



CASEY, DEVOTI & BROCKLAND'S

Living Safer

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MAGAZINE

**UNVEILING THE
HIDDEN DANGERS:**
Hair Relaxers and Their
Alarming Connection to Cancer

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Living Safer

A Letter from the Firm



Matthew C. Casey



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Anne Brockland

Dear Friends,

Life challenges our sense of safety every day. We often see in our practice the consequences resulting from someone's failure to appreciate the risk posed by their conduct. Those results can significantly affect our lives and those of our families, friends and colleagues.

The Missouri General Assembly finally acted earlier this year to make Missouri roads safer. The Sidden Bening Hands-Free Law went into effect on August 28. The legislation prohibits drivers from using their cell phone while driving. The legislation was the result of years of work by the Missouri Hands-Free Coalition, which Matt Devoti is a member.

Please put your phone down while behind the wheel. Driving distracted is now against the law in Missouri.

Of course, terrible things sometimes happen through no fault of anyone. Many of us know someone injured as the result of a heart attack. These occurrences are sometimes fatal. But, medical professionals routinely tell us that prompt action can significantly lessen the consequences of cardiac arrest.

Along that line our firm recently joined a group of neighborhood professionals to purchase an automated external defibrillator (AED) for the Hill neighborhood. AEDs are used to help people experiencing sudden cardiac arrest. The device delivers an electric shock through the chest to the heart when the device detects an abnormal rhythm. The shock changes the rhythm back to normal.

Fundraising for the AED purchase followed a first aid course conducted by the Hill Neighborhood Association. Led by a local paramedic, the course provided basic life support and introduced participants to cardiopulmonary resuscitation (CPR) and AEDs.

Are you interested in learning more about AEDs and providing CPR? If so, please visit the American Heart Association to review its resources and see what you can do to help those requiring your assistance.

We often receive feedback from many of you about our activities beyond the practice of law. Thank you for your continued support.

Best regards,
Matt, Matt and Anne



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The American Cancer Society Road To Recovery program gives cancer patients free transportation for cancer-related medical appointments. As a trained volunteer driver, you'll join cancer patients on a crucial part of their journey to recovery, transporting them to and from their appointments and ensuring their access to care isn't prevented or delayed because of lack of transportation.

A few hours of your day could make a lifesaving difference. Connect with us to learn more about Road To Recovery volunteer opportunities in your area.



The American Cancer Society takes your safety seriously and has implemented guidelines to minimize COVID-19 risks to patients and volunteer drivers. All volunteer drivers are strongly encouraged to stay up to date with COVID vaccinations. Masks are currently required.

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Mindfulness Meditation for Stress Reduction

by Scott Marshall

The great Buddhist master Thich Naht Hahn once explained to a dear friend that there are two reasons to wash the dishes after a meal. The first is to have clean dishes. The second is to wash the dishes.

What is Mindfulness?

Mindfulness is simply the act of paying attention to your surroundings and your body. Sounds easy, right? It actually is easy for a brief period. The difficulty is in maintaining a state of mindfulness throughout your day.

A fundamental principle of mindfulness is the effort to be present in the moment that is Now. Why is that important? There is a litany of potential answers to that question and clichés we use as reminders to “Stop and smell the roses,” take time to recharge your batteries, decompress, and relax. These are all things that we know we need. Sitting by the beach and listening to the waves roll in feels good. We can let go during these periods and truly find ourselves enjoying the present moment. What about the time in between these respites of peace?

The stress that makes us need these things is everywhere: our relationships, work life and the news. We are constantly pummeled by things that induce a stress response. Yet, we often endure these things daily while waiting for time to decompress. What if you could have the ability to decompress on command? Mindfulness meditation offers that capability, and it is easier than you think to incorporate into your daily life.

Being Present

Mindfulness is about living in the present moment. Two very disruptive forces interfere with our ability to be present. These are worry about the future and regret or remorse about the past. When we allow these things to enter our minds, they take us away from the present. We may understand this, but keeping the past and future out of our present is complex.

Why be present? Because in the present, there is no worry, doubt, regret or stress. If you can imagine yourself sitting by the beach, focusing on your breathing and the beautiful surroundings, you will know this is true. During these times, there is no yesterday, no tomorrow, only now. Finding the ability to bring yourself wholly into the now at will and using it daily will change your life in amazing ways.

Benefits of Mindfulness

Perhaps 30 years ago, mindfulness was a relatively “fringe” idea practiced by new-age gurus and people with a somewhat different outlook on life. Since then, meditation mindfulness has taken hold of mainstream pop culture to decompress from the stress of everyday life. New studies have shown that mindfulness has tremendous health benefits.

According to the American Psychological Association,

mindfulness has the following empirically supported benefits:

- » Reduced rumination and depression
- » Stress reduction
- » Boosts to working memory
- » Focus
- » Less emotional reactivity
- » More cognitive flexibility
- » Relationship satisfaction

There are physical benefits as well. Stress can damage your body. Studies have shown that those who meditate regularly and often have lower blood pressure and lower amounts of lipid peroxide in their blood. This compound hardens arteries and can cause atherosclerosis. Meditation boosts your immune system and improves brain function.

How to Begin – Just Meditate!

Mastering mindfulness is like mastering the piano. You don’t expect to play Rachmaninoff after a week of practice. You can’t expect to master mindfulness in the same period, but you can start and notice a difference. So, how do you practice? Meditation. A daily meditation mindfulness practice will give you the tools to bring mindfulness into your everyday life.

Mindfulness meditation is a state of being wherein you focus on your surroundings. Start by focusing on your breathing, which allows you to anchor yourself in the present moment. There is no more pure way of being present than attention to inhalation and exhalation. Once you have focused on your breath, think of your body. Feel your toes, feet, legs, hips, abdomen, and so on, taking your time with each body part. Doing so will help ground you in the present.

Start small. Begin by sitting in silence for 5-10 minutes, first thing every morning and every night before bed. If your mind wanders in the beginning, let it. Try to envision yourself sitting on the bank of a river and let the thoughts that enter your mind be leaves floating by. As your practice deepens, you will notice fewer and fewer leaves.

Once you feel comfortable meditating, you can bring this spirit of mindfulness with you as you live your life. You can meditate as you walk, cook, clean, etc.

Conducting this practice daily should produce immediate benefits. In the morning, it will set the tone for your day, and in the evening, it will set the tone for your sleep. Daily practice will help you develop the habit and ability to summon calm feelings at any moment over time. It’s easy to think of meditation mindfulness as something you do alone or in complete silence at the beginning or end of your day, but there are many more ways to incorporate mindfulness into your daily routine. Once you have done so, mindfulness will ultimately reduce stress in all aspects of your life.

Remember: when you are truly mindful, the purpose of doing the dishes is simply to do the dishes. [IS](#)



Boosting the Immune System Through Gut Health

by Sara Mandell

As cold and flu season approaches, many people wonder how to boost their immune system. A wide variety of supplements and promotional products are available, but which natural products help without breaking the piggy bank?

The best way to naturally boost the immune system is through

the gut. The gut is full of healthy bacteria, which promotes normal GI function, protects the body from infections, regulates metabolism and digestion, and is home to 70%-90% of immune cells! In other words, a healthy gut means a more robust immune system to fight the common cold & virus. The key to boosting the

immune system is to prioritize gut health.

Here are five actionable tips to promote gut health holistically.

1 Eat gut-friendly foods, including bone broth, resistant starch, fermented foods and high-soluble fiber foods.

Bone broth is incredibly nourishing for the gut and is packed with collagen, minerals and nutrients. Use it to make soups, swap it for the liquid when you make rice or warm and drink a little bit each day.

Resistant starch is another gut-friendly food found in green bananas, cooked and cooled potatoes, rice, plantain flour, tapioca flour and some legumes. Try baking a few potatoes or sweet potatoes on Sunday and eating them throughout the week.

Fermented foods like sauerkraut, kimchi, pickles, kombucha, kefir, etc., are packed with healthy bacteria that act like fertilizer in a garden for the gut.

High-soluble fiber foods like carrots, winter squash, summer squash, sweet potatoes, yams, potatoes, turnips, rutabagas, parsnips, beets, plantains, taro and yuca are also very nutrient dense & beneficial for the gut.

2 Get out of “fight or flight” mode.

In today’s world, people are always on the go, but this means they’re not allowing much time for their bodies to enter “rest and restore” mode, which is incredibly important for promoting overall health. Living in a constant state of stress has been proven to harm a person’s health. Try scheduling a few short breaks throughout the workday to take a few deep breaths, go for a short walk, do a short meditation, etc.

3 Sleep.

Most people know that sleep is vital for overall health, including the immune system. Prioritizing getting to bed at a consistent time each day (including weekends) and waking up at a similar time each day can help those who

struggle with sleep. Aim for 6-8 hours of sleep. Exposure to sunlight first thing in the morning can help set the body’s circadian rhythm and improve sleep at night. Other tips for improving sleep include:

- » Exercising regularly.
- » Reducing screen time 2-3 hours before bedtime.
- » Wearing blue light-blocking glasses during the day.
- » Limiting caffeine and alcohol.

4 Move regularly.

It can be easy to say, “I don’t have time,” but twenty minutes is better than nothing! Moving regularly doesn’t have to mean spending an hour in the gym. Find a form of movement that is enjoyable, whether it’s yoga, biking, CrossFit, walking with a friend, skiing, dancing, etc. Finding ways to make it fun and having accountability buddies helps to make most people more successful with consistency.

5 Cut down on substances (caffeine, alcohol, sugar, etc.)

In today’s fast-paced world, it’s not uncommon to rely on caffeine, alcohol and sugar to get through the day. Many become dependent on the morning coffee to get their day going, alcohol to relax at night and continuously eat sugar throughout the day. However, these substances can be more harmful than beneficial to hormone and gut health and, therefore, overall health. Limiting these substances leads to more stable energy throughout the day and better health in the long term. Try swapping out the morning coffee for warm water with lemon, bone broth or decaf tea. Avoiding alcohol can improve sleep, and limiting refined sugars can boost energy levels.

Optimal (gut) health is not a light switch, so don’t expect to make all these changes overnight. Most people successfully implement small steps gradually versus multiple drastic changes simultaneously. [IS](#)





The Direct Link Between Physical Activity and Mental Health

by Sheila Hiestand

"An apple a day keeps the doctor away" is an idiom most people learn from an early age. But what if it were "A workout a day keeps depression away?" Would people take heed and get those 10,000 steps or go lift at the gym? The answer should be a resounding "Yes!" as physicians, researchers and fitness experts have all opined that there is a direct link between being physically active

and combating depression, anxiety and overall mental well-being.

In a study published in June 2018, scientists reviewed 33 randomized clinical trials involving 1,877 participants to determine whether resistance exercise training impacted depressive symptoms among adults. This comprehensive study found that these workouts significantly reduced depression, even if the

participants did not show significant improvements in strength. These results are significant, as depression affects more than 300 million people globally. It is a common reason people miss work or receive disability benefits, an economic burden of about \$118 billion each year.

Not only is depression expensive, but it directly impacts a person's physical health as well, increasing risks for heart disease, Alzheimer's and diabetes, to name a few. Therefore, if we can find a way to battle the symptoms of depression with simple steps such as resistance exercise training, we should make it an all-out war.

In addition to resistance training, the benefits of aerobic exercise for improving mental health are well-established. In a 2012 study, researchers compared exercise to standard treatment for depression. They determined that exercise reduces depressive symptoms in patients with mild-to-moderate depression and improves overall functioning.

In fact, physical activity is so essential to the general population that it is recommended by both the Center for Disease Control and Prevention (CDC) and the American College of Sports Medicine (ACSM). Their consensus "public health message" is that "every North American adult should accumulate 30 minutes or more of moderate-intensity physical activity on most, preferably all, days of the week." Evidence also

indicates that regular physical activity may protect against the development of depression or that physical inactivity might be a risk factor for depression.

So, how does one get enough physical activity to prevent or mitigate anxiety and depression? Although most people have sedentary jobs that require 8 hours per day seated in front of a computer, the desired outcomes of better mental health are achievable with relatively small time commitments. Recommendations include three 20-minute walks per day, which should garner three miles, for approximately 6,000 steps (and 450 calories burned for a 150-pound person). These "intentional" steps should easily combine with the 5,000 steps associated with a sedentary lifestyle to reach the 10,000 steps that the Centers for Disease Control recommends daily. Add to this a half-hour of resistance or weight-training 2 to 3 times per week, along with aerobic exercise 3 times per week, such as riding a stationary bike, jogging, swimming, aerobics, pilates or other moderately strenuous activity.

Overall, the time commitment for these simple recommendations is only one and a half hours daily. Taking out some TV time and waking up a half-hour earlier can create enough time and be an excellent investment in becoming a mentally healthier person. [LS](#)



The Connection Between Sleep and Mental Health

by David Hiestand



“

Proper sleep has helped me get to where I am today as an athlete, and it is something that I continue to rely on every day.

– Tom Brady

Sleep is a basic human need. Few organisms on the planet do not have a rest period at some point within 24 hours. Humans have evolved to experience sleep at night, following a typical pattern averaging 7-9 hours. While dolphins and bullfrogs have evolved to ‘sleep’ with one half of their brain at a time, humans are relegated to full absence of consciousness for the period of rest. The reason for our predictable slumber remains elusive despite decades of research.

“

Sleep deprivation is an illegal torture method outlawed by the Geneva Convention and international courts, but most of us do it to ourselves.

– Ryan Hurd

Sleep can be lost for many reasons, including self-imposed deprivation and sleep disorders. Since the Industrial Revolution, humans have sought opportunities to expand productivity and eliminate waste. Sleep, as time that is deemed ‘non-productive,’ has therefore been the target of elimination. While self-imposed sleep restriction is the most common reason for inadequate sleep, several sleep disorders lead to poor quality or insufficient sleep for optimal health. Obstructive sleep apnea, restless legs syndrome and acute or chronic insomnia are the most common sleep disorders, and treatment can markedly improve well-being.

Several studies demonstrate a marked impact of sleep loss on physical and mental health. Nearly every organ system can be affected. Sleep disruption can lead to adverse cardiovascular disorders such as hypertension, heart attacks, abnormal heart rhythms and strokes. Sleep disruption has even

been shown to have effects on glucose metabolism, which can cause diabetes or prediabetes and suppress immune function, leading to higher susceptibility to infection.

The impact of sleep loss on mental health is also increasingly recognized. Studies of sleep-deprived individuals show increases in emotional responses arising from a structure in the brain called the amygdala and decreases in rational thought-making arising from the prefrontal cortex.

Furthermore, sleep deprivation leads to the activation of the reward center in the brain, leading to the accentuated pursuit of pleasurable experiences. As a result of the yo-yo effect on emotional stability, depression can be worsened, leading to a risk of suicidal thoughts and attempts.

Finally, sleep deprivation and disruption are hallmarks of addiction and relapse. Sleep deprivation in childhood and adolescence is associated with early onset of drug and alcohol use, even when controlling for other risk factors.

Improving sleep has a positive impact on mental health. Logically, improvements in sleep quantity and quality have positive impacts across the spectrum of health, and studies demonstrate specific improvements in behavioral health. In a recent meta-analysis of a randomized controlled trial of the effects of sleep on mental health, improving sleep led to a significant effect on composite mental health, depression,

“

Sorrow can be alleviated by good sleep.

– Thomas Aquinas

anxiety, rumination, stress and psychosis symptoms. The study also showed a dose-response relationship—the more, the better.

We are all given 24 hours a day and the choice to use that time as we see fit. Given the increased pace and pressure in our post-covid, social media-enhanced world, we need to remember our lessons from Poor Richard’s Almanac, “Early to bed and early to rise, makes a person healthy, wealthy and wise.”

Sleep well. [IS](#)



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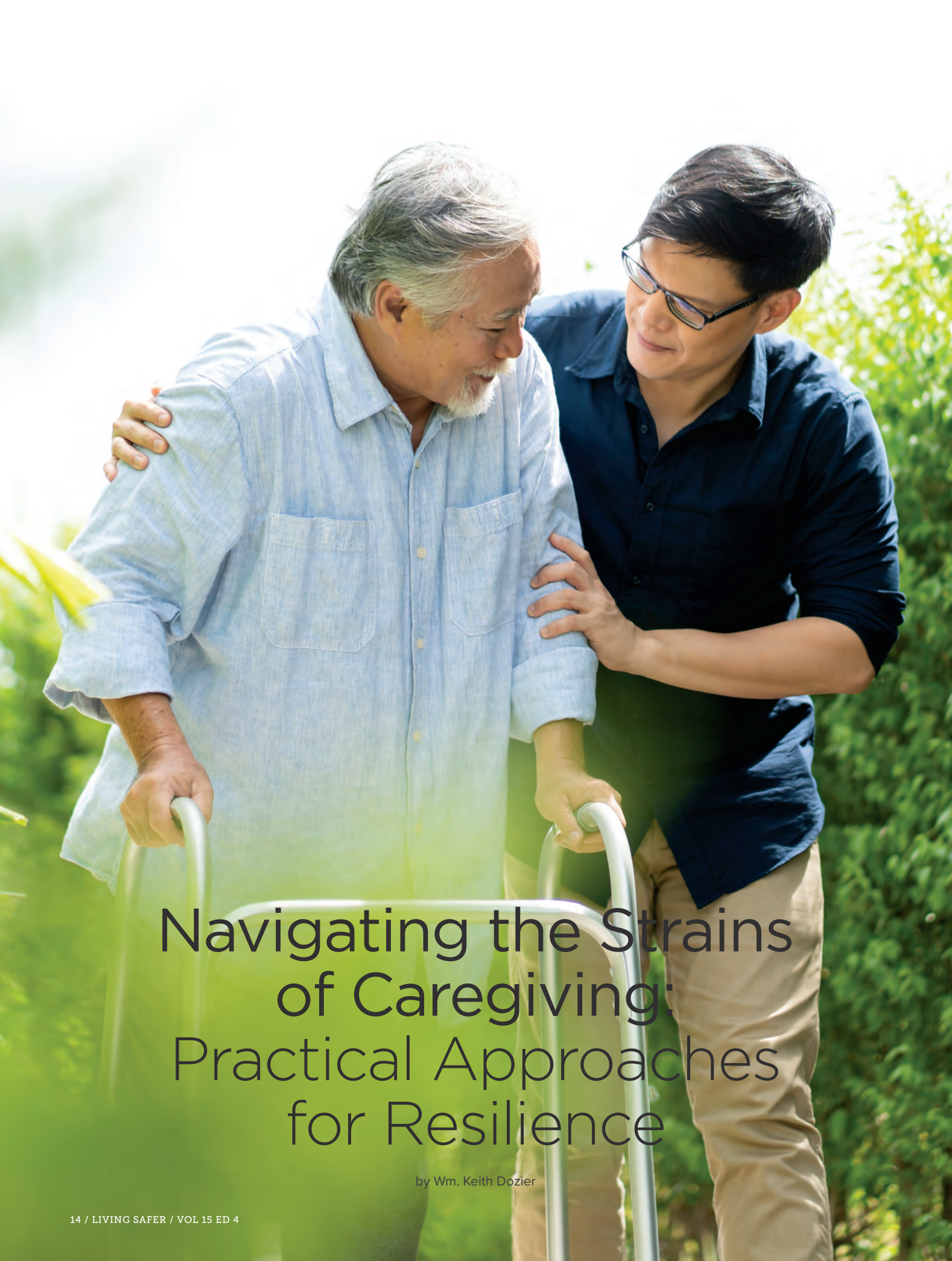
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Navigating the Strains of Caregiving: Practical Approaches for Resilience

by Wm. Keith Dozier



Caregiving is a selfless and rewarding role, but it has its challenges. The demands of caring for a loved one with a chronic illness, disability or special needs can be draining, leading to caregiver stress and burnout.

The Strains of Caregiving:

- » **Physical Demands:** Caregiving often involves lifting, transferring, bathing and assisting with daily activities, which can be physically demanding. These tasks can take a toll on a caregiver's body, leading to injuries, fatigue and overall physical strain.
- » **Emotional Stress:** Caregivers experience a wide range of emotions, including stress, anxiety, guilt and sadness. The constant worry about the well-being of their loved one, coupled with the challenges of providing care, can be emotionally overwhelming.
- » **Time Commitment:** Caregiving is a 24/7 responsibility that often leaves little time for personal pursuits, hobbies or social activities. The lack of personal time can lead to feelings of isolation and a sense of losing one's identity.
- » **Financial Burden:** The cost of caregiving, including medical expenses, medications and specialized equipment, can place a significant financial burden on caregivers. This financial stress can add to the overall strain of caregiving.
- » **Social Isolation:** Caregivers often find themselves socially isolated as their caregiving responsibilities limit their ability to engage with friends and family. Isolation can make them feel lonely and a lack of emotional support.
- » **Grief and Loss:** Witnessing the decline of a loved one's health or dealing with the loss of a loved one can be a profoundly challenging and emotionally painful experience for caregivers.

Strategies for Getting Through the Strains of Caregiving:

- » **Seek Support:** Caregivers should not hesitate to seek support from family members, friends and support groups. Sharing feelings and experiences with others who understand can be immensely comforting and reduce feelings of isolation. Support groups also provide valuable insights and advice on managing the caregiving journey.
- » **Practice Self-Care:** Prioritizing self-care is not a luxury; it's a necessity. Caregivers must get enough rest, eat a balanced diet and engage in regular physical activity. Relaxation techniques like meditation or yoga can help reduce stress and anxiety.
- » **Set Clear Boundaries:** Establishing clear boundaries is crucial for balancing caregiving with other aspects of life. Schedule regular breaks, delegate tasks and learn to say no when necessary. Setting boundaries prevents burnout and maintains a caregiver's well-being.
- » **Utilize Respite Care:** Respite care provides temporary

relief by allowing someone else to care for the caregiver's loved one. Take advantage of respite care to recharge and reduce stress. It is a valuable resource for caregivers, and various respite care options are available, including family members, professional providers or adult day care centers.

- » **Stay Informed:** Knowledge is power. Caregivers should educate themselves about their loved one's medical condition and treatment plan. Understanding the situation helps them make informed decisions and reduces feelings of helplessness.
- » **Organize and Plan:** Create a caregiving schedule or calendar to manage tasks and appointments efficiently. Keep important documents and information in one place for easy access, reducing the stress of searching for vital records.
- » **Effective Communication:** Open and honest communication between the loved one regarding their needs and the caregiver about their role is crucial. Doing so ensures both parties understand each other's expectations and minimizes misunderstandings.
- » **Delegate Responsibilities:** Don't bear the caregiving burden alone. Enlist the help of family members, friends or professional caregivers to share the responsibilities. Sharing the workload prevents burnout and allows a caregiver to take needed breaks.
- » **Take Breaks:** Schedule regular breaks and take time off when required. These breaks are essential for recharging and avoiding exhaustion.
- » **Professional Assistance:** Consider the assistance of professional caregivers or home health services when needed. They can provide specialized care and give caregivers peace of mind.
- » **Plan for the Future:** Discuss long-term care planning and end-of-life decisions with the loved one receiving care and other family members. Being prepared in advance can reduce stress during emergencies or challenging situations.
- » **Stay Organized:** Use caregiving tools, such as journals or smartphone apps, to stay organized. Tracking medications, appointments and important information ensures everything runs smoothly.

Caregiving is a noble and compassionate role, but it can be emotionally and physically demanding. Understanding the strains of caregiving and implementing effective coping strategies is essential for caregivers to maintain their well-being and provide the best care for their loved ones. By seeking support, practicing self-care, setting boundaries, utilizing respite care and staying informed, caregivers can navigate the caregiving journey with resilience, balance and a sense of fulfillment. A caregiver should remember that they are not alone on this journey, and there are resources and communities ready to support them. [IS](#)



Protecting Personal Information: Tips for Identity Theft Prevention

by Brandy Abalos

I identity theft can have devastating consequences. Thieves can use personal information to open new credit cards in another person's name, run up bills and even ruin the other person's credit score. Sometimes, they may even commit crimes under a stolen identity.

Here are some tips to help protect personal information and prevent identity theft:

Safeguard Social Security Numbers

A Social Security number (SSN) is one of the most crucial pieces of personal information a person has. It is used to identify them for various purposes, including tax filing, employment and social security benefits. As such, it is vital to safeguard it from unauthorized access.

The Social Security number is the key to a person's financial identity. A person should only give it out if they know who they are giving it to and why that person needs it.

It is unwise for someone to carry their Social Security card in their wallet. It can easily be stolen that way. Instead, keep it locked in a safe at home.

Be Careful About What You Share Online

In today's digital age, where people share a significant portion of their lives online, it's crucial to be mindful of what information they divulge. The internet is a powerful tool, but it also presents potential risks for those who are not cautious about their online presence.

Do not share personal information, such as an address, Social Security number or date of birth, on social media or other public websites. Be careful about clicking on links in emails or text messages, as these may be phishing scams designed to steal personal information.

Create Strong Passwords and Use Them Wisely

Use different passwords for different accounts, and make sure they are challenging to crack. A strong password should be:

- » **Long:** Aim for at least 12 characters, but longer is better.
- » **Complex:** Use a mix of upper and lowercase letters, numbers, and symbols.
- » **Unique:** Do not use the same password for multiple accounts.

- » **Unpredictable:** Avoid using easily guessable information, such as names or birthdays.
- » **Memorable:** Choose a password that can be remembered without writing it down.

Protect Personal Documents

Personal documents contain sensitive information that should be kept safe from unauthorized access.

Store documents in a fireproof safe or a locked filing cabinet. For digital documents, use a secure cloud storage service.

Shred any documents, such as bank statements, credit card statements and medical bills, that contain personal information before throwing them away.

Be Vigilant About Your Credit Reports

Check credit reports regularly for any unauthorized activity. Each of the three major credit bureaus offers consumers a free copy of their credit report at AnnualCreditReport.com.

Many credit cards and credit monitoring sites can be set up to send alerts about changes to a person's credit report.

Report Identity Theft Immediately

Those who believe they are a victim of identity theft should report it to the police and the Federal Trade Commission (FTC) at IdentityTheft.gov. Then, they should contact their bank, credit card companies and other financial institutions.

Those who have experienced identity theft should monitor their credit reports closely for new fraudulent activity. Criminals may quickly begin taking advantage of their personal information.

Credit counselors can help individuals create a plan to repair their credit and recover from identity theft.

There Are Steps To Avoid Identity Theft

There are several steps to prevent identity theft and respond if it does happen. The most important action is to avoid sharing personal information.

Identity theft can still happen, even to people who take preventative steps. If it does happen, report it to the authorities immediately and begin locking down credit information. [IS](#)



Benefits of Habit Stacking and How it Works

by Caitlin O'Donnell

For most people, changing their lives is intimidating, no matter how much that new habit or routine would improve their health, mood, relationships or other important aspects of life. Our brains are wired to keep habits and routines, not form new ones. When we form a habit, the brain makes neuronal connections, strengthening every time we keep that habit. However, the brain also weeds out weaker connections, which is why creating new habits is challenging. The brain weeds those connections out before they can become strong.

What Is Habit Stacking?

Part of the challenge of forming new habits is that the brain still needs to have neuronal connections for that new habit. However, the brain has solid connections to habits we already have. Habit stacking takes advantage of these existing connections by pairing the new habit with a current one or something that happens routinely. For example, a person trying to meditate more may choose to meditate every day after they brushing their teeth or right after their kids get on the bus to school.

How To Get Started

- » Decide on a goal. If it is a sizeable goal, break the overarching goal into smaller, more manageable pieces. For example, start with something as easy as possible when breaking down the goal to work out 30 minutes daily to improve sleep.
- » It may not be necessary to break every goal into pieces, but for those that do, try to keep the pieces as small as possible. For example, when breaking down the goal to work out 30

minutes daily to improve sleep, start with something as easy as possible. It can be as small as aiming to do one push-up per day. This goal is so simple and attainable that most people wind up doing more once they get started.

- » List all current habits and things that regularly occur at home. Some common activities to stack with habits include eating a meal, making coffee, showering, brushing teeth or kids coming home from school.
- » Choose 1-2 smaller goals to focus on and pair them with a habit or regular occurrence. For example, a person trying to drink more water may drink a glass of water every morning while they check their emails.
- » Celebrate successes, no matter how small and reevaluate regularly. If it was too difficult to stick to the habit, why is that? Could the habit be attached to a better cue? Is the habit too ambitious for a first step?

Additional Tips

- » Have visual cues, such as leaving running shoes by the door to remember to go for a run.
- » Pair unpleasant new habits with enjoyable tasks. For example, a person may aim to do a new work task they dread right before their daily 10-minute walk.
- » Set milestones. If the overall goal is to start exercising for 30 minutes every day and the first step of the goal is to work out 10 minutes per day, celebrate a week or a month of exercising for 10 minutes per day before adding more time! [LS](#)



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What Should You Expect When Going to Trial?

by Michael A. Bryant



Before the trial, always remember that attorneys have professional duties, which include representing their clients, introducing evidence to support or defend their clients, making objections and, most of all, arguing their clients' cases on their behalf. Evidence is the basis and foundation of any case going to trial. At the beginning and end of the trial, the judge will instruct the jury not to consider what the lawyers say as evidence.

A typical schedule for a trial will look like this:

- » Jury Selection
- » Attorney opening statements
- » Witnesses/Experts
- » The live testimony and
- » Evidence to follow;
- » Attorney closing statements
- » Judge/Jury Instructions
- » Decision/Verdict.

Jury Selection

The order depends upon the state. The judge asks questions first, and then one lawyer from each side questions the potential jurors.

If a juror is found to have a clear bias, they can be removed for cause. Each side will be given several peremptory strikes to get the jury down to the required size.

Jurors must select a member to be the foreperson who will lead the deliberations. The goal of jury deliberations is to talk amongst themselves to reach an agreement on the verdict after the closings and instructions. This agreement must be consistent with each juror's own judgment.

A juror's responsibility is not to allow sympathy, prejudice or emotion to influence their verdict. To do so, they should not read or listen to anything outside the courtroom. If they fail to do so, sometimes the person with the burden of proof can be penalized because the jurors have questions they should not have. If it is proven that there are outside influences, there can be a mistrial.

Attorney Opening Statements

The openings for the plaintiff and defense cannot be an argument and is simply each side's version of how the case will be presented.

Witnesses/Experts

Expert witnesses can give their opinions because they have special training, education and experience. An expert witness'



goal is to give knowledge and understanding of facts involving their vocation. They help jurors understand issues that only an expert can explain, so jurors can make an educated judgment.

Non experts or lay witnesses might have evidence of what they saw or experienced. The attorneys' questions are not evidence with all witnesses, but the witnesses' answers are evidence in the case.

Attorney Closing Statements

Attorneys will find the best way to wrap up and explain the facts while recapturing the events of what happened and making an impact on the jurors' or judge's verdict. They will use lines of argument, analogies, or pertinent examples to fill in any blanks or present effective positions.

Judge/Jury Instructions

Jury instructions will notify the jurors that some records may be modified, deleted or omitted based upon rules of law on court rulings and agreement of parties. These modifications do not attribute to the evidence in any way, shape, or form. Sometimes, they may even tell the jury to consider special damages such as future wage loss or surgeries before determining a settlement number.

Decision/Verdict

The deliberations must be secret and confidential and not discussed with anyone other than other jury members. In the jury room, while jurors decide on a verdict, there will be exhibits received in evidence, notes they took during the trial, written final instructions, and the verdict form. There are two kinds of verdicts: unanimous and divided. A unanimous verdict means all jurors must agree on all the answers. Six people may return a divided verdict if deliberation has taken 6 hours or more. Those six need to sign the jury form and agree on all answers. After a verdict is agreed upon, the bailiff will be notified, and everyone will return to the courtroom.

Conclusion

In this day and age of vigorous defenses and jaundiced juries, trials are won and lost based on the time put into the case. Time put into each case will help make that one successful and build a foundation for more victories to follow. Attorneys, clients, judges and jurors have duties to fulfill for trial. Keep in mind that with all of the extra issues that come up and the extra stress that comes with any case, a plaintiff must care for themselves, particularly their mental health, and check in on others. [IS](#)





What to Expect During a Personal Injury Deposition: Preparation and Tips

by Danae N. Benton

Depositions are a crucial part of the legal process, as they help both parties in a lawsuit gather information, assess the strengths and weaknesses of their case and prepare for trial. The primary objective of a deposition is to gather information while under oath and ensure that a deponent's statements are preserved and consistent throughout the legal proceedings. "Deponent" refers to any party giving evidence under oath.

Historically, depositions occur in an attorney's office or a neutral location instead of a courtroom. The participants usually include the plaintiff's attorney, the defendant's attorney, a court reporter and sometimes a videographer.

Virtual depositions, also known as remote depositions, have become more common in recent years, especially when in-person meetings are not feasible or safe. They use technology, such as Zoom, to allow participants to conduct depositions from different locations. The following steps will help ensure a smoother virtual deposition:

- » Test the computer, camera, microphone and any other equipment well in advance to address any technical issues. Get comfortable using the video conferencing software or deposition platform being used.
- » Find a quiet and well-lit location with a neutral background for the deposition. Ensure the location environment is free from potential distractions and interruptions—including cell phones!
- » Deponents should dress as they would for an in-person deposition, including professional attire and grooming.
- » While cell phones can be used for most virtual platforms, they are discouraged for various reasons. A tablet, laptop or webcam is best for virtual depositions.

Attorneys will work with deponents to address the logistical and technical aspects in advance so they can navigate the process effectively and ensure the case is presented professionally

and competently. Attorneys will also prepare deponents for the deposition. It is essential to be open and honest with them through this process.

Here are a few things a deponent can generally expect to happen:

- » At the beginning of the deposition, they will be sworn in and have to take an oath to tell the truth, just like they would in a courtroom.
- » Next, the defendant's attorney will ask several questions about the case. These questions can cover various aspects of the case, including the plaintiff's background, the incident in question, their injuries, medical history and any other relevant information.
- » Both attorneys will be present to represent their clients' interests. They may object to certain questions or provide guidance during the deposition to ensure their client is treated fairly and that their rights are protected.
- » The court reporter will be present to create a transcript of the deposition. Everything said during the deposition will be recorded, and a written transcript will be available for later use in court.
 - Any statements made "off the record" are not included in the transcript. It is important for a deponent not to discuss anything off the record that they wouldn't want to discuss on the record.
- » A deponent may be asked to review and discuss documents, such as medical records, photographs or any evidence related to the case during the deposition.
- » Remember that the information gathered during the deposition may be used as evidence during the trial.

It's essential to answer questions truthfully and concisely during a deposition. While the deposition process may seem daunting, the attorney will help the client prepare and provide guidance to help them navigate the process successfully. [IS](#)



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UNVEILING THE HIDDEN DANGERS: Hair Relaxers and Their Alarming Connection to Cancer

by Larry Taylor, Jr.

Member of the Hair Litigation MDL's Plaintiff's Executive Committee



A Historical Perspective on Hair Straightening

In many cultures, hair is deeply intertwined with identity and cultural practices. The pressure to conform to certain beauty standards often leads individuals to use hair relaxers as a means to achieve a desired look. For instance, within the African American community, using hair relaxers has been a long-standing practice deeply rooted in cultural norms and societal expectations regarding hair texture.

In its natural state, afro-hair texture is characterized by coily, springing, zigzag and s-curve curl patterns, as well as its density, fullness, texture and feel. In colonial times, Americans did not see African or black hair as beautiful. Instead, they described it as "closer to sheep wool than human hair." Attempting to obtain a better life, many slaves went to extreme lengths to straighten their hair.

In 1786, Louisiana Governor Don Esteban Miro passed the Tignon Law, which required African American women to cover their hair with scarves.

After the abolition of slavery in America, black Americans continued to seek out a better quality of life in society by straightening their hair. In the early 1900s, Garrett Augustus Morgan developed the first chemical hair relaxer. In 1971, Dark and Lovely manufactured the first lye relaxer. The formula consisted of sodium hydroxide, water, petroleum jelly, mineral oils, and emulsifiers.

Biases In Modern Culture

These unhealthy biases persist even today. CROWN surveyed 2,990 women between December 2022 and January 2023. The

survey found that African American women's hair was more than twice as likely to be considered "unprofessional, and 1/5 of African American women had been sent home from work at some point due to their hair. Sixty-six percent of African American women have changed their hair to avoid discrimination in a job interview. One-fourth believed they had been passed over for a job opportunity due to their hair.

In addition to passing women with natural hair over for promotions and being less likely to give them references, some workplaces openly ban natural hairstyles, such as braids, twists and locs, in their handbooks and dress codes. Some schools are also guilty of banning natural hairstyles, often disciplining children or even forcing them to miss valuable school time to change their hair. In other cases, while the dress code may not expressly forbid natural hairstyles, administrators are more likely to classify these hairstyles as "distracting." The New York Times reports cases of children as young as preschoolers being expelled when their guardians refused to change their hair. In one of these cases, a girl was sent home for merely wearing her long hair down.

Another reason African Americans may feel obligated to straighten their hair is because they were bullied for it in school. As adults, they may face microaggressions, such as being asked in-depth questions about their hair, being asked if their hair is real, or others wanting to touch their hair.

Fear of "texturism" or hair discrimination leads African American women to have a lot of anxiety about how to wear their hair. Even Former First Lady Michelle Obama reported to The Washington Post that she kept her hair straight while she was the first lady because Americans "weren't ready for it."

In 2019, California passed the CROWN (Create a Respectful and Open Workplace for Natural Hair) Act, which allows those of African descent to wear their hair in its natural state without fear of reprisal. Other states adopted similar laws, including New York, New Jersey, Washington, Maryland, Nevada, Virginia,

Colorado, Texas, Massachusetts, Michigan and Illinois. Specifically addressing the prejudices against individuals, particularly of African descent, wearing natural or protective hairstyles in educational and professional settings, the act aims to ensure inclusivity and equality. While some states and cities in the U.S. have implemented or proposed the CROWN Act to prohibit such discrimination, its nationwide application has yet to be achieved. Despite a decline in hair relaxer sales over the past five years, its usage remains prevalent. One 2021 study found a significant 95% of self-identified adult Black women in the United States identified as having used hair relaxers at some point in their lives.

In 2020, the global African American hair care market was estimated at \$2.5 billion. The hair relaxer market, which includes hair relaxers, keratin treatments and Brazilian blowouts, was estimated at \$718 million in 2021, with the expectation of growth to \$854 million annually by 2028.

The Science Behind Hair Relaxers

Early hair relaxer formulations date back to the early 20th century and marked a significant shift from previous methods, such as the use of heated combs and irons, towards more chemical-based solutions for achieving straightened hair. One of the pioneering figures in early hair relaxers was Garrett Augustus Morgan, whose hair straightening cream was discovered accidentally when he tried to find a solution to ease friction on sewing machines in his tailor shop. He began marketing his product after testing the cream on a neighboring dog's fur.

As chemical relaxers became more prevalent and marketed to a broader audience, the formulations evolved. Earlier relaxers contained potent alkaline ingredients like sodium hydroxide or calcium hydroxide that acted as the active agents in breaking down the disulfide bonds in the hair, which are responsible for the hair's natural curl pattern. By disrupting these bonds, the hair

could be reshaped into a straightened form.

Early relaxers were notorious for their strength and high alkalinity, which could lead to scalp irritation, burns, and hair damage. Application required precise timing and expertise, as leaving the relaxer on for too long could cause severe damage to the hair and scalp. The formulations evolved over time to incorporate different chemicals and pH levels, aiming to reduce the harshness of the relaxers while maintaining their straightening effectiveness. Despite efforts to improve formulations and minimize damage, hair breakage, thinning, and scalp issues occurred frequently.

Hair relaxers have come a long way since those early formulations. Advances in cosmetic science have led to the development of what should be a more refined relaxer formulations that aim to achieve straightening effects while minimizing the harsh impact on hair and scalp health. More modern hair relaxers contain a combination of chemicals, typically sodium hydroxide, guanidine hydroxide, or ammonium thioglycolate, that work by breaking down the protein bonds in hair. This alteration of the hair's natural structure makes it easier to straighten. While the intended use is for hair, these chemicals can also be absorbed by the scalp and, potentially, into the bloodstream.

Lye Hair Relaxers vs. Lye-free Hair Relaxers

Lye-based relaxers, also known as sodium hydroxide relaxers, are typically stronger and more alkaline. The active ingredient, sodium hydroxide, breaks down the protein structure in the hair, specifically the disulfide bonds. This process is called "relaxing" the hair. By breaking the disulfide bonds, the hair becomes more pliable, allowing it to be straightened.

The relaxer is applied to the hair, usually starting from the



roots and working toward the ends. The relaxer is left on for a specific amount of time, as directed by the product instructions, to achieve the desired level of straightening. Afterward, the hair is rinsed thoroughly to remove the relaxer, followed by neutralizing the hair with a neutralizing shampoo or activator. Neutralizers help stabilize the pH of the hair and stop the relaxing process.

No-lye relaxers, also known as calcium hydroxide relaxers or "no mix" relaxers, use calcium hydroxide as the active ingredient. These relaxers have a milder alkaline content compared to lye-based relaxers. No-lye relaxers are typically gentler on the scalp and are often recommended for individuals with sensitive skin or delicate hair.

No-lye relaxers usually come in a two-component system, with a relaxer cream and an activator (liquid or cream). The relaxer cream contains calcium hydroxide, which breaks down the protein bonds in the hair. The activator is added to the relaxer cream just before application to initiate the relaxing process. The steps of application, timing, rinsing, and neutralization are similar to lye-based relaxers.

This alteration of the hair's natural structure makes it easier to straighten. While the intended use is for hair, these chemicals can also be absorbed by the scalp and, potentially, into the bloodstream.

Chemicals Used In Hair Relaxers:

» **DEHP & Other Plasticizers/Phthalates**

DEHP, an abbreviation for di(2-ethylhexyl) phthalate, is a manufactured chemical commonly added to plastics to make them flexible. DEHP is found in vinyl upholstery, plastic toys, adhesives, pesticides and food packaging.

» **Lye (Sodium Hydroxide)**

Sodium hydroxide is a highly corrosive base and alkali that decomposes lipids and proteins at ambient temperatures and may cause severe chemical burns.

» **Guanidine Carbonate**

Guanidine Carbonate is a strong chemical base used to produce plastics, explosives, detergents—and hair relaxers.

» **Succinic Acid**

Succinic acid is used primarily as an acidity regulator.

» **Formaldehyde**

In 2011, the U.S. National Toxicology Program described formaldehyde as "known to be a human carcinogen" with long-term exposure. It has previously been linked to nasopharyngeal cancer and leukemia. Formaldehyde is used in resins, paper, plywood, fertilizers, glue and automobile parts. It is also one of the chemicals used to embalm corpses. The U.S. Food and Drug Administration is proposing a rule next April to ban formaldehyde from hair relaxers.

Uterine, Ovarian, and Endometrial Cancers: A Growing Concern

The link between hair relaxers and female reproductive cancers has garnered attention in recent years, prompting concerns among health professionals and consumers alike. While the exact mechanisms are still being studied, evidence suggests that long-term exposure with absorption through the scalp of hormone-disrupting chemicals is a main cause. Depending on the product, a hair relaxer can last between 6 weeks to 6 months. Many women began relaxing their hair between ages 10-13. If the treatment is used regularly, a woman could receive between 34 and 173.3 hair treatments by age 30.

The endocrine system is a complex network of glands and organs in the human body that produces and secretes hormones. These hormones are chemical messengers that regulate various bodily functions and processes, including growth and development, metabolism, sexual function, reproduction, mood regulation, and response to stress.

Many hair relaxers contain endocrine-disrupting chemicals (EDCs) that can interfere with the body's hormonal balance. Endocrine-disrupting chemicals are substances that can interfere with the normal functioning of the endocrine system. EDCs have been linked to an increased risk of uterine, ovarian and endometrial cancers, which are sensitive to hormonal fluctuations. These chemicals can mimic, block or disrupt the production, release, transport, metabolism or elimination of hormones in the body. They can adversely affect hormone signaling pathways, leading to various health issues and disturbances in development, reproduction, metabolism and other hormonal processes.

EDCs that mimic the effects of estrogen are associated with, among other health issues, breast cancer, uterine cancer, uterine fibroids, endometriosis, and preterm childbirth delivery.

Since the scalp is a highly vascularized area, it is more susceptible to chemical absorption. When hair relaxers are applied, some of the ingredients can penetrate the skin, potentially entering the bloodstream and affecting endocrine and reproductive systems. Regular use of hair relaxers over an extended period can result in prolonged chemical exposure, further increasing the risk of developing these types of cancer.

A landmark study from the National Institutes of Health found women who used hair relaxers were at a higher risk for gynecological cancers compared to women who did not report using these products. The study data includes 33,497 U.S. women ages 35-74 participating in the Sister Study, a study led by the National Institute of Environmental Health Sciences, part of the National



Institutes of Health, that seeks to identify risk factors for breast cancer and other health conditions. The women were followed for almost 11 years, and during that time, 378 uterine cancer cases were diagnosed. Women who used hair relaxers more than four times a year and for an extended duration faced a higher risk of these cancers than those who did not.

A study published in 2023 conducted by researchers at Boston University's Black Women's Health Study has reported that long-term use of chemical hair relaxers by postmenopausal Black women was associated with an increased risk of uterine cancer. Compared to women who never or rarely used hair relaxers, those who reported using hair relaxers more than twice a year or for more than five years had a greater than 50% increased risk of uterine cancer.

Another study published in the American Journal of Epidemiology revealed that the risk was even higher when hair relaxers were used on a regular basis during early adulthood. The research suggests that exposure to these chemicals during a critical period of reproductive development may have lasting and potentially harmful effects.

An estimated 1.64% of women who never used chemical hair straighteners or relaxers would go on to develop uterine cancer by the age of 70, but for frequent users, that risk more than doubled, increasing to 4.05%.

Legal Recourse For Those Who Have Been Harmed By Hair Relaxers

In October 2022, study results found that women who used chemical hair straightening products were at a higher risk for uterine cancer compared to women who didn't use the products. Black women were more affected due to their higher and earlier use. This study was conducted for over a decade and was published in the Journal of the National Cancer Institute.

Soon after the study was released, lawsuits began to be filed across the country. As of November 4, 2023, over 7,000 cases were filed. Many plaintiffs have struggled because they do not have receipts to prove which hair relaxers they have used and how often. The Judicial Panel on Multidistrict Litigation centralized all hair relaxer claims in the Northern District of Illinois before Judge Mary M. Rowland in February 2023.

Common defendants in these cases include Revlon, L'Oréal, Godrej SON Holdings, Inc., Strength of Nature, LLC. and Dabur International, Ltd.

Many attorneys are framing their hair relaxer lawsuits as civil rights cases. L'Oreal stated that it aims to manufacture the best products for "for all skin and hair types, all genders, all identities, all cultures, all ages." The company even went as far as saying that its hair relaxers are part of a "rich heritage and history" for African American entrepreneurs and inventors. However, the master complaint in

the court proceeding that consolidated the cases features many advertisements as evidence that defendants targeted African Americans and took advantage of historical biases to sell their products. One L'Oreal ad said look "how beautiful black hair can be."

Recently, the defendants have asked the court to bifurcate and stay all discovery unrelated to general causation. Bifurcating would split the trial into two parts. For the first part, the court would determine whether or not the defendants knew or should've known their product contained cancer-causing chemicals and didn't warn consumers. For the second part, the court would determine damages. This attempt to bifurcate and stay all discovery continues the defendants' pattern of attempting to slow the litigation down and prevent the development of trial-ready cases.

The Proof of Claim Form Deadline is currently past, although arguments are being made to extend the deadline and allow late filings


The Need for Regulation and Awareness

As we examine the historical context of hair straightening and its modern iterations, the emerging evidence linking hair relaxers to female reproductive cancers calls for a closer look at the beauty industry's practices and regulations. Manufacturers should be required to provide clear and comprehensive ingredient labeling to inform consumers about the potential risks associated with hair relaxers. Consumers should have appropriate information to make informed choices about the products they use.

Additionally, the beauty industry should focus its marketing on safer alternatives to traditional hair relaxers, which can provide similar results without the associated health risks. With the recent FDA proposal to ban formaldehyde and other formaldehyde-releasing chemicals from hair-straightening products in the United States and the large multi-district litigation lawsuit over these products, hopefully, manufacturers will be financially motivated to act.

Finally, an increase in news stories regarding the hair relaxer litigation and other public health campaigns should raise awareness amongst consumers about the potential health risks of hair relaxers, particularly among communities with a high prevalence of use.

The history of hair straightening reveals the enduring human desire for a particular aesthetic, even when it comes at a potential health cost. The connection between hair relaxers and uterine, ovarian and endometrial cancers is a troubling revelation that underscores the importance of research, regulation and education. As we reflect on the evolution of beauty practices, it's imperative that we prioritize our health and well-being in our pursuit of beauty. The choices we make today will influence the safety and health of generations to come. Beauty shouldn't kill. [IS](#)



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Strategies for Forming Healthy Eating Habits

by Caitlin O'Donnell

According to the CDC, fewer than one in 10 teens and adults in the U.S. eat enough fruits and vegetables. Similarly, nine in 10 Americans consume too much sodium. Unfortunately, not consuming enough nutrients and consuming too much salt and sugar can lead to obesity, diabetes, high blood pressure, heart disease and many more chronic illnesses. Adopting healthier eating habits can be challenging and overwhelming. However, approaching it by changing a few small habits at a time can make it more manageable and sustainable.

Hide More Vegetables

Sneaking vegetables into food is a common way to improve children's diets, but this hack is helpful for any age group. Add some avocado or other vegetables to smoothies. Try veggie noodles or add vegetables to pasta sauces. Opt for a cauliflower pizza crust.

Eat More Protein

Protein takes longer to digest and, therefore, means a person will be fuller for longer. Feeling full for longer means a person will consume fewer calories overall.

Pay Attention to Portion Sizes

Studies show that people eat more if the food is on a larger plate or container. Consider a smaller plate or researching how much of a particular food is a serving. Note that a serving size on packaging is not a recommendation on how much to eat; it is the average amount a person eats in one sitting.

Avoid Media About Food

Seeing magazines, blogs or TV shows depicting delicious food can cause cravings, which encourages people to eat when they aren't hungry.

Create a Meal Plan

Having to decide what to eat after a long day makes people want to order takeout or grab the easiest food in their kitchen to microwave. If the fridge or freezer is stocked with ready-to-eat, nutritious options, the person is more likely to choose those healthier options.

Meal planning also helps people to look at their diet for the whole day instead of one meal at a time. Having this larger picture view allows them to see how many servings of each food group they are consuming and what their body needs more of.

Make Healthy Snacks as Accessible as Junk

Buy smaller or pre-cut veggies and fruits or cut them up when they are bought. Many people choose less healthy options because they are easier and quicker. For example, it takes extra motivation to cut up a pineapple when a person could grab a bag of chips and be eating in two seconds. When healthy snacks are ready to eat, there are no excuses for choosing less healthy options.

Look for New Foods To Try

Farmers markets or international markets may have different options than regular grocery stores. More variety and the opportunity to learn different ways to cook the new food can make healthy eating more fun.

Eat Mindfully

Keep a food journal to see what triggers overeating or unhealthy choices. If possible, include nutritional information and the reason for eating. Many unhealthy choices people make are simply uninformed or subconscious.

Moderation Is Key

Eliminating favorite foods decreases the likelihood that new habits will be sustainable. Focus on adding healthy foods or replacing 1-2 habits with healthier ones each week. For example, try viewing sugary drinks as a dessert or treat instead of a necessity to be consumed multiple times per day. Many spices boast health benefits and make an excellent alternative to salt or sugar. Instead of eating out of boredom or stress

Improving eating habits can feel daunting, but better health can improve many aspects of life. It is critical for a person to give themselves grace and start small with realistic goals as they are working on changing their habits. Enjoy unhealthy foods in moderation. Aim to eat more and more nutrient-dense foods and try new foods instead of focusing on foods that are being cut back on. [IS](#)



Sports Nutrition: Fueling Performance and Recovery

by Brandy Abalos

Sports nutrition is a crucial aspect of athletic performance and recovery. It is vital in providing the energy, nutrients and hydration needed to optimize training, maximize performance and promote muscle repair and growth. A well-planned sports nutrition strategy can help athletes minimize the risk of injuries and reach their goals.

Key Nutrients for Athletes

Athletes require a balanced diet of essential nutrients to fuel their training, optimize performance and support recovery. Some key nutrients include carbohydrates, proteins, fats, vitamins and minerals.

Carbohydrates provide the most energy for athletes, providing the energy needed for sustained exercise. They should make up most of an athlete's diet, with an intake higher than 55% of their daily calorie intake. Whole grains, fruits, vegetables and legumes provide healthy carbohydrates.

Protein helps build and repair muscle tissue. Athletes should aim to consume 1.5-2.0 grams of protein per kilogram of body weight per day. Protein-rich foods include lean meats, fish, poultry, eggs, dairy products and legumes.

Fats provide energy and essential fatty acids, but their intake should be moderate, typically 30% of the total calories consumed. Healthy fats found in avocados, seeds, nuts and olive oil should be prioritized over saturated and trans fats.

Vitamins and minerals are crucial for various bodily functions and affect energy production, muscle function and immune system health. Athletes should consume a balanced diet rich in fruits, vegetables and whole grains to ensure adequate intake of these essential micronutrients.

Nutrition Strategies for Different Phases of Training

Nutrition is vital in optimizing performance and promoting recovery throughout different training phases, including pre-exercise, during exercise and post-exercise.

Before exercise, it's important to consume carbohydrates to provide energy for the upcoming workout. A meal or snack containing 1-2 grams of carbohydrates per kilogram of body weight, consumed 1-3 hours before exercise, is ideal.

During endurance exercise lasting longer than 90 minutes, carbohydrate intake is recommended to maintain glycogen levels and delay fatigue. Sports drinks, gels or other carbohydrate-rich foods can be consumed every 30-60 minutes.

After exercise, it's crucial to replenish energy stores and promote muscle repair and growth. A meal or snack containing carbohydrates and protein is essential within 30-60 minutes after exercise. Aim for 0.5-1.0 grams of carbohydrates per kilogram of body weight and 0.2-0.4 grams of protein per kilogram of body weight.

Hydration Also Plays a Key Role in Sports Nutrition

Hydration is paramount for athletes. Proper fluid intake before, during and after exercise helps maintain body temperature, regulate electrolytes and prevent dehydration.

Athletes should aim to drink enough fluids to replace sweat loss, typically 6-8 ounces of fluid for every pound of body weight lost during exercise.

Taking Supplements as an Athlete

While a balanced diet should provide most of the nutrients needed for athletic performance, some athletes may benefit from supplements. Supplements can provide several benefits, including improved performance, reduced recovery time, enhanced immune function and improved bone health.

Here are some of the most common supplements athletes take:

- » **Creatine:** Creatine helps muscles produce energy. Studies have shown that creatine can improve performance in weightlifting, sprinting and cycling.
- » **Beta-alanine:** Beta-alanine, an amino acid, helps buffer lactic acid, a byproduct of muscle contractions. Studies have shown that beta-alanine can enhance performance in high-intensity exercise.
- » **Protein:** Protein is essential for building and repairing muscle tissue. Athletes who are trying to gain muscle or recover from injuries may benefit from taking protein supplements.
- » **Glutamine:** Glutamine, an amino acid, supports immune function and muscle recovery. Studies have shown that glutamine may help reduce the risk of upper respiratory tract infections in athletes.
- » **Vitamins C and D:** Vitamins C and D are essential for immune function. Athletes who are training hard may be more susceptible to illness, so they may benefit from taking these supplements.
- » **Calcium:** Calcium is vital for bone health. Athletes who put a lot of stress on their bones, such as runners and gymnasts, may need to supplement calcium.

Speak with a doctor or dietitian before taking supplements.

Individualized Nutrition Plans Can Benefit Athletes

Sports nutrition plans should fit the individual athlete's needs, considering their sport, training program, body composition and personal preferences. Working with a sports nutritionist or registered dietitian can help athletes develop an individualized plan that maximizes their performance and promotes overall health and well-being. [IS](#)

Nurturing Sibling Relationships: Building Lifelong Bonds

by Brandy Abalos





Sibling relationships are among the most significant and enduring bonds people form. These connections shape their childhood experiences, influence their social and emotional development and provide a foundation of support and companionship throughout adulthood. Nurturing strong sibling relationships from an early age can enhance self-esteem and contribute to overall well-being.

While sibling relationships are often characterized by a mix of love, rivalry and conflict, they also provide a safe space for experimentation, role-playing and developing essential social skills.

Nurturing positive sibling relationships requires a proactive approach from parents and caregivers. Here are some strategies parents can use to encourage positive sibling relationships.

Encourage Shared Activities and Experiences

Create opportunities for siblings to bond over shared interests and activities. Encourage them to participate in family games or pursue hobbies together. Shared experiences foster positive memories, build camaraderie and strengthen their connection.

Promote Individuality and Respect Difference

Recognize each child's unique personality, interests and talents. Avoid comparing siblings and encourage them to appreciate each other's strengths and differences. Respecting individuality helps siblings develop a sense of self-worth and fosters a more harmonious sibling dynamic.

Establish Fair and Consistent Rules

Set clear expectations for behavior and consequences for actions. Apply rules consistently and fairly to all siblings. Doing so helps create a predictable and just environment, which reduces conflict.

Encourage Positive Communication and Conflict Resolution

Teach siblings effective communication skills, including active listening, empathy and respectful expression of feelings. Provide guidance on resolving conflicts, emphasizing cooperation and compromise over competition and aggression.

Support Shared Goals

Supporting shared goals and aspirations of siblings can positively impact their individual and collective development.

Create Opportunities for One-on-One Time

Dedicate time for individual interactions with each child. Engage in activities they enjoy, listen attentively to their thoughts and feelings, and provide emotional support. These individual connections foster a sense of security, build trust and strengthen the parent-child bond, indirectly impacting sibling relationships.

Model Positive Sibling Interactions

Parents and caregivers play a crucial role in demonstrating positive sibling interactions. Show affection and respect for

your partner or family members, resolve conflicts peacefully, and express gratitude for each other's contributions. Children learn from observing their parents' behavior and emulate these interactions in their own relationships.

Seek Professional Support When Needed

If sibling conflicts become severe or persistent, consider seeking professional guidance from a therapist or counselor. They can provide tailored strategies and support to address specific challenges and help siblings develop healthier communication and conflict-resolution skills.

Here are some specific ways in which professionals can help:

- » **Individual Therapy:** Individual therapy can help siblings develop self-awareness, understand their own emotions and behaviors and work on personal challenges that may affect their interactions with their siblings.
- » **Family Therapy:** Family therapy provides a structured and safe environment for siblings to express their concerns, work through conflicts and learn healthier patterns of interaction.
- » **Parent Education:** Parents and caregivers can benefit from professional guidance in understanding sibling dynamics, recognizing signs of conflict and implementing effective parenting strategies.
- » **Conflict Resolution Training:** Professionals can teach siblings conflict resolution skills, such as active listening and negotiation.
- » **Mediation and Facilitation:** Professionals can act as mediators in severe conflict or impasse, facilitating communication between siblings and helping them find common ground or reach compromises.
- » **Sibling Coaching:** Professionals can provide individualized coaching and support to siblings, focusing on their strengths, interests and personal goals.
- » **Addressing Underlying Issues:** If underlying issues such as mental health concerns, trauma or family dynamics are contributing to sibling conflict, professional support can address these root causes and provide strategies for managing their impact on the relationship.
- » **Promoting Healthy Communication and Boundaries:** Therapists can guide siblings in establishing clear boundaries, expressing their needs assertively and respecting each other's differences.

Siblings Can Establish Lifelong Bonds and Positive Connections

Remember, nurturing strong sibling relationships is an ongoing process that requires patience, consistency and a commitment to creating a supportive and loving family environment. Fostering positive sibling relationships is an investment in children's emotional well-being, social development, and lifelong happiness. [IS](#)



A Bond Like No Other

"I'm Finally Going To Be a Grandparent"

by Tracy Wickstrom

You get the phone call. Your child is having a child, and you will be a grandparent. Now what? Where's the playbook? What role will I have in this tiny human's life?

Every family is different, with parents setting guidelines for grandparents to follow. Grandparents are trusted by their adult children to reinforce limits and boundaries and must respect their children's parenting decisions. However, grandparents play a much more significant role than disciplinarians. They play many roles that are all equally important in the upbringing of their new grandchild.

Role of Teacher

Grandparents have a broad worldview and can teach their grandchildren how to navigate the world around them. They act as teachers, advisors and coaches and are always available to offer wisdom, guidance and support.

Grandparents know the importance of working hard to achieve goals and how important it is to learn to fail to succeed. They reinforce the importance of strong family values and the difference between right and wrong. They will talk endlessly about having a solid moral compass and always do their best to lead by example. They instill the virtues of honesty and integrity and will never waiver when teaching about the importance of a strong work ethic. Grandparents will know when something is wrong and will lovingly guide their grandchild in solving trials and tribulations that occur in everyday life. Although they will probably want to solve the problem themselves, they will resist the urge to "fix it" and offer advice and suggestions to help the child find an appropriate solution.

Role of Friend

Grandparents will always let their grandchildren and everyone around them know they are their biggest cheerleaders. From standing up and calling out the child's name at their high school graduation to loudly letting the basketball referee know what they thought of the foul called, grandparents never waiver as loyal supporters. Grandparents want to do fun things and may

occasionally stray from the rules set out for their grandchild. Okay, maybe they take a complete detour around the block from those rules, but who doesn't want to eat ice cream for breakfast or stay up past their bedtime? Grandparents have waited forever for these opportunities, and these are memories that will stay with their young grandchild forever.

When young children become teenagers, this is a very tumultuous time when they can use all the advice they can get. Grandparents act as confidants, allowing their grandchild to speak freely and have a sounding board where they know they can talk about anything in a safe haven and have someone who listens attentively and is free of judgment. They will always take the time to listen and always make their grandchild feel loved and special. They will constantly lift them up and reassure them that they can accomplish anything they put their mind to. They will let them know they will always be in their corner supporting them, and they will never, ever be alone.

Role of Historian

As family historians, grandparents have much to offer in the way of family stories and traditions. Since they have been in the family the longest, who better to tell all the family tales and to help their grandchild understand more about their family roots and heritage? Whether they tell the story of how the entire family got together for dinner on a Sunday and stomped grapes in a basket to make wine or how they were stuck at sea for days when they were in the military, this precious gift a grandparent provides is invaluable. They hope their grandchild will always listen to them talk about how they froze milk because it was on sale and never paid full price for a canned good when they could buy a dented can cheaper. They will share and share and share and always remind children to protect the family name and be proud of who they are.

Plain and simple, most grandparents love being grandparents. This special relationship with their grandchildren is like no other and should be treasured. [LS](#)





Parenting Styles: Finding the Right Approach for Your Family

by Scott Marshall

One of the great ironies of life is that arguably the most important job many of us will ever have is the job that we have the least amount of training and experience to handle: parenthood. Most of us make it through high school. Some continue further into university studies. How many of us have a degree in parenthood? In today's world of single parents and two-income families, it is rare to see a "stay-at-home" parent for longer than the first year or two of a child's life. The "distraction" of work makes deciding how to parent your child even more critical.

There are four basic parenting styles: permissive, authoritative, neglectful and authoritarian. How many of us consciously decide to elect one of these styles? How do you even know where to begin? Parenting with purpose requires you to consider who you are and who your child is to be the most effective parent you can be.

Most child psychologists find that the **authoritative parenting** style best benefits children's cognitive development. It involves a combination of warmth and love with moderate discipline and structure. Here, you establish rules and consequences in a loving

environment. You explain why you are taking the action you are taking. You are firm but calm in your decisions and discussions with your children.

Permissive parenting is parenting with love but few or no rules or expectations. Permissive parents shower their children with love and create a close parent-child relationship. Unfortunately, children in this environment often become insecure. The lack of structure leaves them unsure of what to expect, and they need more reassurance.

Authoritarian parenting follows a strict approach with rules and demands for performance. Love, while present, is not an essential part of the equation. The answer to "why do I have to do that?" is often: "because I said so." Authoritarian parents often make decisions for their children that other parents would allow their children to make by themselves. They can be overprotective. This approach can make children long for the warmth and love that is missing in their lives, causing them to lash out or rebel. These households can lead children to drugs and other risky, rebellious behaviors.

Neglectful parenting is only worth mentioning so that you



can avoid it. Neglectful parents are the worst parts of permissive parents (zero consequences and total leniency) and authoritarian parents (zero to little warmth and love). Neglect can easily happen when parents are so wrapped up in their own lives that they don't recognize their children's needs.

Choosing Your Style

Must you choose one of these styles of parenting? No. A cookie-cutter approach to childrearing can lead to ineffective parenting and harm the child. Each child is different. Different personalities. Different strengths. Different weaknesses. Different needs. Whether your child is gifted, has special needs or falls somewhere in between, you may need to adopt characteristics of more than one style.

Child psychologists usually recommend that you begin with the authoritative approach and observe your child's response. You may find that one child requires more love while another requires more structure. The key is to determine this as early as possible so that your style is appropriate for your child or children.

Be on the Same Page with Your Co-Parent

Regardless of whether or not you are living together, you are raising a child together. Being on the same page with the other parent is paramount. Adopting a good cop (permissive) bad cop (authoritarian) approach can cause conflict not just between child and parent but between parents, which can have catastrophic results for the well-being of your children. You must work with each other and decide on the best approach. Involving a family therapist at an early stage can open your eyes to what you both want to achieve for your child and how to do it, as well as assess your child's response to the style you have adopted.

In the end, it takes a village. Don't be afraid to seek help from a family therapist. The most important thing is that you parent with purpose. Develop a plan together and stick to it. Children need consistency and structure. Mixed messages and contradictions can create a disaster. By developing the appropriate parenting style for you and your children, you can help ensure they grow into independent, confident, happy adults. [IS](#)

Think Liver
Think Life 



Luis

Liver Disease Affects Approximately 100 Million Americans

Are you at risk?

Luis has high blood pressure but that doesn't stop him from living his dream of driving cross-country. What Luis didn't know was that his condition put him at higher risk for fatty liver disease.

An estimated 80-100 million people in the US have fatty liver disease. Certain other health conditions can put people at a higher risk. Some liver diseases are preventable and many can be reversed if detected early. To learn more or to find out if you or a loved one are at risk, please visit thinkliverthinklife.org.

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info@liverfoundation.org



Best Perennials to Plant For an Easy Garden

by Caitlin O'Donnell

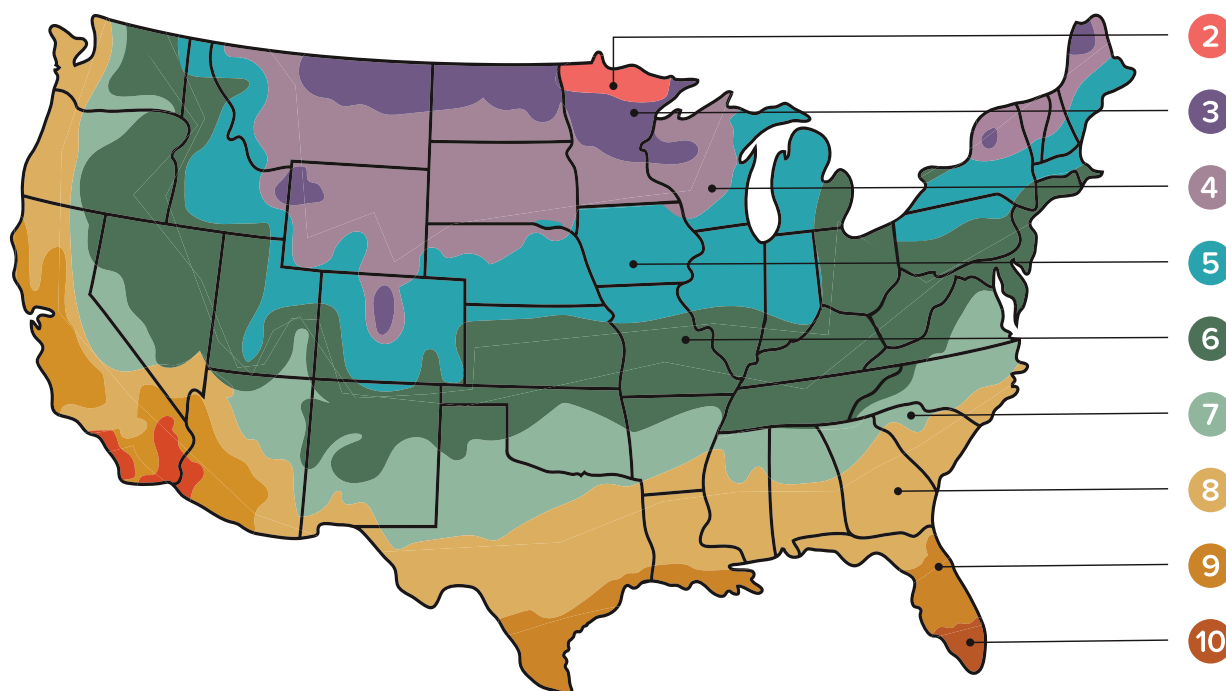
A garden can add so much to a home. Gardens can be excellent sources of fresh produce, exercise and bonding between loved ones. Plants improve air quality and provide food and shelter for wildlife. Although many people enjoy gardening, it can be frustrating to start over every year, which will be the case if the gardener has only planted annuals. However, perennials return every year, which saves gardeners time and money.

The best plants for a garden vary based on location. Plants

that are native to an area typically thrive more easily because they are better suited to the conditions. With that in mind, perennials tend to be hardier and more able to withstand a wider variety of conditions. The USDA has divided the country into hardiness zones, which advise gardeners on which areas a plant is likely to thrive. Gardeners can find out which hardiness zone they live in at <https://planthardiness.ars.usda.gov/>.

The following are some perennials to consider that thrive in most of the country:

United States Hardiness Zones



Native to the United States:

Coneflowers

Native to Eastern U.S.

Hardiness zones 3-9

Notes:

- » Attracts butterflies, bees and songbirds.
- » Used in many Native American medicines.
- » Drought tolerant.
- » Full-sun, well-draining soil.
- » Rabbits may eat coneflowers.

Black-Eyed Susans

Native to Northeastern U.S.

Hardiness zones 3-9

Notes:

- » Attracts butterflies and birds. Popular with wildlife, but deer-resistant.
- » Full sun.
- » Do not water leaves.
- » Not all varieties are perennials.

Goatsbeard

Native to Central and Eastern U.S. and Western Europe

Hardiness zones 3-8

Notes:

- » Can live 100 years, according to Farmer's Almanac.
- » Partial shade (Can live in full sun if watered correctly.)
- » Deer resistant.

Asters

Native to the U.S.

Hardiness zones 3-8

Notes:

- » Full or part sun.
- » Attracts butterflies, particularly Monarchs.
- » Deer resistant.
- » Birds love to eat the seeds.
- » Well-drained, loamy soil.

Bee Balm

Native to the U.S.

Hardiness zones 3-9

Notes:

- » Full sun.
- » Attracts butterflies and hummingbirds.
- » Moist well-draining soil.
- » Native Americans and early colonists used bee balm in many medicines.
- » Often used in teas. Flowers are edible.

Nonnative:

Daylilies

Native to Asia

Hardiness zones 4-9

Notes:

- » Attracts butterflies.
- » Drought tolerant.
- » Full sun.
- » Well-drained soil. Only needs about an inch of water per week once established.
- » All parts are edible.

Peonies

Most are native to China. Brown's peony and the California peony are native to the U.S.

Hardiness zones 3-8

Notes:

- » Deer resistant.
- » Full sun.
- » The petals are edible.
- » Doesn't do well if moved, but in one spot, can thrive for generations.

Food Plants:

Asparagus

Hardiness zones 4-9

Notes:

- » Full sun.
- » Takes 2-3 years to produce sustainably, but after that, can produce for decades.

Strawberries

Hardiness zones 2-10

Notes:

- » Full sun.
- » Must be rotated or have soil amended every growing season.
- » Cutting off blooms the first year will lead to a better yield the following year.

Grapes

Hardiness zones 2-10

Notes:

- » Can last up to 30 years if kept pruned.
- » Needs lots of air circulation and loose soil.
- » Full sun.

For extensive information on planting, caring for or diagnosing problems with any of these plants, visit almanac.com. [IS](#)



Home Cleaning Tips When You Have Pets

by Brandy Abalos



Pets bring joy and companionship into our lives, enriching our homes with unconditional love and playful antics. However, sharing our living spaces with furry friends also introduces a unique set of cleaning challenges. Pet hair, dander and occasional accidents can quickly accumulate, transforming our once pristine homes into havens for dust bunnies and lingering odors.

The good news is that maintaining a clean and pet-friendly home doesn't have to be an overwhelming task. With a few simple strategies and a commitment to regular upkeep, it's easy to create a harmonious environment welcoming to people and their beloved companions.

Tackle Pet Hair with the Right Tools

Pet hair is an inevitable byproduct of sharing a home with furry friends, but it doesn't have to take over the living space. Investing in high-quality cleaning tools designed specifically for pet hair can make a significant difference in keeping a home hair-free.

- » **Vacuum Regularly:** Regular vacuuming removes embedded pet hair from carpets, furniture and upholstery. Look for vacuums with powerful suction and specialized pet hair attachments.
- » **Use Lint Rollers and Sticky Tape:** For quick touch-ups, lint rollers and sticky tape are invaluable tools for removing surface-level pet hair from clothes and other surfaces.
- » **Consider a Hair Removal Glove:** Hair removal gloves, with their textured fingertips, can effectively capture and remove loose pet hair from various surfaces.
- » **Choose Pet-Friendly Furniture Fabrics:** When selecting furniture, opt for fabrics that are less susceptible to pet hair attachment, such as leather or tightly woven upholstery.

Combat Dander and Odors

Pet dander, the microscopic flakes of skin shed by animals, can trigger allergies in some individuals and contribute to a musty odor in the home. Regular cleaning and odor control measures can help keep dander and unpleasant smells at bay.

- » **Wash Pet Bedding Regularly:** Wash pet bedding, including blankets, pillows and covers, frequently to remove dander and accumulated dirt.
- » **Groom Pets Often:** Brushing pets regularly helps remove loose dander and distribute skin oils, reducing shedding and promoting a healthy coat.
- » **Use Air Purifiers:** Air purifiers with HEPA filters can effectively remove dander and other airborne particles from the home.

- » **Consider Enzymatic Cleaners:** Enzymatic cleaners break down organic matter, including pet urine and dander, effectively eliminating odors and stains.
- » **Maintain Good Ventilation:** Open windows and doors regularly to allow fresh air to circulate and help remove lingering odors.

Address Accidents Promptly and Effectively

Pet accidents are an inevitable part of life with some furry companions. Acting quickly and using the right cleaning methods can minimize damage and prevent lingering odors.

- » **Blot Up Liquid Spills:** For liquid accidents, promptly blot up as much of the liquid as possible.
- » **Enzyme Cleaners for Urine:** For urine accidents, use enzymatic cleaners designed to break down organic matter and eliminate odors.
- » **Neutralize Odors with Baking Soda:** Baking soda can help neutralize lingering odors by absorbing and neutralizing odor-causing molecules.
- » **Steam Clean Carpets and Upholstery:** For more stubborn accidents, steam cleaning carpets and upholstery can effectively remove deep-seated stains and odors.

Establish a Regular Cleaning Schedule

Dedicate a few minutes daily to picking up pet hair and wiping down surfaces. Schedule a weekly deep cleaning session to vacuum carpets thoroughly, clean floors and disinfect surfaces. Perform a more thorough deep cleaning seasonally to refresh the home and tackle any accumulated dirt or odors.

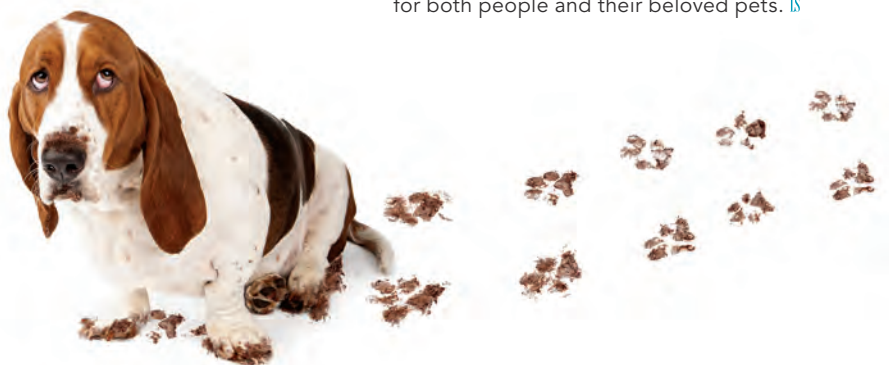
You Can Prevent Pet Messes in Your Home

Taking preventive measures can help minimize pet-related messes and make cleaning more manageable.

- » **Use Doormats:** Place doormats at entrances to trap dirt and debris before they enter the home, reducing the amount of pet hair tracked in.
- » **Regularly Check for Shedding:** Keep an eye on pets' shedding patterns and adjust grooming routines as needed.
- » **Protect Furniture and Floors:** Use protective covers for furniture and consider pet-resistant flooring options to minimize damage.

Embrace the Challenge of Living with a Pet

Maintaining a clean and pet-friendly home requires dedication and effort, but it's achievable. Approach cleaning as an opportunity to create a healthy and welcoming environment for both people and their beloved pets. [IS](#)





What To Do in a Power Outage

by Brittany Shideler

Imagine sitting on the couch, enjoying the latest episode of that hot new sitcom, and WAM! Everything shuts off. TV, lights, clocks. Now what? The following are steps to prepare for a power outage and what to do during one.

Before a power outage happens, create a list of items that may be useful to have on hand, such as an emergency kit, extra supplies of non-perishable food and bottled water, multiple flashlights and batteries. Install carbon monoxide detectors with battery back-ups, and consider purchasing a generator. Keep gas tanks full and charge phones, computer devices and power banks.

When a power outage does happen, first locate a flashlight and address the highest priority needs. Is the temperature outside extreme? Regulate temperature control with a generator or relocate to a friend or family member's home that still has power. If these are not options, consider a hotel with power or an emergency community center. Take pets along, as they are also susceptible to hyperthermia and hypothermia. Many community shelters will require pets to have up-to-date vaccination paperwork if they are allowed. Never use a gas stove or grill to provide warmth, and never use a generator inside, as these both increase the risk of carbon monoxide poisoning. Generators should only be used outdoors and away from windows.

For those with medications or medical equipment that require refrigeration or power, preparation ahead of time can make a tremendous difference. Discuss medical needs with a doctor before

a power outage occurs. Find out:

- » How long medications can be stored without refrigeration?
- » Backup power source options for equipment, such as generators and backup batteries.
- » Any other factors the doctor thinks are essential to consider before a power outage.

It is critical for those who are relocating to remember to bring their medicines and medical equipment with them.

If environmental conditions allow a family to stay in their home, it is crucial to keep refrigerators and freezers closed, except to place a thermometer inside quickly. A thermometer will determine if the food is safe to eat once the power has been restored. If the doors are kept closed, a fridge will keep food cold for approximately four hours, and a full freezer will keep its temperature for about 48 hours. If the outage is projected to last longer than these timeframes, coolers can be used if ice is frequently replenished. If there are any doubts about whether the food is safe to eat, throw it out.

Next, turn off or disconnect electrical devices. When the power is restored, a power "surge" could cause damage to these devices. Quality surge protectors can be helpful, but they can fail, so unplugging appliances and devices is the best option. Visit **Ready.gov** for more details and resources on preparing for emergencies. [IS](#)

Dos and Don'ts of Improving Air Quality

by Caitlin O'Donnell

Most people don't think about air quality, but it has a huge impact on human health. Poor air can cause sick building syndrome, increase the risk of influenza and other illnesses and impair cognitive abilities.

DO



Wash linens regularly.



Open windows when weather permits. Consider a window fan or window air conditioner.



Use exhaust fans in bathrooms and kitchens.



Vacuum and dust often.



Use dehumidifiers when needed to prevent mold and mildew.



Forget to change filters, including for the AC, vacuum, air purifier and other appliances.



Do activities that increase pollutants indoors if it can be avoided. These activities are more safely done outside and can include painting, sanding, using chemicals, etc.



Use a kerosene heater.



Neglect to have air ducts cleaned and inspected.



Use chemical air fresheners and harsh cleaning chemicals. Try products from the Environmental Protection Agency's Safer Choice list.

Firm Celebrates 40 Years

Casey, Devoti & Brockland celebrated its 40th anniversary this Summer. Since the firm's founding, our lawyers have been committed to providing personalized and high-level service to every client.

First and foremost, we are trial lawyers. We approach each case with the mindset that it will be tried before a jury, always prepared to stand beside our clients in the courtroom. We also take pride in our role as educators and counselors, striving to address the questions, concerns and needs of our clients. We understand that they often face some of the most challenging times of their lives.

Tom Casey and Steve Meyerkord founded the firm in 1983. Matt Devoti joined the firm as an associate in 1998 and Matt Casey followed in 2003. In July 2004, Matt and Matt joined Tom as partners, launching the current iteration of the firm. The partnership continued until Tom's retirement in 2018. Anne Brockland joined Matt and Matt in January 2019, and the three now practice in Midtown within a short walk of St. Louis University.

Our success over the last four decades would not have been possible without the dedicated support of our assistants. Stephanie Perry and Kristen Fox keep us organized and ensure we are fully prepared to best serve our clients day in and day out. Stephanie celebrated 10 years with the firm last year, while Kristen joined us three years ago. Both are exemplary professionals, often undertaking tasks and completing jobs without question or request.

Fortunately, the number of professional assistants we have worked with is limited. Margaret Riley served as the cornerstone of our office for many years. Margaret started with



Tom shortly after the firm's founding and continued with Matt and Matt after Tom's retirement until her unfortunate illness. Margaret set the bar high, and we all strive to maintain her level of dedication.

If you are reading this note, you are most likely a current client, former client, or firm friend. We want to express our gratitude for giving us the opportunity to practice law in our own way, without relying on advertising. We rely on the referrals of people like you to welcome new clients and friends into our firm. Thank you, Matt, Matt and Anne ■

About the Firm

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Of Counsel:

By Appointment in
Ste. Genevieve, Missouri

The Casey, Devoti & Brockland partners are seasoned litigators who together have nearly 50 years of trial experience. Our three-attorney team offers a unique combination of accessibility and compassion—coupled with a fierce dedication to fighting for victim's rights.

We specialize in the following practice areas:

- Motor Vehicle Accidents
- Victims of Impaired and Distracted Drivers
- Medical Malpractice and Birth Injuries
- Slips, Trips & Falls
- Product Liability / Defective Devices
- Elder and Sexual Abuse
- Workers' Compensation
- Wrongful Death

We serve clients in the following areas:

- Greater St. Louis Metropolitan Area
- Southeastern Missouri
- Southern Illinois

If you have been the victim of negligence caused by another, you may be entitled to compensation for things like medical reimbursement, lost wages, pain and suffering.

We are happy to meet with you for an initial consultation free of charge.

To learn more about Casey, Devoti & Brockland visit www.caseydevoti.com. You can also follow us at www.facebook.com/caseydevotibrockland, www.linkedin.com/caseydevoti and on **Twitter** [stlinjurylawyer](https://twitter.com/stlinjurylawyer).

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- Inflammation
- Irritation of eye, skin and respiratory tract
- Headaches

Injuries Associated with Off-Gassing:

- Possible carcinogenic effects (cancer)
- Possible toxic effects
- Nausea/vomiting
- Hypersensitivity
- Irritation of eye, nose, skin and respiratory tract
- Headaches



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