



Post Insurance Times

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United States Flag Etiquette: Correctly Honoring Our Nation's Colors



With the 4th of July holiday approaching, here are a few helpful tips to prevent you from making any missteps while displaying the United States flag:

- The flag should only be on display from sunrise to sunset on buildings and on stationary flagstaffs in the open. However, when a patriotic effect is desired, the flag may be displayed twenty-four hours a day if properly illuminated during the hours of darkness.
- The flag should not touch the ground.
- The flag should not be displayed on days when the weather is inclement, except when an all weather flag is displayed.
- When the American flag is displayed from the same flagpole as another flag, the U.S. flag must always be on top.
- When the flag is displayed against a wall it can be hung either vertically or horizontally. The flag's union (the stars) should be at the top to the observer's left.
- The flag, when carried in a procession with another flag or flags, should be either on the marching right or in front of the center of that line.

For more information about flag etiquette and the U.S. Code, visit www.usflag.org.

Fireworks Safety



Fireworks are a beautiful way to celebrate Independence Day, but it's important to take all safety precautions before coloring the sky.

Before launching, be sure to choose an open area away from spectators, homes and buildings, and dry vegetation. Use a hose to wet the land before lighting fuses, and don't forget safety goggles! Keep the hose handy during your display so you can wet down each device as it burns out. Never relight a "dud" firework – wait 20 minutes and then soak it with water. After use, place all items in a covered, fireproof container and leave it outside away from homes and buildings.

Keep in mind that most insurance policies don't cover incidents caused by fireworks, so if you or your post are hosting or sponsoring a show, consult with your agent.

For more information on fireworks safety visit the National Council on Fireworks Safety website at <http://fireworkssafety.com>.

How to Live to 100 - 11 Tips to Staying Healthy



The key to living a long life doesn't require a lot of effort, just a little dedication to a healthy body and state of mind. Below are some tips to help you reach 100.

Don't retire. "Evidence shows that in societies where people stop working abruptly, the incidence of obesity and chronic disease skyrockets after retirement," says Luigi Ferrucci, director of the Baltimore Longitudinal Study of Aging. If you do retire, stay active by volunteering!

Floss every day. Using dental floss not only prevents tooth decay between our teeth, but it also plays a role in preventing gum disease, guarding against bad breath, and keeping our teeth clean and healthy looking. Recent studies have found that people who floss their teeth regularly are less likely to have heart disease.

Exercise. Simply walking around the neighborhood or local mall for about 30 minutes a day will help you maintain lower blood pressure and reduce your risk of heart disease and diabetes.

Eat a fiber-rich cereal for breakfast. Breakfast is the most important meal of the day! Eating breakfast boosts concentration levels as well as attention. Getting a serving of whole-grains, especially in the morning, helps maintain stable blood sugar levels throughout the day.

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Sleep more. Get at least six hours of sleep. Along with reducing stress and bolstering your memory, sleep is when your body repairs damage caused by day to day activities. Your cells produce more protein while you are sleeping and these molecules form the building blocks for cells, allowing them to repair damage.

Consume whole foods. Avoid nutrient-lacking white foods (breads, flour, sugar) and go for colorful fruits and vegetables and dark whole-grain breads and cereals.

Don't dwell on troubles. Manage your stress with yoga, exercise, meditation, tai chi, or deep breathing. Better yet – try to avoid people or situations where stress is involved.

Smoke and drink less. A glass of wine a day is good for your heart but excessive drinking can damage your kidneys and liver.

Stick to a routine. As you age your physiology becomes frailer and it's harder for your body to recover if you miss a few hours of sleep or drink too much alcohol. This can weaken immune defenses, leaving you more susceptible to circulating flu viruses or bacterial infections.

Stay connected. Keep regular social contact with friends and loved ones to avoid depression. Get a walking buddy or take a group exercise class!

Be positive. Putting a smile on your face not only makes you look better, but helps boost your immune system and lowers your blood pressure.