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THE OPRAH
MAGAZINE

LIVE YOUR BEST

**The Best
Ways to Look
Beautiful
This Spring**

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and Deals,
Deals, Deals!**

Confidence!

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SINGULAR WOMAN

On Top of the World



In the extreme conditions of Everest's Base Camp, Luanne Freer, MD, cares for a neglected population.

➤➤ **IN 1999, EMERGENCY** room doctor Luanne Freer was invited on a volunteer medical mission to a remote Himalayan village in Nepal. Upon her group's arrival, Freer was greeted by 600 villagers, many of whom had walked for days just to be seen at the clinic. "They were lacking basic healthcare," Freer says. "I felt like I could offer something meaningful." Back in her home base of Montana, Freer found herself eager to return to Nepal.

Three years later, while volunteering at a clinic in

Pheriche, Nepal, Freer hiked to Everest Base Camp. She discovered that only a few of the climbing expedition teams there included doctors with high-altitude training. Freer, who had the requisite knowledge from her years working in the Northern Rockies, was even more dismayed to learn that the area's native Sherpa and Rai populations were sometimes turned away by the foreign expeditions' doctors. She was determined to find a way to provide better medical care to

both climbers and the hundreds of Nepalese working on Everest.

In the spring of 2003, Freer founded Everest E.R.—a small clinic at Base Camp that operates during the two-and-a-half-month climbing season. The clinic supplies free and heavily subsidized medical care to locals by charging climbing teams a nominal fee. During its first year, Freer dealt with malfunctioning equipment and flooding (in addition to freezing temperatures and no electricity). But the memory of the first life she saved—a Nepali porter

dying of cerebral edema—brought her back the following year. Since then the clinic has continued to grow: In 2003 it treated 84 patients; in 2012 it saw 570. Today nearly every expedition relies on Everest E.R. for medical care. But Freer, 55, says her connections with the local people are the greatest reward of all. "I have tangible evidence that I've made a difference in someone's life," she says. "If I never picked up another stethoscope, I would still feel complete."

—MOLLY LOOMIS

A LITTLE BIT LOUDER NOW!

The last week of April is National Karaoke Week (who knew?). To celebrate, we asked these music lovers to sing the praises of their favorite show-off tunes. —A.D.



Kelly Clarkson
"Alone,"
by Heart
"Who doesn't love a power ballad? And Heart plus vodka equals a guaranteed good time."



Rachel Maddow
"What'd I Say,"
by Ray Charles
"This is my favorite song, but it's the worst karaoke choice. The lyrics at the end are the musical equivalent of Sally faking an orgasm at the deli in *When Harry Met Sally...*"



Usher
"I'll Be There,"
by the Jackson 5
"It's a classic record, and when it comes to karaoke, I can't help singing the s*** out of it."



Megan Hilty
"Material Girl,"
by Madonna
"It's cute and upbeat. Plus, nobody wants to hear a singer actually sing; it's more fun to just belt out a song."



Gabrielle Douglas
"Eye of the Tiger,"
by Survivor
"Yes, it's a typical sports song, but it brings back memories of family karaoke nights with my siblings. And who doesn't love Rocky?"

DO TELL!

Don't limit spring cleaning to physical stuff—consider the information you're holding onto, too. In a study in the *Journal of Experimental Psychology*, researchers had subjects think of a secret they were keeping, then showed them a picture of



a hill and asked them to guess how steep it was. Those with small secrets believed the slope to be about 33 degrees, while subjects with big secrets judged it a more daunting 46 degrees. Spilling the beans just might lighten your load. —E.H.