

Reader's digest

MARCH 2018

40 SUPERMARKET SECRETS You Need to Know

An RD SPECIAL REPORT ... 52

IS YOUR HOUSE
TRYING
TO KILL YOU?

From **POPULAR MECHANICS**

THE MAGIC OF
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REPAID

An RD ORIGINAL

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How Great Insurance Is Made

*“With a pull of the crank
And a turn of the gears
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With many ways to save
Friendly agents, night and day
The right coverage is just the start
To how great insurance is made.”*

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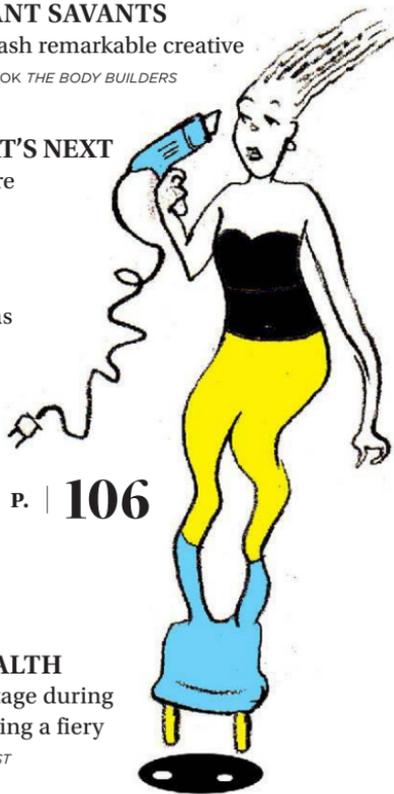
Before you stick a fork in your toaster again, check out our guide to common household dangers.

ELEANOR HILDEBRANDT FROM *POPULAR MECHANICS*

National Interest

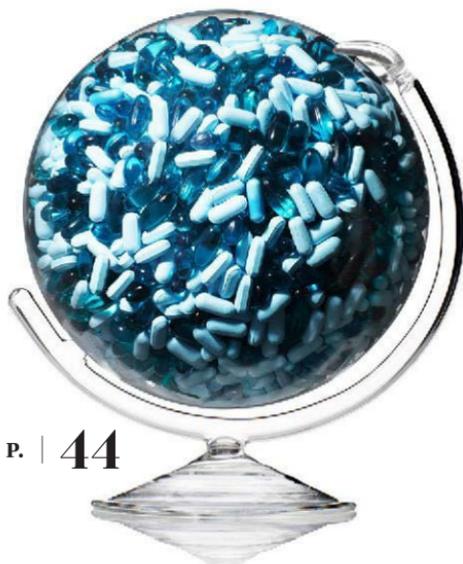
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FROM LEFT: ILLUSTRATION BY TATIANA AYAZO. ILLUSTRATION BY DAISY CHUNG

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Dear Readers

HOPE MAY SPRING ETERNAL, but historically I wake up short of it, with the glass half-empty, or at least not spilling over full.

Not this month, though. This month, filled with the promise of a new diet and this issue's features, blind optimism has infused even my dreams.

"It was so cool," I recount to Susan one morning, springing up in bed. "I was this hero who went to a supermarket where I handed out cash that was stacked on the shelves. And I didn't have diabetes anymore."

"Hmmm," Susan says, possibly happy for me. She has not undergone the same transformation from watchful realism that I have.

My hyper-ebullience continues over coffee. I've had type 1 diabetes for almost 40 years, and it has been largely humbling. But thanks to a new way of eating cribbed from our daughter, Rachel, I'm off grains and dairy. It's working so well for my blood sugar, I'm convinced I could live another 40 years.

"Avocados are the key," I explain to Susan, pulling out my insulin pump to program it for my gallant—if Spartan—new breakfast: one avocado and one tomato, sliced and topped with hot sauce. "All of America should be eating this." I show her my blood sugar reading: 108, practically normal. "See? It's amazing!"

"Those Fruits and Greens Lärabars came from Amazon yesterday," she responds, unimpressed. She has heard about the avocado miracle before.

"Awesome!" I've been snacking on these babies like Popeye on his spinach. The bars actually contain spinach—who knew they could mash five healthy foods into one grain-free chunk? And given the savings I'm scoring by buying smart online, I might live like a king *and* forever.

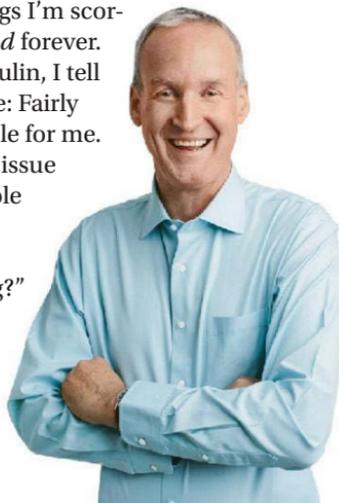
As I tap on my pump to deliver my prebreakfast insulin, I tell her more good news I discovered in this month's issue: Fairly soon, an artificial pancreas will do this whole rigmarole for me.

Which reminds me of another revelation from this issue I have to impart. "Avocados are down to \$1.79 at Whole Foods. I'm going to stock up on those."

"That's great," Susan says, her sarcasm so gentle I decide it's affection. "But don't I do all the shopping?"



Bruce Kelley, editor-in-chief
Write to me at letters@rd.com.



PHOTOGRAPH BY GLENN GLASSER;
GROOMING: KERRY-LOU BREHM FOR PRO-STYLE-CREW



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Letters

COMMENTS ON THE DECEMBER/JANUARY ISSUE

68 Secrets Travelers Need To Know

I so enjoyed reading your article but was surprised your tips did not include using a licensed travel agent, whose assistance is often free and can save travelers time and money. We provide personal service, expert advice, and access to exclusive promotions and rates. As a travel professional, I am proud that my clients value my services.

CAROL FURST MATULONIS,
Fort Pierce, Florida

The Student Debt Racket

Our son's monthly loan payment is more than some people's mortgages. He is employed full time and should be able to make the payments, but he has no room for any unexpected bills. This is a scary time for anyone with student debt and planning a future.

MELISSA PENTZ, Dover, Pennsylvania

Lost in the Alaskan Winter

I don't sleep well if I watch world news on TV anytime close to bedtime,



so now I turn to my *RD* in the evening. In this issue, my nightcap was "Lost in the Alaskan Winter." I found trudging through waist-deep snow alongside airman Leon Crane physically and mentally exhausting.

I was ready to give up long before the 81 days were over. Whew! What a story! I was tired, yet all hyped

up. If I had it to do over again, I would read this during daylight.

RALPH K. CAMPBELL, MD, Polson, Montana

A Family Discovers Its Rare Gift

This article about a family who donated its infant son's tissues to science was one of the best you've ever printed. So touching, and how wonderful for the surviving twin, Callum, to be able to understand the gift his brother and family shared.

BARBARA GIER, Prospect Heights, Illinois

How to Protect Your Identity Now

In Fix No. 1, about Social Security numbers, you say, "Don't use it

anywhere you don't have to." In Fix No. 5, you say, "Call 888-5-OPT-OUT" to remove your name from mailing lists offering preapproved credit cards. I did. The first thing it asked for was my Social Security number.

DEBRA DAVENPORT, *Spanish Fork, Utah*

FROM THE EDITORS: *You're right to question why someone might want your Social Security number, but in this case, the reason is legitimate: The 888-5-OPTOUT number is run by the credit bureaus, and they identify you by your Social Security number to fulfill the request. (They pledge to keep your number confidential, although we know from last year's data thefts at Equifax and other companies that no one can fully guarantee the safety of online information.) You can learn more by visiting consumer.ftc.gov, the website of the Federal Trade Commission, and clicking on the "Privacy, Identity, and Online Security" tab.*

The Dog Who Saved Our Family

Grace Evans, thank you for sharing Max with us. Standard poodles are a breed apart. My mom used to call my standard, Morgan, a "gifted five-year-old." I think Max knew what he was doing when he saved your family.

DEBORAH WOLBACH, *Peyton, Colorado*



TEARS WITHOUT FEARS

In "Men Don't Cry. Why?" Sandra Newman writes that boys learn early on not to show emotions. It is obvious to me that she has never attended a military funeral. She has never seen a fireman carrying the burned body of a child. She has never encountered a policeman carrying a battered child into the emergency room. She has never seen a man looking at his home being destroyed by a wildfire. Men—real men—do cry.

WILLIAM METZLER, *Grove City, Ohio*

Newman's message was that it's all right for men to cry. I then read "The Dog Who Saved Our Family." It turned out to have been very appropriate to have read the article about crying first.

MICHAEL FOSTER, *Rockville, Virginia*

CAN WE GET A WOOF WOOF?

Is your pet unusually photogenic? Have you caught a backyard critter on film doing something really sneaky? For *RD*'s 2018 photo contest, we're looking for the most adorable and amusing animal shots around. Send yours to rd.com/photocontest by April 4.

**CUTE
PETS
WANTED!**



EVERYDAY HEROES



When they see a man struggling in the water,
three strangers take the plunge

Rescue in the River

BY JULIANA LABIANCA

• IT WAS 7:15 A.M. on June 1, 2016, and Gary Messina, now 58, was on his morning run along New York City's East River. Suddenly something caught his eye—a large 60-year-old man balancing on the four-foot-high railing that guarded the path from the water. As Messina, a New York City Police Department captain (now a deputy inspector), got closer to the scene, the man took a step forward and plunged into the dark, choppy river below.

When Messina reached the railing, the man was bobbing in the water, clearly unable to swim. If he had

intended to kill himself that morning, he had now changed his mind. He screamed frantically for help as the current pulled him away from the seawall.

Other joggers also heard the man's pleas. David Blauzvern, now 25, and John Green, now 31, dropped their phones and keys on land, along with Green's sneakers, and jumped in. "People had called the police, but it was unclear when they'd get there," says Green, a commercial insurance broker. "We just reacted." Messina joined them in the river. ➡



*From left: John Green,
Gary Messina, and
David Blauzvern, at
the spot where they
jumped into the river*

Just as the jumper was losing strength, Blauzvern, an investment banking analyst at CSG Partners, grabbed hold of him. The pair were about 30 yards from the seawall when Messina and Green caught up to them. They stabilized the man, with Blauzvern supporting his back and Messina and Green holding him up from either side. He was unresponsive but not unconscious and no longer thrashing about.

As the men made their way toward the concrete seawall that stretched for blocks in each direction,

Blauzvern had an awful realization: With the water flowing a good eight feet below the lip of the wall and no ladder or dock in sight, there was no way out of the river.

By now, a crowd had gathered on land. “A rescue boat is on its way,” someone yelled to them. Treading water was getting tougher by the minute. The jumper, who was six foot two and weighed around 260 pounds, was deadweight in his rescuers’ arms, which meant they could use only their legs to maneuver themselves. After ten minutes, they managed to get to the river’s edge. Green tried wedging a hand and a foot into a tiny crack in the wall, cutting himself in the process. But he couldn’t hold on for long. Fighting the current and

holding the man above the water quickly became exhausting, so they gave in to drifting while staying as close to the wall as they could.

“I’ve never been so out of breath,” says Blauzvern.

Fifteen minutes after the men had jumped into the river, the two-man

rescue boat appeared.

But because it couldn’t risk getting too close to the seawall, the men had to swim out to it.

As they approached the boat, they encountered a new threat: The undertow created by the current was sucking them under the boat.

“
The concrete seawall had no ladder or dock in sight. There was no way out.

Blauzvern remembers being pulled down just as someone in the boat grabbed onto the man, allowing Blauzvern to let go. “I was completely out of energy at this point,” he says. Somehow, he grasped a pole attached to the boat deck and hauled himself aboard. The men in the water pushed the jumper while the men in the boat pulled him up and, finally, to safety. Messina and Green then got themselves aboard, and within ten minutes, the group was back on land. The man they had saved was taken to the hospital for evaluation. Details on his condition have not been released.

As for the rescuers, each of them was at work by 10:30 a.m. “I was a bit late,” admits Blauzvern, smiling. “But I had a good excuse.” **R**

Returning a Soldier's Flag

BY ANDY SIMMONS

MARVIN STROMBO was lost behind enemy lines in 1944 when he came upon the body of a Japanese soldier. World War II was raging, and U.S. Marines had just invaded the western Pacific island of Saipan. On the body, Strombo found what he took to be a spoil of war: a Japanese flag covered in calligraphy. He quickly pocketed it, he later told CBS, then searched out his unit.

That flag stayed with Strombo for 73 years, displayed in a glass case in his Montana home. As time healed the war wounds, he realized its significance for the dead soldier's family. But how, after all these decades, could he go about returning it?

Meanwhile, a world away, in the Japanese village of Higashishirakawa, Tatsuya Yasue and his sisters, Sayoko Furuta and Miyako Yasue, grieved for their older brother, Sadao Yasue. They'd last seen him just before he'd left for the war front. In his possession was a flag with the farewell wishes of friends and family. "Good luck forever at the battlefield," one line read, the Associated Press later reported. The hardest part for the siblings: Sadao's body had never been found.

Strombo eventually learned of the Obon Society, an organization that



Returning the flag meant everything to the soldier's family, said Marvin Strombo (right).

helps return captured Japanese artifacts. At Strombo's behest, the group searched for the soldier's survivors. After about a month, they found his family in a tea-growing village in central Japan. Last August, 93-year-old Strombo flew to Japan to return the flag.

At a ceremony, Strombo handed the relic to 89-year-old Tatsuya as Furuta, now 93, wept. He held it to his nose and inhaled. "It smelled like my good old big brother and like our mother's home cooking," he told Reuters. "It's like the war has finally ended, and my brother can come out of limbo." **R**

VOICES & VIEWS

Department of Wit

How Do You Stop This Thing?



BY CHRISTOPHER HARPER

FROM THE BOOK *AND THAT'S THE WAY IT WILL BE*



CHRISTOPHER HARPER is a professor of journalism at Temple University.

If you think your car is high-tech now, just wait. When driverless cars arrive in a few years, computers might well be running the whole vehicle. Imagine the help-line calls to the manufacturers then ...

FIRST CUSTOMER'S CALL

Help Line: General Motors help line. How can I help you?

Customer 1: I got in my car and nothing happened!

Help Line: Did you put the key in the ignition and turn it?

Customer 1: What's an ignition?

Help Line: It's a starter motor that draws current from your battery and turns over the engine.

Customer 1: Ignition? Motor? Battery? Engine? Why must I know all of these technical terms just to use my car?

SECOND CUSTOMER'S CALL

Help Line: General Motors help line. How can I help you?

Customer 2: My car ran fine for a week, and now it won't go anywhere.

Help Line: Is the gas tank empty?

Customer 2: Huh? How do I know?

Help Line: There's a gauge on the front panel, with a needle and markings from *E* to *F*. Where is the needle pointing?

Customer 2: I see an *E* but no *F*.

Help Line: The *F* is to the right of the *E*.

Customer 2: To the right of the *E* is *V*.

Help Line: A *V*?

Customer 2: Yeah, there's a *C*, an *H*, the first *E*, then a *V*, followed by *R*, *O*, *L*—

Help Line: That's the front of the car. When you sit behind the steering wheel, that's the panel ...

Customer 2: That steering wheel thingy—is that the round thing that honks the horn?

Help Line: Yes, among other things.

Customer 2: The needle's pointing to *E*. What does that mean?

Help Line: It means that you have to visit a gasoline vendor and purchase more gasoline. You can install it yourself or pay the vendor to install it for you.

Customer 2: What?! I paid \$32,000 for this car! Now you tell me that I

have to keep buying more components? I want a car that comes with everything built in!

THIRD CUSTOMER'S CALL

Help Line: General Motors help line. How can I help you?

Customer 3: Your cars stink!

Help Line: What's wrong?

Customer 3: It crashed!

I wanted to go faster, so I pushed the accelerator pedal all the way to the floor. It worked for a while, and then it crashed—and now it won't even start up!

Help Line: I'm sorry, sir.

Customer 3: I was just following your stupid manual. It said to make the car go, put the

transmission in *D* and press the accelerator pedal. Now it crashed.

Help Line: Didn't you attempt to slow down so you wouldn't crash?

Customer 3: How do you do that?

Help Line: That's on page 14 of the manual. The pedal next to the accelerator.

Customer 3: I don't have all day to sit around and read this manual.

Help Line: Of course not. What would you like us to do?

Customer 3: I want you to send me one of the latest versions that goes fast and won't crash anymore. **R**

“*That steering wheel thingy—is that the round thing that honks?*”



FROM THE NEW YORK DAILY NEWS ARCHIVE VIA GETTY IMAGES



PHOTO

OF LASTING
INTEREST

There Is Joy in Mudville

The year was 1965. Mickey Mantle, a New York Yankee, hit the first indoor home run at Houston's new Astrodome. The Giants' Willie Mays won his second MVP award. But one of the most enduring baseball moments of the year featured an Angel: Rev. Capistran Ferrito, a friar from Our Lady Queen of Angels church in New York City. Exactly why the friar was out playing ball in his habit—and church shoes!—on this day is lost to history. Fortunately, this award-winning photograph preserved the boyish joy on his face for generations to come.

PHOTOGRAPH BY
JOHN DUPREY



How caring for her dying husband turned into the most meaningful time of one woman's life

Bill's Last, Best Gift

BY TRACY GRANT FROM THE WASHINGTON POST

ELEVEN YEARS AGO, the world as I knew it ended. My husband of 19 years, the father of my two sons, was diagnosed with terminal cancer.

Over the course of seven months, Bill went from beating me silly at tennis to needing my help to go to the bathroom.

It was the best seven months of my life.

Maybe I don't actually mean that. But it was certainly the time when I felt most alive. I was 42 years old. I had become a respected professional, a responsible and, I hope, loved parent. But I had yet to discover the

reason I was on this earth. During those seven months, I came to understand that whatever else I did in my life, nothing would matter more.

I discovered that the petty grievances of an irksome coworker, a child with the sniffles, or a flat tire pales in comparison with the beauty of spontaneous laughter, the night sky, the smells of a bakery. There were moments of joy, laughter, and tenderness in every day—if I was willing to look hard enough. I found I could train myself to see more beauty than bother, to set my internal barometer to be more compassionate than callous.

In the days after Bill's diagnosis and brain surgery, being his caregiver required me to become the best reporter I knew how to be. I found clinical trials and talked to oncologists in Texas, Pennsylvania, and New York. It gave me a sense of purpose, and it gave Bill comfort—and a few chuckles—to overhear me reading the riot act to some insurance rep who'd told me a treatment wouldn't be covered.

When I couldn't sleep at night, I took to praying the rosary, then began praying it daily even if I had no difficulty sleeping. There is a reason that prayer beads are common in many religious traditions dating to well before Christ. Caressing pearlescent beads helped

slow my breathing and calm my mind. I came to feel naked if I didn't have beads within easy reach while scans were performed, IVs dripped, test results were waited for.

In the latter days, being Bill's caregiver meant being fully present for as many moments of every day as possible. During his last weekend, we had dinner together. Later, a relative visited. I noticed that she'd changed her appearance, and not in a good way. It was the kind of thought I'd usually keep to myself. Just then, Bill voiced exactly what I'd been thinking, in that ruthlessly truthful way he had, and I found myself laughing out loud.

I could live with this man, even needing as much care as he does, for the next 40 years, I thought.

He would be dead in four days.

Eleven years later, I haven't started a foundation to cure cancer. I haven't left the news business to get a medical

degree. I work. I try to be there for my sons. I will never again have that high a purpose. But every day, I try to again be the person I became during those seven months. I try to be a little less judgmental, a little more forgiving and generous, a little more grateful for the small moments in life. I am a better person for having been Bill's caregiver. It was his last, best gift to me. **R**



TRACY GRANT
*is a deputy
managing
editor at the
Washington Post.*

FINISH THIS SENTENCE

The one thing that

When my crush

has a crush on someone else.

ISAAC ARTEAGA

Eagle Mountain, UT

Watching the video

from my wife's funeral about her life. She passed away from breast cancer.

JOHN FALSETTO

Arvada, CO

“Silent Night”

sung by the Temptations. My mother loved that version! She would sing it to me when I was a little girl.

ROXANNE ZEIGLER

Spencer, OK

Homecomings

for soldiers. Many people in my family served our country, and the thought of them not coming home is scary.

TABITHA MURRAY

 Go to facebook.com/readersdigest or join our Inner Circle Community at tmbinnercircle.com for the chance to finish the next sentence.

always makes me cry is ...

Seeing my dad

or grown brothers cry. I get an instant lump in my throat.

KATI EK

Hancock, MI

Reading, MA

Wonewoc, WI

Lassie.

I still can't watch it. I cry every time!

JACKIE BARBKNECHT

A parade!

I well up with patriotism every time I hear a marching band play.

LORRIE LANGTON

Rockingham, VA

My paycheck.

SONNY WARREN

Dixon, MS

Engagement photos

of people I've known all my life. They show just how much in love they are.

LAUREN YOUNG

Leesville, LA

St. Johns, FL

A great TV news story.

I watched one about installing foliage viewfinders for color-blind people in Tennessee. One man saw the beautiful fall colors for the first time in his life.

KAREN LILLIS

NEW STORIES AWAIT JUST FOR YOU

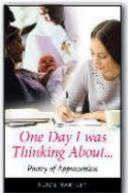


A Long Road to the Right Kind of Care

Alexander Rogerson, MD
www.xlibris.com

Hardback | Paperback | E-book
\$29.99 | \$19.99 | \$3.99

This book is a combined medical autobiography and dissertation on medical care as it was from personal experience starting 70 years ago; it presents why prepay is best and why our present care system is not the answer.

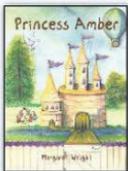


One Day I was Thinking About?

Alice Hartley
www.authorhouse.com

Paperback | E-book
\$19.95 | \$3.99

These book shares poems inspired by events and family members who came to visit but never stayed. Brief encounters have brief poems. Others are about love and hate. Let them bring a smile to your face!

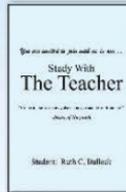


Princess Amber

Margaret Wright
www.xlibris.com.au

Paperback | E-book
\$24.19 | \$4.99

Princess Amber was written to celebrate the short but amazing life of a young child in the author's class. Born with a medical condition and walking only with assistance, she desired more than anything else to dance on the stage.

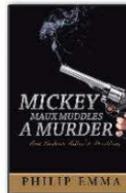


Study with the Teacher

Ruth C. Bullock
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Religion has led many to reject and deny the existence of God. Social media exposes variations in religion: some loving, others rigid, controlling and murderous. Many don't care, others react with frustration, disillusion, rejection of religion for faith or spirituality.



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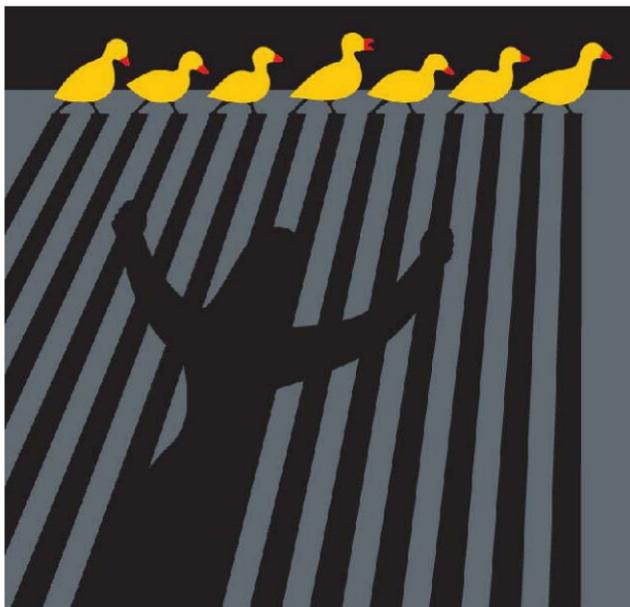


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In this historical tale inspired by true events, a young orphan is led down a compelling path through war to his destiny where he discovers the power of a promise.



An animal lover causes a fatal crash. Was it an accident, or was she guilty of a crime?

The Case of the Driver and The Ducks

BY VICKI GLEBOCKI

EMMA CZORNOBAJ was driving down a busy four-lane highway near Montreal late in the day on June 27, 2010, when she spotted several ducklings wandering helplessly along the concrete median. She quickly stopped her Honda Civic in the left lane, near the ducks. Witnesses claimed that, without turning on her hazard lights or closing the driver's-side door, she jumped out of the car and tried to catch the meandering birds, which she planned to

take home. Within a minute or so, a truck swerved into the right lane to avoid hitting Czornobaj's parked vehicle. Behind that truck were two motorcycles. Pauline Volikakis drove one, and her husband, André Roy, drove the other, with their 16-year-old daughter, Jessie Roy, riding on the back. André crashed into Czornobaj's car. Both he and his daughter died.

A *Globe and Mail* headline in June 2014 announcing the start of the trial in the Superior Court of Quebec, ➤➤

Montreal Division, underscored the tragedy: “Jury hears case of fatal crash caused by act of kindness.” Czornobaj was charged with two counts of criminal negligence causing death and two counts of dangerous driving causing death. If found guilty on the counts of criminal negligence causing death, she could be sentenced to life in prison.

“I know it was a mistake,” Czornobaj told the court. She considered the crash to be an accident and testified that she didn’t see other cars when she stopped and assumed it was “safe.” Her attorney Marc Labelle noted that André Roy was driving his motorcycle over the speed limit, which may have

contributed to the collision. Even so, while Labelle described Czornobaj’s actions as “stupid,” he had a larger point: “You are in the presence here of an accident with no criminal intent.”

Prosecutor Annie Claude Chassé strongly disagreed, asking the jury, “Would a reasonable and prudent person in the same circumstances as was the accused do the same ... to save some ducks?” She argued that this tragedy was no accident: Czornobaj “made choices. She made decisions. She was aware of the danger.”

Was the driver who stopped to help some ducks and caused a fatal crash guilty of a crime? You be the judge.



THE VERDICT

Yes. The jury unanimously ruled that Emma Czornobaj was guilty of criminal negligence and dangerous driving causing death. At her sentencing in December 2014, Justice Éliane Perreault explained, “She knowingly engaged in risk taking that she should have foreseen would put other drivers’ lives in danger.” Czornobaj was sentenced to 90 days in jail plus three years’ probation, including 240 hours of community service. She also wouldn’t be allowed to drive for ten years. She appealed the sentences, arguing that losing her license for that long was extreme, especially when the Highway Safety Code requires only a three-year ban for “causing death by criminal negligence and dangerous driving.” In June 2017, seven years after the crash, the three-judge panel on the appeals court disagreed, upholding her conviction and ruling that the severe driving ban compensated for her “exceptionally lenient” jail time given her criminal convictions. As Chassé told reporters after the initial trial, “What we hope is that a clear message is sent to society that we do not stop on the highway for animals. It’s not worth it.”

R

Points to Ponder



You can start having an impact on your immediate environment. Be kind, listen, have goodwill. It has a ripple effect. I'll start there.

GAL GADOT,
actress, in People

HAVE YOU STUDIED the limits of human attention? We overestimate our ability to do two things at once, and I would advise you to learn about that before you answer that phone in the street.

STEVE CASNER,
safety expert, in Psychology Today

GARDENING, like life, requires courage. We must be brave enough to cut back the old and sit with bare branches, awaiting new growth. And we must trust that it will come.

CHERYL RICHARDSON,
*author, in her book *Waking Up in Winter**

PERFECTION COMES out of molds or off assembly lines ... And the great irony is that we value things made by hand more than we do things that come from machines.

SIMON SINEK,
*author, in the book *Permission to Screw Up**

WHAT MONEY DOES is magnify you ... Money gives you a chance if you're a slob to be a big slob—a huge slob. On the other hand, if you're inclined toward doing good things, it gives you the power to do a great many great things.

WARREN BUFFETT,
investor, in Georgia Tech Alumni Magazine

Your True Stories

IN 100 WORDS

KEEPING IT REEL

One day, as a state trooper, I pulled over a young man for speeding. I sat in the front seat of my cruiser and began to write him a citation. He tried making small talk while he waited. "It sure is a beautiful day," he said. Without looking up, I continued to write. "Yes, it is," I said. "I wish I was fishing!" He had the perfect response to that. "No offense, sir," he said. "But I wish you were fishing too." I laughed so hard, I let him go that day with a warning.

JOHN WARNER, *Lawrenceburg, Tennessee*

A GOLFER'S GOODBYE

A close friend of ours, Bob, had passed away. We took our eight-year-old son to the graveside service. He was in awe the entire time. After the casket was lowered, Bob's grandchildren gave each person at the service a golf ball. Bob had been an avid golfer, and his widow decided to drop golf balls into the grave instead of flowers. We smiled and



joked as we each took our turn. When we finished dropping the balls, our son, speaking in his outside voice, had everyone laughing when he said, "Mom, it's a good thing your friend wasn't a bowler."

JIM LYONS, *Grayslake, Illinois*

THE VIRTUE OF PATIENCE

While I was sitting in the waiting room to donate blood, another patient was called ahead of me, out of turn. As I sat there, irritated, I overheard a young couple's conversation. Their baby was having surgery the next day, but the mother's iron count was too low to donate blood. I walked over to the mom. I said, "I'll donate for your baby." I knew I could because I have O negative—the one type of blood that is tolerated by everyone. It's funny how quickly my irritation turned to joy when I realized how much I could help.

LINDA TIPON, *San Diego, California*

To read more 100-word stories and to submit your own, go to rd.com/stories. If your story is selected for publication in the magazine, we'll pay you \$100.



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ALASKA
IT'S RIGHT UP HERE.



Life

IN THESE UNITED STATES



"I always forget—is it Kirsten or Kristin?"

I WAS STANDING in a long lunch line with my husband when the guy in front of us looked down at my very pregnant belly, smiled, and asked, "What are you having?"

My impatient husband replied, "A steak sandwich."

KAYLEN WADE, Roseville, California

MY HUSBAND AND I were at our lawyer's office to sign our wills. After

we'd reviewed them, our lawyer leaned over his desk with pen in hand and asked, "Now, who's going to go first?"

LINDA HELM, Hartford, Kentucky

ME: Can I borrow 50 bucks?

Mom: You don't call to say hi, and you didn't call on my birthday. All you ever call for is money!

Me: Forty bucks?

Mom: OK.

Source: crazythingsparentstext.com

AWK-WARD!

Just tried a coat on in T.J.Maxx. It was the coat of a customer trying on another coat.

🐦@LITTLECHIEF1982 (DAVID PAYNE)

After flunking a job interview, I got up, shook everyone's hand, and walked into the coat closet.

🐦@NOAHVAIL (NOAH MASTERSON)

Just bumped into a mannequin & said, "Sorry." Then said, "Oh, I thought you were a person." Then realized I was still talking to a mannequin.

🐦@AJBROOKS (AJ MENDEZ BROOKS)

I was once thanked by a grieving family member for coming to a funeral. I responded, "No, thank you."

🐦@JAMIECLAIRITY

MY MOTHER was in a bakery and noticed a fly in the display case. The clerk must have noticed her look of dismay because she assured Mom, "Don't worry. They don't eat much."

W. E., *via mail*

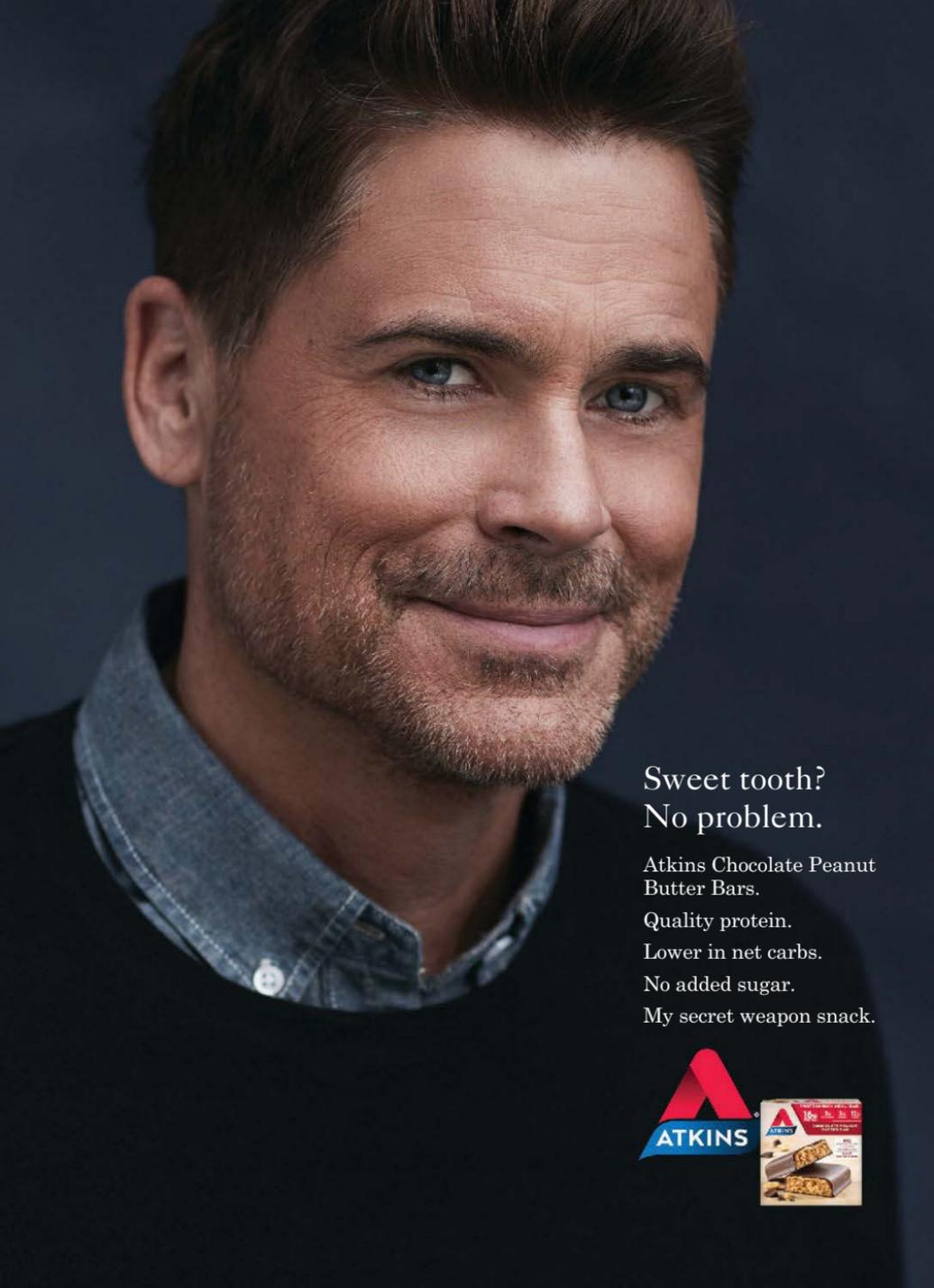
Got a funny story about friends or family? It could be worth \$\$\$\$. For details, see page 3 or go to rd.com/submit.

FELINE FELONIES

Cats have a reputation for being naughty, and these owners are not shy about publicly shaming theirs (not that it will do any good).



CAT SHAMING © 2016 BY PEDRO ANDRADE. REPRINTED WITH PERMISSION OF ANDREWS MCMEELE PUBLISHING.



Sweet tooth?
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Atkins Chocolate Peanut
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ART *of* LIVING

Tummy, side, or back? How you lie down at night can make a big difference in how you feel in the morning.

A Sleep Position Primer For What Ails You

BY MARISSA LALIBERTE



Back Pain

One trick to reducing back pain is to keep your spine in its natural curve. Your best bet is lying on your back or side with a pillow or two strategically placed to take stress off your lower back, says Jeffrey Goldstein, MD, chief of the Spine Service for Education and the Spine Fellowship at NYU Langone Health. “Often people are more comfortable on their back if there’s a pillow behind their knees, or between the knees if they’re on their side,” he says.

Hip Pain

Whether your hip pain comes from osteoarthritis or overusing a tendon while running, the advice is the same: Lie on your back with a pillow under your knees, which will keep your spine neutral—twisting to neither the right nor the left—and put less pressure on the hips, says Priyanka Yadav, DO, a sleep-medicine specialist at Robert Wood Johnson University Hospital. “More pressure means more pain, which could keep you from getting a good night’s sleep,” she says.

Knee Pain

“A lot of knee pain can be caused by the legs touching each other,” says

Charles Bae, MD, a sleep specialist at the Penn Sleep Center at the Hospital of the University of Pennsylvania. He recommends putting a pillow or something else soft between your legs to reduce the contact.

Neck Pain

The right pillow or set of pillows will keep your head even with your shoulders, reducing neck pain. Find a height that stops you from straining your neck up or down, says Dr. Goldstein.



Shoulder Pain

Sleeping on your pain-free side could help but might eventually cause that

shoulder to hurt, too, says Dr. Yadav. Lie on your back instead, with a rolled-up towel under your neck to help distribute the pressure more evenly. Or alternate between your back and your pain-free side. Placing a body pillow next to you can stop you from rolling onto the achy shoulder.

TMJ Pain

If you’ve got temporomandibular joint (TMJ) dysfunction or another type of jaw pain, sleep faceup. “Sleeping with your face on its side can put pressure on the joints or the

jaw itself and make the pain worse," says Ana Paula Ferraz-Dougherty, DDS, a spokesperson for the American Dental Association.

Acne

Your sheets can collect oil from your skin, leading to breakouts. While this isn't the main cause of acne, try to keep your facial skin off your dirty pillowcase by sleeping on your back.

Snoring

If your partner is complaining about your bearlike snores, try to sleep on your side. "When you're on your back, gravity pushes everything into the airways and makes them smaller, with disturbances in airflows," says Dr. Yadav. If your snoring is caused by nasal congestion, one less obvious trick she recommends is to elevate your head with two or three pillows to help drainage.

Obstructive Sleep Apnea

On the other hand, if obstructive sleep apnea is the root of your snoring (or nighttime tooth grinding), lying on your side may stop it before it starts. "It's most commonly caused when you lie on your back and your tongue

falls back and causes the obstruction," says Dr. Ferraz-Dougherty. When that happens, your upper airway is partially or totally blocked, so you wake up briefly—sometimes for too short a time to notice—for a good gulp of air. Talk to a doctor if your snoring persists even after you switch positions.

Heartburn

When your stomach valve relaxes enough to let acid come up into the esophagus, you feel the burning sensation of acid reflux. Studies have shown that sleeping on your left side helps symptoms, likely because that position doesn't let the valve open as easily, says David Johnson, MD, chief of gastroenterology and a professor at Eastern Virginia Medical School and past president of the American College of Gastroenterology. No matter what position you sleep in, use gravity to your advantage by keeping your upper body elevated with a wedge-shaped pillow that tapers down from a height of eight to ten inches. That's better than using a big stack of flat pillows, which puts your body at a harsher angle, contracting your abs as if you're in a sit-up and putting pressure on your stomach. **R**

*
* *

YOU'RE NEVER TOO TIRED TO PUN!

My theory on why people fall out of bed has been debunked.

@SKINNERSTEVEN (STEVEN W SKINNER)

It may not do the trick for a fancy dinner party, but this speedy oven can handle more than you think



Dishes Professional Chefs Cook In the Microwave

BY LAURA RICHARDS

1 LOBSTERS Rich Vellante, executive chef at Legal Sea Foods, says that microwaving lobsters “allows the flesh to steam in its own juices, so the meat is juicy, tender, and exceptionally flavorful.” To start, place a live lobster in the freezer for 30 minutes to stun it. Then put it on a microwave-safe plate, take the rubber bands off the claws, tuck 4 to 5 lemon slices around the lobster, and sprinkle water on top

(2 tablespoons per pound of lobster). Microwave on high $6\frac{1}{2}$ to 7 minutes for a 1-pound lobster; add a minute for each additional quarter pound. Cool 10 minutes before eating.

2 FISH “I have also had success with fish steamed in a microwave-safe bag with white wine and vegetables,” Vellante says. Cook on high for the same amount of time you would steam it, but check after 3 or 4 minutes to be sure you don’t overcook it. Be careful when you open the bag, as the steam can burn you.

3 SAUCES AND PUDDINGS “Sauces and puddings cook much faster in the microwave than on top of the stove, plus you don’t have to stand over them and continuously stir,” says Ellie Deaner, owner of the cooking school Let’s Get Cooking.

Simply mix the ingredients together in a large microwavable bowl, cover with microwave-safe plastic wrap or a paper towel that has been punctured twice with a fork, and cook on high, stirring every 2 to 3 minutes, until the sauce or pudding becomes as thick as you'd like.

4 SPAGHETTI SQUASH “Just poke a few holes in a spaghetti squash with a chef’s knife,” says Vellante, “and cook on high for 8 to 10 minutes or until it’s soft to the touch on the outside. It steams from the inside, and the result is tender strands of squash that can be scooped out of the shell with little hassle and mess.” Serve with a drizzle of olive oil and a dash of salt and pepper.

5 SCRAMBLED EGGS Gemma Stafford of biggerbolderbaking.com grew up scrambling eggs in the microwave. In a microwave-safe bowl, beat 2 eggs, 2 tablespoons of milk, and any seasonings you'd like. Microwave for 1 minute, stir with a fork, and then cook for another 45 to 60 seconds. “Whisk the eggs well before cooking,” she says, “and keep your eye on them so they don’t overcook.”

6 NOODLES Add just enough stock to cook the noodles and microwave for 2 to 2½ minutes or until the noodles are tender. You can serve them on their own or add them to a hearty soup, says Stafford.

7 POTATOES “There are so many ways you can cook a potato in the microwave, but my favorite is to make potato chips,” says Stafford. Plunge thin slices into an ice bath, pat dry, and place in a single layer on a microwave-safe plate lined with parchment paper. Brush both sides of each slice with olive oil and sprinkle with salt. Microwave for 1 to 2 minutes, then flip over and microwave for an additional 1 to 2 minutes, until crisp. “You get a lovely flavor without the fat of store-bought chips,” she says. You can also scrub a potato, poke holes in it with a fork, and microwave on high until soft (usually 5 minutes or more) for a perfect “baked” potato.

8 BROWNIES Want a warm, gooey brownie in just 1 minute? In a microwave-safe mug, mix 3 tablespoons each all-purpose flour, brown sugar, cocoa powder, canola oil, and water. Add a pinch of salt and half a teaspoon vanilla extract, then microwave for 45 to 60 seconds. (Timing may vary depending on your microwave and the size of your mug.) “The trick is to microwave it just the right amount to fully cook the cake but still give you a deliciously soft brownie,” Stafford says. If your brownie starts to inflate really fast, stop the microwave, insert a wooden toothpick to check for doneness (it should come out mostly clean), and cook on half power for 10 seconds at a time as needed. **R**

A grandparent cherishes time with her granddaughter

The Adventures of a Lifetime

BY ARLENE CHAPLIN FROM THE *BOSTON GLOBE*



ON MY GRANDDAUGHTER'S 21st birthday, I sat with her and her expired driver's license on a hard wooden bench at the DMV, shifting around to give my bones a rest from time to time. The PA system blasted out numbers — "B92," "I209" — to summon ticket holders to the desk to take an eye test or renew a registration. I felt as though we were at a bingo game, waiting for the winning number to be called so we could leap up and collect the prize.

And on that bench, I had a revelation: The seemingly mundane events I've shared with my granddaughter were both my adventures and my rewards for just showing up.

I grew up in a suburb of Boston in a house that my immigrant parents bought as the key to a new life for themselves and their four children. A vacation for us was a bus trip to Central Square, past the Salvation Army band playing "Amazing Grace" on the corner, then down into the

subway for a day trip to Boston Common. Even better—a train ride to Carson Beach, shopping bags filled with our version of gourmet delicacies like hard-boiled eggs, wine-colored beets, and juicy purple plums, followed by the muddy sand sucking at our toes.

I looked forward to these small outings and never developed a flair for the dramatic vacation. It sounds boring, to seek out the simpler pleasures, but it was not. I have since traveled to tropical islands, to Europe, and to many of America's cities. Those trips were refreshing and provided fuel for a retake on life, but they were breaks. I prefer the mainstream of the ordinary.

I like the day trips and the routines of showing up to be the chauffeur for my granddaughter. They foster conversations that make me feel like a mentor. I drive. I make snacks. I offer small excursions. On one trip to the Museum of Fine Arts, we wandered under the Chihuly glass ceiling, mesmerized by the audacious colors while looking up until our necks cramped and talking about artists' lives. On another, we were drawn into the musical instrument room like children following the Pied

Piper, hypnotized by the sound of a Mozart sonata played on an antique harpsichord. That day we discussed Mozart's genius. At a Red Sox night game at Fenway Park, lit up by a thousand bulbs, we sang "The Star-Spangled Banner," ate Fenway Franks with mustard squeezing out of the buns, and talked about the rules of the game.

But the best of times were in the car or the kitchen. We commiserated about a homework assignment, playing the roles of two philosophers discussing the Enlightenment. We had our private book club, reading *A Prayer for Owen Meany* and typing e-mails in UPPER

CASE to mimic the voice of the main character. When Jen was filling out the driver's license renewal forms, we talked about organ donors and voter registration.

If I added up all of these irreplaceable, ordinary moments, they would far exceed the time it would take to travel around the world. That makes me think I should be more adventurous and perhaps have a bucket list of experiences, like skydiving or climbing Mount Everest. But that is not who I am. I don't need those adventures. In the end, it turns out that just showing up is enough for me. **R**

“
It sounds boring, to seek out the simpler pleasures, but it is not. I prefer the ordinary.
”

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*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



A *Frontiers in Nutrition* study confirms that popular joint-pain remedies, including ginger and olive oil, help. Here are a few you may not know.

4 Drug-Free Ways to Ease Arthritis

BY CHARLOTTE HILTON ANDERSEN

1 GRASS-FED STEAK

“Grass-fed meat has been shown in studies to be significantly higher than conventional beef in omega-3 fatty acids, which can reduce inflammation. It is also high in creatine, which can build muscle mass in people with rheumatoid arthritis.”

EDWARD LEVITAN, MD,
cofounder of *Five Journeys*, a
health and wellness company

2 PROBIOTICS

“Healthy gut microbiomes may be the key to healthy joints. You can support good gut bacteria by eating foods with active cultures, such as kefir and plain yogurt, along with fermented vegetables, such as sauerkraut. A quality probiotic supplement can help.”

SUSAN BLUM, MD,
founder and director
of the *Blum Center
for Health*

3 GOING GLUTEN-FREE

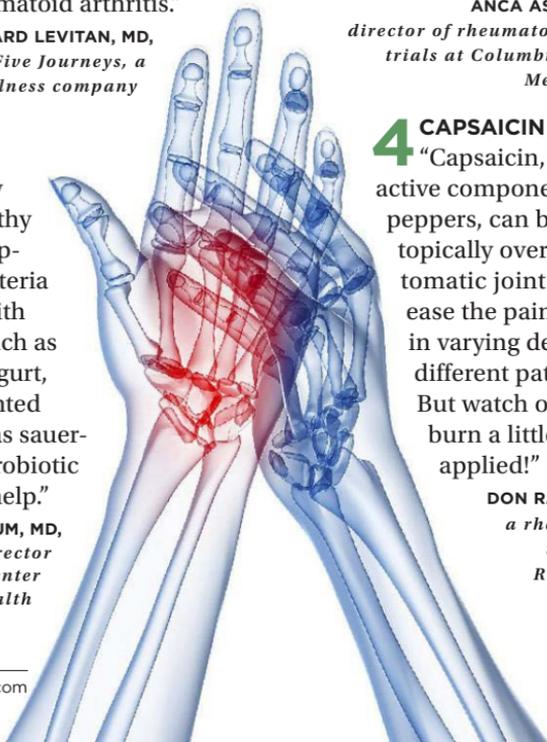
“Even in people who aren’t sensitive to it, gluten can cause inflammation. Eliminating it may reduce pain and increase mobility.” Check with your doctor to make sure you don’t miss out on key nutrients.

ANCA ASKANASE, MD,
director of rheumatology clinical
trials at *Columbia University
Medical Center*

4 CAPSAICIN

“Capsaicin, the active component in chili peppers, can be used topically over symptomatic joints to help ease the pain. It works in varying degrees in different patients. But watch out; it does burn a little when applied!”

DON R. MARTIN, MD,
a rheumatologist
with *Sentara
Rheumatology
Specialists*





“Does your bladder leak
underwear fit this beautifully?”

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NEWS FROM THE

World of Medicine

The Danger of Skipping Breakfast and Eating Late

Researchers at the Perelman School of Medicine at the University of Pennsylvania asked nine healthy adults to eat three meals and two snacks daily between 8 a.m. and 7 p.m. After doing that for two months, the volunteers took a couple of weeks off before limiting their meals and snacks to between noon and 11 p.m. for two more months. When the group ate only later in the day, their weight, insulin, fasting glucose, cholesterol, and triglyceride levels all worsened, raising their risk for developing heart disease and diabetes.

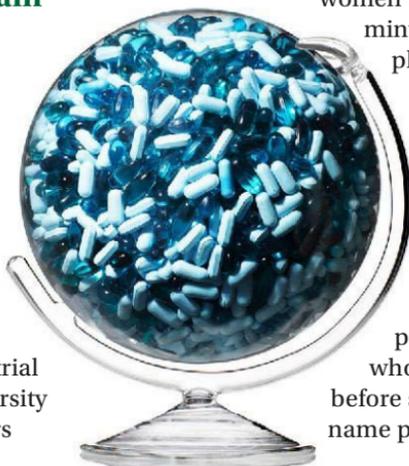
New “Green” Pain Treatment

People with chronic migraines and fibromyalgia who looked at a green LED light for one to two hours every day for ten weeks saw a 40 to 50 percent decrease in pain, according to a small-scale human trial conducted by University of Arizona professors

Rajesh Khanna, PhD, and Mohab Ibrahim, MD, PhD. It’s unclear exactly how this works, but in earlier animal studies, researchers observed that exposure to green LED light boosted the body’s production of its own natural painkillers. The inspiration for the project was Dr. Ibrahim’s brother, whose headaches got better when he sat outside and looked at sunlight filtering through green tree leaves.

Exercise Boosts Memory of Names and Faces

According to a small study published in the journal *Cognitive Research: Principles and Implications*, young women who did just five minutes of low-impact physical activity after learning people’s names and faces scored higher when they were tested on their ability to recall the names the next day, compared with women who either exercised before studying the face-name pairs or did not



exercise at all. The same trend did not apply to the male participants. The study's author speculated that this was because the tests included only male faces. If women respond better than men do to male faces, the female participants' reactions might have swayed the results.

Noise Can Elevate Your Blood Pressure

A study of people living near Athens International Airport in Greece found that for those repeatedly exposed to the din of airplanes, especially at night, the odds of developing high blood pressure more than doubled with each ten-decibel increase in volume. This supports previous research linking loud noises with hypertension.

Acid Reflux: Mediterranean Diet as Effective as Drugs?

A study published in *JAMA Otolaryngology* examined the medical records of people with acid reflux in the throat. One cohort had been treated with proton pump inhibitors and asked to avoid foods that exacerbate the problem (carbonated beverages,

alcohol, spicy or greasy meals, and so on). The second group avoided the same items, drank only alkaline water, and ate a Mediterranean-style diet in which 90 percent of the food came from plants. After six weeks, the two cohorts saw roughly the same amount of improvement.

Sleep Deprivation as a Depression Treatment

After reviewing more than 60 studies, researchers at the University of Pennsylvania concluded that, in controlled settings, sleep deprivation can radically reduce the symptoms of depression in about half of patients—and in as little as 24 hours. That's a huge improvement over antidepressants, whose effects may not be apparent for weeks. But don't start staying up late yet. Other studies indicate that a lack of sleep can actually cause depression—along with a host of other health issues, such as obesity, diabetes, and heart problems. More research is needed to determine how best to use a treatment of controlled sleep deprivation. **R**

*
* *

WHAT'S IN A NAME?

Life is a slow process of having your favorite names ruined by meeting the people who have them.

 @LIZHACKETT (ELIZABETH HACKETT)



ALL IN

A Day's Work



AT A HIGH SCHOOL reunion, a former classmate asked me what I did for a living. I told him, "I'm a mathematician at a large corporation, helping engineers and scientists solve mathematical problems that arise in their work."

With an incredulous look, he asked, "All day?"

JAMES PHILLIPS, Bellevue, Washington

I JUST REALIZED that "Let me check my calendar" is the adult version of "Let me ask my mom."

NOELLE CHATHAM, Quartz Hill, California

A MAN placed a package of cookies on my supermarket checkout counter. Unfortunately, one end opened and the cookies tumbled out. "That was the last package!" he said.

"It's all right. We can give you a store credit," I assured him.

"No, I'll take these," he said, picking up the stray treats. "I promised my donkey cookies, and I can't go home without them."

JOHN FLYNN, *Marshall, North Carolina*

SIGN OUTSIDE A BRITISH PUB:

"Do not drop your cigarette ends on the floor, as they burn the hands and knees of customers as they leave."

FROM THE POLICE BLOTTER:

Actual calls that cops have responded to that had nothing to do with humans, save for the dolts who phoned them in.

■ A man reported that his neighbor's dog is a jerk.

■ A resident worried that a noisy hawk in a tree was in some sort of distress. When authorities arrived, the hawk was quiet and enjoying dinner.

■ A caller reported that a belligerent squirrel was preventing him from using his boat dock. The caller said he knew nothing could be done about it, but he wanted officers to know "what kind of squirrels are running about in the community."

■ Police responded to a report of two dogs running loose and attacking ducks. One duck refused medical treatment and left the area.

■ Dispatch: Report of a Swanson chicken potpie running east on Clay Street.

Sources: policeone.com, gawker.com, flatheadbeacon.com

I WAS GIVING my young student a mental maturity test. One image showed an incomplete stick figure that was missing an arm and a leg. I asked, "What does he need?"

She responded, "A wheelchair?"

HUGO MARNATTI,

Nicholasville, Kentucky

LET'S BE BLUNT

Pop star James Blunt has sold more than 20 million albums, but he still faces trolls online. Here's how he disarms them on Twitter:



Troll: Can we all take a moment and remember just how terrible James Blunt was.

Blunt: No need. I have a new album coming soon.

Troll: James Blunt is on the TV downstairs. How could this day get any worse?

Blunt: Coming upstairs now.

Troll: James Blunt just has an annoying face and a highly irritating voice.

Blunt: And no mortgage.

Troll: James Blunt es lo peor que le ha pasado a la humanidad desde Hitler.

Blunt: I'm guessing this is not good.

Anything funny happen to you at work lately? It could be worth \$\$\$\$. For details, see page 3 or go to rd.com/submit.

IS YOUR BLADDER ALWAYS DISRUPTING YOUR DAY?

Ask your doctor about Myrbetriq® (mirabegron), the first and only overactive bladder (OAB) treatment in its class. Myrbetriq treats OAB symptoms of urgency, frequency, and leakage in adults.

In clinical trials, those taking Myrbetriq made fewer trips to the bathroom and had fewer leaks than those not taking Myrbetriq. Your results may vary.



You may be able to get your first prescription at no cost with Momentum.* Visit Myrbetriq.com.

USE OF MYRBETRIQ (meer-BEH-trick)

Myrbetriq® (mirabegron) is a prescription medicine for adults used to treat overactive bladder (OAB) with symptoms of urgency, frequency, and leakage.

IMPORTANT SAFETY INFORMATION

Myrbetriq is not for everyone. Do not use Myrbetriq if you have an allergy to mirabegron or any ingredients in Myrbetriq. Myrbetriq may cause your blood pressure to increase or make your blood pressure worse if you have a history of high blood pressure. It is recommended that your doctor check your blood pressure while you are taking Myrbetriq.

Please see additional Important Safety Information on next page.

*Subject to eligibility. Restrictions may apply.



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IMPORTANT SAFETY INFORMATION (continued)

Myrbetriq may increase your chances of not being able to empty your bladder. Tell your doctor right away if you have trouble emptying your bladder or you have a weak urine stream.

Myrbetriq may cause allergic reactions that may be serious. If you experience swelling of the face, lips, throat or tongue, with or without difficulty breathing, stop taking Myrbetriq and tell your doctor right away.

Tell your doctor about all the medicines you take including medications for overactive bladder or other medicines such as thioridazine (Mellaril™ and Mellaril-S™), flecainide (Tambocor®), propafenone (Rythmol®), digoxin (Lanoxin®). Myrbetriq may affect the way other medicines work, and other medicines may affect how Myrbetriq works.

Before taking Myrbetriq, tell your doctor if you have liver or kidney problems. The most common side effects of Myrbetriq include increased blood pressure, common cold symptoms (nasopharyngitis), urinary tract infection, constipation, diarrhea, dizziness, and headache.

For further information, please talk to your healthcare professional and see Brief Summary of Prescribing Information for Myrbetriq® (mirabegron) on the following pages.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

 **Myrbetriq®**
(mirabegron)
extended-release tablets
25 mg, 50 mg



Myrbetriq® (mirabegron) extended-release tablets 25 mg, 50 mg

Brief Summary based on FDA-approved patient labeling

Read the Patient Information that comes with Myrbetriq® (mirabegron) before you start taking it and each time you get a refill. There may be new information. This summary does not take the place of talking with your doctor about your medical condition or treatment.

What is Myrbetriq (meer-BEH-trick)?

Myrbetriq is a prescription medication for **adults** used to treat the following symptoms due to a condition called **overactive bladder**:

- urge urinary incontinence: a strong need to urinate with leaking or wetting accidents
- urgency: a strong need to urinate right away
- frequency: urinating often

It is not known if Myrbetriq is safe and effective in children.

Who should not use Myrbetriq?

Do not use Myrbetriq if you have an allergy to mirabegron or any of the ingredients in Myrbetriq. See the end of this leaflet for a complete list of ingredients in Myrbetriq.

What should I tell my doctor before taking Myrbetriq?

Before you take Myrbetriq, tell your doctor if you:

- have liver problems or kidney problems
- have very high uncontrolled blood pressure
- have trouble emptying your bladder or you have a weak urine stream
- are pregnant or plan to become pregnant. It is not known if Myrbetriq will harm your unborn baby. Talk to your doctor if you are pregnant or plan to become pregnant.
- are breastfeeding or plan to breastfeed. It is not known if Myrbetriq passes into your breast milk.

You and your doctor should decide if you will take Myrbetriq or breastfeed. You should not do both.

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. Myrbetriq may affect the way other medicines work, and other medicines may affect how Myrbetriq works.

Tell your doctor if you take:

- thioridazine (Mellaril™ or Mellaril-ST™)
- flecainide (Tambocor®)
- propafenone (Rythmol®)
- digoxin (Lanoxin®)

How should I take Myrbetriq?

- Take Myrbetriq exactly as your doctor tells you to take it.
- You should take 1 Myrbetriq tablet 1 time a day.
- You should take Myrbetriq with water and swallow the tablet whole.
- Do not crush or chew the tablet.
- You can take Myrbetriq with or without food.
- If you miss a dose of Myrbetriq, begin taking Myrbetriq again the next day. Do not take 2 doses of Myrbetriq the same day.
- If you take too much Myrbetriq, call your doctor or go to the nearest hospital emergency room right away.

What are the possible side effects of Myrbetriq?

Myrbetriq may cause serious side effects including:

- **increased blood pressure.** Myrbetriq may cause your blood pressure to increase or make your blood pressure worse if you have a history of high blood pressure. It is recommended that your doctor check your blood pressure while you are taking Myrbetriq.
- **inability to empty your bladder (urinary retention).** Myrbetriq may increase your chances of not being able to empty your bladder if you have bladder outlet obstruction or if you are taking other medicines to treat overactive bladder. Tell your doctor right away if you are unable to empty your bladder.

- **angioedema.** Myrbetriq may cause an allergic reaction with swelling of the lips, face, tongue, throat with or without difficulty breathing. Stop using Myrbetriq and tell your doctor right away.

The **most common side effects** of Myrbetriq include:

- increased blood pressure
- common cold symptoms (nasopharyngitis)
- urinary tract infection
- constipation
- diarrhea
- dizziness
- headache

Tell your doctor if you have any side effect that bothers you or that does not go away or if you have swelling of the face, lips, tongue, or throat, hives, skin rash or itching while taking Myrbetriq. These are not all the possible side effects of Myrbetriq. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

How should I store Myrbetriq?

- Store Myrbetriq between 59°F to 86°F (15°C to 30°C). Keep the bottle closed.
- Safely throw away medicine that is out of date or no longer needed.

Keep Myrbetriq and all medicines out of the reach of children.

General information about the safe and effective use of Myrbetriq

Medicines are sometimes prescribed for purposes other than those listed in the Patient Information leaflet. Do not use Myrbetriq for a condition for which it was not prescribed. Do not give Myrbetriq to other people, even if they have the same symptoms you have. It may harm them.

Where can I go for more information?

This is a summary of the most important information about Myrbetriq. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Myrbetriq that is written for health professionals.

For more information, visit www.Myrbetriq.com or call (800) 727-7003.

What are the ingredients in Myrbetriq?

Active ingredient: mirabegron

Inactive ingredients: polyethylene oxide, polyethylene glycol, hydroxypropyl cellulose, butylated hydroxytoluene, magnesium stearate, hypromellose, yellow ferric oxide and red ferric oxide (25 mg Myrbetriq tablet only).

What is overactive bladder?

Overactive bladder occurs when you cannot control your bladder contractions. When these muscle contractions happen too often or cannot be controlled, you can get symptoms of overactive bladder, which are urinary frequency, urinary urgency, and urinary incontinence (leakage).

Rx Only

PRODUCT OF JAPAN OR IRELAND – See bottle label or blister package for origin

Marketed and Distributed by:

Astellas Pharma US, Inc.

Northbrook, Illinois 60062

 **Myrbetriq[®]**
(mirabegron)
extended-release tablets
25 mg, 50 mg

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Smart Ways to Save at the Supermarket

BY JODY L. ROHLENA

EVEN WHEN nobody feels like cooking, everybody feels like eating. So it's no wonder that more than 25 percent of the average family food budget now goes to easy-prep meals and grab-and-go foods, according to the U.S. Department of Agriculture (USDA). But it's not just prepared-food prices that are nibbling at our wallets. Over the past 30 years, grocery prices have risen more than the

prices of other items we buy. Americans now spend almost \$700 billion a year at the supermarket.

Fortunately, we've dug up a bumper crop of tools to trim your bill. Tapping technology and shopping around can

help. So can sharpening the strategies you use at your usual market, from going on the right day to hitting the right aisles. No matter how you stock your kitchen, these tips can help you load up on the best deals.



Grocery Digest

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170 GR

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PREMIUM
QU

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1 Choose the right cart.

It's the first thing you do at the store—and the first way to help yourself save. Unless you're doing a week's worth of shopping, grab a small grocery cart. In an experiment by a cart manufacturer, shoppers bought 40 percent more stuff when given a cart double the size they usually used.

2 But don't grab a basket.

It may sound counterintuitive, but carrying a small handheld basket also can lead shoppers to temptation. There's something about the action of flexing your arm muscles to hold the basket that subconsciously leads you to reach for treats such as candy, according to a behavioral study in the *Journal of Marketing Research*.

3 Shop on Wednesdays.

The single best time to shop is Wednesday evening, according to the shopping news site smartcarting.com. Stores aren't crowded, and, as a bonus, weekly specials start on Wednesday at nearly half of U.S. supermarkets. Some stores honor the previous week's sales and coupons *and* the new week's.

4 And not on weekends.

Saturday and Sunday mornings and early afternoons are the busiest, according to the annual American Time Use Survey. Stores are also crowded after work on weekdays. The average shopping trip is 47 minutes on weekends, 42 minutes on weekdays.

5 Make fewer trips.

Each time you hit the store, you spend money. (For the record, \$136 each week for the typical household, and \$204 for families with kids at home.) Americans make an average of 1.5 trips to the supermarket per week. Cut that down to one trip, and you'll save time and money—particularly on impulse items, which we admit to grabbing 60 percent of the time.

6 Go it alone.

When we shop with someone else, as much as 65 percent of the things we wind up buying is unplanned, according to research from the Marketing Science Institute.

7 Except at the clubs.

One place where you should shop with others is the big warehouse clubs—BJ's, Costco, and Sam's Club. Supermarket expert Phil Lempert suggests bringing a buddy so you can split bulk purchases. For the biggest savings, buy store brands; they're as much as 75 percent cheaper than name brands. For example, Costco's Kirkland Signature dishwasher detergent packs cost about 9 cents a load, while Cascade Complete ActionPacs cost 29 cents a load.

8 But don't get stuck in a warehouse rut.

Not everything is a great deal at the shopping clubs. Sometimes you can do better with a sale at the supermarket.

9 Don't get lost in the maze.

There's a reason the milk is in the back of the store. McCue, a consulting firm for store owners, advises clients to "locate the dairy section as far away as possible from the entrance, giving your shoppers time to discover additional items they may not have intended on buying." That's code for "tempt shoppers to grab impulse items." Don't fall for it. Stick to the perimeter of the store, where the fresh foods are located.



Smart buys there include canned vegetables (20 percent to 40 percent less than club prices), soda (40 percent less), toilet paper (25 percent less), and eggs (50 cents less per dozen).

10 Surprise! Protein is a bargain.

Last year, grocery prices overall went down for the first time in nearly 50 years. Foods that dipped the most in price include beef, pork, poultry, and dairy. Egg prices have fallen by 52 percent in the past two years, with

the average price of a dozen down to \$1.41. So if you're looking for relative bargains to plan meals around, these are the big winners.

11 Eat what's in season.

Fresh produce grown locally is usually the best value at supermarkets and farmers' markets. For instance, strawberries are usually about 30 cents cheaper per pound in June than in May. In March, look for broccoli, brussels sprouts, cauliflower, lettuce, and pineapple. In

**12**

Load up on “loss leaders.”

The best deals—those front-and-center items on the sales ads—are often popular staples such as bread, cereal, soda, and toilet paper. They’re known as loss leaders because stores are willing to lose money on them in the hope that you’ll buy lots of non-sale items while you’re there. For example, in a recent ad for the Harris Teeter grocery chain, eggs were just 89 cents a dozen, and Coca-Cola six-packs were marked “buy 2, get 3 free.”

April, snap up these same foods, as well as asparagus, rhubarb, and peas. Year-round bargains include bananas, celery, and potatoes.

13 Buy water at the hardware store.

Sometimes bargains pop up in unexpected places. Look for good prices on bottled water at home-improvement stores, says Mike Catania of promotioncode.com. He found a case of 16.9-ounce bottles of Niagara water at the Home Depot for \$2.97, while a nearby grocery charged \$2.99 for a case of 8-ounce bottles. That’s half the water for the same money.

14 Look high and low on the shelves.

Stores put the most popular—and often the most costly—items at eye level. In fact, manufacturers often pay a fee for optimal placement. To find the bargains, look up and down to the higher and lower shelves. Retail consulting company McCue advises managers to put store brands and bulk items—generally the biggest bargains—on the bottom shelves.

15 Chop your own onions.

No wonder people complain about the cost of fresh fruits and vegetables:

Over the past 30 years, the inflation-adjusted price of produce has risen 40 percent, according to the USDA. But that spike occurred mostly because we're buying for convenience—bagged salads instead of heads of lettuce, for example—not because individual items cost that much more. Save by buying whole produce and prepping it yourself. For example, *ShopSmart* magazine found that pre-chopped onions averaged \$4.65 a pound versus 99 cents a pound for whole onions. Just-prepped produce is fresher too.

16 Get the most for your organics dollar.

According to *Consumer Reports*, certified organics (which the grower guarantees were grown in better-quality soil and without potentially harmful pesticides) cost nearly 50 percent more than their conventional counterparts. But the potential health benefits vary. Spend the extra money on foods whose skin you eat, such as apples, peaches, strawberries, grapes, peppers, celery, and potatoes.

17 Watch out for water weight.

"So many stores have misters for produce," says Lempert. Shake the moisture out of lettuce, herbs, and the like before bagging, he suggests. Otherwise you'll wind up paying for water weight.

18 Compare apples to apples.

When you're buying bags of apples or potatoes, don't just buy the first bag you grab. Make sure to pick a heavy one. In a price comparison, a *Consumer Reports* reporter found that "3-pound" bags of apples ranged in weight from 3.06 to 3.36 pounds—that's 10 percent more apples for the same price.

19 Cut the crap.

We spend nearly 25 percent of our grocery dollars on processed foods and sweets, according to the Bureau of Labor Statistics. Soda is the most purchased item, racking up \$12 billion in sales a year, per figures from datecheckpro.com. So if you're buying certain treats just out of habit, try sticking to only a few favorites and see whether you can save some easy money.

20 Hit the sales every week.

Buying staples when they're on sale is Grocery Shopping 101. You'll usually find the best deals front and center in the sales circulars, and you can browse those before you leave home. There's a handy website called sundaysaver.com that posts dozens of circulars from stores around the country. Money expert Clark Howard says you can save 30 percent or more on your weekly bill if you shop the sales consistently.

21 Make a shopping list.

Yes, you need one, because people who shop with a list spend far less time in the store and also make fewer impulse buys. If you're not good at remembering a paper list, keep one on your phone. You can use one of many free apps (simple ones include Buy Me a Pie, Grocery IQ, and Out of Milk; all work on Android and iOS) or just keep your list in your phone's built-in Notes app.

22 Consider one of the grocery apps.

Smart-shopping expert Trae Bodge says using a full-service grocery app can be worth it. She likes Flipp (free for Android and iOS) because it automates everything: It matches items on your list with store specials, coupons, or rebates; it has an easy list creator that you can customize by store; and it will even scan and upload your handwritten list, then sort it by aisle so you can find what you need.

23 Max out on coupons.

Cherie Lowe, who calls herself the Queen of Free, scouts the sales at sundaycouponpreview.com. If she sees some juicy offers, she buys extra copies of the newspaper at the dollar store, which sells a weekend edition for a buck. You can snap up downloadable coupons at her website, queenoffree.net, and other sites, including smartsources.com, coupons.com, and redplum.com.

24 Snag store exclusives.

If you have a couple of stores you shop at regularly, get familiar with their websites and see whether they have apps. That's where you'll find retailers' best offers, says Catania, citing Kroger's and Target's Cartwheel as two good sources of exclusive coupons, promo codes, and rebates.

25 Don't be a brand snob.

Store brands typically cost 15 percent to 30 percent less than name brands—and are sometimes made by the same companies. Three quarters of shoppers view them as “just as good,” the latest IRI Consumer Connect survey shows, and *Consumer Reports* taste testers preferred them in 33 of 57 tests. Besides Costco, Target and Trader Joe's are also known for high-quality private-label brands.

26 Shop like a German.

If you don't have an Aldi nearby, you likely will soon. The German discount chain plans to have 2,500 stores in the United States by 2022 (only Walmart and Kroger have more), reports *Supermarket News*. Inside, you'll find mostly store brands and perhaps not everything on your list—stores are smaller than the typical American grocery. But you can save about 35 percent on meat and produce and 45 percent overall, according to a comparison with Giant and Safeway by Washington Consumers' Checkbook. Another German chain, Lidl, opened



27 Don't fall for fake sales.

Beware sneaky tactics that stores use to lure you into buying more. "We'll take an 89-cent can of tuna and mark it 'ten for \$10,'" says Jeff Weidauer, a former supermarket executive. "Instead of buying six cans for 89 cents apiece, people will buy ten for \$10."

20 stores in the United States last year, and retail analysts say it could expand to 630 locations by 2023. Lidl claims its prices are up to 50 percent less than competitors.'

28 Beware of sneaky labels.

Shoppers tend to assume that healthier foods cost more, reports the *Journal of Consumer Research*, which is why some products marketed as "healthy" come with higher price tags. Don't get suckered. When you see a catchy claim, look for comparable lower-priced products without buzzwords.

29 Buy the right size.

While the smallest packages are often the worst deals, the biggest size isn't necessarily the biggest value. The key is to look for a unit price below the item on the shelf—the price per ounce or liter or whatever. In some cases, the medium-sized package might be your winner.

30 Hoard at the holidays.

Supermarkets often offer their deepest discounts around holidays and food-centric events such as the Super Bowl, so stock up then.

31 Claim your group discount.

If you're over a certain age, you may be eligible for a senior discount—typically 5 percent—if you shop on the right

days. Stores with this policy include Harris Teeter and some Publix stores, as well as Fred Meyer, where you'll save 10 percent. Also, veterans who join one of the big three warehouse clubs get special discounts and perks.

32 Ugly can be beautiful.

Check the produce section for markdowns on oddly shaped but still tasty "misfits." In fact, Misfits is what supermarket chains Hannaford, Hy-Vee, and Meijer call their lines of imperfect fruits and veggies. Whatever they're called, not only are these oddballs a bargain—prices average 30 percent cheaper than "perfect"

produce—but buying them also helps cut down on food waste.

33 And so can dents.

Raid your supermarket's "scratch and dent" sale rack, if it has one. You can find products at clearance prices because the packaging is damaged or has been redesigned. Example: a slightly smashed box of Special K Red Berries cereal marked down 50 percent, from \$5.49 to \$2.74. For safety reasons, make sure any inner packaging is sealed, and don't buy deeply dented cans, because a damaged seal can let bacteria in. (Minor dents shouldn't be a danger.)

MAKE IT YOURSELF AND SAVE

One way to save money on household items is to make them yourself. It's easier than you think. Our new book *Homemade* has recipes for cleaning products that work as well as the brands, which can be expensive (and filled with chemicals).

■ Window Cleaner

1/3 cup white vinegar
1/4 cup rubbing alcohol
3/4 cups water
Mix ingredients in a spray bottle. Shake well.

■ Multipurpose Cleaner

3 cups water
1/3 cup rubbing alcohol
1 teaspoon clear household ammonia
1 teaspoon mild dishwashing liquid
1/2 teaspoon lemon juice

Combine ingredients in a spray bottle. Shake well.

■ Furniture Polish

1 cup olive oil
1/3 cup lemon juice
Combine ingredients in a spray bottle. Shake well.

■ Dishwasher Detergent

2 cups borax
2 cups washing soda
Combine ingredients (find both in the laundry aisle) in a plastic

container with a tight lid. For each load of dishes, put 2 tablespoons of the mixture into the dishwasher soap dispenser. *Tip:* For sparkling dishes, pour white vinegar into the rinse compartment.

■ Bathroom Cleaner

1 1/3 cups baking soda
1/2 cup liquid soap
1/2 cup water
2 tablespoons white vinegar

34 Bargain shop at Whole Foods.

If you still think of this store by the nickname Whole Paycheck, take another look. Since Amazon took over last August, it has lowered prices on hundreds of items, including avocados (from \$2.99 to \$1.79 each), organic bananas (from 99 cents per pound to 69 cents), fresh Atlantic salmon (from \$14.99 per pound to \$9.99), and rotisserie chickens (from \$8.99 to \$7.99).

35 Bring the store to you.

Ordering groceries and having them delivered isn't as big a splurge

as you might think. You might have to pay a fee, though some stores (such as Costco, which just started delivering in some areas) will do it for free if you spend over a certain amount. Online delivery services not only offer their own sales but also dangle hefty discounts to get you try them: For example, when you sign up for Fresh Direct, you get \$50 back on your first two grocery orders totaling \$99.

36 Buy staples online.

New websites promising low prices can be smart sources for certain staples. These three offer great deals on everyday items:

Mix baking soda and soap in a bowl. Dilute with water and add vinegar. Stir with a fork until lumps dissolve. Pour into a spray bottle and shake well.

■ Scouring Powder

1 cup baking soda

1 cup borax

1 cup salt

Combine ingredients in a plastic container with a tight lid. Mix well.

■ Toilet Bowl Cleaner

1 cup borax

½ cup white vinegar

Flush toilet. Sprinkle borax around bowl, then liberally drizzle vinegar on top. Let sit undisturbed for 3 to 4 hours, then scrub with toilet brush.

Flush to rinse.

Tip: For tougher jobs, make a paste from ⅔ cup borax and ⅓ cup lemon juice. Apply to toilet bowl. Let sit for 2 hours, then scrub.

■ Drain Opener

½ cup baking soda

1 cup vinegar

1 teapot boiling water

Pack drain with baking soda, then pour in vinegar. Keep drain covered for ten minutes. Flush with boiling water.



For more DIY products, check out our new book *Homemade: 707 Products*

to Make Yourself to Save Money and the Earth (\$19.99). Available at rdstore.com/homemade and wherever books are sold.

■ **HOLLAR.COM** sells brand-name items starting at \$1. Example: Hampton Creek Just Mayo mayonnaise, 30 ounces, \$3.99. At the ShopRite in White Plains, New York, the same mayo was the same price—only it was the 12-ounce size. Shipping is free if you spend \$25 or more; otherwise, it's \$5.95 per order.

■ **BRANDLESS.COM** offers an eclectic selection of no-name organics: maple syrup, tortilla shells, shampoo, and more. Everything costs \$3. Shipping is a flat \$5 per order or free for members of its rewards club.

■ **BOXED.COM** ships bulk items at low prices. Example: Lysol Disinfectant Spray is \$16.99 for four 19-ounce bottles, while Costco's everyday price is \$17.99. Shipping is free for orders of \$49 or more or \$6.99 per order.

37 Try Walmart's produce again.

If you've avoided fresh fruits and vegetables at Walmart, you might want to reconsider. Greg Foran, Walmart's U.S. president and CEO, says the company has worked hard to cut down the number of days it takes produce to land in stores—by two to three days for most, four for strawberries.

38 When is that cooked chicken a bargain?

Despite some reports that buying a rotisserie chicken is cheaper than roasting your own, that's not always true. A comparison by priceonomics.com

found that you'll typically pay about a dollar more per pound for the cooked bird. (One exception is Costco, which sells its \$4.99 rotisserie chickens at a loss to get you in the store.) On the other hand, if you don't have much time, a \$7 precooked supermarket chicken still costs less than Boston Market's, where you'll pay about \$10.

39 Fill up for less.

Stop & Shop customers can save 10 cents to \$1.50 per gallon on gas, based on their grocery spending. Other stores with gas-back programs include Giant, Safeway, and Vons. Get details at store websites or ask at the customer service counter.

40 Don't buy so much!

If you're like most Americans, you threw away more than \$2,000 worth of food last year. That's about one fourth of the food and drinks we buy, reports the Natural Resources Defense Council (NRDC). A smart way to cut down on waste is to plan your meals for the week, starting with dishes that use up anything you already have and need to eat quickly. Then buy only any remaining ingredients. Dana Gunders, a scientist at the NRDC, has compiled more tips in the book *Waste-Free Kitchen Handbook: A Guide to Eating Well and Saving Money by Wasting Less Food*. Learn more and buy the book at danagunders.com. 

With additional reporting by Lauren Cahn

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For many, an act of kindness is its own reward. But these five Samaritans found their selflessness answered in ways they could never have imagined.

GOOD DEEDS *repaid*

He Returned Her Purse And Got Back His Life

BY MEGHAN JONES

What brought Aeric McCoy to that Baltimore alley was, by his own admission, nothing to be proud of. McCoy was looking for a safe place to do drugs. He had been there for only a minute or so

when something clearly out of place caught his eye: a brown leather Rioni handbag, the kind found in high-end stores. “It was like it materialized out of nowhere,” McCoy says. When he picked it up, he found that it had been emptied of everything but an electric bill. “I thought, This person is probably missing this right now.”



*"I'm just trying to help someone who helped me,"
says Kaitlyn Smith, with Aeric McCoy.*

McCoy, 36, could relate all too well. One of his few possessions, the sleeping bag he used as his bed in an abandoned house, had recently been stolen. Remembering how angered he'd been by his own loss, he resolved to return the purse to its owner.

He began right away, starting with the address on the electric bill. It was on the other side of the city, a subway ride and a long walk away. En route, a couple of people asked to buy the purse from him, but he declined. "I'm returning this to its owner," he told them.

After traveling much of the day and finally approaching the address on the bill, he was stopped by a woman on the street. She asked whether she could buy the purse. Again, McCoy refused, saying he was searching for its owner. "But I am the owner," the woman said. "That's my purse."

A month earlier, on June 12, 2017, Kaitlyn Smith, 29, a sales representative for a vascular medical device company, had woken up to find that her apartment had been broken into and her purse stolen. Now she happened across a tall, disheveled-looking man clutching it. "If it [had been] a woman, I wouldn't have looked twice," Smith says. "But it was

a man, and I could tell he wasn't in good shape. He seemed exhausted and looked sick."

At Smith's urging, McCoy told her his story. He'd been in charge of a landscaping business until 2012, when he was in a car accident that left him addicted to narcotics.

Smith, amazed this stranger had gone to such great lengths to return her bag, asked whether there was anything she could do to help. "I'm a heroin addict," McCoy warned. "I don't want to intrude on your life; I'm probably gonna let you down."

Undaunted, Smith gave him her phone number, saying, "If you want help, if you want to go to rehab, call me."

She replaced his lost sleeping bag with her own, then drove him back to his neighborhood and left, thinking that would be the end of it. Two days later, she got a call.

Smith realized that McCoy was serious about getting better; he even gave her the name of a 28-day rehab facility in Florida he'd heard about. So she dug into her savings account and bought McCoy a plane ticket to Florida. While there, he would call her to let her know how he was doing. "We were getting to know each other," Smith says. "I heard his

"I'm an addict," McCoy warned Smith. "I'm probably gonna let you down."

transformation over the phone. Every day he would call me for ten minutes, and it went from this scared, desperate voice to a healthy, vibrant voice.”

After 28 days there and a 90-day stint at a rehab program at Johns Hopkins Hospital (his stay was paid for with financial aid, and his flight home was courtesy of an anonymous donor), McCoy is drug-free. He lives at a residential recovery center in Baltimore, and a GoFundMe page set up by Smith has covered his rent, groceries, and incidentals. He plans to get his associate's degree in landscape architecture. His life is back on track, all because one crime victim could empathize with another's loss.

One Liver for One Heart

BY BRANDON SPEKTOR

Chris Dempsey first learned about Heather Krueger when he was on his break at work. A code enforcement officer for the village of Frankfort, Illinois, Dempsey overheard his coworker Jack Dwyer mention that his cousin Heather had just been diagnosed with stage IV liver disease. She was only 25, Dwyer said, but she wouldn't survive much longer unless she could secure a liver transplant from a live donor.

“If someone in my family were in Heather's situation, I would want somebody to step up and help me,” says Dempsey, who was 36 at the time. So he got the contact information for the transplant coordinator

“HEY,
WHEATS UP!”



FROSTED SWEET.
CRUNCHY
WHEAT.

FEED YOUR
INNER KID



The Dempseys on their wedding anniversary. “You saved me just as much as I saved you,” he often says.

from Dwyer and started the testing to determine whether his liver was compatible with hers. He wasn’t sure what to expect or what would happen to Krueger if he wasn’t a match. But a few weeks later, the tests came back. They were positive, and Dempsey was cleared to give up to 55 percent of his liver to save Krueger’s life.

Dempsey wanted to call and give Krueger, in nearby Tinley Park, the news himself. Though they’d texted, they’d never spoken before. After Krueger hung up the phone, she ran down the hall to her mother and cried. When Dempsey hung up, he felt “like a totally new person.”

A few days later, over lunch at a Mexican restaurant in Frankfort, Dempsey and Krueger met to discuss

the operation, but they ended up talking about much more, especially their families and careers. Krueger explained that she had quit her job as a nursing assistant when her illness became too draining. Still, as Dempsey remembers it, “she didn’t look like a person who was sick. She was beautiful, and she had this smile on her face the entire time. It was amazing how high her spirits were.”

The transplant surgery was set for a month later, on March 16, 2015. In the preceding weeks, Dempsey and

Krueger saw a lot of each other. The two planned for the operation, as well as for a benefit auction to help defray Krueger’s medical bills. Now and then, they went out for dinner. Dempsey soon found himself thinking about Krueger constantly. He wondered whether the feeling was mutual until, shortly before the surgery, she invited him to watch a movie at her house. “Partway through, she kind of leaned in and gave me a kiss,” he recalls.

On the day of the transplant, Dempsey and Krueger sat side by side in hospital beds, surrounded by their families. Dempsey was wheeled into the operating room first. “I’ll see you in a bit,” he told Krueger as he left for his eight-hour surgery. “This is all gonna work out.”

And so it did. They were both released from the hospital within a month, but they weren't ready to go their separate ways. On the contrary: That December, after shopping for Christmas presents, Dempsey proposed to Krueger on a horse-and-carriage ride. They were married on October 15, 2016. "You're the most incredible man I've ever known," Krueger told Dempsey in her vows. "Because of you, I laugh and smile, and I dare to dream again."

The Rescue Dog Who Rescued His Owner

BY ANDY SIMMONS

For weeks, Eva Hachey had envisioned adopting a golden Chihuahua with a white spot on its forehead. And there he was, at her local SPCA in Fredericton, New Brunswick. The dog had been abused by his previous owners and was timid. "He'd come to me, then back away and growl, then come back to me," Hachey says. "After 15 minutes, the attendant picked him up and put him in my lap. He started giving me kisses. He stole my heart in that moment." She adopted the ten-month-old puppy on the spot and named him Bruno.

Bruno lived happily with Hachey and her family, including her mother and 35-year-old daughter, Angel Hutchinson, for five months. Then, on the evening of September 26, 2016, Hachey, 52 at the time, returned home as usual at 8 p.m. from her job as a

**"CHECK OUT
MY SWEET
CANNON-BOWL!"**



**FROSTED SWEET.
CRUNCHY
WHEAT.**

**FEED YOUR
INNER KID**



Hachey with Bruno a month after surgery. "Without him," she says, "I'd be dead."

chiropractic assistant and office manager. And as usual, she stayed in her scrubs as she ate supper in front of the TV in the living room. Around 10:30, a friend called, just as Bruno went into Hutchinson's room to go to sleep for the night. Hachey and her friend chatted a bit, and as Hachey hung up, she noticed the time was 11:08.

"The next thing I remember was a male voice saying, 'Eva, Eva, wake up.' It was a paramedic," says Hachey. "I looked around, and the room was just full of people. And I said, 'What are you doing in my house?'"

What they were doing was saving her life. By the time Hachey had hung up with her friend, Hutchinson was fast asleep in her bedroom and Bruno was in his customary spot next to her under the blankets. Hachey believes he heard something odd and possibly went to the living room to investigate.

In any case, Bruno began barking and jumping on and off the bed to rouse Hutchinson. When that didn't work, he attacked the fleshy skin between Hutchinson's index finger and thumb. Finally she leaped out of bed and went to find her mother, only to discover Hachey slumped over in the chair. She had stopped breathing and was apparently having a seizure. "With one hand, Angel lifted my head up by the hair so I could breathe, and with the other, she dialed 911 on her cell," Hachey says. Hachey had suffered a ruptured brain aneurysm. She spent 15 days in the hospital.

Now, a year and a half later, Hachey has fully recovered, although doctors had given her only a 5 percent chance of survival. Hachey is convinced that being found so quickly after the rupture is the only thing that saved her life.

Before adopting Bruno, Hachey had said, "I do believe the animal will pick us." She's lucky he chose her.

In Helping Her Town, She Saved Herself

BY ASHLEY LEWIS

The breast cancer screening equipment at Fairmont Regional Medical Center in Fairmont, West Virginia, was at least 17 years old, outdated in the world of medicine, and Mary Jo Thomas was determined to change that. For Thomas, a board member of the hospital's foundation, this was personal. Her mother died from breast cancer,

and Thomas has had her own breast cancer scares.

So Thomas, then 66, helped launch a campaign to pay for a new digital mammography machine. The machine would make an electronic image of a breast and store it in a computer file, allowing a radiologist to enhance, magnify, or manipulate the image to detect abnormalities. Analog mammograms, on the other hand, capture images on film, which can't be manipulated.

"Early detection is so important," says Thomas. "We needed this here for the women in our community, who deserve the best and the latest."

After numerous fund-raisers—including a golf tournament, breast cancer awareness T-shirt sales, and letter-writing campaigns—in 2013, the community had raised the \$500,000 needed to purchase the machine. "I was taught that you help others," says Thomas. "And giving back is the way to do that."

And that's when what some people might call good karma kicked in. Almost three years after the hospital acquired the digital machine, Thomas felt a lump in the bathrobe she was wearing. She assumed it was a leftover dryer sheet balled up underneath. Reaching inside the robe, she discovered that the lump was in her breast.

Her doctor rushed her in the next day for a digital mammogram—on the very same machine she had helped bring to Fairmont. The mammogram detected a fast-growing 3.5-centimeter



**"CRUNCH
ATTACK!"**



**FROSTED SWEET.
CRUNCHY
WHEAT.**

**FEED YOUR
INNER KID**

malignant tumor—stage I breast cancer. Within three months, she had undergone a needle biopsy, a lumpectomy, and a single mastectomy and started chemotherapy. Today, she is cancer-free and keeping the tumors at bay with post-chemo medication. “Volunteering and having that machine saved me,” says Thomas. “I do believe in karma, and I think sometimes you create your own.”

A Trucker, a Doctor, and A Lifesaving Coincidence

BY MAXINE ROCK

A
READER'S
DIGEST
CLASSIC

Dusk had descended quickly, and Sherry Apple knew she was in danger. Apple, a 34-year-old general-surgery intern, had been on call at Georgia Baptist Medical Center in Atlanta (now Atlanta Medical Center) for more than two days, with only a few hours' sleep. And now fatigue was clouding her eyes as she drove to a meeting in Louisville, Kentucky, nearly seven hours away.

She tried snapping on her CB radio, which truckers and enthusiasts used to chat and warn one another about road conditions, but the airwaves were silent. Soon the hum of the tires on the blacktop became an eerie lullaby, and Apple was blinking back drowsiness. Her car started to weave.

A lanky 41-year-old trucker named Woody Key was in the cab of his 18-wheeler when his headlights picked

up a silver sports car ahead, drifting out of its lane. Key honked his horn and yelled into his CB microphone, “Four-wheeler, are you all right?” His lights outlined a blonde in the driver's seat, her head bent forward. “Wake up, lady!” he screamed. “Wake up!”

Apple snapped to attention, her heart pounding. She picked up the CB mike. “I'm exhausted, and I'm lucky I'm still alive driving this tired. Thanks!”

“Call me Woodpecker, my CB handle,” the trucker said. “I'm goin' to Kentucky. And you?”

“Kentucky.”

“Well, good! I'll travel behind and help keep you awake. What's your handle?”

“Dr. Froot Loops,” she told him. When he laughed, she explained that that was what the kids on the pediatric ward had called her.

As the long miles unfolded, they swapped stories and jokes, and the time passed quickly. Woodpecker and Dr. Froot Loops parted near the Kentucky state line. She thanked him for keeping her awake and safe on the long, dark road. “I enjoyed the talk,” he said. The truck rumbled past, and the alert, considerate stranger was gone.

Some time later, on November 22, 1986, a trauma alert blared from the Georgia Baptist Medical Center loudspeaker. Apple entered the trauma unit and found several surgeons bending over the bloody form of an accident victim brought in from a two-truck

collision. Both arms and legs were broken. His rib cage was crushed. His face had been smashed. Worst of all, the man's skull was so badly cracked that Apple could see his brain pulsing. She put both hands on his forehead, hoping to calm the thrashing victim. She gently pleaded with him to bear the pain just a little longer. "It's not your time to die!" she whispered. "You're still young."

In a choked whisper, he asked for her name.

"Dr. Sherry Apple," she replied.

"No ... your CB handle."

"How did you guess I have a CB?"

"Your voice ... I know your voice ..."

"My handle is Dr. Froot Loops."

"Oh God ... It's me ... Woodpecker!"

Apple gasped—it was her truck driver. She leaned over the battered figure and said, "It's not your time, Woodpecker!"

The surgical team was assembled, and Key was rushed into the operating room. Apple and a neurosurgeon performed a craniotomy—a procedure to

open the skull—to stop the bleeding and relieve pressure on the brain. The team labored nearly 24 hours.

The first days out of the operating room were excruciating for Woodpecker. He was delirious, and he

writhed with fever. Often Apple would get home and find her phone ringing. Nurses, unable to calm Woodpecker, asked her to return. She always did.

Gradually, after weeks of surgeries, his pain ebbed. About two months after his accident, he was ready to

leave the hospital.

As Woodpecker was pushed down the hallway in a wheelchair, he was intercepted by Apple, smiling.

"Well, look at you," she said.

She reached her hand out, and he took it in his. "I don't think I could have made it without you," he told her.

Apple's eyes welled up. "And I wouldn't have made it without you." **R**

*"Your voice ...
I know your
voice. It's me,
Woodpecker!"
Apple gasped.*

This article originally appeared in the October 1988 issue of *Reader's Digest*.

*
* *

LADY AND THE TRAMPLED DREAM

Disney sets painfully unrealistic expectations.

No dogs will eat my spaghetti.

 @ALLIEGOERTZ

Laugh Lines

I SCREEN, YOU SCREEN

Lately I go to the restroom at the movies but forget where I'm seated, then return and just begin a new life in a new seat with a new family.

🐦@CONTWIXT

I wish there was a button on the TV so you could turn up the intelligence. They've got one called "brightness," but it doesn't work, does it? GALLAGHER

Haven't felt superior lately. Guess I'll hang out at the movie theater and ask everyone in line if they've read the book.

🐦@SCBCHBUM

My Netflix viewing history is just a list of movies I've fallen asleep to.

🐦@BOURGEOISALIEN
(BETH ARGYROPOULOS)

Took away TV privileges from my daughter as punishment, so now both our afternoons are ruined.

🐦@LETMESTART
(KIM BONGIORNO)

I just want to be as happy as a character in the first half hour of a horror movie.

🐦@MEGANAMRAM



AARON AMAT/SHUTTERSTOCK

ASK THE EXPERT



Jacques Herzog, M.D.
Cochlear Medical Advisor

Cochlear Implants – Life Beyond Hearing Aids

Do you strain to hear each day, even with powerful hearing aids?

Feeling frustrated and sometimes even exhausted from listening? Whether it happens suddenly or gradually, hearing loss can affect you physically and emotionally.

Cochlear implants work differently than hearing aids. Rather than amplifying sound, they use sophisticated software and state-of-the-art electronic components to provide access to the sounds you've been missing.

Q How do implants differ from hearing aids?

Hearing aids help many people by making the sounds they hear louder. Unfortunately as hearing loss progresses, sounds need not only to be made louder, but clearer. Cochlear implants can help give you that clarity, especially in noisy environments. Hearing aids are typically worn before a cochlear implant solution is considered.

With hearing loss, you're missing so much more than just your hearing. Don't let hearing loss prevent you from living your life fully.

Q Are cochlear implants covered by Medicare?

Yes, Medicare and most private insurance plans routinely cover cochlear implants.

Q What does a cochlear implant system look like?

There are two primary components of the Cochlear™ Nucleus® System – the implant that is surgically placed underneath the skin and the external sound processor. Cochlear offers two wearing options for the sound processor. One is worn behind the ear similar to a hearing aid. The other, the new Kanso® Sound Processor, is a discreet, off-the-ear hearing solution that's easy to use. The Cochlear Nucleus System advanced technology is designed to help you hear and understand conversations better.

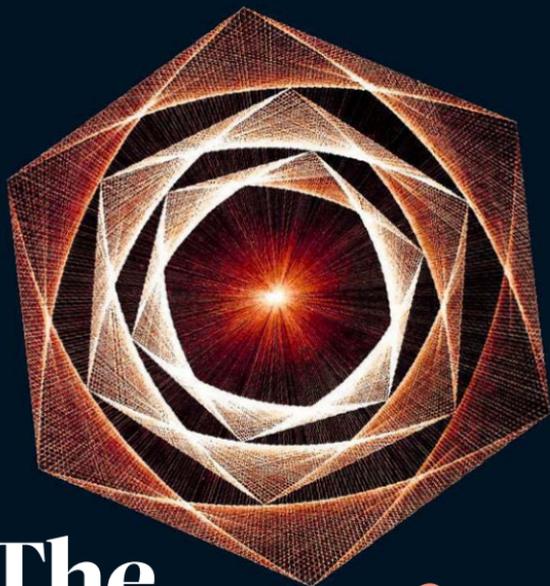
Dr. Jacques Herzog, a cochlear implant surgeon and medical advisor to Cochlear, the world leader in cochlear implants, answers questions about cochlear implants and how they are different from hearing aids.

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The *Amazing* Science of Instant *Savants*

In rare cases, traumatic head injuries unleash remarkable creative talents in the victims. Is there a genius lurking in each of us?



BY ADAM PIORE

FROM THE BOOK *THE BODY BUILDERS*

DEREK AMATO STOOD above the shallow end of the swimming pool and called for his buddy in the Jacuzzi to toss him the football. Then he launched himself through the air headfirst, arms outstretched. The tips of Amato's fingers brushed the pigskin—and he splashed through the water just before his head slammed



Jason Padgett's designs (facing page), the piano playing of Derek Amato (above), and Alonzo Clemons's sculptures are all products of serious head trauma.

into the pool's concrete floor. He pushed to the surface, clapping his hands to his head, convinced that the water streaming down his cheeks was blood gushing from his ears.

At the edge of the pool, Amato collapsed into the arms of his friends Bill Peterson and Rick Sturm. It was 2006, and the 39-year-old sales trainer was visiting his hometown of Sioux Falls, South Dakota, from Denver, Colorado, where he lived. Amato's mother



HIS FINGERS
SEEMED TO FIND
THE KEYS BY
INSTINCT AND
RIPPLE ACROSS THEM.

rushed him to the emergency room, where doctors diagnosed a severe concussion.

It would be weeks before the full impact of Amato's head trauma became apparent: 35 percent hearing loss in one ear, headaches, memory loss. But the most dramatic consequence appeared just five days after his accident. Amato awoke, feeling hazy after near-continuous sleep, and headed over to Sturm's house. As the two pals chatted, Amato spotted an electric keyboard.

Without thinking, he rose from his chair and sat in front of it. He had never played the piano—he'd never had the slightest inclination to. Now

his fingers seemed to find the keys by instinct and, to his astonishment, ripple across them. His right hand started low, climbing in lyrical chains of triads, skipping across melodic intervals and arpeggios, landing on the high notes, and then starting low again and building back up. His left hand followed close behind, laying down bass, picking out harmony. Amato sped up, slowed down, let pensive tones hang in the air and resolved them into rich chords as if he had been playing for years. When Amato finally looked up, Sturm's eyes were filled with tears.

Amato played for six hours, leaving Sturm's house early the next morning with an unshakable feeling of wonder. He had fooled around with instruments in high school, even learned a decent rhythm guitar. But nothing like this. Though he knew he hadn't suddenly transformed into Thelonious Monk—he wasn't *that* good—Amato had accessed a well of untapped creativity and ability he had never before touched; suddenly there was music rising up spontaneously from within him, coming out of his fingertips. How was this possible?

Within days of his injury, Amato began searching the Internet for an explanation, typing in terms such as *gifted* and *head trauma*. He found the name Darold Treffert, MD, an expert on savant syndrome, a condition in which individuals who are typically mentally impaired demonstrate remarkable skills. Amato fired off

an e-mail; soon he had answers. Dr. Treffert, now retired from the University of Wisconsin School of Medicine, diagnosed Amato with acquired savant syndrome. In the 90 or so known cases, ordinary people who'd suffered brain trauma suddenly developed what seemed like almost superhuman new abilities: artistic brilliance, mathematical mastery, photographic memory. Dr. Treffert believes that our brains come with a wide array of "factory installed" software—latent abilities that exist but that we sometimes don't have access to. The exact nature of an acquired savant's emergent abilities depends on the exact location of the injury. That explains the wide variation in both the range of abilities found in different individuals and their manifestations.

For Jason Padgett, a Tacoma, Washington, futon salesman, a head injury resulted in uncommon mathematical abilities. Padgett suffered a severe concussion after two men attacked him outside a karaoke bar in 2002. When he woke up, he saw pixelated patterns everywhere—in water spiraling down the drain, in sunlight filtering through the leaves of trees. In his

high school days, Padgett had been a weight lifter and partyer who cheated on math tests and had little interest in academics. But after his accident, he began sketching intricate geometrical drawings, attempting to capture what

he saw. Padgett did not understand their significance until a physicist happened to catch a glimpse of one of his sketches. He recognized them as highly sophisticated visual representations of complex mathematical relationships and urged Padgett to enroll in math classes. Today, Padgett is one of the few people capable of drawing fractals.

Orlando Serrell was hit on the left side of his head by a

baseball when he was ten and soon after realized he could remember precisely what he was doing and what the weather conditions were on any given day going back years.

As a young child, Alonzo Clemons suffered a severe brain trauma following a bad fall. He then developed a remarkable ability: After catching just a glimpse of an animal on television, he was able to sculpt an accurate 3-D model. His lifelike animal sculptures have earned him worldwide renown.



Name: Derek Amato
Discovered Talent: Piano

Some scientists believe that Amato's musical skill is evidence that untapped potential lies in everyone, accessible with the right tools.

Many acquired savants also have negative symptoms. Clemons never recovered from his accident. Today, he suffers from a developmental disability and has an IQ in the 40 to 50 range. Padgett developed symptoms of obsessive-compulsive disorder: He found himself washing his hands 20 times in an hour. Even so, these individuals speak of their new abilities with wonder.

How is it that a bump on the head can suddenly unleash the muse? And what does it mean for the rest of us?

BRUCE MILLER, MD, who co-directs the University of California, San Francisco, Memory and Aging Center, treats elderly people with Alzheimer's disease and other forms of dementia. One day in the mid-1990s, Dr. Miller spoke with the son of a patient who said his father had developed a fixation with painting. Even stranger, as his father's symptoms worsened, the man said, his father's paintings improved. Dr. Miller was dubious until the son sent him some samples. The work, Dr. Miller recalls, was brilliant.

"The use of color was striking," Dr. Miller says. "He had an obsession with yellow and purple." Soon the patient, a brainy businessman with no previous artistic interests, had lost his grip on social norms: He was verbally repetitive, changed clothes in public, insulted strangers, and shoplifted. But he was winning awards at local art shows.

By 2000, Dr. Miller had identified

12 other patients who displayed unexpected new talents as their neurological degeneration continued. As dementia laid waste to brain regions associated with language, restraint, and social etiquette, the patients' artistic abilities exploded.

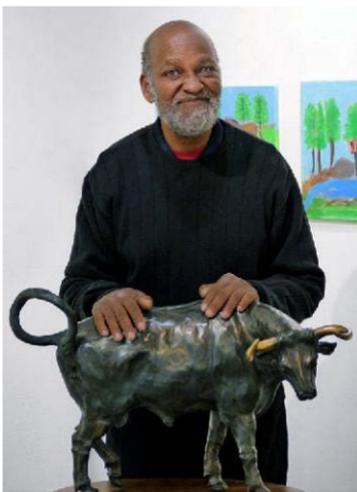
Though these symptoms defied conventional wisdom on brain disease in the elderly, Dr. Miller realized they were consistent with savant syndrome. Savants often display an obsessive compulsion to perform their special skill, and they exhibit deficits in social and language behaviors, defects present in dementia patients. Dr. Miller wondered whether there might be neurological similarities too.

He read the brain scan of a five-year-old autistic savant able to reproduce intricate scenes from memory on an Etch a Sketch. The scan revealed abnormal inactivity in the anterior temporal lobes of the left hemisphere—exactly the results he'd found in his dementia patients. Studies suggest that parts of the anterior temporal lobe are associated with logic, verbal communication, comprehension, and perhaps social judgment.

In most cases, scientists attribute growth in artistic skills to practice, practice, practice. But after his research, Dr. Miller argued that savant skills emerge in dementia patients because the area ravaged by disease—the anterior temporal lobe—has actually been inhibiting latent artistic abilities present in those people

all along. The skills do not emerge as a result of newly acquired brainpower; they emerge because, for the first time, the areas of the brain associated with the free flow of ideas can operate unchecked.

In the brains of dementia patients and some autistic savants, Dr. Miller argued, the lack of inhibition in areas associated with creativity led to keen artistic expression and an almost compulsive urge to create. Derek Amato was no exception.



Name: Alonzo Clemons

Discovered Talent: Sculpture

Savants such as Clemons can store vast amounts of information in their memory banks. Clemons can sculpt perfect 3-D animals after just glimpsing them on TV.

pour out of him.

Amato experienced other symptoms, many of them negative. Black and white squares appeared in his vision, as if a transparent filter had synthesized before his eyes. He was plagued with headaches, as many as five a day. They made his head pound, and light and noise caused excruciating pain. One day, he collapsed in his brother's bathroom. On another, he almost passed out in a Walmart.

Still, Amato's

IN THE WEEKS after Amato's accident, his mind raced—and his fingers wanted to move. He found himself tapping out patterns and waking up from naps with his fingers drumming against his legs. He bought a keyboard. Without one, he felt anxious, overstimulated. Only when he was able to sit down and play did he feel a deep sense of calm. He would shut himself in, sometimes for as long as three days, just him and the keyboard, exploring his new talent, trying to understand it, and letting the music

feelings were unambiguous. He was certain he had been given a gift. The evidence lay not just in the ease he felt when he put his fingers on the keyboard but also in the drive he felt, the burning compulsion to play. He felt it in his heart: This was what he was meant to do.

FEW PEOPLE have followed the emergence of acquired savants with more interest than Allan Snyder, a neuroscientist at the University of Sydney in Australia. In 2012,



Name: Jason Padgett **Discovered Talent:** Math

Following his injuries, Padgett, who hadn't progressed beyond pre-algebra in high school, became one of the few people in the world able to draw complex geometric patterns called fractals.

This time, more than 40 percent of the participants in Snyder's experiment solved the problem. The experiment, Snyder argues, supports the theory that acquired savants blossom once brain areas normally held in check have become unfettered, meaning that savants can access raw sensory information normally off-limits to the conscious mind. When a nonmusician hears music, he or she

as part of his research, Snyder and his colleagues gave 28 volunteers a geometric puzzle that has stumped laboratory subjects for more than 50 years. The challenge: Connect nine dots, arrayed in three rows of three, using four straight lines without retracing a line or lifting the pen. None of the subjects could solve the problem. Then Snyder and his colleagues attached electrodes to the heads of subjects and used painless direct electrical currents to temporarily immobilize the left anterior temporal lobe—the area of the brain destroyed by dementia in Miller's acquired savants. At the same time, they stimulated areas in the *right* anterior temporal lobe, making the neurons that were more active in the dementia patients—the ones associated with creativity—more likely to fire.

perceives the big picture: melodies. Amato, Snyder says, hears individual notes. It's the difference between just hearing a symphony and being able to pick out the flute. Bruce Miller's dementia patients have artistic skills because they are drawing what they see: details and not simply broad strokes.

Psychologist and neuroscientist Jon Kaas of Vanderbilt University says our tendency to “see the big picture”—to look at a bunch of trees and see a forest—makes evolutionary sense. If we allowed ourselves to get caught up in details and not the overall picture, we could get hopelessly and dangerously distracted. We might get hung up, for instance, on the shining eyes or intricate tangle of hair on the head of the big animal by the watering hole—instead of realizing it's a lion

that might eat us for dinner and that we'd better run.

"If you are in a semi-dangerous environment, it's important to be aware of what's changing," he says. "You don't want to get distracted or lost in the details."

MUSICAL RENOWN has yet to follow for Amato, though he did release an album, performed with the famed jazz-fusion guitarist Stanley Jordan, and was asked to write the score for a Japanese documentary. Still, the former anonymous sales trainer is an inspirational symbol of human possibility for music lovers dreaming of grander things. Savant expert Dr. Treffert, neuroscientist Snyder, and others spoke enthusiastically about unraveling the phenomenon of acquired savantism in order to one day enable all of us to explore our hidden talents. The Derek Amatos of the world provide a glimpse of that goal—untapped

human potential lies in everyone.

I wanted to hear Amato for myself, in person. Was he really a musical genius? He agreed to play for me. As he sat down at the piano, he quickly relaxed.

He closed his eyes, placed his foot on one of the pedals, and began. The music that gushed forth was loungy, full of flowery trills, swelling and sweeping up and down the keys in waves of cascading notes—a sticky, emotional kind of music appropriate for the romantic climax of a movie like *From Here to Eternity*. It seemed strangely out of character for a man whose sartorial choices bring to mind an '80s hair band.

Still, it seemed that Amato had somehow found a place inside himself he did not have access to before. In his playing, there was expression, melody, and undeniable skill. And if this could emerge spontaneously in Amato, who's to say what potential might lie dormant in the rest of us? **R**

FROM THE BOOK *THE BODY BUILDERS: INSIDE THE SCIENCE OF THE ENGINEERED HUMAN* BY ADAM PIORE.
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THE WORLD'S SADDEST MOVIE— ACCORDING TO SCIENCE

The final scenes of the 1979 film *The Champ*, starring Jon Voight and Faye Dunaway, are so sad that the movie has been screened in more than 4,000 scientific studies that, for whatever reason, needed subjects to cry.

Source: omgfacts.com

Laughter

THE BEST MEDICINE



"Next, an example of the very same procedure when done correctly."

GUS TOOK FOUR TIRES to a friend's garage sale and was asking \$35 apiece. He needed to step away for a bit, so he asked his friend to watch them for him.

"In case someone offers less, how low are you willing to go?" the friend asked.

"Try for more, but I'll accept \$20 each," Gus said, and left.

When he returned, the tires were gone. "How much did you get for them?" Gus asked excitedly.

"Twenty dollars each."

"Who bought them?"

"I did!" *Submitted by R. S., via mail*

JUST BURNED 2,000 calories. That's the last time I leave brownies in the oven while I nap.

[@YIKYAKAPP](#)

A MAN APPROACHES the gates of heaven and asks to be allowed to enter.

“Tell me one good thing you did in your life,” says St. Peter.

“Well,” says the man, “I saw a group of punks harassing an elderly lady, so I ran up and kicked their leader in the shins.”

St. Peter is impressed. “When did this happen?”

“About 40 seconds ago.”

Source: sermoncentral.com

NEW AND IMPROVED book titles to make the classics a tad less stuffy:

■ *How I Met Your Mother* (replaces *Oedipus the King*)

■ *There Will Be Blood* (replaces *What to Expect When You're Expecting*)

■ *A Bug's Life* (replaces *The Metamorphosis*)

From the book *Never Flirt with Puppy Killers* by Dan Wilbur (Andrews McMeel)

A PATIENT WALKS into his doctor's office and hands him a note that says, “I can't talk! Help me!”

“OK,” says the doctor. “Put your thumb on the table.”

The man doesn't understand why that would help, but he does what he's told. The doctor picks up a huge book and drops it on the man's thumb.

“AAAAAAA!” the man yells.

“Good,” says the doctor. “Come back tomorrow and we'll work on B.”

Source: valourdigest.com

MY PARROT DIED today. Its last words were “Darn, I think my parrot is about to die.”  @SAMGRITNER



HOT CROSS PUNS

“Willy Lo Mein” was a name writer Megan Amram toyed with for a Chinese restaurant in an episode of the TV show *The Good Place*. Here are other names she used or considered.

ITALIAN RESTAURANTS

- The Apple Doesn't Farfalle from the Tree
- Lasagna Come Out Tomorrow
- J. Paul Spaghetti
- You Do the Hokey Gnocchi and You Eat Yourself Some Foods

COFFEEHOUSES

- The Fertile Croissant
- Éclair and Present Danger
- Beignet and the Jets
- Paint Brioche
- From Schmeat to Eternity

CHEESE SHOPS

- Richard Gruyere
- Gouda-nough

 @MEGANAMRAM

Your funny joke, list, or quote might be worth \$\$\$\$. For details, see page 3 or go to rd.com/submit.

DIABETES

WHAT'S NEW

& WHAT'S NEXT

BY SARI HARRAR

IT'S NO EXAGGERATION to say that diabetes is a national health emergency. More than 30 million adults and kids have some form of the disease. Type 1, caused by an immune system attack on the pancreas, usually strikes younger people and follows them throughout their lives. Type 2 is more common and is caused by resistance to the hormone insulin, which tells the body to absorb blood sugar. And 84 million people exhibit signs of prediabetes, which means they have a

one-in-ten chance of developing full-blown type 2 diabetes if not treated.

Yet over just the past few years, a remarkable number of diabetes treatments, from medications to surgical solutions to high-tech devices, have shown promise. It's too soon to declare victory, but these breakthroughs have given people with diabetes something sweet: winning strategies for today and considerable hope for the future. Here are eight that show great promise.

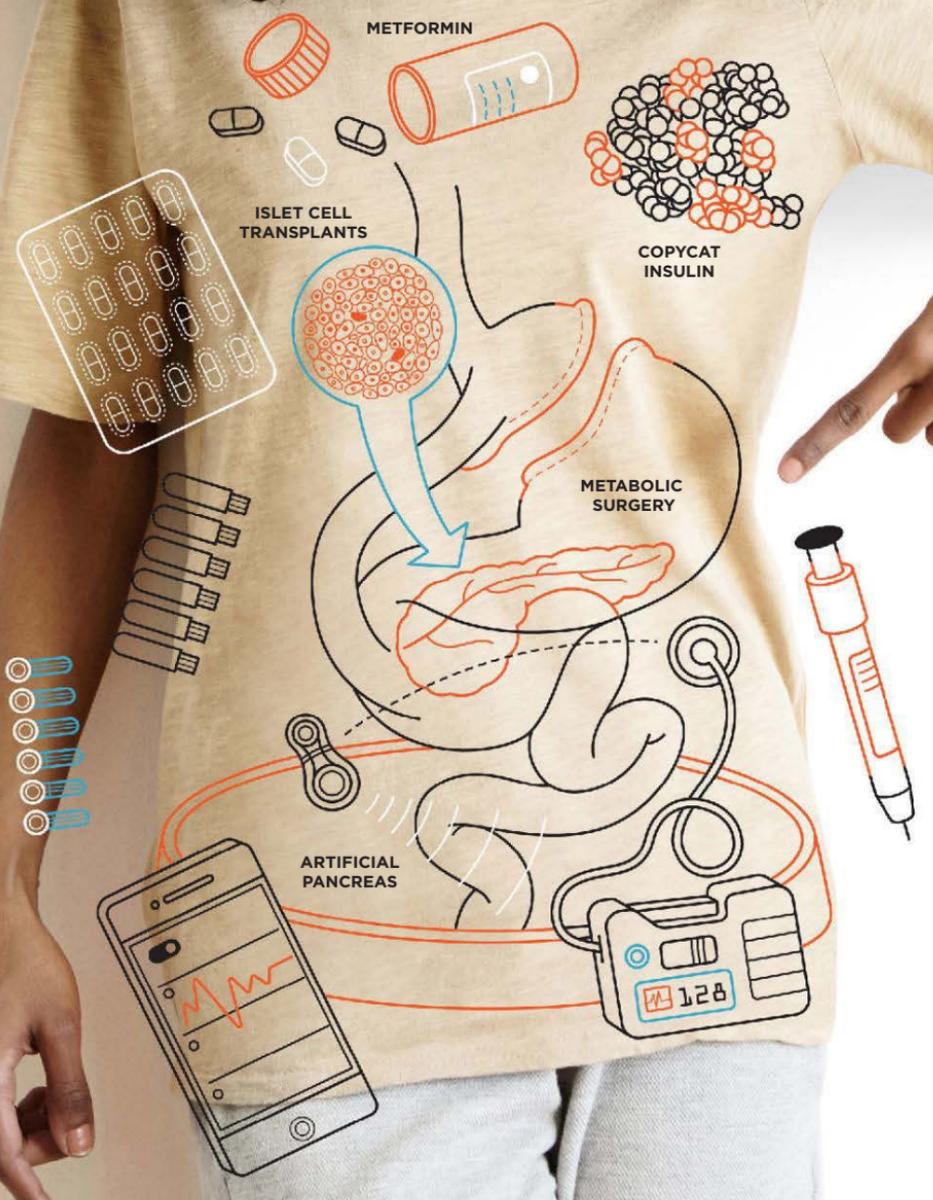
METFORMIN

ISLET CELL
TRANSPLANTS

COPYCAT
INSULIN

METABOLIC
SURGERY

ARTIFICIAL
PANCREAS



■ FOR PREDIABETES

The National Diabetes Prevention Program

WHAT IT IS At one time, Philadelphia police officer Eric Scott, 57, wouldn't think twice about finishing a quart of ice cream after work. He's also a fan of his city's signature snack food: "hot soft pretzels with plenty of mustard." But when a routine health check revealed that his blood sugar was in the prediabetes range, Scott knew he needed to make some changes. So he joined the National Diabetes Prevention Program (DPP) at Temple University, a research-backed yearlong course aimed at helping people with prediabetes eat healthier, exercise more often, and drop enough weight to slash their risk of having their disease progress to type 2 diabetes.

"It works," says Scott. "I've lost 20 pounds, and my blood sugar is lower. I now eat twice as many vegetables, lots of fish and chicken, and way less greasy, oily junk food. I count calories and fat grams and weigh myself every day. And yes, I still have a hot pretzel

once in a while, but now I take out the doughy middle to cut carbohydrates and calories. That's one thing I really like about this program—it helped me find strategies that really fit my life."

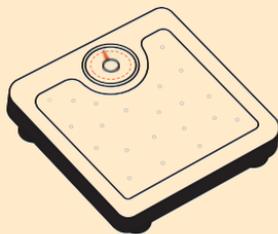
HOW IT WORKS "Reducing fat is key," says David Nathan, MD, the study's lead researcher, a professor of medicine at Harvard Medical School, and

the director of the Diabetes Center at Massachusetts General Hospital. "Fat cells, particularly at the abdomen, release hormones that increase risk for diabetes. And it takes only a small amount of weight loss to lower risk. We found that dropping just two pounds lowers your odds for diabetes over three years by about 16 percent."

Available at hundreds of YMCAs, hospitals, health centers, churches, work sites,

and other locations across the country, the DPP is based on a landmark 2002 study that tracked 3,234 overweight people with prediabetes who were divided into three groups: One group undertook simple lifestyle changes, with a goal of at least 150 minutes of exercise per week and a 7 percent weight loss; the second group took

"THIS PROGRAM helped me find strategies that really fit my life," says Scott.



metformin, a blood sugar-lowering pill; and the third, the control group, made no changes. After three years, only 14 percent of those in the lifestyle group developed type 2 diabetes, compared with 29 percent in the control group and 22 percent in the metformin group. The lifestyle modifications were so effective, in fact, that the study was stopped a year earlier than planned because the researchers wanted to offer them to all the participants. This spring, Medicare is expected to begin covering the \$429 cost of joining a DPP for people ages 65 and older who have prediabetes.

Metformin

WHAT IT IS The nation's most widely used type 2 drug, metformin is cheap—generics cost \$4 or are even free at pharmacies—and safe. Now, 15 years after the study that spotlighted metformin's potential effectiveness, evidence that it can prevent type 2 diabetes has continued to grow.

HOW IT WORKS Metformin reduces blood sugar by lowering the amount of sugar coming from the liver. A 2017 Georgetown University review showed that it cuts the risk of developing type 2 diabetes by 18 percent over 15 years.

■ FOR TYPE 2 DIABETES

Metabolic Surgery

WHAT IT IS Three days after Lisa Shaffer had gastric bypass surgery at the Cleveland Clinic, her uncontrolled

diabetes disappeared. "I had diabetes during pregnancy with both of my daughters. After the second, it never resolved. My blood sugar just got worse and worse over the next eight years, despite a healthy diet and daily walks, plus insulin, metformin, the injectable type 2 drug Byetta, and other medications," says Shaffer, now 45, of Jefferson, Ohio. "But I was off all medication within days of my weight-loss surgery. Eight years later, I still am."

Rerouting the digestive system with gastric bypass surgery (so called because it creates a smaller stomach and bypasses part of the small intestine) or with a sleeve gastrectomy (which reduces the size of the stomach by about 80 percent) is a drastic diabetes solution. After all, it's major surgery, with small but real risks for complications such as infections, bleeding, and gastrointestinal problems. It's also not a stand-alone solution.

HOW IT WORKS Reducing the size of the stomach makes it easier for patients to stick with smaller portions—but people are also strongly urged to follow a healthy diet. New research is showing that the surgery produces safe, long-lasting benefits, particularly in people with recently diagnosed diabetes, such as Lisa Shaffer. She's a participant in a landmark Cleveland Clinic study tracking 150 women and men with type 2 diabetes. Two thirds had metabolic surgery; the other third received intensive medical therapy, including

weight-loss counseling, regular blood sugar checks, and medications for their diabetes. After five years, 45 percent of those who had gastric bypass and 25 percent who had a sleeve gastrectomy were off all diabetes drugs. In contrast, nobody in the medical-therapy group was medication-free. Surgery recipients also lost more weight, an average of 41 to 51 pounds versus about 12 for the medical-therapy group. (Shaffer lost 127 pounds in ten months!)

“People who have surgery within five years of their diagnosis with type 2 have a 70 to 75 percent chance of a complete remission,” says lead study author Philip R. Schauer, MD, a professor of surgery at the Cleveland Clinic Lerner College of Medicine and director of the Cleveland Clinic Bariatric and Metabolic Institute. “Even those who don’t achieve remission are doing better than before. Long-term blood sugar control is much better, which reduces the risk for horrible complications like blindness, kidney disease, heart attack, and stroke.” In 2016, the American Diabetes

Association joined more than 45 medical organizations in endorsing surgery for people with moderate to severe obesity and diabetes. The organization even said it’s an option for those with mild obesity whose diabetes is not well controlled by medications.

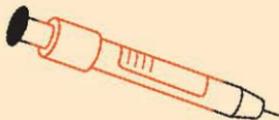
Dr. Schauer is quick to add that the first steps in battling diabetes should be lifestyle changes, followed by medications as needed. “If that doesn’t work, consider surgery,” he says. “Don’t wait years to do it. The consequences of poorly controlled diabetes are just too great.”

Double-Duty Drugs

WHAT THEY ARE In 2014, Vicki Williams, 62, got serious about her type 2 diabetes. After extremely high

blood sugar landed her in the hospital, this Milton, Delaware, woman lost 130 pounds in nine months on a strict doctor-prescribed diet and switched from metformin to a combination pill called Kombiglyze. One of a growing number of “combo drugs” on the market for the treatment of type 2, it contains saxagliptin, which triggers her pancreas to release more insulin, plus

A DOUBLE DRUG that combines insulin with another medication can minimize side effects such as weight gain.



metformin, which prompts her liver to release less blood sugar and helps her muscles absorb more blood sugar. "It works a lot better for me, without the weight problems I had when taking metformin alone," says Williams, whose sugars are now in the healthy range. Other common side effects of metformin include nausea, diarrhea, and vitamin B12 deficiency.

Another double-drug trend showing promise: diabetes drugs that also help your heart. In 2016 and 2017, the FDA

approved new labels for the diabetes drugs liraglutide (Victoza) and empagliflozin (Jardiance), touting their ability to reduce heart attacks, strokes, and deaths by up to 13 percent. Since about 70 percent of people with type 2 diabetes die from heart disease, this is a lifesaving benefit.

HOW THEY WORK Two-in-one treatment is quickly becoming standard for people with type 2. Up to 43 percent of them now take two or more diabetes drugs, according to a recent

COPYCAT INSULIN, FAR LOWER COSTS

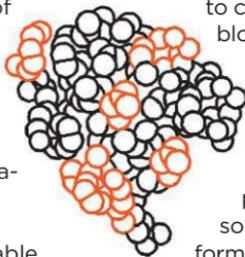
Almost all the insulin used in the United States is produced by just three companies, and they regularly tweak their formulas to extend the amount of time their versions are under patent protection. The result is that the cost of insulin tripled between 2002 and 2013, according to the American Diabetes Association. In Europe, where copycats are readily available, people with diabetes pay, on average, one sixth of what they

do in the United States. No wonder the American Diabetes Association has been asking for the past two years to hold hearings on insulin price hikes by drugmakers.

Now, Americans who rely on insulin to control their blood sugar levels are finally getting a break. With the patents on some insulin formulas finally expiring, the first FDA-approved copycat insulin, called Basaglar,

went on sale in the United States in 2016.

In a 2016 study published in the journal *Diabetes, Obesity and Metabolism*, Basaglar was as effective as Lantus (the most commonly prescribed brand of insulin) for both type 1 and type 2 diabetes. Two more copycats should soon be available: The FDA approved Admelog in December 2017 and gave a tentative nod to Lusduna Nexvue. Chemically similar to the patented formulas, the copycats have a price tag that is 15 percent to 28 percent lower.



international study of the medical treatments of 70,657 people with type 2. In the past five years alone, the FDA approved a dozen new combination drugs.

“Taking one pill or getting one shot instead of two is more convenient and may help people stick with their medication. You may need lower doses,” says John Buse, MD, PhD, chief of the Division of Endocrinology at the University of North Carolina at Chapel Hill School of Medicine and director of the UNC Diabetes Care Center. “And for people with type 2 who move to insulin when other diabetes drugs don’t work well enough, a ‘double drug’ that combines insulin with another medication can minimize insulin side effects like weight gain and hypoglycemia (low blood sugar episodes).” It may even help you save a little money.

■ FOR TYPE 1 DIABETES

The Artificial Pancreas

WHAT IT IS High atop a Virginia mountain, 16 kids and teens with type 1 diabetes put the next big thing

in blood sugar control to the ultimate test. “We wore either an experimental artificial pancreas or a continuous glucose monitor and insulin pump while we snowboarded and skied six hours a day for five days,” says Thomas Hallett, 17, a high school junior from Williamsburg, Virginia.

You can’t yet buy an artificial pancreas system that both senses blood sugar and delivers insulin automatically, but that could change soon. The University of Virginia’s experimental InControl system, now licensed to a Charlottesville tech company, could gain FDA approval in about a year, says endocrinologist and codeveloper Daniel Cherniavsky, MD, of the Center for Dia-

betes Technology at the University of Virginia School of Medicine in Charlottesville. The ski-camp study, published in August 2017 in the journal *Diabetes Care*, showed that “the system kept blood sugar within a healthy target range despite the cold and altitude, which can affect equipment, and the excitement, fear, and intense exercise, which can affect blood sugar significantly,” he says. InControl is one

“AN
ARTIFICIAL
PANCREAS can
help teens with
diabetes see
the big picture,”
says one
patient’s mom.



APPS: TWO WIN OUT

With so many diabetes apps that claim to help you monitor your blood sugar, it can be difficult to choose the best one. University of Florida researchers to the rescue: They evaluated 89 free Android and iOS apps for a 2017 study and rated the quality of information, visual appeal, ease of use, interactivity, and—perhaps most important—how well they

track your diet, exercise, stress, sleep, medication use, and other key steps you can take to manage your diabetes.

Their top choice: Tactio Health for iOS and Android devices, which can sync with hundreds of different wearables, trackers, and meters (such as Fitbit,



Apple HealthKit, and Google Fit) to automatically monitor your health statistics.

Another well-regarded app is Accu-Chek Connect. It works with Accu-Chek glucose meters to record results and identify patterns in blood sugar levels. If your doctor approves, it can even calculate precise insulin doses.

of four promising artificial pancreas systems that received major funding from the National Institutes of Health in 2017, a sign of how important these devices could be for people with diabetes and their families.

HOW IT WORKS Just like a healthy human pancreas, an artificial pancreas system automatically senses blood sugar levels. It uses a device called a continuous glucose monitor alongside an insulin pump that processes the data to deliver just-right spurts of insulin round the clock. That reduces the need for finger sticks, blood sugar checks, insulin shots, and having to program an insulin pump by hand. “It’s life-changing,” Dr. Chervavsky says. “An artificial pancreas

nearly eliminates dangerous low blood sugar episodes that can lead to a coma and hospitalization or even death for insulin users. That’s a huge worry, particularly for parents of children with type 1. And it reduces high blood sugar spikes that over time lead to diabetes complications.”

Thomas Hallett’s mom agrees. “I don’t think we slept through the night until Thomas was five years old,” says Mara Hallett. “We got up several times to check his blood sugar. Keeping blood sugar under control with insulin is crucial, but it increases the risk for hypoglycemia.” Through the years, the Halletts have embraced new technologies that cut that risk. These include glucose monitors that sound an alarm

when blood sugar dips and a partially automatic system from Medtronic that adjusts insulin doses when it senses changes in blood sugar. “A fully automatic artificial pancreas will reduce worry,” Mara says. “And I’ve noticed another benefit. High-tech diabetes devices help teens with diabetes see the big picture—they see how their blood sugar numbers trend throughout the day, almost like a video game. They see how their actions—how they eat and exercise and sleep—make a difference. They’re more invested in good control.”

Islet Cell Transplants

WHAT THEY ARE Islet cells in the pancreas make insulin; when they die out, type 1 diabetes results. So wouldn’t transplanting healthy new islet cells fix the problem? Islet cell transplants are commercially available in many countries (including Canada, the United Kingdom, and Australia), but the procedure is still experimental in the United States because of concerns about its effectiveness and the short supply of human islet cells available for transplanting.

HOW THEY WORK In a recent study, when 48 people whose type 1 diabetes was extremely difficult to control (leading to life-threatening low blood sugar episodes) received islet cell transplants, 52 percent had healthy blood sugar levels one year later without insulin. And in a 2017 University of Miami case study, a 43-year-old woman from Texas with unstable type 1 diabetes made headlines when she passed the one-year mark insulin-free after a procedure that transplanted islet cells into her abdomen. That process could bypass the inflammation and islet cell loss that lower the success rate in typical islet cell transplants, which require infusing the cells into the bloodstream through the portal vein, which carries them to their new home in the nearby liver. (Islet cells aren’t transplanted back into the pancreas, because the risk for complications is high.) “Transplants are getting better and better, but there’s more work to do,” notes Dr. Nathan. “Right now, the cells tend to last three to five years. And recipients must take immune-suppressing medications for life so their body won’t reject them.” **R**

*
* *

NO MAN IS AN ISLAND, BUT ...

Eighty-four-year-old Elsie Eiler is the sole resident of Monowi, Nebraska, a rural town that peaked with a population of 150 in the 1930s. Eiler serves as Monowi’s mayor, librarian, treasurer, and bartender. She has no plans to leave.

Source: mnn.com

Portable Oxygen For The Way You Want to Live



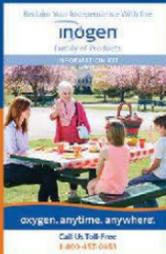
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DRAMA IN REAL LIFE



Mount
Himlung

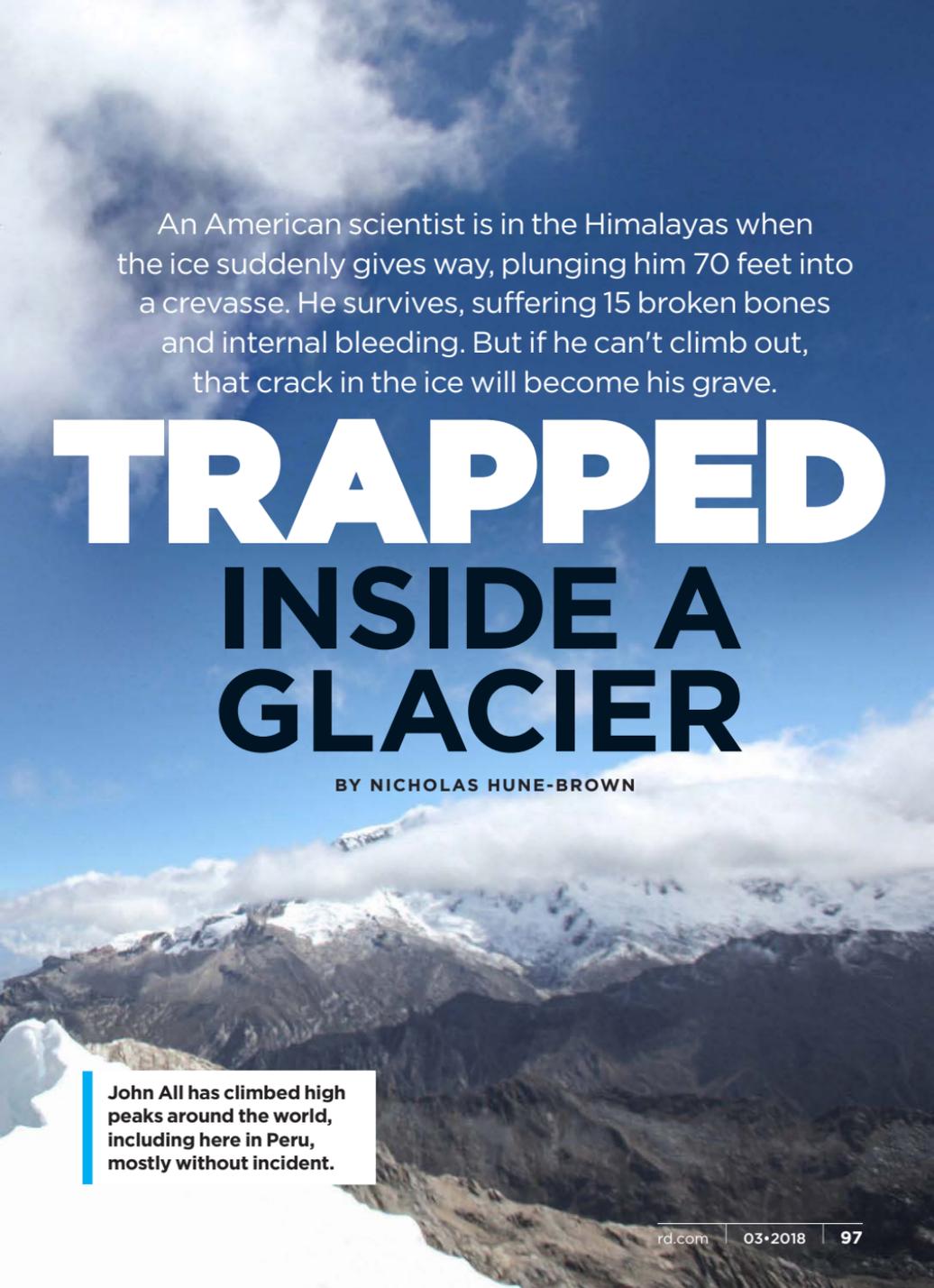
TIBET

Mount
Everest

NEPAL

Kathmandu

INDIA



An American scientist is in the Himalayas when the ice suddenly gives way, plunging him 70 feet into a crevasse. He survives, suffering 15 broken bones and internal bleeding. But if he can't climb out, that crack in the ice will become his grave.

TRAPPED INSIDE A GLACIER

BY NICHOLAS HUNE-BROWN

John All has climbed high peaks around the world, including here in Peru, mostly without incident.

JOHN ALL unzipped his tent, poked his shaggy blond head out into the thin alpine air, and took in the view. The sun sparkled off the freshly fallen snow on the jagged peaks and crags of Mount Himlung. It was just before 10 a.m. on May 19, 2014—a

perfect morning in the Himalayas.

All, a 44-year-old scientist, had come to Nepal on a research expedition to collect snow samples for his study of pollution. His two climbing partners had retreated down to base camp until one of them could recover from a stomach ailment. They were expected back in a day or two, but for now, All was alone at 20,000 feet.

All processing pollution samples in the Andes mountains



Climbing solo in the Himalayas is never advisable, but All's plan was to remain cautious, stick near camp, and begin collecting samples. But first, he was dying for a cup of coffee.

He grabbed his snow axes and walked toward a flat area a short distance away that looked like an ideal spot to gather fresh snow to melt for water. The temperature was between 25 and 30 degrees. After weeks at high elevation, that felt positively balmy, so All was dressed lightly in wind pants, a thin jacket over a T-shirt, and hiking boots with crampons—metal spikes that help climbers traverse icy terrain. He took a step and then another. Suddenly the ground gave way beneath him, and he plunged into darkness.

All's face smashed into something hard as he plummeted downward. He instinctually reached out with his right hand, trying to jab an ax into the ice to slow his progress, but the weight of his falling body wrenched his arm out of its shoulder socket, leaving behind a mess of shattered bone and torn soft tissue. As he careened against the icy walls with growing speed, his mind seemed to slow down. He realized with horror what had happened: He had stepped into a crevasse, a crack that had opened in the glacier and extended down who knew how deep. How did I make this mistake? he thought. Then he had another thought: There's no way you can survive a crevasse fall.

All's right side slammed into something hard, his fall stopping with a



When All's climbing party left Mount Himlung after one of them grew ill, he remained there—alone.

crunch of bones. I'm dead, he thought. Then he felt his lungs heaving, straining to suck wind back into his body, each gasp bringing a jolt of excruciating pain. He looked down and saw his legs hanging over a chasm. He had landed on a shelf of ice suspended above the blackness. Overhead was a pale halo of blue-white light, seven stories up, where he had punched through the crust of snow. The entire right side of his body had been crushed. He couldn't move. But for now, he was alive.

JOHN ALL WAS NOT supposed to be on Mount Himlung. A month earlier, he had been at Mount Everest Base Camp sharing black tea with a young Sherpa. Asman Tamang, a shy father of a nine-month-old, was climbing Everest for the first time,

and All teased him, saying Tamang would make record speed up the mountain. All had climbed Everest before, but this time he was leading an expedition of scientists to Everest's sister peak, Mount Lhotse, to collect evidence of "black dust," emissions from factories thousands of miles away. For All, a professor at Western Kentucky University, the mountains were a second home—the rare place where the six-foot-five former triathlete could combine his love of physical adventure with his scientific curiosity.

On the morning of April 18, All woke to the ground rumbling. An ice shelf had collapsed, sending a chunk of ice the size of an apartment building tumbling down the side of Everest. Sixteen climbers were killed, Asman Tamang among them.

Everest and Lhotse were shut down for the season. After a week of mourning his friend, All and his two partners headed to nearby Mount Himlung to continue their work.

FROM HIS ICY SEAT 70 feet deep in the earth, John All gasped for breath and tried to gather his thoughts. Climbers fall into crevasses all the time, but those who survive usually fall only a short way, aren't by themselves, and certainly aren't badly injured. All knew of only one person who had made it through such a long fall and climbed out by himself: the mountaineer Joe Simpson, who had survived a fall in Peru. All would try to become the second.

the ribs on his right side were shattered, making every breath agony. His abdomen felt sore and stiff, a sign of internal bleeding, and he had a coppery taste in his mouth, an indication of possible kidney or liver damage. He touched his face and found that blood from gouges in his eye socket and forehead had congealed in the cold, stopping the bleeding momentarily.

It took All almost ten minutes just to wrench himself upright and squirm over to a secure perch on his block of ice. The effort left him panting. Icy air blew up from the depths of the glacier. Already he could feel his body shivering and his fingers freezing, quickly becoming numb. By 4 p.m., the shadows cast by the high mountain peaks



HIS LEGS WERE HANGING OVER A CHASM. BUT FOR NOW, HE WAS ALIVE.

Taking in his surroundings, All realized he wasn't on a shelf but a chunk of ice that had fallen through the fissure and become wedged between the walls. In an ever-moving, ever-shifting glacier, how long would it stay wedged? He rocked his body slightly, testing his limitations, and a jolt of pain radiated through him, leaving him dizzy. He had 15 broken bones in total, he would learn later, including six crushed vertebrae. His right arm was entirely useless, and

would leave him in the dark and unable to climb. His research partners weren't scheduled to come back to camp until the next day or possibly even the day after. By then, he would have frozen to death. He had roughly six hours to make it to the surface and to his tent, or he would die.

All is a researcher, someone who makes a record of everything he does. Now, out of instinct, he reached into his pocket, brought out his camera, and pressed record. "Thank God I

stopped on this ledge," he said to the camera, his breath ragged, spatters of blood visible in the snow. "How do I get back up there, though?" Above him, the snow was soft; the air from the crevasse condensed on the walls and left a surface the consistency of whipped cream. Where he had landed, the width of the crevasse was about eight feet, but looking to his right, he saw a spot hundreds of feet away where the fissure appeared to narrow. If he was lucky, it just might be narrow enough for him to "chimney" his way up, or climb by bracing his body against both sides of the crevasse until he reached the surface, all while using only one arm. First, though, he would need to get there, using his crampons and snow axes to move across the wall of sheer ice.

All kicked the points of his crampons into the ice until they held. With his left hand, he planted one ax at eye level, then he reached the same hand across his body to plant the other ax as far to the right as possible. Clutching the first ax, he shuffled his feet to the right, kicked his crampons into the ice, shifted his weight, and then grabbed the second ax, again with his left hand. His body screamed with pain, but he had moved. Now he just had to do this a few thousand more times.



All shot these in the crevasse. Above: The passageway up and out. Below: The chasm awaiting him if he falls.



Stab with the ax, kick his feet, shift his weight, repeat. All was free-climbing inside a crack in the mountain, trying not to dwell on the fact that one misstep would send him tumbling to his death. Instead he concentrated on getting to another slab of ice that had become lodged in the crevasse about 50 feet up. Over the years, All had found that he functioned well in dangerous situations. He had a tattoo of a black mamba on his calf—a token of the time he had kicked a

six-foot-long poisonous snake in Botswana before it could strike. He tried to make the climb an academic puzzle, a question of geometry. If he could figure it out, he would live.

Stab, kick, shift, repeat. At times the ice gave way beneath All's crampons, sending chunks of the wall tumbling into the chasm, but his ax held him tight.

After about half an hour, he'd reached the slab of ice. He rested, gratefully gulping the meat-locker-cold air into his lungs. The sound of his own jagged breath as he struggled

infinity. Against his will, the thought flashed through his mind: I'm going to die. He thought of his 67-year-old mother and imagined her sadness on receiving the news. Then he gathered himself again and forced himself on, stabbing the ax back into the wall.

Now the edges of the crevasse were narrowing, the surface of the walls a tangle of icy protrusions and deceptively fragile crystalline formations that All scraped aside with his frozen fingers. Slowly he began to climb upward, swinging his ice tools into the walls and finding his footing, each



HE HAD SIX HOURS TO MAKE IT TO THE SURFACE AND HIS TENT, OR HE WOULD DIE.

to get enough oxygen at this altitude mixed with the cracking of the glacier, that living, moving mass of ice that surrounded him. He knew that if he didn't make his way out, his body would likely remain there for years. Perhaps when the glacier had retreated, future generations would discover the corpse in the green windbreaker and wonder who had been foolish enough to go climbing alone.

He started moving again, his eyes fixed on the next ice block, about 50 feet to his right. Suddenly, a jolt of inexpressible pain struck. He looked down and saw the void beneath him, the cavern disappearing into a black

step taking excruciating minutes as he tried to gather his energy. The crevasse was tight enough for him to chimney his way up now, and he braced his back against the wall. Stab, kick, shift, repeat. Time moved strangely in the crevasse—marked out by uneven breaths—but he was making progress. After about four hours in the crevasse, All could see the glow of the sun beneath a thin crust of snow.

Finally he swung an ax upward and broke through. A tiny patch of blue sky appeared. As All cleared the snow, making the hole wider, he had the distinct feeling that he had just dug himself out of his own grave. He hauled

himself up and lay there, halfway in and halfway out, utterly exhausted and unable to move. Five minutes later, with a final burst of energy, he forced his body to flop forward onto solid ground. He staggered to his feet and immediately collapsed again. He couldn't walk. He could barely get to his knees. That's when he realized just how truly broken his body was and how much trouble he was still in.

In the Himalayas, death from hypothermia comes quickly. All was a three-minute walk away from his tent, but it might as well have been three miles. You didn't come this far to not make it, he told himself. He pulled his body forward on his stomach. His face plowed through the snow. All shivered in agony as he dragged his broken ribs across the ground.

The short walk took two hours of crawling. It was late afternoon and the shadows were deepening when he finally lunged into the tent. All reached for his handheld satellite communicator. He knew he wouldn't survive until his partners reached him. He was bleeding internally and needed to be rescued. The walkie-talkie-sized machine could only send messages, not make phone calls, and at the moment, it was connected to the Facebook page of an organization he'd cofounded, the American Climber Science Program. Back home in Kentucky, it was 4 a.m. Everyone he knew was likely asleep, but he prayed someone would see his cry for help. With numb

fingers he typed out a message: "Please call Global Rescue. John broken arm, ribs, internal bleeding. Fell 70 ft crevasse. Climbed out. Himlung camp 2," he posted. "Please hurry."

FROM HER HOUSE ON the Big Island of Hawaii, biologist Rebecca Cole was getting ready for bed when she decided to log on to Facebook. When she saw John All's message, her heart sank.

Cole and her husband, Carl Schmitt, had cofounded the American Climber Science Program with All. He was the guy they referred to as their "charismatic megafauna"—a big, fun presence with a magnetic personality who drew people to the organization. When Cole read her friend's cry for help, she quickly began pinging messages across the globe, trying to arrange a helicopter rescue.

On Mount Himlung, All was spending the longest night of his life. His throat was parched, but with only one working arm, he couldn't manage to open his water bottle. He sucked down two energy gels, tried to cover his body with his sleeping bag, and lay in a dazed pain in the dark.

Finally the light outside began to change, the sun creeping up the edges of the tent and warming his chilled body. On the other side of the world, his friends were trying to find a rescue team willing to take a helicopter to such an altitude, where the air is thin and aircraft can act erratically.

After 18 hours on his back—his



After climbing out of the crevasse, All spent 18 hours inside his tent.

broken body had tensed up, leaving him near paralysis—All heard the faint whir of a helicopter. Soon after, the tent's door unzipped and a Nepali rescuer poked his head through the flap. The rescuer dragged All on his sleeping mat before hauling him into the helicopter.

As the copter twisted through the Himalayas, All finally allowed the relief to flood through him. "I'm alive," he whispered.

AS ALL RECOVERED from his injuries, he sometimes felt as if a part of him had never escaped the crevasse. He talked freely about Tamang's death and his own escape, but he did it from a remove—keeping himself the teller of the story, not the subject. "It was all so

raw and overwhelming," says All. "I had to keep it in the third person."

In March 2015, almost a year after his near-death experience, John All visited Rebecca Cole in Hawaii. By now he was physically healed, but Cole could see that her friend was still shaken. So, she says, "I took a week off to take John on as many hikes and adventures as he was physically able to handle." One day, they

climbed Mauna Loa, the largest volcano in the world. As they trekked, it began to snow—a rarity in tropical Hawaii—and soon they were breaking trail through three feet of snow on their way to the summit. Being in the snowy mountains for the first time since his accident and discovering that the experience still made him feel happy and at peace marked the beginning of All's true recovery.

All is now a research professor at Western Washington University. He is also fulfilling a lifelong desire to train the next generation of climber scientists at the Mountain Environments Research Institute, which he founded in 2016. "We all have dreams, but we usually say, 'I'll do it when I get a chance,'" says All. "Lying on that mountain, I realized you get only one chance to live." **R**

Advertisement

How To: Fix Your Fatigue and Get More Energy

Founder and Director **Dr. Steven Gundry** is a world-renowned heart surgeon, a best-selling author, and the personal physician to many celebrities. But his breakthrough could be the most important accomplishment of his career.

Dr. Gundry has unveiled a simple — yet highly effective — solution to issues that plague millions of Americans over 40: low energy, low metabolism and fatigue.

“When you’re feeling low energy, that’s your body screaming **HELP!**” Dr. Gundry’s radical solution was inspired by a breakthrough with a “hopeless” patient who had been massively overweight, chronically fatigued and suffering from severely clogged arteries.

The secret to his breakthrough? **“There are key ‘micronutrients’ missing from your diet,”** Dr. Gundry said, “If you can replenish them in very high dosages, the results can be astonishing.”

Users of this new method is what led Dr. Gundry to create an at-home method for fatigue.

“They’re reporting natural, long-lasting energy without a ‘crash’ and they’re feeling slim, fit and active,” he revealed yesterday.

Dr. Gundry’s team released a **comprehensive video presentation,**



so that the public can be educated as to exactly how it works.

Watch the presentation here at www.GetEnergy56.com

Within just a few hours, this video had gotten thousands of hits, and is now considered to have gone viral. One viewer commented: “If this works, it’s exactly what I’ve been praying for my whole life. I’ve never seen anything like it before...the truth about my diet was shocking and eye-opening.”

It makes a lot of sense, and it sounds great in theory, but we’ll have to wait and see what the results are. Knowing Dr. Gundry, however, there is a great deal of potential.

See his presentation here at www.GetEnergy56.com

Who among us hasn't fished a piece of toast out of the toaster with a fork, figuring, "Hey, I know I should unplug it, but it probably won't kill me." Or will it? We reveal the danger level of some common careless habits.

Will Your HOUSE KILL YOU?

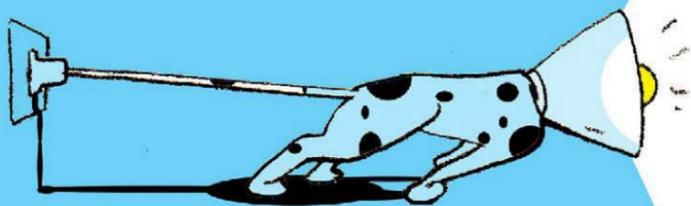


BY ELEANOR HILDEBRANDT FROM *POPULAR MECHANICS*



KISS
THE
COOK

ist-one



ELECTRICAL OUTLETS

The Fear: If you stick a fork or a bobby pin in one of the sockets, you'll be electrocuted.

The Reality: If you stick something in one of the sockets, you could get a nasty shock. The left slot is connected to the neutral wire, the right is connected to the hot one, and electricity flows

from hot to neutral. Sticking something into either slot will disrupt the flow and send it into you. This happens on a surprisingly frequent basis: The National Fire Protection Association (NFPA) reports that 5,500 people went to the emergency room in 2015 with injuries from outlets. If you have newer outlets, they're safer. The National Electrical Code

requires new kitchen countertop outlets (and some others) to be ground fault circuit interrupter (GFCI) outlets, which quickly shut the current off if there's an imbalance—because some of the current is leaking into you. But you may still get zapped.

Will It Kill You? It might. A jolt from a standard 120-volt outlet could trigger cardiac arrest.



TOASTERS

The Fear: Fishing bread out of the toaster with silverware might electrocute you.

The Reality: While not many people are electrocuted by small appliances (the Consumer Product Safety Commission estimates seven deaths a year, on average), it's still a bad idea to stick anything besides bread into a toaster, according to the NFPA. Even if you unplug it, you could damage the heating element, which could shock you or start a fire the next time you make toast.

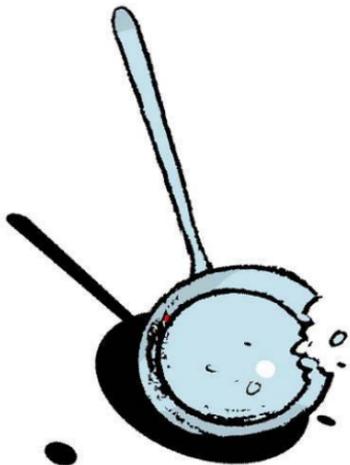
Will It Kill You? The chances are pretty remote. You largely risk a shock or burn.

TEFLON PANS

The Fear: Bits of Teflon from scratched pans will poison you.

The Reality: The American Cancer Society says there are no known risks in eating food cooked in Teflon pans. But you do need to worry about letting the pan get too hot. The plastics used in Teflon, called fluoropolymers, begin to break down at 500°F. At around 660°F, they release at least six toxic gases. Breathing in the released fumes can cause respiratory problems and flu-like illness.

Will It Kill You? Eat your eggs. You'll be fine.



SMALL APPLIANCES AROUND WATER

The Fear: If you plug in an appliance while your hands are wet, moisture will transfer the current from the plug to you.

The Reality: Since water conducts electricity extremely well and electric currents flow where there is the least resistance, they will usually go through that water—and into you—if the opportunity presents itself. Your body is more likely to resist electrical current if your skin is dry.

Will It Kill You? It could. If your hands are wet when you plug in your iron, you might get a shock. And if your whole body is wet, yes, you could die from a fatal shock to your heart.

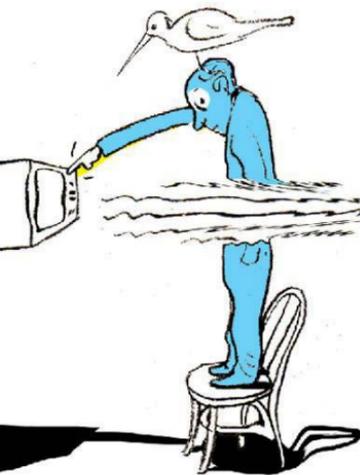
SILICA GEL PACKETS

The Fear: The gel packs in shipping containers all say “Do not eat,” so they must be deadly.

The Reality: The American Association of Poison Control Centers documented 33,705 incidents of people eating silica in 2010, nearly 90 percent of them involving children under six. But none died from poisoning, because silica is chemically inert and nontoxic. The real danger is from choking on the packets.

Will It Kill You? No, but keep the packets away from young children.





MICROWAVE OVENS

The Fear: Microwaves emit radiation that can cause cancer.

The Reality: There are two types of radiation. Ionizing radiation, the kind that's emitted after a nuclear explosion, is the bad stuff. Microwave ovens emit nonionizing radiation, a safer kind, and at a level low enough to comply with safety standards. Microwaves operate at about three gigahertz, which is fairly low on the electromagnetic spectrum.

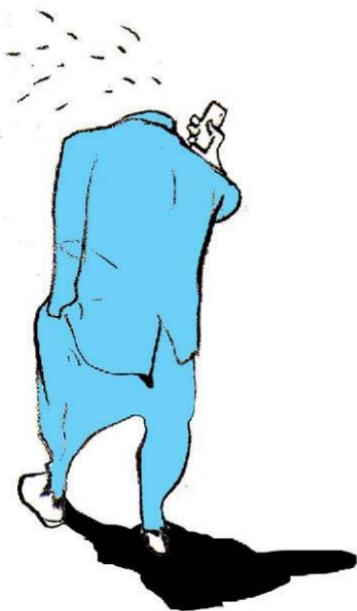
Will It Kill You? No. Go ahead and hover while you wait for that Hot Pocket.

POWER LINES

The Fear: The electromagnetic fields around electric power lines can give you cancer.

The Reality: A 1979 study found that the incidence of childhood leukemia was higher in Denver neighborhoods near high-voltage power lines. But more recent studies show no such correlation. Stepping on a downed live power line is the real threat—otherwise, you're fine. The electromagnetic waves given off are the safer, nonionizing kind and are at an extremely low frequency.

Will It Kill You? No. Power lines are worse for property values than for your health.



CELL PHONES

The Fear: Radiation from your phone might cause brain cancer.

The Reality: The good news is that cell phones, like microwave ovens, give off nonionizing radiation—the safer kind. Your phone gives off about two gigahertz of radiation per second, less than a microwave oven. But a few studies have shown increased risk of brain cancer in heavy cell phone users.

Will It Kill You? Probably not. But research is ongoing.

GASOLINE CANS

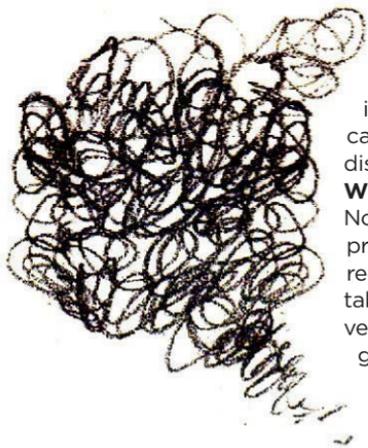
The Fear: The container could allow the gas to escape and connect with static electricity, causing a spark.

The Reality: New fuel containers must have flame-arresting screens that prevent heat from getting in, as well as spring-closing lids and spout covers to prevent spillage. (Note: Your old milk jug has none of those things.) The new containers also present little chance of creating a spark, even though the Occupational Safety and Health Administration (OSHA) warns that static electricity can build up as a result of the gas can sliding around your trunk or truck bed during your travels. Between 2010 and 2016, the

Petroleum Equipment Institute, which tracks such things, had no reported incidents of fires caused by static-electric discharge.

Will It Kill You?

Not if you're using a proper can. But OSHA recommends that you take it out of your vehicle and set it on the ground before slowly filling it.



PLASTIC FOOD CONTAINERS

The Fear: Microwaves pull chemicals out of plastic and allow your food to absorb them.

The Reality: Bisphenol A (BPA), a chemical found in hard, clear plastic takeout and food-storage containers, does leach into your food when microwaved. Although studies have linked it with asthma, diabetes, cardiovascular disease, and reproductive problems, among others, the FDA maintains that the amount of BPA in everyday plastics is safe.

Will It Kill You? No. But you're better off using a nonplastic (glass or ceramic) dish labeled "microwave safe." **R**

As wildfires have ravaged so much of the country recently, an air-quality specialist discusses how the smoke choked her community and offers plans for surviving a fiery future

WILDFIRE SMOKE & YOUR HEALTH

BY SARAH COEFIELD FROM THE *WASHINGTON POST*



IT'S LATE AUGUST when I get a call from a grandmother. She lives in Seeley Lake, Montana, and she has heard we have air purifiers with high-efficiency particulate air (HEPA) filters that can help with smoke. She needs one for the baby's room. I explain we don't have any and tell her how to purchase one. She coughs and goes silent before asking how much they cost. Almost every person I talk to in Seeley Lake has this cough. The family doesn't have much money, she says, but she promises to order a filter for the child. Small filters—ones that can clean a bedroom of up to 75 square feet—cost about \$70 each. The next day, the wildfire that has been burning for weeks in the Lolo National

Forest, northeast of town, moves closer to the woman's neighborhood, and the county sheriff's office evacuates it. I wonder whether the filter will be there when the family returns home. I know the smoke will be.

As an air-quality specialist with the Missoula City-County Health Department in Montana, my job is to understand air pollution, control it as much as possible, and help people protect themselves from its effects. I focus on smoke management: issuing permits for outdoor burns and updating residents about what to expect from the smoke when wildfires send it our way.

If my job were only about how smoke moves, it would be simple. Not easy, mind you—wildfire smoke is flashy and weird. It's just that focusing purely on the science would be fun for a smoke nerd like me.

But last July, thunderstorms trekked across western Montana, igniting a ring of fires around Missoula County. One by one, they started blowing up, smothering small towns in smoke. The massive Rice Ridge Fire burned directly above the community of Seeley Lake, and every night smoke filled the valley, building by the hour and creating dangerous breathing conditions the likes of which we had never

seen. To our south, the Lolo Peak Fire sent daily smoke to the Bitterroot Valley, frequently creating dangerous, unbreathable air for its residents.

Never had we seen so many wildfires so close to home for so many weeks. There are six categories on the Environmental Protection Agency's Air Quality Index: good, moderate, unhealthy for sensitive groups, unhealthy, very unhealthy, and hazardous. Seeley Lake's air reached hazardous on 18 days last summer.

Last year was plagued by wildfires around the country. The blazes that struck Northern California alone killed 44 people and caused more than \$9 billion in damage. But this isn't just a recent problem, nor is it confined to the West. Wildfires hit

49 states in 2017, including a swath from Florida to Virginia. More than 9 million acres burned nationwide, compared with the yearly average of 6.5 million acres.

Communities that are nowhere near a wildfire can be affected too. One NOAA-NASA satellite showed that smoke from this past summer's western wildfires traveled along the jet stream as far east as New York and Pennsylvania. Sometimes, such long-distance smoke merely creates a haze



*Smoke from
last year's
western wildfires
traveled as
far east as
New York and
Pennsylvania.*



When the noxious smoke arrived in Seeley Lake, Montana, the author, Sarah Coe field (above), put out the call for help.



on the horizon. Other times, it lands in full force, exposing new areas to potentially dangerous levels of particulate.

IT'S THAT PARTICULATE matter—pollutant so fine that it can enter your bloodstream when you breathe it in—that makes smoke so dangerous. The elderly, people with heart or lung disease, pregnant women, and children are most at risk. Fine particulate comes from sources other than wildfires, too: Smokestacks, cars, power plants, woodstoves, and fireplaces all contribute. In many parts of the country, particularly in New England,

a considerable fraction of air pollution comes from woodsmoke from homes, especially in the winter.

Particulate matter is a cumulative pollutant, so the more you're exposed to it, the worse it is for you. It aggravates asthma symptoms and causes reduced lung function and wheeziness. A recent Harvard University study of Americans age 65 and older found that when the concentration of particulates rose by just ten micrograms per cubic meter, the chances that a person would die during the 12 years the study analyzed increased 7.3 percent. Those researchers also found that reducing fine

particulate pollution by just one microgram per cubic meter nationwide could save about 12,000 lives each year.

THE POLLUTION CAN be particularly difficult to escape in mountain regions like my part of Montana. When smoke descends on the valley, the world shrinks. Anything more than a block away disappears behind a white wall of smoke. The birds are quiet. Smoke makes its way through door and window cracks. It follows ventilation systems into homes.

Without a filtration system, the indoors provides no refuge. And in rural Montana, where air-conditioning is rare, most residents open their windows at night to seek relief from the hot, stuffy summer air, even amid the smoke. The air warms enough in the afternoons to rise and take the smoke with it, providing a few precious hours of respite. But every night it descends, and every morning it stays longer in the valley than it did the day before.

In the absence of central air systems with filtration for fine particulates, the best defense against the smoke is a HEPA filter, which can reduce the fine particulate in a room by more than 99 percent. But while wildfire smoke

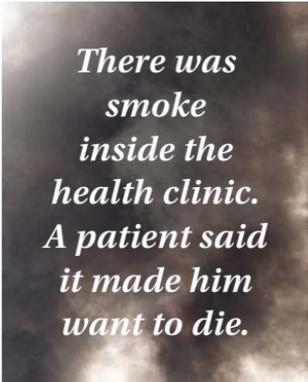
has become increasingly common since 2000, HEPA room filters are not yet a standard feature in homes.

And when a wildfire moves into your area, that lack of protection can create widespread health problems. The National Ambient Air Quality Standard for fine particulate matter averaged over 24 hours is 35 micrograms in a cubic meter of air. During last year's fires, our monitor in Seeley Lake registered 1,000, as high as the machine goes.

As the fires burned, I heard from teachers, parents, coaches, health-care workers, and retirees. They called asking where they could go to escape the smoke. They wanted to know how to protect themselves, what kind of room filters would work,

whether they should wear a mask. They pleaded for filters I didn't have. They asked questions I couldn't always answer. A child had come home sick from school—why had the windows been open? The soccer team was expected to play in the smoke—why hadn't the game been canceled?

There was smoke inside the Seeley Lake clinic. The nurses were sick. A patient in the clinic said the smoke made him want to die. An asthmatic grandmother living in Seeley Lake



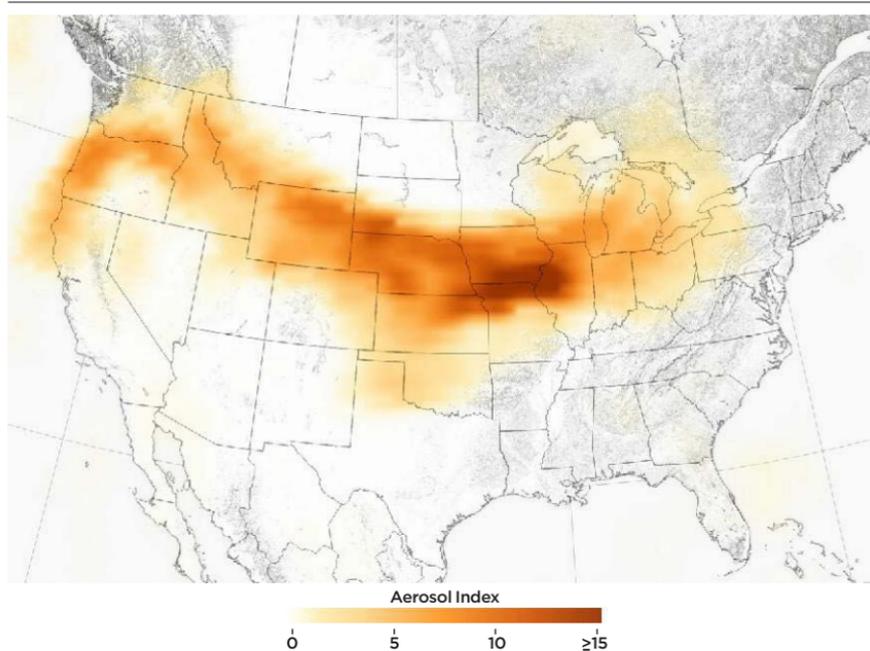
*There was
smoke
inside the
health clinic.
A patient said
it made him
want to die.*

had just gotten custody of her one-year-old grandson, but she was sick from the smoke and worried for the child. A housebound couple had survived pneumonia three times that year, and the husband was on oxygen. They were a mile from the fire. Please help, they asked. I tried.

Some requests were easier than others. I tracked down school athletic directors to make sure the people arranging soccer games followed the

correct guidance—if the air quality was rated as unhealthy or worse, cancel the games. I pulled up a map and figured out how close the cleanest air was so some people could try to escape the smoke for short periods of time. I looked at weather patterns and models and made projections about when the smoke would be likely to clear or worsen. I shared information about HEPA room filters and explained how they could help create a

SMOKY FROM COAST TO COAST



On September 4, 2017, the day that NASA took this image of relative airborne aerosol concentrations, large fires were burning in nine western states; their impact was felt more than 2,000 miles away.

HOW TO PROTECT YOURSELF FROM SMOKE

Sometimes you can't see smoke, but that doesn't mean it's not there—and it could be dangerous. You can find out for sure by checking the smoke advisories section of airnow.gov. If smoke is affecting your area, there are several ways to protect yourself.

At home: The best HEPA purifier will filter the smallest particles possible, down to 0.3 microns. "I recommend using a HEPA filter in your bedroom at night, since it's generally the longest period of time you'll spend in one room," advises Sarah Coefield. To make sure that it's powerful enough to be effective, check the clean air delivery rate (CADR) number. The CADR tells you the volume of air being filtered. Choose one that can handle at least two

thirds of your room's area. So, for example, a CADR of at least 80 is needed for a 120-square-foot room.

Outside: A respirator face mask keeps smoke out, but check with your doctor before you get one. Folks with heart or lung conditions could actually find it more difficult to breathe with the barrier created by a mask. An NIOSH-rated respirator face mask labeled N95 or N100 (sold at hardware stores

for about \$10) filters at least 95 percent of fine airborne particulates. A mask with two straps ensures a snug fit over your nose and under your chin. A paper mask or one with only one strap won't keep smoke out—and neither will a wet towel or bandanna.

In the car: Keep your windows and vents closed and turn on the air conditioner in recirculate mode to keep the air inside your car as clean as possible.

safe space—usually a bedroom—in a home (see sidebar). But the smoke in Seeley Lake thickened on a daily basis. I talked to my supervisors, and we sent out an official recommendation that residents leave the area until the smoke cleared. Few took our advice. Few had anywhere to go.

I called the director of Climate Smart Missoula, which has launched

a pilot project to provide HEPA room filters to the elderly, and pleaded for help. They came through with 25 filters for health clinic patients. I called state agencies and asked for money to buy filters but was left empty-handed. I called the Seeley Lake and Lolo elementary schools and asked whether they had filtered air for their students. They didn't. We raided our health

department budget and purchased 40 HEPA room filters for the schools. The manufacturer gave us a discount, cutting their retail price from \$170 to \$127. Climate Smart Missoula ordered 45 more, with support from the community. When children's health is at risk, the director explained, you don't wait on details.

I called my contact at the American Lung Association, and she immediately contacted headquarters. They had some money, but I sent it to the next county over, where, on that day, the need was greater. I took calls from surrounding counties asking what to do. I sent them what information I had.

I began shuffling filters and trying to find filters on a near-daily basis. There was an elementary school in Condon where 23 students were sitting in smoke so thick that visibility had dropped to less than half a mile; we sent them eight. One day, I received three requests for filters I didn't have—two for babies and one for a choking elderly couple. I took their information and promised to try to help. And then I put my head in my hands and wept.

THROUGHOUT IT ALL, I sent updates about the smoke: where it was going, how bad it would get, how people could protect themselves. I sprinkled the updates with smoke jokes because it's my survival mechanism and maybe it would help others. People tell me it does. But every night, while I lie in my bed with my filter gently whirring beside me, I know there are vulnerable people sleeping unprotected.

And I know—in another year, in another valley—the smoke will come back. I take comfort knowing that when it does, we won't have to scramble. After weeks of frantic activity, we've laid the groundwork to protect our communities from smoke: educating the public, creating safe spaces for vulnerable residents, building a reserve supply



One day, I received three requests for filters—two for babies and one for a choking elderly couple.

of filters—and we've seen our efforts expand throughout western Montana.

To our knowledge, our push to get HEPA filters into the community last summer was a first in the country. And currently, I'm in talks with the Environmental Protection Agency about packaging what we did here for other communities in the United States. Every bit of preparedness helps. **R**

WHO ? KNEW

13 Things You Didn't Know About the Common Cold

BY BRANDON SPEKTOR

1 The term *common cold* is a bit of a misnomer. *Common* implies that there's a single ordinary pathogen to blame for your runny nose, coughing, and mild fatigue. Actually, there's a huge array of viruses—more than 200 of them—that induce colds, each with its own means of evading your body's defenses. For this reason alone, it's unlikely that a catchall “cure for the common cold” will ever be found.

2 As for the “cold” part, well, it's complicated. Scientists don't know for sure whether low



temperatures affect a virus's pathogenicity, but they do believe that colds are more prevalent in winter in part because we tend to spend more time indoors, in close quarters with infected people and surfaces.

3 On top of this, sucking up dry winter air dries out the protective mucus that lines your nasal cavities. When that happens, your body can't do its job of catching potentially

dangerous microbes before they reach your respiratory system. “The body fights back by secreting more mucus to mechanically flush out the virus,” says Evangeline Lausier, MD, an adjunct assistant professor at Duke Integrative Medicine in Durham, North Carolina. So don’t blame your runny nose on the cold: That’s your own body telling you it’s fighting back! (You can help your mucus win this fight by drinking lots of fluids.)

4 We get colds more often than we might realize. Adults suffer an average of two to three each year, and some children get eight or more. They’re costly too. In the United States, a 2012 survey found that colds decreased productivity by a mean of 26 percent. Another survey estimated the total cost of lost productivity to be almost \$25 billion each year.

5 That said, the best cold medicine is free: rest. When you get sick, your body doesn’t want to do anything other than tackle the virus. If you do ignore the symptoms and go about your normal routine, the cold can have an even more negative impact on your health—and your brain. In a study of nearly 200 people published in *Brain, Behavior, and Immunity*, researchers found that those with colds reported poor alertness, a negative mood, and psychomotor slowing—their thought

processes were muddied, and their reaction times were slower than those of healthy folks.

6 But try not to rest while lying flat on your back. That can make things worse because gravity may cause the congestion in your nasal passages to drip down your throat, making it sore and causing a cough. Coughing while lying flat isn’t very comfortable, and it can keep you awake. Instead, prop yourself upright with pillows to “reduce the cough receptor irritation in the back of the throat,” Dr. Lausier says. This can also help move that mucus along and make it easier for you to breathe.

7 Another cost-free way to get better quicker? Find a caring friend or relative to nurse you. A 2009 study from the University of Wisconsin-Madison showed that patients who rated their doctors with a perfect score on an empathy questionnaire were sick one day less than patients with less sensitive doctors. Patients with the most empathetic doctors also showed double the levels of IL-8, a protein molecule the body releases to fight colds.

8 Although your body needs rest, Dr. Lausier says an excellent way to boost your immune system is with a bit of light exercise. It’s not a surprise that regular exercise helps you fight back against germs. One study

from the University of Washington in Seattle showed that overweight or obese postmenopausal women who exercised got fewer colds than those who didn't. A 2014 review showed that regular moderate-intensity exercise may help prevent a cold, but more research is needed. One explanation, according to the U.S. National Library of Medicine, may be that exercise helps flush germs out of the lungs and airways.

9 Chicken soup might really work—though your mom's special recipe isn't the reason. In fact, most any clear soup helps because the warm liquid may ease congestion and increase mucus flow. "I think chicken soup is great for hydration—hot liquids, salt, and electrolytes," Dr. Lausier says.

10 Don't rely on vitamin C. In a 2013 review of 29 separate trials, regular vitamin C supplements failed to reduce cold incidences across the board. Huge doses to ease symptoms had small effects in some but not all studies.

11 Zinc, on the other hand, may reduce symptoms. According to a post by Brent A. Bauer, MD, on mayoclinic.org, recent studies have shown that zinc lozenges or syrup can reduce the length of a cold by one day, especially if taken within 24 hours of the onset of symptoms. "Zinc is necessary for the immune

system to perform, so yes, you can definitely up the dose during the onset of a cold," says Jonny Bowden, PhD, CNS. Of course, you should check with your doctor first to make sure it won't interfere with any of your medications.

12 The cold virus can survive up to 24 hours or longer outside the human body, so give your hands a good scrubbing after touching that doorknob or kitchen faucet at work. In fact, a small 2011 study showed that people infected with rhinovirus, the most common cause of colds, contaminated 41 percent of the surfaces in their homes—including doorknobs, TV remotes, and faucets. An hour after touching those infected surfaces, the fingertips of nearly 25 percent of people still tested positive for a cold virus.

13 Grandma was right: Gargling can help, maybe even as a preventative. In a single study from Japan, some volunteers were asked to regularly gargle with water while others were not. After 60 days, the gargling group had a nearly 40 percent decrease in colds compared with the control group. To soothe a sore throat, the Mayo Clinic advises gargling with one quarter to one half of a teaspoon of salt mixed with eight ounces of warm water. (The salt will draw out excess fluids from your body.) **R**

How To: Repair Your Body

One of 2018's more interesting innovations came when Dr. Rand McClain, the Los Angeles based "Doctor to the Stars," released his new technique for what some are calling the **Body Restore formula**.

And the reason everyone's talking about it is because his method is based on technology that was actually partially banned by a U.S. Establishment in 2001. However, Dr. McClain and his partners have found a way that allows them to go and take this discovery straight to the American people.

Dr. McClain revealed he's already offering this to his celebrity and pro-athlete clients with incredible results.

In the video presentation – he details how some very big name athletes are achieving **increased strength, healthier bodies, and even more energy**.

But what's really turning heads is that the method involves one simple thing: A drink.

McClain believes the technique works best for people over 40, particularly those who may be experiencing fatigue, weaker bodies, and even "foggy" thinking.

And when Dr. McClain dropped the final bombshell — video footage of the results he experienced after using the method on himself — it became clear that the discovery is nothing short of incredible, of course your individual results will vary.

But the latest development in this story came when the video version of the presentation was made available to the public online.

As of this writing, the video has over 3 Million views and is quickly becoming "viral".



This is the video that many might not want people to see, but if you want to learn more watch the shocking presentation at www.LCR65.com

Dr. McClain calls out both the medical industry and certain agencies. One viewer commented: "Why did I not know this before? Rand is telling it like it is...we need more doctors like this!"

You can watch his presentation at www.LCR65.com

Nature's most basic color palette supplies its owners with a surprising array of survival techniques

Why So Many Animals Wear Black-and-White Coats

BY NATASHA DALY FROM NATIONAL GEOGRAPHIC

🌀 **THINK OF FLAMBOYANCE** in the animal kingdom, and a colorful menagerie springs to mind: a parrot's rainbow plumage or the showy scales of a tropical fish. Mammals tend to be less vibrant than other animal groups, but that doesn't mean they are less visually distinctive. In fact, many of the most striking beasts on the planet come in only two colors: black and white.

Despite the basic palette, these high-contrast markings represent some of nature's most diverse evolutionary choices. For some mammals, black-and-white coloring is a way to warn off predators. For others, it's an insect repellent. For still others, it creates a clever cloak. Spend some time exploring what science has discovered about these animals' appearances, and you'll see that basic black and white isn't so basic after all.

Skunk

Defense Mechanism

Depending on the species, black skunks may wear white spots that act as camouflage or white stripes that signal enemies to beware their smelly spray.





Badger

Ferocious Mask

Even when a badger is crouched in its burrow, its bold facial stripes can be seen. Zoologists say the warning coloration helps the small mammal deter predators.

Giant Panda

Complex Patchwork

Recent insights into panda coloring have come from studying each body part separately. Black ears indicate ferocity, and distinct eye patches aid in individual recognition. The panda's white body camouflages it against snow, while its dark limbs help it hide in forests, a compromise derived from its poor bamboo diet: Bamboo doesn't let pandas build up enough fat to hibernate, forcing them to spend winters in the snow.



Zebra No-Bite Stripes

Zebras' thin coats make them more vulnerable than long-haired animals to biting flies that carry disease. But the coats' stripes deter flies from landing on zebras, for reasons that scientists are still investigating.



Blackbuck (male) Shadow Caster

In bright sun, the buck's white stomach counteracts the shadow cast by his back, allowing him to appear one color and two-dimensional—essentially hiding from predators in his own shadow.



Research: Kelsey Nowakowski
Source: Tim Caro, University of California, Davis

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IT PAYS TO INCREASE YOUR

Word Power

The meanings of some given names (Rose, Faith, Dawn) are as plain as the nose on your face. And then there are names such as Cameron, which actually comes from the Gaelic for “crooked nose.” We’ve compiled some of the more interesting names and their derivations here. Can you use your word smarts to guess the meanings? Turn the page for answers and etymology.

BY EMILY COX & HENRY RATHVON

1. Sophia—A: summer rainstorm. B: great wisdom. C: tremendous wealth.

2. Felix—A: faithful. B: happy. C: catlike.

3. Dolores—A: lady of sorrows. B: maiden of mirth. C: weaver of tales.

4. Natalie—A: birthday. B: first snowstorm of the year. C: princess.

5. Quincy—A: fruit tree. B: the fifth in a series. C: belonging to an ancient family.

6. Melanie—A: circular path. B: melodious. C: dark.

7. Clement—A: warrior-like. B: studious. C: mild.

8. Philip—A: as hard as a rock. B: lover of horses. C: son of Time.

9. Sylvia—A: obsessed with beautiful things. B: inhabiting the woods. C: having clean lines.

10. Benedict—A: ruled by earthly passions. B: emancipated. C: blessed.

11. Phyllis—A: butterfly. B: waterfall. C: foliage.

12. Ursula—A: little bear. B: constellation. C: giant octopus.

13. Vincent—A: winemaker. B: conqueror. C: wandering minstrel.

14. Vera—A: evening. B: true. C: raven.

15. Chandler—A: maker of candles. B: shooter of bows. C: rider of wild hogs.

 To play an interactive version of Word Power on your iPad, download the Reader's Digest app.

Answers

- 1. Sophia**—[B] great wisdom. *Sophia* is majoring in philosophy. (Greek *sophos* = wise)
- 2. Felix**—[B] happy. Being in love has given *Felix* a new felicity in life. (Latin *felix* = happy)
- 3. Dolores**—[A] lady of sorrows. Why does *Dolores* always sing such dolorous dirges? (Latin *dolor* = pain)
- 4. Natalie**—[A] birthday. Each December, *Natalie* plays an angel in her church's nativity play. (Latin *natalis* = of birth)
- 5. Quincy**—[B] the fifth in a series. *Quincy* was the only boy among the quintuplets. (Latin *quintus* = fifth)
- 6. Melanie**—[C] dark. Of late, *Melanie* has been in a melancholy funk. (Greek *melaina* = black, dark)
- 7. Clement**—
[C] mild. *Clement's* ballgame was postponed because of inclement weather. (Latin *clementem* = mild, gentle)
- 8. Philip**—[B] lover of horses. On Sundays you'll find *Philip* down at the hippodrome. (Greek *philos* = friend; Greek *hippos* = horse)

- 9. Sylvia**—[B] inhabiting the woods. *Sylvia* uprooted herself and moved to Pennsylvania. (Latin *silva* = forest)
- 10. Benedict**—[C] blessed. Pope *Benedict* issued a benevolent edict to his followers. (Latin *bene* = well; *dictio* = speaking)
- 11. Phyllis**—[C] foliage. If you need a lesson on chlorophyll, just talk to *Phyllis*. (Greek *phyllon* = leaf)
- 12. Ursula**—[A] little bear. *Ursula* is telling the story of Goldilocks and her three ursine hosts. (Latin *ursa* = she-bear)
- 13. Vincent**—[B] conqueror. *Vincent* won by a convincing margin. (Latin *vincere* = to overcome)
- 14. Vera**—[B] true. The jury doubted the veracity of *Vera's* claim. (Latin *verus* = true)

ARCANE NAME GAME

Cameron isn't the only name derived from an odd physical trait: Calvin means "bald" (from the Latin *calvus*). Other monikers with curious meanings: Portia ("pig," from the Latin *porcus*) and Emily ("rival," from the Latin *aemulus*). But our favorite curious source belongs to Alfred, who was apparently "given advice by elves" (Old English *ælf* = elf, *ræd* = counsel).

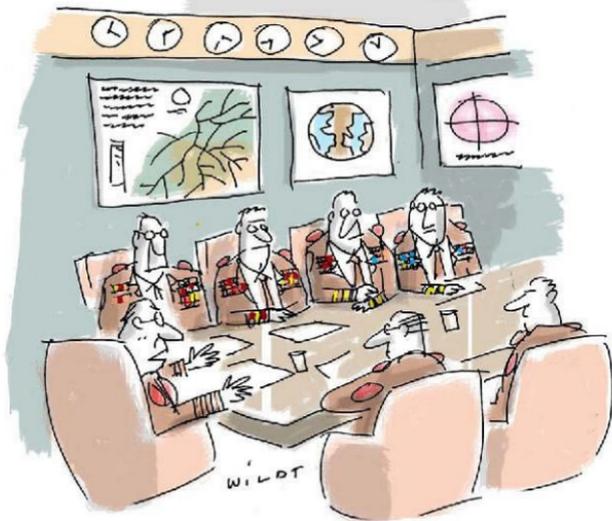
- 15. Chandler**—
[A] maker of candles. *Chandler* keeps a candela-bra on his grand piano. (Latin *candela* = candle)

VOCABULARY RATINGS

- 9 & below:**
John Q. Public
- 10-12:**
jack-of-all-trades
- 13-15:** Midas touch



Humor in Uniform



"All options are on the table. That includes defriending on Facebook."

OUR SHIP had been on deployment in the Red Sea for several months when we made a port stop in Dubai, United Arab Emirates. The weapons officer gathered all the spare change he could find to use the pay phone on the jetty. He waited his turn in line, fed his money into the phone, and dialed home. His seven-year-old answered and said, "Hi, Dad. Where are you?"

The officer replied, "Dubai."
His son said, "OK," then hung up.

DOUG SCATTERGOOD,
Vancouver, British Columbia

I WAS SENT to Japan by the Defense Language Institute Foreign Language Center to work with American linguists. One day, I contacted the operator and said that I wanted to call Monterey, California.

"How do you spell it?" she asked.

I said, "M as in Massachusetts, O as in Oregon, N as in Nevada ..."

"Wait, please," said the operator.
"How do you spell Massachusetts?"

YEYFIM M. BRODD, Kirkland, Washington

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I try not to waste time—because I don't want to waste myself.

OPRAH WINFREY,
media personality

CONFORMITY IS OFTEN UNCONSCIOUS. TO SAY NO EFFECTIVELY, YOU HAVE TO BE CONSCIOUS OF THE DECISION YOU'VE MADE.

JULIE COULTAS, *psychology researcher*

Most of the things that I learn are from the women in my life.

JAKE GYLLENHAAL, *actor*



A LOT OF PEOPLE GET A RECORD DEAL AND SPEND THEIR MONEY ON STUFF. I SPENT IT ON CHEESE, BASICALLY.

SAM SMITH, *singer*

Somebody told me the secret to happiness is low expectations. I still can't believe that I have flush toilets.

JEANNETTE WALLS, *author*



THAT'S ANOTHER GREAT THING ABOUT GETTING OLDER. YOUR LIFE IS WRITTEN ON YOUR FACE.

FRANCES MCDORMAND, *actress*

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† Source: National Health and Nutrition Examination Survey (NHANES) data, 2017.

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