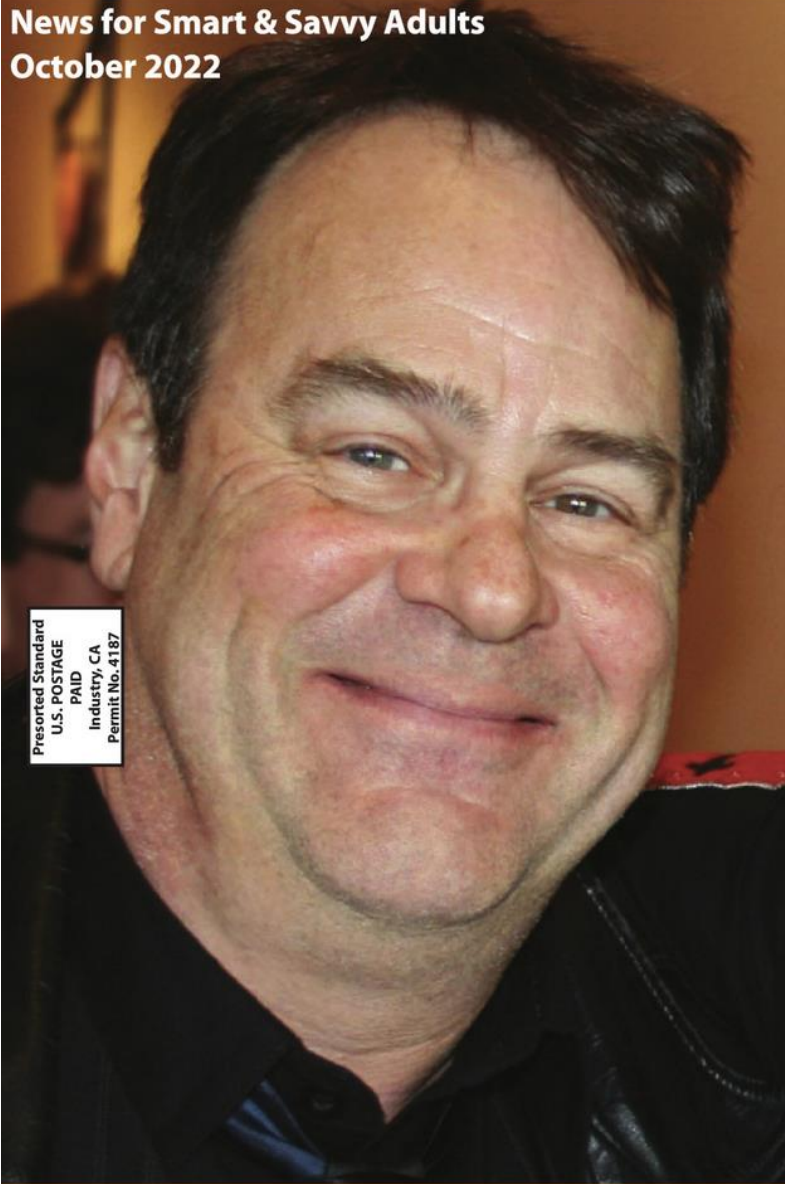


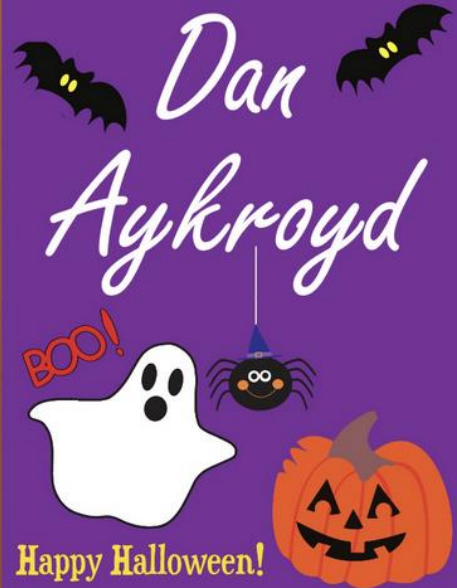
Not Born Yesterday!

News for Smart & Savvy Adults
October 2022



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Bird feeders

Q: In response to recent warnings about avian flu in wild birds, I have taken down my bird feeders and bird baths. When is it OK to put them back out?

A: Infection with avian influenza viruses among songbirds, including many common backyard birds, appears to be relatively rare. However, feeding and providing water to wild birds is generally discouraged because the increased congregation of wild birds at bird feeders and bird baths may lead to fecal contamination of the local environment, which can aid in disease transmission. While the risk of avian influenza to most songbird species appears low, there are other more common diseases, such as avian pox and avian trichomonosis, that periodically circulate among wild birds that may cause increased mortality during outbreaks. Rather than providing bird seed to wild birds, a healthier option would be to provide natural sources of food by landscaping with native plants, if possible. This will benefit wild birds and pollinators like butterflies and bees.

If you do choose to have bird feeders and bird baths, it is generally recommended that bird feeders and bird baths are thoroughly cleaned outdoors at least once a week, and more often if there is heavy use by birds. Disposable gloves should be worn and hands should be thoroughly washed after handling of bird feeders and bird baths. Please note, some pathogens can persist in water, on surfaces or in soil for hours to days, so even the most rigorous cleaning may not be enough to stop all disease transmission. If backyard chickens or other captive birds such as ducks, geese, pigeons, doves and parrots are present in the area, it's strongly recommended not to have bird feeders and bird baths, and to exclude wild

Fishing resources

Q: I want to fish but don't know how and there are no clinics offered in my area. Does CDFW offer any online learning opportunities?

A: Yes - there is a series of short videos that cover basic fishing skills available on [CDFW's YouTube channel](#) that are captioned in both [English](#) and [Spanish](#). The videos cover the basics of fishing including knot tying, casting, rigging, safety and more. One advantage to these videos is

that if you are out fishing and need a quick reminder, you can watch them online or download them to your phone. CDFW's Recruit, Retain, Reactivate (R3) team also has a [webpage](#) with information and resources to help you get started fishing. It can also be helpful to ask other anglers along the shoreline for assistance as most are more than happy to help bring new anglers into the sport. Remember a fishing license is required for all anglers 16 years or older. A license can be purchased online or at most stores that sell fishing tackle, including many chain drugstores.

If you've mastered the basics and are looking to grow your skills as an angler, consider attending one of the [Virtual Gatherings](#) offered by CDFW's Fishing in the City program. Featuring a different topic each week, these online workshops provide a space to ask questions and learn tips, tricks, and best practices from CDFW staff and other anglers.

CULINARY EVENT

The Culinary Historians of Southern California Presents Cuckoo for Coconuts by Constance L. Kirker and Mary Newman

Saturday, October 8, 2022, 10:30 am. Free via Zoom

A pair of respected historians (and sisters) explores the history and culture of coconuts, both as food and their use as a sacred element

The program is free; register here: <https://www.eventbrite.com/e/culinary-program-constance-l-kirker-and-mary-newman-cuckoo-fo-r-coconuts-tickets-424549467887?>

Cuckoo for Coconuts

The flavor and image of the coconut are universally recognizable, conjuring up memories of sweet, exotic pleasures. Called the Swiss army knife of the plant world, the versatile coconut can be an essential ingredient in savory curries and sweet desserts, or a sacred element in Hindu rituals or Polynesian kava ceremonies. Coconut's culinary credentials extend far beyond a sprinkling on a fabulous layer cake or cream pie, to include products such as coconut vinegar, coconut sugar, coconut flour, and coconut oil. Kirker and Newman explore the global history of coconut from its ancient origins to its recent elevation to super-food status, and they discuss interesting and delicious coconut recipes.

Waterproof Bandage

ADVERTISEMENT

DrySee® Launches Patented Waterproof Bandage with Wetness Indicator

Proprietary liquid indicating gauze changes color if liquid breaches and new bandage is needed

DrySee®, a medical technology company dedicated to improving wound care, introduces its patented waterproof bandage with liquid intrusion alert. The average bandage provides some protection, but it is still easy for dirt and water to reach a wound. Even if a waterproof bandage is used on a wound it's hard to tell if it is actually sealed. DrySee is an alternative to traditional cloth or plastic bandages when more reliable wound protection and water blockage is needed.

DrySee's waterproof bandages provide a secure, waterproof covering for low exudate wounds. If water or other liquids make their way into the bandage, the liquid indicating gauze along the perimeter of the bandage will turn a dark, blue color. Fluid from the wound site will cause the internal pad to also change color, alerting the user that a bandage change is necessary. DrySee's color changing, liquid intrusion alert takes the guesswork out of replacing bandages because it is easy to see if the bandage is wet or dry. DrySee bandages can last for up to 3 days, so people may even be able to reduce the number of bandage changes that they need to complete during healing.

"Infections are a historical and ongoing plague on the health care system," said Brad Greer, CEO of DrySee. "DrySee is a game-changer for any type of wound care. There is no more ambiguity on the part of the person caring for the wound. It is visibly obvious when a bandage needs to be changed. This visual cue should help people be more proactive with their wound care and help reduce the number of infections."

DrySee bandages are available in packages of 25 or 4 units for online

Constance L. Kirker is a retired Pennsylvania State University art history professor whose current research interests include cultural aspects of culinary history. At the Singapore campus of Culinary Institute of America, Kirker taught courses in History and Culture of the Americas.

Mary Newman holds a PhD in Toxicology from the University of Cincinnati School of Medicine and is a



purchase. DrySee liquid indicating bandages are waterproof, sterile, disposable, breathable, non-latex, and one bandage can be used for up to three days. For more information and ordering, visit www.drysee.com.

About DrySee

DrySee's mission is to provide bandage solutions that allow patients to live their lives confidently after surgery. The DrySee team saw a need in the medical industry for a more secure and effective dressing to ensure better post-op healing and created a revolutionary waterproof dressing that changes color to indicate if the bandage has been compromised.

The cutting-edge, patented DrySee technology helps to lower both staff and material costs while improving patient compliance and experience.

former professor at Ohio University. She is the author of numerous articles published in scientific journals. Newman is a member of the International Association of Culinary Professionals (IACP) and a two-time Fulbright Fellowship recipient.

Constance and Mary, sisters, co-authored *Edible Flowers: A Global History and Cherry*, in the Reaktion Botanical series.