

SearchLight

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

Summer 2019

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CCPOA Benefit Trust Fund

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

U.S. Legal. There's an App for that.

U.S. Legal Services (USL) is the pre-paid legal option that all Active CCPOA Members already have. You may not have realized you have a lawyer - but the plan covers many of the legal situations that arise in life. You can get legal help for things like CCW, Power of Attorney, Wills and Revocable Living Trusts.

Now, all this legal help and information is coming to your smart phone with the release of the new U.S. Legal app. Members will need to go through a few steps to sign-in and set up their account. (These changes are due to requirements from Apple and Google,) but it's only a small change from how things have worked so far.

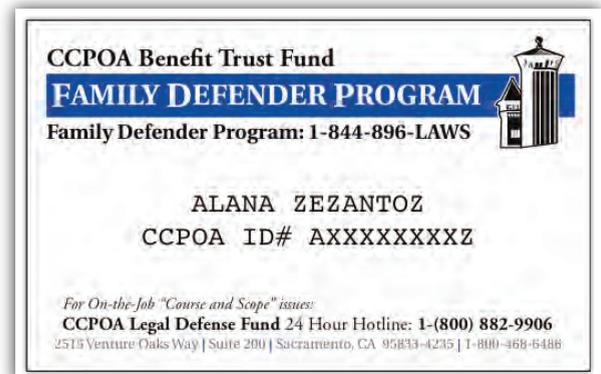
Before you can get going - look in your wallet and find the ID card that says "Family Defender Program" and has the Towers in the corner. You'll need the CCPOA ID# on this card to get started. (If you can't find your card don't panic. Call the Trust and we can look it up for you.)

Once you have your ID number getting all set up in the USL system is a three step process:

- Proceed to the new login page. Here you will use the CCPOA ID# to login and obtain a **new U.S. Legal Member ID**.
- You will use this new USL ID and your CCPOA ID to complete Step 2 where you register and set up a user name and password. (The website walks you through the process.)
- **IMPORTANT:** As part of our efforts to ensure your personal information is kept private you are NOT required to enter your address or phone number to register. Where the form asks for a ZIP code you will enter **95833**, which is the ZIP for the Trust.
- Step 3 - Sign in!

Now that you're all set-up in the new system you can download the USL app to your smart phone. You needed to go through the new set-up first, because you use the new user name and password going forward in the app or on the website.

Retired Members can take advantage of U.S. Legal Services as well. The premium is \$13.99/month. You can download the application from our website.



REMEMBER - U.S. LEGAL SERVICES HAS A DEDICATED NUMBER JUST FOR CCPOA MEMBERS. 1-844-896-5297 (LAWS)

Start here: apps.uslegalservices.net/CCPOA/

CVS Yanking the Liars

You may have noticed a few vitamin brands missing from the shelves at your local CVS store. All products with a supplement panel will undergo third party testing and verification in order to be sold in-store or on CVS.com.

This marks the first time that this caliber of standards for vitamins and supplements is being applied. All supplements must pass the tests before they can be sold.

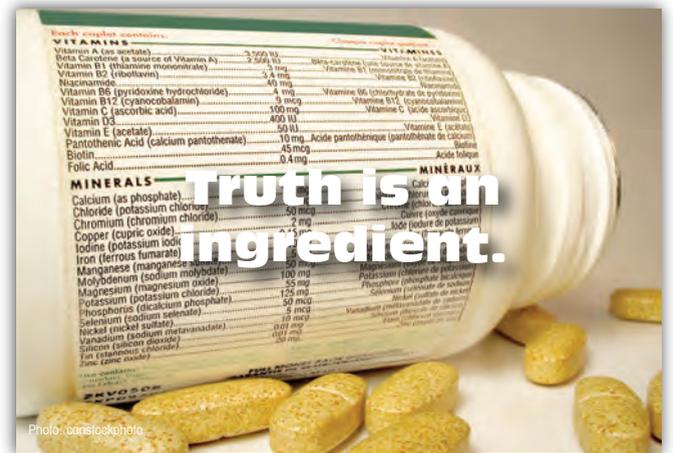
Enhanced standards were already in place for all of CVS Pharmacy's exclusive store brand products, but CVS Pharmacy is the first and only national retailer to implement a program like this. They called the program "Tested to Be Trusted" and it covers more than 1,400 vitamins and supplements from 152 brands.

TWO BROAD CATEGORIES ARE INCLUDED IN THEIR TESTING:

- First, company officials say they want to make sure that what's listed on the labels of these products is actually in the products.
- They're also testing to ensure there are no contaminants in these supplements.

President of CVS Pharmacy, Kevin Hourican, said "We also saw label failures because allergens weren't listed but had trace amounts, such as tree nuts. Another label failure was that a product was listed as 'gluten-free' but was not in fact," he said.

As a result of the 'Tested to be Trusted' program, there have been 22 products removed from shelves so far. Testing is expected to be completed on all vitamins and supplements by the end of this year. healthline.com; bloomberg.com; people.com



Gold Shield Prices Reduced.

This one is short and sweet. As of July 1, 2019, the board of Trustees has reduced the monthly premium on Gold Shield.

The new rate is now \$55/month. New Officers who enroll within 90 days of graduation will have a special rate for their first year of \$27.50 - which is a half price discount rate!

Members who are currently enrolled need do nothing... the new rates will be applied automatically.

Now, more than ever you need to ask yourself "How can I afford NOT to have it?"

Visit our website for more details on the Gold Shield Disability Plan.

In the last 12 months Gold Shield paid out \$5,484,65 to CCPOA Members.

90 Percent of People with Heart Failure Don't Make Lifestyle Changes

Researchers say less than 10 percent adjust their lifestyle for exercise, fluids, and salt intake.

People with heart failure conditions are encouraged to watch their weight, exercise more, drink fewer fluids, and limit their salt intake.

Heart failure affects almost 6 million people in the United States.

Half will die within five years of diagnosis, according to the Centers for Disease Control and Prevention (CDC).

Failing to make lifestyle changes or take prescribed medications can contribute to worsening symptoms and raises the risk of hospitalization.

Turns out, being lonely may be the biggest reason why less than 10 percent of those affected will follow their doctor's recommendations to improve the condition.

"We suspected that adherence to lifestyle



recommendations would be low, but we didn't think we'd find that only seven percent of patients followed all of them," Natalia

Witoniowska, a study author and researcher in the department of clinical nursing at Wroclaw Medical University in Poland, said.

The study was presented at the annual meeting of the European Society of Cardiology in late May.

According to the study, the four lifestyle changes involve:

- monitoring weight changes
- reducing salt intake
- reducing fluid intake
- exercising more

Researchers defined following the recommendations as "every day" or "three times a week" for checking their weight and "most of the time" or "all the time" for salt, fluid, and exercise.

"The least followed advice was to increase physical activity and reduce salt and fluids," said Witoniowska. "This was surprising because you'd think that limiting liquids or salt would be easy for patients or their caregivers to follow." healthline.com

STORIES FROM THE BLUE SHIELD HEALTH LIBRARY

How to be a better friend in 2019

We're all familiar with the stereotype that Californians are flaky. Perhaps it's the laid-back lifestyle that keeps us from following through with plans we make, or maybe the stress of being an adult sometimes makes us want to curl up under our covers alone. No matter how tricky or time-consuming setting up social interactions can be, it's worth going the extra mile to connect with your friends. As human beings, we can't escape our need for human connection; our brains are hardwired for empathy and friendship, says a recent University of Virginia study.

If you have at least three friends, you are 96% more likely to be extremely satisfied with your life. Close friends aren't just good for your emotional well-being. Good, supportive friendships can lower your chances for heart rate variability (the number of heartbeats per minute) and dementia risk. In one study from the University of Michigan, the researchers concluded that your adult friendships can help you live longer.

Both men and women make the maximum number of social connections they're going to have around the age of 25, according to a recent study. For many, that's when they acquire many of their lifelong friends, but that doesn't mean you can't expand and maintain your friendship circle as you age. Nearly 40 million people live in the state of California right now, and a handful of them are already your close friends. Here are some tools you can use to strengthen those friendships and nurture new ones:

Take your friendship offline. With constant texting, endless social media apps, and instant messaging, you can easily overlook that you haven't seen your friend in a while. For example, a recent survey found that only 25% of teenagers spend time outside of school with their friends every day, but 55% check in with their friends via text every day. This can lead to feelings of false connection, making people

wonder just why they feel so lonely when they're connected nearly every moment of every day.

Prioritize social connections. Life gets busy. When work is hectic and you're in desperate need of some self-care, it can be

Make an effort to prioritize your close friends and family members; spending quality time with other people can improve your overall well-being

tempting to put off hanging out with the people closest to you. Make an effort to prioritize your close friends and family members; spending quality time with other people can improve your overall well-being and your relationships. Try using your commute to talk on the phone with loved ones who don't live nearby, and schedule time in your calendar to get together with those who do. "Good relationships keep us happier and healthier. Period," said psychiatrist Robert Waldinger, director of the Harvard Study of Adult Development, one of the most comprehensive studies of happiness, in his TED Talk. Waldinger also noted that one of the first of three lessons in the study is that "social connections are really good for us, and that loneliness kills. It turns out that people who are more socially connected to family, to friends, to community, are happier, they're physically healthier, and they live longer

than people who are less well-connected. And the experience of loneliness turns out to be toxic."

If you need to, trim your friendship tree. As you grow older, your priorities and lifestyle may change and no longer align with those of certain friends. That's okay, normal, and even healthy. Waldinger recommended focusing on quality, not quantity, when you take a high-level view of your friendship circle. "It's the quality of your close relationships that matters. It turns out that living in the midst of conflict is really bad for our health. Living in the midst of good, warm relationships is protective," Waldinger shared.

Be honest. Communication and trust are essential to building strong, long-lasting friendships. In a recent survey, 67% of the young participants valued honesty in their friendships and saw it as an important quality. Another study found that "social interactions in which lies were told were less pleasant and less intimate than those in which no lies were told." When in doubt, just be honest for a more positive friendship.

If you must cancel, make concrete plans for the future. If you need to cancel plans with a friend, apologize and offer an alternate date. Another option when a common date proves impossible is to incorporate your friend into your routine. Meet each other at a yoga class, work event, or while you clean your apartment. You can quickly catch up and provide support while getting your own to-do list done.

Friendships are vital to your personal growth and wellness. While life gets busy and cancellations happen, prioritizing friendships and nurturing them as they evolve can help you live longer and lead a happier life. Now, send a text to that friend who's been on your mind and schedule your next hangout session.

WORLD-WIDE-WEIRD

Found online. That makes it true.

Death By Magic

Comparing himself to the famed Harry Houdini, Joseph Burrus arranged for a Halloween night spectacle in 1990 where he would settle into a glass coffin and have nine tons of dirt and cement poured over him. The performance took place at Blackbeard's Family Fun Center in Fresno, California. After being lowered seven feet into the ground, a chained-up Burrus waited while assistants directed a cement truck to unload its contents over the coffin. After one false start—the chain around his neck was too tight—Burrus made a second attempt. The cement crushed the coffin, suffocating him. It was a morbid homage to Houdini: He had also died on Halloween night. *mentalfloss.com*

Flip for a \$1,000

Are you a "brave soul"? Utah-based Frontier Bundles is looking for someone to willingly give up their smartphone for a full seven days in favor of a flip phone.

According to the company website (*which ironically you wouldn't be able to see*) "If you're the person we choose, you'll be responsible for using a flip phone in place of your smartphone for seven full days (that's 168 hours!), and we want you to log your experience. We'll have you track (don't worry, your info stays safe with us!) how long it takes you to do basic tasks such as texting and checking email, how many times you wish you could Google something, how many hours you slept, how your productivity changed (or didn't!), and even if you were late to appointments (after all, how does anyone get around without Google Maps?). Was your experience #TheWorstThingEver? Did you find new freedom? Either way, we want to hear about it."

Frontier Bundles said the selected contestant will receive a "survival kit" that includes a road map, a pocket phone book, a notepad with a pen and a pair of 1990s-era CDs to help compensate your Spotify addiction.

The challenge will pay \$1,000 if the person selected completes the challenge successfully. While the promotion is all in good fun, the company said it is genuinely interested in seeing how people use their phone on a day to day basis.

Here are just a few of America's many cell stats according to *bankmycell.com*:

- The average user checks their phone 63 times a day
- 86% of people will check their phones while talking with other people in real life.
- The average user will tap, swipe, click their phone 2,617 times a day
- 8th graders who are heavy users of social media have a 27% higher risk of depression
- 47% of parents think their child is addicted to their smartphone



Photo: Uvitra/flickr.com

For Sale: Medieval Witch Prison

Some calling it the most haunted house in England. Located in the town of St. Osyth in Essex, U.K the building was once a medieval prison for people accused of witchcraft.

Essex was a hotbed of witchcraft trials during the 16th and 17th centuries — of the 112 witches who were executed in England in the 1640s alone, 82 were put to death in Essex.

Now this unique 2 bedroom cottage home is in need of an owner. But prospective buyers should be forewarned: The sordid history of the former jail, known as "The Cage," has led many to claim that the house is haunted.

The Cage remained as a prison for men, women and children up until 1908. After this time it became a private residence. Many of the subsequent owners could not handle the paranormal activities and sold promptly. One previous owner committed suicide in the home.



Photo: Home Domus 360

It has been owned by Vanessa Mitchell since 2004, but she only lasted living there for just over three years because of the relentless paranormal activity. The house has been empty for over ten years. Mitchell has tried to sell The Cage twice before, but to no avail. She herself was so uncomfortable in the home that she moved out for good in 2008.

Mitchell reportedly fled the house and moved elsewhere after seeing "mysterious blood spatters" and being "physically attacked" by malevolent ghosts — one of which was "a satanic-looking goat."

The sordid history of the house goes back to the witch trials of 1582. 14 women were accused of witchcraft-related crimes, for which three were executed. During the trials, the women were housed in The Cage.

One of the accused is commemorated with a plaque that hangs on one of the former prison's walls. Ursula Kemp, was a local healer who was sentenced to death by hanging. Accused of casting spells that led to the death of a neighbor's newborn, she accused others of practicing witchcraft, and they, in turn, accused even more unfortunate individuals.

In 1921, two female skeletons — one of them reportedly Kemp — were unearthed in a St. Osyth garden. Some of the bones appeared to have been pierced with nails, a common practice for dead witches to keep their spirits from haunting the living.

According to the listing agent, *homedomus360.com*, The Cage can be yours for \$305,478. *livescience.com; mirror.co.uk*

Don't Mess with Grandpa

In the middle of the night, a shirtless and agitated man waited outside the closed apartment door. Inside, Martin and Patricia Roth were sound asleep. Their 6-year-old granddaughter asleep in the other room.

Then Benjamin J. Dillon, 37, kicked down the door of the couple's apartment and yelled he was taking the child.

"I was sound asleep in my bedroom," Patricia Roth said, "and this guy came kicking in and said, 'You have my daughter.'"

The couple fought off Dillon and managed to force him out of the door, and held him off until officers arrived.

Dillon told police the little girl was being 'raped' and claimed she was his daughter.

He clenched his fists and told cops, 'he would fight all of us and kill us.'

Officers fired three stun guns at him, but they proved to be ineffective. Dillon continued to kick and scream at officers when they finally managed to handcuff and subdue him, .

The six-year-old was not hurt during the incident but was reported to have been quite scared.

Dillon claims the incident was a "big misunderstanding." He also claims that he was let into the apartment by the couple, who he did not know

"I am truly sorry for coming to your apartment door, for waking you up," Dillon said.

Dillon above has been charged with intimidation, breaking and entering, as well as resisting arrest

He also said he has enrolled in a substance abuse program. *meaww.com*



Sentenced to Impotence

Alabama's state legislature passed a bill Tuesday that would force people convicted of child sex crimes to undergo chemical castration.

The bill, HB 379, would require any person older than 21 who is convicted of a sex crime against a child younger than 13 to undergo a procedure that would greatly reduce their testosterone production before leaving prison as a mandatory condition for parole.

The offender would also be required to pay for the treatment.

Legal push-back is expected, on the basis that it is cruel and unusual punishment for someone who has served their time to be punished for the rest of their life by being castrated.

Legal opposition is not a deterrent, because this is Alabama, and the Governor signed the bill into law. It goes into effect this year. *upi.com*

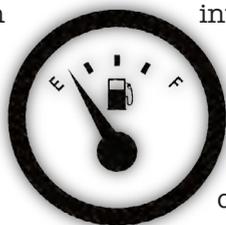
High Octane

Deputies responded to a domestic disturbance in Crooked River Ranch, Oregon, to a caller reporting that a man threatened, pointed and fired a gun at him. A description of the suspects' vehicle was sent out.

Three hours later, a tow truck driver responding to a dead battery call from a woman tipped off an Oregon state trooper. The woman told the tow truck driver the make, model and location of the car, and the tow truck driver relayed the information to the trooper. It was the car authorities were looking for.

Turns out a dead battery was not the problem. Suspect Jeremy Hotha Thomas was low on fuel when he pulled over, went into a barn and stole a gas can and filled the tank of his 2017 Chevrolet Cruze. His car became disabled once he tried to start it.

The gas he used was diesel. His car was not. *komonews.com*



Pack the Trunk

Leon Parks, 25, from the Bronx, New York, is wanted as both a parole violator and on weapons charges.

Parks decided to use a 2016 Dodge Challenger as his get away car. But he wasn't driving the car, instead he stowed away in the car as it was being loaded on to a car carrier headed out of state.

The loaded transport truck arrived in Pennsylvania late in the morning, at the Manheim Auto Auction, for a police auction, where all vehicles are inspected upon delivery.

Parks has been charged as a fugitive from justice, and was transported to Lancaster County Prison to await extradition.

Parks has not been cooperative, police said. *pennlive.com*



Short Stack

A Florida man was arrested for throwing a bowl of pancake batter at a woman. The suspect goes by the name "Mr. Perfect."

When police arrived the woman had pancake batter in her hair and on her clothes in addition to it being all over the porch. Mr. Perfect was arrested for batter-y. *wesh.com*

Next Time, Use Uber

Rochelle Park police received a tip of a possible stolen taxi cab that had made its way to the area of Essex Street, tracked down by a GPS device.

Police used the GPS to locate the stolen cab. And in the back seat was Jonathan Gualpa, 19, fast asleep. The theft, combined with the drive across state lines, had apparently tired him out, leading him to pull over and take a nap, police said.

When asked what he planned to do with the cab, Gualpa replied that he needed to get to Six Flags.

Too bad for Gualpa that he didn't check his calendar. Even if he had made it, Six Flags was closed for the season and didn't open for almost two more weeks. *nj.com*

A New Hope Steps Up for Diabetic Foot Ulcers

Every day about 230 people in the United States will undergo amputation as a direct result of a diabetic foot ulcer.

The treatment uses a person's skin cells to generate new cells to alleviate a troublesome problem for people with diabetes.

According to Dr. Foluso A. Fakorede, a Mississippi cardiologist who specializes in internal medicine, every 30 seconds throughout the globe a leg is amputated — and 85 percent of those amputations are the result of a diabetic foot ulcer that wasn't successfully treated.

Despite ongoing efforts to develop more effective diabetes medications, a new type 2 diabetes diagnosis occurs every 17 seconds. Diabetic related amputations are also rising — up 50 percent between 2009 and 2015.

While an amputation is traumatic enough, the findings about what happens *after* are even more disturbing.

More than 50 percent of people with diabetes who undergo amputation will die within five years of the procedure.

WHAT IS A DIABETIC FOOT ULCER?

People with a condition known as neuropathy are likely candidates for a foot

ulcer. Neuropathy can cause severe damage to the outer nerves in the legs, feet, toes, fingers, and hands. People with neuropathy have varying degrees of numbness and loss of feeling in affected areas.

A diabetic foot ulcer can begin as something seemingly harmless: a simple cut or blister, or even a splinter. Diabetes causes the body to struggle with one crucial detail: growing new skin cells to fully close the wound.

PROMISING NEW TREATMENT

SkinTE is a treatment for foot ulcers that may be able to halt the rising amputation rates in people with diabetes. This treatment uses a sample of the person's own skin to regenerate full-thickness, functional skin.

"Essentially, if you just look at your hand and see a small little hair shaft coming out your skin, next to that hair shaft are certain cells," explained Dr. Denver Lough, CEO of PolarityTE, the company that makes SkinTE. "And those cells represent every layer of your skin. By stimulating those cells, it can regenerate all of those structures and the skin itself."

The first study involved 11 people with diabetic foot ulcers. Ten of the 11 partici-

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pants experienced total wound closure within 12 weeks after a single application of SkinTE, with no side effects.

"When they heal on their own, they don't really heal; they create a scar or a pseudo-skin," explained Dr. Lough. "They don't replace that defect with real skin. They replace it with a scar. SkinTE regenerates full, real skin. We haven't seen it break down after it's closed." *healthline.com*

No Boba

You've seen it. Maybe you've tried it. Maybe you even like it. Boba. The beverage, popular in East Asia, normally contains tea, milk and dozens of the small balls, known as "pearls" or "boba."

Originating from Taiwan, "bubble tea" has become more and more popular in Western cities. But like anything in life, you can have too much of a good thing.

In China, a 14-year-old girl was dashed to hospital after suffering constipation and a bad appetite for five days. Her abdomen was bulging.

Dr. Zhang Louzhen, searching for the cause of the girl's digestive woes, performed a CT scan on her abdomen and made a shocking discovery — an estimated 100 undigested tapioca pearls.

Her stomach, intestines and rectum had been saturated with the tapioca balls.

The girl would only admit to having had one boba the day before, but Dr. Louzhen thought that was her way of trying to avoid getting in trouble with her parents.

mirror.co.uk



Snor-abye

Go to sleep my sweet baby... is a lullaby many parents over time have tried using to get their little ones off to dreamland. But adults often aren't so lucky.

A bizarre new song aims to help people fall asleep and raise crucial funds for charity.

Called 'Snored to Sleep', the unusual song aims to lull you into a deep slumber, using the sound of snoring. The one minute 40 second track combines the sound of crowd-sourced snoring with a slow melody, low frequencies and a rhythmic, repetitive bass - all of which have been linked to lowering heart and breath rates.

'Snored to Sleep' is available to download and stream on Apple Music, Spotify and Google Play, with all proceeds from sales of the track going to the charity Hope2Sleep. *mirror.co.uk*

But Can Your Nose Taste?



The cells in your tongue seem to have the ability to smell. Findings of a new study suggests that human taste cells might be more complicated than scientists previously thought. Unlike humans, not all animals have noses with smell receptors, but this does not mean that they have no sense of smell. For instance, crabs capture smells through the sensory bristles on their antennae, while snakes, although they do have nostrils, actually smell better through their mouths, searching for scents with their forked tongues. For many years, science had thought that human's ability to taste was a fairly straightforward sense, one which sorts chemicals into five basic categories: sweet, salty, sour, bitter and savory. Scientists thought that those simple categories were integrated with smell, and that our sensation of flavor was basically something that occurred in the brain. But now scientists know that the intermingling of flavor data may happen before sensory input reaches the brain.

Smell provides most of the complex information associated with flavor, and that smell and taste are deeply interlinked in the brain. A new paper, published in the journal *Chemical Senses*, shows that the two senses seem linked in the surface of your tongue as well.

Researchers at the Monell Chemical Senses Center, a non-profit research institution in Philadelphia, examined human taste cells in a lab. Upon examination the taste bud cells contain some of the same molecules found in the cells of nasal passages.

When they exposed the taste cells to odor molecules, the cells responded just like olfactory cells do. This is the first demonstration of smell sensors in human taste cells. It seems that taste doesn't stop there – these same cells have been found elsewhere in the body, including the gut, sperm cells and even hair!

In the future this may lead to new treatments for diabetes and obesity... perhaps even a pill that would help block the wonderful taste your brain expects from a delicious smelling meal. *medicalnewstoday.com; livescience.com*

Virtual Rip-Off

In the first re-enactment of a burglary by experienced burglars, other criminals and those with no criminal experience, 160 people were asked to scout a virtual neighborhood, choose a house and rip-it-off.

The results revealed experienced burglars have a striking degree of knowledge and skill in choosing which home to target, how to navigate inside and what to take.

"This was the first study in the world to observe burglars as they scoped the neighborhood," said Dr Claire Nee, of the University of Portsmouth, Hampshire England.

"They were also much more efficient than other criminals and non-criminals, who were far less discriminate in what they stole and spent more time in lower value areas on the ground floor."

In the study, 55 non-criminals, 56 experienced burglars, and 50 other criminals took part in a virtual reality burglary in a neighborhood of terraced houses.

Encouraged to think aloud, each participant told researchers what was going through their minds as they first scoped the neighborhood, then entered a house and clicked on things they'd steal.

They could stay in the house for as long as they wanted, and click on as many items as they liked.

Three quarters of experienced burglars targeted the house on the end of the block, choosing the back door to enter, while less than half of the other two groups chose this house, and even fewer chose to enter by the back door.

Burglars spent about nine minutes inside, spending nearly half their time on the first floor.

Non-experts were more chaotic, with no clear pattern in their behavior and chose larger heavier items such as TVs and PCs that would be difficult to escape with.

Discussing the time he spent in first floor bedrooms, one burglar said: "A jewellery box can have more money than an entire house."

Another said: "The first thing a burglar does is go upstairs and look for gold. You wanna look for small items, expensive items. *The study did not mention if they looked in the sock drawer.*

Burglars were twice as likely to find the three highest value items in the test – a ring, passport and necklace hidden in a jewellery box in a filing cabinet in the study.

Experienced burglars even shunned the basic iPad, preferring the upmarket version. the other groups were not as particular.

In the end though, the study concluded the two most important things a homeowner can do to deter theft are the two most common sense things you probably already know – try and make it appear as if someone is at home, and try to not have hiding places for burglars in your yard. If you do, install security lighting. *sciencedaily.com*



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A TALE OF TWO (NOT TWIN) CITIES



Cross-over names, while a bit unusual, are fairly numerous. There is a Nevada City in California, a Hollywood in Florida and a Moscow in Idaho. But how is it, that there are two different cities, in two different states, with the same name, eyeballing each other from opposite sides of the river? We're talking Kansas City, Missouri, and Kansas City, Kansas.

Missouri is the Older Brother

No, the two did not start out together, like twins. It sounds counterintuitive, but oddly enough Kansas City, Missouri was founded first – first by 22 years first. Missouri's Kansas City started in 1850, while the Kansas' version was officially founded in 1872.

Anger is a Motivator

Even though the name was taken, and so close by, local lore says that the fine residents of the state of Kansas chose the name out of just plain resentment.

The people of Kansas reportedly didn't like how Missouri had a city named after their state. Adding to the insult was the fact that the Missouri city was both a major place and wealthy. So, by purposely trying to confuse industry, individuals and visitors, Kansas folk figured they could grab back some of the attention and, of course, the money.

What's a Town to Do?

Originally, in 1850, *before* it was called Kansas City, the town was simply named Kansas. See, back-in-the-day, before the Kansas territory (later state) was established, the area was inhabited by the indigenous Kansa people. From them we get the name for the Kansas River. In 1854, four years *after* the city in Missouri was founded, the official establishment of the Kansas Territory took place.

When that happened, to avoid confusion, Kansas the city — located just inside the boundaries of Missouri — changed its name to Kansas City. portablepress.com