



# Health & Safety



## Walmart stocks up on this before a storm

Storm's coming. We must run to the grocery store and stock up like it is the end of the world. Water. Bread. Pop-Tarts.

Pop-Tarts? Oh, yeah. Pop-Tarts are big during storms, particularly strawberry Pop-Tarts.

Walmart discovered early on that when a storm threatens, the sale of Pop-Tarts increases seven times the normal sales rate.

According to the Reader's Digest, Walmart studied shopping data after Hurricane Charley in 2003 to see if they could predict what shoppers would need in hurricanes.

At that time, Walmart marketers were shocked to find that strawberry Pop-Tarts were in demand. Then, ahead of Hurricane Frances in 2004, they filled shelves with the pastry. It sold out.

Exactly why Pop-Tarts are so popular in a storm probably relates to the fact that it's shelf-stable and requires no refrigeration. The pastries are individually wrapped, so remaining treats don't get stale.



## How to safely navigate a roundabout

You see them more and more: The roundabout, a circular intersection for traffic. No stop signs. No signals. How do they work?

Modern roundabouts have one main traffic signal: The yield sign. Traffic approaching the roundabout yields to traffic before entering the traffic circle, then proceeds with the traffic flow in a one-way direction, counterclockwise.

It's an innovation that is actually quite old. Roundabouts have existed in one form or another since the late 1800s, but designs created since 1960 have improved the idea and dramatically improved safety at intersections.

According to a study by the Insurance Institute for Highway Safety, roundabouts achieve:

- \* 37 percent reduction in overall collisions
- \* 75 percent reduction in injury collisions
- \* 90 percent reduction in fatality collisions
- \* 40 percent reduction in pedestrian collisions

In addition, since they do not require long stops and idling at signals, roundabouts also decrease emissions while eliminating the cost of installing and maintaining traffic signs, which can run up to \$10,000 per year.

Here is how to use a roundabout:

1. Yield to traffic and enter your desired lane when possible.
2. Choose your lane based on your desired exit. You should not change lanes in a roundabout. For quick right turns, stay in the outside lane. If you are traveling around to make a left turn, choose the inside lane.
3. Stay slow, most roundabouts set speed at 20 mph or less.
4. Don't pass trucks or drive adjacent to trucks. Trucks can straddle both lanes.
5. Don't stop while inside the roundabout.
6. Inside the roundabout, do not stop for emergency vehicles. Exit at your first chance and pull over.





## Reduce your cancer risk

Women can reduce of risk of ovarian cancer through lifestyle and awareness.

According to the National Institutes of Health, epithelial ovarian cancer is the leading cause of death among gynecologic cancers and the fourth leading cause of cancer death among women in the United States. The American Cancer Society estimates that about 21,000 women will receive an ovarian cancer diagnosis in 2021, while almost 14,000 will die from the disease.

### Who is at risk?

According to the National Ovarian Cancer Coalition, any woman is at risk, but certain factors may increase that risk, including obesity, childbirth later in life or never having a full-term pregnancy, hormone replacement therapy, family history, previous breast cancer, genetic mutations, prior fertility treatments and smoking.

### How can I decrease risk?

If family history or previous cancers increase your risk for ovarian cancer, develop a plan with your doctor. Sometimes, removing the ovaries is the best way to eliminate risk. For women who still want to have children, childbirth and breast feeding reduce risk. For those who want to delay

### Elvis' talent

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14				15	
		16				17		
18	19		20				21	22
23		24				25		
26						27		
28						29		

**Across**

1. "Far out!"
4. Prize money
9. Not me
10. Willow
11. Mandela's org.
12. Toothpaste containers
13. Explorer
15. Yours truly
16. Tendon
18. Perform
20. Down's opposite
23. Final stanza in a poem
25. "\_\_\_ Baby Baby"  
(Linda Ronstadt hit)
26. Mall component
27. Vaccine target
28. Caffeine-rich nuts
29. Light source

**Down**

1. Scandinavian rugs
2. Top-notch
3. Leaders like Mussolini
4. Forces
5. Loan shark
6. Barbecue offering
7. Appear to be
8. Gaelic language
14. New Zealand welcome

17. Kennel sounds
18. Work station
19. Aware of
21. Alone
22. Synagogue
24. TV control:  
Abbr.

*The headline is a clue to the answer in the diagonal.*

[Click Here To Peek at Answers](#)

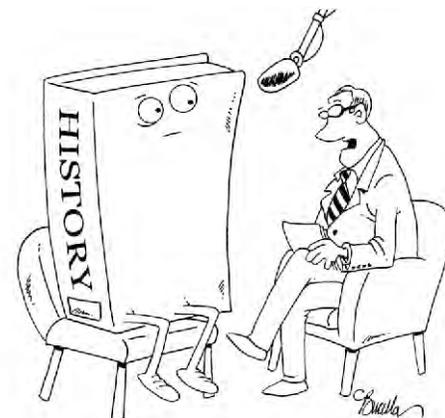
childbirth, taking birth control can help.

### What are the symptoms of ovarian cancer?

Early detection is critical for successful treatment, but there is no standard screening or test to detect ovarian cancer, according to the National Ovarian Cancer Coalition.

Keep your family history in mind and be aware of possible symptoms, including unusual bloating, abdominal pain, difficulty eating or sudden fullness, frequent urination, digestive discomfort (including heartburn, upset stomach and constipation), back pain, fatigue, menstrual changes or painful intercourse.

If these symptoms persist for two weeks even with normal interventions like exercise or dietary changes, contact your doctor immediately.



"...and for those just tuning in, could you repeat that?"

September is Emergency Preparedness Month

## FEMA recommends three days of supplies

What emergencies are likely to occur in your area? Could you be affected by a hurricane? A tornado? A wildfire? A blizzard?

All of these emergencies could leave your family and pets stranded for a number of days. You'll need to eat and drink. You'll need to be warm. You'll need an emergency supply kit and a plan.

A "supply kit" sounds like something you could carry, but it isn't. It takes planning and space to prepare for three days on your own.

If flooding is possible, you can store your survival supplies in an upper floor or attic long before an emergency. Store water and food (plus manual can opener) on upper floors. You could also store some paper products like toilet paper, disposable plates and towels. You should also plan on a three-day supply of water and food per person (and pet), plus clothes, shoes, a sleeping bag or blanket for each one, plastic sheeting and duct tape.

If you are more likely to be trapped by a blizzard, tornado or earthquake, a part of the garage or basement would be better. Build your store of supplies there. The Federal Emergency Management Agency (FEMA) recommends including garbage bags and closures, toilet paper, hand tools, a bottle of bleach, moist towelettes, a first aid kit, disposable plates, cups and dinnerware, and a fire extinguisher.

If a forest fire is heading your way, leave early and take your pets. You'll need a little cash, IDs, your medicine and gas in your car. Get going and don't wait.

Upload copies of those insurance policies, banking information, and identification into cloud storage protected by a secure password.

Some emergency items don't take much room. They include:

- \* A flashlight, battery-operated radio and cell phone with extra batteries and matches in a waterproof container.

- \* A three-day supply of medications, plus cash, pencil and paper, and a dust mask.

- \* Personal hygiene items and feminine supplies.

- \* If you have a baby, don't forget the diapers.

Make a plan for your pets. You will absolutely be responsible for their very lives. In cases of flooding, rescuers won't be taking the family dog. Get out long before flooding is projected.

## Americans believe in aliens



If you think we're not alone in the universe, you're in the majority, according to CNET. A recent Pew Research Center survey found that nearly two-thirds of Americans believe that intelligent life exists on other planets. This is a big jump over past results from similar surveys. According to CBS News, fewer than half of Americans believed this as recently as 2010.

But if life is out there, most Americans also believe that they come in peace. Only one in 10 people surveyed think that UFOs are a major threat to our national security.



*The problem of ocean debris*

## Group saves seals from horrible entanglements

The ocean seems so big and that little fishing line seems so small, but a lost recreational fishing line can create horrible entanglements for animals.

No one knows that better than Naude Dreyer, founder of Ocean Conservation Namibia. Dreyer knows it isn't only recreational fishing line. It's everything. Nets and lines from commercial fishing. A cap blown into the ocean. Discarded rubber gaskets. Hard plastic rings from containers.

All these things cause horrible entanglements to marine life, such as seals, and can prevent them from swimming, walking or eating.

In Namibia, off the east coast of southern Africa, all seal entanglements are caused by human negligence, Naude says. In 2019, Naude and his group freed more than 150 seals from entanglements around the beaches of Pelican Point. In 2020, that number rose to 600 seals rescued. Hundreds more have been rescued this year.

The entanglements are troubling. Recently a small seal was found completely wrapped in a large trawler net, covering his whole body, head to toe. Other seals have extreme cuts from small strands of fishing line that dig deep into the flesh.

In one case, a baby seal was tied to a dead baby seal in an entanglement of fishing line. Seals are strangled by plastic bags or trapped in discarded hats. They have been found with huge hooks through their tongues. Even discarded t-shirts can trap and strangle marine life.

Naude and his crew make rescues using custom-made nets shaped like a cone. They throw the net over the seal's head and the seal wiggles nose first into smallest part of the net. The seal can breathe through the net, but the small tip holds the head tightly, limiting the possibility of bites (but not entirely). The nets have zippers that open to expose the body, where lines are cutting deep into the seal's flesh. Using special tools, the crew can hook thin lines out of the flesh, then cut the lines with scissors.

After each rescue, they record the type of entanglement and take the cut lines off the beach.

The seals, already in pain and distress, are often angry and scared, and rescuers must struggle to save them. But sometimes, a little pup freed from a line will stay a moment and accept a pet -- a little 'thank you' that the crew loves.

See their amazing rescue videos on YouTube or Facebook.

# September 2021



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Michigan State Fair	3 S Dakota State Fair	4 Cleveland Air show
5	6 LABOR DAY	7	8	9	10 Nat'l Day of Prayer	11 Patriot Day
12	13	14 RV Show, Pennsylvania	15	16 Oklahoma State Fair	17 POW MIA Day	18
19	20 	21	22 AUTUMN 	23 Pumpkin Festival, OH	24 Texas State Fair	25 State Fair Virginia
26	27	28	29 Michaelmas	30		