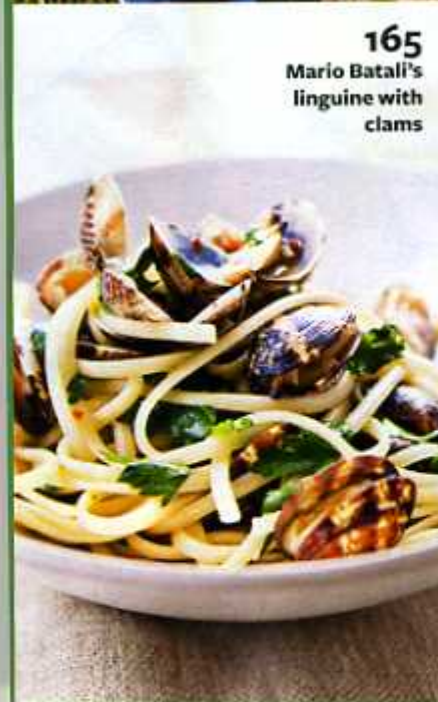




34
They acted fast:
Cameron Aulner
and Chris Belvin



165
Mario Batali's
linguine with
clams

Readers Digest

C O L U M N S

- 45** **Outrageous!** Greedy politicians have stolen our national-security budget
MICHAEL CROWLEY
- 53** **Here's the Deal** Lose weight without losing money JANICE LIEBERMAN
- 58** **Ask Laskas** Commonsense advice
JEANNE MARIE LASKAS

D E P A R T M E N T S

- 7** **React** Your letters
- 13** **The Digest** Travel tips, bargaining tricks, 13 things your financial adviser won't tell you
- 28** **Around the World with One Question** How to discipline kids
- 34** **Heroes** When a girl cries for help, two men go after her assailant
KATHLEEN FIFIELD
- 38** **Laugh!** Our favorite jokes
- 41** **Make It Matter** Bob Haverstick makes wishes a reality
PETRA GUGLIEMMETTI
- 48** **Off Base** Humor in uniform
- 61** **Dreamers** A new business makes it easier to find clothes that fit
MARGARET HEFFERNAN
- 64** **@Work** Office humor
- 67** **Health** The best allergy fixes
- 165** **Eater's Digest** Chefs' recipes
- 171** **Quotes** On sleep
- 173** **Word Power** Test yourself
- 176** **Life** Funny true stories
- 180** **Last Laugh**

readersdigest.com 3/10

PHOTOGRAPHED BY JOANNA B. PINNED

QUENTIN BACON

**DO THEY CHARGE YOU
AN ANNUAL FEE?**

**DO THEY CHARGE YOU
A REWARD REDEMPTION**

**DO THEY CHARGE YOU
AN ADDITIONAL CARD**

**DO THEY CHARGE YOU
IF YOU DON'T USE YOUR**

WE DON'T.

It pays to switch.

DISCOVER
Cashback Bonus

LIFE WELL SHARED

Reader's Digest

MAY 2010

FEATURES

78 Michael J. Fox's Recipe for Happiness AMY WALLACE
A chat with the actor, plus an exclusive excerpt from his new book.

84 Next Big Things
Twenty-five brilliant inventions for everyday life.

98 She Found the Strength JOSHUA WOLF SHENK
When a college student smashed his head on a mountain rock, his girlfriend had to do the impossible.

106 Brain Magic BARBARA STRAUCH
Why you're getting smarter with age—and other surprises.

112 The New American Migrants BRIAN MOCKENHAUPT
More middle-class workers face a Third World dilemma: To feed your family, you may have to leave them behind.

122 Four Ways of Looking at a Flower KATHLEEN FIFIELD
Petal power, from Belgium to Afghanistan.

134 Stand by Me KENNETH MILLER
Growing up without a dad, Jose Contreras relied on himself. When he couldn't, Mike Ross stepped in.

140 The Cheapest People in America LENORE SKENAZY
Who's a tightwad? Who's just being frugal?

148 Quick Study: The Best Defense MARK LASSWELL
How would we stop a nuclear attack? The Reader's Digest Version of missile defense.

152 The Book That Changed My Life RICK BRAGG
To Kill a Mockingbird turns 50 this year. A celebrated writer reflects on its enduring message.

126 Are You Normal or Nuts?

JANCEE DUNN
We're all a little weird, but which of our behaviors are wacky and which are worrisome? We asked the experts to weigh in.



ILLUSTRATED BY JOHN CUNIED. ON THE COVER: (TOP) ANDREW ECCLES/REX PHOTO

AIR WICK

...to be Home