



Health & Safety



Memorial Day

We Remember



Photo by Greg Hume

Dandelions: Spring's earliest feast

That spring carpet of yellow that stubbornly appears year after year, might be considered a weed to some, but to bees and health experts, dandelions are food.

Both bees and butterfly larvae feast on dandelions in April and May. They are an important source of early pollen and nectar.

Dandelions have been an important food source for people since the dawn of humanity. The flowers, leaves and root are all edible. Loaded with vitamins, fiber, and antioxidants. Plus, some studies say that dandelions reduce inflammation.

Dandelions are often the source of wine, jelly, and gravies. Check out the recipes at dandelionfestival.com.

Conspiracy theory debunked: Weird claim that wireless internet causes disease

Conspiracy theorists have made an odd link between the organic and digital worlds - and they've burned down 70-foot wireless towers to promote their cause.

Big tech companies such as Google and Facebook have been working to take down memes that claim 5G networks, not an organic virus, cause the symptoms of Covid-19.

In early April, arsonists set ablaze 5G towers in Britain as a protest.

5G wireless network technology is widely in use in China, where there are 100,000 5G towers, and South Korea where it serves up super-fast internet speeds that allow multiple devices to connect at the same time.

The U.S. rollout of 5G has been limited mainly to cities where only a few customers actually can get the coverage now.

Nonetheless, conspiracies attest 5G causes some sort of toxicity in cells, prompting nausea or cellular damage. Hucksters claim that symptoms of Covid-19 are caused by cells trying to expel the virus, according to Fast Company.

The claim has been around for about 20 years and originated with claims of cellular harm due to electromagnetic radiation. A global pandemic is a natural vehicle to promote the claim.

One study responsible

According to the New York Times, popular fear of electromagnetic radiation can be traced to one person, Bill P. Curry, a physicist, who did a study for a Florida school system in 2000.

The study claimed that increasingly high frequencies of a wireless signal were absorbed by the brain. He reported that radio waves could thus create brain cancer.

Except Curry was wrong.

Radiology experts say extremely high frequency waves, such as X-rays, do pose a health risk, as has been known since at least the 1940s. But radio waves at 5G high frequencies are shorter waves, and less dangerous, not more.

The reason is that human skin provides a barrier to shield human organs, including the brain, from exposure. Skin blocks radio waves, including frequencies of sunlight.



Hackers love it when people work at home

Someone at your workplace no doubt makes sure the networks are secure and safeguards are in place to block bad guys.

And who does that at your house? Right. You or no one.

During the current crisis, with employees working at home, many companies have issued employees guidance on how to establish home internet security.

It's guidance worth following.

1 Change the locks.

That means update your software. You might have noticed that software frequently has security updates. That's because smart hackers figured out how to break the software. But what you may not know is that there is a second wave of dumb hackers who just read the security update for tips on how to get the folks who don't update. It's like they have a key. Your mission is to change the locks and update.

Across

- 1. Genetic stuff
- 4. Auspices
- 9. Sprinted
- 10. Serpent
- 11. Sea eagle
- 13. Kind of charge card
- 14. Military school
- 16. Perform
- 17. "Fancy that!"
- 18. Kipling poem
- 20. Hamlet's cousin
- 22. Bank holding
- 24. Window part
- 25. Poem of lament
- 27. ___ juice (milk)
- 28. Bit of statuary
- 29. Trinity component

Down

- 1. Be reluctant
- 2. DEA agent
- 3. The "I" of "The King and I"
- 4. Symbol for arsenic
- 5. Glossy paints
- 6. Like some meat
- 7. White House nickname
- 8. Census datum
- 12. Decorative borders
- 15. Sushi offering
- 18. Arctic abode

Spring yard flower

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		

- 19. Criminal
- 20. Turn
- 21. Goals
- 22. Tennis call
- 23. U.N. workers' grp.
- 26. Rocky's greeting

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

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

2 Use a secret code.

Implement two-factor identification. Yes, it is a second step. You will have to put in a new secret code every time you do certain tasks. But it is better than a hacker walking out with your briefcase.

3 Use a mask.

Meaning, mask your internet activity with a personal VPN. It protects your privacy. It doesn't protect you from phishing, malicious software, or digital viruses, but at least you aren't accessing your company website in cyber-public.



"Here's a blues number written about my inability to remember computer passwords."

BOLD BUBBLES.

The strange journey and powers of the humble bar of soap.

According to Roman legend, thousands of years ago women washing in the river Tiber used bubbly globs flowing down a mountain to clean their clothing.

Whether they knew it or not, the bubbles were inadvertently created by the temple priests on Mount Sapo. Ashes from fires combined with animal fat and river water created a bubbly substance that lifted dirt from skin and clothing.

Soap.

Humans have been using soap for at least 5,000 years, but it isn't an obvious sort of formula. Soap requires three ingredients: An alkaline (like lye), water, and fat.

The fat part is easy and lots of things work well, from olive oil to tallow, which is beef fat.

But lye is a different story. Lye has to be made with white ash from a hardwood fire. Lye makers literally had to go out to a place where hardwoods burned down to ash. They scooped up the white ashes and put them in a barrel. Then, they waited for rain, best for making lye. Buckets full of rainwater were

FIERCE SOAP MOLECULES use their tails to pierce the virus membrane and pry it apart!



poured into the ash barrel to soak the ash. The lye water formed at the bottom of the barrel. They then caught and stored the caustic lye water that leached out from the bottom.

Strangely, somewhere along the line someone decided to make lye and combine it with fat and more water.

Today we might think of soap as gentle, but it is actually fierce to dirt, bacteria, and viruses.

Soap molecules are pin-shaped crow-bars. Their tails love fat but hate water. Their heads love water. So when soap molecules find a piece of dirt or virus, the tails pierce the fatty membrane, while the heads pull away toward the water, thus prying open the dirt or virus and destroying it. Fancy science for some glop that once rolled down a hill.

Today soap smells nice and has lots of different forms from hand soap to detergent. Yet, the recipe really hasn't

changed much from recipe used by Romans or ancient Egyptians. It's still ancient science.

Traffic accidents down dramatically as people stay at home

It might not be safe to hug a stranger, but driving on freeways is safer than ever.

All over major U.S. cities traffic is down, pollution is down, accidents are down.

According to a study by the University of California, Davis, California traffic accidents have fallen by 50 percent since March 19, when the populace was ordered to stay at home.

Typically there are 1,000 collisions and 400 accidents that result in injuries or fatalities every day on the congested freeways of California.

Now the numbers are 500 collisions and 200 injury/fatality accidents.

The study measured these highways: I-5, both north of Los Angeles and toward Oceanside, U.S. Route 101, U.S. Route 99, state road 152 toward Los Banos and I-280 toward Daly City.



Pollution is also down worldwide. A Stanford scientist studied satellite imagery and found a dramatic decline in air pollution. Marshall Burke, assistant professor in the Stanford department of Earth System Science, predicted that quarantine might save 77,000 lives in China.

In Los Angeles, as April began, residents were enjoying their fourth week of smog-free air.

In fact, the air is clearer from Los Angeles to India, which has 21 of the world's 30 most polluted cities. In fact, in major cities in India, something new is in the sky: blue. Living with such badly polluted air makes dwellers in such cities uniquely at risk for viruses like Covid-19.

However, scientists say with the resumption of factory work and traffic, blue skies will once again be replaced with gray.


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	Older Americans Month <i>Make Your Mark!</i>				1	2
3	4	5 Cinco de Mayo	6 Nurses Day	7	8	9
10 Mother's Day	11	12	13	14	15	16 Preakness
17	18	19	20	21	22	23
24	25 Memorial Day	26	27	28	29	30
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