

SearchLight

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

Winter/Spring 2021

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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.

Doctor Zoom

Let's face it, the "new normal" is anything but. As more and more people stay away from offices and public spaces, they're turning to telemedicine. The Zoom screen is the new doctor's office.

While it may not seem like it now, this a crucial – in some ways life-saving – development for how we relate to healthcare in our lives.

"Out of this whole pandemic, one of the things we've discovered as clinicians is that we need to see patients where they are and not force them to cross state lines," Dr. William Morris, executive medical director of Cleveland Clinic Innovations said. "While we had telemedicine, we had some patients over Skype and video

visits, there were clear disincentives and policies in place against people easily crossing state lines to seek medical care, of receiving care remotely."

He said the pandemic facilitated a push at the government level and with state and federal regulators to "reduce barriers to these tools that are critical lifelines for patients."

"This pandemic has challenged us to question old perceptions and policies, so that was a very positive thing," Morris added. The embrace of telemedicine has resulted in "unprecedented increases in the adoption and use of these tools."

"It's unfortunate we needed a pandemic or a challenge to sometimes see a barrier, and sometimes that barrier is us. healthline.com

YOU HAVE THE TOOLS, TOO

If you have the CCPOA Medical Plan, you can take advantage of telemedicine right now. Our telehealth and virtual care options let you speak with medical professionals via phone or video.

Common uses for virtual care include non-emergency conditions such as respiratory infections, cold and flu, allergies, and joint pain.

Teladoc Medical
and Teladoc
Behavioral Health
have
\$0 copay
for 2021



NURSEHELP 24/7

Connect with a registered nurse: You can call toll-free anytime or use online chat to ask a registered nurse questions about treating minor illnesses and injuries, or to help you choose the most appropriate treatment at no extra cost.

TELADOC

Board-certified, licensed doctors are available 24/7 for a **\$0 copay** to all

members. Speak to doctors by phone or video who can treat non-emergency medical issues and prescribe medications. You can request an on-demand visit (within 60 minutes or less) or schedule an appointment in advance that fits into your schedule.

TELADOC MENTAL HEALTH

Set up an appointment with a licensed psychiatrist, psychologist, or counselor by phone or video. This too has a **\$0 copay**.

Appointments are available, for members age 13 and older, daily from 7 a.m. to 9 p.m. from the privacy of your home.

Medical Plan members need to login to their Blue Shield account to access these services. www.blueshieldca.com

Lying Liars Who Lie

AND HOW TO SPOT THEM

Some people lie compulsively, with little regard to getting caught — for them it's a no-brainer.

When done correctly, lying to someone's face is hard. Concocting a believable lie, selling it, and maintaining it without inadvertently tripping oneself up takes effort.

A study, by Dutch and U.K. researchers, and published in the journal *Royal Society Open Science*, says it takes a little too much effort — your brain is so occupied by the lie that your body is at risk of giving off a universal "tell" to anyone who knows to look for it.

THE TELL

Someone who is lying to your face is likely to copy your motions. The trickier the lie, the truer this is, according to experiments described in the study.

"Cognitive load" appears to be the likely reason. This just means that the liar's brain is thinking **REAL HARD**. Researchers offered two possible explanations. "Lying, especially when fabricating accounts, can be more cognitively demanding than truth telling."

The first hypothesis: When someone is lying, their brain is simply too busy tinkering of the lie to pay any attention to controlling their physical movements. Because of this, the unconscious part of the liar's brain controlling movements takes the easy way out, and simply imitates the motions of the person they're lying to.

The second possibility is that the liar's brain simply does not have enough bandwidth to "plan" a lie and the physical movements at the same time. Instead, while lying, their attention is so laser-focused on their listener's reaction that the liar unconsciously mimics it.

EXPERIMENTAL WHOPPERS

The phenomenon is referred to as "nonverbal coordination." Evidence of this behavior

is based on observations of specific body parts and up until now, has not tried to capture reactions of the whole-body. Very little research has focused on tracking both parties' movements in a lying scenario.

A study used motion-capture to assess the physical interaction between a liar and their victim.

According to the authors, "Nonverbal coordination is an especially interesting cue to deceit because its occurrence relies on automatic processes and is therefore more difficult to deliberately control."

To track nonverbal coordination, sets of participants had motion-capture devices attached to their wrists, heads, and torsos before they sat across a low table, facing each other.

Then the participants ran through exercises in which one individual told the truth, and then told increasingly difficult lies. All their movements were captured on video and later analyzed.

For the second experiment, listeners were given instructions that instructed them to pay attention to the liar's movements.

What they found is that the more difficult the lie, the more the nonverbal coordination increased. Interestingly, even when told to pay attention to body language, and be suspicious of what they were being told, there was no reduction in the copy-cat behavior.

"Our findings," says the study, "are consistent with the broader proposition that people rely on automated processes such as mimicry when under cognitive load."

PROBING IT

How can you break through a liar's defense? Body language alone is not always the answer. The problem is the huge variety of human behavior — there is no universal dictionary of body language.

Try some of these talking techniques. Have a casual conversation that use "open questions" — ones that need to be elaborated on. Watch for small, verifiable details. Observe changes in confidence, and use the element of surprise — such as by asking them unanticipated questions that might be slightly confusing. All these things can increase the liar's cognitive load.

Under this gentle pressure the liar may give themselves away by contradicting their own story, or by becoming obviously evasive or erratic in their responses.

MIRRORING

There could be a flipside to this behavior, that is a more intuitive, positive spin. Liars may subconsciously be reinforcing their credibility with their victims using "mirroring."

Anyone familiar with the art of persuasion knows, copying another person's actions is a way to get someone else to like you.

Known as "limbic synchrony" it is built in to the human brain. Our brains have "mirror neurons" that respond positively when someone imitates our actions.

Deliberately mirroring a companion's movements is an acknowledged sales technique.

According to the website *salesreadiness-group.com* there are a few tips on successfully using mirroring to develop a rapport:

- **Body language:** For example, if the customer sits down and crosses their legs, you do the same. This sends a positive subconscious message that you are on their side.
- **Voice:** The same rationale for mirror and matching body language also applies to mirroring and matching the pace and volume of someone's speech. *Just don't unconsciously mimic their accents!*

So, how can you tell when mirroring signifies a lie and not just a sales pitch? After all, a liar is trying to persuade, which is what a salesman does. Do not automatically shout "liar!" when someone copies you. Just step back a little mentally and listen a bit more carefully to what your companion is saying. Mirroring is a signal that close attention is warranted. *bigthink.com; bbc.com*



STORIES FROM THE BLUE SHIELD HEALTH LIBRARY

ABUSE IN VULNERABLE ADULTS

Adults with physical, mental, or emotional disabilities are more vulnerable than other adults because they are not as independent. They may have a hard time making decisions. Or they may have problems controlling their behavior. Along with older adults, these vulnerable adults have a higher risk of being abused by others.

TYPES OF ABUSE

These are three types of abuse:

- Domestic abuse. This usually happens in the person's home or in the home of the caregiver. The abuser is often a relative, a close friend, or a paid companion.
- Institutional abuse. This happens in a nursing home, foster home, or assisted-living facility. The abuser's job is to help care for the vulnerable adult.
- Self-neglect. In addition to abuse from others, a vulnerable adult may not take care of himself or herself very well.



ACTS OF ABUSE

Abuse in vulnerable adults can include:

- Violent acts. These include hitting, beating, pushing, shoving, shaking, slapping, kicking, pinching, choking, and burning. Other examples are misuse of medicines or physical restraints and force-feeding.
- Forced sexual contact. This includes rape, forced nudity, and sexual photos.
- Emotional or psychological abuse. This includes name-calling, insults, threats, intimidation, humiliation, and harassment. Other examples are treating the person like a baby, giving the "silent treatment," and not letting the person see loved ones or do regular activities.
- Neglect. This can include not providing for basic needs. It can also include financial neglect, such as withholding payment for nursing home care or assisted living.
- Misuse of money, property, or assets. This includes forging the person's signature, stealing money, and stealing valuable things. It also includes tricking the person into signing papers to transfer money, property, or assets.

THINGS THAT INCREASE THE RISK OF ABUSE

Abuse of vulnerable adults is a complex problem. Risk factors include:

- A pattern of domestic violence over time.
- Personal problems of caregivers. This can happen if the abuser needs financial or other support from the vulnerable person.
- Social isolation. Caregivers or family members may try to limit contact with others. This can make it easier to keep the abuse a secret.

SIGNS OF ABUSE

Along with reports from the vulnerable person about abuse, there are other signs to look out for. They may include:

- Bruises, black eyes, welts, and rope marks. They can also include cuts, punctures, burns, or injuries that have not been treated.
- Broken bones, including the skull.
- Sprains, dislocations, or internal injuries.
- Broken glasses or dentures.
- Signs of being restrained.
- Lab reports of too much or too little medicine.
- A vulnerable adult's sudden change in behavior.
- A caregiver that refuses to let visitors see the person alone.
- Signs of possible sexual abuse include:
 - Bruises around the breasts or genitals.
 - A sexually transmitted infection (STI) or other genital infection that can't be explained.
- Bleeding from the vagina or anus that can't be explained.
- Underwear that is torn or stained.
- Signs of emotional or psychological abuse include:
 - Seeming upset or nervous.
 - Acting more quiet or paranoid than normal.
 - Behaving strangely. This may include sucking, biting, and rocking.
- Signs of neglect may include:
 - Dehydration (not enough water or fluids).
 - Malnutrition (not enough food).
 - Untreated health problems.
 - Pressure injuries (pressure sores).
 - Unclean clothes, or an unclean body.
 - Living in a place that isn't clean or safe.
- Signs of financial abuse include:
 - Sudden banking changes, such as large withdrawals.
 - Added names on a vulnerable person's bank card.
 - Sudden changes in a will or other legal document.
 - Missing money or valuable things.
 - Unpaid bills or lack of care, even when money isn't a problem.
 - Forging the person's signature.
 - Relatives showing up who weren't involved before.
 - Paying for services that aren't needed.

HELP FOR ABUSE

If you're worried about possible abuse of a vulnerable adult, talk to his or her doctor. You can also talk to your own doctor if you need help knowing what to do.

To report abuse, call this number 1-833-401-0832 and when prompted enter your 5-digit zip code to be connected to the Adult Protective Services in your county, 7 days a week, 24 hours a day.

WORLD-WIDE-WEIRD

Found online. That makes it true.

ATTACK ON L.A.

“Powerful searchlights from countless stations stabbed the sky with brilliant probing fingers while anti-aircraft batteries dotted the heavens with beautiful, if sinister, orange bursts of shrapnel.”

That quote from the L.A Times sets the stage for one of California’s oddest stories. Even today, what really took place during “The Great LA Air Raid” in the early hours of the morning of February 25, 1942 remains a mystery.

Set the scene:

Two days earlier, off the coast of Santa Barbara, California, a Japanese submarine surfaced and launched over a dozen artillery shells at an oil field and refinery.

The day after the oil field raid, naval intelligence instructed units on the California coast to steel themselves for a potential Japanese attack.

Just after 2 a.m. military radar picked up what appeared to be an enemy contact some 120 miles west of Los Angeles. Air raid sirens sounded and a citywide blackout was put into effect.

Open Fire

About an hour after enemy contact troops in Santa Monica unleashed a barrage of anti-aircraft and .50 caliber machine gun fire at a U.F.O. Chaos reigned over the next several minutes. From across the city reports poured in describing enemy paratroopers, Japanese aircraft flying in formation, and bombs falling. There was even a claim of a Japanese plane crash landing in the streets of Hollywood.

“I could barely see the planes, but they were up there all right,” a coastal artilleryman named Charles Patrick later wrote in a letter. “I could see six planes, and shells were bursting all around them.”

Anti-aircraft shrapnel rained down across the city, shattering windows and ripping through buildings. One dud careened into a Long Beach golf course, and several residents

had their homes partially destroyed by 3-inch artillery shells.



Air bursts surround something caught in the searchlights in the hills above Los Angeles. Photo via Los Angeles Times (1942)

The barrage continued for over an hour. Los Angeles’ artillery batteries had pumped over 1,400 rounds of anti-aircraft ammunition into the sky.

Aftermath

The next morning, American military units made a puzzling discovery: there appeared to have been no enemy attack. “Although reports were conflicting and every effort is being made to ascertain the facts, it is clear that no bombs were dropped and no planes were shot down,” read a statement from the Army’s Western Defense Command.

Not everyone echoed that finding. Secretary of War Henry Stimson and Army brass went on record as saying that at least 15 planes had buzzed the city. Thousands of military personnel and civilians claimed to have seen aircraft in the skies over Los Angeles. Reports ranged from witnesses who had spotted anywhere from one plane to several dozen. The Army’s Western Defense Command, which had ordered the blackout as well as the anti-aircraft barrage, made an official

statement that “unidentified aircraft were reported in the area.” On the flip-side, Secretary of the Navy Frank Knox dismissed the fire-fight as a false alarm brought on by “jittery nerves.”

While there were no deaths caused directly from the fallout, events of that evening were not without casualties. Two men died of heart attacks during the shelling, and three other individuals died in traffic accidents due to the extended blackout.

The Real Damage

Despite the confusion as to what really happened that night, the true damage to the public had been done. Combine the bombardment of the Ellwood Oil Field and the Great LA Air Raid and the result was widespread fear among Southern Californians. This fear set off a chain of events that lead to extreme, misguided, and racist reactions.

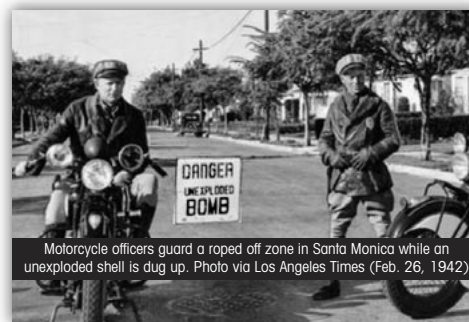
Letters poured in to the California Governor’s office, demanding the removal of Japanese Americans. President Roosevelt issued Executive Order 9066, authorizing the military to broadly define the entire West Coast as a “military area.”

Accelerated by public outrage, forcible internment of over 100,000 Japanese Americans began in earnest in the Spring of 1942.

Today, the Manzanar War Relocation Center is a part of the National Parks Service. Located on Hwy 395 just outside Independence, it is a sobering reminder of our past.

Will we ever know the truth about what happened that night in the skies above Los Angeles? A host of theories still exist, from government conspiracies to visits by flying saucers and ETs.

The Japanese military later claimed it had never flown aircraft over the city during World War II, *but of course, that’s what they would say...* findinglostangeles.com; history.com



Motorcycle officers guard a roped off zone in Santa Monica while an unexploded shell is dug up. Photo via Los Angeles Times (Feb. 26, 1942)

BUSTED

Off-beat news stories about crime and such...

This is ALL Wrong

"I used to believe that almost everyone in the world was inherently good. ... In this case, I was wrong," the unnamed woman said at the court hearing. What could possibly trigger such a comment?

How about this: A Louisiana man pretended to have special needs in order to have women he hired as baby-sitters change his diapers.

Rutledge Deas IV, a Louisiana man, had advertised on social media to find a home health care worker to look after his disabled, 18-year-old brother "Cory." Except there was no brother, and Deas was not "special needs" or disabled. *Well that may be debatable.*

Deas would pretend to be "Cory" and have the women change his diapers, which aroused him sexually. One of his victims provided care for "Cory" on at least 10 separate occasions. Hence, the quote above. Once she realized what was really going on, she reported Deas to the police.

Deas was sentenced to five years of probation and 400 hours of community service, in addition to having to maintain employment, attend addiction counseling via the internet, and refrain from using social media.

oxygen.com

Food to Go

Roscoe's House of Chicken and Waffles is a Southern California icon. Since 1975 it has served its delicious combination to celebrities and late night diners alike.

But currently, they won't serve you without a mask.

Around 5:40pm in the evening, an armed man burst through a back entrance, which is confusing, since the restaurant's cash registers are located at the front.

Cook Robert Gonzalez said "He comes straight toward me with a gun, pointing at me and saying put all the chicken in the bag."

Spelling Counts

A dead man can't go to prison, even one that has two felonies. Therefore, 25-year-old Robert Berger didn't need to go to jail. Or appear at his sentencing. And to prove it his attorney submitted the death certificate to the Nassau County court.

Berger was slated to be sentenced for two felony offenses, but a representative from his attorney's office notified the court that the defendant had died and requested the pending sentences be dismissed.

Berger's attorney presented the district attorney's office with a New Jersey Death Certificate about a week later, which claimed Berger had died of suicide by suffocation.

What's this? Upon examination of the document authorities noticed the word "registry" had been misspelled

on the death certificate and said "Regsitry" instead. A few other formatting errors stood out as well—like using the wrong font.

Berger's attorney told the court that the death certificate had been given to him by Berger's fiancé. Using big, layer words he said that "he had done his own investigation and believed that Berger had used him as part of his conspiracy plan to try to perpetrate fraud on the court, prosecutors, his firm, and himself." He no longer represents his former client. *oxygen.com*



This is Wrong Too

This is one of those stories that seems to defy all common sense, and in the end has no winners. Let's go back about a year...

Marshae Jones, a 28-year-old Birmingham woman had no prior record. She ran into 23 year-old Ebony Jemison outside the Dollar General in Pleasant Grove, Alabama. The two women had knowledge of each other because they share a baby-daddy. And Jones is 5 months pregnant.

Words were exchanged, and began to get heated. Things continued to escalate and the fighting got serious. Jemison pulls a gun and shoots Jones in the stomach. This resulted in Jones being taken to the hospital, where she suffered a miscarriage and the baby died.

NOW IT GETS WEIRD

The case went to the Grand Jury, who refused to indict the shooter, Jamison, and instead indicted the pregnant woman, Jones, with manslaughter charges in her unborn baby's death. When this came out, outrage erupted online.

The DA's office said Jamison acted in self-defense and that it was Jones who triggered the fight. Jones' attorneys called the state's logic "flawed and twisted" by asserting Jones should have known that an argument would result in gunfire and losing her baby.

In the end, the DA dropped all charges and the case was dismissed.

The only true victim here is the unborn child. *oxygen.com*

The armed man demanded all the chicken and waffles he could carry. Seems the man had been there earlier but was denied service because he wasn't wearing a mask

"I understand our chicken is good, but, I mean, that's some expensive chicken he's got there," Gonzalez added.

The suspect knew exactly what he wanted. According to the manager, Angela Prieto, "He didn't take any cash, but before he walked out the door he took syrup for his chicken." *newser.com*



Aren't You Glad You Have Dental?

In the southern city of Chennai, India, a boy was admitted to the Saveetha Dental College and Hospital because of swelling and pain near his molars in his lower right jaw.

His parents had noticed swelling in his jaw when he was as young as 3, but they couldn't do much about it. They told the doctors their child would not stay still or allow any doctors close enough to examine him.

The boy's jaw was quite distorted, and upon examination surgeons detected a large lesion "with multiple hard structures" within the boy's jaw.

The surgery team removed a 7-ounce mass from the child's mouth, which is the same weight as an entire box of Cheez-Its.



It took the team almost five hours to empty the tumor-like sack. Its contents? Hundreds of teeth.

There were a total of 526 teeth ranging from .004 inches to just over 1/2 inch. Even the smallest piece had a crown, root and enamel coat indicating it was a tooth.

The boy was released three days after the surgery and is expected to make a full recovery. He now has a healthy count of 21 teeth. *cnn.com*

What Kills COVID?

Can you clean-away COVID-19? What products are actually tested to be sure? As it turns out, a number of home cleaning supplies are effective against the virus.

HOW LONG DOES IT LIVE?

According to the *New England Journal of Medicine* the virus could survive for:

- 3 hours suspended in the air
- 24 hours on cardboard
- 72 hours on plastic and steel

But they do caution that this is in lab conditions, not your house. On the flip side, a study last September by *The Lancet* did a real world test at an Italian hospital, and only found one piece of PPE that tested positive. They conclude: **as long as people follow standard cleaning procedures, the risk of transmission from surfaces is low.**

CLEAN UP TIME

Safety First - Never use different cleaning agents at the same time. Some household chemicals, if mixed, can create dangerous and poisonous gases.

Bleach: You can make a small batch of disinfecting solution by combining 4 teaspoons of household bleach and 1 quart of water.

Make the diluted bleach solution as needed and use within 24 hours, as its disinfecting power fades with time.

Bleach does not kill instantly, you need to give it time. Nonporous items like plastic toys can be dipped in bleach for 30 seconds. Hard surfaces like counter tops should get 10 or more minutes of exposure.

Rubbing alcohol. You bet, as long as you stay at 70% alcohol. You can make your own hand sanitizer by mixing 1/3 aloe vera gel with 2/3 rubbing alcohol.

Solutions of 70% alcohol should be left on surfaces for 30 seconds, including your cell-phone and keyboard. Power down first, just to be safe. Don't use 100% alcohol. It evaporates too quickly to kill the virus.

Hydrogen peroxide is typically sold in concentrations of about 3%. You can use it as is right out of the bottle. It should be left on surfaces for one minute before wiping.

GIMMIE A LIST

Ok, you got it. The EPA has what they call "List N." This list is fully searchable and can be used to check if your product is officially tested and approved to kill COVID-19.

Cleaners, pesticides and other chemicals have an EPA registration number. This number is on the label of most household cleaning products. These contain two or more sets of numbers. Enter the first two sets, and you can check its EPA standing. You can enter a product name as well, but it's really the chemical that matters. *webmd; mayoclinic.org*

Questions? Comments
1-800-558-2332

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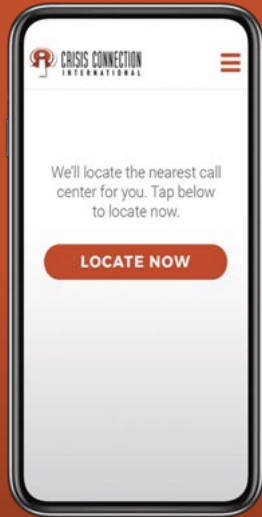
Check the EPA List:
[cfpub.epa.gov/giwiz/
disinfectants/index.cfm](http://cfpub.epa.gov/giwiz/disinfectants/index.cfm)

VACCINES
SAVE
LIVES



BLUE SHIELD HAS A DEDICATED
COVID-19 RESOURCE SECTION
AVAILABLE ON ITS WEBSITE,
INCLUDING INFORMATION ON
WHERE AND HOW TO REGISTER
FOR YOUR TURN TO GET A VACCINE.

BLUESHIELDCA.COM



**A Crisis
Doesn't Wait.
Neither
Should Help.**



Don't Wait. Get It Now.

If you haven't taken a few minutes to get your free copy of the iCrisis app we urge you not to put it off. We live in stressful times, but you don't need to face the challenges alone.

WHAT IS iCRISIS?

As a part of the Trust's "Mental Health Awareness" program we are giving this app to any member who wants it absolutely free. Activation included.

The app is 100% confidential—no state agency or entity has access to your account or information. It's 24/7/365 access to mental health help if you or a family member need it.

Visit our website and click on the *Mental Wellness* link today. You can't use it if you don't have it.

Go For The Gold Shield

You've heard the name, but if somebody asked, could you tell them about it? Gold Shield. It's not complicated and it is definitely worth the time it takes to understand one of the Trust's most important benefit Programs..

Gold Shield is the CCPOA's disability benefit plan, and you can only get it through the Benefit Trust Fund. It is designed to assist you with living expenses while you are unable to work due to a disability.

Gold Shield is only offered to dues paying CCPOA members. The premium is only \$55/month.

One important fact to be aware of: BU6 members *do not* pay into the states disability insurance (SDI). In fact, BU6 members *only* pay into nonindustrial disability insurance (NDI) which will only pay you \$535.80 a month while out due to a disability. Could you and yours get by with that?

Compare that to Gold Shield. Gold Shield will pay up to 67% of your normal paycheck (not including overtime) tax free, with a \$6,000 monthly cap and a \$300 monthly minimum.

You can apply for Gold Shield at any time of the year by filling out an application available on our website at ccpoabtf.org.

THERE'S MORE

If your disability occurs from a non-occupational injury and you are unable to return to work after two years of leave Gold Shield will cover you until you are 65.

WHAT ABOUT WORKERS COMP?

If you are hurt on the job and have filed a workers compensation claim, Gold Shield will cover you while you work with workers comp to:

- prove the injury happened on the job and
- wait for the claim to be processed.

Once the claim with workers compensation has been processed and approved, the member is required to pay the Benefit Trust Fund back the money they received through Gold Shield, minus the \$300 monthly minimum, which is yours to keep.

FOR EXAMPLE:

- If you were given \$3,000 a month for 6 months (total of \$18,000) through Gold Shield and were later approved to receive a workers compensation claim, you will pay the Benefit Trust fund back \$16,200 and keep \$1,800.
- If your injury was off the job you keep all the money Gold Shield provides you while you are unable to work.

SOME EXCLUSIONS APPLY.

Examples include a disability occurring during the commission of a crime, while driving under the influence or attempting to take one's own life will disqualify a member from receiving Gold Shield benefits.

You are enrolled in the plan immediately after successfully completing the enrollment process. However, there is an elimination period of 30 consecutive days from the date

you are certified disabled to the date you will start receiving payments. *Refer to plan documents for all limitations and exclusions.*

SIGN ME UP

Visit www.ccpoabtf.org. Click on the "Program" tab, and go to "Disability-Gold Shield." The "Brochures and Applications" tab is on the right side of the page.

Have any questions? Go old school, and give us a call:

1-800-In-Unit-6 (1-800-468-6486)

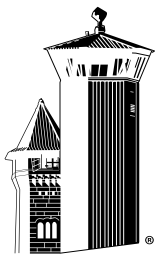
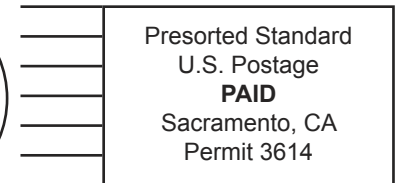
LIFE HAPPENS.

Protect what matters most.

Can you afford not to have Gold Shield?

CCPOA Benefit Trust Fund

2515 Venture Oaks Way, Suite 200
Sacramento, CA 95833-4235



We've Got You Covered.

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OLYMPIC SIZED PROBLEMS

This year the Summer Olympics return. With the pandemic, getting it to happen at all has been quite a challenge, but maybe not quite as challenging as the marathon from the 1904 Olympics.

Held in St. Louis, the marathon was a total mess: The first place runner did most of the race in a car. The second place runner ate poison, and one runner took a nap by the side of the road.

The whole thing was a nightmare right from the start. The entire course was very dusty. As the runners breathed in all that dust, it resulted in all kinds of injuries. One runner had inhaled so much dust that his esophagus and stomach lining tore, and he had to be hospitalized with hemorrhaging after the race. There were only two places on the course where athletes could secure fresh water, a water tower at six miles and a roadside well at twelve miles. In many places cracked stone was strewn across the roadway, creating perilous footing, and the runners had to constantly dodge cross-town traffic, delivery wagons, railroad trains, trolley cars and people walking their dogs.

That first-place finisher, Fred Lorz, was struck with serious cramping, so he thumbed a ride to the end of the course. He got out shortly before the finish line and crossed it. President Theodore Roosevelt's daughter was



about to place the gold medal around his neck, when a spectator ratted him out for catching a ride.

That second-place finisher, Thomas Hicks, was begging for water at the 10 mile mark. Instead, he was given a mixture of egg whites and strychnine, (also known as rat poison), as an attempt at a performance-enhancing drug. At the time small doses of strychnine were commonly used as a stimulant. He began hallucinating.

He was carried across the finish line, still tripping, by his handlers, where he was declared the official winner.

Andarín Carbajal, was a Cuban who raised money to attend the Olympics by running the entire length of Cuba. He arrived in New Orleans and immediately gambled it all away. As a result, he had to hitch-hike his way to St. Louis. He walked out onto the race course in dress clothing, a beret and street shoes. Taking pity on Carbajal, another runner used a knife to cut his pants into shorts. During the race Carbajal stopped at a roadside orchard for a snack, but the apples were rotten and he was struck with stomach cramps. Like any good Olympic athlete, he decided to lay down on the side of the course and sleep it off.

He finished fourth. smithsonianmag.com