



Health & Safety



Planning to go to the Super Bowl? Break open that bank

Super Bowl LVII will be in Arizona, a state whose motto is *Ditat Deus*, or God Enriches.

If you want to be there, you better hope the Almighty is on your side.

The most inexpensive tickets start at \$4,887.50, while a premium package starts at \$7,225 per person.

Those aren't the pricey tickets, of course. For those, you will easily pay five figures and before sales are over, that might go north of six.

Ten years ago, the game was in New York City and the prices were considered astronomical: Club level seats with access to restaurants, \$2,600. The previous year in 2012, similar seats in New Orleans were \$1,250.

Ticket prices are expected to rise dramatically before the game in February 2023. The average ticket price in 2022 was about \$6,800.

Wear proper gear for cold weather work

When temperatures drop, the clothes you wear for work or just to deck the halls make all the difference.

Generally, here are guidelines for winter work clothes:

- * Keep clothing loose to allow blood to reach arms and legs.
- * Wear loose-fitting layers for better insulation. Inner layers of wool, silk or synthetic fabrics help trap your body's natural warmth.
- * Coats should be insulated.
- * Gloves should be insulated.
- * Always cover your head. A proper hat for outdoor work covers both the head and ears. For some outdoor work, you may also need a mask to cover your face. The neck should be covered as well.
- * Use waterproof and insulated boots. Consider slip-resistant footwear for some jobs. Always consider steel toed boots for heavy work.



Heated socks and gloves

With the advent of lithium-ion batteries, plus ubiquitous USB charging availability, heated gloves and socks have gained a huge new following.

You can get rechargeable battery powered gloves and socks that stay warm for up to six to eight hours. Both socks and gloves have battery pockets. You charge your battery, then connect it inside a pocket.

With gloves, some key considerations are flexibility, durability and waterproofing. Working hands might also benefit from glove knuckle guards. Many offer touch screen compatibility.

They can be expensive. The best gloves with the longest warming periods cost more than \$100.

The lowest priced choice for heated gloves isn't the battery-powered kind. It's chemical power. Lightweight fleece gloves and mittens with chemical heating packs run about \$25. You put your chemical pack into the glove for long-lasting warmth. However the packs are single-use only. While the mitten-glove combos are insulated with a good leather palm for grip, they might not hold up to wind, according to Bob Vila.



Why do you have an auto-immune disorder? Blame the plague

When the Black Death rampaged through Europe in the mid-1300s, no one -- rich or poor, old or young -- was safe.

It was the deadliest pandemic in human history, and by the end of the bubonic plague's terrifying march, between 30 and 60 percent of Europe's population had perished. The Black Death ended nearly 700 years ago, but a groundbreaking new study in the journal Nature shows that the impacts are still apparent in our genes and health today.

Researchers analyzed DNA from 206 ancient skeletons buried before, during, and after the Black Death, according to the BBC. Some bones were exhumed from Black Death-era mass burial pits in London, while other samples came from Denmark. And what they found was stunning: Individuals with specific mutations in a gene called ERAP2 were 40 per-



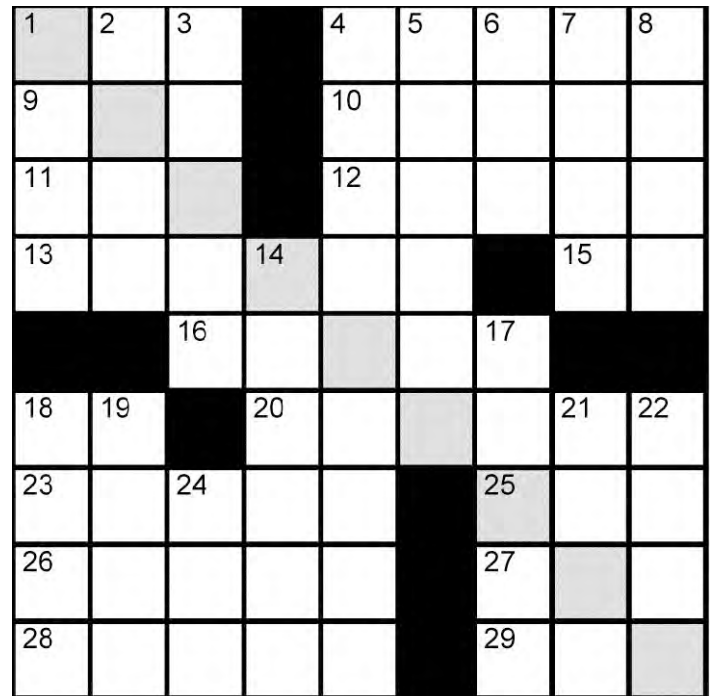
Across

1. Break bread
4. Type of asst.
9. "___ Got a Secret"
10. 100 equal 1 drachma in Greece
11. Shad delicacy
12. Seating sections
13. Hardened
15. Pa's mate
16. Heathen
18. Beaver St.
20. Wheaties or Cheerios
23. Sensational
25. Country singer Joe
26. Utopian
27. Cozy room
28. Strangely
29. Craving

Down

1. Dublin's home
2. Shakespeare, the Bard of ___
3. Get ready to drive
4. Presumably
5. Himalayan cedar
6. Automobile sticker fig.
7. Big-ticket ___
8. Astronaut's insignia
14. Relating to, or characteristic of a

Christmas Tree



- group of people
17. Destitute
18. Hodgepodge
19. Labor PM of Australia
21. Sheltered, at sea
22. Boston suburb
24. Sunburned

[Click Here To Peek at Answers](#)

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

cent more likely to survive the plague. The researchers say it's the strongest natural selection event to ever occur in humans, leaving an indelible footprint on the human genome.

But while that added immune response served a purpose during the Black Death, today those mutations are instead associated with susceptibility to auto-immune disorders such as Crohn's disease, when the body attacks itself. In other words, this once-helpful mutation may make our immune systems too good at their jobs.

According to Nature, the study is the first to prove a link between ancient pandemics, their influence on the human genome, and how present-day humans respond to disease.



"We had a fight. She's making me sleep on the shelf tonight."

Sleep apnea, mouth breathing bad; taping worse

Search for "mouth breathing" on social media and you'll find a tidal wave of content about the dire health consequences, including receding chin and gum disease. The solution, according to thousands of TikTok videos, is mouth taping -- literally taping your lips together before you go to sleep each night to encourage nasal breathing. But according to Healthline, mouth taping isn't just unproven -- it's potentially dangerous.



Mouth breathing does carry some potential health risks, including snoring, dry mouth, bad breath and increased risk of obstructive sleep apnea, according to CNN. Over time, mouth breathing can contribute to serious health issues like hypertension and heart problems.

While social media is full of mouth taping enthusiasts, there's no clinical evidence to suggest that it works. In one small study, researchers found that when mouth breathers taped their mouths closed, they simply puffed air through the sides of their mouths instead as they slept.

According to Healthline, experts warn that mouth taping can obstruct breathing, make sleep apnea worse, and cause irritation and allergic reactions. It can actually disrupt sleep instead of improve it.

The Cleveland Clinic recommends that people with sleep difficulties should avoid unproven remedies and see their doctors to treat the underlying problems instead. While many people find relief with simple fixes like side sleeping or better bedtime routines, conditions like sleep apnea or deviated septums usually require further treatment.

The life-saving message of 3-D month: Impaired driving remains deadly

By Presidential proclamation since 1981, each December is National Drunk and Drugged Driving (3-D) Prevention Month, dedicated to preventing motor vehicle crashes caused by impaired driving. December has been chosen because it is the month of parties, family gatherings and other events where liquor is often available.

About 30 percent of all traffic-related deaths in the United States involve alcohol, according to the National Highway Traffic Safety Administration. An alcohol-related motor vehicle crash kills someone every 45 minutes and injures someone every two minutes.

The astounding costs of fatal vehicle crashes exceed \$24 billion every year. The personal cost of just one DUI ranges from \$5,800 to \$29,000, according to Money Geek. The cost of higher insurance following a DUI ranges from \$1,000 to \$10,000 and to up to \$40,000 over 13 years.

Maybe you've heard all of this before, but stop to think of how being arrested would affect you and your family. It doesn't take much to have a blood alcohol reading of .08, and it could change your personal and financial life for years to come if you are charged with impaired driving.



The sneaky Christmas gift for WWII POWs

Soldiers play cards. It's true today and it was true during World War II, especially for soldiers held captive.

Knowing that, the U.S. and British intelligence agencies devised a top secret plan -- a violation of the Geneva Convention -- to help POWs escape: Playing cards with a secret map of escape routes. The cards looked like ordinary blue Bicycle playing cards and were distributed to POWs in Christmas parcels from the Red Cross.

Ordinary playing cards are made by gluing two layers of paper together. But when these secret map cards were submerged in water, the layers would peel apart to reveal a portion of a map. Once all the cards were peeled, POWs could assemble them to form a functioning map of the region, with included escape tips. These sneaky decks had a cellophane seal intentionally applied crookedly, according to Popular Mechanics.

The scheme actually did help some prisoners escape. About 32 POWs -- mainly high-value detainees like pilots and officers -- successfully escaped Castle Colditz, the notorious prison camp for "incorrigible" Allied troops. Some speculate that before these troops departed, they were given hints that something from home could help them escape, but they were not told the details. According to War History Online, the supposedly escape-proof Colditz saw more than 300 total escape attempts.

The secret playing card operation, carried out around 1944, was not widely known until the 1970s.

In the 1990s, the United Playing Card Company created a commemorative Bicycle Escape Map playing card set, available today, with the map printed on the suit side of the card so you don't have to destroy the card.

You can see the original deck at the International Spy Museum in Washington, D.C.

Be a smart holiday host

If you are hosting a holiday party, don't forget to keep steps clear and well-lit. Check for any tripping hazards.

Be responsible about serving alcohol. The Insurance Information Institute reports that more than 30 states allow hosts to be found liable if an inebriated guest causes an accident. Plan active entertainment and serve coffee instead of liquor for an hour before guests are scheduled to leave.



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December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Antarctica Day	2	3
4 St. Barbara's Day	5	6	7 Cold Moon	8	9	10 Human Rights Day
11	12 Poinsettia Day 	13	14 Bird Count Begins 	15	16 Las Posadas	17
18	19 Hanukkah	20	21 Winter Begins 	22	23	24 Christmas Eve
25 Christmas	26 Boxing Day	27	28	29	30 Orange Bowl	31 Peach Bowl