



Health & Safety



The Dog Star haunted some, gave others joy

The Dog Star has a reputation for bringing the hottest days of summer and, to the ancients, that meant either happiness or fear.

In ancient Egypt, the appearance of Sirius above the eastern horizon just before dawn occurred on the summer solstice. It signaled great joy because its return meant the Nile was about to flood, bringing water and rich soil to the desert along its banks. It marked the beginning of their new calendar year.

Sirius had a more fearful reputation in Europe. Hot, dry weather was blamed on the Dog Star. Its appearance was thought to signal fevers and madness in people and dogs. The period was, and still is, called Dog Days in the west.

Today, Sirius is just a star, not sign of wonder. About twice the size of our sun, it is 23 times as bright. It is the fifth-closest star to the Earth.

As fall turns to winter, notice how its position changes. As it rises earlier each night, the Dog Star leads us into the holiday season. It rises about 9:30 p.m., EST on Thanksgiving. By Christmas Eve, it appears in the east about 7:30 p.m.

Mask update: Beware unexpected results of wearing masks

Wearing a homemade mask is not perfect protection, but researchers say it is probably better than nothing.

Be sure mask-wearing does not give false confidence about protection. Social distancing and regular hand washing are still essential.

A proper mask fit should have a bendable edge at the top that can be pinched tightly to the upper nose. It should fit closely to the mouth, and snugly under the chin. Wear at all times in public.

A scarf tied loosely around the nose provides no protection to the wearer or the public.

- Don't reuse masks before disinfecting.

Masks that become wet during use must not be casually left around the home or in public places. Do not drop masks as litter in public spaces.

If the mask is not removed properly, it becomes another virus transmission route.

- Remove by the straps only, place in a pillowcase, then wash in a machine using hot water. Dry on high heat.

No one has yet studied the effectiveness of masks in a clinical setting during the coronavirus pandemic, but studies prior to the pandemic suggest cloth masks are less effective than surgical masks.

The only randomized clinical study on the subject was in 2015. Researchers in Vietnam tested the efficacy of surgical masks versus homemade cloth masks on hospital workers as prevention of influenza. Researchers found that hospital workers wearing cloth masks had a higher rate of infection compared to those wearing surgical masks. Particle infiltration was about 97 percent compared to medical masks.

A number of later studies have both reviewed literature or set up limited tests for effectiveness of cloth masks. At least one study found that three layers of cloth on masks appeared to limit infection of influenza.

Most studies concluded that cloth masks should only be used as a last resort, but they are better than nothing.





If you don't turn on multi-factor ID, criminals will

If you don't turn on multi-factor authentication (MFA) on your electronic devices, a crook might do it for you.

Then you are in for a world of hurt.

Here is what can happen with an Xbox, according to Krebs on Security.

As soon as a hacker gets your password (you might have used it elsewhere?), they turn on MFA and associate a new email to the account.

That means without the hacker's permission, you can't change the password. Recovery codes won't help.

Meanwhile, the hackers will be buying stuff from your associated account.

Support may not help. They won't turn over an account to someone who can't provide the second factor. The only person who can is the hacker.

In one case, Microsoft Level 3 support did solve the problem by helping create a new account, enabling MFA and then migrating the profile.

What happens when critical cell networks fail?

On June 22, with most of the nation quarantined and watching anxiously as demonstrations troubled the cities, one circuit in the

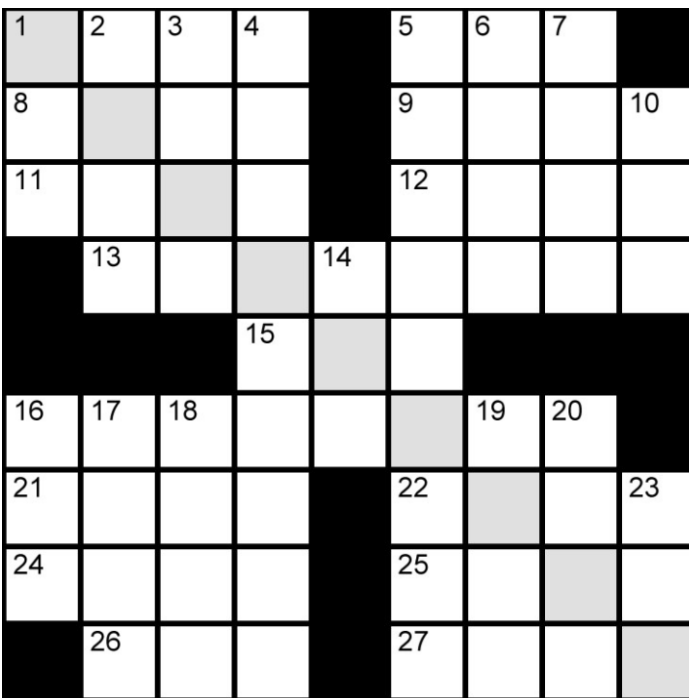
A Pair for a Brew

Across

1. Old-style "dudes"
5. Pep
8. Three-ply snack
9. Computer menu option
11. Not hearing
12. Nerve network
13. Mechanize
15. Wee hour
16. Rolled up in a spiral
21. In ___ of
22. Cafeteria carrier
24. Oil cartel
25. Nozzle site
26. Volcano output
27. "Let it stand"

Down

1. Physique, slangily
2. Fertilizer chemical
3. Sweetheart
4. Borrower's easy target
5. Used in martinis and manhattans
6. Think tank nugget
7. Catcher's need
10. Golf ball prop
14. Hooter
16. 1969 Peace Prize grp.
17. Asian palm
18. Flying formations
19. Easy gait
20. Facilitate
23. "Is it soup ___?"



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

[Click Here to Get a Peek At the Answers](#)

Southwest failed.

That took down a fiber provider, which overloaded T-Mobile's network. And that took down voice and data for all its customers. For 13 hours.

That started a rumor of a cyberattack.

Then, sites like Downtetector threw up scary maps of mass outages. Was it the NSA? Antifa? None of those things. It was that bad circuit.

T-Mobile said engineers were working all night to solve the problem.

According to ClaimsJournal, the situation exposed a shortcoming in the nation's information grid. No credible site gives information about outages. Sites like Downtetector rely, in part, on data gleaned from social media.



One family member never wants quarantine to end

Here's the one family member who wants you to always work from home: Fido.

Chances are the family dog has had a fantastic time in quarantine with lots of company and maybe more walks.

Sadly, pooches might well suffer separation anxiety when you finally return to work.

According to the American Veterinary Medical Association, about 20 to 40 percent of dogs are diagnosed with separation anxiety.

Pets could pace, howl, chew, or urinate in their anxiety.

One way to help them is to start doing more absences for longer periods of time, preferably at the same time of day. You can try doing separation inside the house with the dog in one room and you in another with the doors closed.

Dogs love routine so try doing your separations at predictable times, similar to when you will be leaving for work.

When you do go back to work, try creating enrichment activities, such as toys with treats inside. White noise from a fan set on low might help too.



Deed theft is real

You've probably heard the ads, and they may seem bizarre. People steal a deed to a house and suddenly the owner isn't the owner.

House stealing is actually a thing and has been since at least 2008, according to the FBI. It tends to pop up in major cities and targets properties that are empty or used infrequently, like vacation homes.

Here is how it works:

Bad guys pick out a house -- usually a rental, vacation home, or vacant home -- then they research the owner.

After obtaining fake IDs and forged signatures, they file a transfer of ownership with the county's registrar of deeds. They quickly sell the home, or borrow against it, taking out all the equity. Then, poof. They are gone.

Many counties these days are offering free community notifications. When you register, you'll receive an email or text when a document is recorded for your property.

You can also sign up for a title lock service that will monitor your home's deed to prevent fraud. The cost is usually minimal, about \$150 per year.



Is there anything funny about homeschooling?

If you see my kids locked outside today, mind your business. We are having a fire drill.

Feeling guilty about your kids watching too much TV? Just mute it and put the subtitles on. BOOM! Now they're reading.

Here's what to do if you witness an accident at work

Seeing someone injured on the job can be frightening and maybe even leave you feeling confused.

But for better or for worse, you are a witness, and you will play a role in an accident investigation.

Some witnesses may be concerned about what information they should give. They may not want to put a fellow worker at fault or think their own position will be in jeopardy.

It's important to gather your thoughts independent of the conversation around you and regardless of your fears. Consider exactly what you saw and the circumstances surrounding the accident.

Remember that accident investigations are fact-finding missions, not fault-finding ones. The object is to prevent future injuries.

There are two types of witnesses: Those who actually saw or heard what happened, and those who can shed some light on the incident. In either case, it's important to volunteer as a witness right away. If your information isn't taken very soon, important details could be forgotten.

If you are interviewed, give your complete version of what happened. Even small bits of information about circumstances and equipment can fill gaps and lead to a safer workplace.

In such an interview, you would be asked for your opinion on how the accident could have been prevented. Give your opinion freely because you are an important partner in the investigation process.

Inquiries will ultimately lead to a higher level of safety.

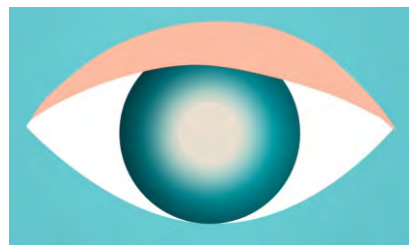
If you see an accident, take these steps:

- 1 Render aid if you can. Call for medical help.
- 2 Shut down machinery, if necessary. Make the accident scene safe.
- 3 Don't move things, if you can help it. Don't clean the scene.
- 4 Note details in your mind of where you were, what you were doing, and the circumstances.
- 5 Report the incident to a supervisor immediately.

The facts about distracted driving

According to 2017 statistics from the CDC:

- * 6% of all motor vehicle crashes in the United States involved a distracted driver.
- * 3,166 people died in crashes involving a distracted driver.
- * 599 non-occupants (e.g., pedestrians and cyclists) died in a crash that involved a distracted driver.
- * At any given time in 2017, an estimated 2.0% of all drivers on the road were visibly using a hand-held device - a 0.1% reduction from 2016.
- * Distractions are present 52% of the time in normal driving.



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Sisters' Day	3 Sturgeon Full Moon	4	5	6	7 National Lighthouse Day	8
9	10	11 Perseid Meteor Showers	12	13	14	15
16	17	18	19	20	21	22
23	24 GOP convention	25	26	27	28	29
30	31			<p>Most state fairs cancelled for August!</p>		