Go abead, be fabulous. Just protect yourself.



Contents

Cover Story

BEST OF AMERICA ...

Twenty-five quirky things that could only happen here.

First Person

THE DAY ROBERT DOWNEY IR. SAVED MY GRANDMA

> It's no act: He really is a superhero. DANA REINHARDT FROM QUEST FOR KINDNESS

Drama in Real Life

"GET ME OUT OF HERE!"

Gripping accounts of people trapped underwater, in ice, and on an airplane. KENNETH MILLER

Scandal

104 WATCH OUT FOR THE WILDMAN!

> An investigative report shatters the illusion of a popular Animal Planet reality show. JAMES WEST FROM MOTHER JONES

Human Interest

112 A SHARED SWEETNESS

> On this California block, support and friendship are always free of charge. SUSAN STRAIGHT FROM THE SUN

Perspective

116 A POISON RUNS THROUGH IT

> Eric Waggoner rants about a chemical spill threatening West Virginia's water supply. FROM THE HUFFINGTON POST

What It's Like ...

122 TO SURVIVE FLESH-EATING BACTERIA

> Will an antibiotic beat out amputation in the fight for one man's arm? HAMPTON SIDES FROM OUTSIDE MAGAZINE

My Most Unforgettable Character

124 HOPE LIVES FOREVER

> My encounter with Doug Bernier, one of (minor league) baseball's greats. JOHN FEINSTEIN

ADDITIONAL MEDIA IN OUR TABLET VERSIONS







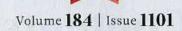


YASU+JUNKO FOR READER'S DIGEST

PROP STYLIST: SARAH GUIDO FOR HALLEY RESOURCES

rd.com

07-2014



JULY 2014

7 Editor's Note

8 Letters



READER FAVORITES

- 18 Life in These United States
- 33 Faces of America
- 34 Points to Ponder
- 52 All in a Day's Work
- 62 News from the World of Medicine
- 94 Laughter, the Best Medicine
- 110 Photo of Lasting Interest
- 121 Laugh Lines
- 134 That's Outrageous!
- 142 See the World ... Differently
- 146 Humor in Uniform
- 147 Word Power
- 150 RD.com
- 152 Quotable Quotes

Everyday Heroes

- 10 The Brave Boy Scout MELODY WARNICK
- He Did What He Had to Do ALYSSA JUNG

VOICES & VIEWS

- Department of Wit My Diary: By Bruce, the Shark in Jaws
 - JOHN MOE FROM DEAR LUKE. WE NEED TO TALK. DARTH
 - Words of Lasting Interest
- 20 Why We Forgive DESMOND TUTU FROM THE BOOK OF FORGIVING
- 22 Your True Stories Readers write 100-word tales.

You Be the Judge

- 25 The Case of the Bone Marrow Buver Should a desperate mom be
 - allowed to entice donors with cash? VICKI GLEMBOCKI

Finish This Sentence

28 When I Was Growing Up, My Favorite Story Was ...

The RD Interview

30 Sensory Seduction David Howes on how companies want you to see, smell, touch-and buy. ANDY SIMMONS

ART OF LIVING

37 Freaky Thinkers Finish First SUZANNE CLUCKEY EDOM ATM MARKETRI ACE

Food

- Festivals Worth the Pit Stop 40 PERRI O. BLUMBERG
- 42 Clever Uses for Leftover Wine

Travel

- A Ouirky Tour of the U.S.A. ALISON CAPORIMO
- Vacation Trends Worth Trying ALISON CAPORIMO

Technology

Get Medical Advice-Anywhere, Anytime DAMON BERES

Home

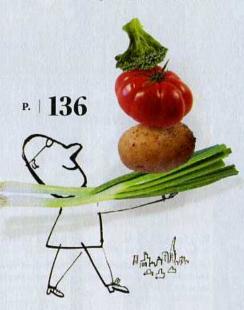
- **Extraordinary Uses** for Ordinary Things: Summer Stuff!
- 51 Backyard Mood Lighting ALISON CAPORIMO

Health

- 54 How Doctors Die
 - KEN MURRAY, MD FROM ZOCALOPUBLICSQUARE.ORG
- 58 With Medication, Timing May Be Everything
 - NISSA SIMON ADAPTED FROM AARP BULLETIN
- **Surprising Reasons Your** Belly's Bloated LIZ VACCARIELLO

WHO KNEW?

- 136 13 Things Farmers' Markets Won't Tell You MICHELLE CROUCH
- 138 When Brain Injury Leads to Brilliance ALISON CAPORIMO
- 140 The Founding Fathers of Funny brandon specktor



Contest

- 130 America the Beautiful
 - The top four winners of our Made in America photo competition.