barbecue sauce, and tossed on a brioche bun with pickled red onions.

## 26 MONTANA Pork chop

About 100 years ago, John Burklund started selling pork chop sandwiches out of the back of a wagon in Uptown Butte. Onions, pickles, and mustard are the traditional toppings, though some prefer cheese, bacon, or egg.

## 27 NEBRASKA Runza

The name of both the pocket sandwich and the Lincoln-based

restaurant chain that made them famous, a Runza is a ground-beef-and-cabbage combination similar to Kansas's bierocks. The big difference is that Runzas are rectangular (and sometimes also contain cheese).

## 28 NEVADA Patty melt

Grilled onions and melted Swiss cheese sizzle atop a hamburger patty and are traditionally served on rye toast. Though this juicy concoction was created in California, restaurants at hotels and casinos along the Las Vegas Strip helped make it famous.

## 29 NEW HAMPSHIRE Moe's Original

In 1959, Phil "Moe" Pagano of Portsmouth decided to buy a sandwich shop and sell only one type of sub: salami and provolone with onions, peppers, pickles, and olives, a recipe he had learned from his mother. Moe's Italian Sandwiches now has more locations—and menu items—but the original offering is still the crowd favorite.

## 30 NEW JERSEY Pork roll

The star of this breakfast sandwich, usually served with egg and American cheese, goes by Taylor Ham in the northern part of the state. It was named after New Jersey Senator John Taylor, who developed the smoked pork product in 1856.

**31 NEW MEXICO**  
**Green chile cheeseburger**

Green chile is practically synonymous with New Mexican cuisine, so much so that the pepper is also called New Mexico green chile. So it's no surprise that you'll find it topping burgers all along the state's Green Chile Cheeseburger Trail.

**32 NEW YORK**  
**Pastrami on rye**

Seeded rye bread and spicy brown mustard meet pastrami piled so high it can slow down even fast-talking New Yorkers.

**33 NORTH CAROLINA**  
**Pulled pork with vinegar and pepper**

Tar Heels assert that their state is the birthplace of barbecue (much to the

annoyance of their Carolinian cousins to the south), and they stay true to their original barbecue recipe by basting their pork in a thin vinegar sauce seasoned with red pepper.

**34 NORTH DAKOTA**  
**Hot beef**

Piling potatoes on top of a hot roast beef sandwich and then smothering the whole thing in gravy is perhaps the most decadent way to warm up on cold winter days.

**35 OHIO**  
**Polish boy**

A Cleveland tradition since the 1940s, this kielbasa sausage sandwich skips the sides and has coleslaw and fries right on the roll.

**36 OKLAHOMA**  
**Chicken steak**

Steak that's been battered and fried like chicken is the official dish of the Sooner State. On a sandwich, it gets topped with lettuce and either chipotle mayo or country gravy.

**38 PENNSYLVANIA**  
**Cheesesteak**

Who would have thought steak sliced so thin could create a divide so wide? But the Pat's vs. Geno's rivalry bifurcates the City of Brotherly Love, as do debates of provolone or Cheez Whiz—and “wit” or “witout” onions.

**NEW YORK**  
Pastrami on rye



37

**OREGON**

**Bahn mi**

This combo of carrot, cucumber, cilantro, and your protein of choice traces its roots all the way back to the late 1800s when Vietnam was French Indochina—hence it comes on a baguette. It has caught on here thanks to Portland's large Vietnamese community.





**39** **RHODE ISLAND**  
**Hot wiener**

Not to be confused with hot dogs, hot wieners are much less processed and the buns are slightly sweeter. They are served at “wienie joints” across the Ocean State. Best to get it “all the way,” with mustard, meat sauce, onion, and celery salt.

**40** **SOUTH CAROLINA**  
**Pulled pork with mustard sauce**

As opposed to their neighbors to the north, South Carolinians use mustard in their barbecue sauce. “Carolina Gold,” as they call it, has a tangy, mildly sweet flavor that pairs well with pork.

**41** **SOUTH DAKOTA**  
**Pheasant salad**

During World War II, thousands of troops—including a general named Dwight D. Eisenhower—came

**VERMONT**  
Vermonter



through Aberdeen, where the Red Cross had set up a canteen serving chopped pheasant, hard-boiled egg, and veggies blended together with relish and mayonnaise. Ike called it the best sandwich he had ever eaten.

**42** **TENNESSEE**  
**Hot chicken**

A Nashville woman, looking to punish her philandering beau for stepping out on her, doused his fried chicken in cayenne pepper. But it hurt so good that he decided to open up a sandwich shack and share the burn.

**43** **TEXAS**  
**Beef brisket**

Juicy, slow-smoked brisket—often cured with coffee and served with pickles, cheese, or jalapeños—satisfies even Lone Star-sized appetites.

**44** **UTAH**  
**Pastrami burger**

After Crown Burgers of Salt Lake City started using deli meat as a burger topping, the craze quickly caught on. Burger joints throughout the state now offer pastrami burgers, usually with melted Swiss cheese and Utah’s famous fry sauce (a mixture of ketchup and mayo).

**45** **VERMONT**  
**Vermonter**

Combine several Green Mountain State staples and you get this grown-up grilled cheese made with sharp

# 47

## WASHINGTON

### Smoked salmon

The official state sandwich since 1987, smoked salmon on wheat “evokes everything I love about this state: the bounty of the sea and the history of the remarkable peoples who have called this place home for millennia,” says *Taste of Home* reader Donna Marie Eads.



cheddar, fresh apple slices, and maple mustard, often accompanied by ham and turkey.

## 46 VIRGINIA

### Country ham biscuits

A Commonwealth staple since the Colonial era, Virginia ham pairs perfectly with buttermilk biscuits—and a smear of mustard, if you’d like.

## 48 WEST VIRGINIA

### Pepperoni rolls

“I’ve never seen a comparable sandwich outside of West Virginia,” Mountain State native Kris Childers says of these baked rolls stuffed with pepperoni (and sometimes cheese, peppers, or tomato sauce).

## 49 WISCONSIN

### Beer brat

These sausages—which boil in a bath of beer and onions before getting grilled, then piled with sauerkraut—were introduced at a Milwaukee Braves baseball game in 1954. Now, no Brewers tailgate party would be complete without them.

## 50 WYOMING


### Bison burger

Buffalo meat is leaner than beef, so bison burgers are typically cooked rare to medium-rare to keep them from drying out. Onions and herbs are often mixed into the patties to add extra flavor. **R**









# Instead of Going to College, I Read These Books

*For a woman whose  
life took another path,  
a teacher's reading list  
taught her everything she  
needed to know*

---

BY Tom Hallman

ILLUSTRATIONS BY Andrea DeSantis

Steph Clemence always intended to go to college. But life has a tendency to throw obstacles in the way. Growing up, she led a nomadic life because her mother, who divorced and remarried several times, was always on the move. As a result, Steph attended five different kindergarten programs. By the time she was a senior in high school, Steph had lived in 25 places.

Still, she had good grades and considered herself college bound. But when her stepfather died tragically in a car accident, leaving her mother to support three daughters on a modest income, paying for college became out of the question.

Around that time, Steph's boyfriend, Gary Frye, enlisted in the Navy, a four-year commitment that would send him overseas. Before he shipped out, the couple tied the knot.

"We got married on July 7, and Gary left on August 18," says Steph. "I dropped him off at the bus station and cried all the way home."

With her husband at sea, Steph lived with her family, found a job, and tried to figure out what to do with a life that had deviated so from the plan she'd carefully laid out.

The answer came one afternoon when she was cleaning her bedroom closet. Inside a box of files she spotted a thick folder on which she'd written "High School Keepsakes." Tucked in among memorabilia and photos from

her time at McKenzie High School in Vida, Oregon, Steph found two stapled mimeographed pages from the English teacher she'd had her junior year, Dorothy Clark.

Mrs. Clark was small and animated, given to waving her hands when she spoke. One afternoon, she walked into the classroom carrying a stack of stapled papers. She instructed the students in the front of each row of desks to take one and pass the rest to the students behind them. The hand-out was titled "Mrs. Clark's Book List." It wasn't homework, the teacher announced, but it could be a road map.

"I was  
determined  
to improve  
myself."



"Some of you might not go on to higher education," Mrs. Clark said, "but you can continue to learn." She'd spent months creating a list of



153 fiction and nonfiction books, plays, and short stories from the United States and abroad, covering science, history, economics, politics, and literature. It would, she believed, form the equivalent of two years at a liberal arts college.

“She knew the income levels of the kids in my high school,” says Steph. “Working-class and logging families. She knew most of us would not go to college. She was right. But she knew we could continue to learn after high school. She was also right about that.”

Steph studied the list. The first book was *Bulfinch’s Mythology*. She flipped the page to see the last book: *The Alexandria Quartet* by Lawrence Durrell.

And so it began. It was 1970. “I was hopeful and determined to improve myself,” she says. Steph had always read for pleasure—magazines, true-crime books, mysteries, and romance novels. Now she would add Mrs. Clark’s suggestions to the mix. Starting at the top, she would read every book in the order they appeared.

That night she wrote her husband, who was stationed in the Mediterranean, to tell him about her plan. When she eventually went to college, she told him, she’d be further along than the other freshmen.

Four years later, he left the Navy and enrolled in college while Steph worked a variety of jobs. She helped pay his tuition, and she kept reading.





The only other people she told about her goal were her mother, her sister, and a few friends. She assumed that people would find little value in her journey. But she felt differently. Each of those books sparked her passion to learn more about the person, subject matter, or time in history. That made her look for other books that weren't on the list, hoping to deepen her knowledge.

Over the years, the Fries, who chose not to have children, moved around a lot, living in 16 homes in multiple states. Steph buried her mother. She and Gary lost one home, scrimped, saved, and bought another. Gary retired as the property manager for

a hospital in Portland, Oregon. Then Steph retired as an office manager for a dentist.

Through it all, the reading list was a constant in her life, traveling with her even on vacations so she could refer to it while prowling flea markets and used bookstores for the next book on the list. (She never bought the books in advance; she looked for the title only when it was the next one up.) When the original list wore out, she typed up a new copy. And then another.

"Finding the next book on the list was fun, like a treasure hunt," says Steph. Whenever she couldn't find a used copy of a book, she'd mark the

title with a dash. If she couldn't find it in the library, she'd use a circle. While she kept looking, she'd read other books that weren't on the list.

"The only book I skipped over was the Bible," says Steph. "I'd read parts of it during my life, and I figured I'd eventually get to it. Then 9/11 happened. That very day I began reading the Bible, and I read it from start to finish. I wanted to get a better understanding of mankind."

Unlike many people who crack open a book in bed before it's time to sleep, Steph prefers to read while sitting in a chair with a cup of coffee by her side. She doesn't race through a book, as she wants to savor the experience.

"Reading these books is an emotional and intellectual experience," she says. "What am I going to discover? How will my heart change?"

Her favorite from the list was *The Human Comedy* by William Saroyan. It's about a fatherless boy growing up during World War II. "It made me think and feel. It's heartwarming. I've read it three times," she says.

Her least favorite: Karl Marx's critique of capitalism, *Capital (Das Kapital)*. Her critique: "It's so dry. Reading it was like working on a complicated math problem."

**NOW STEPH IS 70** and she never did get to college. But she has only four books left to read from the list. She expects to complete them sometime in 2023.

"Each of the books has added something to who I am and how I see the world," she says. "They've opened so many doors for me about race, the environment, history, and politics. I'm no expert, but I now have the background to see why things happened and what it might mean."

She wishes she could thank Mrs. Clark. She wishes she could share with her teacher how reading the works on her list has changed her life.

**"Each book has added to who I am."**



In *Madame Curie*, the author, Eve Curie, writes: "Each of us must work for his own improvement, and at the same time share a general responsibility for all humanity, our particular duty being to aid those to whom we think we can be most useful."

The way Steph Frye sees it, Mrs. Clark felt it was her particular duty to help young students navigate a changing and ever more complicated world. And thanks to a simple classroom handout, at least one young woman who couldn't afford college was the better for it.

"It was never just a list I got from some teacher in school," says Steph. "It's always been Mrs. Clark's Book List." **R**



# Mrs. Clark's Book List

(In the order  
Steph Clemence Frye  
read them)

- **Bulfinch's Mythology** by Thomas Bulfinch
- **Gulliver's Travels** by Jonathan Swift
- **The Odyssey** by Homer
- **The Adventures of Tom Sawyer**  
by Mark Twain
- **Robinson Crusoe** by Daniel Defoe
- **Alice in Wonderland** by Lewis Carroll
- **Treasure Island** by Robert Louis Stevenson
- **The Grapes of Wrath** by John Steinbeck
- **Walden** by Henry David Thoreau
- **The Scarlet Letter**  
by Nathaniel Hawthorne
- **The Red Badge of Courage**  
by Stephen Crane
- **Ivanhoe** by Walter Scott
- **Great Tales and Poems** by Edgar Allan Poe
- **Pride and Prejudice** by Jane Austen
- **Pygmalion** by George Bernard Shaw
- **Moby Dick** by Herman Melville
- **Oedipus Rex** by Sophocles
- **The Aeneid** by Virgil
- **Brave New World** by Aldous Huxley
- **1984** by George Orwell
- **The Autobiography of Benjamin Franklin**
- **Cry, the Beloved Country** by Alan Paton
- **Cyrano de Bergerac** by Edmond Rostand
- **The Catcher in the Rye** by J. D. Salinger
- **Jane Eyre** by Charlotte Bronte
- **Wuthering Heights** by Emily Bronte
- **The Once and Future King** by T. H. White
- **Don Quixote** by Miguel de Cervantes
- **The Old Man and the Sea**  
by Ernest Hemingway
- **Death of a Salesman** by Arthur Miller
- **Pilgrim's Progress** by John Bunyan
- **To Kill a Mockingbird** by Harper Lee
- **The Sea Around Us** by Rachel Carson
- **Call of the Wild** by Jack London
- **Patterns of Culture** by Ruth Benedict
- **Lord of the Flies** by William Golding
- **Profiles in Courage** by John F. Kennedy
- **My Antonia** by Willa Cather
- **The Canterbury Tales** by Geoffrey Chaucer
- **The Symposium** by Plato
- **Through the Looking Glass** by Lewis Carroll
- **The Complete Sherlock Holmes**  
by Arthur Conan Doyle
- **The Return of the Native** by Thomas Hardy
- **A Farewell to Arms** by Ernest Hemingway
- **Native Son** by Richard Wright
- **The Great Gatsby** by F. Scott Fitzgerald
- **The Jungle Book** by Rudyard Kipling
- **The Leatherstocking Tales**  
by James Fenimore Cooper
- **Leaves of Grass** by Walt Whitman
- **Great Expectations** by Charles Dickens
- **She Stoops to Conquer**  
by Oliver Goldsmith
- **Hiroshima** by John Hersey
- **Main Street** by Sinclair Lewis
- **The Merry Adventures of Robin Hood**  
by Howard Pyle
- **The Ugly American**  
by Eugene Burdick and William J. Lederer
- **Animal Farm** by George Orwell
- **Abraham Lincoln** by Carl Sandburg
- **How to Read a Book** by Mortimer J. Adler
- **Essays** by Ralph Waldo Emerson
- **Giants in the Earth** by Ole Edvart Rølvaag
- **Heart of Darkness** by Joseph Conrad
- **Arrowsmith** by Sinclair Lewis
- **All Quiet on the Western Front**  
by Erich Maria Remarque
- **Vanity Fair**  
by William Makepeace Thackeray
- **War and Peace** by Leo Tolstoy
- **Life on the Mississippi** by Mark Twain
- **The Holy Bible**
- **The Iliad** by Homer
- **David Copperfield** by Charles Dickens
- **Buddenbrooks** by Thomas Mann
- **Decameron** by Giovanni Boccaccio
- **Castle of Otranto** by Horace Walpole
- **Lady Windermere's Fan** by Oscar Wilde
- **Jennie Gerhardt** by Theodore Dreiser
- **Clarissa** by Samuel Richardson
- **Paradise Lost** by John Milton
- **Maggie: A Girl of the Streets**  
by Stephen Crane



- **The Green Hat** by Michael Arlen
- **The Last Days of Pompeii** by Edward Bulwer-Lytton
- **Sappho** by Alphonse Daudet
- **The Green Bay Tree** by Louis Bromfield
- **Jalna** by Mazo de la Roche
- **“Bliss”** by Katherine Mansfield (short story)
- **The Vicar of Wakefield** by Oliver Goldsmith
- **Europa** by Robert Briffault
- **Europa in Limbo** by Robert Briffault
- **The Widow Barnaby** by Frances Milton Trollope
- **The Widow Married** by Frances Milton Trollope
- **The Old Wives’ Tales** by Arnold Bennett
- **The Bride of Lammermoor** by Walter Scott
- **Pendennis** by William Makepeace Thackeray
- **The Magnificent Ambersons** by Booth Tarkington
- **Penrod** by Booth Tarkington
- **Of Human Bondage** by W. Somerset Maugham
- **The Good Earth** by Pearl S. Buck
- **Crime and Punishment** by Fyodor Dostoevsky
- **The Golden Bough** by James George Frazer
- **Ethan Frome** by Edith Wharton
- **The Importance of Being Earnest** by Oscar Wilde
- **The Glass Menagerie** by Tennessee Williams
- **Look Homeward, Angel** by Thomas Wolfe
- **John Brown’s Body** by Stephen Vincent Benét
- **A Doll’s House** by Henrik Ibsen
- **Wind, Sand and Stars** by Antoine de Saint-Exupéry
- **All the King’s Men** by Robert Penn Warren
- **Madame Curie** by Eve Curie
- **Mutiny on the Bounty** by Charles Nordhoff and James Norman Hall
- **Northwest Passage** by Kenneth Roberts
- **The Power and the Glory** by Graham Greene
- **The School for Scandal** by Richard Brinsley Sheridan
- **The Organization Man** by William H. Whyte
- **Lord Jim** by Joseph Conrad
- **The Federalist Papers** by Alexander Hamilton, James Madison, and John Jay
- **An American Tragedy** by Theodore Dreiser
- **The Three Musketeers** by Alexandre Dumas
- **The Turn of the Screw** by Henry James
- **The Bridge of San Luis Rey** by Thornton Wilder
- **The Inferno** by Dante Alighieri
- **Intruder in the Dust** by William Faulkner
- **The Short Stories of Ernest Hemingway**
- **Green Mansions** by William Henry Hudson
- **A Portrait of the Artist as a Young Man** by James Joyce
- **A Passage to India** by E. M. Forster
- **The Human Comedy** by William Saroyan
- **The Ox-Bow Incident** by Walter Van Tilburg Clark
- **How Green Was My Valley** by Richard Llewellyn
- **Saint Joan** by George Bernard Shaw
- **Lust for Life** by Irving Stone
- **The Oregon Trail** by Francis Parkman
- **The Way of All Flesh** by Samuel Butler
- **Death Comes for the Archbishop** by Willa Cather
- **The Emperor Jones** by Eugene O’Neill
- **The Virginian** by Owen Wister
- **Madame Bovary** by Gustave Flaubert
- **The Forsyte Saga** by John Galsworthy
- **Capital (Das Kapital)** by Karl Marx
- **Our Plundered Planet** by Henry Fairfield Osborn Jr.
- **The Crucible** by Arthur Miller
- **Only Yesterday** by Frederick Lewis Allen
- **The Late George Apley** by John Phillips Marquand
- **Looking Backward** by Edward Bellamy
- **Doctor Zhivago** by Boris Pasternak
- **Fathers and Sons** by Ivan Turgenev
- **Out of the Silent Planet** by C. S. Lewis
- **The Sea of Grass** by Conrad Richter
- **“The Lottery”** by Shirley Jackson (short story)
- **Our Town** by Thornton Wilder
- **The Mill on the Floss** by George Eliot
- **One Man’s Meat** by E. B. White
- **The Innocents Abroad** by Mark Twain
- **Roughing It** by Mark Twain
- **As I Lay Dying** by William Faulkner
- **The Alexandria Quartet** by Lawrence Durrell



YOUR TRUE STORIES

# Small Changes, Big Improvements

*Readers share the tiny  
tweaks they made to their daily lives ...  
and what happened as a result*



BY *Reader's Digest Readers*  
ILLUSTRATIONS BY *Maria Amador*





ALEKSANDRA KONOPLIA/EYEEM/GETTY IMAGES



## A REAL DOLL

I've worked at an amusement park and when another Barbara joined the team, I changed my name tag from "Barb" to "Barbie." It was funny to see how small kids related to me differently. "Is she really Barbie?" they asked. I changed it at my other job, too, and began answering the phone, "This is Barbie, how can I help you?" Ninety percent of callers now respond with my name: "Barbie, can you tell me..." Pronouncing that long "e" sound forces your mouth into a smile. But I've found the smile is usually returned voluntarily.

—BARBIE BOSCO  
*Latrobe, Pennsylvania*



## RICE TWICE AS NICE

We replaced rice with cauliflower rice. There's not much of a difference in taste, and it seasons well, cooks in minutes, and is a vegetable instead of empty carbs.

—MICHELLE BYRD  
*Marlton, New Jersey*



## THE SWEET LIFE

I eat my dessert first. I am 95 years old.

—PAULA HASSLER *Tempe, Arizona*



## HAPPY WIFE, HAPPY LIFE

Early in our marriage, my husband would come home exhausted from work and I'd be exhausted from the kids. We were both tired and cranky, and we often ended up arguing. It got to a point where I worried we were on the verge of divorce. The day I realized it, I asked myself, "Am I the person I would want to come home to?" I began greeting him with a smile and kiss instead of complaining about my day. He'd smile back and we'd talk calmly. We still have our differences, but one small change in attitude saved our marriage forever.

—PHYLLIS VERDERAME  
*State College, Pennsylvania*



## AHEAD OF THE TINES

We presort silverware in the dishwasher. It takes no extra time loading and makes emptying much easier. We always smile when our kids, now adults, introduce friends to “Spoonland” and “Forkland.”

—KATHLEEN LUCK *North Olmsted, Ohio*



## CREATING A PAPERLESS TRAIL

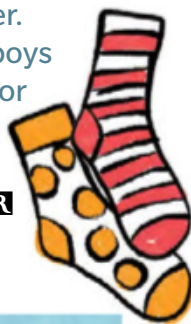
My sentimental hoarding resulted in countless envelopes stuffed with playbills, flyers, ticket stubs, wedding invitations, graduation announcements, holiday and birthday cards, etc. I placed all the contents on a scanner and laid coordinating decorative paper over them for a background, then uploaded the scans to a folder titled “Paula’s Scrapbook.” It felt great to clear so many excess papers and create a beautiful craft project of memories to share on my computer.

—PAULA M. CRANE *Tucson, Arizona*

## THROWING IN THE TOWEL

I raised nine boys on a farm. It was their job to bring their laundry downstairs. I spent a lot of time turning socks, underwear, and shirts right side out. So I stopped and just folded everything as it came out of the dryer. I never noticed the boys wearing their socks or shirts inside out—the underwear, I don’t really know. **R**

—R.N. *via rd.com*



## WHAT’S THE LAZIEST THING YOU’VE EVER DONE?

“Give the hardest job to the laziest person to find the easiest way to do it,” said someone, somewhere, sometime ... we guess. Sometimes a little lethargy is the prerequisite of a stroke of genius—just ask the inventor of the lazy Susan! Too comfy to get up and hit the lights? Shine a laser pointer on the switch so the cat will jump up and swat it. We’re talking that level of laziness. Or, on the flip side, have you ever put off something for so long that it wound up working out in your favor? If you’ve done something so lazy it’s almost admirable, please put forth the effort to share your story and see terms at [rd.com/lazy](http://rd.com/lazy).

ALEKSANDRA KONOPLIA/EYEEM / GETTY IMAGES







A photograph of a cave interior, likely the Tham Luang cave system. The walls are dark and textured, with some stalactites visible. In the lower part of the image, several people are standing in a dimly lit area, illuminated by bright artificial lights. The overall atmosphere is dramatic and mysterious.

DRAMA IN REAL LIFE

# THE IMPOSSIBLE RESCUE

*When 13 members of a Thai youth soccer team became trapped in a flooded cave, the two-week ordeal mesmerized the world. Here's the extraordinary story of how they were saved.*

---

BY *Matt Gutman*

FROM THE BOOK **THE BOYS IN THE CAVE**



SOCCKER PRACTICE FOR the Moo Pa (Wild Boars) soccer team had just ended when assistant coach Ekkapol Chantawong—or “Ek”—suggested that he and the players take refuge from the simmering midafternoon heat by exploring the Tham Luang cave. Ek, a boyish 25 and more big brother to the kids than drill sergeant, heard no complaints. The cave, at the base of a mountain in northern Thailand, was a favorite hangout.

So that Saturday, June 23, 2018, at noon, the Moo Pa jumped on their bikes and rode the half-hour to Tham Luang. Parking their bikes outside, they entered the cave, passing a sign that warned in large red letters in Thai and English that from July to November was flooding season for the cave.

Coach Ek wasn't worried; it was June and the monsoon rains that could flood the cave's channels were still weeks away. Behind him were

12 players who, like many Thais, went by nicknames: Night, 17; Tee, 16; Note and Nick, 15; Bew, Adul, and Tern, 14; Dom, Pong, Mark, and Mick, 13; and Titan, 11.

The mouth of the cave was large enough to fit the Taj Mahal. Mud stains 20 feet up showed the high-water mark of previous years' floods. Walking farther into the cave—their way lit by flashlights—the team climbed over boulders, slid down steep slopes, walked through puddles, and ducked at those points when the ceiling was only a few feet high. About a mile in, they turned left at a T-junction and climbed down into a bowl-shaped recess. Their destination: Pattaya Beach, a sandbar named after a Thai resort area, more than a third of a mile farther in.

About 15 minutes later, they reached Pattaya Beach and stopped for a break. Titan, experiencing the cave for the first time, was creeped out by the dark and the spooky shadows cast by their flashlights. But he didn't dare tell the older boys.

Coach Ek checked his watch; they'd been in the cave about an hour. It was time to head back.

But before they reached the T-junction, instead of the stagnant puddles they had crossed on the way in, they found deep, fast-moving water. Ek told the others he would check it out. He pulled a rope from his bag, tied it around his waist, and instructed three of the bigger boys:



"If I yank twice, pull me back. If I don't, you can come."

Ek dove down, but the darkness, depth, and current defeated him. He yanked twice. Night felt a surge of panic as he helped haul his coach back in.

It was now late afternoon. The boys hadn't eaten in hours and were growing anxious. Afraid they would panic, Ek told them something he didn't believe himself—that the water would recede by morning.

"You'll see," he said. "Why don't we find a place to sleep?"

They retreated to the high sandbar of Pattaya Beach, which typically remained dry during floods. Ek led the boys in Buddhist prayers, chants that he hoped would soothe them. As they lay down to sleep, the Moo Pa had no way of knowing that the monsoon rains had arrived early.

## WHERE ARE THE BOYS?

THAT NIGHT, WHEN their sons hadn't arrived home, the boys' parents grew alarmed. At 10 p.m., a team of rescuers was called in, only to be turned away by the rising water. A few parents made their way to the mouth of the cave. A ranger stopped them from going in. Instead, they shouted into the entrance: "Night!" "Bew!" "Dom!" "Titan!" No response.

The next day, at 7 a.m., more rescuers entered the cave. Among them was Vern Unsworth, a 63-year-old local Brit who knew this place better than

anyone: Over several expeditions, he had created an extensive survey of the cave system.

At the T-junction, Unsworth stopped in his tracks. The bowl he'd seen so many times was now completely underwater. He had been told that there was water, but he hadn't expected this much. There was nothing he could do but return to the mouth of the cave.

## THEY WERE COLD AND SCARED. THEY HAD NO FOOD, BUT THE STREAM GAVE THEM WATER.

While Unsworth was forced out of the cave because of the rising water, the boys were pushed farther in for the very same reason. About a mile and a half from the entrance, the muddy ground slanted upward toward the cave wall, leading to a flatter area where they could sit and wait to be saved. They were cold, hungry, and scared. Whenever a boy started to cry, the others would hold him and try to cheer him up. They had no food, but the stream below gave them water.

It wasn't much, but it would be home for the next two weeks.

## "WE'VE GOT SOMETHING"

DAYS PASSED AND still nobody knew where the boys were or whether they had survived. Royal Thai Navy SEALs,



an elite fighting force, searched various passageways but had no luck finding them. A thousand troops and would-be helpers gathered outside the cave, and the world watched live news reports, hoping for a miracle. But as the waters rose, the military suspended rescue attempts.

## AS CAVE DIVERS DRIFTED TOWARD THE SOUND, THEY SAW A LIGHT FLICK ON.



On day five, an expert in water management created a system of pipes and pumps to divert water from seeping into the cave. It helped slow the deluge. But over the next few days, rescuers were still unable to find the boys. They simply didn't have the expertise. What was needed were seasoned spelunkers with the technical know-how to navigate the dark, fast-moving waters and climb the tricky passageways.

On day ten, two of the world's best cave divers, Rick Stanton, 57, and John Volanthen, 48, both of Great Britain, arrived. They were veterans of multiple cave rescues in which they had brought people out alive; more often, though, they found corpses. Still, there was a chance the boys were alive.

Vern Unsworth sketched a map of the cave system for the Brits. It showed nine distinct chambers, each

problematic in its own way. The first two chambers made up the vast entrance. The third chamber featured a steep 45-degree slope pocked with boulders, stalagmites, and stalactites that needed to be negotiated. Chambers four through eight were completely or partially flooded and extremely narrow—so narrow in parts that rescuers would have to take off their oxygen tanks to pass through. Chamber nine was where Unsworth thought the boys might be.

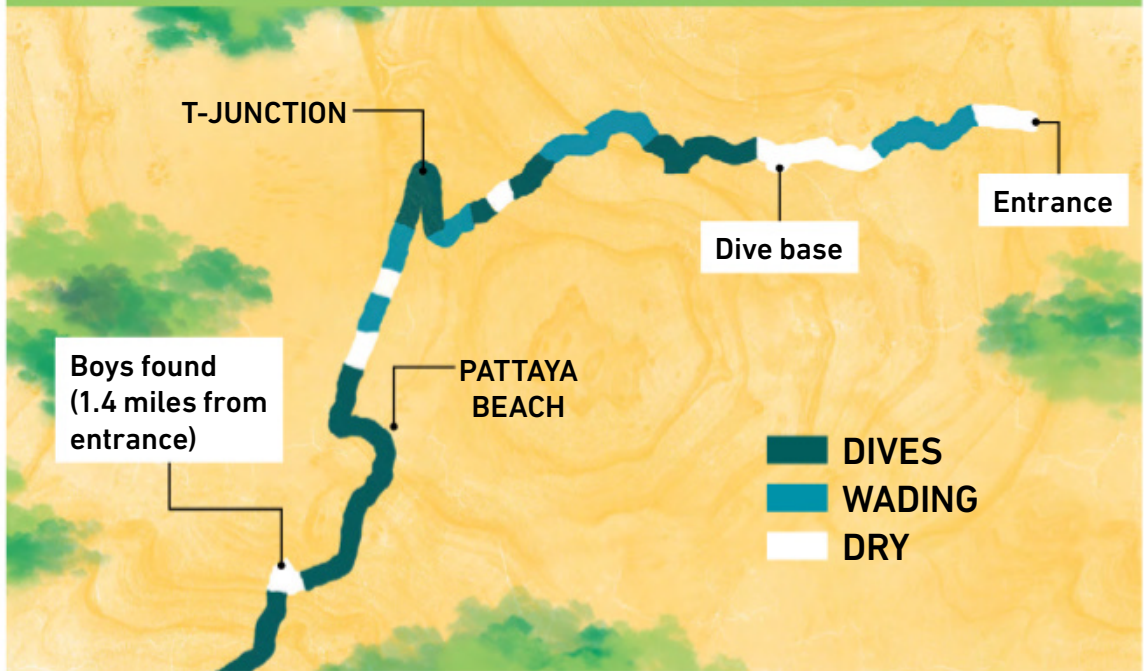
For three hours, Stanton and Volanthen swam against the current, breathing heavily in their regulators and carefully unspooling a thin guideline behind them, their link to the outside world. They were now deeper into the Tham Luang cave than any of the rescuers before them.

Stanton checked his air gauge; he had used about a third of his supply, which was a signal to turn back soon. Cave divers use a third of a tank on the journey in, save a third for the journey out, and reserve a third in case of trouble, like getting lost or stuck.

They passed Pattaya Beach, which water had swallowed up. Chamber nine, according to Unsworth's map, was a few hundred yards beyond.

Along the way, any time that they noticed air pockets above they'd bob up and take a sniff, their noses supplying information their eyes couldn't. Before taking his mask off once again, Stanton made a mental note to tell Volanthen they should turn around.

## BIRD'S-EYE VIEW OF THE CAVE TUNNEL



And then he sniffed. It was the distinct smell of either human excrement—or decaying bodies.

“Hey, John,” he said. “We’ve got something.”

Then they heard voices. As they drifted toward the sound, they saw a beam of light flick on and slowly scan the water.

Moments earlier, Coach Ek had heard the men’s voices. He asked everyone to hush. Too tired to move, Ek told Mick, who was holding their flashlight, to go to the water’s edge to see if anyone was there.

Mick complied and then froze in fear as he watched what looked like two alien creatures—with hoses attached to their mouths, and helmets

bristling with lights—surface from the water. The divers’ headlights illuminated the Moo Pa soccer players, temporarily blinding them.

“How many are you?” shouted Volanthen.

“Thirteen!” came the reply in English.

“Brilliant!” said Volanthen, relieved to hear they were all alive.

“We are hungry,” said the boys. They lifted their jerseys to reveal bony rib cages. The divers had not expected to find the boys alive and had no food for them.

Stanton took stock of the group. The little ones and the coach seemed lethargic and frail, but some of the bigger boys appeared surprisingly energetic.



Heavy rains arrived early, flooding the cave and trapping the Thai soccer team and its coach inside.

help of others, devise a nearly impossible rescue plan.

Before the two men dipped back into the water, each boy

came over and wrapped skinny arms around them.

“I am so happy,” Adul told them.

“We are happy, too,” Volanthen replied.

In a country where physical contact among strangers is unusual, where hands pressed together in front of one’s face takes the place of a handshake, the embraces showed the enormity of the boys’ relief and gratitude.

## A PLAN

THE NEXT DAY, seven Thai SEALs, following the guidelines set up by Stanton and Volanthen, made the perilous journey to chamber nine. They came bearing blankets, medical supplies, and food—the first the boys had tasted in nearly two weeks.

Outside the cave, an American military pararescue unit, called in from a base in Okinawa, Japan, was placed in charge of rescue-plan logistics.

No one had ever attempted a rescue this tricky or of this magnitude inside a flooded cave. There were no easy options. That meant every scheme,

After 20 minutes, Volanthen made the difficult announcement that they would be leaving the team behind for the time being. It killed the divers that they couldn’t rescue everyone then and there, but it was too dangerous at this point.

“But many people are coming,” Volanthen assured them.

## ONE HOTLY DEBATED PLAN: LEAVING THE BOYS UNTIL THE END OF MONSOON SEASON.

“When?” asked one desperate boy.

“We hope tomorrow,” Volanthen said, though he couldn’t possibly be sure. He couldn’t be sure of anything. He couldn’t be sure how untrained rescuers would get through the flooded cave with food and provisions, and he certainly wasn’t sure how to get the boys out alive.

All he and Stanton could do now was return to their base and, with the



no matter how far-fetched, was on the table. The most obvious plan, having the boys swim out, was immediately scrapped. There were long underwater passages. If a boy panicked, he and his rescuers could drown.

One hotly debated proposal called for leaving the boys in the cave until the end of the monsoon season—four months away. Some argued they'd be safe there, others insisted they'd go crazy inside that long. It all became moot when it was determined that there wasn't enough oxygen in the chamber for them to last that long.

Another plan that met with initial skepticism was to sedate the boys and have rescuers swim them out. It sounded doable, but what if the kids woke up during transit? After

bandying about other ideas—none that seemed workable—the team came back to the notion of sedation. And the more they talked it out, the more it came into focus.

The linchpins of the rescue team would be two recently arrived Australian cavers: Richard Harris, an anesthesiologist, and his caving partner, Craig Challen. At dive time, Harris would administer two injections: ketamine to knock the boys out and atropine to dry up their mouths and lungs so they wouldn't choke on saliva.

The rescue as devised would require a dozen divers, working in shifts over three days. Each would be assigned one boy to bring out. The divers would be given a pouch containing loaded syringes and taught

**More than 175 rescuers from Thailand and around the globe, including the United States, Great Britain, and Canada, took part in what one diver called Mission Impossible.**



how to administer the shots should the medication wear off in passage.

The plan also called for hundreds of air tanks to be hauled to points set up along the extraction route that divers could swap out for their emptied tanks. Flexible plastic stretchers called Skeds, which would wrap around each kid like a taco, were also dropped off in chamber three. The boys would need to be put on them through the last treacherous stretch before the cave entrance.

## THE BOY WAS BLUE AND BARELY BREATHING. "THIS IS GOING BADLY," HARRIS THOUGHT.

Despite the meticulous planning, the rescuers knew that casualties were a strong possibility. There were just too many things that could go wrong, a fact driven home when a volunteer ran out of oxygen and died while ferrying air tanks.

### GETTING THE BOYS OUT

AT 10 A.M. ON Sunday, July 8, the lead divers—Harris, Challen, Stanton, Volanthen, and two more Brits, Jason Mallinson and Chris Jewell—slipped into the water at chamber three, spaced a few minutes apart. Medical staff would wait in this chamber for their return with the kids.

The first boy out would be Note.

Harris administered the shots, and after Note faded from consciousness, Harris and Mallinson zip-tied his arms and legs to prevent them from getting entangled or injured, and strapped on a positive-pressure face mask, which would feed air continuously to ensure the boy kept breathing while comatose. Harris tested the mask seal by dunking the boy's head into the water. Note stopped breathing. An eternal 30 seconds later, bubbles flowed from the side of his mask. He was exhaling. Good.

With an oxygen tank now secured around Note's waist, Mallinson gripped the two straps on the back of the boy's inflatable vest and started kicking, following the guideline.

The first section was the longest—a continuous 20-minute, 350-yard swim. At the end was a choke point; Mallinson had to contort Note's body to get him through.

Note's head, facing down, inevitably struck unseen rocks. His bare feet dangled low and scraped the sharp rocks and gravel on the tunnel floor. But Mallinson's mission wasn't necessarily to bring the boy out unscathed. It was just to bring him out alive. His sole focus was the mask's seal. If it became dislodged, the boy could drown.

Soon after the two emerged in chamber eight, Volanthen arrived with the second boy, Tern, followed 20 minutes later by Jewell with the third boy, Nick. Then one by one, each diver and boy entered the water-filled

hollow at chamber seven and kept going.

Back at chamber nine, Harris dosed that day's last boy, Night, with ketamine. For a few moments he stopped breathing—then a slow breath came. Stanton nosed the boy into the canal, watching carefully for the bubbles that indicated breathing. Fifty yards out, he shouted back to Harris: "He doesn't seem to be breathing much!" Night was breathing maybe three times a minute.

"There's nothing we can do—keep going!" Harris shouted back.

With four boys on their way out, Harris set off. Arriving in chamber

eight, he saw that Night was not looking well. He was blue and cold, barely breathing. Harris lay cheek-to-sand cradling the boy's head, trying to keep his airway open and thinking, "This is going really badly." But then Night began to take sporadic sips of breath and soon his breathing stabilized—in fact, he was coming to. Harris knocked him out with another ketamine jab. Stanton resumed their journey.

Ahead of them, Mallinson, the first diver, was leaving chamber seven when he felt Note twitch—he, too, was coming to. In neck-deep water, Mallinson pinned Note against the wall while searching his bag for the syringe

**Because divers used up so much oxygen swimming the boys out through the tight, twisting tunnels, spare oxygen tanks were placed throughout the cave.**







**Above: Coach Ek at right, with the Moo Pa (Wild Boars) soccer team at a ceremony marking their rescue. Left: The Moo Pa when divers found them alive.**



pack. When he found it, the syringes popped out and began slowly floating away. Mallinson managed to grab one and injected Note's leg with more ketamine. The twitching subsided.

The very last choke point was a drainpipe-sized vertical squeeze from chamber four into chamber three that went straight up, then straight down.

It was the most challenging portion of the dive. Visibility was poor, and for the rescuers, feeling their way was even more difficult when holding both the guideline and a boy.

Mallinson pulled Note upright, stuffed him through the narrow opening and slid in behind, careful not to let go.

With the worst of the cave-diving behind them, they arrived in chamber three, where the waiting medical staff descended on Note.

One pararescuer flipped him onto his side; the boy was unresponsive. A doctor assessed his vitals.

"He's alive!" came the call.

Now some two-thirds of a mile more had to be covered to get Note out. First he was strapped into a Sked, which was harnessed to a rope-and-pulley system rescuers had built in the last few days that would enable the boys to be lifted over a series of boulders. After that, the Sked was carried about 70 yards by another team, climbing around and over stalagmites and boulders.

Then Note's Sked was attached to another rope system so that Thai SEALs could maneuver the stretcher down the 45-degree slope to a para-rescuer who would carry the boy to chamber two.

On the final stretch, another Thai SEAL team hauled Note through 400 yards of chest-high water and then ran him out of the cave, where Note was exposed to his first rays of natural light in more than two weeks.

As the boys emerged, ambulances drove them to a waiting helicopter that flew them to a nearby hospital.

The human shuttle continued for two days until the last boy, Pong, was pulled from the cave and delivered to the hospital. There, he, his teammates, and their coach would remain under observation for the next week.

Hours after Pong emerged, the monsoon rains totally sealed off Tham Luang cave.

Several weeks later, the boys rode their bikes up the hill to Coach Ek's home to celebrate Titan's 12th birthday. It was nearly 9 p.m. when the boys cheerily bid Ek goodbye and pointed their bikes toward home, betraying not a speck of fear.

They were, after all, the Moo Pa. **R**

EXCERPTED FROM THE BOOK THE BOYS IN THE CAVE  
BY MATT GUTMAN, COPYRIGHT © 2018 BY MATT GUTMAN.  
REPRINTED WITH PERMISSION OF HARPERCOLLINS  
PUBLISHERS.



## Clearing Your Name

Governments around the world have made certain names illegal, sometimes after parents have tried to bestow them. You cannot name your child:

Friday in Italy,

Robocop in Mexico,

Monkey in Denmark,

Thor in Portugal,

Nutella in France, or

007 in Malaysia.

USBIRTHCERTIFICATES.COM

# A Dose of Mental Health

*Many people are microdosing, but scientists are split over whether the benefits of taking small amounts of psychedelic drugs are a placebo effect or something more*

BY Dana G. Smith

FROM THE NEW YORK TIMES

FIVE YEARS AGO Joseph was struggling. “I was just kind of in this depression, in this rut,” he says. “I was unhappy and angry and agitated all the time, and it went against the way that I saw myself.”

Depression and anxiety run in Joseph’s family, and he’d been

prescribed Prozac as a kid. But when symptoms of depression returned in his early 30s, he didn’t want to go back to a prescription drug.

Joseph, an Austin-based designer (he asked to withhold his full name), came across research from Johns Hopkins University about psilocybin,





the active ingredient in hallucinogenic, or “magic,” mushrooms. In a small study, full doses of the drug helped cancer patients cope with depression and anxiety. Then he read anecdotes of Silicon Valley influencers claiming increased energy from taking tiny doses of psychedelics. So he decided to start microdosing a few times a week, eating a “small nibble” of mushrooms to see if it would improve his mood.



## “IT’S AKIN TO WALKING OUTSIDE AND THE SUN IS SUDDENLY OUT.”



Almost immediately he started seeing a benefit. “It just kind of boosted my morale,” he says. “I was in a little bit better mood. I had a little bit more pep to my step. I was having a little bit more fun, feeling a little bit more excited about things.”

Microdosing is typically defined by experts as taking 5 to 10 percent of a full dose of a psychedelic, usually LSD or psilocybin, as a way to get the supposed mental health benefits of the drug without the hallucinogenic high. For instance, in a clinical setting, a 155-pound man might take 20 milligrams of psilocybin for a full psychedelic experience. For a microdose, he’d take only 1 to 2 milligrams. At that level, taken several times a week, some

people claim the drugs improve their mood, boost their creativity, and give the world a brighter, shinier quality, as if it’s in high definition.

“It’s akin to walking outside and the sun is suddenly out,” says Erin Royal, 30, a Seattle resident who microdoses one or two times a week with mushrooms. “It reminds you that you are a person who can feel positive things and notice things that are beautiful.”

In practice, only about a third of people who microdose carefully measure the amount of the psychedelic they are taking; most take just enough to begin feeling some effects, which usually start after an hour and last four to six hours. That requires some trial and error—particularly when eating mushrooms, which can vary in psilocybin concentration. (The most commonly reported microdosing issue is accidentally taking too much, which isn’t dangerous but can be inconvenient. Researchers also say that frequent repeated doses of a psychedelic could theoretically stress the heart.)

Research into the mental health benefits of full doses of psychedelics is promising, and one early-phase study even found that psilocybin, at high doses, may be as effective as a selective serotonin reuptake inhibitor for treating depression. Full doses of psychedelics help the brain develop new cellular connections, a process called neuroplasticity, and there’s some evidence that microdoses produce similar changes.

Many of the scientists who pioneered research into full doses of psychedelics have started studying whether a microdose, too, might be beneficial. But evidence is limited, and experts are divided about how microdosing helps people—or if it does at all.

Much of the early research has been anecdotal, consisting of enthusiastic survey responses from users who experienced enhanced attention and cognition, feelings of well-being, and relief from anxiety and depression. Lab studies of psilocybin and LSD microdoses tend to support these claims, showing improvements in mood, attention, and creativity. But these studies have generally been small, and didn't compare a microdose to a placebo.

"You probably only participate at this point in a microdosing trial if you really have a strong belief that this might help you," says David Erritzoe,

MD, clinical director of the Centre for Psychedelic Research at Imperial College London. When people expect to benefit from a drug, they typically do.

The two largest placebo-controlled trials of microdosing were published last year, and both suggest that the benefits people experience are from the placebo effect. In the studies, volunteers used their own drugs and, unknown to them, received either active doses or a placebo. At the end of several weeks, almost everyone's mood and well-being had improved, regardless of what they had taken.

"I was initially surprised but also a bit disappointed by the results, because when we set up the study we were quite optimistic that microdosing could have an effect [beyond a placebo]," says Michiel van Elk, an assistant professor of cognitive psychology at Leiden University in the





Netherlands, who led one of the trials.

Dr. Erritzoe, who ran the other study, found that the drug's efficacy was tied to users' expectations. If they took a placebo but thought it was a microdose, they felt better, and if they had an active dose but wrongly guessed it was a placebo, they did not.

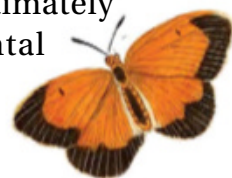
A third placebo-controlled trial, published earlier this year from the University of Chicago, tried to get around user expectations by giving participants four microdoses of LSD over the course of two weeks, but without telling them the purpose of the study or even what they were taking. Once again, there was no difference between the LSD and placebo groups.

Still, some scientists point to evidence showing that microdosing has a direct impact on the brain and argue that its benefits are real. Using neuroimaging technology, researchers have shown changes in brain activity and connectivity after single small doses of LSD that are similar to what's seen with larger amounts. And a study in Denmark found that a microdose of psilocybin activated nearly half the specific type of serotonin receptors

that psychedelics act on to produce their hallucinogenic effects.

"I wouldn't say it's all placebo. Clearly, it's an active drug," says Harriet de Wit, a professor of psychiatry and behavioral neuroscience at the University of Chicago, who led several studies. "We see brain changes that are a little bit like the high dose effect," she adds, which suggests that the smaller doses act on the same systems.

Some microdosing researchers, including de Wit and van Elk, remain optimistic that tiny amounts of hallucinogenic drugs will ultimately prove beneficial for mental



health and cognition. They say that the placebo-controlled trials may not have run for long enough, or the tests and questionnaires used in the studies may not fully capture the benefits some people experience from microdosing.

On the other side, Dr. Erritzoe says that just because a drug has an impact on the brain doesn't mean it has any therapeutic value. "If you can't see in a proper trial that it works for the symptoms, for things that people can actually detect and feel and experience in their lives, then it's just not that interesting," he says. "I'm not trying to shoot down microdosing. I'm just being cautious and saying that at the moment it does not look particularly optimistic."

One of the biggest problems with microdosing research is that it's hard to block the placebo effect in studies of a psychoactive substance. In Dr. Erritzoe's trial, 72 percent of people correctly guessed what they had taken, which means the trial is no longer blinded. For the studies showing effects in the brain, the biggest changes came at the higher end of the microdosing spectrum—20 to 26 micrograms of LSD and 3 milligrams of psilocybin—an amount where people often start noticing the drug's effects.

Out of the lab, most users dose themselves by aiming for a similar subtle awareness that they've taken something. At that level, the microdose might be closer to a half dose, or users' expectations could heighten the

drug's benefits because they can feel that it's doing something.

As a result of these difficulties and the lack of conclusive findings, van Elk has decided to go back to studying large doses of the drugs. Dr. Erritzoe says that once his next study ends, he'll probably do the same.

Both Erin Royal and Joseph are aware that the benefits of microdosing could be a placebo effect. But

**“I STARTED  
BECAUSE I READ  
THAT IT HELPS  
WITH DEPRESSION.”**



for them, how it works matters less than the fact that it has helped. These days, Joseph says his depression has improved thanks to a regular meditation practice, although he still microdoses occasionally if he starts feeling down.

After several years of microdosing, he says the biggest change he's experienced is a general shift in his mindset—something that's harder for scientists to measure. "I started because I read that it helps with depression," he says. "But as I've moved on, it's helped really a lot more with mental and personal growth and outlook on life—how you want to live and your existence in the world." **R**

THE NEW YORK TIMES (MARCH 10, 2022), COPYRIGHT © 2022 THE NEW YORK TIMES COMPANY.





INSPIRATION

# *Lending a Hand in* **UKRAINE**

*Amid the brutality and destruction,  
people around the world have reached  
out to help those caught in the crossfire.  
Here are a few of their stories.*







Project Dynamo's Bryan Stern (above, in black coat) with Ukrainian EMTs and Alex Spektor (in scrubs) after rescuing Spektor's newborn twins; and at left with some of the many others he helped save

## PROJECT DYNAMO

BY *Andy Simmons*

**ALEX SPEKTOR WAS** nervous. He was in Poland near the Ukrainian border about to meet his twin sons, Lenny and Moishe, for the first time. The boys were just 10 days old, born prematurely to a surrogate mother in Kyiv. The day before, on February 24, Russia had invaded Ukraine. With the country under siege and his undersized babies in the neonatal intensive care unit (NICU) requiring oxygen and constant monitoring, Spektor had no clue how he would get them home to Chicago safely.

Then he heard about Bryan Stern. The Army/Navy veteran runs the non-profit Project Dynamo, which sends

combat vets—all unpaid volunteers like Stern—into war zones to rescue Americans and allies trying to flee.

Though 14,000 people were already seeking Stern's services, when Spektor reached out to him Stern recognized just how dire the situation was for Lenny and Moishe.

"If dust gets in the NICU, they're in trouble. If the power goes out, they're in trouble. If there's a bunch of shot-up troops and the doctors get spread thin, then they're in trouble. So, the bottom line is getting out of Kyiv," Stern told NPR.

But extracting the twins would require more than a fast car. The precious cargo had to be monitored and watched continuously by medical staff. To keep tabs on them during

the 13-hour trip to the Polish border, Stern arranged for two ambulances, two doctors, two neonatal specialists, a nurse, and a Ukrainian ambulance crew. Stern would follow in his car to navigate the various checkpoints and live fire.

Then there was an added wrinkle: Baby Sophie, another preemie who needed to be rescued. Born two days after the boys, she was even more fragile than the twins. This was quickly becoming the toughest rescue Project Dynamo had faced.

## “THE WAR DIDN’T WANT TO LET THEM GO. BUT WE GOT THEM OUT.”



Up to that point, the Project Dynamo team had conducted roughly 30 rescue operations in Ukraine. One of the more daring missions involved evacuating Army Sgt. Robert Platt, a former American paratrooper who lived northeast of Kyiv with his wife. The Platts found themselves surrounded by Russian tanks as soldiers went house to house, looting. Stern aborted his first rescue attempt when the Ukrainian checkpoint he was driving through came under Russian artillery fire.

“It was real, real, real close,” Stern, who escaped unscathed, told the *National Review*.

Stern and his colleagues eventually got the Platts out of Ukraine using safe houses and car-to-car transfers. “What we do is go from the hot zone to the warm zone to the cold zone to safety,” Stern said. Typically, once they cross the border, a team is waiting to take the evacuees to another safe location until they figure out how to get home to the United States.

Saving Lenny, Moishe, and Sophie was proving even more problematic. The convoy found themselves under fire as soon as they left for the border. “The Russians were shelling something else, but it was close enough that the ground was shaking,” Stern told NPR. “I mean, the artillery doesn’t care what it is—it’s gonna land where it lands. The artillery doesn’t say, ‘Oh, well, there’s babies here, so we’ll go somewhere else.’”

At the Polish border, Spektor waited with his phone, anxious for updates. Around 11 p.m.—more than 13 hours after they left the hospital in Kyiv—Stern texted Spektor: “We’re at the border.” A few hours later, Lenny and Moishe were in their father’s arms. Soon, all three babies were resting in a Polish hospital.

“The war didn’t want to let them go,” Stern says. “But we got them out.”

The danger of the mission was not lost on Stern. The man who served multiple combat tours and was awarded a Purple Heart told *Today* it was “by far one of the most stressful things I’ve ever done in my life.”





# New Classmates

BY *Andy Simmons*

A YouTube video has captured the hearts of people around the world. It shows two young Ukrainian refugees walking through the doors of their new school in Naples, Italy. They are brother and sister—Dmitri, ten, and Victoria, eight.

As they nervously enter, they are greeted by more than 200 cheering classmates and teachers waving Ukrainian flags and holding welcome signs. Then, two of their new classmates take them by the hand and lead them to their classrooms.

As the video ends, we know the pair are in good hands.





# Mothers Helping Mothers

BY *Charlotte Hilton Andersen*

Images of abandoned strollers left in the mud by fleeing refugees are a stark reminder of how dire the situation is for Ukrainian mothers and their children. Recognizing a need, Polish mothers have left strollers on train platforms and at border crossings, easing at least one burden for families displaced by war.

COURTESY © FRANCESCO MALAVOLTA

## A DEBT REPAID

BY *Charlotte Hilton Andersen*

Fanya Bass was a teenager in 1942 when she fled her Ukrainian hometown, Rafalowka, before the Nazis took over. Her parents and five siblings weren't so lucky. Like many other Jews, they perished in slave labor camps.

For a year, Bass hid out in a forest until Maria Blishchik stumbled upon her and took her to the home she shared with her husband and children. Had the Nazis found out, the Blishchiks likely would have been killed. Bass stayed with them until 1944, when the Germans were pushed out. Both women have since passed away, but the heroic act created a lifelong bond between their families. So when Bass's granddaughter Sharon Bass learned that the Blishchiks' granddaughters, Lasia Orshoko and Alona Chugai, had fled Ukraine, she was eager to repay the family debt and bring them to Israel.

First, she got politicians to cut through red tape. Then she paid part of the women's airfare to Tel Aviv. Sharon invited them to stay in her home as long as they wanted. After all, she told the *Washington Post*, "Maria didn't put a time limit on how long she sheltered Fanya."



## A MODERN-DAY NOAH'S ARK

BY *Paul Robert*

**AMONG THE REFUGEES** that crossed the Polish border was an unlikely group: six lions, four tigers, two caracals (African wild cats), an endangered African wild dog, and a capuchin monkey, all sharing space in a cramped truck. One lion's crate was held shut by cages placed against it. With war encroaching, the menagerie had been plucked from a preserve for abused wild animals by the Dutch animal rescue organization AAP—Dutch for ape. After skirting roadblocks and live fire, the truck entered Poland, and the animals were sent to rescue centers in Spain and Belgium. Soon after, the wild dog was spotted playing and chasing his own tail. It was a welcome sight, says AAP's director, David van Gennep. "After everything they have been through, our first goal is to see them develop into healthy, normal animals."



Lucas Wojcik (second from left) has led efforts to deliver ambulances into Ukraine.



## SIRENS ON

BY Malika Boudiba  
from France 3 TV

**SOON AFTER RUSSIAN** tanks rumbled into Ukraine, Lucas Wojcik, a French businessman, knew that casualties were likely to be heavy. He also knew that, as the owner of Euro Machines, which sells new and used emergency vehicles, he was in a position to help. On March 7, he arranged for a truck hauler filled with ambulances to leave the small town of Commercy and head for the front lines.

It started five days earlier, when Wojcik posted an appeal on Facebook. “I work in the ambulance business,” he wrote, “and following the start of war in Ukraine, I decided to

personally mobilize three medical vehicles. Several dozen people have volunteered to drive the ambulances to Ukraine, so there will be other convoys depending on the support.”

There was a lot of support, much of it in the form of donations. The number of ambulances Wojcik promised grew from three to 22, each equipped with much-needed first-aid supplies. Soon, the Facebook page filled with offers from volunteers to deliver the vehicles to the war zone.

Putting the ambulance convoy together cost more than \$30,000, much of it covered by Wojcik. But he shrugs off the price tag. “If you don’t give from your pocket, you can’t initiate much.”

FRANCE TÉLÉVISIONS (MARCH 6, 2022)  
COPYRIGHT © 2022 FRANCE TÉLÉVISIONS.

COURTESY LUCAS WOJCİK




## A TOWN THAT CARES

BY *Charlotte Hilton Andersen*

As of mid-April, Romania had taken in more than 750,000 Ukrainians fleeing the war. Among the busiest points of entry is the town of Siret, where the roughly 10,000 residents welcome refugees with tables offering everyday necessities, such as diapers, hygiene products, and toys. Signs read “Help yourself, it’s free.”

A Romanian youth group, whose name roughly translates to “Association for Tomorrow’s Generation,” has braved freezing conditions to serve

hot drinks and meals around the clock. Meanwhile, locals volunteer their services as translators and drivers, transporting the weary and frightened to hotels, welcome centers, or other cities in Romania.

“When the Ukrainians arrive, they are exhausted and scared,” Corneliu Dediu, regional head of the Red Cross, told infomigrants.net. “It’s hard for them to have to leave everything. It’s also hard for us to see them in this state.” 



### All Kidding Aside

Children can cheer us up better than anyone else. So, if you’re in need of some encouragement, dial 1-707-873-7862 to get PepToc, a free hotline dispensing the wit and wisdom of elementary-age students from West Side School in rural Healdsburg, California. You can choose to hear “life advice,” “a pep talk from kindergartners,” or “kids laughing with delight.” And for those feeling “mad, frustrated, or nervous,” the children offer these unscripted motivational gems:

“If you’re feeling deflated, do what you like best. It reinflates you.”

“If you’re mad, do flips on the trampoline.”

“If you’re sad, go get a cookie, a smoothie, or an ice cream.”

“If you’re feeling unbalanced, think of groundhogs.”

“If you’re frustrated, just go scream outside.”

“If you’re nervous, go get your wallet and spend it on shoes.”

NYTIMES.COM AND CBSNEWS.COM

# CONNECTIONS:

Your link to values and insights each month

## Feeling The Flexible Comfort

Slip into Skechers Ultra Flex 3.0 – a top choice for incredible comfort. Its flexible sock-like design, Air-Cooled Memory Foam® cushioning and pretty shades make it a treat to wear.

**SKECHERS**

Visit [Skechers.com](https://www.skechers.com)



## THE GILDED AGE: THE COMPLETE FIRST SEASON

On Digital Now!  
Look for it on DVD!

#GildedAgeHBO

From the creator of Downton Abbey! Set during the American Gilded Age, the orphaned daughter of a Union general moves into the New York City home of her thoroughly old money aunts and gets caught up in the dazzling lives of her stupendously rich neighbors.

© 2022 Home Box Office, Inc. © Warner Bros. Entertainment Inc.

## THERE'S A DETECTIVE IN ALL OF US.



Love a good mystery?  
Find hidden clues and solve crimes.



Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc registered in the U.S. and other countries. Android, Google Play and the Google Play logo are trademarks of Google LLC.



The RD  
**LIST**

READ, WATCH, LISTEN



## Elvis

Directed by Baz Luhrmann

**LOOK WHO'S IN THE BUILDING.** Actor Austin Butler steps into Elvis Presley's blue suede shoes to chronicle the singer's evolution from hip-swiveling Tennessee heartthrob to the King of Rock 'n' Roll. Told through the prism of Presley's relationship with his sometimes-controlling manager, Colonel Tom Parker (a Dutch-accented Tom Hanks), the biopic captures Presley's controversial marriage to Priscilla (Olivia De Jonge),

the famed 1968 comeback special, and many cultural and social mores of a mid-20th-century America. The famously maximalist visual style of director Baz Luhrmann (*Moulin Rouge!*, *The Great Gatsby*) lends itself to the theatricality and magnetism that fueled Elvis mania. And Butler, whose acting roles range from Disney to Quentin Tarantino, has the vocal range to match. He committed to voice lessons six days a week to sound like the King—a tall order given his subject, but Butler takes care of business. (*In theaters June 24, 2022*) —Mara Reinstein





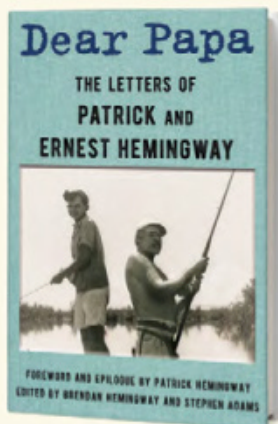
# Where the Crawdads Sing

*Produced by Reese Witherspoon*

When Reese Witherspoon selected Delia Owens's debut novel for Reese's Book Club in 2018, it became the darling of voracious readers everywhere. Now, the actor is developing it for the big screen. Daisy Edgar-Jones, experienced in bringing contemporary literature to life having starred in Hulu's adaptation of Sally Rooney's *Normal People*, plays the protagonist, Kya. Abandoned as a child, Kya survives in North Carolina's marshes on her own with her fishing and foraging skills, receiving no help from the townspeople who regard her an almost mythic figure. Slowly, Kya enters both society and young adulthood, modernizing her relationships and way of life bit by bit. But all that progress is threatened when she finds herself in front of a jury who still calls her "Marsh Girl." (*In theaters July 15, 2022*) —MR



BOOKS



## Dear Papa

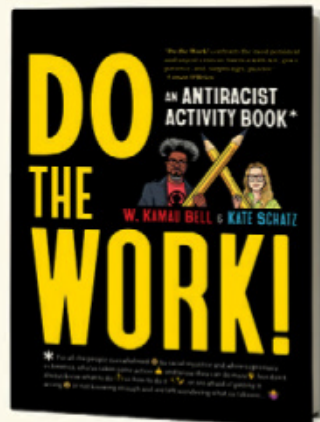
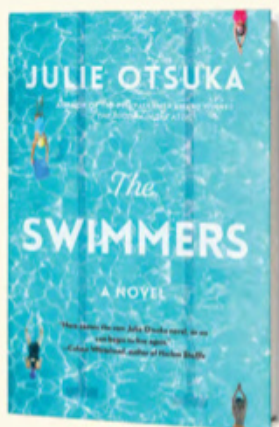
By Patrick and Ernest Hemingway

The world knows Ernest Hemingway the writer, the sportsman, the boozier, and the veteran. But what about Hemingway the dotting father? His son Patrick Hemingway shares 30 years of correspondence between them. In letters postmarked from Key West, Nairobi, Cuba, Pamplona, and France's battlefields, Hemingway the father is far but never distant, revealing a tender side of the man history remembers for his stoicism and machismo. Well into Patrick's adulthood, both father and son sign off with "toosies," a circle with a dot in it, representing a kiss. —*Caroline Fanning*

## The Swimmers

By Julie Otsuka

Dive headfirst into Julie Otsuka's pool, a solace that relieves swimmers of their many maladies, both physical and emotional, lest they drown in them. When a crack suddenly forms, loyal swimmers struggle to stay afloat. Alice, drifting closer to dementia without the pool's routine, is swept away by memories of a childhood spent in Japanese American incarceration camps. At the same time, her estranged daughter suddenly re-emerges to finally bear witness to her mother's life. The novel is slighter than most historical fiction—forget to come up for air and you'll finish it in one sitting. —*CF*

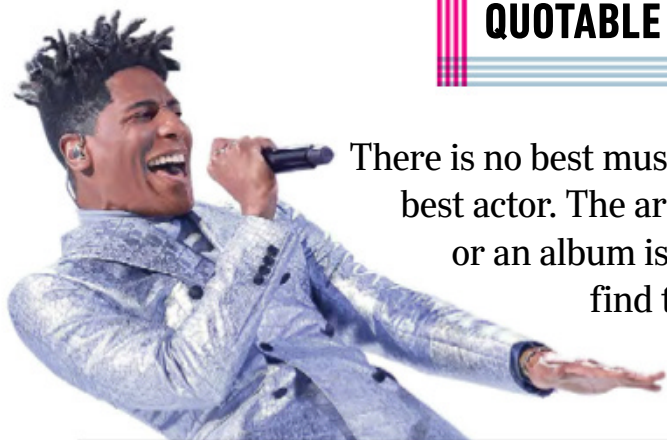


## Do the Work!

By W. Kamau Bell and Kate Schatz

If you've asked yourself "What can I do?" about racial injustice, comedian W. Kamau Bell and writer Kate Schatz answer that plainly, intelligently, and helpfully in this highly illustrated workbook. Filled with crosswords, dialogues, and quizzes (like "Jim Crow or Jim Faux?"), it tests your history knowledge while demonstrating how privilege and systemic racism occurs in today's society, but without ever speaking down. You won't find a better or more fun way to educate and equip yourself with the tools to combat racial injustice. If you're worried it's silly, scary, or below you, trust us—it's not. —*CF*

**QUOTABLE QUOTES**



There is no best musician, best artist, best dancer, best actor. The arts are subjective ... It's like a song or an album is made and it almost has a radar to find the person when they need it most.

—Jon Batiste, MUSICIAN,  
AT THE 64TH ANNUAL GRAMMY AWARDS

**Just another day when it's far better to be kind than cruel.**

—Dan Rather, JOURNALIST, ON TWITTER



If you do what you love, you'll never work a day in your life. I learned that's a total crock. You'll work harder than you ever thought possible, but the tools will feel light in your hands.

—Tim Cook, CEO,  
TO GRADUATES OF TULANE UNIVERSITY

**I used to fantasize about having the life I have now. Now, I don't dream about the future. Because in the future, I'm just older.**

—David Sedaris, WRITER,  
IN THE NEW YORK TIMES

**Once I learned how to read, I was never bored or lonely again.**

—Anya Taylor-Joy, ACTOR, IN VANITY FAIR



FROM TOP: EMMA MCINTYRE/GETTY IMAGES. TAYLOR HILL/GETTY IMAGES. DANIELE VENTURELLI/GETTY IMAGES



# Get Back to Doing More

## Frankincense & Myrrh<sup>®</sup>

Fast Acting Pain Relief & Hydrating Repair  
with NO side effects, guaranteed!



**#1**  
**Pain Relief**  
RUBBING OIL BRAND  
*Now in Lotion*



*Penetrates deep at the source of pain for fast relief from burning, tingling, shooting pain and numbness.*

*Fast, soothing pain relief targets aching joint, muscle and tendon pain.*

Find on Amazon



Scan to Buy

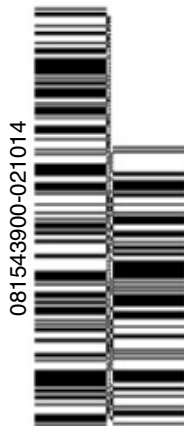
In-Store Manufacturer's Coupon Expires 12/31/2024

RD722



**\$2 OFF**  
When you buy ONE (1) Frankincense & Myrrh Product. (Find in the Diabetic Care Aisle.)

Retailer: Wise Consumer Products Co. will reimburse you for the face value of this coupon plus \$0.08 handling provided you and the consumer have complied with the terms of this offer. Invoices proving purchase of sufficient stock to cover presented coupons must be shown upon request. Any other application may constitute fraud. Coupon void where prohibited, taxed or restricted. Consumer must pay any sales tax Cash value 1/100¢. Reproduction of this coupon is expressly prohibited. Mail to: Dept. Wise CPC, PO Box 42400, Blue Ash, OH 45242. [www.frankincensemorrh.com](http://www.frankincensemorrh.com)



**Walmart**  
Save money. Live better.

**Walgreens**

**amazon**

**CVS**  
**meijer**

**SPROUTS**  
FARMERS MARKET

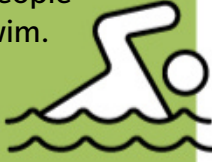



**INDEPENDENT PHARMACIES**

# 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.

<p><b>1.</b> Most people cannot swim.</p>  <p><b>FACT: J    FICTION: S</b></p>	<p><b>2.</b> About a billion bacteria are living on your skin.</p>  <p><b>FACT: C    FICTION: U</b></p>	<p><b>3.</b> Mr. Clean is older than Ronald McDonald.</p> <p><b>FACT: I    FICTION: H</b></p>
<p><b>4.</b> Other than at zoos, in no country will you find lions, tigers, and bears. (Oh, my!)</p> <p><b>FACT: R    FICTION: C</b></p>	<p><b>5.</b> Georgia O’Keeffe hated flowers.</p>  <p><b>FACT: Y    FICTION: O</b></p>	<p><b>6.</b> The Declaration of Independence was signed on July 4, 1776.</p> <p><b>FACT: E    FICTION: L</b></p>
<p><b>7.</b> Three of the moons of Uranus are named for characters in <i>A Midsummer Night’s Dream</i>.</p> <p><b>FACT: U    FICTION: D</b></p>	<p><b>8.</b> The success of <i>Jaws</i> in 1975 sparked the age of the summer blockbuster.</p> <p><b>FACT: E    FICTION: C</b></p>	<p><b>9.</b> Ben and Jerry originally planned to open up a bagel shop.</p>  <p><b>FACT: Y    FICTION: R</b></p>

**BONUS QUESTION** Which midwestern burger features cheese inside the patty instead of on top? (Need help? Turn to “The Best Sandwich in Every State” on page 46.)

1	2	3	4	5	6	7	8	9
<p><b>Answers:</b> 1. Fact; 55 percent of those 15 and older cannot. 2. Fiction; it’s actually in the trillions. 3. Fact; Mr. Clean was introduced in 1958, Ronald McDonald in 1963. 4. Fiction; India has natural populations of all three. 5. Fact; the painter once said, “I hate flowers—I hate flowers—! paint them because they’re cheaper than models and they don’t move.” 6. Fiction; it was signed on August 2, 1776. 7. Fact; Titania, Oberon, and Puck. 8. Fiction; the first <i>Star Wars</i> film in 1977 did. 9. Fact; but the machinery was too expensive, so they turned to ice cream. <b>Bonus Question:</b> Juicy Lucy.</p>								

**Quick Crossword**

**EASY** Put the bolded words from these song titles into the grid, then add the tunes to your summer playlist:

Summer **WIND**  
(Frank Sinatra)

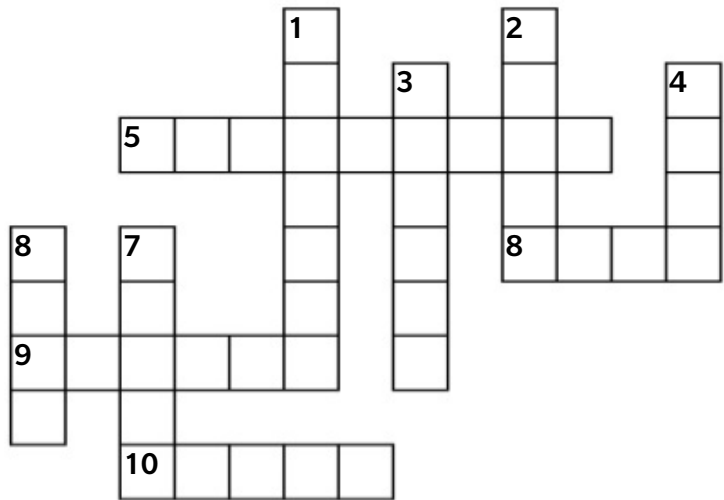
**CRUEL** Summer  
(Bananarama)

Summertime **SADNESS**  
(Lana Del Rey)

**THAT** Summer  
(Garth Brooks)

Summer **SOFT**  
(Stevie Wonder)

**WONDERFUL** Summer  
(Robin Ward)



Summertime **BLUES**  
(Eddie Cochran)

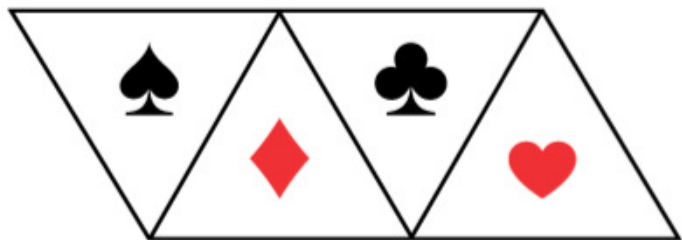
Summertime **MAGIC**  
(Childish Gambino)

Summer **NIGHTS**  
(John Travolta and  
Olivia Newton-John)

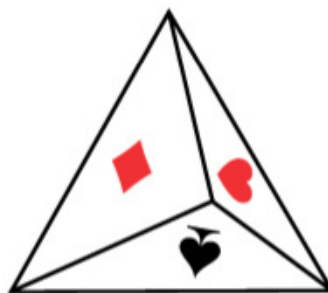
Summer **BREEZE**  
(Seals & Crofts)

**Prism Problem**

**DIFFICULT** Here's a flat template that can be folded into a triangular pyramid. Which of the views below represents the resulting pyramid?



A



B



C

EMILY GOODMAN (QUICK CROSSWORD, PRISM PROBLEM)



### Shape Up, Trim Down

**DIFFICULT** Find the pattern to complete the missing number in the last equation.

$$\text{Cylinder} + \text{Cylinder} - \text{Pentagon} = 4$$

$$\text{Cube} - \text{Cylinder} + \text{Triangle} = 2$$

$$\text{Square} + \text{Pentagon} + \text{Cube} = 7$$

$$\text{Trapezoid} - \text{Hexagon} + \text{Cylinder} = ?$$

### Number Search

**EASY** Find two identical three-digit sequences (one vertical, one horizontal) that intersect at the middle to form the shape of a plus sign.

2	3	5	2	7	7	5	4
1	0	2	9	1	0	2	3
6	3	3	0	5	6	6	3
3	6	2	1	4	9	5	1
8	7	8	8	9	5	9	2
3	4	5	3	4	9	5	6
1	2	4	5	6	3	2	1
8	9	0	5	4	1	1	2

### Summer Reading

**MEDIUM** Five cousins competed to see who could read the most this summer. From the following clues, determine who won. (Assume no ties.)

Kids: Addison, Brooklyn, Colton, Logan, and Mia

Clues:

- ◆ Colton read one more book than Mia did.
- ◆ Mia read more than Addison but less than Logan.
- ◆ Addison did not finish last.



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

For answers, turn to **PAGE 107**.


**WORD POWER**

**Roll out the red carpet** and prepare to be tickled pink: These vocabulary words are all related to color. Will you win the blue ribbon, or wave the white flag? Head over the rainbow to the next page for the answers.

BY Sarah Chassé

**1. sanguine** *adj.*

('sang-gwin)

- A** canary yellow
- B** blood red
- C** lime green

**2. blanch** *v.*

(blanch)

- A** become pale
- B** feel blue
- C** black out

**3. ombré** *adj.*

('ahm-bray)

- A** tie-dyed
- B** bronze-plated
- C** graduated in tone

**4. alabaster** *n.*

('al-uh-bast-er)

- A** white mineral
- B** copper coin
- C** violet gemstone

**5. variegated** *adj.*

('vair-ee-uh-gay-ted)

- A** striped
- B** camouflaged
- C** multicolored

**6. brindled** *adj.*

('brin-duhd)

- A** tanned
- B** having dark spots
- C** rose-tinted

**7. cerulean** *adj.*

(suh-'roo-lee-un)

- A** sky blue
- B** royal purple
- C** hot pink

**8. monochromatic** *adj.*

(mah-nuh-kroh-'mat-ic)

- A** color-coded
- B** silvery
- C** having one hue

**9. imbue** *v.*

(im-'byoo)

- A** fade over time
- B** glow red
- C** dye deeply

**10. sepia** *adj.*

('see-pee-uh)

- A** brown
- B** peach
- C** lavender

**11. hoary** *adj.*

('hor-ee)

- A** inky
- B** off-color
- C** gray with age

**12. verdure** *n.*

('ver-jer)

- A** greenery
- B** undertone
- C** painter's palette

**13. flaxen** *adj.*

('flack-sen)

- A** pastel
- B** pale yellow
- C** bleached

**14. celadon** *adj.*

('seh-luh-don)

- A** navy blue
- B** burnt orange
- C** light green

**15. tinge** *n.*

(tinj)

- A** whitewash
- B** slight tint
- C** rust



## A Gray Area

Spelling isn't always black or white: Take the word *gray*, which can also be spelled *grey*. In America, *gray* is more common, while *grey* is preferred in the U.K. and Canada. One stateside exception is *greyhound*, but why? While *gray* and *grey* come from the Old English word for the shade, *græg*, the speedy canine's name comes from the Old English *grighund*, with *grig* likely meaning "female dog."

### Word Power ANSWERS

#### 1. sanguine

(B) *blood red*

Smoke from wildfires can give the sun a sanguine hue, even thousands of miles away.

#### 2. blanch (A) *become pale*

Chase blanched with fear when he saw the rattlesnake.

#### 3. ombré

(C) *graduated in tone*

Should I get ombré highlights in my hair, or dye it all blond?

#### 4. alabaster

(A) *white mineral*

The museum has a large collection of alabaster statues.

#### 5. variegated

(C) *multicolored*

Margo's variegated outfit raised eyebrows at the funeral.

#### 6. brindled

(B) *having dark spots*

We adopted two kittens today: Dot is brindled, and Marmalade is orange.

#### 7. cerulean

(A) *sky blue*

Known for its cerulean waters and white-sand beaches, the island is a top tourist destination.

#### 8. monochromatic

(C) *having one hue*

The artist's early work was gloomy and monochromatic, but her later canvases are bright and colorful.

#### 9. imbue

(C) *dye deeply*

The setting sun imbued the sky with streaks of fuchsia.

#### 10. sepia

(A) *brown*

Becca uses a sepia Instagram filter to give her photos a vintage look.

#### 11. hoary

(C) *gray with age*

"I wasn't always this hoary and wrinkled, you know!" Grandpa joked.

#### 12. verdure (A) *greenery*

The cottage is nestled in the valley, surrounded by the verdure of the forest.

#### 13. flaxen (B) *pale yellow*

Letting out a soft whinny, the stallion shook his flaxen mane.

#### 14. celadon

(C) *light green*

Dr. Porter's office is decorated in soothing shades of celadon and teal.

#### 15. tinge (B) *slight tint*

The flower's petals are usually white with a lilac tinge at the edges.

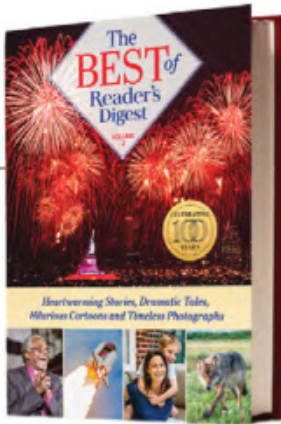
### Vocabulary Ratings

9 & BELOW: green with envy

10-12: true-blue

13-15: gold standard





## SPECIAL OFFER

### The Best of *Reader's Digest* 2022

In February 2022, *Reader's Digest* turned 100 years old. To celebrate, *RD* editors have compiled the best of the best over the past century: from the story of the hiker who followed a stranger's bootprints up a mountain to save him from a fatal blizzard to the laugh-out-loud jokes and cartoons from iconic *RD* cornerstones like "All in Day's Work" and "Humor in Uniform." For a limited time, this anthology is just \$10—and the shipping is on us. To order, visit [rd.com/RDJUL](http://rd.com/RDJUL).

## ANSWERS

### WHERE, OH WHERE?

(page 44)

D. Laguna Beach, California. The exact location is Victoria Beach.

### BRAIN GAMES

(pages 102-104)

#### Quick Crossword

##### ACROSS

5. WONDERFUL
8. SOFT
9. NIGHTS
10. CRUEL

##### DOWN

1. SADNESS
2. BLUES
3. BREEZE
4. THAT
6. WIND
7. MAGIC

#### Prism Problem

B.

### Shape Up, Trim Down

3. (A three-dimensional figure has a value of 3; a two-dimensional one has a value of 2.)

### Number Search

2	3	5	2	7	7	5	4
1	0	2	9	1	0	2	3
6	3	3	0	5	6	6	3
3	6	2	1	4	9	5	1
8	7	8	8	9	5	9	2
3	4	5	3	4	9	5	6
1	2	4	5	6	3	2	1
8	9	0	5	4	1	1	2

### Summer Reading

Logan won, followed by Colton, Mia, Addison, and Brooklyn, in that order.

*Reader's Digest* (ISSN 0034-0375) (USPS 865-820), (CPM Agreement# 40031457), Vol. 200, No. 1181, July/August 2022. © 2022. Published monthly, except bimonthly in March/April, July/August, and December/January (subject to change without notice), by Trusted Media Brands, Inc., 44 South Broadway, White Plains, New York 10601. Periodicals postage paid at White Plains, New York, and at additional mailing offices. **POSTMASTER:** Send address changes to *Reader's Digest*, PO Box 6095, Harlan, Iowa 51593-1595. Send undeliverable Canadian addresses to [ca.postal.affairs@rd.com](mailto:ca.postal.affairs@rd.com). All rights reserved. Unauthorized reproduction, in any manner, is prohibited. *Reader's Digest* and *The Digest* are registered trademarks of Trusted Media Brands, Inc. Marca Registrada. Printed in U.S.A. **SUBSCRIBERS:** You may cancel your subscription at any time and receive a refund for copies not previously addressed. Your subscription will expire with the issue identified above your name on the address label. If the Post Office alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within one year. A special *Reader's Digest* Large Print with selected articles from *Reader's Digest* is published by Trusted Media Brands, Inc. For details, write: *Reader's Digest* Large Print, PO Box 6097, Harlan, Iowa 51593-1597. **CONSUMER INFORMATION:** *Reader's Digest* may share information about you with third parties for the purpose of offering products and services that may interest you. If you would rather not receive such offers via postal mail, please write to *Reader's Digest* Customer Mailing List, PO Box 3123, Harlan, Iowa 51593-0189. You can also visit [www.tmbi.com/preference-center](http://www.tmbi.com/preference-center) to manage your preferences and opt out of receiving such offers via e-mail. Please see our Privacy Policy at [www.tmbi.com/privacy-policy](http://www.tmbi.com/privacy-policy).



A TRUSTED FRIEND IN A COMPLICATED WORLD

*Changing Perspectives* by István Bányai, exclusively for *Reader's Digest*



**"Now this is the kind of bladder protection my curves have been waiting for."**



**Always Discreet. Incredible protection. Smoother-than-ever fit.**





**“HIGHLY RECOMMEND”**

*“BOUGHT THESE FOR USE AS EVERYDAY WEAR SHOES. THE ARCH SUPPORT IS AMAZING.”*

**SKECHERS®**  
**ArchFit®**  
PODIATRIST CERTIFIED ARCH SUPPORT



**THE ULTIMATE  
COMFORT SOLUTION**

**FEATURES & BENEFITS**

- PODIATRIST DESIGNED SHAPE
- COMFORT ARCH SUPPORT
- SHAPE OF INSOLE WAS DEVELOPED WITH OVER 20 YEARS OF DATA
- SHOCK ABSORBING FOAM
- MACHINE WASHABLE\*  
\*SELECT STYLES ONLY