

SearchLight

CCPOA Benefit Trust Fund | Lighting The Darkness. Keeping You Covered.

Winter/Spring 2019

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Visit the links on our home page.

CCPOA Benefit Trust Fund

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We present this issue of SearchLight for your education and enjoyment. We produce this publication three or four times a year, as the whim strikes us. If you have any benefit questions, please call the Trust. Don't count on your buddy, because he got his information from some guy in a van parked outside the wall.

Get Your Walkadoo On Earn \$175 with Walkadoo

HERE'S WHAT IT'S ALL ABOUT:

Walkadoo is for anyone who wants to be more active – and have fun as they do it! With custom step goals delivered daily, it's a whole new way to get more walking into your day. Use the website or the free app for iOS or Android to connect with the Walkadoo community, get support from other members, and reach new levels all along your Walkadoo journey. You'll also get a free step tracker delivered right to your door at no cost.

TRACK YOUR DAILY ACTIVITY

- Step goals created just for you
- Fun game features
- Derby competitions with friends
- An online community of your connections

CCPOA offers a complimentary Fitbit wireless activity tracker to all eligible CCPOA Medical Plan members* who participate in the Walkadoo program.

If you would like a new Fitbit device for 2019, you can order one at:

www.mywellvolution.com.

GET REWARDED

Starting now through October 31, 2019, CCPOA Medical Plan members only need to earn 25,000 points in Walkadoo to earn a \$175 Visa gift card.

Important: Remember, you must earn 25,000 points by October 31, 2019 and then redeem those points by December 1, 2019 for your Visa gift card.

MORE WAYS TO KICK-START YOUR HEALTH

Did you know that one in three people is at risk of developing Type 2 diabetes? Our Diabetes Prevention Program can help

you reduce your risk. To learn more, visit mywellvolution.com. You can also check out our other Wellvolution® programs, including the Well-Being Assessment, Daily Challenge®, and QuitNet®.

WHAT DO I NEED TO DO?

All you need is a wireless device compatible with Walkadoo. Wear it wherever you go and Walkadoo will keep track of your activity.

2018 WALKADOO STATS

3,938 Active participants

1,941 Daily Challenge participants

270 QuitNet Smoking Cessation

\$232,000 Awarded to over

1,300 CCPOA Members

TO ORDER YOUR FITBIT WIRELESS ACTIVITY TRACKER:

- Go to mywellvolution.com
- Sign in (or register) and follow the links to the Walkadoo page.
- Click on the Profile icon at the top right side of the page.
- Click the Gear icon and then Settings. You will then see a link for ordering a step tracker.

Walkadoo also supports all models of Fitbit, Jawbone and Misfit fitness trackers; most models of the Garmin fitness tracker; and the Moves app and the Walkadoo app tracker for iPhone and Android.

*Only CCPOA Medical Plan members enrolled in the Basic plan are eligible for rewards and the complimentary Fitbit Zip. Dependents can participate in Walkadoo but are not eligible for rewards or the Fitbit Zip. Walkadoo, Daily Challenge, and QuitNet are registered trademarks of MYH, Inc. The Diabetes Prevention Program is provided by Solera Health, an independent company. Wellvolution is a registered trademark of Blue Shield of California.

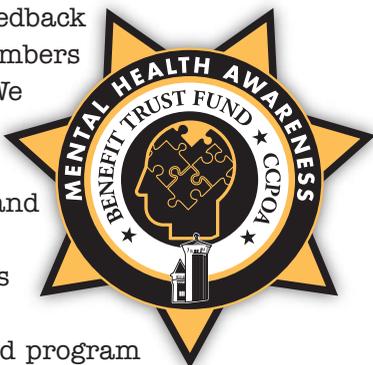
Mental Health 2.0

It's baaaaack! The Benefit Trust Fund, along with the CCPOA and are taking an active role in promoting mental health for all our members.

Starting in March we are relaunching a series of free events we're calling "Mental Health Awareness." The events will focus on help and assistance to our fellow officers who may be facing mental hard-ships.

Last year we hosted thirteen of the events, and even with a learning curve, we had a very positive experience, receiving great feedback from all the members who attended. We took this input, brainstormed some changes, and are starting up our 2019 events in March.

The revamped program will start with a full breakfast, pack in a some great information from a range of presenters, and get you out in time for lunch. Plus, we have some cool swag for all those who attend.



For more info, registration and a list of classes visit our website: ccpoabtf.org/MentalWellness

WHY SHOULD I ATTEND?

THERE'S A COST, RIGHT?

These trainings are an opportunity to learn how to combat issues you may face on the day-to-day at work.

We see these as supplemental to required IST, and encourage you to bring your significant other.

There is **no cost to attend**, we only ask that you pre-register online.

We'll be sending out post cards letting you know the dates and locations of the events nearest you. We're kicking things off in San Diego, March 20, and will finish up at Susanville in August.

PLEASE, LEAVE THE LITTLE ONES AT HOME

Changes Coming to U.S. Legal Site

If you have ever taken advantage of your U.S. Legal Plan, you may know that the website lets you download, create and store a variety of do-it-yourself legal documents.

If you haven't logged on for a while, then you may not know that changes are in store. When you access the Forms portal you will be greeted with the following statement: **Welcome to our new online legal forms website. ALL USERS will need to register for this site, even if you already have an account on our previous site. If you need to access documents you created on our previous site, please click here. For assistance logging in contact us by clicking here.**

Why the change? U.S. Legal has rebuilt and enhanced the Legal Resource Center. They now provide CCPOA members with access to more free and fillable legal forms. Stay tuned for more changes. Coming this spring, U.S. Legal will also be rolling out a new mobile app.

We will keep you updated when the new app rolls out.

If you have not taken advantage of your legal plan yet, now is a good time to get acquainted. Active CCPOA members get the coverage for free as the result of collective bargaining - no need to purchase the ARAG plan through CalHR. (Retired members can get coverage for themselves and spouse at only \$13.99/month.)

Plan benefits include Living Trusts, Wills, CCW defense, bankruptcy, and a long list of other family law matters.

Visit: ccpoabtf.org and click on **Programs > U.S. Legal Services** to learn more.



U.S. LEGAL SERVICES

Made-to-Order Kidneys?

In the United States alone, 95,000 people are waiting for a new kidney.

To address shortages of donor organs, scientists are trying to find ways to grow healthy organs outside the human body. Using stem cells to grow functional kidneys in rats, researchers think that human organs are not far behind.

HOW DO YOU DO THAT?

Blastocyst complementation, that's how. Blastocysts are the clusters of cells formed several days after egg fertilization.

Here is a WAY OVERSIMPLIFIED explanation: You start with a female "incubator" animal - in this case one which is missing a kidney.

You grab your waiting blastocysts and inject them with stem cells from a normal animal, and implant them back into the "incubator." The stem cells look around and realize that something is missing. This causes

the stem cells differentiate themselves, and they begin growing to form the entire missing organ.

The new organ retains the characteristics of the original stem cell donor, and that means they can (potentially) be used in transplantation therapy.

Teppei Goto, a researcher, and author of the study at the National Institute for Physiological Sciences in Okazaki-shi, Japan said "We previously used blastocyst complementation to generate rat pancreas.

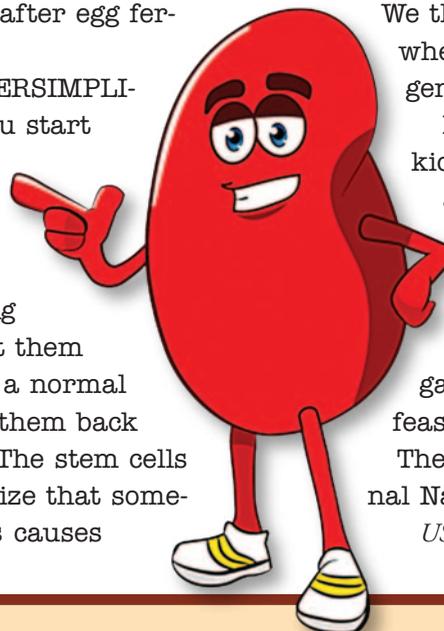
We therefore decided to investigate whether the method could be used to generate functional kidneys."

Researchers first tried to grow rat kidneys in mice, which didn't work at all. But once they tried it the other way, they were able to grow mice kidneys in rats.

Using this approach, generating human stem cell-derived organs in livestock may be quite feasible.

The study was published in the journal Nature Communications.

US News.com; ScienceDaily.com



STORIES FROM THE BLUE SHIELD HEALTH LIBRARY

Domestic Violence

You are not alone. Abuse happens in every culture and in every age group -- and if it's happening to you, we can help. If you are being abused you probably feel frightened, angry and without hope. Your partner might make it worse by blaming you. But no one deserves to be abused or threatened. You cannot stop your partner's abuse, but there are ways to find the support and help you need - and the hope we all deserve.

WHAT YOU CAN DO RIGHT NOW

- **If you are in immediate danger, call 911.**
- Call the **National Domestic Violence Hotline** at **(800) 799-7233** to find the domestic violence program nearest you. Visit their Web site at **www.ndvh.org** to make a plan that is safe for you.
- Talk with somebody you trust: a friend or relative, or someone from your job or house of worship.
- Put together an "emergency kit" of things you would really need if you had to leave suddenly, such as identification, medicine, keys, and money. This will also make you feel more in control

Remember that you are the expert about your own life. Don't let anyone talk you into doing something that's not right for you.

RECOGNIZING ABUSE: 10 WARNING SIGNS OF DOMESTIC VIOLENCE

What do you do if you think a friend or family member is in a violent relationship, but you're not sure? Go with your instincts - you probably wouldn't be concerned without reason.

Here are some signs to look for that might indicate an abusive relationship:

- When your friend and her/his partner are together, the abusive partner acts very controlling and puts your friend down in front of other people.
- You see the partner violently lose her/his temper, striking or breaking objects.

- The partner acts extremely jealous of others who pay attention to your friend.
- Your friend becomes quiet when her/his partner is around and seems afraid of making her/him angry.
- Your friend becomes more and more isolated, not seeing you or other friends.
- Your friend often has unexplained injuries, or the explanations don't quite add up. (Sometimes you won't see any bruises, as batterers target their blows to areas that can be covered with clothing.)

31% of women report being physically or sexually abused by a husband or boyfriend.

- Your friend has casually mentioned the partner's violent behavior but dismissed what happened as "not a big deal."
- She/he often cancels plans at the last minute.
- The partner controls your friend's finances, her/his behavior and even who she/he socializes with.
- Your friend's child is frequently upset or very quiet and withdrawn and won't say why.

HELP SOMEONE WHO IS BEING ABUSED

You might think that something as simple as talking to a friend about abuse couldn't possibly make a difference. But it really does.

Just knowing that someone cares enough to ask about the abuse can break

through the wall of isolation that can exist around victims of relationship abuse.

If you think a friend or loved one is being abused, talk about it. Listen to your friend. Let her/him know you care. You don't have to be an expert. You just need to be a friend.

- Listen, without judging. Often a battered person believes the abuser's negative messages. Your friend may feel responsible, ashamed, inadequate and afraid to be judged by you.
- Reinforce that abuse is not the person's fault. Explain that physical violence in a relationship is never acceptable. There's no excuse for it - not alcohol or drugs, financial pressure, depression, jealousy or any behavior of hers/his.
- Your friend is not alone. Millions of women and thousands of men of every age, race and religion face abuse, and most people find it extremely difficult to deal with the violence. Emphasize that when your friend wants help, it is available. Domestic violence tends to get worse and become more frequent with time and that it rarely goes away on its own.
- Explain that relationship abuse is a crime, and that she/he can seek protection from the police or courts, and help from a local domestic violence program. Suggest that she/he call the **National Domestic Violence Hotline** at **(800) 799-SAFE**, for advice and referrals.
- Suggest that your friend make a safety plan in case of emergency: it's a good idea to keep money, important documents, a change of clothes and an extra set of keys in a safe place, such as at a friend or neighbor's house.
- If your friend decides to leave the relationship, she/he may need money, assistance finding a place to live, a place to store some belongings or a ride to a shelter. Think about ways you might feel comfortable helping.

WORLD-WIDE-WEIRD

Found online. That makes it true.

Lake Peigneur: The Vortex of Doom

What would it take to totally alter the world around you? What if you were tasked with creating the tallest waterfall in Louisiana, a 400 foot tall geyser and the largest man made whirlpool in history. And do it all in less than a day? Well it was done—and all on accident to boot.

Lake Peigneur was an unremarkable body of water near New Iberia, Louisiana. The freshwater lake covered 1,300 acres of land, and was relatively shallow—only eleven feet deep. On a small island there was home to a beautiful botanical park.

Also on the lake was a oil rig, belonging to Texaco.

Early in the morning on November 21, 1980, the crew aboard the rig had been probing for oil under the floor of Lake Peigneur when their drill suddenly seized up at about 1,230 feet below the muddy surface, and they were unable to free it.

Working a stuck drill loose, especially at such a relatively shallow depth, is normally an easy matter. On that day, instead of coming loose, a loud series of pops occurred. Then the \$5 million dollar rig began to tilt.

TURNING A NICE LAKE INTO A CAULDRON OF DEATH.

The crew abandoned the rig, and watched in amazement as the huge platform and derrick overturned, and disappeared into a lake that was supposed to be shallow. Soon the water began to turn. It was slow at first, but it steadily accelerated until it became a fast-moving whirlpool a quarter of a mile in diameter, with its center directly over the drill site.

A SHORTER-THAN-USUAL DAY IN THE SALT MINES.

Also operating on the shores of Lake Peigneur was the Diamond Crystal salt

mine. 1,500 feet deep. 50 miners, and one very slow elevator.

Seems those mysterious popping sounds were caused when the Texaco drill penetrated the Diamond Crystal salt mine, whose tunnels crisscrossed the rock under the lake. Water was now rushing into the mine through the rapidly expanding 14-inch hole in the salt dome, with a force ten times that of a fire hydrant.

Texaco was aware of the salt mine's presence, but somewhere a miscalculation had been made, which placed the drill site directly above one of the salt mine's 80-foot-high, 50-foot-wide upper shafts.



Today, a lonely chimney stands in the lake, a silent reminder of events 30 years ago.

Photo: Ryan Cheung/11okr

As the freshwater poured in through the original 14-inch-wide hole, it quickly dissolved the salt away, making the hole grow bigger by the second. The water pouring into the mine also dissolved the huge salt pillars which supported the ceilings, and the shafts began to collapse.

The miners used mine carts and diesel powered vehicles to make their way up from the lowest tunnels to the 1,300 foot level, where they waited to ride the slow, 8-person elevator to the surface as the mine below them filled with water. Although it seemed to take forever to get out, all 50 miners managed to escape with their lives.

APOCALYPSE NOW

Meanwhile, up on the surface, the tremendous sucking power of the whirlpool was causing violent destruction. It swallowed another nearby drilling platform whole, as well as a barge loading dock, 70 acres of soil from Jefferson Island, trucks, trees, structures, and a parking lot.

The sucking force was so strong that it reversed the flow of a 12-mile-long canal which led out to the Gulf of Mexico, and dragged 11 barges from that canal into the swirling vortex, where they disappeared into the flooded mines below. It also overtook a manned tug on the canal, which struggled against the current for as long as possible before the crew had to leap off onto the canal bank and watch as the lake consumed their boat.

After three hours, the lake was drained of its 3.5 billion gallons of water.

NOT SO FRESH ANYMORE

Lake Peigneur used to drain into Vermilion Bay via the Delcambre Canal, but once the lake had emptied into the mine, the canal changed direction and salt water from the Gulf of Mexico flooded into the muddy lake bed. The backwards flow created a 164-foot waterfall, the tallest in the state, and 400-foot geysers burst periodically from the depths as compressed air was forced out of the flooded mine shafts.

Despite the enormous destruction of property, no human life was lost in this disaster. Within two days, what had previously been an eleven-foot-deep freshwater body was replaced with a 1,300-foot-deep saltwater lake. The lake's biology was changed drastically, and it became home to many species of plants and fish which had not been there previously.

damninteresting.com; losapos.com

BUSTED

Off-beat news stories
about crime and such...

The M&Ms Fightin' Words

"Hangry?" Then just trash the store. That's what 42-year-old Daniel Fine did.

Video released by the Santa Ana Police Department shows Fine lunging at the cashier and hitting him in the head. He then shoves the register and other items off of the counter.

Fine then shoves the second register off the counter, picks up a bunch of bananas, throws the mat the other clerk's head and walks out of the 7-11

The tirade, which caused around \$700 in damage, occurred in February. Fine, who was arrested at a sober living home in Santa Ana, pled guilty to battery, vandalism and assault and was placed on three years' probation.

And what was the thing that triggered this outrage? Fine's card was declined on a 75-cent purchase of a bag of M&M's.

popculture.com

Wanted: My Best Side

Donald "Chip" Pugh of Lima Ohio has a history of doing dumb things. He was wanted by the police for failing to appear in court for his DUI case. He was also a person of interest in unrelated arson and vandalism cases.

To aid their investigation and just to see if they could get any tips, police dug up an old mugshot of the guy and posted it on Facebook, .

What they didn't expect was that the suspect himself would contact them. Seems the mug shot wasn't the image he wanted to project - so he did what any vain and media-savvy fugitive would do... he sent them a more current picture.



Photo: Lima Police Department

"There we go. Now I look like everyone's uncle except with sunglasses."

Not only did Pugh personally provide law enforcement with an up-to-date picture of himself, he wanted to make sure people knew how dissed he was feeling. He did that by giving an interview to a radio station.

"Man, they just did me wrong," he explained in the interview. "They put a picture out that made me look like I was a Thundercat... or James Brown on the run. I can't do that."

It is unclear what a Thundercat is or even looks like, but Pugh certainly didn't want to be confused with one.

Soon after sending the cops the update on his current appearance he was arrested in Florida. *themodernrogue.com*

I'll Have the Fajitas

Gilberto Escamilla, 53, was employed at the Darrel B. Hester Juvenile Detention Center in San Benito, Texas. Now he's in prison. He needs to pay a fine of \$10,000. He also needs to pay back \$1,251,578.72.

What evil was it that caused Escamilla's downfall? Drugs? Human trafficking? Nope—it was Mexican food.

Escamilla's scheme unraveled in August 2017, after a delivery driver with Labatt Food Service phoned the detention center to give kitchen employees a heads up that an 800-pound delivery of fajitas had arrived.

Employees were at first confused—as minors at the detention center are not served fajitas. Their confusion then turned to suspicion when the delivery driver insisted that he had been delivering fajitas to the detention center's kitchen for the past nine years.

Escamilla was fired, arrested and his house was searched—where packages of the fajitas in his refrigerator.

Turns out that Escamilla had been placing orders for fajitas *using county funds* and then selling them for his own profit for over 10 years.

Because he stole more than \$200,000 worth of goods, Texas law considers the crime to be a first degree felony and allows for up to 99 years! In a way, Escamilla got off easy being sentenced to only 50 years. *nbcnews.com*



Photo: Ben Seese/flickr

Real "Rush Hour"

Actor Chris Tucker pled guilty to speeding and eluding police during a high speed car chase. Of course he had a good reason, but that didn't get him off the hook.

Tucker paid a fine of \$6,999. *Now that's a ticket!*

It all occurred in April, 2005 on Interstate 20 in Georgia. Tucker was driving a brand new \$162,000 Bentley at 109 mph. Trooper Mike Callaway was blazing past traffic just to catch up with Tucker. Even with lights and sirens on Tucker speeds off. Tucker finally pulls over when both lanes of traffic were blocked by trucks.

Tucker's reason for all the drama? He was on his way to church. His church was 200 miles away. When asked if he saw the trooper Tucker replied "I had my mirror looking at me, only reason why I didn't see you." *wltx.com*



Veteran Health There's an App for that.

Working with the US Department of Veterans Affairs (VA), Apple announced that the Health Records on iPhone feature will be available soon to veterans. For the first time, American veterans receiving care through the Veterans Health Administration will be able to securely view their aggregated health records directly in the Health app on their iPhone.

Health Records on iPhone will be the first record-sharing platform of its kind available to the VA, which is the largest medical system in the United States providing service to more than 9 million veterans across 1,243 facilities.

"We have great admiration for veterans, and we're proud to bring a solution like Health Records on iPhone to the veteran community," said Tim Cook, Apple's CEO. "It's truly an honor to contribute to the improved healthcare of America's heroes."

With Health Records on iPhone, veterans across the US will be able to see medical information from participating institutions — including the VA — organized into one view all in the Health app.

Health records data includes allergies, conditions, immunizations, lab results, medications, procedures and vitals, and is displayed along with other information in the Health app like Apple Watch data. This means VA patients will get a single, integrated snapshot of their health profile whenever they want quickly and privately. All Health Records data is encrypted and protected with the user's iPhone passcode, Touch ID or Face ID.

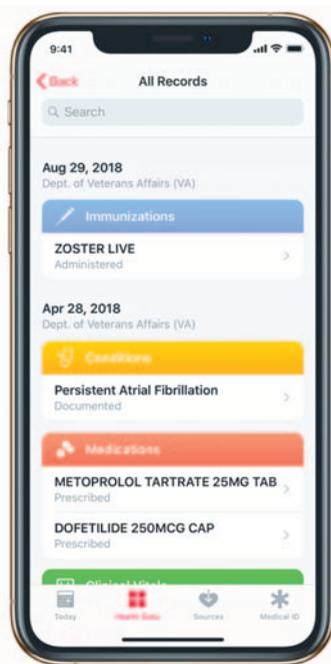


Photo: Apple

6 V.A. RECORDS - "FALL IN!"

For many patients, the tangled evolution of e-health technology has led to a fragmented paper trail filled with gaps. Electronic health records are a famously contentious sector of the health care system. It is often hard to move your own health information from one network to another, which leads to delays in treatment.

Last March, Apple announced that users would be able to access records from over 100 hospitals in 39 health care systems through its app. The long-rumored VA collaboration continues Apple's efforts to partner with as many institutions as possible.

It's not just Apple getting into the medical game. Amazon recently announced that it will start selling software that can read medical records and make suggestions for improving treatment or saving money. And Google is patenting an AI health record system to build models that could alert doctors of dangerous medical events before they occur.

theverge.com; apple.com

OFFICIAL NOTICE

The CCPOA Benefit Trust Fund will hold an election for one (1), three (3) year trustee position during the upcoming CCPOA Convention (to be held July 31 – August 1, 2019 at the Grand Sierra Resort, Reno Nevada.)

- The term of this office will be from January 1, 2020 through December 31, 2023.
- The election will take place on August 01, 2019.
- The nomination period is now open and will close on June 3, 2019.

If you are interested in running an "Intent to Run" application form is available on both the Benefit Trust Fund and the CCPOA Members-Only web sites.

ccpoabtf.org | membersonly.ccpoa.org

Exercise Makes My Brain Hurt

Need a reason to skip Pilates class? Because we've got a good one: A British woman with persistent headaches found that the reason for her pain was leaking brain fluid brought on by (you guessed it) a Pilates class.

In this case from 2015, a middle-age British woman first reported symptoms after a Pilates class, in which participants do stretching and resistance exercises on a platform machine with straps and ropes.

During one maneuver, she felt a strange pop on the left side of her neck, but then had no other outward sign of injury. About an hour later, however, she developed a headache.

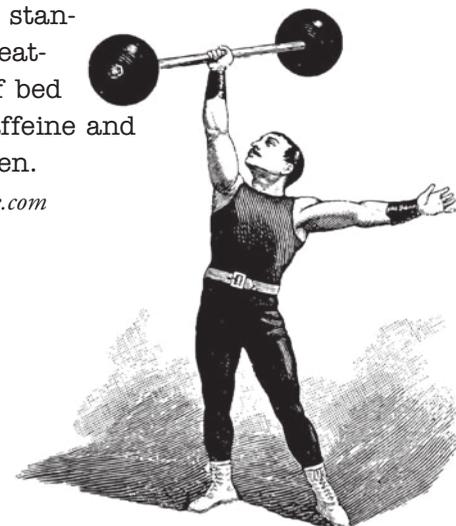
Her primary care doctor diagnosed a neck muscle injury. She was given opiate pain relievers and a muscle relaxant, but her headache kept getting worse.

A month of doctor visits later a CT scan, and an MRI, revealed blood pooling in two spots outside her brain and spine.

It typically takes some kind of trauma for brain fluid — a clear liquid that flows between the brain and spinal cord and their outer coverings — to leak. In some people, they occur spontaneously when too much pressure is put on the skull or spinal cord, which is probably what happened.

Believe it or not, the woman recovered using a standard treatment of bed rest, caffeine and ibuprofen.

livescience.com



He Touched My Tail Light

“Let me see your license, registration and touch your tail light.” OK, so maybe you don’t hear those exact words, but there is a good chance all of those will happen.

This common cop practice of touching the tail light isn’t rooted in superstition, and it isn’t a secret. As it turns out, it’s based on a long time tradition of officer safety.

Before dash cams and body cams, the fingerprints left on the tail light served as a form of evidence about the traffic stop. If there is an assault on the officer, and the driver takes off, investigators could link that hand stamp to the suspect in question.

A pulled-over motorist with a car full of illegal drugs or weapons will often scramble, trying to hide any incriminating



materials before the officer arrives. The surprise of hearing a thump on the car will make just about everybody pause, which gives the officer a little more time to assess the situation.

Of course, the downside is that it alerts a potential suspect before the cop is at the car window. For this reason, as well as the proliferation of video these days, the practice is now more a habit than a procedure. mentalfloss.com

House on Fire? Put a Bird on it.

In the historical center of Stockholm there is a symbol of a Phoenix hanging over the doors of some buildings. In the 18th century this medallion used to cost a small fortune. In the old city, houses were built so close to each other, that whenever there was a fire, a whole block or even district had the potential to be destroyed.



The medallion with the Phoenix bird was like fire insurance, with the insurance company owning the fire brigades! Firefighters of the 1700’s first extinguished the houses which showed they had paid for protection, while the houses of poor people were tended to later. *Perhaps.*

Brandkontoret, the insurance company that sold these medallions back then, is still in business today. brightside.me; phaleristica.com

True Myths

PUT YOUR JACKET ON—YOU’LL CATCH A COLD

The temperature itself is not to blame. You need to be exposed to a germ to get sick. Turns out, you may be more susceptible to that germ when you’re shivering. Immune cells in your nose and upper airway may not function as well in cooler temperatures, according to a study published in the Proceedings of the National Academy of Sciences. Plus, according to the NIH, viruses can become “stronger” in the cold. That’s because cold weather makes the outer membrane of the flu virus solidify, so the germ becomes more durable and easier to transmit. Once it enters your respiratory tract, the heat of your body softens the gel coating, and the virus is ready to ruin your day.

AN APPLE A DAY KEEPS THE DOCTOR AWAY

So now that you have your coat on, what about that apple thing? A number of studies suggest that the ever popular apple provides a great number of health benefits. According to the University of Oxford, researchers estimate that if every adult over 50 ate an apple a day, it could prevent or delay approximately 8,500 deaths from heart attacks and strokes every year. And that’s just in the U.K. Thanks to ingredients like flavonoids and antioxidants—apples may also inhibit the development of breast cancer.

SPICY FOODS HELP YOU LOSE WEIGHT

Thermogenesis. That’s the production of heat in the body. And that heat can promote fat-burning. While an extra jalapeño or two won’t make the pounds magically melt off, one study suggests that the capsaicin in chili peppers can help by encouraging thermogenesis. Other researchers have found that spices like cayenne can curb your appetite, help you feel full, and decrease your desire for fatty, sweet, and salty foods, making you less likely to overeat. My own study suggests that spicy Mexican food is delicious.

WHAT’S UP DOC?

Maybe Bugs Bunny had the right idea. While carrots won’t improve your vision, seems that they can help maintain it. The reason is beta carotene, (scientifically known as a carotenoid) the orange pigment that the body converts to vitamin A. Vitamin A is used for building eye cell proteins. Too little of it, and you can have night blindness. Other studies found that

people who ate high levels of carotenoids had a 40 percent lower risk of developing

advanced macular degeneration, the most common cause of age-related blindness.

It’s not just carrots: Sweet potatoes and orange peppers, as well as dark, leafy greens like spinach and kale are also rich in carotenoids.

readersdigest.com



CCPOA Benefit Trust Fund

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run-down condition. "Ads encouraged people to "Eat a cake before every meal—but be patient: results, might take months to see."

By 1937 health claims included the prevention of tooth decay; the strengthening of intestinal muscles; the prevention of pimples, "furry tongue," and colds; a cure for "fallen stomach"; improvements to breath; a cure for depression;

a reduction in headaches and fatigue; an increase in "pep"; the elimination of crying spells; help for digestion; an increase in skin's "self-disinfecting power"; the sharpening of intellect; and the prevention of obesity.

While the government finally reeled-in the excessive claims, Fleischmann's is still around - both the yeast and the gin.

Here's to your health!
sciencehistory.org

When the word vitamin was coined in 1911, no vitamin had ever been chemically isolated: in fact there was still some debate about whether vitamins actually existed. But that didn't prevent food manufacturers and their advertising firms from capitalizing on the appeal of the term. By the 1920s food was judged not on taste, but by science, and everything began touting its scientific health benefits.

Rewind 50 years, a recent immigrant who had been trained in distillation and yeast production in Europe—Charles Fleischmann went into business and began mass-producing yeast in a distillery near Cincinnati. It sold the yeast to bakers and brewers. The by-product of manufacturing yeast is alcohol, and that became Fleischmann's Gin.

Prohibition and store bought bread soon had Fleischmann looking for a new market - put two and two together and you had science and advertising working hand in hand, urging you to have your daily yeast cake!

In addition to being a curative for constipation, yeast was good for skin troubles, stomach troubles, and a "general

TIDBITS

The Yeast We Could Do