



Health & Safety

Happy 4th of July

See American goldfinches by your own window

If you long to see a bright yellow and black goldfinch, getting one or more to visit your backyard feeder is not that difficult. All you need is a bag of thistle seed.

The males are yellow with black trim and the females are an olive-toned yellow.

Watch for them.

The adult birds put on a show as they gather



seed from thistle and zinnias, cosmos, bee balm, liatris and coreopsis.

Goldfinches love thistle seed, also known as nyjer, and sunflower seeds. Seed makes up almost their entire diet. They will regularly visit backyard feeders and appreciate having a birdbath close by. Backyard birders see them across most of the United States and southern Canada.

They are among the latest nesting birds. In late summer, they collect thistle down to line their nests and raise four to six young, feeding them a partially digested substance called "canary milk." Both the male and female feed the baby birds.

High temperatures raise injury risk

California researchers say high temperatures increase injuries by 6 to 9 percent on days over 90 degrees.

The study of 11 million workers' compensation claims from 2001 to 2018 also found that injuries increase up to 15 percent when temps rise to 100 degrees or more. In California alone, heat-related injuries cost about 1.2 billion in lost wages and productivity, disability, and health expenses.

Excessively hot conditions affect cognition, leading to errors in judgment, and decreases the body's overall ability to cope with stress, according to a UCLA press release.

The Centers for Disease Control and Prevention recommends:

- * Drink plenty of fluids regardless of your activity level. During heavy work in a hot environment or strenuous activity of any kind, drink two to four glasses of cool fluids each hour. Don't drink alcohol, beverages with a high sugar content or very cold drinks.
- * Replace salt and minerals lost through sweating by drinking a sports beverage. Discuss beverages with your doctor if you are on a low-salt diet.
- * Wear appropriate clothing. When going out, choose light-colored, loose-fitting clothing. Wear a wide-brimmed hat and sunglasses with UVA and UVB protection.
- * Wear shoes with soles that are sufficiently thick and insulating so burning hot pavement doesn't harm feet.
- * Use sunscreen. Sunburn affects the body's ability to cool itself. It causes a loss of body fluids, skin damage and pain. Apply a product rated SPF 15 or higher 30 minutes before going out.
- * Pace yourself. When working or playing sports in a hot environment, begin slowly and pick up the pace gradually. If your heart begins to pound and you begin gasping for breath, STOP all activity. Move to a cool area or at least into shade to rest, especially if you feel lightheaded or weak.
- * Watch each other. When working in the heat, monitor the condition of co-workers and have them do the same for you. Be wary of confusion.
- * Stay cool indoors. If you don't have air conditioning, go to a place that does. Even a few hours in air conditioning can help you stay cooler.
- * Don't depend on a fan to cool yourself down. When the temperature is in the high 90s, fans will not prevent heat-related illness. Cool showers help.





Credit reporting changes in July

Anyone who has struggled to pay off medical bills will get a boost this July as medical credit reporting changes.

Among the changes announced by all three major credit reporting agencies (Equifax, Experian, Transunion):

- * Old medical bills that have been paid will no longer appear on credit reports. Medical debt is currently reported for seven years after it is paid off.

- * Unpaid medical bills will appear on a credit report only if they remain unpaid for 12 months. Right now there is a six-month grace period.

- * Medical debt in collection that is less than \$500 will not appear on credit reports. This move is expected to clear 70 percent of medical collections from credit reports.

Credit reports are designed to give lenders, in particular, an idea of whether a person will pay their debts. But 66 percent of medical debts are one-time unexpected and unpaid medical bills. The credit agencies say the medical debts don't provide an accurate picture of whether a person regularly pays his or her bills.

Mythical hero's description

Across

1. Soap ingredient
4. Fragrance
9. "If only ___ listened ..."
10. At no time
11. Pond dweller
13. Shipped
14. Trooper's quarry
16. Word in a simile
17. "The loneliest number"
18. Yours truly
20. Magic lamp owner
22. Sandwich shop
24. Pouches
25. Fantasize
27. Annoy
28. Microscopic
29. ___ sauce

Down

1. ___ apso (dog)
2. Pound sounds
3. Slight advantage
4. Indefinite article
5. Plants again
6. "Your turn"
7. Chess pieces
8. Verb with thou
12. Windblown

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		

15. Genetic stuff
18. Prefix with\ surgery or scope
19. Exalt to the heavens
20. Toward shelter, nautically
21. Speaker's platform

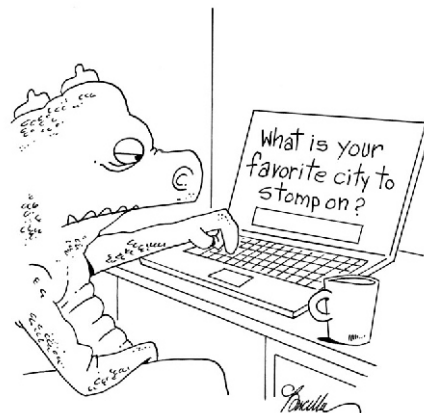
[Click Here To Peek at Answers](#)

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

Study: Workers answer calls while driving

Surveys by The Travelers Cos. have found that a third of surveyed business executives expect workers to answer calls while driving, and about 42 percent do just that. The distracted driving studies surveyed 1,000 executives and 1,000 employed people to discuss driving while texting, emailing, or talking on their phones. People told researchers that they communicate while driving because the call might be an emergency (43 percent); they need to always be available (39 percent); they don't want to upset their supervisor (19 percent).

Travelers' researchers say it is imperative that people silence their phones when behind the wheel.



Godzilla's Security Question



New advances in ministroke care

People who experience a transient ischemic attack -- also known as a TIA or ministroke -- may not require immediate hospitalization, according to Harvard Health. Typically, patients who seek emergency medical attention after a TIA are admitted for a brief hospital stay for further testing and follow-up care. But new research suggests that TIA patients who receive additional care at specialized outpatient clinics fare just as well, without the hassle and expense of a hospital stay.

Instead of hospital admission, patients can be discharged to return home from the emergency room. Follow-up testing is usually scheduled at TIA clinics within days, and only the highest risk ministroke patients are admitted to the hospital. Risk is determined according to the ABCD2 scale, which takes age, blood pressure, clinical features, duration of symptoms and whether the patient has diabetes into account.

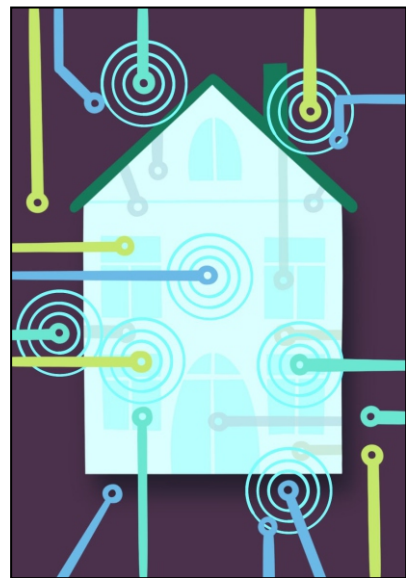
As many as one in six ministroke patients will suffer a regular stroke within three months, so further testing is critical, whether it's conducted in a TIA clinic or the hospital. Additional testing can help uncover the underlying cause of the ministroke and potentially prevent a stroke in the future.

Ministrokes arrive swiftly and symptoms usually depart almost as fast -- within minutes to hours. The symptoms are similar to a stroke and include numbness or muscle weakness (usually on one side of the body), difficulty speaking or understanding speech, dizziness or loss of balance and vision problems, according to the Mayo Clinic.

Save on insurance with smart devices

Insurance companies are wise to the fact that some smart devices increase safety and mitigate risks, such as house fires. And as a result, they're giving customers discounts on premiums for using certain smart devices. In fact, you could save 5 to 20 percent, depending on the devices and your insurer.

Many home insurance companies provide discounts for homes with security systems. With monitored security systems, a security company will keep an eye on your home and if sensors are tripped, they can contact you or the police. Some systems also offer "self-monitoring" and will send alerts to your phone, but won't contact the police or the security company until you give permission.



The Environmental Protection Agency estimates that leaking pipes and faucets in households waste over a trillion gallons of water per year. Not only will this run up your utility bills, but water damage can ruin cabinets, walls, floors and more. Fortunately, you can set up smart leak sensors under sinks and elsewhere. When a leak is detected, you'll get pinged on your phone. You can also use the Flo by Moen Smart Water Security System. If there's a failure, say a water pipe breaking, it can shut off the water completely, potentially preventing a flood. Some insurers offer premium discounts for homes equipped with these water monitoring systems.

The NFPA reports that over 350,000 fires occur at home each year, many caused by electrical issues. But with Ting's in-socket smart sensors, if an electrical issue occurs, homeowners are warned before the fire starts. A few insurers now provide Ting free and some security systems also include devices that monitor for fires and water leaks.

Fitness trackers: Your coach or your evil taskmaster?

Is your fitness tracker your happy coach? Does it make you feel better? More motivated? Or is it ... a parasite?

After all, a device maker somewhere is intimately involved in the life of your body: steps, exercise, heart rate, calories, blood oxygen. That maker is sending you messages about your goals, your achievements and your failures.

What does this relationship mean for you? That's what Julia Craven wondered when she realized she was obsessed with her watch metrics. Writing in FiveThirtyEight,



Craven said she found herself anxious and focused on creating flawless health metrics -- chasing perfection. It started being a device that made her feel guilty, even lazy.

The fact is, it's just a device. Sport psychology expert Michele Kerulis of Northwestern University says obsession and perfectionism with health metrics can actually make you ignore the real, physical signs your body is sending. The positive messages from fitness devices feel good, but when hitting goals becomes a cruel master, it's time to reevaluate.



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July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					I Tour de France	2	
3	4 	5	6	7	8	9	
10	11	12	13 Buck Moon	14	15	16	
17	18	19	20	21 Comic Con	22	23	
24	25	26	27	28	29	30	
31 Nat'l Mutt Day!		<i>July is National Ice Cream Month!</i>					