



Health & Safety

HEART MONTH: TAKE CARE OF YOUR TICKER

Valentines never sent

In 2015, Alexandra Petri, a Washington Post columnist, came up with some famous Valentines that were never sent, or even thought of.



Valentine from your dog:

Valentine, I love you! I also love this tree and this tree and this leg and this unidentifiable brown substance I found on the sidewalk and am licking and rolling in, but you I especially love!

From your cat:

Valentine, I am marginally less indifferent to you than I am to others.

From the NSA:

Valentine, I love listening to you talk.

From 'a young adult:'

"Baby, you are the only one in this dystopic world of blindly conforming adults who understands me."



Better headlights: Safety group makes awards

Drive on an unlit road during the night and you are putting yourself in a unique danger zone.

About half of all fatal crashes in the U.S. occur in the dark and more than a quarter occur on unlit roads, according to the Insurance Institute for Highway Safety (IIHS).

That's why the institute adopted headlight ratings in 2016. Since then, automakers have responded to the goal of making good-functioning headlights standard equipment. In previous years, automakers offered superior headlights but usually as an option.

IIHS rates headlights on the distance their low beams and high beams illuminate on straight and curved roads, IIHS reports. On a straight road, safe low beams light up the right side of the road to at least 325 feet. Poor headlights shine 220 feet or less.

IIHS deducts safety points for headlights that produce glare so strong that it momentarily blinds oncoming drivers.

Automakers get extra credit for high-beam assist. This is an automatic device that automatically switches between high and low beams. Research show that drivers don't use high beams enough.

In 2016, when the initiative was introduced, only two of the 95 IIHS tested models earned a good rating for headlights. For model year 2020, 85 out of the 185 models tested had good-rated headlights. In eight of the models, the safe headlights were standard. In 42 of the models, headlights were rated good to acceptable.

For 2021 at least 10 automakers improved their headlight offering by eliminating or modifying interior choices.



Arthritis? Muscle aches? Try this new pain reliever

The FDA has approved a new over-the-counter topical gel for pain in muscles from arthritis or muscle aches and sprains.

Sold as Voltaren Arthritis Pain, the gel is a topical nonsteroidal anti-inflammatory drug (NSAID) called diclofenac.

The American College of Physicians and the American Academy of Family Physicians recommend this topical NSAID as an early pain treatment.

The advantage of a topical gel is that lower levels of the drug enter the bloodstream. This might well be a safer way to relieve pain. NSAIDs, such as ibuprofen and naproxen, reduce inflammation and relieve pain for conditions such as arthritis, but they are thought to increase the risk of heart attack, heart failure and stroke. In fact, in case you haven't noticed, there is a warning on the labels of these drugs that says exactly that.

Cardiologists recommend taking the smallest possible dose of an NSAID for the shortest possible time, according to The Harvard Heart Letter.

Surging Snowflakes

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| 26 | | | | | | 27 | | |
| 28 | | | | | | 29 | | |

Across

1. Droop

4. Wrinkly citrus fruits

9. Lennon's Yoko

10. One of the Judds

11. Barnyard sound

12. Wood nymph

13. Response

15. Northeasternmost st.

16. Lets up

18. Alright, for short

20. Publisher's list

23. Crew member

25. Not at home

26. Job

27. Miner's find

28. Adhesive resin

29. Half a cheerleader's prop?

Down

1. "Brave New World" drug

2. In the near future

3. Barnyard honker

4. Not wanted

5. Attic

6. Myrna of "The Thin Man"

7. Muslim leader

8. Entree go-with

14. Diluted, as a drink

17. Single-masted vessel

18. Sea World attraction

19. Oriental mascara

21. 100 cents

22. Plant part

24. Stir-fry pan

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

[Click Here To Peek at Answers](#)

Most NSAIDS can cause the kidneys to hold salt and water, raising blood pressure, so consistent, long-term use is discouraged. They are also implicated in changes in the lining of blood vessels, suggesting they might increase the chance of stroke.

Only the NSAID aspirin is recommended for longer term use in certain cases. In low doses, aspirin is helpful for those who have had a stroke or heart attack related to blood clot. For them, the low-dose aspirin helps to discourage the formation of clots.

If a doctor has not recommended low-dose aspirin, avoid taking it routinely. Aspirin can cause bleeding, particularly in the gastrointestinal tract.



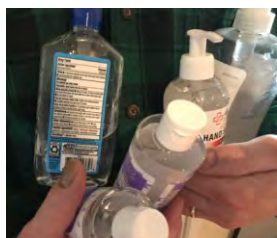
"Our son is at that awkward age where he's living in our basement."

Alternative uses for hand sanitizer

Got buckets of hand sanitizer around? You're not alone. And while it's useful to have around, most of us (thankfully) don't need our 2020 supply levels.

But what can we do with it aside from sanitizing our hands? Here are some ideas from around the internet:

- * Clean your glasses.
- * Start a fire. A disaster survival website says you can dab a small amount on your kindling or tinder and light it with a spark, and that it works in rainy or windy weather.



- * Remove stains. The alcohol works well at removing blood, ink, or drink stains. Remember to dab, not rub. You can also pre-treat stains with a bit of sanitizer.
- * Clean your table or desk.

Use a clean cloth and wipe down the

surface. Do the same for your filthy keyboard.

- * Remove stickers. Price tags are notorious for leaving a sticky substance behind. Hand sanitizer to the rescue!
- * Ease the itch of mosquito bites.
- * Clean your phone screen.
- * Polish silver. Now that company's coming, squirt some hand sanitizer on a soft cloth and polish the silver.
- * Try it in place of deodorant. Kill the bacteria, kill the smell.
- * Clean your flat iron. Ditto for the hairspray on your mirror.
- * Remove permanent marker from a whiteboard.
- * Remove nail polish.

2021 Top Safety Pick+ SUVs by the IIHS

Small SUV

Mazda CX-3, Mazda CX-30, Mazda CX-5

Subaru Forester 4-door

Volvo XC40 4-door

Other SUVs named Top Safety Pick (without + designation): Chevrolet Equinox, Ford Escape, Honda CR-V, Hyundai Kona -Tucson-Venue, Kia Sportage, Lexus UX, Lincoln Corsair, Toyota C-HR-Prime-Venza.

Midsized SUV

Ford Explorer

Hyundai Palisade

Mazda CX-9

Subaru Ascent

Toyota Highlander

Other midsized SUVs named Top Safety Pick (without +): Ford Edge, Hyundai Palisade-Santa Fe, Kia Sorento-Telluride, Subaru Ascent, Toyota Highlander, Volkswagen Tiguan.

Midsized Luxury SUV

Acuraz RDX

Cadillac XT^

Hyundai Nexo

Lexus NX

Mercedes Benz GLE-Class

Volvo XC60, Volvo XC90



Is that a hedgehog on the kitchen table?

Arguably one of the greatest ways to procrastinate -- or, er, take a well-deserved break -- is by playing with the photos and videos on our phones. Filters are fun enough, but then Google went and added augmented reality to its phone app and everything changed.

Augmented reality is technology that blends digital content into the real world and unlike virtual reality, you don't need a headset. With Google's AR feature, you can search for the aforementioned hedgehog (or other animals) with your phone and then click to view them through your camera app in 3D. They become part of the picture on your phone. You can take a picture of a T-Rex lounging in your living room or a zebra into your office. Or a hedgehog on your dining table.

Google hasn't revealed how many items it has created, presumably preferring that people will search for something to see whether it's part of the list. There are at least 50 animals, including a slew of dinosaurs and even Baby Yoda (a.k.a. Grogu).

Here's how it works: Search for an animal on the Google mobile app and then, if it's available, you'll see a "View in 3D" option by its photo in the Overview section. Tap on that to see it in your space. A good list is at 9to5Google.com.

The app will scan your space and may ask you to move your phone around so it can get its bearings. Then it'll drop the animal or creature into your room (or actually into the picture of your room you are seeing through your phone's camera.) Turn your sound on so you can hear it, and be ready to take way too many fun photos.

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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----------------------|--|-----------------------------|-----|---------------------|-------------------|
| American Heart Month | 1 Black History Month | 2  Groundhog Day | 3 | 4 | 5 | 6 |
| 7 Super Bowl | 8 | 9  National Pizza Day | 10 | 11 | 12 Chinese New Year | 13 |
| 14  Valentine's Day | 15 | 16 Mardi Gras | 17 Ash Wednesday | 18 | 19 | 20 |
| 21 | 22 | 23 World Spay Day | 24 | 25 | 26 | 27 Polar Bear Day |
| 28 Golden Globe Awards | |  | National Bird Feeding Month | | | |