

# Reader's Digest

NOVEMBER 2011



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Exclusive: At 61, she attempted to swim 103 miles against three-foot waves, the threat of sharks, and her own demons.

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PHOTOGRAPHED BY JEFFERY SALTER

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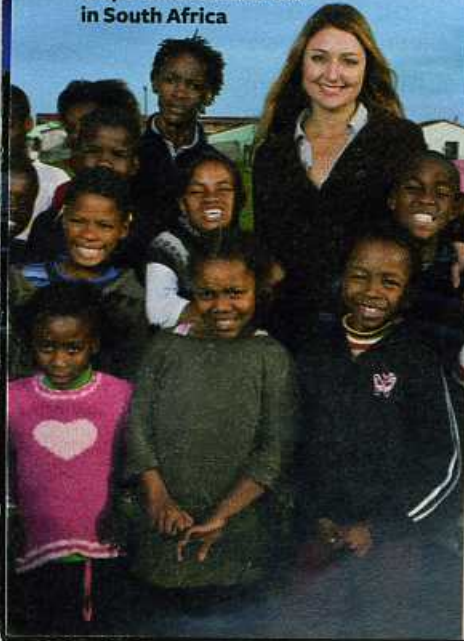
What's a single white guy doing with three Mexican kids? Making a loving family—and showing us foster adoption can work. From *This Is Us: The New All-American Family*.

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