# Contents

September 2012

THE READS

These Are the Jokes, Folks!

Humor Editor
Andy Simmons picks
his favorite gags
from his new book,
Now That's Funny!

- Laughterpedia
  The stuff that cracks
  us up, from A to Z.
  ANDY SIMMONS
- Dog-crazy: Tim Tebow remembers, Dean Koontz recommends, and Steve Madden reflects.
- The Man Who Wouldn't Quit

A tale of extraordinary courage in the face of racism. ALEX HALEY, FROM READER'S DIGEST, MARCH 1963

Feather Fancy
A magnificent showcase
of gorgeous and useful
plumes. PHOTOGRAPHY BY
ROBERT CLARK

DRAMA IN REAL LIFE

Hot. Thirsty.
Lost. Three women
took a drive to Death
Valley for a day of exploring and wound up
struggling for survival.
KENNETH MILLER

25 Secrets Your Congressperson Won't Tell You What Washington

What Washington insiders don't talk about.

The Children He
Couldn't Forget

Scott Neeson left his high-powered Hollywood job to save hundreds of Cambodian children. ROBERT KIENER

SPECIAL REPORT

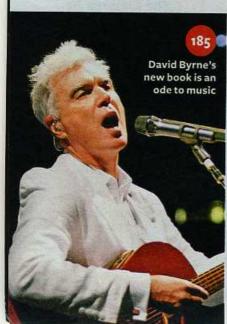
124 Why a Hospital Bill Costs What It Costs

Here's how to understand your health-care bill—and save thousands.

readersdigest.com 9/12

Sta opidonec walles weeks





## **Contents**

### HUMOR

- 12 Cartoon Special
- 18 Laughter, the Best Medicine
- 22 Life in These United States
- 26 All in a Day's Work
- 28 Humor in Uniform

#### THE DIGEST

- 36 Health Paula Deen's health makeover; everyday things that make you dumb
- 59 Family 13things principals won't tell you
- 64 Food Tasty ways to eat PB&J
- 76 Home Quick fixes for a stylish home
- 81 Digital A hero is born when he conquers cables and restores the Internet
- 99 Culture The greatest sports moment I ever saw

#### **DEPARTMENTS**

- 5 Editor's Note
- 7 React Your letters
- 10 RD Recommends
- 20 Hamataum
- 30 Hometown Heroes

One woman acts quickly to save another

- 185 Books Six excerpts and reviews
- 189 Ask Laskas JEANNE MARIE LASKAS
- 193 Word Power

EMILY COX & HENRY RATHVON

200 Quotable Quotes

readersdigest.com 9/12

Are You

a Reader?

Subscribe to the

Reader's Digest app i your digital tablet ar

get the first chapte

of all six books-

free!



HELP MAKE THAT TO YOUR

> Introducing a a healthy weigh