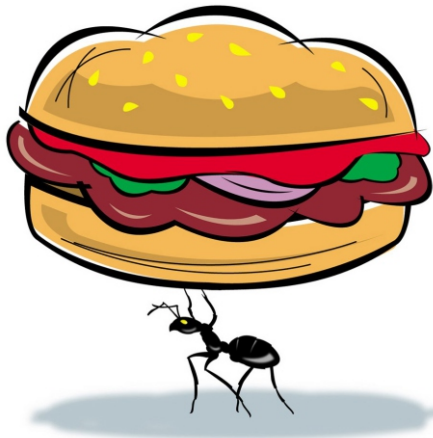




Health & Safety



Would aliens prefer to study ants?

Suppose aliens came to Earth and wanted to study our life forms. Why do we assume they would be their first choice?

The strongest, the fastest, the highest jumper, the best swimmer -- all those honors are not held by humans, says scientist Neil deGrasse Tyson in *Pop Mech Explains the Universe*.

Ants, for example, have a bigger brain to body mass than humans, for example.

Aliens might prefer to study birds, some of which can fly with one eye open while asleep. Superpowers.

In fact, aliens might not want to contact the most dangerous life form, and instead prefer to study the most interesting creatures with the best talents.

It's not for rest, it's for restraint

Headrest: It's a poorly named part of a car because it isn't there so you can rest your head. It's there to restrain it.

If you have ever seen a car made before 1969, one of the most curious things about it are that the seats seem so low and empty. That's because before then, headrests were optional and mainly found in luxury cars to be used as a place to literally rest the head. But experts discovered that headrests prevented five to 10 percent of head and neck injuries by preventing the head from whipping back in a crash.

In fact, since the headrest became a safety feature in 1969, we should have been calling it the head restraint.

This is might be one reason people use it improperly.

Headrests are adjustable so they can be positioned properly to protect the head. Here's how:

* Raise or lower the headrest so that it reaches the top of your head or at least the top of your ears. This is crucial because most people don't raise their headrests high enough to prevent whiplash or neck injury. You can test it by simply tilting your head back to your headrest when you get into the car.

* Adjust the headrest backward or forward so that your head is about two inches (actually, five centimeters) from the headrest. Up to four inches (or 10 centimeters) is considered acceptable. The closer to your head, the less your head can snap back in a crash -- and that's a good thing.

However, many people find the headrest uncomfortable, especially headrests that tilt forward, which is done intentionally to keep the head close to the rest. If that is the case, try adjusting the headrest downward or upward and working with the seat tilt function.





Long-term planning for long-term care

It's a new year and for many Americans, it's smart to consider expanding or modifying insurance plans to better suit your needs.

One thing folks should consider is long-term care (LTC). These plans typically help cover the costs for services like in-home care, stays at nursing homes and assisted living facilities, and adult daycare programs. Traditional insurance plans and Medicare/Medicaid often cover only limited aspects of LTC and may prove inadequate.

When people need care over time, it's often because they're seriously ill, recovering from an operation, or have an impairment. It's smart to prepare for such hardships by enrolling in an LTC health insurance program. Yet, as of 2020, only 7.5 million Americans had LTC coverage.

Without LTC insurance, people have to pay out of pocket for care. That can cost more than \$50,000 a year in an assisted living facility or more than \$100,000 in a nursing home. Medicare covers only

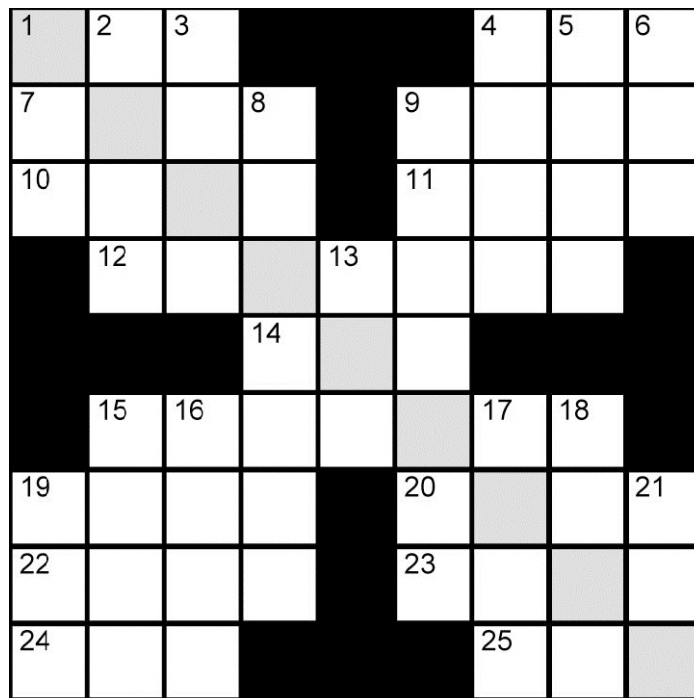
Across

1. ABBA song
4. Stocking part
7. "For ___ us a child's born ..."
9. Be worthy of
10. Atomic particle
11. Pewter component
12. Lumber factory
14. Agatha Christie's "The ___ Murders"
15. Gibraltar and Magellan
19. Necklace part
20. Helen of ___
22. Boat propellers
23. Faction
24. Pub pint
25. Fuel

Down

1. Total
2. Weight
3. Greek portico
4. Old Chinese money
5. Spoken
6. Stopping point
8. Moving ahead
9. Draws out
13. Wharton de-

Winter Visitors



- gree
15. Close, as an envelope
16. Weight not charged for
17. Math subject
18. Scotch's partner
19. Feathery wrap
21. Word on a Ouija board

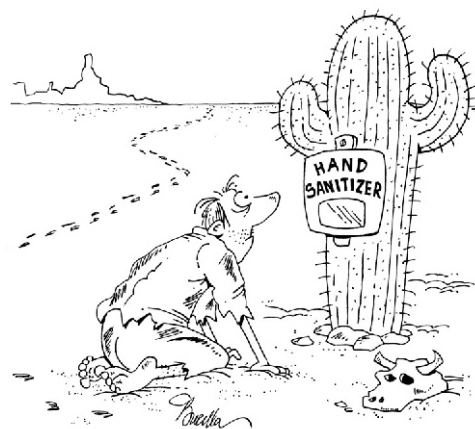
[Click Here To Peek at Answers](#)

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

short-term stays. Long-term care insurance can protect your nest egg.

How about costs? A LTC plan will cost a 55-year-old male about \$950 a year and a female about \$1,500. For a 65-year-old, the plan would cost \$1,700 and \$2,700, respectively. If you select a plan with inflation adjustments, costs go up.

Keep in mind, these are only averages. Like traditional insurance plans, you can select more basic LTC plans that offer more affordable premiums. Likewise, you may be able to add LTC coverage to existing health insurance plans and save money.

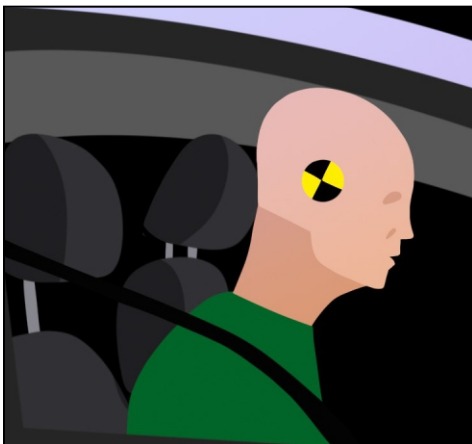


Better crash dummies could improve safety

Since the 1970s, crash dummies have been the main tool for researchers interested in testing vehicle safety features, but the dummies were built mainly as proxies for male bodies.

Now, Swedish engineers are developing a version that more closely approximates females.

Women are more likely to die or be injured in crashes and suffer whiplash injuries, according to U.S. government data.



Researchers have always used smaller dummies to research the effects of crashes on women. Typically the dummy is a scaled down in size, about the same as a 12-year-old girl. Those dummies are 4 feet, 8 inches tall and weigh about 75 pounds. That represents

the smallest 5 percent of females in the 1970s.

Astrid Linder, director of traffic safety at the Swedish National Road and Transport Research Institute, says their team has developed a dummy that is more representative of the female population at 5 foot 3 inches and 97 pounds. The team also hopes to account for differences in the shape of the torso, center of gravity and outline of the hips and pelvis.

The research is important because more accurate representations can lead to safer cars, airbags and seatbelts, according to the BBC.

Little resolutions that make a big impact

Forget splashy goals that you forget about by February (or sooner). Here are some simple resolutions that may not seem like much, but can create lasting change in 2023 and beyond.

- * Ditch the snooze button.
- * Be on time.
- * Floss. Your dentist can always tell.
- * Send handwritten thank-you notes.
- * Drink more water.
- * Practice gratitude each day.
- * Use spare minutes to tidy the office. It adds up!
- * Stand up at least once an hour. Set an alarm if you need to and take a lap around the office or do a few quick stretches next to your desk.
- * Give yourself a little grace when you fail. It's a journey.



Exercising while sick: Dos and don'ts

Regular exercise is a healthy choice for most people, and a great way to shake off winter gloom. But when common winter illnesses hit, sometimes the healthiest choice is to stay home and rest.

Here are basic tips to help exercisers know when to grab their shoes and when to head back to bed.

DO: the neck check. If your symptoms are all above your neck, such as a stuffy nose or mild headache, it's probably fine to exercise, said Thomas Weidner, professor of athletic training at Ball State University, in an interview with the New York Times. Multiple studies have shown that exercise does not worsen cold symptoms or lengthen illnesses.

DON'T: hit the gym if you have any symptoms below the neck, including hacking coughs, nausea, upset stomach, fatigue or body aches. Stay home instead and get some rest.

DO: take it easy. According to health.com, it might be a good idea to scale back the intensity if you're used to high-impact workouts. A 20-minute walk is good choice if you're a little under the weather, and may alleviate your cold symptoms.

DON'T: power through a fever or worsening symptoms. You should be fever-free for at least 24 hours before you consider working out again, and if you ever start to feel worse during your workouts, consider that a sign from your body that it's time to rest.

Easy light for dark closets

Here is a useful idea for shedding light on dark places, like closets or underneath cabinets. Rechargeable LED light strips are very thin and lightweight, some have magnetic strips that stick to the underside of shelves or cabinets. The light strip itself attaches to the strip with a magnet. Every two months, remove the strip and recharge for a couple hours.

Some strips also are triggered by movement, so when the closet door opens, or when you use the counter, the light comes on automatically.



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January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day 	2 Outback Bowl/Rose Bowl	3	4	5	6 Epiphany	7
8	9	10	11	12	13 Carnival season 	14
15 	16	17 Blessing of the animals 	18 Special Olympics	19 Sundance Film Fest	20	21 National Hug Day
22 Chinese New Year 	23	24	25	26 Spouses Day	27	28
29	30	31 Backward Day				