



# Health & Safety



## A gray seal's excellent vacation

Shoe Pond in Beverly, Massachusetts, became a local attraction after a gray seal made his home there.

The cagey seal, dubbed Shoebert, seems to have left the sea in September, traveling to the pond by river and drain pipes.

Firefighters and wildlife experts used boats and nets to try to capture Shoebert, but the effort was futile.

Luckily, Shoebert left the pond the next morning, walked across the parking lot to the police station and turned himself in. The entire mid-night police shift and a few firefighters managed to get Shoebert corralled and transported to an aquarium, where he was to get a health check before his release back into the sea, according to the Associated Press.



## Stunning cancer trial results go viral; experts urge caution

You may have seen the social media posts over the past few months -- cancer patients cured of the disease and a drug trial with 100 percent success.

But is it true? Yes and no.

A small trial for an immunotherapy drug called dostarlimab yielded truly astonishing results for cancer researchers at New York City's Memorial Sloan Kettering Cancer Center (MSKCC). Eighteen bowel cancer patients were treated with an immunotherapy drug called dostarlimab with no additional surgery or chemotherapy. All of the patients had tumors with a specific genetic feature known as mismatch repair-deficient (MMRd). After six months, all 18 patients went into remission, according to Prevention.



### *Unheard-of remission rate*

A 100 percent remission rate is unheard-of in the world of cancer research, but social media users should be aware that remission isn't the same as a cure. According to the National Cancer Institute, remission only means the reduction or elimination of the signs and symptoms of cancer. Cancer is only considered cured when no traces of cancer remain and it will never come back.

More time is needed before researchers can determine if the cancer is truly gone, says oncologist Tom George, M.D., in an interview with WCNC Charlotte. But he remains cautiously optimistic about treating bowel cancer patients without surgery in the future with immunotherapy and other newer medications.

Immunotherapy drugs like dostarlimab are called immune checkpoint inhibitors, which don't attack the cancer directly and instead marshal the immune system to act against cancer cells, according to National Public Radio. Immune checkpoint inhibitors have been used to treat some other cancers, including melanoma, for years.

According to WCNC, MSKCC researchers are studying whether immunotherapy can be used to treat other cancers with MMRd tumors.



## 'Tis the season: Defeating porch pirates

Porch pirates are waiting to steal Christmas.

In New York City alone, 90,000 packages disappeared from doorsteps in 2019. Nationwide, 1.7 million packages are stolen daily.

But you have some options. The first option is safe storage.

The Amazon Key system allows you to install a device that the delivery person can use to open and close your garage door, dramatically increasing security. Amazon also offers lockers in some cities. Delivery storage lockers are an option.

You can install built-in drop boxes, such as Box Gobbler, that allows deliveries to be deposited inside your house.

Free-standing boxes can help. According to SafeWise.com, even a decorative box without a lid can at least make your packages less visible. Some purpose-built boxes open with codes. When you place the order, put the box code on it under delivery instructions.

Secondly, you might also have some luck simply having your packages delivered to a workplace, neighbor, or friend. But neighbors also have to be very conscious of

### Across

1. Bivouac
5. Hat-tipper's word
9. Frost
10. Clearasil target
11. "Green Gables" girl
12. "Darn it all!"
13. Population statistics
15. Hog's home
16. Look at something again
22. Approximately
23. Twofold
24. All over
25. Killer whale
26. College bigwig
27. The bulk

### Down

1. Neighbor of Libya
2. Top-rated
3. Educator Horace
4. Push, in a way
5. Fate of one with a cause, perhaps
6. Antioxidant berry
7. Poker pot starter
8. Military meal
14. "\_\_\_ be my pleasure!"

16. Start of many Hope/Crosby film titles
17. Coastal raptor
18. Floating, perhaps
19. Continental currency
20. Pouches
21. Bed board

## To Build

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			

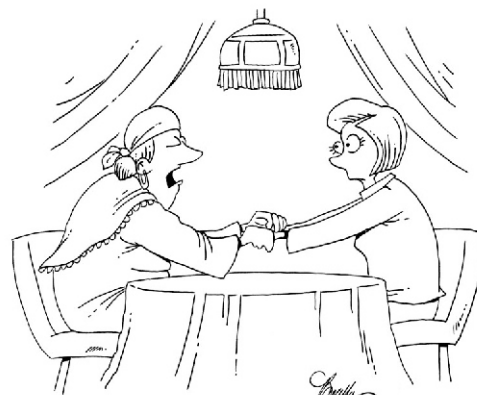
[Click Here To Peek at Answers](#)

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

getting the box off the porch.

Third, you can install cameras, video doorbells, alarms and so forth, and these might be deterrents. SafeWise expert Ben Stickler says video might keep you safe, but probably won't deter theft or help catch thieves. After all, about 75 percent of porch thieves don't even bother to hide their faces, suggesting they feel pretty safe. Only about eight states have a crime category for package theft.

If you do get packages stolen, and especially if it is becoming a problem in the neighborhood, urge your neighbors to make police reports. Although it might not result in a catching the bad guy, police might make more patrols in areas targeted by pirates. If all else fails, post your video on the many porch pirate Facebook pages.



"It appears to be a group message from the other side. Do you want to Reply All?"

Veteran's Day, November 11

## Vietnam, Korea memorials mark 'the loss and the crucible'

Both the Vietnam and the Korean War memorials were completed in the same era from the 1980s and 1990s, but they take a completely different view of the wars.

The late Charles Krauthammer (1950-2018) was a political and cultural commentator who enjoyed a unique position in contemporary society: Both sides of the political spectrum respected him.

On the occasion of the dedication of the Korean War Memorial in 1995, Krauthammer wrote:

"The Vietnam Memorial envelops you in war's aftermath, its legacy of loss; the Korean Memorial thrusts you into war's actuality, its crucible of fear and courage. The one memorializes death, numberlessly multiplied; the other: struggle, faithfully rendered."

He notes the Vietnam memorial's main focus is its wall filled with the names of the dead, complemented by Frederick Hart's stunning sculptures of soldiers. The Korean memorial



*Korea memorial*



*Vietnam memorial*

focuses on the figures of the soldiers and, as a complement, an etched wall honoring those who supported the soldiers.

The inscriptions are different, too.

The Korean War inscriptions honors "our sons and daughters who answered the call to defend a country they never knew and a people they never met."

Krauthammer writes that the same could be said about the Vietnam War. But instead, the Vietnam memorial states no purpose. "Our nation honors the courage,

sacrifice and devotion to duty and country of its Vietnam veterans," the inscription reads.

Nonetheless, both memorials are exceptionally moving, suggesting the nation's struggle against oppression.

"There are battles worth fighting, they should be chosen with great care and fought with great purpose, but there are purposes worth fighting for," Krauthammer writes.

## Apps reward low miles, safe driving

Looking to save money on car insurance? There's an app for that. In fact, there are now several apps reduce car insurance premiums, by tracking mileage and driving habits.

Nationwide, for example, offers Pay-Per-Mile SmartMiles insurance. You pay a \$60 base rate and then .07 cents per mile driven. If you drive 500 miles or less per month, you could save \$30 or more on your monthly premium (compared to an unlimited plan).

Many other insurance companies also offer apps and low mileage plans. Some use devices installed on your car. Others use a mobile phone app. However, there are some hassles. You might have to take your smartphone out to your car to check the mileage a few times a year, for example. Some companies also provide discounts for safe drivers, but you may have to install a device that monitors your driving. So, your insurance company comes along as a backseat driver.

## Miracle safety material, almost trashed

Super strong Kevlar, is stronger and lighter than steel, but it nearly ended up thrown in the trash.

In the mid-1960s, a chemist at DuPont, Stephanie Kwolek, was looking for a way to make lighter, stronger tires to improve fuel efficiency. In the lab, Kwolek noticed a batch of synthetic polymers that had formed into a cloudy, runny consistency, rather than the expected clear, syrupy consistency. Colleagues advised her to chuck it in the trash.

However, Kwolek discovered that the lightweight material could be spun into fibers of strength and stiffness. Thus, Kevlar was born. Five times stronger than steel (based on equal weight), but lighter than fiberglass, Over a million Kevlar vests have been sold, saving more than 3,000 police officers.



*Cagri Kilic, research fellow in the Statler College of Engineering and Mineral Resources, shows off a rover he developed to research slips in planetary rovers.*

## Robotics may soon become safety aids

The Centers for Disease Control and Prevention (CDC) and university researchers have common cause in robotics: Keeping workers safe and healthy.

Two years ago, as COVID-19 gripped the world, the CDC started looking into robotics as a way to keep health care workers safe. The idea seemed obvious: Use robots to decrease risk of infection in quarantine and intensive care environments.

Since then, robots have also been developed for tasks such as helping workers in recycling plants sort out recyclables and discover potentially dangerous items.

Now researchers at West Virginia University are working on a project to reduce slips and falls in retail spaces by using robots. According to researchers, retail and wholesale workers suffer more than half a million non-fatal injuries each year.

Robotic vehicles might well be able to detect hazardous conditions in warehouses and other spaces. The idea is that as the robot drives along, sensors compare wheel speed versus actual speed. A spinning wheel would warn of a slip hazard.






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# November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 All Saints Day	2 All Souls Day	3	4 Will Rogers Day (OK)	5 Bison Day
6 Polar Bear Week	7	8 Beaver Moon <b>Vote!</b>	9	10	11 <b>Veteran's Day</b>	12
13	14 Education Week	15 Recycling Day	16	17	18	19
20 Family Week	21	22	23	24 	25 Black Friday	26
27 <b>Advent begins</b>	28 Cyber Monday	29 Giving Tuesday	30	 Pilgrims Arrival at Plymouth Rock November 21, 1620		