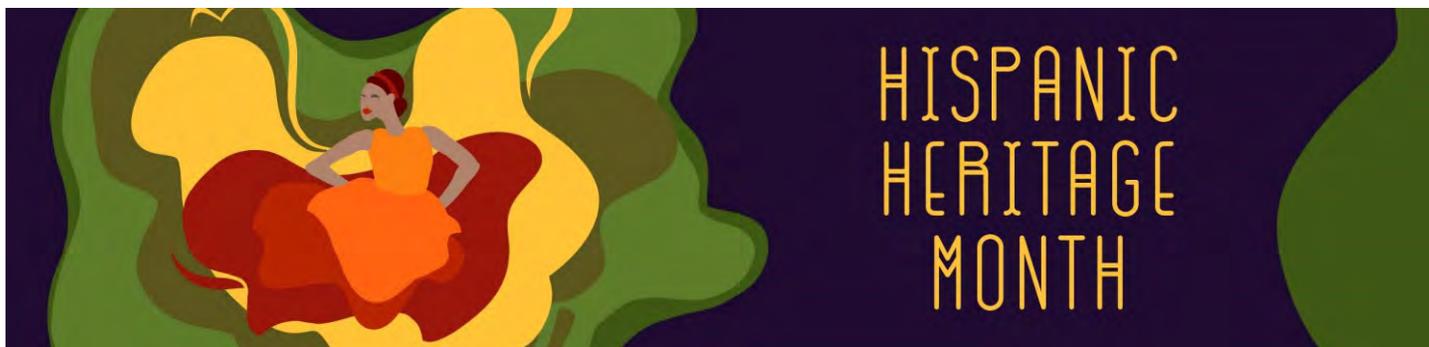




Health & Safety



Here's what you are missing from fair food this year

Only a handful of state fairs are open in 2020, leaving some families missing their annual dose of funnel cakes, cotton candy, and various foods-on-sticks.

Here is something new that most won't find at the store, fresh from Idaho, the home of potatoes.

It's a baked potato, sort of. But, it's fair food, so that can't be all. In fact, it is an ice cream potato, decorated with candies to replace bacon sprinkles, and whipped cream for sour cream.

Here's to 2021!

Minor mishaps get your attention?

What's been happening to you of late?

If you've been having close encounters of the accidental kind, it's time to give some personal attention to the causes.

While many ordinary people seldom suffer a mishap, others seem to trip over things, cut their fingers, barely miss a pedestrian on the road, or get hit by something falling off a shelf.

According to the Center for Injury Research and Policy, there is no such thing as an accident-prone personality. It can't be blamed on genetics.

Doctors at the Center, a part of Johns Hopkins University in Baltimore, say reasons can be found for minor mishaps and near-miss accidents.

When a rash of unfortunate incidents begins, they say, it's up to the individual to uncover the causes.

They suggest that you note each time you have an accident and see if you can identify a common theme. For instance, maybe you are more likely to trip when you are rushing to get to an appointment. Or perhaps minor mishaps could be more likely to occur on days when you have not had enough sleep. Or you could be more likely to suffer a near-miss when you and your mate are on the outs.

You could find, as one subject did, that some of the trouble is rooted to your work environment and in circumstances you can control.

As an example of a small job-related injury, one person related the story of how she was cut near her eye. A file folder was stuck in the drawer and struck her when it finally gave in to her pulling. The cure for this one is obvious: Reorganize file drawers so they aren't so crowded.

Wisdom dictates that each near-miss be examined





Are you uninsured or under-insured?

Life comes at you fast. In your youth at the peak of your health, in middle age, at the height of responsibility, what if an accident or illness took you off the family map? We all know it can happen and few think it will.

As a matter of fact, about 40 percent of people have no life insurance at all. Of the people with life insurance, about half are underinsured.

But the cold fact remains: What happens to your family if you die? Will they be able to afford the house? How will their lifestyle change? Who will support the family? How will they support the family?

Life insurance answers many of those questions -- and it answers them affordably.

The least expensive form of life insurance -- term insurance -- is very inexpensive. A healthy 30-year-old can get \$250,000 of insurance for about \$15 per month. The earlier you buy term insurance, the less expensive it is and many policies don't even require a health check.

Many people have life coverage at work, but this should be reviewed because it may not be enough. Primary breadwinners should have coverage equal to six to 10 times their annual incomes. Term

Across

1. African antelope
4. Behind
9. Period in the earth's history
10. Forest clearing
11. Sushi order
12. Batman's sidekick
13. Small burger
15. Gift-tag word
16. Link
18. In attendance
20. Most rational
23. Bigwig
25. "Winnie-the-Pooh" baby
26. Fish with a net
27. Tennessee athlete, for short

Down

1. Turns right
2. Christmas carol
3. Dark
4. Pleasant
5. Old Italian coin
6. Keyboard key
7. Cut and paste
8. Attorney General Janet

September Gold

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		

14. Renounce
17. Audacity
18. Opposed to
19. Mountain pool
21. Sometime today, say
22. Related
24. Bleat

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

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

policies usually cover only your working life.

Whole life is another kind of life insurance. Unlike term policies, it covers you for life, as long as you make payments. It also has the benefit of building cash value. Although most experts say it shouldn't be considered an investment, if you get a big policy at a young enough age, and keep it until retirement, you could have a nice nest egg to tap into at retirement. Whole life policies can also be cashed in by your Power of Attorney for some part of the face value if you enter a nursing home, for example. It could be considered a small inheritance. Whole life policies usually require a medical exam and are unlikely to cover smokers.



"Oh, no -- it's a panda-emic!"

Time for furnace inspections

A little frost on the pumpkin will call for some heat in the house. So before the chill hits, inspect your furnace, especially if it burns fossil fuel.

All appliances that burn propane, natural gas, wood or heating oil, are potential sources of carbon monoxide (CO) leaks. CO, a colorless, odorless gas, is produced by incomplete combustion of fuel.

A qualified technician can check your heating system for these problems: A cracked heat exchanger, inadequate fresh air, blocked chimneys or flues, or blocked appliance vents.

Carbon monoxide poisoning is a form of slow suffocation. The gas attaches itself to hemoglobin, the oxygen-carrying protein in blood. The blood carries less oxygen and the body suffocates. CO poisoning symptoms begin with sluggishness and headache. Later there is dizziness and loss of consciousness.

Although CO poisoning has been getting a lot of publicity lately, the fact is that CO poisoning leading to death is unusual. In fact, in the U.S. (with a population of more than 250 million), there are only 800 to 1,000 people who die from it each year, according to the Mayo Clinic Health Letter.

Nonetheless, if you use any appliance that burns fossil fuel, a CO detector is a good idea. Be sure to buy an Underwriter Laboratories approved detector that has some of the following features:

- * An audible alarm.
- * Power-on light.
- * A manual reset button to silence alarm briefly.
- * Test button to verify that it works.

September: Cholesterol Education Month

What's the right age for a first cholesterol test?

By age 20 and beyond, all adults should know their cholesterol levels.

Cholesterol is a fat-like substance found in all body cells. The body uses it for cell and tissue formation, but too much cholesterol is linked with increased risk of heart attack and stroke.

If the reading is high, life-style changes may be required to stop progression. There is overwhelming evidence that coronary heart disease can be prevented with aggressive reduction of cholesterol levels, cessation of smoking, and controlling weight and diabetes.

Early testing gives physicians the chance to follow patients and monitor cholesterol levels.

Cholesterol-cutting tips

- * Eat frozen yogurt or low-fat ice cream or sherbet instead of ice cream.
- * Broil, poach, grill, or bake meat and fish.
- * Snack on apples and pears.
- * Trim the fat from meat before cooking.
- * Include in your diet salmon, mackerel and herring to increase Omega 3 fatty acids.
- * Whey protein, found in dairy products, can be added as a supplement to lower LDL cholesterol and total cholesterol.



Check your trees before severe fall, winter weather

In July of this year, 19 people ended up in a hospital after a large tree fell onto a detached garage.

The group, celebrating a birthday party, had sought refuge in the garage when a storm blew up, according to Claims Journal.

The tree splintered the garage, trapping six inside. Firefighters were able to extract the trapped people within 45 minutes.

Nothing is more charming than a big tree shading a sunny yard. The problem is even healthy trees fail and, just like power wires, they can come down in a storm.

Inspect regularly

Trees near a house, garage, or driveway, need to be inspected frequently. According to Davey Solutions, watch for trees that are leaning, buckling, or heaving up in the soil at the base.

Check the canopy of trees for unbalanced or sparse leafing and dead branches.

Check for decaying trunks and large branches.

Make sure you never sever large roots of a tree and that any nearby construction has not damaged the root area.

Although some damage can be repaired by an arborist, don't let weak, dying trees remain on your property.



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September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1  Labor Day	2 Corn Moon	3	4	5
6	7 LABOR DAY	8	9	10	11 Patriot Day	12
13	14	15 Hispanic Heritage Mo.	16 Mayflower Day	17	18 POW/MIA Day	19  <small>REBIH HESARANA DAGUNG SEPTEMBER 19</small>
20	21	22 Autumn begins	23	24	25	26
27	28 Yom Kippur	29	30 	NATIONAL PREPAREDNESS MONTH		