



How Great Insurance Is Made

“With a pull of the crank
And a turn of the gears
Savings and service for 75 years
With many ways to save
Friendly agents, night and day
The right coverage is just the start
To how great insurance is made.”

GEICO

Auto • Home • Renters • Cycle • Boat

geico.com | 1-800-947-AUTO | Local Office

Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. Motorcycle and ATV coverages are underwritten by GEICO Indemnity Company. Homeowners, renters and condo coverages are written through non-affiliated insurance companies and are secured through the GEICO Insurance Agency, Inc. Boat and PWC coverages are underwritten by GEICO Marine Insurance Company. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. GEICO Gecko image © 1999-2017. © 2017 GEICO

Contents

MARCH 2018

Cover Story

52 40 SMART WAYS TO SAVE AT THE SUPERMARKET
No matter how you stock your kitchen, these insider secrets can help you avoid the pitfalls and load up on the best deals. **JODY L. ROHLENA**

Inspiration

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

The Mind

76 THE AMAZING SCIENCE OF INSTANT SAVANTS
In rare cases, traumatic head injuries unleash remarkable creative talents in the victims. **ADAM PIORE FROM THE BOOK THE BODY BUILDERS**

Health

86 DIABETES: WHAT'S NEW AND WHAT'S NEXT
Eight promising medical breakthroughs are providing hope for the future. **SARI HARRAR**

Drama in Real Life

96 TRAPPED INSIDE A GLACIER
A scientist doing research in the Himalayas plunges 70 feet into an icy crevasse. If he can't climb out, it will become his grave. **NICHOLAS HUNE-BROWN**

Safety

106 WILL YOUR HOUSE KILL YOU?
Before you stick a fork in your toaster again, check out our guide to common household dangers. **ELEANOR HILDEBRANDT FROM POPULAR MECHANICS**

National Interest

112 WILDFIRE SMOKE AND YOUR HEALTH
An air-quality specialist who was center stage during one of 2017's blazes offers plans for surviving a fiery future. **SARAH COEFIELD FROM THE WASHINGTON POST**



P. | 106

ILLUSTRATION BY ISTVAN BANYAI

4 Dear Readers 6 Letters



p. | 44

READER FAVORITES

- 14 Photo of Lasting Interest
- 23 Points to Ponder
- 24 100-Word True Stories
- 26 Life in These United States
- 44 News from the World of Medicine
- 46 All in a Day's Work
- 74 Laugh Lines
- 84 Laughter, the Best Medicine
- 127 Word Power
- 129 Humor in Uniform
- 132 Quotable Quotes

Everyday Heroes
8 Rescue in the River
JULIANA LABIANCA

11 Returning a Soldier's Flag
ANDY SIMMONS

VOICES & VIEWS

Department of Wit
12 How Do You Stop This Thing?
Christopher Harper imagines the automotive help line in a driverless future.
FROM THE BOOK *AND THAT'S THE WAY IT WILL BE*

Words of Lasting Interest
16 Bill's Last, Best Gift
How caring for her husband turned into the most meaningful time of one woman's life.
TRACY GRANT
FROM THE WASHINGTON POST

Finish This Sentence
18 The One Thing That Always Makes Me Cry Is ...

You Be the Judge
21 The Case of the Driver And the Ducks
An animal lover causes a fatal crash. Was it an accident, or was she guilty of a crime?
VICKI GLEMBOCKI

PHOTOGRAPH BY THE VOORHIES

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



p. | 29

ART OF LIVING

29 The Best Sleep Position For What Ails You
MARISSA LALIBERTE

Food
36 Dishes Professional Chefs Cook in the Microwave
LAURA RICHARDS

Life Well Lived
38 The Adventures of a Lifetime
ARLENE CHAPLIN
FROM THE BOSTON GLOBE

Health
42 4 Drug-Free Ways to Ease Arthritis
CHARLOTTE HILTON ANDERSEN



PHOTOGRAPH BY LUCAS ZAREBINSKI
PROP STYLIST: WENDY SCHELAH FOR HALLEY RESOURCES
LABELS: TATIANA AYAZO

p. | 124



WHO KNEW?

120 13 Things You Didn't Know About the Common Cold
BRANDON SPECKTOR

124 Why So Many Animals Wear Black-and-White Coats
NATASHA DALY
FROM NATIONAL GEOGRAPHIC

Send letters to letters@rd.com or Letters, Reader's Digest, PO Box 6100, Harlan, Iowa 51593-1600. Include your full name, address, e-mail, and daytime phone number. We may edit letters and use them in all print and electronic media. Contribute To submit your 100-word true stories, visit rd.com/stories. If we publish one in a print edition of Reader's Digest, we'll pay you \$100. To submit humor items, visit rd.com/submit, or write to us at Jokes, 44 South Broadway, 7th Floor, White Plains, NY 10601. We'll pay you \$25 for any joke, gag, or funny quote and \$100 for any true funny story published in a print edition of Reader's Digest unless we specify otherwise in writing. Please include your full name and address in your entry. We regret that we cannot acknowledge or return unsolicited work. Requests for permission to reprint any material from Reader's Digest should be sent to permissions@tmbi.com. Do Business Subscriptions, renewals, gifts, address changes, payments, account information, and inquiries: Visit rd.com/help, e-mail us at customer@rd.com, or write to us at Reader's Digest, PO Box 6095, Harlan, Iowa 51593-1595.