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A Letter from the Firm



Dear Friends,

Fulmer Sill is pleased to provide you with this copy of *Living Safer*. This publication is produced in collaboration with a growing community of respected legal professionals, industry experts and consumer advocates called The Injury Board, all committed to improving everyone's quality of life by promoting safety.

Our law firm is passionately devoted to protecting people and fighting for consumer rights, whether it be handling serious injury and death cases or consumer class actions. We believe that an informed client is the best client. To that end, this magazine promotes security and well-being through articles and safety tips. We hope this information will help you and those close to you avoid injury and give you guidance if injuries do occur. Our goal is to educate you about potentially hazardous products and conditions to help keep you and your family safe and to prevent others from suffering tragic injuries by promoting safe practices and responsible product manufacturing.

If you have any legal questions or would like to speak with our firm, please visit us at www.fulmersill.com, or call us at 405.509.6300.

Sincerely, Matthew J. Sill



Casey Anderson Feldman

The Casey Feldman Foundation

1988-2009

ONE Second IS NOT A VERY LONG TIME.

But when you're behind a steering wheel and your eyes leave the road—that ONE single second can change a life.

ONE second is all it takes to be distracted.

When you are driving, it should not be a secondary task—it should be the only task.

EndDD.org (End Distracted Driving) was established to raise awareness and generate action against the epidemic of distracted driving.

DISTRACTIONS INCLUDE:	
Visual	Taking eyes off the road
Manual	Taking hands off the road
Cognitive	Taking mind off the road

While texting and talking on the phone are both mental and physical distractions, cellphone use is attributed to 18% of fatalities in distraction-related crashes.

What makes up the other 82%?

- » Putting on makeup
- » Reaching to grab a drink
- » Changing the music
- » Dealing with the GPS
- » Eating on the go

The distractions are endless. But they don't have to be.

The Core Mission of EndDD

Our core mission is to preserve life and promote safety on a large scale through advocacy, education and action. It is our hope that we can prevent families and friends from suffering the loss of a loved one because of distracted driving.

Together, let's work to prevent distracted driving from claiming another life.

VISIT US ONLINE

web: endDD.org

twitter: @end_DD

facebook: EndDistractedDrving

4

Small Hearts Big Challenges

Early Detection Leads to Early Prevention

Small hearts can conceal big challenges, especially when it comes to congenital heart defects. Nearly one in three infants who die from birth defects has this condition. But a simple, non-invasive screening for all newborns could save the life of your child or the child of someone you know.

Tell your legislator to support pulse-oximetry testing for all newborns. Get involved at YoureTheCure.org



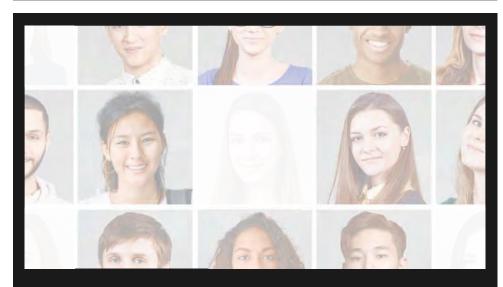
Heart Disease and Stroke. You're the Cure.

YoureTheCure.org

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USING COLOR PSYCHOLOGY
AS A HOME DECORATING
GUIDE



/ WORKING TO KEEP CHILDREN SAFE IN ' / / // AND AROUND VEHICLES ' / /

Before you turn the key...make sure you can see! Most drivers are unaware of the large and very dangerous blindzone that exists behind all vehicles. Every week at least 50 children are seriously injured or killed after being backed over because a driver was unable to see them behind their vehicle.

Help save the life of a precious child Donate to KidsAndCars.org

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by Eric T. Chaffin

Lithium-ion batteries have become ubiquitous in our lives today, powering up our cell phones, tablets, laptops, MP3 players, e-cigarettes and much more. While there are millions of such batteries out there, not all of which have problems, the ones that do can have disastrous results.

According to a recent report from *The Atlantic*, several customers have experienced problems when purchasing replacement lithiumion batteries from Amazon.

One New York man, for example, who bought a replacement HP battery for his laptop, was sitting on his couch when he heard a gunshot-like sound. The battery in the laptop, which was sitting next to him, had caught fire and also set the couch ablaze as well.

The man was later treated for first-degree and chemical burns. Both his computer and hardwood floor were damaged.

Amazon Lithium-Ion Batteries Exploding

Trying to be compensated from Amazon for these types of damages can be near impossible. The man mentioned above contacted Amazon to alert them to the problem—which was affecting other customers too, according to the product reviews. But Amazon reportedly would not put the victim in touch with the seller and did not offer to compensate him for his losses.

Courts have so far held that Amazon does not have to stand behind the products sold on its website. So far, the company has managed to maintain an identity as simply an advertising platform for other manufacturers and sellers, skirting responsibility for many product flaws and defects that have led to property damage and serious injuries.

Though most lithium-ion batteries work well, when companies

take shortcuts in the design or manufacturer, the battery can short-circuit and overheat, potentially causing an explosion and/or fire. Copycat companies produce replacement batteries quickly and cheaply, which further increases the risk of overheating.

Avoid Amazon When Purchasing Replacement Batteries

About half of the items available for sale on Amazon are offered by third-party sellers. Many of these are from China. It is impossible to bring lawsuits against out-of-country manufacturers, which often leaves American consumers holding the bag when it comes to damages.

Amazon has so far reportedly proven less than helpful when it comes to trying to track down third-party sellers. In Cheatsheet. com, tech writer Jess Bollyut advises consumers not to buy batteries on Amazon, stating that cheap, third-party batteries for smartphones and laptops are not worth the savings:

"Poorly manufactured batteries can catch fire or explode, which would not only damage the device in question but could hurt you and your family or even damage your house or your car."

He goes on to state that these batteries are likely "produced as cheaply as possible," and that it is wiser to choose an official model when seeking replacement batteries.

Insurance companies are getting into the fight, some of them starting to sue Amazon because of the rising number of claims filed over lithium-ion-battery explosions. So far, these cases have been dismissed, but more are pending.

Amazon's defense is that it is not the seller of these products and therefore is not responsible for damages.

Parental Control Apps

to Help You Monitor and Control Your Children's Phone Use

by Rachel Gore

According to Common Sense Media, children ages eight to 12-years old spend an average of six hours a day online; for teenagers, that average jumps up to nine hours. While some phone use and media consumption is normal, unrestricted access in young children also opens the possibility of accessing inappropriate content or communicating with dangerous individuals. Alternatively, your child may simply be spending too much time every day staring at a screen and not enough time engaging in real-life experiences.

Parental control apps allow you to maintain control of your child's smartphone use with a variety of high-tech features

including app blocking, location tracking and web content filtering. While most parental control apps have a monthly or yearly fee involved, this usually comes with a number of useful tools that help you manage your kid's time on their phone.

It is important to note that due to Apple's heavy restrictions, parental control apps can usually do more on Android phones than on iOS. Some of the features listed below may be unavailable for iOS devices, so it is important to investigate further before investing money into a parental control app. If you are interested in using a parental control app and aren't sure where to start, here are a few options for you to consider:



Boomerang Parental Control

Fee: \$15.99 annually for a single device license; \$30.99 annually for a family pack with up to 10 device licenses

Features:

- » Review your child's most recent location
- » Communicate within a Family Messenger Group feature
- » View your child's web browsing history
- » Control screen time and put a daily cap on the time your child can use individual apps
- » Block or allow specific apps
- » Call and texting logs, including information on inappropriate words being used
- » YouTube app search and viewing history



Kaspersky Safe Kids

Fee: Free for standard Kaspersky Safe Kids app; \$14.99 annually for a Kaspersky Safe Kids Premium account that connects with up to 500 devices for 100 children

Features:

Free version -

- » Online content filter to protect kids from inappropriate websites
- » Manage app use by time used, category, or age restrictions
- » Screen time management



Premium version -

- » All of the features featured in free mode
- » Locate your child on a map and set safe areas on a map for them to stay within
- » Track your child's phone battery
- » Receive alerts if your child attempts to access restricted sites or leaves your pre-set safe areas



Net Nanny

Fee: \$54.99 for a 5-device Family Protection Pass; \$89.99 for a 20-device Family Protection Pass

Features:

- » Filter adult content, block inappropriate websites, receive alerts of online activity and manage screen time with parental control software
- » Block apps and have visibility to the apps your child uses
- » Track your child's location in real-time
- » Set content filtering for 14 different categories: abortion, adult novelty, anime, death/gore, drugs, gambling, mature content, nudity, pornography, provocative, strip clubs, suicide, tobacco and weapons
- » Receive alerts in the Family Feed for each child profile on your account
- » Access the Family Feed to see an overview of your kids' online activity

Norton Family Premier

Fee: \$49.99 annually; \$59.99 annually for Norton 360 Deluxe, which includes antivirus protection for up to 5 devices

Features:

- » Gain access to your child's iOS, Android and PC activity
- » Monitor which websites your child is exploring and get tools to help them avoid inappropriate content.
- » Gain insight into your child's social media use, including the name and age they use on Facebook, how frequently they log in and which YouTube videos they watch
- » Shows you the words, terms and phrases your kid's search for on PC and iOS devices
- » Protect their personal information such as phone number, address and school they attend
- » Receive an email when your child tries to visit a blocked site.
- » Monitor your child's SMS text conversations and control who they can and can't text
- » Receive detailed reports of what your kid is doing online
- » Control how much time your child spends online on Android devices

Whether or not using a parental control app is right for your family is dependent on a case-by-case basis. While some children may need minimal supervision, others may underestimate the danger that comes with unsafe internet use and need additional guidance



Our Pact

OurPact is rated as the best parental control app for iOS, effectively helping parents manage iPhone and iPad use. It also works for Android smartphones and tablets.

Fee: OurPact FREE Tier offers management of one device and five manual blocks per month; \$1.99/month for OurPact PLUS, which offers unlimited manual blocks and management of 10 devices; \$6.99/month for Ourpact PREMIUM, which offers an even more extensive list of parental control options for parents.

Features

- » Block internet sites and apps
- » Create GPS geofences around specific locations and receive alerts when your child leaves and arrives at any pre-set zone
- » Set blocks, schedule or always allow your child to have access to iMessage and other messaging apps like Facebook Messenger and WhatsApp
- » Schedule screen time and set daily screen time limits for your child to budget
- » Block all adult content and pornography
- » Receive a notification when your child installs a new app on their phone
- » Track your child's location

to make better decisions. Regardless of what you choose to do, it is important for every parent to have a conversation with their children about safe phone and internet use and address concerns as they arise.



NOW AND AGAIN, EVERYONE NEEDS A HELPING HAND...

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Founded in 2011, LFH is a 501(c)(3), nonprofit organization dedicated to fighting hunger, increasing food security for those in need, and providing support grants to other 501(c)(3) organizations that help fight hunger in Oklahoma.

For more information or to donate, visit lawyersagainsthunger.com.



Are Friends Really the Secret to a Longer Life? 10 Reasons Why

by Robin Jabour



enjamin Franklin once said, "A true friend is the best possession." Many of us would agree with this sentiment, and as it turns out, friendship is key to a longer, healthier life. In fact, studies have shown that friends can affect your health even more than family. According to Social Relationships and Mortality Risk: A Meta-Analytic Review, having few friends is more dangerous than being obese and not exercising in terms of the risk to your health. Why is it that friendships are so beneficial to our health?

Friends help lower your stress level.

According to a Developmental Psychology article titled

"The Presence of a Best Friend Buffers the Effects of Negative

Experiences" shows that being around close friends decreases
your level of the stress hormone cortisol. Additionally, a University
of Michigan study found that for women, feeling emotionally close
to a friend increases levels of the hormone progesterone, which
helps reduce anxiety and stress.

Friendships lead to increased happiness.
Not only do friendships lower your stress level, they also have a positive effect on your mood overall. Research by Nicholas Christakes and James Fowler suggest that the happiest people are the most social and have the strongest relationship ties. Furthermore, socializing with happy people can rub off on you. In one study of 1400 Harvard students, called Very Happy People, results showed that if a friend of ours is happy, we are more likely to be happy too.

Friends increase your sense of belonging.
Building friendships gives you a greater sense of belonging and meaning, which improves your motivation, health and overall happiness.

Friends encourage you to change or avoid unhealthy habits.

When you have friends who sincerely care about you, you are more likely to care about yourself and adopt healthy behaviors. True friends recognize unhealthy habits, such as smoking or lack of exercise, and encourage you to adopt better ones.

- Friends improve your self-confidence.
 Supportive friends help you to feel more confident by offering encouragement and reassurance.
- Friends help you cope with trauma.

 Friends can be a valuable sounding board when you are going through a difficult time with your family, such as the death of a loved one or a divorce.
- 7 Friendship can boost your immunity.

 According to the 2010 meta-analysis review of 148 studies, between friendship and the immune system. People with strong social connections tend to have better immune system function and lower levels of inflammation.
- Friends improve your mental acuity.

 Human interaction stimulates the brain. Having an in-depth conversation with someone or thinking about something from a different perspective improves your mental function. Conversely, people who are isolated tend to suffer from a deterioration of their cognitive abilities.
- Friends can help you avoid career burnout.

 Having friends at work boosts our morale and provides us with the emotional strength needed to handle workplace challenges.

 Work friends provide a sounding board when we are struggling in our jobs and allow us to vent when we are frustrated. When we can alleviate some of the stress experienced at work by having someone to talk to, we end up being more productive and feeling more fulfilled.
- Friends help you become more self-aware.

 We choose friends who have qualities that we admire
 and want to emulate. Friendships allow us to reflect on who we
 are and who we want to be. As we become more self-aware, this
 increases self-esteem, which improves overall mood.

Our personal relationships have a powerful impact on our health. Nurturing our friendships is a form of self-care that tends to be overlooked but is clearly of vital importance. IS





ost contact-wearers know that it's not recommended to sleep with contact lenses in, yet a majority of the 45 million people in the U.S. who wear them do it at least once. At the end of a long day or a long night out it can be tempting to jump into bed without bothering to take out your contact lenses: after all, how dangerous can it really be if it's just one night? As it turns out, very. Here are just some of the negative consequences that can result if you decide to keep your contact lenses in as you head to sleep:

You can develop an eye infection.

According to the American Academy of Ophthalmology, sleeping in contact lenses increases your risk for eye infections by six to eight times compared to those who don't. The average person's eyes come into contact with bacteria all the time, yet only rarely do eye infections actually occur. This is because a healthy cornea defends your eye from infection-causing contaminants like bacteria.

A cornea needs proper hydration and oxygen to function healthily, and contacts deplete both of those significantly by blocking the surface of your eye. While you're awake, this isn't too serious: blinking helps to moisten your eyes and oxygen flows through the tears that you produce. When your eyes are shut as you sleep, though, this no longer happens. Without enough oxygen and moisture, your cornea is less able to fight off bacteria. Untreated eye infections can lead to permanent scarring of your cornea and lifelong impacts on your vision.

You might have to stop wearing contacts altogether.

When oxygen deprivation is severe, it can lead to the development of a condition called corneal neovascularization (CNV). CNV occurs when new blood vessels grow into avascular corneal tissue due to oxygen deprivation. While increasing the amount of oxygen getting to your cornea can prevent the growth from continuing, these blood vessels will never fully go away. In severe cases, the blood vessels can even block your vision and result in blindness. And even in less serious cases, inflammation may result in your doctor being unable to fit you into lenses anymore.

Another condition that may force you to say good-bye to contact lenses for good is called giant papillary conjunctivitis (GPC), and yes, this can occur as a result of sleeping in your lenses. GPC is an allergic reaction to foreign objects in the eye, such as content

lenses, that irritate your upper eyelids and causes small bumps to form. These bumps can pull on your lenses and make them fit poorly. Even if you keep wearing contacts, you can experience uncomfortable symptoms such as red, itchy and swollen eyes, sensitivity to light, watery or pus discharge and excessive movement of your contact lenses. It may also feel like there's something foreign stuck in your eye or cause swelling, making contacts just too uncomfortable to keep wearing.

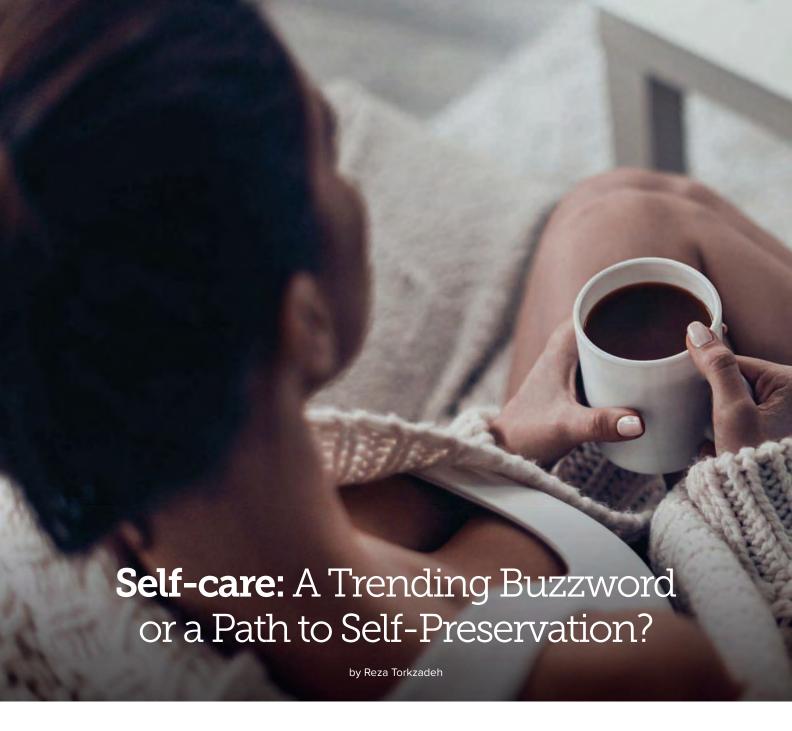
You can get eye ulcers.

A corneal eye ulcer is an open sore in your eyes or a break in the skin on your cornea. Most of the time, corneal ulcers are caused by an infection or small eye injury, such as erosion on the eye's surface after wearing contact lenses for too long. Insufficient oxygen allows bacteria to enter the sore or abrasion on your eye's surface, bind to the cornea, and burrow into your eye. Sleeping with your contacts in and practicing poor hygiene when using contacts are two major causes of eye ulcers in contact lens wearers.

If you get an ulcer, you are likely to experience symptoms such as severe pain, red eye, thick pus drainage, blurred vision and swelling. If you have a large infection, you may be stuck taking prescribed eye drops as frequently as once an hour. You will also be prescribed antibiotics and in severe cases, surgical intervention may be necessary to preserve your vision. While most cases of corneal eye ulcers improve within a few weeks with proper care, untreated ulcers can lead to permanent scarring or blindness.

According to a Centers for Disease Control and Prevention (CDC) report published in 2018, about one in three contact wearers report sleeping or napping in their lenses at some point. The high popularity of contacts may be contributing to the laid-back attitude about using them properly, according to Thomas Steinemann, MD, who co-authored the CDC report: "the average person doesn't seem to realize the risk that they're taking by not treating their contact lenses with prescribed care. Patients can sometimes be a little blasé about how they manage their contacts. But they are a medical device inserted into your eye, and you need to listen to your doctor."

The takeaway message? Take the extra 30 seconds out of your day to remove your contact lenses before sleeping - your eyes will thank you for it by staying healthy. $\$



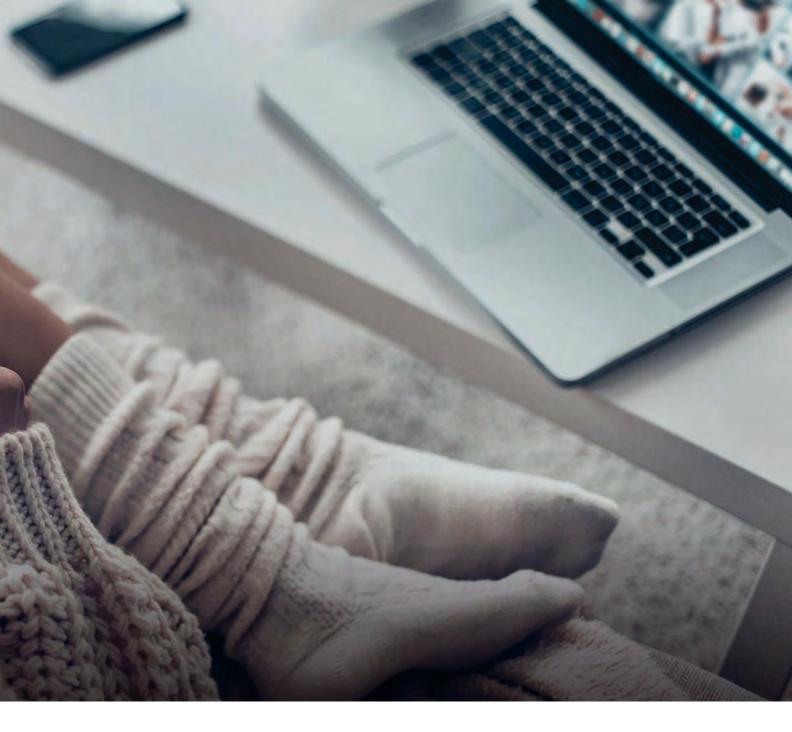
ust for a moment, imagine your body as a vehicle that is transporting you through life. You have a specific set of capabilities, features and seating capacity. Your tires are well-balanced and the tank is full of fuel. You're on a mission to reach your destination and have a navigation system that tells you how many stops and turns you must make along the way. Your vehicle is operating at its optimum, the drive is smooth and the view is pleasing.

Doesn't it sound wonderful?

Now imagine the same vehicle traversing the roads to endless destinations, sometimes without a map or a navigation system. Over time, the tires start to wear out and get out of alignment, the passengers become loud and disruptive and you don't have time to refuel. Before you know it, the check engine light starts to flash, making your drive unsettling. What do you do then?

Well, when it comes to our actual vehicles, we receive an Owner's Manual that informs us of the operational instructions and the service schedule. There are sensors, alarms, notifications and other alert systems that keep us aware of the needed maintenance to ensure proper functioning. We expect our cars to get us to where we need to be. Therefore, we're willing to pay attention to what it takes to get us there.

What if human beings came with an Operating Manual: one that would provide an instructional guide to our mechanics? Life would become more manageable simply because we learned about our unique needs. In reality though, many of us have no idea how to maintain ourselves and neglect all the warning signs until we have no choice but to address them. Self-care is more than just a word or a luxury limited to those who have plenty of time and money at their disposal. Self-care is our vehicle's



maintenance plan; without it, we can't function properly. We lose energy, become extremely irritable and make poor decisions for ourselves. We've become so consumed with our commitments and responsibilities that everything seems to be of a higher priority than our self-care.

What's fascinating is that just like vehicles have a unique make, model and a set of requirements, so do we. And yet humans are notorious for signing up for generalized remedies for self-preservation, which is why self-care appears too challenging to maintain. We've over-complicated how to recharge ourselves, but can't afford to continue ignoring the symptoms of self-neglect.

It's time to take a deep dive into what makes each of us unique and invest in understanding what we need to operate at our true potential. A prerequisite to fulfilling a sustainable selfcare practice is self-awareness. Most people go through life as complete strangers to themselves. They know what they must do but are unsure about what their needs are. It's a question worth contemplating to recognize the specific rituals, activities and even a sleep schedule needed to refuel.

Let us not focus on the overwhelming steps to self-care by incorporating the mainstream guides to add things like yoga, massage, meditation, long baths, mid-day naps, diet and exercise routines, shopping therapy, creative activities, girls trips, boys trips or retreats into our busy lives. Instead, pay attention to small things that can be done daily that give you the proper energy to attend to the demands of life. Let us bring our awareness to S.T.O.P (Stop, Think, Observe and Proceed). Then communicate our findings with friends and family. Self-care needs no justification. It's the way to move forward in life. Here's to you and your tune-up. IS

Is the Female



Movement Really About **Body Positivity?**

by Rachel Gore



he growing female "body positivity" movement is a social movement stemming from the fundamental belief that everyone should have a positive body image. The goals of the movement include challenging and breaking down society's unrealistic beauty standards and building confidence in females of all appearances, sizes and forms. While in decades past body positivity was a radical movement led by few, it has since developed into a mainstream ideology that dominates the capitalist market.

Poor body image has long been linked to several negative effects, such as mental health issues like depression, eating disorders and poor self-esteem. Much of the body positive movement has focused on fat acceptance, but body positivity differs from fat acceptance in a key way: while fat acceptance advocates exclusively for overweight or obese individuals, body positivity is meant to be inclusive of bodies of every type. Whether a female is overweight, underweight, freckled, scarred, trans or a person of color, they are entitled to feel self-love in a way that was previously reserved for those who fit society's narrow definition of beauty: thin, conventionally attractive women.

Corporate Interests Dominate the Body Positive Movement

In 2004, Dove and Ogilvy & Mather organized a show called "Beyond Compare: Women Photographers On Real Beauty", which featured work from 67 female photographers and ignited conversation about the way women thought about beauty. This led to Dove's Campaign for Real Beauty, which is today considered one of modern marketing's most successful endeavors. Featuring billboards, television ads and online videos, Dove was one of the first mainstream advertisers of its time to question societal standards for female beauty.

While the campaign received widespread praise, some have pointed out the hypocrisy embedded in certain Dove products that aim to change women's external appearances. This brought up the following questions: was Dove truly invested in the message behind the body positive movement? Or was the company simply working to revitalize their brand by capitalizing on women's poor body image? Today, many believe that it may have been the latter.

Unilever, the brand owner of Dove, is the parent company of products like Slimfast, along with cellulite and skin-whitening creams. Executive director of Women In Media & News Jennifer Pozner reflected upon the campaign in 2014, saying that "if the stated goal of the Dove Real Beauty Campaign is for girls and women to understand that their power and beauty does not come from a tube or an airbrush or a cream, but rather from their

personalities and power, then [Dove] would not sell certain products that they sell."

Since then, many other companies have hopped aboard the body positive movement, which some argue has been commodified by corporations hoping to profit off of the movement's increasing influence on women. According to Vox writer Amanda Mull, Dove's ads fell short in prompting genuine self-reflection of the concept of beauty and body positivity, instead "[teaching] brands like Aerie and Target, which have both received waves of positive public attention for Photoshop-free campaigns, that they could get exposure for pennies on the advertising dollar if they created content that people felt compelled to share themselves."

So, is the "Body Positive" Movement Really Changing Anything for Women?

What capitalist-based body positive marketing tends to ignore is the deeply-embedded reasons that cause women to not feel positive about their bodies. It also ignores the fact that for some people, body positivity may not be attainable. For some, seeing a picture of a model with rolls is unlikely to rid them of years of internalized hatred of their perceived flaws, especially in a society where, fit-looking women have dominated the public's perception of beauty for decades.

The body positivity movement may also cause individuals living in marginalized bodies, such as those with disabilities, to shift their criticisms internally. Because body positivity has become a mainstream movement, individuals who aren't feeling so positive about their bodies may feel pressure to pretend they do. According to Claire Mysko, CEO of the National Eating Disorder Association, "the reality is that we live in a culture that makes it pretty tough to feel positive about our bodies every day. That's when 'body positivity' can be a problematic term. It can create one more way for [people] to feel bad about [themselves]."

This is not to say that the cultural regime of body positivity is all bad. For women who have spent their whole lives trying to conform to a standard of beauty they don't fit, seeing an increase in diversity in models can be uplifting. While more needs to be done to decrease the shame associated with an inability to feel self-love, body positivity has empowered and boosted the self-love of women across the nation, which should be celebrated. Thus, saying no positive changes have been made would be untrue and undermine the progress that has been made: ultimately, the body positivity movement may truly be a step in the right direction for boosting women's collective self-love. Is





by Whitney Butcher

eople ages 60 and older account for over half of the reported cases of shingles in the U.S. and are most atrisk for developing the viral infection. The painful and potentially debilitating virus enters the system as one recovers from chickenpox and can remain dormant in the body for years. When the immune system is weakened, whether by age or illness, the virus can reactivate to damage the nervous system. That damage manifests as the rash typically associated with shingles.

A rash is not the only possible symptom. Symptoms can also manifest as numbness, a burning sensation, tingling, sensitivity to light, blisters with filling fluid that pop then start to ooze, fever, headache and fatigue. In fact, it is possible to develop shingles without ever developing a rash. Most people, though, initially feel pain and then develop a localized rash in a striped formation around one side of the torso. The symptoms typically last for a couple of weeks to a month.

The virus that causes shingles, varicella-zoster, is related to the same strand that causes chickenpox. It can stay in the body for decades before reactivating as shingles. Because it enters during recovery from chickenpox, anyone who has had chickenpox is susceptible to developing shingles, although not everyone will. This is another reason why the elderly population is more at-risk; the majority of people who grew up without the chickenpox vaccine developed chickenpox.

People over sixty are also more at risk of developing long-term complications from shingles. The initial viral infection can lead to permanent scarring, chronic pain, necrotizing fasciitis, sensory loss, neurological damage and postherpetic neuralgia (PHN). PHN can cause depression, anxiety, insomnia, weight loss, confusion and pain that can last for years after the rash has faded. Shingles that develop around the eye and nose are particularly concerning because they can lead to glaucoma and Ramsey Hunt Syndrome. The initial viral infection can also lead to viral meningitis.

In 2006, the FDA approved the shingles vaccine Zostavax. It

protects the receiver for approximately five years after the shot is given, but is not recommended for anyone under the age of 60. The alternative, Shingrix, was approved by the FDA in 2017. Research suggests Shingrix protects against shingles for longer than five years and is recommended for anyone over 50. Either vaccine can cause headaches, tenderness, swelling, redness, pain and itching at the injection site. While neither is guaranteed to prevent shingles, they can lessen the probability of developing the infection and PHN.

Someone with shingles can pass the virus to anyone who is not immune to chickenpox through direct contact with exposed shingle sores. That person will likely catch chickenpox and then remain at-risk for shingles. While most people only get the virus once, it is possible to develop shingles multiple times.

Once shingles has developed, it must be treated immediately. Doctors can prescribe antivirals. There should be increased medical attention for elderly patients because the symptoms can manifest more severely than in those with healthier immune systems. For instance, health care professionals have noted that this population is more prone to suffer from increased confusion and instability. Prompt treatment can also decrease a patient's risk of developing long-term side effects. IS

For further information, see:

- » https://www.cdc.gov/shingles/surveillance.html
- » https://www.mayoclinic.org/diseases-conditions/ shingles/symptoms-causes/syc-20353054
- » https://www.drugtopics.com/shingles-vaccine/ shingles-complications-elderly
- » https://www.nhsinform.scot/illnesses-andconditions/infections-and-poisoning/shingles



ost "new mothers" feel added stress during pregnancy as the due date nears. Learning to balance a family, work, friends and your relationship can become challenging when a big change is on its way. There are countless books, articles and help-guides that provide useful information on how to navigate the "trimesters" of pregnancy. The fifth trimester was a term coined more recently by Lauren Smith Brody, who focused on the transition from maternity leave back to work. Brody defines the "fifth trimester" as the time when some new mothers are forced to return to work before they're physically and emotionally ready to do so.

While every person is different and there is no 'perfect' process to adhere to, here is a list of best practices:

Communicate

While it's easier said than done, communication is the first step to limiting stress and future miscommunications. During and after pregnancy, very few people may seem to understand what you're going through. And for those that do, chances are, you won't believe they do. Communicating with your partner and friends will help eliminate stress at home, and preemptive communication at work will keep your employer and yourself on the same page.

For those who are employed in a private company of 50 individuals or more, you'll be protected under the Family and Medical Leave Act (FMLA) if you've worked there for at least 12 months. FMLA allows twelve weeks of unpaid leave with no risk to your employment. The FMLA also includes paternity/ maternity leave as a protected reason to be out of work. Even so, Brody doesn't believe that 12 weeks is always enough time for new mothers to be ready to return to work.

2 Expect Things to Change

During the "fifth trimester," most "new mothers" become aware of how much their life has changed. Like any big change, it takes time to get used to it. Going to work for the first time and leaving your newborn behind may feel odd at the start, and that feeling may never go away. The important thing is to expect these feelings. You have more responsibility now, and it has often been nearly three months since you've been at work.

Take Your Time

For most people, transitioning to the "fifth trimester" isn't

easy. You deserve to take your time and be patient with yourself while returning to work. Your body is still acclimating back into the routines you had before pregnancy and because many mothers continue to feel the emotional impacts after twelve weeks, reducing stress is important. Take your time, especially because immediately following your 12 weeks out of work, you may be more at risk for injury upon returning. Physical and emotional changes, as well as additional stress and pressure at work, can worsen your health and slow down your reintegration process.

4 Prioritizing

While taking your time acclimating back to full-time employment, it's important to prioritize your added responsibilities with your newborn child. Of course, family will always come first. But deciding when it's okay to be away from your newborn versus when it's imperative to be with the child is very important. Many mothers feel separation anxiety. It's important to find a way to be productive at work while also ensuring the safety and health of your newborn.

5 Plan Ahead

Everyone has seen shows or movies that highlight the moment a character is about to give birth. Usually, these moments are accompanied by their partner running for a duffle bag that was packed for this moment months ago. The same preparation used before giving birth should also be used afterward. Before returning to work, mentally prepare yourself for the change in environments. Think about what you'll need to catch up on and consider reaching out to your employer in advance. Planning should include both communication and prioritization.

6 Don't Shy Away from Help

Accept or look for help if necessary. "New mothers" go through a lot of stress as they continue to make check-up appointments, bring their child to physicians, return to work and balance their personal lives. There have been many laws implemented to protect individuals after paternity/ maternity leave, but they can still be broken. Some "new mothers" have a bad experience coming back to work and, if that becomes the case, it may be in your best interest to seek help. IS



If you are reading this, you may be like many others; you feel overwhelmed by the demands for your time. The relentless struggle to balance work appointments, kids' activities, doctors' appointments and finances leave little to no time for exercise, wellness and quality personal time. Even worse, you are constantly playing catch up to complete tasks and your ability to follow through on long-term goals is average at best.

Time management is the primary skill that increases an individual's ability to stay focused and juggle life's stresses and distractions. Time management is the process by which an individual decides how to divide up their time to complete tasks and specific activities. With the advent of computers, e-mail, smartphones and wearable technology, the ability to control interruptions and distractions has decreased significantly. While the internet and new technologies have created opportunities for efficiency and communication, the number of distractions we are forced to navigate have increased exponentially. In some instances, the capacity of the new technologies (e.g. social media and e-mail) exceed our physical capabilities to engage and respond in a meaningful way.

Here are a few ideas to consider when thinking about "time management" and how you can reclaim control over your busy life. None of the recommendations are meant to be a cure-all. However, if you can implement a few of them, you may improve your sense of purpose and better navigate life, even during busy times.

Do not start the day by looking at a smartphone, or any screen for that matter. Avoid e-mail and social media for the first 30 minutes of awake time. This will be very hard: nearly impossible at first. Instead, spend the first minutes of each day thinking about the tasks and commitments you wish to complete. As a part of this exercise, spend time visualizing the day. See yourself moving through the day from start to finish. Visualize how you want to spend your time and accomplish meaningful tasks.

Maintain a prepared To-Do List. The benefit of having a prepared To-Do List is that you never waste time trying to think of all the things you need to get done. Without a list, time and energy are wasted trying to remember what needs to be done and what is most important. Once you create the list, prioritize tasks as best as you can. Lastly, separate your To-Do List into three buckets: (1) Emergencies/ASAP; (2) Shallow Work (<10 min); and (3) Meaningful Tasks/Large Projects. Review and re-prioritize the items on this list frequently.

Keep a calendar. Time management is improved with routine and repetition. In addition to recording appointments and deadlines in a calendar, it is equally important to schedule blocks of time for meaningful tasks and self-reflection. Discipline will be required to protect these blocks of time from interruption. The routine and repetition of keeping a daily calendar will help set healthy boundaries and increase your sense of purpose as you work to complete tasks.

Be selfish with your time - Learn to say "No." Think twice before you say yes. If you agree to something, be aware of whether the commitment helps to accomplish an item on the To-Do List, or whether it will detract from your goals and suck time and energy. The goal of staying on track and achieving a good life balance is to eliminate or simplify the demands for the finite time you have each day.

Own the moment. On days when you feel like you are drowning and you don't know how you can accomplish everything that needs to get done, slow down and be present in the moment. Take control. Take action and give your best effort on the most important task at hand. By owning the moment, you force yourself to focus. You also minimize the chance that you will misuse your time and allow yourself to be distracted by unimportant matters.

Thinking of changing careers?

Here are some tips about where to start.

by Emma Parnham

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ultural norms have determined the typical pathway that people take to identify and achieve their career goals: through early childhood, high school, college, post-

graduate degrees, internships, and landing that first job, everything is aimed towards having a successful career—a career that many young people choose before their values and perception of people and the world are fully formed. And yet, there is an expectation that upon reaching that final career goal, it will live up to all that they dreamed with the assumption that their career goals will not have changed over time. Not everything is always what it's touted to be.

Changing careers can be daunting, especially given personal and familial expectations, the time and money invested in schooling and the fear of diving into the unknown. Here are a few tips which may ease the pain for those considering a career transition:

Take time to evaluate your present situation and ask yourself why. What is it about your current role that is igniting the desire to change careers? Is it something that could be overcome by speaking with a manager or supervisor? Is there a creative solution that would help you achieve your goals—whether that be financial, a promotion or flexibility? Explore your current circumstances from every conceivable angle first, stay openminded to solutions, and, if a career change is still the direction for you, consider the steps below to ease the transition.

Understand who you are and what is important to you. What are your personal values, skills and experiences? Think about the roles you have been in, what you learned and how these have shaped you. Write down examples, as these will become helpful further down the line, not only in interviews for new jobs but also in assessing the people you want to work with. It is critical to evaluate not only the work environment itself and whether you are right for the role, but also whether the work environment and potential new co-workers are right for you. Take time to identify your traits and attributes as well as your blind spots—those areas that hold you back or need developing—and what you are prepared to do to grow in these areas.

Identify alternative careers that would be a good fit. This can be harder than it appears. Someone who is structured, logical, rational and likes to be prepared may struggle in a chaotic, dynamic environment where decisions are made on the fly and plans change frequently. This may point to professional services over creative agencies. A helpful suggestion is to start broader then narrow the focus. Ask yourself questions: do you want to be your own boss or appreciate that you are a stronger number two? Do you want to work with people or prefer working alone? How important is an office environment versus flexibility, home working or being outdoors? What are the opportunities for advancement? There is no harm in discussing ideas with a few close confidantes—it's always helpful to receive advice from those who know and understand yourself best and whose advice you trust. Once you have identified industries, you can refine your search.

Explore what's out there. The job market is vast. There are recruitment and staffing agencies that can help. There is also a wealth of information online by simply Googling roles that interest you. Social networking sites and online recruitment sites are also useful resources. These websites also have information about average salaries, benefits and reviews of companies. Gather information to get an idea of suitability based on the areas you have identified in earlier steps.

Refine your search and grow relationships. Find out as much as you can about the jobs that interest you and think about whether you have any personal connections who can help. That might be introductions to decision-makers or a simple conversation to gain more insight or suggestions about similar roles. LinkedIn, your personal network and alumni networks are all useful places to start. Do not underestimate the power of your current relationships in finding your next move, which can be more successful than sending 'cold' job applications, although that is not beyond the realm of possibility.

Test the waters. If you can find the time, you may wish to consider an internship, volunteering or freelancing to see if the role is a good fit for you. These are all great, low-risk ways to dip your toes in the water without over-committing or finding out that what you thought might be your new dream job just isn't right.

Demonstrate growth and curiosity. In identifying your strengths and attributes, you may also learn where you have gaps in skills and experience. Again, volunteering, freelancing or internships are great ways to gain experience and fill those gaps. Evening classes, online courses or local groups are additional options to continually learn and develop.

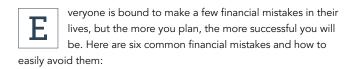
Stay within your industry. Consider whether you want to transition away from the profession or industry you are in currently or whether a different role within the same industry might be an option. For example, working in retail could lead to a role in corporate, or a career as an attorney could transition into a career in finance, HR, marketing, business development or operations with a law firm. Stay open minded.

Update your resume and learn to write a great cover letter. After identifying who you are, what's important to you, the industry you would like to work and established some connections, find an opening (or potential opening). Make sure that your resume is up-to-date, accurate and lists practical examples demonstrating your skills and experience. The cover letter is your opportunity to bring your resume to life and differentiate yourself from the crowd. Rather than tell an employer all you have achieved, consider sharing why you think you could fill their needs based on your strengths.

Above all else, stay positive throughout the process. Changing careers is not easy, but nothing worth doing ever is. $\$

6 Financial Mistakes You Can Easily Avoid

by Michael J. Swanson



Not saving

It is important to prepare financially for the unexpected by having an emergency fund. No one expects their car to break down or their heating to go out in their home, so it is essential to have money stowed away for the times when you need it most.

Use direct deposit to put part of your paycheck into a separate savings account so you are not tempted to spend the money you should be saving. By making it automatic, you will be able to set it and forget it until your emergency fund is built.

Once you have a substantial emergency fund, you can become more intentional and begin saving for specific goals like a down payment on a home, a new car or a family vacation. Paying cash is typically cheaper than financing because you avoid the interest.

2 Ignoring your credit score

Your credit score can have a significant impact on your life. People with higher credit scores are more likely to get better rates on insurance premiums, auto loans, mortgage loans and more.

It is easy to know your score, so there is no reason not to monitor and take action to improve it and keep it high. You can request a free credit report once a year from each of the three main credit reporting agencies: Equifax®, Experian® and TransUnion®. Many banks also offer free credit reports more frequently to their customers.

Going it alone

Managing your personal finances and accomplishing your financial goals can be challenging and overwhelming, so consider hiring a financial advisor to help. Expertise in this area is always worth it!

Determine the areas of your financial life that you would like an advisor to assist you with and find a financial advisor that specializes in those areas.

Make sure you do your research before hiring a financial advisor. They should be, at a minimum, a Certified Financial

Planner (CFP). You can visit www.cfp.net to check on your advisor's status or search for a new advisor. To find an advisor, ask for recommendations from your family, friends and colleagues, read online reviews and meet with them in-person before you hire them to see if they are a good fit for you and your goals.

4 Not setting spending limits

Create spending rules for yourself, write them down, and stick to them. Evaluate your spending habits and determine where you may need to cut back.

You may want to set a rule that you will only dine out once a week or only spend a certain amount on clothing each month. Spending limits are a great way to take control of your personal finances and be conscious of where your money is going.

Not getting life insurance

If you are married, you need to purchase life insurance to ensure your spouse will be taken care of if something happens to you. Life insurance is "income replacement."

It is never too early to purchase life insurance. It is beneficial to purchase when you are young because it will be cheaper.

Stick with term policies rather than whole-life or universal policies because it is better to keep your investments separate from your life insurance.

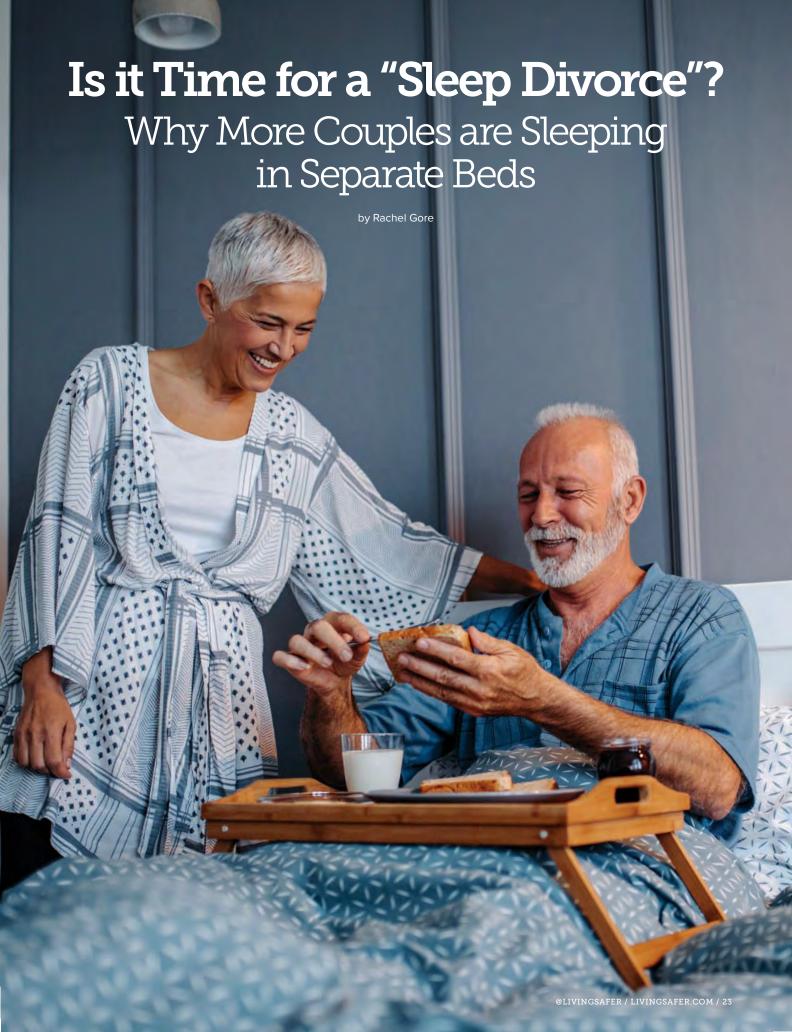
6 Not paying off credit cards each month

When you use a credit card and don't pay off the balance, the real cost of your purchases is much higher when you factor in the interest you end up spending. Rates are so high that you end up spending too much money on interest.

Pay off your credit cards each month so that your debt does not become unmanageable.

If you are underwater on multiple cards, you may be able to consolidate to a term loan with a lower interest rate to pay them off

Avoiding these common financial mistakes can give you peace of mind and help you accomplish your financial goals. Even if you have made one or more of these mistakes in the past, it is not too late to get on track. Take some time to analyze your situation, create a plan and determine how you will stick to it to be on your way to financial success.





ccording to the National Sleep Foundation, nearly one in four American couples sleep in separate beds or bedrooms. Before chalking this up as a "bad sign" or something only people in failing relationships do, consider the following: what if sleeping separately can actually make you stronger as a couple?

Sleeping next to someone, even someone you love, can be hard. While some couples sleep better when they share a bed with one another, this just isn't the case for everyone. Whether it be excessive body heat, snoring, mismatched sleep schedules or someone's tendency to steal the entire blanket, it isn't always pleasant trying to get a good night's sleep while sharing a bed. And while the term "sleep divorce" may not sound very uplifting, doing so could actually have a positive effect on your love life.

Getting enough sleep is critical for your mood. Sleep deprivation has been linked to numerous negative emotional health outcomes that can take a toll on relationships. If you are grumpy,

outcomes that can take a toll on relationships. If you are grumpy, irritable or anxious with your partner due to chronic exhaustion, this can affect the way you communicate with one another. Sleep deprivation has also been linked to serious mental health issues like depression, which can take an emotional toll on both of you.

One University of California Berkeley study found that being sleep deprived even impacts the little ways couples express gratitude; couples who are sleep-deprived are less likely to say "thank you" to one another. Study author and psychologist Amie Gordon says that "poor sleep may make us more selfish as we prioritize our own needs over our partner's. You may have slept like a baby, but if your partner didn't, you'll probably both end up grouchy."

A healthy sleep schedule is linked to a higher sex drive.

Very few people are "in the mood" when they're exhausted, and there's a scientific explanation behind why. Basically, REM sleep is necessary to maintain sufficient testosterone levels. REM sleep is the deep sleep that occurs late in the sleep cycle, so if you aren't sleeping long enough to enter the REM stage, you won't maximize

the restoration of your testosterone levels overnight. According to a study published in Sleep Medicine Reviews, low testostorone levels can cause low sex drive in men and women and erectile dysfunction in men.

A separate study published in the Journal of Sexual Medicine found that among a group of 171 female college students, a single hour of extra sleep led to a 14 percent increase in the chances they would have sex with a partner the next night. Researchers concluded that "[ob]taining sufficient sleep is important to the promotion of healthy sexual desire as well as the likelihood of engaging in partnered sexual activity."

Sleeping separately is not a sign of a failing relationship.

The benefits of getting a good night's sleep should not be undervalued, so stay open-minded about the possibility of sleeping separately. In addition to sleep being associated with an increase in mood, better communication and a higher sex drive, you may find yourself relishing the alone time you get at the end of the day.

Of course, not wanting to sleep in the same bed anymore can also be a symptom of a bigger problem within the relationship. If that is the case, it's worth considering reaching out to a couples or marriage counselor to see if that problem can be resolved. While this may be the case for some couples, though, dismiss the assumption that this is true for every couple that sleeps separately. By waking up refreshed from a good night's sleep, you may find that you are happier in your relationship than ever before—which might not have been possible if you were left tossing and turning next to a snoring partner all night.

Remember that it is important for both partners to be on board. If you agree to sleep in separate beds at the request of your significant other, but internally feel miserable about the arrangement, resentment and overall relationship dissatisfaction can result. The needs of both partners should be taken into consideration while deciding on a sleep arrangement that works best for you. With open communication and good intentions, sleeping separately may actually be a relationship saver. Is

Colorado Catholic Church **Investigated for** Child Sex Abuse by Priests by Joseph H. Saunders @LIVINGSAFER / LIVINGSAFER.COM / 25

In February, the three Catholic dioceses of Colorado announced they would open their records going back decades that provide information about allegations of sexual abuse of children by priests. Led by former U.S. Attorney Robert Troyer, an investigation and review is examining alleged abuse of minors by clergy in the Roman Catholic Church in Colorado since 1950. The initiative also includes a reparation fund for victims to be paid by the church and will incorporate a full review of church policies and procedures for responding to and preventing abuse.

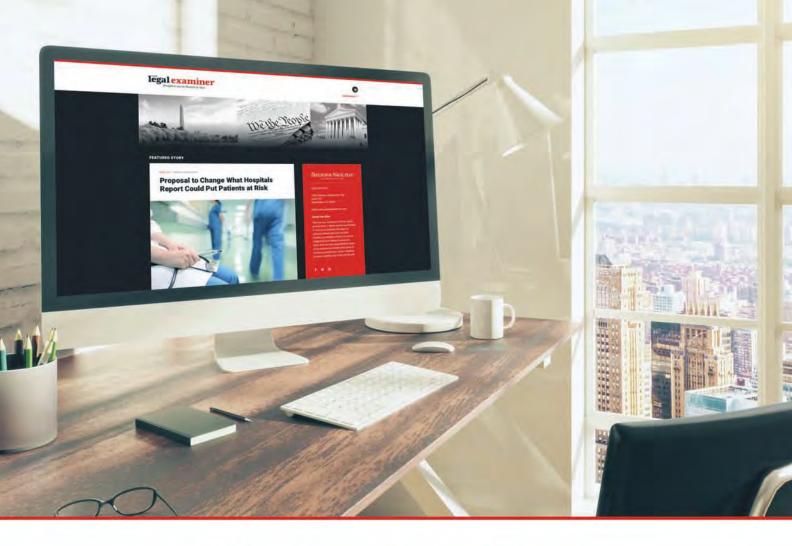
This Colorado inquiry is a direct response to the bombshell report released in Pennsylvania last August that found credible allegations against more than 300 priests who had abused thousands of victims in the state over seven decades. After the release of the Pennsylvania report, calls from victims began to flood the office of then Colorado Attorney General Cynthia Coffman. The Colorado branch of the Survivors Network of those Abused by Priests (SNAP) organization also reached out to her office as part of its effort to spur all 50 state attorneys general to initiate investigations and reviews.

Final results of the report will be made public this fall. While the investigation does not fully involve law enforcement, a grand jury investigation, or issue subpoenas—it notably doesn't allow the church to investigate itself—uncovered cases of sexual abuse will be referred to authorities for prosecution.

Denver Archbishop Samuel Aquila has stated publicly that there are no currently active priests in Colorado under "active investigation," but cases reveal a long history of sexual abuse committed by priests in Colorado. In 2008, the Archdiocese of Denver settled 18 cases of sexual abuse by priests for \$5.5 million. The cases involved abuse of young people from 1954 to 1981. Another recent report from the Jesuits U.S. Central and Southern Province released a list of priests found to have credible allegations of sexual abuse against them, including 13 priests who had once worked in Colorado. One of the priests implicated in the Pennsylvania grand jury report had served in Colorado Springs in the 1980s.

The reparation fund will offer compensation for victims with credible claims of sexual abuse, with no time limit, funded by the three Catholic dioceses of Colorado. In a written statement, former Colorado Attorney General Coffman declared, "It is my sincere hope that the independent review validates survivors of sexual abuse by priests and empowers them in their ongoing recovery . . . All survivors deserve to be believed and supported on their road to healing." IS





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TEEN SULLIDE

What Parents Need to Know About the Link to Bullying

by Rachel Gore

In recent years, a harsh stance has been taken on the impact that bullying has on teens. With the rise of the anti-bullying movement, it has become common to see claims that bullying is a major contributing factor behind teen suicide and suicide attempts. This belief has led to a national outcry to do something to improve the problem of bullying, with some insisting that bullying prevention is the key to vastly decreasing teen suicide. But is bullying really to blame?

This article will delve into the alleged link between

bullying and suicide and discuss other factors that increase a teen's risk of attempting suicide. It will also identify the warning signs associated with bullying, suicide and depression in teens; parents play a key role in suicide and bullying prevention and intervention, so it is important to be able to recognize warning signs as they emerge. By maintaining an open line of communication, parents can be powerful allies who make it that much easier for their children to navigate the stressors of their teen years.

RULYNG

Bullying is aggressive, intentional and unwanted behavior. To be considered bullying, aggressive behavior must include an imbalance of power, such as differences in physical strength or popularity, and be repeated multiple times in a way that controls or harms the victim. According to the U.S. Department of Health and Human Services, there are three main types of bullying:

 VERBAL BULLYING: involves saying or writing mean things about somebody (e.g., teasing, name-calling, sexual comments, taunting, threatening).

- SOCIAL BULLYING: involves hurting somebody's relationships or reputation (e.g., exclusion from social activities, spreading rumors, embarrassing someone publicly, telling peers to ignore or not be friends with somebody).
- PHYSICAL BULLYING: involves hurting a person or their possessions (e.g., hitting, kicking, pushing, tripping, spitting, breaking or stealing someone's things).

CYBER BULLYING

A more recently emerged form of bullying is cyberbullying, which is bullying that takes place over technology like cell phones, tablets and computers. With the world's rising dependence on the Internet, cyberbullying is growing as an alarming and prevalent issue. The National Center for Education and Bureau of Justice's 2017 School Crime Supplement found that approximately 15 percent of bullying victims ages 12-18 reported being bullied online or through text.

Cyberbullying can occur on social media platforms, text messages, instant messages or even emails. What is particularly concerning about cyberbullying is that it grants bullies 24-hour access to their victims. This is not to say that teenagers should not have access to technology, but it does make it extremely important to recognize the signs that your child is being bullied.

Your teen may be:

- Suddenly anxious, stressed or overwhelmed to a level you have not seen before
- Talking about hating school
- Missing school more than usual
- Complaining about excessive drama or not having friends
- Getting frequent headaches or stomach aches
- Losing or missing their possessions
- * Experiencing a decrease in their academic performance or grades

In cases of cyberbullying, you may also find that your child is emotionally distressed or upset after using the Internet or social media. They may avoid conversations about their Internet or cell phone activities and act nervous or distraught after getting an alert on their phone.



When you think about what a "bully" looks like, the image of an aggressive student stealing people's lunch money at recess or pushing them into lockers may come to mind. After all, that's how bullying is frequently portrayed in the media. The truth of the matter, however, is that everyone has the potential to become a bully. Despite this, many parents will react defensively or adamantly deny it if told their teen is bullying others.

Remember that being a teenager is a confusing time that comes with a high desire to be liked and accepted by peers. On top of that, nobody is perfect: not even your child. Just because a teen is engaging in bullying doesn't make them a bad person, and just because your child may be the one doing it doesn't make you a bad parent. Regardless, bullying is still a dangerous behavior that must be addressed and as a parent, you have the opportunity to teach your teen that it is unacceptable. Signs that your teen may be more likely to bully others include:

- An aggressive, easily frustrated demeanor
- Issues or instability within the home
- A positive view of violence
- Established friendships with known bullies

Bullying is not perpetrated only by the "social outcasts": while those who feel isolated or disliked by their peers may feel the need to lash out at others, these students are often the victims of bullies instead of the perpetrators. Another common type of bully is a student who is highly concerned with being popular, connected to and well-liked by other students at school and has social power among their peers.

SURIDE

According to the Centers for Disease Control and Prevention (CDC), suicide is the third leading cause of death of U.S. teens and college students. Every year, more teens and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza and chronic lung disease combined. According to data compiled in 2017 by the Youth Risk Behavior Surveillance System (YRBSS), 17.2 percent of high school students reported that they had

seriously considered committing suicide in the past year, which marked a 25 percent increase from 2009. Another 7 percent of students reported attempting suicide.

The vast majority of teens that attempt suicide are living with a significant mental health disorder. Mental illness is extremely common in young people, with the National Alliance on Mental Illness (NAMI) stating that one in five youth ages 13-18 are living with a diagnosable mental health condition. Ninety percent of youth and teens that die by suicide have an underlying mental illness. Common mental health disorders in adolescence and young adulthood include anxiety disorders, depression, eating disorders and other mood disorders.

Teens who attempt to commit suicide often feel high levels of stress, self-doubt or pressure to succeed. Many do not actually want to die but see suicide as the only way to end their problems. Luckily, while depression and suicidal thoughts are both frightening, they are also very treatable. Just like with bullying, it is important for parents to keep an eye out for suicide warning signs. This is especially true if there is already a pre-existing family history of suicide or suicide attempts. On top of genetic predisposition, other red flags that your teen may be considering suicide include:

- Verbal hints (i.e., "I won't be your problem for much longer")
- Posting on social media about wanting to die
- Aggressive or reckless behavior
- Abrupt cheerfulness after a period of severe depression
- Changing in eating or sleeping habits
- Sudden weight gain or loss
- Withdrawing from friends, family and regular activities
- Complaining of physical symptoms such as fatigue, headaches or stomach aches
- Refusing to go to school
- Giving away important possessions
- No longer planning for the future
- Engaging in self-harm
- Seeking access to a lethal weapon

If you suspect that your teen is suicidal, it is important to openly communicate with them about your concerns and seek professional mental health treatment immediately.





DOES BULLYING CAUSE SUICIDE IN TEENS?

Bullying has long been associated with suicide attempts, but it is rarely the only or even main contributing cause behind an attempt. Making the statement "bullying causes suicide" threatens to diminish other risks factors that are more strongly associated with suicide attempts, such as pre-existing mental health issues, exposure to violence or discrimination. Other risk factors include alcohol and drug use, no support in school or at home, physical or mental disabilities and a lack of access to social support or mental health resources.

Certain demographics are at a higher risk for suicide. One 2018 JAMA Pediatrics report found that LGBTQ adolescents are more likely than other demographics their age to attempt suicide, with transgender and gender non-conforming students being at the highest risk. Among heterosexual, cisgender students, males are about three times more likely to commit suicide than females. At the same time,



WHAT HAS RESEARCH FOUND?

A breadth of peer-reviewed, reputable research has examined the link between bullying and suicide in adolescents and teens. In 2011, a CDC study found that middle school students who were bully-victims were 6.6 times more likely to seriously consider suicide compared to youth with no involvement in bullying. Bullies alone were 4.1 times more likely to seriously consider suicide

There is an understandable human tendency to put the blame somewhere, to find out what the reason is... but it's so much more complicated than that. There's no single cause; there's no single solution to teen suicide.

- JONATHON FRECCERI,

Licensed Marriage and Family Therapist and Social Media Safety in Schools 2018 Conference Speaker

this gap is getting smaller; female suicide completion rates are increasing at about double the rate of males. The 2017 YRBSS report found that multi-racial students, American Indian or Alaskan Native and Native Hawaiian or other Pacific Islander students are the most likely to consider suicide. While these suicide rates are higher than those of Asian and White, Hispanic and Black students, the suicide rate among all races is on the rise. Overall, suicide rates in teens ages 15-19 increased by 33 percent from 2009-2016.

Bullying can have serious and long-lasting negative effects on the mental health of those involved: this includes bullies, victims and those who have both bullied others and been victims of bullying (also known as "bully-victims"). In fact, bully-victims have a greater risk of attempting suicide than teens who have been only bullies or only victims. If another risk factor, such as a mental health disorder, is present in combination with exposure to bullying, a suicide attempt becomes even more likely.

and victims were three times more likely to consider it. A 2013 Journal of Adolescence study that examined associations of depression, suicidal behaviors and bullying experiences in nearly 1,500 high school students found that depression mediated the association between bullying or victimization and suicide attempts. In other words, depression compounds the risk that a high school student involved in bullying will attempt suicide.

So, yes, teens involved in bullying are more likely to report being suicidal or attempting suicide than those with no involvement in bullying. While there is a correlation between suicide and bullying involvement, though, this does not equal causation. What this means is that there is not enough evidence to state that bullying directly causes suicide, even if they can be linked. Most youth involved in bullying do not engage in suicidal behavior, but other risk factors make the likelihood of a suicide attempt much higher.

PARENTAL INTERVENTION IS KEY

For Teens Involved with Bullying

Parents play a critical role in preventing and responding to bullying. There are a number of productive ways you can approach the situation if you know or suspect your teen is being bullied:

- LISTEN TO YOUR CHILD'S NEEDS AND PROVIDE EMOTIONAL SUPPORT. It is easy for parents to want to immediately swoop in and handle the situation, such as by calling the school administration, but that may not be what your teen wants. Allow them to feel validated about what is happening to them and how they're feeling, then ask what you can do to help.
- GATHER SPECIFIC INFORMATION. If you plan on reporting the bullying to the school, make sure you get information such as how long the bullying has been going on, who the bully or bullies are, whether it's happening online or at school and what incidents have occurred.
- * TAKE DOCUMENTATION OR EVIDENCE WITH YOU TO THEIR SCHOOL. Also document details of school meetings, follow-up emails and suggested resolutions.
- * KNOW THE SCHOOL'S ANTI-BULLYING POLICIES. Most states have anti-bullying laws as well. Know these policies, laws and your rights before meeting with school administration.
- CONSIDER SEEKING OUT MENTAL HEALTH COUNSELING FOR YOUR TEEN. Bullying can be extremely damaging to a teen's mental health, and a professional mental health counselor can help them process their thoughts and feelings associated with being bullied.

If you know or suspect your teen is bullying a peer, consider taking the following actions:

- UNDERSTAND THAT YOUR CHILD IS NOT PERFECT AND THAT THEY MAY BE PART OF THE PROBLEM. Many parents don't see how their child could be a bully, especially if they are well-behaved and kind at home. In reality, your child may or may not act the same at school. If you get a call from a teacher or staff member about bullying, take it seriously.
- **COMMUNICATE WITH YOUR TEEN ABOUT THE SITUATION.** You may be able to find out why they are being socially aggressive. For example, they could be acting out due to mental health issues of their own that require professional care.
- REFLECT ON YOUR OWN ACTIONS. Children who come from aggressive or unstable households are likely to repeat bad behaviors that they experience at home. A parent's behavior—whether it is how they talk to their children, spouse or handle their anger is something that children directly model their behavior on. While this is not the case for every child, it is still worth reflecting upon your own communication style.
- WORK WITH THE SCHOOL TO RESOLVE THE ISSUE. Again, you may want to protect your child, but working with their school positively and productively is actually a way to do that. Make an appointment to see a school administrator and talk about the problem, ask how they handle bullying incidents and let them know that you want to be part of the solution.

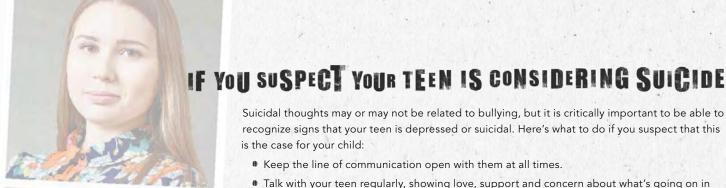




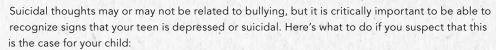


Ninety-nine percent of parents will say, 'No way, not my kid' and get defensive, but every kid is capable of bullying, even the kid you think is an angel.

- JENNIFER CANNON, Licensed Marriage & Family Therapist







- Keep the line of communication open with them at all times.
- Talk with your teen regularly, showing love, support and concern about what's going on in their life.
- Understand that things you may not think are a big deal might be all-consuming to your teen (e.g., a fight with a friend or their first breakup). Don't minimize what they're going through or chalk it off as a "high school problem." For someone in high school, a "high school problem" is a real problem.
- Speak openly about your concerns. If you are concerned that your child is suicidal, talk with them about their mental health and ask if they have had suicidal thoughts. This gives you the chance to broach the topic of seeking professional help.
- If your teen is showing signs that they are depressed, make an appointment with a licensed mental health professional. Do not cancel the appointment if your teen suddenly insists that they are feeling better or acts extremely happy - this can happen shortly before someone attempts suicide.
- If you feel that the matter is urgent and that your child will attempt suicide if you don't intervene, call 911 or take them to the hospital immediately. Suicidal behavior should always be treated as what it is: a medical emergency.

Teen Suicide and Bullying in Media: "13 Reasons Why"

In 2017, Netflix released "13 Reasons Why", a controversial American teen drama television show that follows a 17-yearold high school student coping with the recent suicide of his classmate, Hannah Baker. In the show, Hannah's character pre-recorded a box of cassette tapes in the weeks preceding her suicide, each detailing its own reason behind why she chose to take her own life. In the cassette tapes, she blames gossip, bullying and sexual assault, among other reasons. The show's graphic depiction of Hannah's violent suicide received criticism for being triggering to vulnerable teens, with some arguing that self-harm and suicide were being glamorized. Other critics suggested that the graphic depiction of suicide in the show could inspire copycats.

According to a correlational study published in the Journal of the American Academy of Child & Adolescent Psychiatry, the suicide rate among adolescents ages 10-17 spiked by 30 percent in the month following the show's release. Study author Jeff Bridge commented on the findings, saying, "graphic and sensationalized portrayals of suicide in news and entertainment media can increase risk of contagion, especially among vulnerable youth." This doesn't mean media is all bad, though: "when done responsibly, media depictions of suicide can help to reduce stigma and promote help-seeking and support." It is important to note that the data implies only a correlation between the release of "13 Reasons Why" and suicide rates and cannot determine whether or not the show's release caused the spike in suicides.

THE TAKERWAY MESSAGE

Being involved in bullying as a victim, bully or bully-victim, is one of several risk factors that increases the risk of suicidal behavior in teens. While research has revealed a link between suicidal behavior and involvement with bullying, there is not enough evidence to conclude that bullying directly causes teen suicide. Other factors play a much more significant role in predicting suicidal behavior in teens and in combination with bullying can increase the risk of suicide. Parents play a key role in preventing and intervening in bullying and suicide attempts in their teens, so it is important to be able to recognize red flags that something serious is going on. IS

TEEN BULLYING AND SUICIDE RESOURCES

NATIONAL SUICIDE PREVENTION LIFELINE 1-(800)-273-8255

CRISIS TEXT LINE

Text "HOME" to 741741

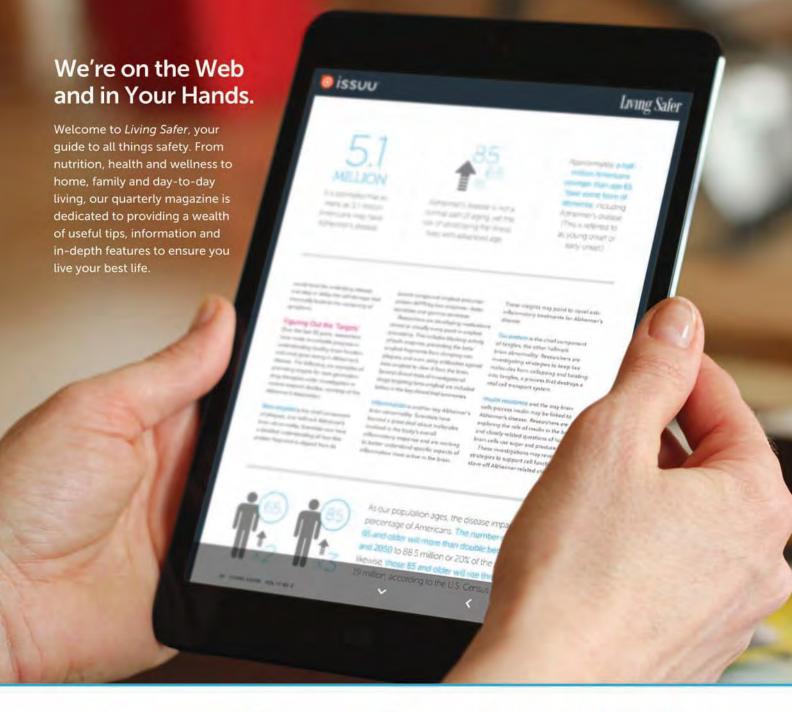
LGBT NATIONAL YOUTH TALKLINE

1-800-246-7743

STOMP OUT BULLYING HELPCHAT LINE

https://www.stompoutbullying.org/get-help/helpchat-line

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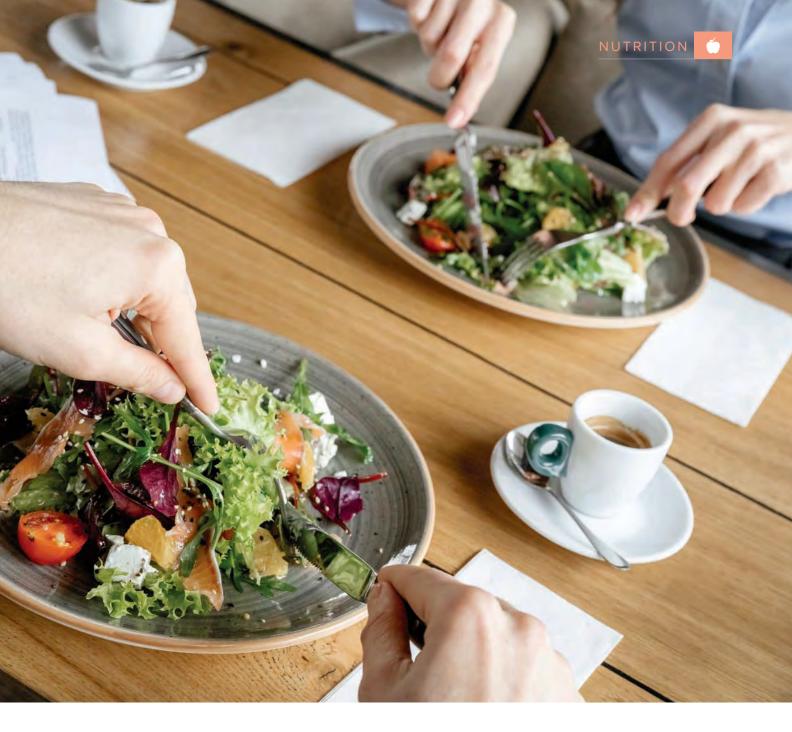




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Hacks for Eating Out While Watching Your Waistline

by Sarah Buron

here is nothing better than enjoying a delicious meal at one of your favorite restaurants. At the same time, cooking at home makes it much easier to control exactly what is going on your plate. At restaurants, it can be tough but it is not impossible. The biggest thing to remember when looking at food? It is meant to be fuel for your body to run

optimally. And yes, it is also meant to be enjoyed! Here are some tips for eating out while watching your waistline:

» Check out the menu online beforehand. Once you get to the restaurant, it becomes easier to be influenced by others' choices. It's your body; how do you want to choose to nourish it? The power is in your hands.

- » Water, water, water. So often, we think we are hungry but are actually just thirsty. Water is your friend so hydrate, hydrate, hydrate!
- » Start with a salad. If you are lucky enough to be someone who actually enjoys salad, start your meal with one! Order the dressing on the side so you can control how much you choose to use. A broth-based soup is also a good starter.
- » Sharing is caring. Eyeing up a decadent or indulgent choice on the menu? Share with others! That way, you can get a bite or two but not crash and burn by consuming all of it.
- » Veggies for the win. More and more places are starting to incorporate vegetable options into their menus. Roasted veggies are a great side to compliment a protein and carb, while helping fill you up with better nutrition as well.
- » Skip the burger bun. If you really want to enjoy a burger and fries, skip the bun while still enjoying the fries. For an extra bit of protein, ask for an egg on top of your burger. Eating your burger with a fork will also help you to eat slower.
- » Mindset is everything. Change your mindset from "I have to order XYZ" to "I want to order XYZ." Rather than focusing on how you feel in the moment, focus instead on

- how you want to feel after the meal and make sure your choice reflects that.
- » No salt shaker. Most restaurants have one, but most restaurants also have meals that are extremely high in sodium. Skip that extra salt!
- » Ask for a to-go box first thing. The first couple of times doing this, it might feel a little weird asking for a to-go box as soon as your plate arrives on the table. But if the food is in front of us, we are more likely to eat it all. Focus on spending quality time with the people around you. Box up half of your meal if the portions are plentiful and it will be out of sight, out of mind. You will be so happy you avoided a stomachache from overeating and that you got more bang for your buck. Plus, you now get to enjoy the delicious meal twice instead of just once!
- » Slow down. Your stomach doesn't have teeth, which is why it is so important to chew, chew, chew your food while it is in your mouth. Put your fork down between mouthfuls and savor every bite, which will help aid in digestion. By slowing down, your body will also have a chance to catch up and alert you when you are full.

Enjoy yourself and have fun. After all, isn't that the point? Life is meant to be enjoyed and these tips will help you to do so to the fullest while being mindful at the same time. $\[\]$





all marks the beginning of the holiday season, and from sneaking some candy on Halloween to feasting with family on Thanksgiving Day, it is without a doubt one of the best times of the year for food lovers. Consequently, it is also the time of year where many of us find it harder to make healthy choices. A 2016 New England Journal of Medicine study found that in the U.S., people's weight begins rising throughout October and November and peaks shortly after Christmas. Though the average holiday season weight gain is just around 1.3 pounds, it takes an

average of five months to lose.

A fear of gaining weight shouldn't prevent you from indulging in your favorite treats from time to time, but it is still important to fuel your body with nutritious, healthy snacks and meals. Luckily, there are a number of fall-themed superfoods that can help you do just that while letting you enjoy the flavors of the fall season. While there is no scientific definition of what falls under the category of "superfoods", superfoods in general, describe foods with high amounts of vitamins and minerals that support good health. Due

to their health-boosting properties, superfoods benefit people's immune systems by promoting physical health and fighting disease. Here are some fall superfoods to try out in 2019:

Apples

and heart disease.

Fall is the perfect time of year to pick a freshlygrown apple right off of a tree. Apples are packed with important nutrients that help keep people healthy, hence the widely-known saying "an apple a day keeps the doctor away." Apples are high in both soluble and insoluble fiber content. Fiber helps to slow digestion, which makes you feel fuller after you eat. It can help with diarrhea, constipation and lessen the effects of acid reflux. The combination of high soluble and insoluble fiber content along with the antioxidant properties of apples can decrease the risk of cancer, diabetes, hypertension

Apples are a source of flavonoids, which are a variety of biologically active compounds found in plants that have antioxidant and anti-inflammatory benefits. Registered dietician and Nutrition Director of Good Housekeeping Jacyln London says that one flavonoid, "procyanidin, a type of antioxidant found in apples, has been found to lower LDL or 'bad' cholesterol. The bacteria in the colon also digests the bioactive compounds in our Fijis and Macintoshes and converts them into healthful components used by our bodies." The flavonoids and fiber in apples come with the bonus of protecting human cell DNA from oxidative damage, which

The health benefits of apples are highest in their purest form: as a whole apple with the skin. So, while fall brings cravings for apple cider donuts, apple pies and other homemade goodies, consider occasionally swapping those out with a freshly sliced apple topped with a sprinkle of cinnamon. With dozens of types of apples ranging from sweet to tart, you are bound to find a fall favorite.

Butternut Squash

can cause cancer.

Butternut squash is a delicious fall seasonal fruit that often goes overlooked. Its vibrant orange color is indicative of its high beta carotene content, which is an antioxidant pigment that turns into vitamin A in your body. In just a one-cup serving of cooked butternut squash, there is over four times the vitamin A you need in one day, meaning

a little goes a long way (don't worry about "overdosing" on vitamin A—eating a cup of squash is highly unlikely to cause negative health effects). Vitamin A promotes healthy vision, skin, bones and other tissues. It also contains high levels of vitamin C, potassium, iron, riboflavin and magnesium.

Butternut squash can be steamed, boiled or roasted and added to

stews or mashed with yams. If you're in the mood for a sweeter treat, try tossing butternut squash in cinnamon then roasting it.

Cranberries

Cranberry sauce may be a Thanksgiving dinner staple, but cranberries themselves are a nutritious superfood that can benefit you all year. Cranberries are packed with antioxidants that help fight disease, have vitamin C and fiber and are only 45 calories per cup. On top of that, they are well-known for preventing urinary tract

infections and can reduce the risk of heart disease, aid oral health and fight against inflammation.

> Frozen, fresh and dried cranberries are a much more nutritious option than cranberry juice cocktails packed with sugar, so try to prioritize healthier options. Instead of juice, consider sneaking cranberries into your diet by using them for sauces and relishes,

adding them dried to salads or oatmeal or incorporating them into healthy homemade baked goods.

Pumpkin

The arrival of fall means pumpkin spice season has officially begun. In its raw form, pumpkin is a low-calorie superfood packed with many beneficial nutrients. Pumpkin is particularly high in Vitamin A, which is known for immuneboosting powers. Pumpkin seeds are high in magnesium, which helps bodily functions like energy creation and nervous system regulation.

Pumpkin is also high in potassium, antioxidants, vitamin C and fiber, which have all been linked to good heart health. To reap the health benefits, consider introducing pumpkin seeds into your diet as a healthy, nutrient-packed snack.

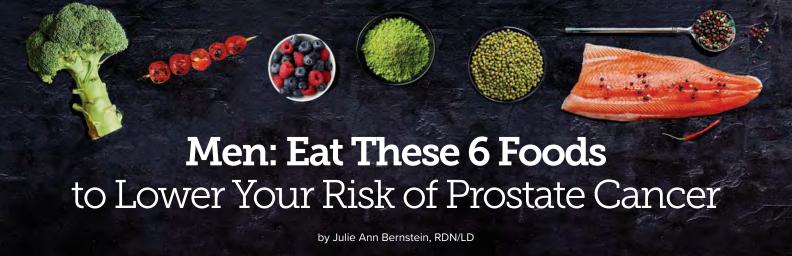
This doesn't mean that all pumpkin foods are good for you, though: many pumpkin-spice favorites, like pastries and lattes, are packed with added sugars and high in calories. According to Adi Wyshogrod, a San Diego-based Registered Dietician

Nutritionist, it is important to be mindful of the

pumpkin spice options you indulge in: "if you're a pumpkin spice latte lover, keep in mind that a small can have over 300 calories and almost 40 grams of sugar. Instead, try grabbing a coffee with one to two pumps of pumpkin spice syrup or asking to swap the milk for a plant-based or lower calorie option."

This is only a sampling of fall superfoods that you can incorporate into your diet to reap

health benefits this season. Other fall vegetables and fruits with superfood-like properties include Brussels sprouts, pears, cauliflower, sweet potatoes and pomegranates. Making recipes using healthy spices like cinnamon, ginger and nutmeg is another way to fulfill your craving for autumn flavors in a healthy way. Experiment with different options to make this season one filled with delicious and nutritious fall-themed treats. IS



"Let food by thy medicine and medicine be thy food." It seems Hippocrates had the right philosophy. Food and nutrition play a huge role in health and wellness. According to The American Cancer Society, the most common type of cancer among men is prostate cancer. The good news is that what you consume in your daily diet can help lower your risk. A healthy and well balanced diet rich in antioxidants, phytochemicals, Omega3 fatty acids, fruits, veggies and lean proteins can help support reducing risk factors for many types of cancers, including prostate cancer.

Although there is no single food item that is more important than another, there are many healthy foods that, when included into one's diet, can greatly benefit and improve their health. "A healthy prostate diet looks like a healthy heart diet," says Stephen Scionti, M.D., urologic oncologist and medical director for Virturo Health. A heart heathy diet is very similar to the popular Mediterranean Diet. The Mediterranean Diet, inspired by the isles of Greece and Italy, consists of unrefined whole foods of vegetables, fruits, legumes, olive oils, lean proteins and fish. This diet is very high in antioxidants, phytochemicals and Omega3, the very nutritional properties that help lower the risk of prostate cancer.

Small nutritional changes can have a positive and lasting impact on overall health. The following is a list of six easy to incorporate foods to help lower your risk for prostate cancer:

Cooked Tomatoes

Tomatoes are an excellent source for lycopene, a powerful antioxidant. Antioxidants help remove toxic free radicals which can build up in the body and cause disease. Consuming cooked tomato products provides a higher nutritional level of lycopene for your body to utilize. Easy ways to incorporate cooked tomatoes can be found in canned tomatoes, tomato paste, tomato juices and sun dried tomatoes. Other food options for lycopene include watermelon, grapefruit, red cabbage and papayas.

Berries

Anthocyanins are another excellent antioxidant to help with oxidative damage. Removing toxic radicals from the body helps with disease prevention. These tiny purple, blue and red berries are powerhouses for containing anthocyanins. The deeper and brighter the color of the berry, the better! Blueberries seem to get the most spotlight for prostate health, but all berries are beneficial in helping

to lower your prostate cancer risk. Grapes, blackberries, strawberries and raspberries can be consumed fresh or frozen for the best nutritional benefit.

Fish

Omega3 fatty acids (healthy fat) decrease inflammation in the body. Inflammation is known to promote cancer cell growth. A diet rich in anti-inflammatory foods can help reduce your risk. Eating foods high in Omega3 fatty acids such as salmon, tuna, mackerel and anchovies have been shown to lower the inflammatory response system in the body. If you don't like fish, no worries. There are other Omega3 options such as walnuts, chia seeds and flaxseed oil.

Broccol

Sulforaphane is a phytochemical found in plants that researchers suspect has the ability to not only target cancer cells, but also kill them. The most talked about of these vegetables in the fight against cancer is broccoli. Studies show consuming cruciferous vegetables have the ability to lower your risk of cancer. Broccoli is just one of many cruciferous vegetables. Cauliflower, cabbage, kale, bok choy and Brussel sprouts are all part of the cruciferous family and have similar benefits that lower your risk of prostate cancer.

Green Tea

Catechins are yet another powerful antioxidant group of compounds that can help lower your risk of prostate cancer. The most powerful catechins in green tea are EGCG (epigallocatechin-3-gallate, and epicatechin). These catechins are believed to be anti-carcinogenic and help healthy cells from not mutating into cancer cells. According to the Prostate Cancer Foundation, men who drink five cups of green tea per day decrease their risk of prostate cancer.

Legumes and Soy

According to the National Cancer Institute, there is a link between soy and reduced levels of PSA (prostate-specific-antigen). Research shows isoflavones may contain cancer fighting properties and suppress cancer cell growth. Legumes such as beans, lentils, peanuts and soy contain these phytoestrogens and may help lower your risk for prostate cancer.

In closing, "You are what you eat." This old adage now seems to be more scientific than proverbial in today's modern world. $\$



Is a Shared Responsibility



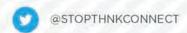
Learn how to do your part to make the Internet safer and more secure for all.







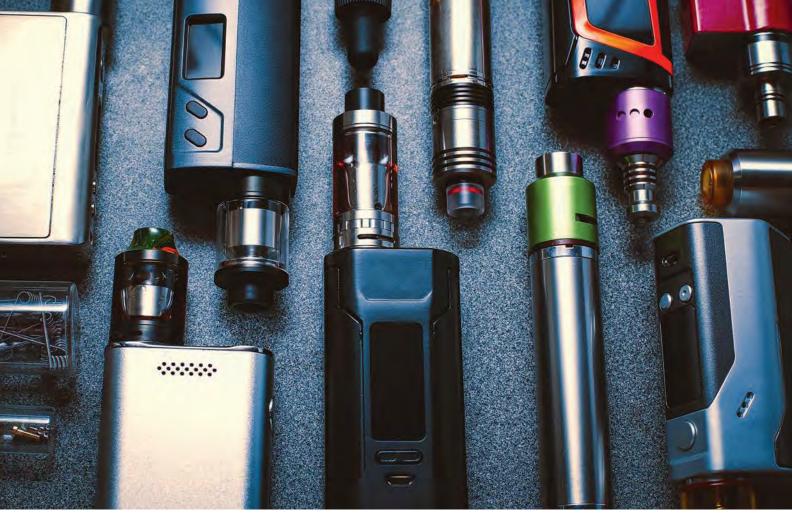




www.stopthinkconnect.org

STOP. THINK. CONNECT. is the national cybersecurity education and awareness campaign.





he U.S. Surgeon General has officially declared vaping among youth an epidemic, with staggering statistics reporting a 78% increase in high school students' e-cigarette use from 2017 to 2018. Electronic cigarettes, also known as e-cigarettes, are handheld battery-powered vaporizers that people use to inhale aerosols that typically contain nicotine, flavorings and other chemicals. The most popular brand of e-cigarette among today's youth is Juul. Juul e-cigarettes are shaped like a USB flash drive, which makes them easy to hide. The Juul pods contain a liquid which is then vaporized and inhaled. Pods come in a variety of flavors that appeal to teenagers such as watermelon, mango, grape and cappuccino and contain a high level of nicotine. The manufacturers of Juul have recently come under fire for marketing directly to teens via social media or online "influencers".

The process of using e-cigarettes is commonly referred to as "vaping" or "juuling" and is associated with multiple negative health consequences. Nicotine is the primary agent in e-cigarettes and is highly addictive. Nicotine raises blood pressure and increases heart rate, which can lead to a heart attack or stroke. Nicotine has also been shown to affect brain development as well as memory and concentration. The adolescent brain is particularly sensitive to the effects of nicotine.

In the short term, youth who use e-cigarettes are at an increased risk of cough, wheezing and asthma exacerbations. In the spring of 2019, the FDA issued an alert that vaping may be associated with seizures among young people. Additionally, the CDC is currently investigating over 380 cases of severe lung

illnesses that are potentially linked to vaping. The long-term health effects of vaping are currently unknown, but studies have shown that e-cigarettes contain and emit several potentially toxic substances associated with cellular changes that can be a precursor to cancer.

Given the dramatic rise in vaping among teenagers, parents need to educate themselves so they recognize the devices and signs that their children might be engaging in this harmful practice. Credible information can be found on the CDC and Surgeon General's websites so parents know the facts before engaging in a discussion with their teenager. Experts recommend that parents avoid criticizing or lecturing and instead encourage an open dialogue. A good way to start might be to ask your teenager what they think about vaping or open the discussion casually if you see someone vaping or drive past a shop advertising vape products. Some parents use texting as a way to communicate with their teens. It's much easier to convey news or information to your teenager about vaping and to share links to articles or websites via text messages. Don't be afraid to share facts and resources so they can see the information firsthand.

Parents can also ask healthcare providers to talk to their teenager about the dangers of vaping and nicotine. Another trusted adult, such as a favorite coach or teacher, can also open the dialogue with your teenager. Be patient, ready to listen and answer questions that your teenager might have about vaping or juuling. If your teen is vaping, there are cessation programs that can be accessed to help them stop. Set a positive example by not using tobacco products yourself.

Juul Timeline

According to the 2019 National Youth Tobacco Survey, 27.5 percent of high school students and over 5 million youth are current e-cigarette users. From 2017-2019, e-cigarette use increased by an alarming 135 percent among high schoolers. According to the CDC, "the rise in e-cigarette use during 2017-2018 is likely because of the recent popularity of e-cigarettes shaped like a USB flash drive, such as Juul; these products can be used discreetly, have high nicotine content, and come in flavors that appeal to youths." Below is a timeline of how quickly Juul has grown in the e-cigarette market as well as some beginning trends of the dangers of vaping.

2015

Juul first launches using colorful, eye-catching designs and youth-oriented imagery and themes, such as young people dancing and using Juul. Juul's marketing campaign includes billboards, YouTube videos, magazine ads, launch parties, and a sampling tour.

Juul relies heavily on social media to market and promote its products, which includes the creation of the hashtag #juul. Marketing also includes music event sponsorships and retail marketing.

2017

Popularity has grown more than 600 percent. Juul has surpassed all other companies' products and now controls ¾ of the e-cigarette market share, making it more popular than the e-cigarettes brands manufactured by the major tobacco companies.

SEPTEMBER 2018

Juul expands sales internationally to Canada, the E.U., Indonesia, South Korea and the Philippines. At least 39 Juul knock-off devices are found to be available. A survey finds that 7 percent of Canadian teens have already tried Juul and it has become the third most popular brand among past-month users. The FDA calls teen vaping an "epidemic" and urges the e-cigarette industry to address the problem. FDA inspectors seize over a thousand of documents from Juul Labs HQ.

DECEMBER 2018

The Surgeon General issues an advisory on e-cigarette use among youth, declaring the growing problem an epidemic.

APRIL 2019

FDA announces an investigation into the potential link between seizures and vaping.

JULY 2019

The e-cigarette marketing applications submission deadline is set. The FDA launches anti-vaping ads to combat teen vaping. Facebook and Instagram restrict e-cigarette content. The WHO issues the 2019 global tobacco epidemic report calling for more research and regulation of e-cigarettes

SEPTEMBER 2019

Six more vaping-related deaths are reported by Oregon, Indiana, Minnesota, California and Kansas. The FDA calls out Juul for claiming vaping is safer than other tobacco products. Photos emerge revealing severe lung damage in vape users while Juul continues ads despite FDA warning. Three confirmed cases of severe lung disease related to vaping are reported in Washington.

2016

Dollar sales share for Juul products are less than 5 percent, the lowest compared to products sold by companies.

APRIL 2018

FDA sends warning letters to 40 retailers across the country for illegally selling Juul products to minors.

NOVEMBER 2018

Juul announces the suspension of its official social media accounts on Instagram and Facebook and limits on its Twitter posts to "non-promotional communications only". As a response to FDA, Juul announces plans to take several voluntary actions, including limiting sales of some of its flavored refill pods exclusively to its website instead of retail stores, limiting purchases from its website to prevent bulk purchases, enhancing its online age-verification system for purchases and enforcement against unauthorized online sales.

MARCH 2019

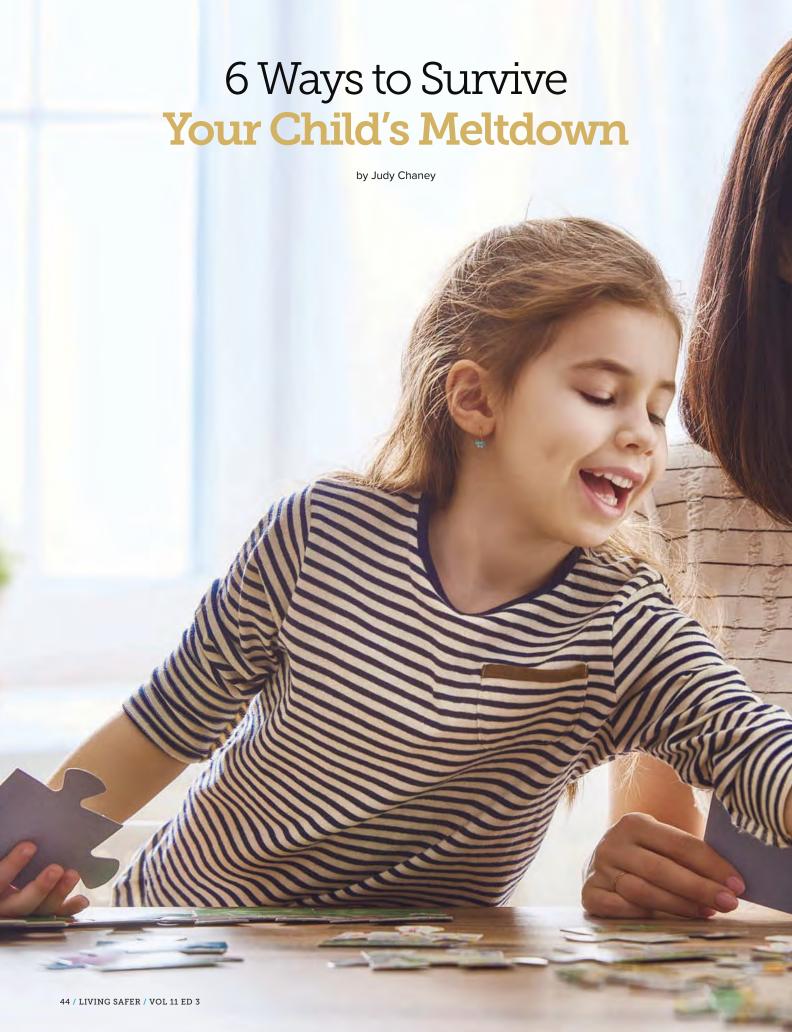
The FDA restricts the sale of flavored tobacco products. Health experts sue the FDA over the delay of its e-cigarette review.

JUNE 2019

San Francisco bans e-cigarettes.

AUGUST 2019

The FDA announces there have been 127 reports of vaping-related seizures, which is raised to 150 less than 2 weeks later. Juul Labs raises \$325 million from investors as the CDC official opens a probe into vaping-related lung cisease. The FDA launches an investigation into Juul's ceceitful marketing practices and the CDC urges the public to stop buying vaping products off the street and modifying them. The first vaping-related death is reported by Illinois on Aug. 23.





magine that you're shopping or running errands and something in your child snaps. All of a sudden, they've dropped to the floor, yelling and crying about something you can't understand. They are in full meltdown mode. Don't panic! Every parent has been there and all kids have them. Sometimes, meltdowns are impossible to avoid. Your child may be too tired, hungry or overstimulated but it's usually a guessing game of what to do next. Here are some ways to survive your child's meltdown:

- Stay calm and be patient This is not always as easy as it sounds. Count to 10 or have your child count to 10 with you. Take some deep breaths and don't get mad at your child. Remember that their meltdown isn't a product of your parenting.
- Identify and remove the triggers If you know your child is going to be hungry soon, bring a snack. If you've been very busy for a few days and haven't had one day to relax, try to reschedule the trip to the zoo or that playdate. Kids need to have downtime too. They may also be having a meltdown from overstimulating sounds or too much going on around them. If this is the case, it may be time to head home and try again another day.
- Play a game When children are having a meltdown, they are using the emotional part of their brain. Activate the logical part of the brain by asking your child to find a color, shape or letter. Older kids can do a math problem. This doesn't always work if the meltdown has progressed too far, but if you catch it early enough, it can save you from the worst of it.
- Distract your child Point out things to look at from the window or cart. Bring a toy they haven't played with in a while or keep their favorite toy in your purse. Hide a small object in your hand and see if they can pick which hand the toy is in.
- Be silly Make a silly face at your child, march around singing or walk like a penguin. Many times they can't help but to laugh or walk funny too.
- Relax Don't forget to take care of yourself, too. Put your child to bed and pop open a bottle for a glass of wine or grab some chocolate and relax! It's much harder to handle the meltdowns when you are tired or stressed, so don't forget to unwind occasionally.

Remember to acknowledge your child's wants and needs and let them know they are safe and loved. Watching your child have a meltdown and worrying about what other people are thinking can be stressful. Just know that this behavior is normal and it will pass. IS



our teen's phone is sitting on the table. A notification lights up the screen. You look — just to make sure there's nothing "urgent." Come on, now. You know you've done it; you've looked. And that's OK.

But have you taken the next step? Do you actively go through your teen's cellphone to make sure their conversations are on the up and up? Or, maybe you haven't quite gone that far just yet, but you're considering it.

Before making a final decision, consider these pros and cons from Kidguard and HowtoAdult.com.

Pro: You want to make sure they're still "speaking" appropriately.

You've spent your child's entire life teaching them not to be mean or bully. But text messaging makes it easy to forget. A seemingly innocent text message can hurt or offend. An inappropriate picture sent as a harmless flirtation can be shared around school. Therefore, monitoring your child's messages—both what they send and what they receive—will enable you to reinforce what you have taught them all along.

Con: It undermines their confidence.

As your child continues to mature mentally and physically, it's important to loosen some of the boundaries that you've erected in the past. It's vital to your child's self-esteem that you show them that you believe in their ability to make responsible decisions, without having to know every move they make by reading their texts.

Pro: You will know who your kids are talking to.

It's not unreasonable for parents to want to know who their children are communicating with. It was easy back in the day when friends had to call each other via a landline and declare to the person picking up the phone who they were and why they were calling. These days, however, we're all aware of the dangers posed by online predators. But what about those text messages going back and forth between your daughter and that boy you said was too old for her?

Con: It could provoke inappropriate behavior.

A controlling parent can also trigger rebellious behavior from a child. If your child feels that you are too controlling and they have a lack of privacy at home, they might decide to engage in risky behaviors and keep them a secret from you as a way to make themself feel more in control. Risky behaviors could include lying about where they're going, sneaking out, drinking alcohol, smoking, doing drugs or socializing with you would not approve of.

Pro: Kids are easily distracted.

Constant text messaging provides a major distraction from the real world—from schoolwork, homework, outdoor pursuits and socializing. Many youngsters today are addicted to texting. This can have a negative impact on academic performance, as well as the ability to socialize and communicate face-to-face.

Con: It sends a negative message.

Reading a child's text messages sends a clear message that you don't trust them. It's understandable if you read your child's texts if you have a valid reason not to trust them. However, if your child follows the rules you have set, acts respectfully and maintains their usual academic performance, you can send a negative message if you read their texts anyway.

Pro: They are losing sleep.

There is no magic number regarding the amount of sleep children need, but most pediatricians, as well as the National Sleep Foundation, recommend 8½ to 9½ hours of sleep per night for 10- to 17-year-olds. However, with the use of mobile devices on the rise, studies have shown that many teenagers are falling short of this target.

Con: It violates their privacy.

Just as you value your privacy and expect your child to honor that value, your child needs the same in return from you. Reading a child's text messages demonstrates your lack of respect for your child's privacy. It also can affect the level of respect your child has for you.

Whatever decision you make, do what's best for you and your family. Should you choose to take a peek, be honest. Tell your child. Make sure they understand that this is "part of the deal" for having a phone. Having an open and honest conversation with your child can only help to build trust. Is



enters insurance is a valuable resource that can give you peace of mind knowing that your valuables are protected wherever you go. The majority of renters are unaware of just how valuable insurance is, so we've highlighted some important details about how this smart, supportive and affordable coverage helps protect what matters most to you.

The cost of renters insurance isn't much more than \$15 a month. The personal property coverage in a renters insurance policy covers belongings from certain risks, often called "perils" such as:

- » Hail
- » Lightning
- » Windstorms
- » Wildfires
- » Ice, snow and sleet

On Aug. 8, 2019, a fire broke out in an apartment building in Omaha, Nebraska. An engaged couple living in the apartment below the one that caught fire awoke to a firefighter banging on their door. They exited the building and once outside, saw flames shooting through the roof of the apartment building. Their minds were racing, and they correctly assumed everything in their apartment was going to be destroyed. They remembered her wedding dress hanging in their closet and asked a fireman to retrieve it. The dress was the only item in their apartment that was not ruined. The fire was caused by someone improperly discarding smoking materials. No injuries were reported in the fire, but it caused \$750,000 worth of damage to the building and displaced 12 families. Hopefully, these 12 displaced families had renters insurance.

Renters insurance may help pay for various expenses that result from perils/storm damage:

Possessions: Think of the value of everything you own. It probably adds up. What if your personal possessions are wiped out in a fire or a storm? Would you be able to afford replacing everything you own? *Having Renters insurance protects you financially.* Take a video of your possessions with your phone and store the video in a safe place, so you have record and proof of all your belongings.

Additional living expense coverage: Imagine being displaced from your residence. Renters insurance may help pay for the costs of a hotel, restaurant and grocery bills if the residence you are renting is temporarily uninhabitable.

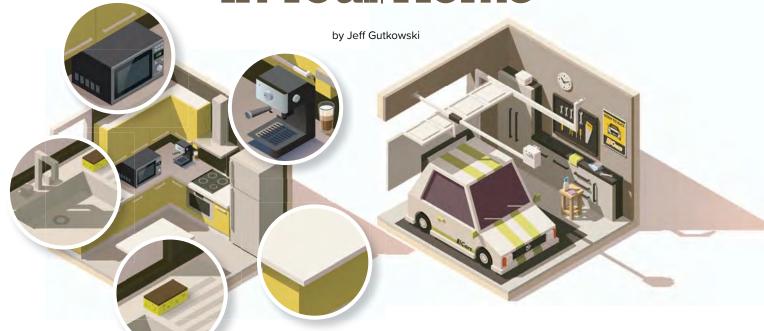
Debris Removal: If a storm turns your covered belongings into debris, removal may be paid for by renters insurance.

Power Interruption: If a storm knocks out the power in your neighborhood, renters insurance may pay for replaced spoiled contents of your refrigerator or freezer. Also, if you were on your computer and a power surge from the storm damaged it, the repair cost or a new computer may be paid for by renters insurance.

Liability Protection: If a guest slips and falls on your freshly-washed kitchen floor and gets injured, renters insurance would pay for their medical bills. Renters insurance also helps cover claims and lawsuits brought on by others for injuries and damages to their property unintentionally caused by you, your kids or pets.

Peace of mind: Having renters insurance gives you peace of mind knowing that you are protecting everything you have worked hard for your entire life. ||

The 15 Yuckiest Places in Your Home



ou don't have to be a germaphobe to want to keep your family as healthy as possible, but the reality is that your home is a vast breeding ground for illness-causing germs. Commonly found household germs include staph, salmonella, E. coli and fecal matter. Germs in the house get transferred to humans in several ways: airborne, hand to mouth/nose and digestion of food items. Germs are everywhere, not all of which are bad, and we can only stop them if we live in a sterile bubble.

So, where are the best places to focus your cleaning efforts? A 2011 NSF International Household Germ Study found that a popular misconception is that the bathroom is the "dirtiest" place in the house with the highest concentration of germs. But the truth about where the most germs live and breed is much more alarming than that. Places where food is prepared and any places that are warm, moist and not cleaned frequently give germs the right conditions to reproduce. And wow, can germs reproduce. With the right conditions, some germs reproduce every 20 minutes. Places in your house that are likely infested with most germs include:

The Kitchen Sponge or Dish Rag.

More than 75% of the kitchens tested in the NSF survey had sponges or dish rags that contained coliform bacteria, the family of bacteria that includes E. coli and Salmonella and may reflect fecal contamination. Dishrags and sponges are by far the worst offender of germs in the home and on average contain 100 times the number of microorganisms of the second offender on our list. It is probably a good idea to microwave the wet, soapy sponge for 3-4 minutes

at least once per day or run it through the dishwasher. A new dishrag every day could help, too. You may go through sponges and dishrags more quickly, but you won't be spreading bacteria every time you wipe up.

The Toothbrush Holder

Who bothers to disinfect the toothbrush holder, you ask? Hopefully you, now that you know that the toothbrush holder has one of the highest likelihoods of harboring yeast/mold and coliform.

The Pet Bowl

Man and woman's best friend can be their dirtiest friend, too. Just like places where we prepare our food, dog and cat bowls are likely to contain coliform and yeast/mold. Wash pet bowls with warm, soapy water and rinse thoroughly every day.

The Coffee Reservoir

Coffee reservoirs are great breeding grounds (excuse the coffee pun) for yeast/mold but can also harbor coliform bacteria, according to swab tests. Use vinegar mixed with water and run it through your coffee machine. If the reservoir is removable, check to see if it is dishwasher safe for an everyday clean.

5 The Kitchen Sink

Your kitchen sink ranks right behind the sponge for harboring more coliform bacteria and yeast/mold than anywhere else in the home. Use bleach or vinegar-based



disinfectant regularly to clean your sink and don't use it as a "way station" for dirty dishes and food waste.

6 A Pet Toy/Tennis Ball

Pet toys go everywhere with your pet: outside in the back yard, inside on rugs, floors and furniture. But it's still not as disgusting as the kitchen sink!

7 The Bathroom Faucet Handle

Think about the times when someone touches the handle. Although the toilet bowl handle by itself doesn't make our cutoff, these two useful handles combine to make a pretty potent punch.

The Kitchen Countertop

Any place where food preparation takes place is high on this list because sources of coliform bacteria include unwashed produce, raw meat and poultry. Using a clean sponge and antibacterial agent regularly will keep your countertop from transferring bacteria like coliform and yeast/mold between foods. Cutting boards harbor the same germs, just not as many.

The Bathroom Doorknob

Surveys of the things that people find most annoying about strangers often include watching people skip washing their hands after using the facilities. So, maybe it's not so surprising that the bathroom doorknob makes the list for places to find coliform and staph.

10 Stove Knobs

Here is a stunner in our countdown. A real upset when you see what sits at number 11. You're in the kitchen with uncooked food when you turn on the stove, so it's easy to see how this made the list. Remembering to wipe the knobs when you clean up the stove after dinner will go a long way, but placing a napkin in your hand before touching the knobs will go even further.

11 The Toilet Seat

Pretty obvious, right?

The Gear Shift

A follow-up surprise in the countdown, but a place where yeast/mold and coliform grow. Not surprisingly and sort of relatedly, the steering wheel can be bad too—just not as bad as the gear shift.

13 The Microwave Handle

Back to food prep for number 13, which is the sixth and last entry coming from the kitchen.

14 Pens

After researching for this article, you will not catch me putting a pen in my mouth. Ever. Do without the extra yeast/mold, staph and coliform—in that order—by stopping that bad habit.

15 Remote Control

When was the last time you disinfected your remote control? Thought so. Really high on yeast/mold. $\$

Baking Soda: The Super Cleaner You Never Knew You Needed

by Stephanie Andre

If you're like most people, you might have a box of baking soda sitting in the back of the fridge. Or maybe on the door.

What you may not know about are the many cleaning opportunities that came with your decision to keep that open box of baking soda.

Check out these tips from Good Housekeeping.

Remove stains from plastic food containers

Freshen your containers by wiping them with a clean sponge sprinkled with baking soda. Or erase tough stains by soaking in a solution of four tablespoons of baking soda and quart of warm water.

2 Refresh a foul-smelling fridge

Never worry that last night's salmon will leave your fridge smelling fishy for months to come. Baking soda will absorb strong food odors so they don't linger or change the taste of neighboring foods.

3 Clean store-bought fruits and veggies

Mixed with water, baking soda can remove dirt and that waxy coating that comes on produce from the supermarket.

Scrub down kitchen surfaces

Nearly every dirty spot in your kitchen can benefit from a baking soda treatment. Combine it with water to clean countertops, stainless steel sinks, microwaves, range hoods and cooking utensils.

Deep-clean extra greasy dishes and pans

Dial up your dish soap with a sprinkle of baking soda. "Hot water soak, mildly abrasive baking soda, a scrub sponge and some elbow grease is all you need to dissolve stuck-on grease," says Carolyn Forte, director of the Cleaning Lab at the Good Housekeeping Institute.

6 Revive stale-smelling sponges

Soak these kitchen staples in baking soda and water to freshen them up and get to use them a little longer. But remember, you should still toss your sponges every two to three weeks, depending on use.

Deodorize musty upholstery and mattresses

Banish smells from the soft, cushy places around your house by sprinkling surfaces with baking soda, letting it sit for 15 minutes, then vacuuming it up.

8 De-stink pet beds

The same goes for Spot's favorite place to sleep! Sprinkle, wait 15 minutes and vacuum.

Give new life to old toys

Naturally fight the effects of your little one's grubby hands by wiping toys with a sponge dipped in a baking soda and water solution.

Scrub a crayon-covered wall

When your kid's artistic efforts end up all over that wall you just repainted, scrub lightly with a damp sponge sprinkled in baking soda.

11 Banish mildew from bathrooms

Scrub your tub, tile, sink and shower curtain with a damp sponge and baking soda. Rinse to reveal gleaming surfaces.

12 Dust stuffed animals

These dust-collectors will be easier to clean if you place them in a large plastic bag with a cup of baking soda. Secure the top, take the bag outside and shake well. The baking soda helps draw out soil and dust. After you remove them from the bag, vacuum everything away.

13 Brighten dingy laundry

Both whites and colors will come out of the washing machine brighter if you add a cup of baking soda to your load. Combined with liquid detergent, baking soda helps balance the pH levels to get clothes cleaner.

14 De-clog a drain

Clear a stubborn drain by pouring a ½ cup of baking soda down it, followed by a ½ cup of vinegar. Cover with a wet cloth to contain the science fair-like effects (remember DIY volcanoes?). Wait five minutes, then flush with hot water.

15 Refresh smelly sneakers

Freshen up after gym class by sprinkling some baking soda inside your shoes (and your gym bag while you're at it.). Simply tap it out before you wear them again.

16 Eliminate garbage can odors

Place some baking soda in the bottom of your can to fight trash stink.

77 Clean up a garage oil spill

Got an oil spot on your concrete? Pour on a little baking soda and scrub with a wet brush to make it disappear.

18 Scrub a messy grill

Combat a summer's worth of cookout grime by sprinkling some baking soda on your grill-cleaning brush before you scrub away.

19 Wipe down dirty patio furniture

Before you pull out your lawn chairs for the season, give them a wipe-down with baking soda and water. And before you put them away at the end of summer, place baking soda underneath the cushions or inside their storage bags to keep them fresh. IS



In recent years, our culture has become increasingly focused on mental wellness, with Americans shelling out a projected \$238.4 billion on mental health services in 2020. And while there is absolutely no substitution for treatment from a mental health professional if you have serious psychological afflictions, there are small changes we all can make in our everyday lives to diminish stressors and tend to our mental well-being.

One such change is simply switching up the paint colors in your home. Color psychology is the study of how mental functioning is affected by the colors that surround us—certain colors elicit feeling calm and peaceful, for example, while others promote energy and happiness.

Physically, this happens as a result of the cells in our eyes sending signals to two different areas of our brains: one is a visual area responsible for translating signals into images and the other is a more sensory area, responsible for releasing hormones that affect mood, temperature and heart rate.

If you're looking to reap the sensory benefits of color psychology right in your own home, consider filling your abode with a sampling of these hues:

Gray

Gray walls are all the rage right now when it comes to trendy home decorating, and it's easy to see why. A gray room feels stable and grounded. It's also a great neutral backdrop for more colorful décor accents. Consider using gray in any living space where you find yourself often trying to focus on the task—or people—at hand.

Cream

While the color white has similar effects as cream, white walls in

a home aren't always realistic—especially if you have children or pets. Instead, consider cream, which is known to bring peace and comfort to those in its presence. Cream could be ideal for a bedroom to encourage peaceful rest or for any other room in your home that could stand to promote relaxation.

Mauve

Mauve is purple's more neutral sibling, but that doesn't mean it won't pack the same powerful punch. Mauve is reminiscent of royalty, evoking feelings of decadence and youth. Perhaps use this color in a highly trafficked area of your home, such as an entryway, to allow the largest number of people to experience its subtle yet empowering effects.

Teal

Teal is a member of the blue-green family that evokes feelings of tranquility. Consider painting a teal accent wall in your living room to promote calming thoughts whenever your family gathers there. Or maybe design a teal bathroom to create a soothing setting for your morning routine.

Burgundy

A close cousin to the primary color red, burgundy is a more sophisticated option to promote passion or strength (while avoiding the blood-pressure-raising effects of a bold red). Use burgundy in your home office to cultivate an impassioned creative thinking space.

Designing your home around how you want to feel in each room may sound labor-intensive, but the positive changes in your mood and overall well-being make it more than worth it in the end. IS

Dos and Don'ts of Helping a Depressed Friend or Family Member

by Judy Chaney

DO

DON'T



Listen without judgment, ask questions and validate their feelings



Express empathy, encouragement and support



Help find resources



Know your role and have realistic expectations for yourself within it



Take care of yourself



Be aware of avoidance - extend an invitation or reach out



Make invalidating statements like "be strong", "don't cry", or "focus on the positives"



Be afraid to ask if they're suicidal



Minimize what they're going through or act like you know exactly how they feel



Go MIA or give up on them



Lash out in frustration



Tell them how to fix it

Suicidal thoughts can affect anyone regardless of age, gender, race, orientation, income level, religion or background. According to the CDC, Suicide is the 10th leading cause of death among adults in the US, and the 2nd leading cause of death among people ages 10-24. If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 800-273-TALK (8255) or call 911 immediately.



ROUNDUP AND CANCER-A SAGA OF DECEIT

by: Matthew J. Sill

lyphosate was synthesized and brought to market by Monsanto in 1974 as the active ingredient of its new weed-killer, Roundup. In the decades that followed, the use of Roundup and other glyphosate-containing weed-killers exploded. This was mostly due to the introduction of genetically modified, glyphosate-resistant Roundup-Ready crops such as soy, corn and wheat, which allowed farmers to kill weeds without killing their crops. Glyphosate is now by far the most widely-used weed-killer in the world and further increases are expected in the future, partly due to emergence and spread of glyphosate-resistant weeds.

Since its introduction to the market, Monsanto has held the position that glyphosate and Roundup are safe to humans and has tried to dispute any evidence or study questioning that claim. The EPA initially approved Roundup based on studies conducted by Industrial Bio-Test Laboratories (IBT). IBT was later discovered to have fabricated the safety data for glyphosate and several other herbicides and was subject to criminal investigation and convictions. When the EPA became aware of the fraud in 1976, it asked Monsanto to provide additional safety data or risk the ban of its product, but Monsanto repeatedly refused to do so. The results of the animal carcinogenicity studies finally performed by Monsanto in the mid-1980s showed an increase in the tumors in mice and rats exposed to glyphosate. The EPA then classified glyphosate as a Group C possible carcinogen, determining it was "possibly carcinogenic to humans." However, after a heavy-handed lobbying campaign by Monsanto in 1991 and shortly before the introduction of Monsanto's Roundup-Ready GMO crops, EPA changed its classification of glyphosate to Class E or "carcinogenic for humans."

In recent decades, several epidemiological studies have demonstrated a link between exposure to Roundup and a group of blood cancers called non-Hodgkin's lymphoma (NHL). A number of peer-reviewed scientific articles have also shown that glyphosate damages the DNA in lymphocytes (the cells involved in NHL). DNA damage is one of the known causes of cancer. But the turning point in the Roundup safety saga happened in 2015, when the International Agency for Research on Cancer (IARC), the cancer research arm of the World Health Organization, investigated the evidence relating to carcinogenicity of glyphosate. The IARC study, performed by 17 scientists from 11 nations, found that there was sufficient evidence to list glyphosate as "probably carcinogenic to

humans" (Group 2A) for non-Hodgkin's lymphoma (NHL). Group 2A is IARC's second highest carcinogenic level.

In the decades since Roundup was first introduced to the market, Monsanto has done nothing to evaluate its safety in humans. Instead, its efforts have been solely focused on trying to discredit scientists who questioned the safety of Roundup. With the help of its hired scientists, Monsanto's Roundup team did everything in its power to dispute the evidence of health risks of Roundup, while insisting to regulators and the public that Roundup was safe.

After the IARC announcement of its conclusion about glyphosate, lawsuits were initiated by individuals diagnosed with NHL following exposure to Roundup. Currently, over 13,000 Roundup cases are on file in various courts. The majority of those cases have been filed in state courts in Missouri, where Monsanto's headquarters is located. Cases in federal court have been consolidated in the federal court for the Northern District of California.

Our law firm represents a large number of those plaintiffs both in Missouri and California. Success in cases of this nature is critically dependent on the strength of the scientific evidence and expert testimony presented to the court and the jury. We are pleased to announce that our attorney, Dr. Tara Tabatabaie, a former scientist, has been a key member of the team of a select few attorneys developing the scientific evidence for the nationwide Roundup litigation. Dr. Tabatabaie's extensive scientific expertise, along with with the many years of experience of our other attorneys in cases against large corporations, is a true asset to our clients.

So far, the cases of four California residents have gone to trial in California, all resulting in jury verdicts in favor of the plaintiffs. The sheer size of the verdicts against Monsanto in those cases reflected the degree of the juries' disapproval of Monsanto's conduct: the first trial resulted in a \$280 million verdict against Monsanto. Of this verdict, \$279 million dollars was allocated to punitive damages. In the second trial, the jury awarded the plaintiff \$80 million. The jury verdict in the third trial, with a husband a wife both suffering from NHL as plaintiffs, was just announced with a landmark verdict of \$2 billion of punitive damages against Monsanto. Monsanto, and its parent company, Bayer, have announced that they will appeal these verdicts, but the message from the juries in these trials is loud and clear: Monsanto can no longer escape responsibility for exposing millions of individuals to a dangerous, cancer-causing product.



ACCIDENTS

- · Trucking
- Aviation
- · Heavy Equipment & Machinery
- · Rollover
- · Gross Negligence

PRODUCT LIABILITY

- · Roundup® Non-Hodgkin Lymphoma
- · Talcum Powder Ovarian Cancer
- · Power Tool Injuries
- Vehicle Defects
- · Consumer Product Defects

CLASS ACTIONS

- · Oil & Gas Royalty
- · Wage & Hour
- · Consumer Protection
- Environmental
- · Whistleblower

PHARMACEUTICAL & MEDICAL DEVICE

- · Hip Implant Failures & Revision Surgeries
- · Taxotere® Permanent Alopecia
- · Abilify® Compulsive Gambling
- · Hernia Mesh Defects
- · Opioid Addiction Epidemic

SERIOUS HARM

- · Birth Injuries
- · Brain & Spinal Cord Injuries
- · Amputations & Burns
- · Wrongful Death
- · Negligent Care & Abuse

INSURANCE COVERAGE & BAD FAITH

- · Automobile Policy Disputes
- · Storm Damage Claims
- · Life Insurance Disputes
- · Fire Damage Claims
- · Health Insurance Fraud



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