

THE TRUSTEE

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IRS 1095-C

Under the Affordable Care Act, persons filing federal income tax, must prove they had health insurance coverage for the previous year or they will be assessed a fine. Employers are obligated to provide those whom they insure with a 1095-C form. The form is proof that the person and any dependents were insured under an employee sponsored health plan for the previous year (2017). Last year, the federal government waived the requirement. As the new tax law eliminated the individual mandate from the ACA, this should be the last year for filing 1095's.

The Kingston Schools will be mailing the document to members by the March 2, 2018 deadline.

NUTRITION

Most Americans do not consume adequate amounts of fiber, vitamin A, vitamin C, calcium, and iron in their diets based on a typical 2000 calorie diet. This is especially true during the winter season and is important in sustaining a strong immune system against seasonal illnesses, like the flu. Calcium can help to reduce the risk and slow the progression of osteoporosis which results in decreased bone density and is of particular importance to women. The nutrient facts that are listed first on the product label are typically consumed in adequate amounts and, often, the average person exceeds the recommended daily intakes. Diets high in fat, saturated fat, trans fat, cholesterol, carbohydrates, or sodium may increase the risk of certain chronic diseases, including: heart disease, diabetes, and high blood pressure. A diet high in dietary fiber and low in saturated fats and cholesterol can help to reduce the risk of heart disease. Consider exchanging the sugary morning pastry for whole wheat toast, low fat yogurt, and fresh fruit.

NUTRITIONAL APPS

My Fitness Pal--a free app and website that tracks diet and exercise to determine optimal caloric intake and nutrients to match your personalized goals. It works with smartphones and Fitbit and Garmin wearables.

HealthyOut--provides access to local restaurant menus and matches menu items to your dietary needs. It should benefit those who are searching for vegan, gluten-free, and lactate-free foods. There is an ever-growing database of restaurants.

MISOPHONIA

Dorito's, the maker of chips, has announced that they are preparing to market a chip that would be less sticky, less noisy to chew, and more convenient to carry. Media quickly dubbed it the "Lady Dorito." PepsiCo, the manufacturer, rejected the label and stated that, like all new products, the project was the result of research that showed people didn't like to lick their fingers, would like a smaller package to carry, and didn't like the distracting crunchy chewing noise.

Noise can be an aggravating factor to people who have a disorder called misophonia. Those people have an abnormally strong and negative reaction to ordinary sounds coming from humans, like chewing and breathing. As Medicalnewstoday.com observes, "These physical and emotional reactions to innocent, everyday sounds are similar to the "fight or flight" response and can lead to feelings of anxiety, panic, and rage." As a newly identified disorder, there are no definitive remedies, although individuals develop their own techniques for coping.

Earbuds, meditation, and alerting others to the disorder may lessen some of the offending noise. If not, people may react with anger and act out against the source of the noise. Some may begin to mimic the sounds as a way to cope. The simple anticipation of the noise can trigger stressful reactions, such as increased blood pressure, muscle tightness, and rapid heartbeat. One study found that more than half the people suffering from misophonia could be diagnosed with obsessive-compulsive personality disorder.

Common triggers of misophonia are eating sounds, loud breathing and nose sounds, finger and hand sounds, and repeated physical actions, such as shaking knees. It is interesting to note that humans, and not animals or inanimate objects, trigger most misophonia reactions.