

# ~::~~THIS MONTH RECALLS ~:::

## FDA

**January 9 - Dollar General Announces Voluntary Recall of Clover Valley Iced Oatmeal Cookies Over Undeclared Milk and Tree Nuts** - Dollar General Corporation announced a voluntary recall of its 12-ounce packages of Clover Valley Iced Oatmeal Cookies with lot # L46217 30 with a best-by date of August 18, 2018 over concerns of undeclared milk and tree nuts. Consumers with a milk and/or nut allergy or sensitivity to these items should not consume these products due to a possible health risk or serious allergic reaction. No illnesses or reactions have been reported at this time.

**January 9 - Fieldbrook Foods Corporation, Announces an Extension of Voluntary Recall of Orange Cream Bars and Chocolate Coated Vanilla Ice Cream Bars for Possible Health Risk** Fieldbrook Foods Corporation has issued a voluntary recall of all orange cream bars and chocolate coated vanilla ice cream bars that were produced in 2017 on the company's Hoyer 1 Line at its Dunkirk, NY plant (plant code 362677). This is the only production line and the only Fieldbrook Foods plant (of 3) involved in this recall notice. Both products are being recalled due to the possibility that they may be contaminated with *Listeria monocytogenes*, an organism which can cause serious and sometimes fatal infections in young children, frail or elderly people, and others with weakened immune systems. Although healthy individuals may suffer only short-term symptoms such as high fever, severe headache, stiffness, nausea, abdominal pain and diarrhea, *Listeria* infection can cause miscarriages and stillbirths among pregnant women.

## CPSC

**January 2 - Comfort Research Recalls Bean Bag Chair Covers Due to Risks of Entrapment, Suffocation to Children** - The U.S. Consumer Product Safety Commission, in cooperation with Comfort Research LLC, of Grand Rapids, Mich., today announced a voluntary recall of Ultra Lounge bean bag chair covers. The zippers on the bean bag chair covers can be opened by children who can then crawl inside, become entrapped, suffocate or choke on the bean bag chair's foam beads.

**January 4 - SureFit Recalls Riding Lawn Mower Blade Spindle Shafts Due to Impact Hazard** The U.S. Consumer Product Safety Commission, in cooperation with MTD Products Inc., Cleveland, Ohio, today announced a voluntary recall of SureFit riding lawn mower blade spindle shafts and assemblies. The blade spindle shaft can break during lawn mowing and the broken blade pieces can become projectiles. This poses a risk of an impact injury to bystanders or damage to property.

**January 4 - HP Recalls Batteries for Notebook Computers and Mobile Workstations Due to Fire and Burn Hazards** - The U.S. Consumer Product Safety Commission, in cooperation with HP Inc., of Palo Alto, Calif., today announced a voluntary recall of Lithium-ion batteries for HP notebook computers and mobile workstations. The lithium-ion batteries can overheat, posing fire and burn hazards

**January 9 - Skip Hop Recalls Convertible High Chairs Due to Fall Hazard** The U.S. Consumer Product Safety Commission, in cooperation with Skip Hop, Inc., of New York, today announced a voluntary recall of Tuo Convertible High Chairs. The front legs on the high-chair can detach from the seat, posing fall and injury hazards to children.

## 9 Foods That Could Help Your Hair Grow Faster

Whether it's a personal challenge to see just how long your hair can get, or to grow out a look that isn't doing you any favors, or because you just want to be able to throw your hair into a ponytail again, most of us have been eager to get our hair to grow faster at one point or another. You may have found vitamins or shampoos or tried to get your hair to grow longer out of sheer force of will. You'll have likely found that most of these things? Do not work. That's why we went to professionals to find out exactly how to get our hair to grow by making changes to our diets.

Here are eight foods that are thought to make your hair grow faster, recommended by Harvard and Yale Medical School-trained nutritionist Jayson Calton, PhD, and licensed nutritionist and fitness chef Mira Calton, CN. Behold, the foods for hair growth you should incorporate

into your diet, stat.

### Salmon

This fish is loaded with the strong hair supporters like vitamin D and protein, and it also contains omega-3 fatty acids that promote hair growth by keeping your scalp healthy. A win-win.

### Yellow peppers

Yellow bell peppers have nearly five and a half times more vitamin C than oranges (341 milligrams, as opposed to 63). This is very good news for your locks—vitamin C is an antioxidant that strengthens the hair shaft and hair follicles, as well as prevents breakage.

### Oysters

Zinc deficiency has been known to cause hair loss and poor scalp conditions, and oysters are loaded with zinc—just three ounces contains 493-percent of your daily value. But not just any oysters will do: Steer clear of the ones



caught in the Gulf of Mexico, which may contain unusually high levels of Cadmium due to the 2010 BP oil spill.

### Eggs

Eggs are an excellent source of those aforementioned omega-3s, and they are also contain biotin (which many

people trying to grow their hair take in supplement form). But be aware: It's not the "healthier" egg white that will make your hair long and beautiful, it's the yolk. Eating too many egg whites can actually block the absorption of biotin into the body, causing a depletion of this micronutrient.

### Sunflower seeds

Just a few little seeds can supply you with an abundance of vitamin E, which will enhance blood flow to the scalp and promote faster hair growth.

### Sweet potatoes

Sweet potatoes are loaded with beta carotene, the precursor for vitamin A that not only promotes a healthy scalp but effectively promotes hair growth, too. Choose foods loaded with beta carotene over supplementing with high doses (over 2500 milligrams) of vitamin A from retinol, since it can be toxic at very high levels.

### Avocados

Due to their high concentration of essential fatty acids naturally found in skin cells (which help to keep your skin smooth and supple), avocados are an age-old beauty secret. When topically applied to the hair and scalp, they

have the added ability to stimulate collagen and elastin production. Mix a little avocado with sour cream (which contains lactic acid to help exfoliate dead skin and clean up buildup on the scalp) and apply to your hair and scalp for about ten minutes before washing off.

### Almonds

These nuts will make your hair grow faster and thicker due to their high biotin content. One cup contains nearly one-third of your daily requirement. You should be able to see the results in a month or two of adding them to your diet.

### Spinach

Spinach and other dark leafy greens, like Swiss chard and broccoli, contain vitamin A and C, which help your body produce the oils necessary to keep your hair growing healthy and strong. Results may take six months to a year to take their full effect.

## Study Confirms Gender Is Not Social Construct



A recent study authored by John A. Barry of Institute for Women's Health at University College London found that children overwhelmingly chose to play with toys typed to their gender. Boys played with male-typical toys more than girls did, and girls played with female-typical toys more than boys did.

The study, "Sex differences in children's toy preferences: A systematic review, meta-regression, and meta-analysis," which was published in *Infant and Child Development*, reviewed 16 studies, from 1980 to 2016, of


787 boys and 813 girls ranging in age from one to eight years.

Barry and his colleagues looked at preferences for gender-specific toys and considered factors such as the presence of an adult, study setting, presence of gender-neutral toys and gender equality of the country. The studies were conducted in the United States, Canada, Europe, Israel and China. The researchers excluded studies that relied on self-reported data from parents or children. Instead, the 16 studies in the meta-analysis were all observational studies of children in free play.

Previous research has found that children as young as nine months old prefer to play with toys specific to their own gender. As a result of this recent study, the scientists found that, in general, children chose toys aimed at their specific gender. They concluded that "gender differences in toy choice exist and appear to be the product of both innate and social forces. Despite methodological variation in

the choice and number of toys offered, context of testing, and age of child, the consistency in finding sex differences in children's preferences for toys typed to their own gender indicates the strength of this phenomenon and the likelihood that has a biological origin. The time playing with male-typed toys increased as boys got older, but the same pattern was not found in girls; this indicates that stereotypical social effects may persist longer for boys or that there is a stronger biological predisposition for certain play styles in boys."

"This recent study from the University College London's Institute for Women's Health Science further proves that gender is not a social construct," said Mat Staver, Founder and Chairman of Liberty Counsel. "God made male and female and no amount of protestation from LGBT activists will change the natural created order. Barry's study clearly validates that even young children know their genetic differences and how God created them," said Staver.



**Canton Region / Greater West**

**Virginia**  
JOB SUMMARY:

The Better Business Bureau serving Greater West Virginia is seeking an **experienced** Independent Sales Representatives in each of the following cities: Charleston, Morgantown, Beckley, and Wheeling West Virginia areas. If you enjoy working directly with business owners and value integrity and ethics, this position as an Independent Sales Representative, is the job for you. Enjoy a flexible schedule that you set according to your lifestyle. Each Independent Sales Representative has their own designated service area, so you aren't competing with other reps. Commission only compensation. The BBB has been in existence for over 100 years promoting truth, ethics, integrity and business self-regulation. There are over 100 BBB offices and branch locations across the U.S., Canada, and Mexico.

**RESPONSIBILITIES:**

- Contact local businesses to become BBB Accredited
- Call and make appointments with local businesses to make presentations
- Sell three to five accreditations per week
- Collect and complete basic company background information
- Submit all necessary paperwork to complete the sale

**QUALIFICATIONS:**

- One to two years of outside sales experience is a plus
- Motivated, self-starter
- Basic computer knowledge
- Professional phone courtesy and person to person sales skills are a must
- Well organized
- Ability to maintain composure when dealing with a wide range of personalities
- Dependable

Job Type: Commission Only - (1099 Sales Representative)