



Health & Safety

Happy Father's Day

June 20



How to pick a kitten

Veterinarians says you can tell if a kitten will have a nice temperament by watching how it plays with its toys. If it bites them, it may be too aggressive. If it pushes the toy along the ground and lets you take it without a fight, it's a good sign. If the kitten lets you hold it on its back, it may also be more sociable.

Vets recommend that you choose a kitten between eight and 12 weeks old. By then, you can get a sense of its personality.

Pick one that has a nice coat, bright eyes and no mites in its ears.

To have a safe road trip: Prepare yourself, your passengers, your vehicle

You may have taken any number of long road trips before and think you know just how to do it right. When you make your plan, however, consider these points.

About your car:



Make sure that your tires have plenty of tread and there are no operational problems that should be corrected. Make sure all fluids are at the right levels and there are no leaks. Once on the road, keep an eye on warning lights so you know if your engine is overheating.

About yourself:



While you're busy with packing, calling to have your newspapers held and planning rest and fuel stops in advance, remember to think about yourself. Don't leave things to do that will take you into late the night before you leave.



Get a good night's rest before you start. And remember that hunger and lack of exercise can contribute to the fatigue caused by driving for long periods of time. Before you leave, find out where you can stop, eat, exercise and nap.



About your passengers:

It's a good idea to have one of your passengers be a licensed driver so you can alternate. Be sure to take any medications those in the car might need. If you are taking kids, then games, videos, and snacks will keep them entertained so they don't hassle you while you are at the wheel.

About other drivers:

Know how you will react when another driver cuts you off or makes a rude gesture. There are thousands of roadway aggression incidents each year. The National Highway Traffic Safety Administration estimates that about one-third of all motor-vehicle collisions could be traced to aggressive driving.



Prevent heat exhaustion

The National Safety Council recommends that people who are working outside in hot weather or in non-air-conditioned environments should cool down with wet scarves around their necks. As the moisture evaporates, the body stays cooler.

Drinking enough water is very important. You can alternate water with a sports drink that contains electrolytes. The key is to drink enough so you never get thirsty. If your urine is concentrated -- a dark color -- you need to drink more. Drink enough water so your urine is pale yellow.

When you are working outside, be sure to wear a hat and a lightweight, long-sleeved shirt with no T-shirt underneath.

Remember that caffeine and alcohol are dehydrating. Drink decaffeinated beverages, bottled water or sports drinks.

Report injuries

Never wait until the end of your shift to report an injury.

Dad's favorite cooking

Across

1. Salon supply
5. Amazes
9. Face-to-face exam
10. "Forget it!"
11. Three oceans touch it
12. Orchard unit
13. Renounced
15. Ancient
16. Did a hair salon job
22. Prepare to fly
23. Porous rock
24. Religious image: Var.
25. Piedmont wine center
26. Used a doorbell
27. Not as much

Down

1. Egg on
2. Gaelic language
3. Secular
4. Racing on skis
5. Counteracting the effects of a poison
6. Fishhook attachment
7. Duel tool
8. Plant starter
14. Matterhorn, e.g.
16. Cookbook direction

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			

17. Maori dance
18. Neural transmitter
19. Yorkshire river
20. New newts
21. Speaker's platform

[Click Here To Peek at Answers](#)

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

ry. Do it immediately. This is especially true of puncture wounds on the fingers and hands. These types of wounds must be treated aggressively, especially if foreign debris is present.

Hand infections travel up the tendon sheath. Sepsis, a toxic condition resulting from the spread of bacteria, can occur in as little as 10 to 12 hours.

Look around, walk around

Get away from your computer. Researchers at the National Institute for Occupational Safety and Health have found that short breaks at the right times reduce eye-strain and muscle discomfort without reducing productivity.



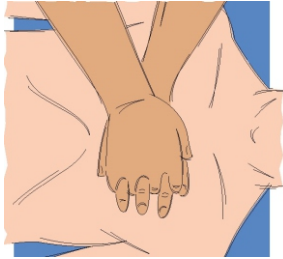
"Siri, what time is it when the big hand is on the two and the little hand is on the ten?"

Know the ABCs of CPR

If you've never taken a course in cardiopulmonary resuscitation (CPR), these simple instructions could help you save a life. If you have taken a CPR course, reading the American Heart Association's procedure will serve as a review of what you learned.

A: Airway. If the person is not responsive, first call 911. If there are no head or neck injuries, gently tilt the head back by lifting the chin with one hand and pushing down on the forehead with the other.

B: Breaths. If the person is not breathing normally, give two rescue breaths. Keeping the head tilted, pinch the nose closed and place your mouth around the mouth. Blow two slow, full breaths (about two seconds each), while watching to see that the chest rises with each breath.



After giving two breaths, check for signs of circulation such as breathing, coughing, movements or responsiveness to gentle shaking. Place your ear near the mouth, listen for breathing.

C: Chest compressions. If no circulation is detected, begin chest compressions. Place the heel of one hand in the center of the chest (between the nipples), with the heel of the second hand on top. Position your body directly over your hands, elbows locked. Apply 15 compressions, pushing the breastbone down about two inches with each thrust and allowing the chest to return to normal between compressions. Use the full weight of your body.

Repeat the procedure three times.

Melatonin may help sleep, but untested

You may have heard of melatonin—the popular supplement that supposedly helps you achieve sound, restful sleep without troubling side effects or next-day grogginess. But what is it?

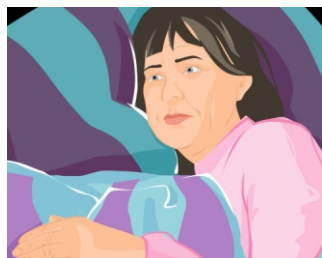
According to sleep expert Luis F. Buenaver in an interview with Johns Hopkins Health, melatonin is a hormone. The body produces melatonin. Levels rise in the evening, and you experience a more relaxed state that promotes sleep.

Melatonin supplements are a lab-made version of the same hormone. According to Johns Hopkins Health, the supplements may help people with insomnia fall asleep slightly faster and assist with regulating sleep cycles.

According to Healthline, the Food and Drug Administration doesn't regulate melatonin as a drug, so limited information exists on safe dosage. If you're interested in trying it, look for products verified by the United States Pharmacopeia (USP).

Talk to your pediatrician before giving melatonin to children. Many childhood sleep issues can be solved by limiting screen time before bed and using soft lights, reading time and warm baths.

According to Healthline, there's limited information available on the long-term effects of daily melatonin use.



Scientists study thunderstorm asthma phenomenon

Walking through a field of weeds might give some an asthma attack, but a thunderstorm?

According to the journal PLOS ONE, researchers in Australia think that, under unusual conditions, lightning storms may cause a surge of asthma attacks.

Thunderstorm asthma is rare, but deadly. The first such recorded event occurred in 1983 and 22 accounts have since appeared in medical literature, according to Live Science.

When pollen counts are high, high wind may distribute pollen particles, but the pollen grains are normally too large to get deeply in the lungs. They mainly make you miserable in the eyes and nose.

Thunderstorm asthma events seem to occur when there is high pollen, high wind gusts, little rain and, what may be the key factor, lightning strikes and static electricity in low-humidity air. Researchers think lightning and static electricity in the air break down the large pollen into breathable particles, triggering asthma attacks. Another theory is that wind gusts drive pollen to the clouds, where water saturates them and they burst.



The most dramatic example of thunderstorm asthma occurred in Melbourne, Australia, on Nov. 21, 2016. The weather that day was hot and dry. In the peak of the grass pollen season, the air held more than 133 grains of pollen per cubic yard. The storm dumped little rain while lightning and static electricity crackled through the dry air.

Public hospitals saw a 672 percent increase in patients with respiratory problems. Emergency calls inundated the medical system. In the end, 10 died from storm-related asthma.

Australian researchers are trying to develop an early warning system for thunderstorm asthma. They say the lightning theory isn't perfect and more research has to be done.

Cannabis may impact fertility

Women who use marijuana could have a harder time conceiving than women who don't, a study concludes.

According to a study conducted by the National Institutes of Health (NIH), cannabis users were about 40 percent less likely to conceive during each cycle.

Published in the journal Human Reproduction, the findings come from analysis of a larger study of about 1,200 women ages 18 to 40. All were trying to conceive and participated in the study for up to six cycles.



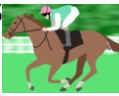




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June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 SCRIPPS	2 SPELLING BEE	3 FINALS	4 Chicago Blues Festival	5 
6 Texas Folklife Festival	7 Boone Day, Kentucky	8 Museum Mile Festival, New York	9	10	11 King Kamehameha Day, HI	12 Peach Festival, Louisiana
13	14 	15 Native American Citizenship Day	16	17 US OPEN	18 Newport Flower Show	19 Juneteenth
20 Father's Day	21 	22	23	24	25	26 Pea Festival, Arkansas
27 Wind-jammer Days, Maine	28	29	30	