

THE

CONNECTION

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Choosing the Tree of Your Dreams

In choosing as tree for this years hunting season, please keep safety at the top of your priorities.

Choose a straight a tree as possible.

Watch out for dead, overhanging limbs that may fall (they are called "widow makers") and rotten wood.

Use extra care when hunting from a smooth-barked tree (such as aspen, maple, hickory and beech) when it's raining, they get slippery.

Use extra care when hunting from a frozen tree. Avoid using elevated stands when it's icy.

Hunting from a tree stand brings with it new considerations for the hunter. Keep yourself safe and pay attention to the following:

When transporting your gun or bow always use a haul rope to bring gear to and from the ground.

Always unload your gun before hauling.

If hauling a bow, tie your line to the top limb of the bow when climbing and the bottom when descending to avoid snagging arrows in tree branches.

Men's Mid-life Health

A Doctor's Advice

by Elizabeth Smoots, MD

No time is more important to a man's health than midlife. At age 40-65 the results of earlier negative life-style choices begin to show - perhaps as diabetes, excessive weight, elevated blood pressure or cholesterol.

Yet many men in midlife do not pursue the health care they need. A recent large poll reveals these facts about men:

More than half do not get regular screenings or preventive care.

A third do not have a regular provider to contact for medical advice.

25% wait as long as possible before seeking advice for a health problem.

Neglecting health and health care may be one reason men have an average life span that is 7 years shorter than women. Men also have a higher mortality rate for all of the 15 leading causes of death.

Many serious health problems begin to surface in men in midlife. But just like maintenance on your car, regular care of your body can extend its years of service.

If your a guy, any age is a good time to think about your health..

Fill up with better fuel. Eat a low fat diet that includes whole grains, beans and 5-9 servings of fruit and vegetables daily.

Don't abuse your engine. Get 6-8 hours of sleep daily and avoid smoking, recreational drugs and excess alcohol.



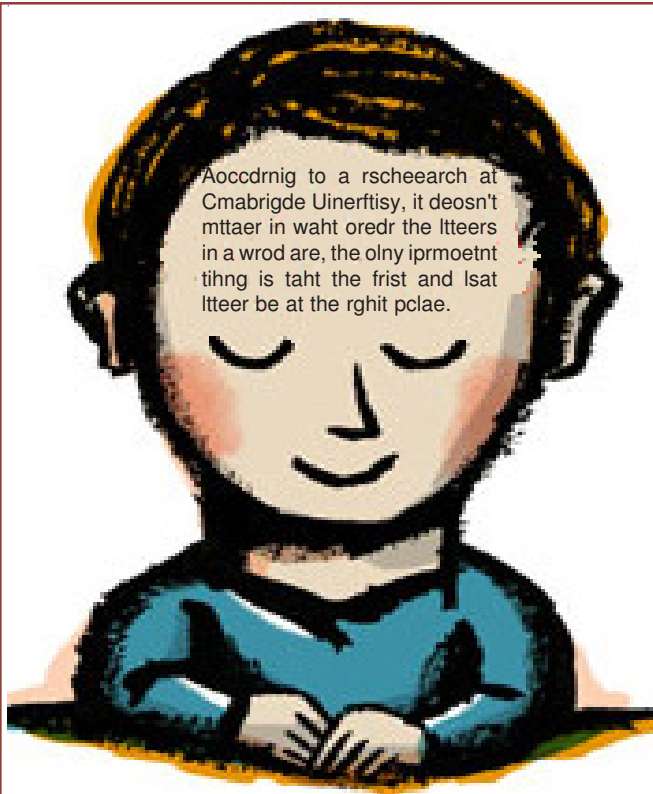
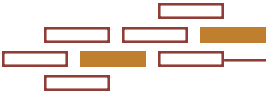
Stay in the driver's seat. Search out providers with whom you can easily talk. Be open and honest about your health concerns. Ask as many questions as you need to understand a diagnosis or treatment plan.

Take regular road trips. To feel good and protect your health you need at least 30 minutes of exercise most days of the week. Stretching and strength training 2-3 times a week can also help build strength and stamina. Get your provider's OK if you're unaccustomed to exercise.



Schedule regular tune-ups. Some silent problems that can be detected during checkups include skin, colon and prostate cancers, high blood pressure, diabetes, and high cholesterol. Men at high risk for these conditions may need testing more often. Your provider can advise you on screening for these conditions, based on your age and personal health profile.





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TOO BEE OR NOT TO BEE STUNG

As many as two million people in the United States are severely allergic to stinging insect venom. Over 100 deaths are reported each year, but many more deaths may be occurring - mistakenly attributed to heart attacks or other causes. **Late summer and early fall are peak seasons for bee stings.**

Extreme, sometimes fatal allergic reactions are almost always due to insects the include honeybees and other bees, wasps, hornets, and fire ants. The honeybee

stings only once leaving a stinger imbedded in the skin; all the other stinging insects of this order can sting over and over again.



A LOCAL REACTION

which is what most of us get, lasts a few hours, includes pain, redness and swelling, and fades relatively quickly.



A LARGE LOCAL REACTION

lasts for days and is often seen after multiple stings. It spreads to surrounding areas, but not to distant sites on the body.



A SYSTEMIC ALLERGIC REACTION occurs when the reaction spreads to

other sites in the body or is accompanied by trouble breathing, choking, or total body hives. This person needs emergency help. Call 911 immediately and be prepared to perform CPR.

Severe allergic reactions start quickly after the sting. Dizziness, nausea and weakness may occur. There may be stomach pain and vomiting. Generalized itching, swelling and hives are common. In the worst cases, wheezing, trouble breathing and choking occurs.

Rarely, this can be followed by shock and unconsciousness. Death can ensue in five to thirty minutes after the sting.

If a honeybee does sting you, gently scrape away the stinger using your fingernail. For any insect sting apply ice. Antihistamines like Benadryl can relieve the allergic reaction. Cortisone cream can also help the itching.

If you have a history of a systemic allergic reaction to bees or other stinging insects, see your doctor. You will be provided with emergency epinephrine kits that you must know how to use correctly and quickly.

COMMON SENSE AND PREVENTION

There are lots of things you can do to prevent stings and common sense is a good place to start.

Avoid bright colors and certain scents. Stinging insects are attracted to them.

Don't go barefoot.

Don't provoke bees by swatting at them. Keep food covered.

Be very careful drinking from open containers outside.

During construction and renovations, be careful of where bees may be nesting.

Bees usually don't sting unless threatened or provoked. Our best protection is to respect their habits and leave them alone whenever possible.

TEST YOUR KNOWLEDGE

- Noise- induced hearing loss is reversible. True False
- Permanent hearing loss can only happen instantly. True False
- Even if your hearing is starting to fade, you can protect your ears from further damage. True False
- Many sources of workplace noise contribute to gradual, but permanent hearing loss. True False
- Three types of available hearing protection include: disposable foam earplugs, molded plastic canal caps and _____.
- Difficulty picking out sounds from a noisy background is a sign of possible hearing damage. True False

We welcome your comments and suggestions about the Connection. To submit articles and/or topic ideas, please call: (269) 629-9708 or send to P.O. Box 460, Richland, Mi 49083. Also visit our website at: www.CLS-Skilledlabor.com