



Health & Safety



The well-traveled ketchup

That divine sauce required for french fries and barbecues has a long and exotic history that doesn't involve tomatoes.

The first documented ketchup recipe came from southern China in 300 B.C., where salty sauces made from fermented fish were called, roughly, koe-cheup or ge-thcup in the Southern Min Dialect.

Westerners didn't get to sample the sauce until about 1600, according to History.com.

The problem with the Chinese version of ketchup is that the required ingredients weren't always found in the West. So cooks improvised, offering recipes with oysters, mushrooms, walnuts, celery and fruits. But not tomatoes.

It wasn't until 1812 that a tomato-based ketchup debuted. In 1876, the Heinz company produced a tomato ketchup that contained vinegar to prevent spoiling. The company still sells 650 million bottles a year.

Oh deer!

Beware the hazards of deer collisions

Deer collisions are dangerous and can sometimes be deadly.

The annual insured losses of deer-vehicle collisions in the United States is more than \$1 billion. About 1.5 million deer-car accidents happen every year. West Virginia has the highest risk, where one in 37 drivers will have a deer collision. Missouri is next, with a risk of one in 47. Pennsylvania has a risk of one in 51.

Deer-car accidents cause about 175 to 200 fatalities and 10,000 injuries every year, according to State Farm.

Though the mating season from October to December brings the most crashes, deer are crossing the roads throughout the year and as spring ramps up, beware of does traveling with their young.

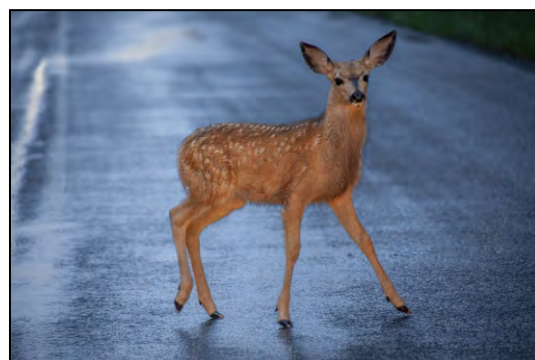
Deer crossing signs seem a bit amusing, but drivers should believe them. Deer generally use the same routes each day to find water, food and their resting places. If you are driving when deer are most active -- at dawn and dusk, especially from 6 p.m. to 9 p.m. -- keep an eye out. Remember that deer travel in groups. When you see one deer, there could be several others coming behind it.

Some drivers avoid roads through forests and areas of heavy brush, where deer can appear suddenly.

Others drive at reduced speed to give them more time to stop and the deer more time to cross.

At night, using high-beams allows the driver more time to spot a deer.

Brake -- don't swerve. Swerving to avoid a deer can cause a more serious crash, such as into an oncoming car in another lane, or swerving off the roadway and into a tree or a utility pole. In addition, the animal might turn into your swerve, so you'll still hit it, but you'll have less control of the vehicle.





There's a better place to put your thermostat

You might have done everything to save on utility bills.

But what about the thermostat? Even if it is a fancy programmable one, if it is in the wrong place, it might be costing you money.



Make sure your thermostat isn't in direct sunlight, because it will be hot and won't turn on when you are cold. Similarly, it should not be near a door-- extreme temperature swings from opening and closing the door could cause the thermostat to start heating or cooling regardless of the temperature of the house.

Don't place televisions or lamps next to the thermostat. Those devices generate enough heat to trigger your thermostat.

In fact, the best place by far to put a thermostat is near the middle of a wall in a center room where you spend a lot of time, like the living room. In this space,

Across

1. "___ Doubtfire"
4. Oven emanation
9. Sushi offering
10. Having three dimensions
11. Massage locale
12. Parenthetical comment
13. Unchanged
15. Exists
16. Nile Valley region
18. Therefore
20. Property
23. Nosy one
25. Fish story
26. More aloof
27. In the style of
28. Tot watcher
29. "Indeed"

Down

1. ___ Verde National-Park
2. Gym set
3. Assassinated
4. Trendy "superfood"
5. "From ___ with Love"
6. Sapporo sash
7. Calf-length skirt

Spaghetti Addition

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		

8. Top guns
14. Soup holder
17. Put to rest, as fears
18. Whirl
19. Boat in "Jaws"
21. Game piece
22. Nay opposers
24. Yang's counterpart

[Click Here To Peek at Answers](#)

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

assuming it is not by the television, it will more accurately sense the air temperature where you actually are.

Amazon rolls out pharmacy service

Amazon is getting into the pharmacy business with a new \$5 monthly subscription service for Prime members in the U.S., according to Fierce Healthcare. The service, called RxPass, offers a range of generic drugs available at discounted cash prices, similar to Mark Cuban Cost Plus Drug Company. Available in 42 states, the initial drug offering includes 50 generic medications to treat about 80 common conditions.

Consumers with Medicare or Medicaid coverage are not eligible to sign up.



Cash Cow

March is Workplace Eye Health and Safety Month:

Where are you most likely to suffer an eye injury? At work

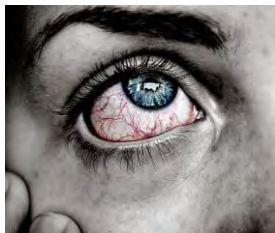
In spite of safety programs and protective equipment, more than 2,000 working people in the U.S. suffer eye injuries.

Damage to the eyes is usually caused when something unexpected happens. It could be a sudden splash of a caustic chemical or an airborne sliver of metal.

Workplace injuries are the leading cause of vision loss and blindness resulting from an accident. Of the 2,000 injuries per day, 10 to 20 percent will be disabling because of temporary or permanent vision loss.

Many of those injured say they didn't think they needed to wear eye protection or were wearing inappropriate eyewear.

Doctors at the American Academy of Ophthalmology say proper eye protection is a matter of vital importance, especially in construction, manufacturing, and automotive repair.



Eye health includes more than accident prevention. As more people use computers, eye fatigue and difficulty focusing have become common problems. But by themselves, computer screens don't damage vision.

To reduce eye fatigue, computer users should take frequent breaks and rearrange their workstations for easier access to their computers. Wearing proper glasses or contact lenses can often relieve eye fatigue.

Sometimes, heating and air conditioning systems can make eyes feel dry and scratchy. It could make you think something is in your eye. Over-the-counter eye drops usually relieve symptoms. If the problem continues, see your eye care professional for an evaluation.

Wear eye protection when there is even the slightest chance of an injury, and make changes in your workstation to relieve eye fatigue. Your eyes will be safer and healthier if you make the extra effort.

Dig in and get fit with gardening

There's nothing like digging, hoeing and planting to build muscle and lower blood pressure. If you think gardening is for weaklings, try toting those big bags of mulch.

A couple hours in the garden will keep you entirely entertained and burn about 340 calories an hour in the process (based on a 150-pound person). That's almost as many calories as an aerobics class. Gardening helps your heart, makes stress fly away, and connected you with the earth.

Half an hour of digging and shoveling burn 250 calories.



National Poison Prevention Week March 19-25

Child-resistant caps were mandated for medicines in 1970



March 19-25: National Poison Prevention Week Steps to take

when poisoning is suspected

The Centers for Disease Control and Prevention has this important information for you.

If you suspect that a child or adult has ingested poison, first, remain calm.

* Call 911 if the victim has collapsed. If the victim is not breathing, call 911, then give mouth-to-mouth resuscitation.

* If the victim is awake and alert, call the Poison Control Center at 1-800-222-1222. It is open 24/7.

* Be prepared to give the victim's age and weight.

* Describe the substance. Read the container if available.

* Never make the victim vomit unless instructed to do so by Poison Control.

* Give your address and phone number. Stay on the phone for instructions from the emergency operator. The specialist may need to call you back.

Poison Prevention

Medicines: Turn on a light when you give or take medicines. Read medication directions. Keep medicines in their original bottles. Store in a safe place where they can't be reached by children or teenagers.

Household cleaners and chemicals: Keep chemicals, cleaners and beauty products in their original containers. Always read the label before using.

Never mix cleaning products together. Doing so could produce toxic gases. Wear clothing that covers the skin when you spray pesticides or other chemicals.

Open the windows and use a fan when using chemicals in the house.

Protecting young children:

Keep drugs and chemicals in childproof cabinets that children can't reach.

Don't take medicine in front of children, since they often try to copy adults. When giving children a medication, never call it "candy."

Caution guests not to leave drugs where children can find them. Don't leave your own next dose on the counter.



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March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 World Day of Prayer	4 Iditarod dog race
5	6	7 Worm Moon	8 Income tax established 1913	9 Crufts dog show	10	11
12 Daylight-saving time begins	13	14 PI Day	15	16 Panda Day	17	18
19	20	21	22	23 Ramadan	24	25 Pecan Day
26 Passion Week	27	28	29	30 Manatee Day	31	