

# YOUR HWWHS

Health, Wealth, Happiness, & Spirit

May 2021 Free  
Mother's Day Issue

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With CEO Riffat Sadiq





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## Our Mission

Your Health, Wealth, Happiness and Spirit explores the power of overall wellness. We look to push past the boundaries of physical health and explore the aspects of mental health, financial health, and health of the spirit. Our goal is to bring you information and guidance that you can use to live a happy, healthy, and spirited life. We find tips and tricks for the short term as well as more expansive information for the long term. With the ever-expanding technology, knowledge, and evolution of the health field, there is a growing supply of data to take from. With HWHS we find the information for you and put it all in one place. Every month we bring you new articles on a wide range of topics so you can live a more fulfilled and whole life.



# A Note From Your Editor



Hello Readers!

We are happy to hear that you are all enjoying our magazine. HWHS has received some positive feedback from readers new and old. It is so thrilling to know that our publication is bringing Western New York information on health and overall happiness.

You asked, we answered. We have included a section on journaling and its positive effects on your mood. A special thank you to Lorraine for writing in her suggestion! We hope you find this tear out section helpful. Be sure to use the worksheet section to help you jumpstart your journey into journaling.

The year has been looking up for us here and we are expanding our magazine content with the addition of an opportunities section, as well as a section dedicated to pet needs that will be debuting next month. If you want to

advertise pet services or job opportunities, contact me at the email below.

Along with expanded content to help WNY, we are also expanding our list of locations. Please, let us know if you have a place in mind for us to be located in.

Stay safe and, as always, feel free to write to us at [editor@yourhwhs.com](mailto:editor@yourhwhs.com) for any topics you want covered or to submit feedback on our current content.

Sincerely,

Melissa Rothman  
Executive-Editor



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### HWHS NEEDS YOUR HELP!

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Or scan the QR code using your camera or QR code reader app.

# May 9th: Enjoying Mother's Day in Nature

By: JULIET NABINGER



Mother's Day is a day to reflect and celebrate the important women in our lives. Like last year, it can be challenging to find a suitable way to celebrate while keeping everyone safe this year. Luckily, Mother's Day is situated in the middle of Spring; a time of new beginnings and rebirth. Try to spend as much time outside as possible while wearing the proper SPF; you never know how long the sunshine will last in Buffalo.

Buffalo is a unique area with many options for people looking to spend time outside. From gardens to state parks and hiking trails, everyone is sure to find an option that suits their family. The great outdoors are also a great backdrop for a delicious meal. A picnic is a solution for those who don't yet feel comfortable dining inside but want to share a meal with their loved ones. Whether it's some cheese and crackers or a five-course meal, a picnic is a perfect way to show the women in your life how much they're loved and appreciated.

***A Harvard study found that spending time outside has multiple positive effects, including improving one's mood and overall physical health.*** Exposing your skin to sunlight will activate the production of vitamin D. It has been proven to help all kinds of ailments, such as osteoporosis and mood disorders like depression and anxiety. Natural light has been proven to elevate mood and may even help you heal faster. An experiment was done

on two individuals after having spinal surgery, one was exposed to natural light, with a view full of trees out their window during their recovery process, the other was not. The first individual reported feeling less pain, less stress, and reported using fewer pain killers. Spending time outside with the women you love this Mother's Day has the potential to elevate moods and relieve physical pain, while having fun.

Cooking and baking may not be everyone's specialty, but making your mother's favorite dish from scratch is a loving gesture that she is sure to appreciate. After all, it is scientifically proven that the way to someone's heart is through their stomach. Take advantage of the in-season fruits to make a treat that represents the Spring, such as a strawberry rhubarb pie or chocolate zucchini bread for the special day.

***If the weather isn't conducive for spending Mother's Day in the fresh air, consider a day of jigsaw puzzles and board games with a take-away from her favorite restaurant.*** If take-out is on the agenda, make sure to place your order ahead of time, perhaps days ahead of time, to ensure you get your mother's favorite meal. Traditionally, Mother's Day is one of the most popular days to dine out, so make sure you get those orders in and make those reservations promptly.

No matter how you celebrate Mom, make her feel loved and appreciated for all the sacrifices she has made over the years.

**"Buffalo is a unique area with many options for people looking to spend time outside"**

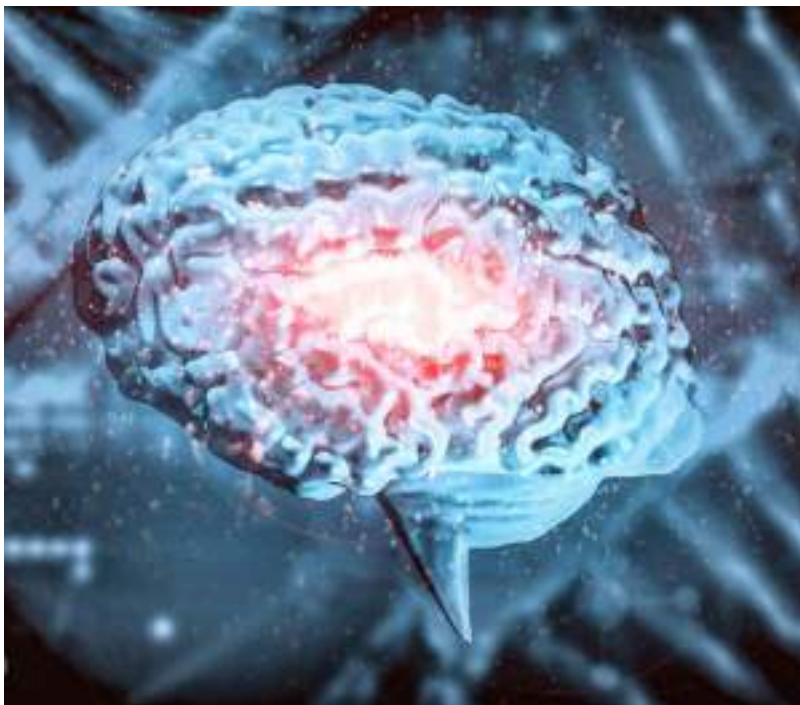


# American Stroke Awareness Month

By: STACEY BROWN

Every year, the month of May is designated as National Stroke Awareness Month. *As the fifth leading cause of death in the United States and also a major cause of disability, strokes carry a serious impact on public health.* A stroke occurs when a vessel carrying blood to the brain either bursts or is blocked by a clot, which cuts off oxygen flow and necessary nutrients. This causes nearly two million brain cells to die for every minute a stroke remains untreated. As a result, strokes can lead to life-long, harmful effects and are considered a life-threatening emergency. Stroke Awareness Month is therefore dedicated to educating people on how they can possibly save their lives and the lives of those around them.

First, due to the urgent need for medical attention, rapid access to treatment can make a huge impact on recovery for stroke victims. *Even seconds can make the difference between a full recovery and permanent disability, or even death.* In order to quickly recognize the signs of a stroke, the National Stroke Association encourages individuals to memorize the acronym F.A.S.T. This stands for Face drooping, Arm weakness, Speech difficulty, and Time to call 9-1-1. This means that if any or all of these three symptoms are present, then immediate medical services are needed and should be contacted right away.



# THINK FASTER

Expanding on F.A.S.T

**FACE** - Drooping or numbness to one side of the face. Have the person smile to test.

**ARMS** - Weakness or numbness in one arm over the other. Have the person lift both arms. If one arm falls or droops this could be a sign of stroke.

**STABILITY** - Decrease in steadiness on the feet. Individuals can sometimes have loss of coordination.

**TALKING** - Changes to the person's speech. This can be in the form of slurring, mumbled, or mixing of words. It can also present as inability to respond.

**EYES** - Visual changes. Partial vision loss in one or both eyes, double vision, or complete loss in one eye.

**REACT** - Call 911 for help immediately. Time is critical. At the first sign of stroke, get help. Keep track of when they began.

Also, the Society for Public Health Education estimates that 80 percent of strokes are preventable. Even making just a few lifestyle changes can help protect a person against having a stroke. For instance, it is important to stay active, eat healthy, and maintain a normal weight. Obesity, poor diet, and a lack of regular exercise are all factors that can put one at a higher risk for stroke. Additionally, closely managing your blood pressure and cholesterol are also key to stroke prevention. Keeping your blood pressure and cholesterol in a healthy range will help to reduce strain on your arteries and aid in avoiding potential blockages.

During National Stroke Awareness Month, try reflecting to see what steps you can take to help reduce your risk. *By following the recommendations of staying healthy and knowing the signs of a stroke, you can help keep yourself and your community safer.*

# Nurses Week: Becoming a COVID Unit

BY: MARY SIWIRSKI



I've been an Intensive Care Unit (ICU) Registered Nurse for 28 of my 30 years of nursing. It began on a medical/surgical floor, followed by a Surgical ICU, then in a Neurosurgical ICU. After the first case of Covid 19 was diagnosed on January 21, 2020, we knew it was only going to be a matter of time before our unit transitioned to a Covid ICU.

Our hospital had a plan. First the MICU would take Covid patients, the SICU next and then our unit.

***As intensive care RNs, we take care of the sickest of the sick. This was much different though, and we all worked together to adapt and provide the more specialized care that these patients needed.***

We spoke with the doctors, nurses, respiratory therapists, and other staff members that had been taking care of Covid patients before we did. They were able to share their experiences and care plans with us; this allowed us to implement the same in our unit. We were uneasy of the road ahead, but with their help were able to secure the proper equipment we would need for each room and how to set them up to best care for the patients, while limiting exposure.

The first time I walked into a patient's room it really hit me that I was the primary caregiver and no one else could come in. I felt alone, but all I had to do was look out through the glass door and see other members of our team ready to assist with whatever was needed. We used dry erase markers to write on the doors to communicate if we needed something. We gathered any extra things we would need before entering the room. Because elective surgeries had been cancelled,

***"We trust each other, value each other's suggestions, and share our knowledge."***

the nurses from the recovery room and OR were there to help us, passing medications to the non-Covid patients and taking specimens to the lab. They also assisted with stocking supply carts that were outside of each room. We learned to use Zoom to call and video chat with families. Sometimes we had to help them say goodbye, and that was so hard. Giving shift to shift report became even more critical. Much of this was new for us, and it gave us a chance to ask questions about patient care. ***We also emphasized nurse to nurse care by checking on and supporting each other.***

We were a Covid unit for approximately seven weeks, then cases began to go down and we transitioned back to caring for our own specialty patients. We continue wearing masks and protective goggles when we enter any room. We also still gather supplies before starting our rounds, which proved to be a great time saver. Our unit has 18 beds, so we are a close group. We trust each other, value each other's suggestions, and share our knowledge. This didn't change with Covid, it only reinforced it. Being a nurse is being a part of a family like no other. It didn't take a pandemic to teach us that. Happy Nurses Week to every nurse. ***Be proud of yourselves. I am.***



Photos courtesy of Mary Siwinski



# Now is the Time to Exercise Your Brain

By: DIANE WOOLVERTON



With spring in full swing and summer right around the corner, now is the time to not only exercise our bodies but also our brains. Healthy eating is beneficial to both.

All the refreshing fruits and vegetables are back in season and not just bursting with flavor but Omega 3s and other nutrients vital to brain health. Getting outdoors, and participating in leisurely activities like gardening, walking, and bike riding can send oxygen-rich blood to our brain; energizing all those brain cells. Even taking an outdoor yoga class at the park help relieve brain stress, improve mood, and rejuvenate our brain power.

Remember that before undertaking any new activities or change in diet consult with a medical professional. The medical staff at Western New York Medical, PC can also recommend other options to strengthen our mental muscle including assessing medications, sleep habits, and overall general health. The highly skilled medical staff can also offer dietary advice to improve the power and strength of your brain.

To schedule your summer check-up contact WNY Medical, PC at 923-4380. WNY Medical, PC is located at 4979 Harlem Road in Amherst. Keep your body, and your brain fit.

# EXERCISE YOUR BRAIN WITH THIS SUDOKU PUZZLE!

	3		8		7			4
4				1				2
						5		8
8				6				
2		7	3	9		1		
							8	
7	6		9	4		8		
	8			5	1			
	2					3		

## COMING SOON!



## A NEW MARTIAL ARTS AND FITNESS STUDIO



# Basics and Benefits of a Homeowner's or Renter's Policy

By: *ANDREA DUKE*



Perhaps you've wondered, "Do I really need homeowner's insurance?" While homeowner's insurance is not required by law, if you have a mortgage, your lender will require you to insure the home and protect their investment. Your home is a major investment! If something unthinkable were to happen, we can all agree that you'd want the opportunity to protect that investment by rebuilding it or repairing it, if necessary. A typical homeowner's policy (HO-3) is comprised of the following coverages:

**Dwelling** Covers damage to the dwelling (typically enough to replace/rebuild your home).

**Other Structures** Covers stand-alone structures such as a detached garage or shed.

**Personal Property.** Covers replacement of your personal belongings.

**Loss of Use** Helps pay for temporary/additional expenses while your home is being repaired.

**Medical Payments** Covers medical expenses for someone injured on your property

**Liability** Covers you if someone is injured on your property unintentionally or through neglect.

**Deductible** Specific dollar amount you pay out of pocket when making a claim.

The cost of a homeowner's policy can vary

significantly depending on the size, location, and cost to rebuild the home. Consult with your local insurance agent to determine which carrier is best to insure your home.

**Are you a renter? This is a nifty little policy! Renters insurance, or tenant's insurance, is designed to protect tenants living in a house or apartment owned by the landlord.** Similar to a homeowner's

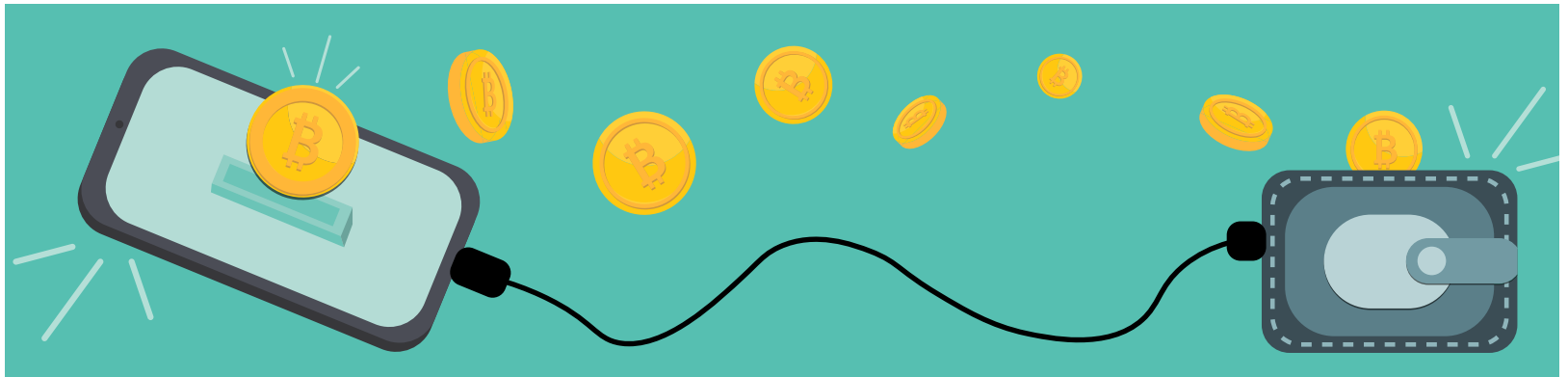
policy it covers personal property coverage (however, this amount is determined by you, the renter), loss of use (temporary/ additional living expenses), liability coverage (which may protect you from paying out of pocket or being sued for injuries or damage to other people's property). A deductible will also be required. This type of policy is generally very affordable, usually only costs around the same amount as a fancy café drink per month, but is well worth the money and protection it provides.

Be sure to discuss with your insurance agent which perils are covered, and which are not covered, with any policy. Also, be sure you know your deductible amount to determine whether it makes sense to file a claim with the insurance company or not.

"The cost of a homeowners policy can vary significantly depending on the size, the location, and the cost to rebuild the home. Consult with your local insurance agent to determine which carrier is best to insure your home."

# Will Crypto-Currency Replace Paper Currency?

By: JAWAD TUNG



Almost everyone has heard of Bitcoin, but what is it? Bitcoin is a cryptocurrency. And they are gaining popularity as a medium of exchange, as an instrument for storage of value, and because of their popularity few central banks around the world are taking interest in issuing cryptocurrencies of their own. China and India have also expressed interest in issuing domestic cryptocurrencies.

***The advantages to an economy for having its own cryptocurrency are:***

- 1) *The capital stays in the economy.*
- 2) *A concept of centralized ledger will document the economic activity, and this will largely resolve the issue of undocumented economy and put a check on shadow economy.*
- 3) *It will save the cost of issuance and printing of paper currency.*
- 4) *The monetary sovereignty of the central bank remains intact.*
- 5) *Improving financial inclusion.*

With these advantages in view, the question arises, will cryptocurrencies replace existing currencies or will they be another simultaneous form of payment? The underlying concept of cryptocurrency is that it will have a finite supply,

“The other factors to consider is the gold like features that [cryptocurrencies] offer because of their scarcity”

whereas traditionally banks print and issue currency when they require. If the proposed cryptocurrency will be issued at discretion of the central banks, they don't exactly meet the criteria of being classified as cryptocurrency. And this may also expose the proposed cryptocurrencies to exchange rate differences, inflation, and other issues being faced by conventional currencies.

The other factors to consider is the gold like features that they offer. Because of their scarcity, cryptocurrencies are now seen as an investment asset class by individuals and institutional investors because of this feature. If they are not scarce and widely accepted, their appeal as an asset class will be damaged. This financial experiment by few of the largest economies of the world will be good learning lesson for the rest.



# BEGINNERS GUIDE TO JOURNALING



TEAR OUT SECTION

# The Positive Effects of Journaling

By: VALERIA MARQUEZ LUNA



We have all been there. Writing “Dear Diary,” in a notebook we found and ranting about everything happening in our lives. Yes, it sounds cliché and juvenile, so the probability of you continuing it for more than two days was a rare thing. Journaling doesn’t have to be that way.

According to the University of Rochester Mental Health Center, journaling helps control symptoms of different mental health problems such as anxiety and depression by allowing you to prioritize your problems, fears, and concerns. Journaling can be a great outlet for ranting, but it can also be a way to focus your mind. A good example of this is in the idea of having a guided journal. These can include writing down three things you’re grateful for, three goals you have for the day, and even three things you wish you did better during the day.

*When you can focus your mind on the positive events that happened during your day or reflect on what you could have done better, it forces you to take a step back from the emotions like worry, fear, anger, and stress.* These are small ways that help you understand yourself and help you learn coping mechanisms to help your mental state. Setting small, attainable goals allows you to have victories throughout your day, no matter how stressful. Organizing your mind opens the door to being more mindful and optimistic which in turn helps better your mood.

If you have been feeling overwhelmed or frustrated with your mood or other’s behavior, journaling is a great tool you can use to take some of the overwhelmed feelings off your back. *Whether it is guided or not, writing things down after they happen is shown to be a big first step to a happy and healthier life!*

## Five Prompts to get you started on your journaling journey

*Whether it be your faith, finances, relationships, or career, there are endless topics you can write about.*

### 1. Look within and identify your greatest dreams.



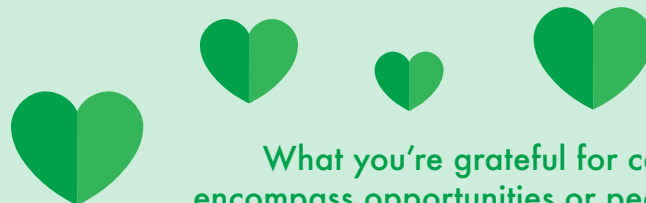
What would you do with your life if you knew you could not fail?

### 2. Reflect on the last time you went out of your way to help someone.



We know that helping others can satisfy our need to have a purpose.

### 3. Keep your attitude on gratitude.



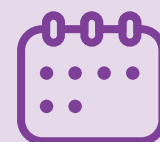
What you’re grateful for could encompass opportunities or people that have made an impact on your life.

### 4. It can be cathartic to look back and reflect on your childhood.



What would your childhood self love about your current self?

### 5. Ask yourself, what do you consider the best year of your life so far?



What made that year so great?  
The people around you?  
Your accomplishments or personal growth?





# Make Journaling Fun for a Better Chance at Success

By: WILL BEROWITZ



As an individualistic society, we must take care of our minds as we pursue success. Devoting all of your time to work is a recipe for disaster because you will neglect to take care of your mental health and, therefore, will be unable to perform to your optimal ability. One activity worth implementing into your busy schedule is journaling.

Sitting down and writing about your feelings and experiences can sound like a redundant and wasteful task if you are not into it. **However, if you personalize this practice to your enjoyment, it can benefit you immensely.**

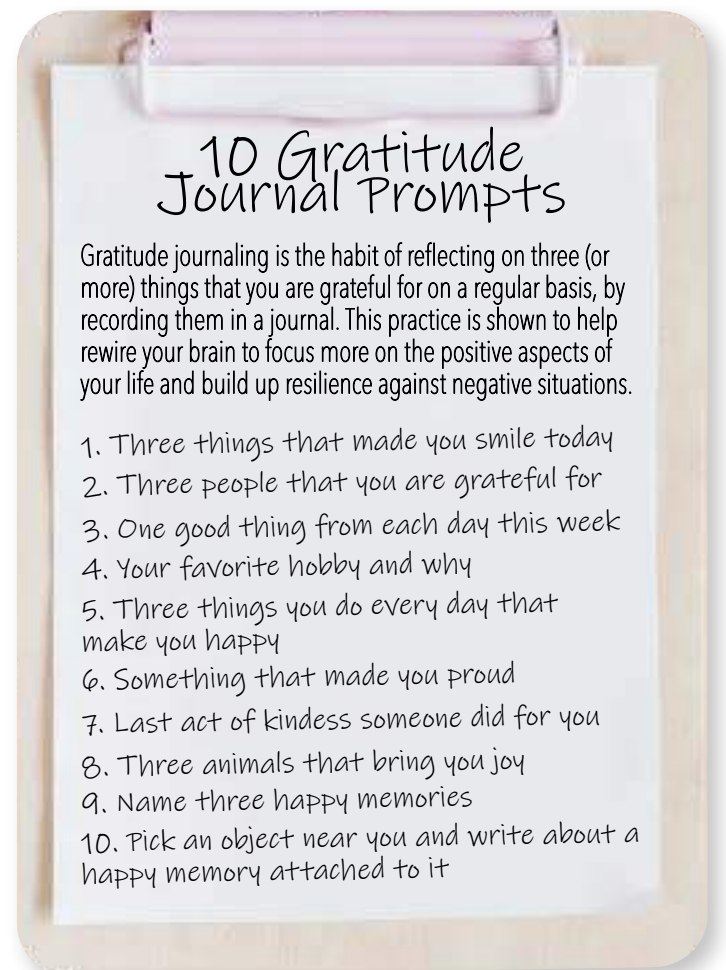
Journals are particularly effective in extracting self-reflection of the past and planning for the future. Writing about one's life tends to increase happiness, organization, creativity, goal-setting, and fulfillment. The time you spend doing this can be helpful in recognizing personal achievement and improving on deficiencies.

However, despite the wonderful self-improvement that you will experience from applying this routine, **forcing yourself to sit down and write is unsustainable. You should make sure that you don't have to fight to genuinely enjoy it.**

**There are many variations of journaling.**

You can write your thoughts in a blank notebook, create an art journal, gratitude journal, poetry journal, ideas journal, or a journal in which you write letters to yourself. All of these should be done in whatever way suits you. You can put pictures, write on post-it notes, collect your memories in a yearly jar, or even create drawings with your writings. You can choose to use your jar or journal as a means of venting or write about pleasant experiences that you'd like to look back at in the future.

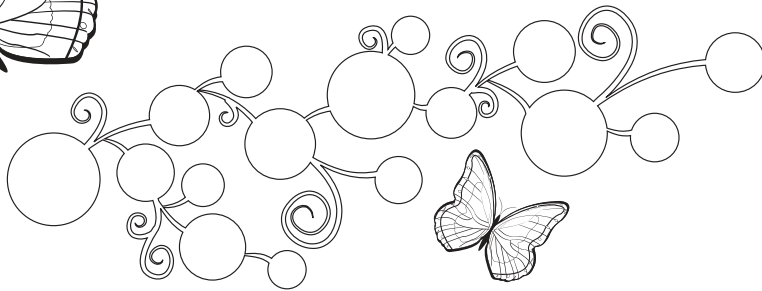
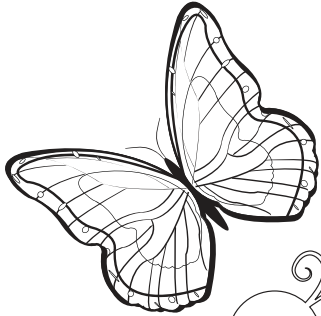
Ensuring that you not only have fun with this activity but also see the value in it, is an essential part of incorporating this task in your life. Embrace self-reflection because it will make you stronger and healthier. Journalism will help you relieve stress in the moment while providing you with documentation of growth and experiences to one day look back on.







# Activity Corner



W F R E N I H S N U S C S K N W E P A L  
W Z P H Y U Y Z D T Q R P P C B O J D G  
N B B Y P B G F M W E T P G R S J H M F  
O D Y X W H C I T W V S B X Y I G Y V S  
W W V Z U D T Y O K P T E I P S N G Z E  
H I G W J C M L J E F C N Y T J U G V S  
N S V W C H F M A I C N D F O V Y Y K T  
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M V E Y V D T G V L R U A A R Y E Q E E  
F M I I G T S F J N J H T T E G F Z H A  
P N B R B C B R M B Y Y E Y N A T M T W  
L L C G N R Q U E T B V M M C E W G A A  
V K I W H S L X K H Q A G Z Y A M K E R  
Z J A D C J R Q U F T V O R I H X T W E  
C X R E S B F V J C O O I M Y Q D R M N  
C F W G U I R P G T Y T M T Q A M G R E  
V F U V X K N B X Y H M D S B A Y N A S  
R Z D G J O U R N A L I N G U A I I W S



Flowers  
Crypto-Currency  
Warm Weather

Spring  
Mental Health  
Sunshine

Mothers Day  
Journaling  
Stroke Awareness

## April's Solution

I U H H W S O J Q Y  
X C U L L E T S A P  
L U B P S D L U R L  
H F X C P Q E D D U  
N U S S E C C U S C  
Z W K A C L C U O W  
C X K I U O V A Y C  
G S S N O G A A I P  
W E A M V R D W P Q  
P E N D F H Y D Y T  
K H W M T E L T I J  
A J V R V M D X D B  
H O A Y O N N X G M  
E E F L N M E S J V  
A Y C I H I I P K D  
R E A M N P R A X G  
T E K A T S F C D X  
H Q T F J N O R N B  
D W D W Z C C E C N  
A R W A X E T B G  
Y K H H H R Q S R T  
A V E G G S P A X L  
Z O Y O J W S E C Q  
R L G Y V S M P U E  
A H Z P N X P L O P

# Maintaining Mental Health

By: DR. KAREN BATTAGLIA

**According to the World Health Organization, “mental health is the foundation for the well-being and effective functioning of individuals.”** Our mental health affects our functioning in all facets of life, including our professional and personal lives, our relationships with friends and family, and our physical state. The brain-body connection is powerful and there is a great deal of evidence to suggest that poor mental health increases risk for long-lasting physical conditions such as heart disease, Type II diabetes, stroke, and cancer. Mental health, like physical health, can change over time and is impacted by short-term and long term stressors. Maintaining good mental health is an ongoing commitment, but there are actions you can take that will help.

**Nutrition.** Research has established a correlation between certain nutrients and the development of anxiety and depression. Good mental health can be promoted by a diet rich in high quality proteins, Omega 3 fatty acids, whole-grain carbohydrates, fruits, and vegetables. Your diet does not need to be perfect to enjoy the benefits of better nutrition. Making small changes can go a long way. For example, start by introducing a fruit or vegetable at one meal a day. Challenge yourself to do that every day and go from there.

**Exercise.** There is a great deal of scientific support for the positive impact exercise has on mood. Just 30 minutes of exercise a few days a week can improve mood and reduce symptoms of anxiety and depression. This does not mean spending hours at the gym, unless that is what you love to do. Walk the dog, take a bike ride, or play a friendly game of basketball with friends and family. Spending time outside, even without exercise, has shown to improve mood.

**Sleep.** According to the Sleep Institute, poor sleep is associated with higher rates mental illness, such as depression and anxiety. Brain activity fluctuates during sleep it is important to give your brain the opportunity to move through these stages.



**Nurturing Relationships.** Human beings are social creatures and do better when they have an emotional connection to others. It is easy to lose contact with friends due to the demand of the workload and home. Commit to your relationships and carve out small bits of time to stay connected to others.

**Setting Boundaries.** It is impossible to be everything for everyone. Give grace to yourself and say no when you can.

**Get Help.** About 1 in 5 Americans will experience a mental health issue at some point in their life and there should be no shame in getting treatment for a mental illness. Often mental health is intertwined with mental illness, but they are different things.

**A person who has a mental illness can maintain good mental health by following treatment recommendations and employing the suggestions discussed above.**



### *Migraines and Their Causes.*

**More than 26 million Americans suffer from migraines**, a debilitating condition that often involves throbbing pain on one side of the head, nausea, and sensitivity to light and sound.

For each individual, migraine triggers can vary. Dietary factors that may trigger a migraine include red wine or other alcohol, chocolate, dairy products, or foods containing additives such as nitrites, MSG, or aspartame. Lifestyle triggers may include weather changes, high altitudes, bright lighting, loud noises, or strong odors. Hormones seem to play a factor in migraines as well - three times as many women as men suffer from migraines. Pregnancy, the use of birth control pills, or menopause can increase or decrease the frequency of migraines. Stress can also trigger a migraine. Migraines can be a debilitating interruption in the lives of those who suffer from them. If you are experiencing the symptoms mentioned, talk to your doctor about avoidance measures and ways to control pain.

### **Quick Facts**

*- 90% of the population have experienced a headache, and 60% have experienced a migraine.*

*- Migraines can be accompanied by impaired vision and nausea.*

*- Causes of migraines can be: stress, too much or too little sleep, lack of or excess exercise, certain foods such as dairies, alcohol, and seafood as well as changes in weather.*

*- If already in pain, over the counter pain relievers can help, but it best to try to prevent an attack with lifestyle changes.*

Communication Educator & Entrepreneur



### *The Most Important Conversations*

The most important conversations are the ones that we have with ourselves. These conversations are the internal communications that take place in our minds as a reaction to all the stimuli that exist around us. It is not only what defines the state of our minds also affects the outcome of our behavior and achievements. These conversations are the keys to our successes, triumphs, failures, or our disappointments.



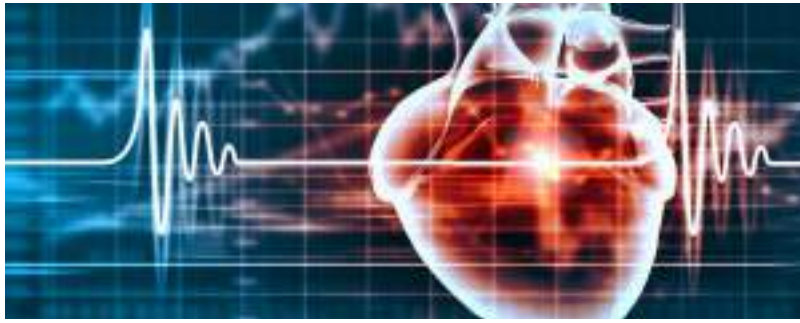
Minding these conversations requires asking yourself challenging questions and trying to find those honest questions. We can objectify those questions by communicating with our trusted family members and friends, and at times with our trusted life coaches, mentors, counselors or psychiatrists. When we go and see a counselor or psychiatrist we are actually trying to find a safe place to lay out our conversations with ourselves. This is the reason that from commandos and athletes in training, to CEOs; inspiring conversations to help optimize their performance.

The more we train ourselves with healthy conversations, the more we prepare for positive outcomes. Before we indulge in a consequential self-conversation, we must visualize the dreams we want to realize and goals that need to be attained. Let's start today to become more mindful of the conversations that we are having ourselves to achieve our true potential.



# 8 Lifestyle Causes for Heart Disease

By: RALPH HERNANDEZ



**Heart disease is a term that refers to several diseases that can affect the heart and its circulation.** Some people's hearts become infected by bacteria or viruses, which leads to various diseases. For others, they have problems with the heart's internal structures. However, for many people, heart disease is caused by their lifestyles. Let's look at some things we can change.

## Poor Eating Habits

Eating a diet high in saturated fats, too much salt and low in Omega 3 oils can result in heart disease development over time. To reduce your risk, focus on adding more fruits, vegetables, whole-grain grain products, and fiber-rich foods to your diet.

## Lack Of Activity

Too many people have become adapted to an inactive lifestyle. You should be exercising for at least thirty minutes every day to maintain a healthy heart. If you are new to exercising and have other health issues, consult with your physician before beginning an exercise program.

## High Cholesterol

Cholesterol is a natural product present in your body and is part of the cell structures. However, when the cholesterol gets high, you can encounter problems, increasing the chances of heart disease. Your diet also affects your cholesterol levels.

## Overweight And Obesity

Obesity is often a result of a combination of taking in too many calories, eating the wrong kinds of foods, and not getting enough exercise. The more weight you carry, the harder your heart must work to push blood throughout your body.

## High Blood Pressure

Some people have a genetic predisposition to

high blood pressure; limiting your salt intake, increasing your activity level, and getting your weight under control can help normalize your blood pressure in many cases.

Blood pressure of 120/80 is normal blood pressure with a blood pressure of 140/90 or higher seen as elevated. By getting your blood pressure under control, you can decrease or delay damage to the heart.

## Smoking

If you care about your health, it's never ok to smoke. Smoking contributes to and accelerates plaques in the artery walls throughout the body, including the heart's arteries. Smoking damages the heart and blood circulation, making it more likely that someone who smokes regularly will get heart disease or have a heart attack.

## Having A Preexisting Disease-Diabetes

Diabetes can develop due to poor lifestyle habits. What is even worse is that diabetes predisposes you to heart disease. diabetes that is not well-controlled or managed mainly puts you at increased risk of heart disease. If you are diagnosed with Diabetes, check your A1C numbers regularly and adopt a healthy diet. A normal A1C level is below 5.7%, a level of 5.7% to 6.4% indicates prediabetes, and a level of 6.5% or more indicates diabetes. The higher your A1C, the greater your risk for developing type 2 diabetes.

## Stress/Anger

Although the link between stress and heart disease is not clear, chronic stress may cause some people to drink too much alcohol, increasing their blood pressure and may damage the artery walls. Prolonged stress is associated with increased adrenaline, making your heart work that much harder. Many studies have also shown that anger contributes to a damaged heart.

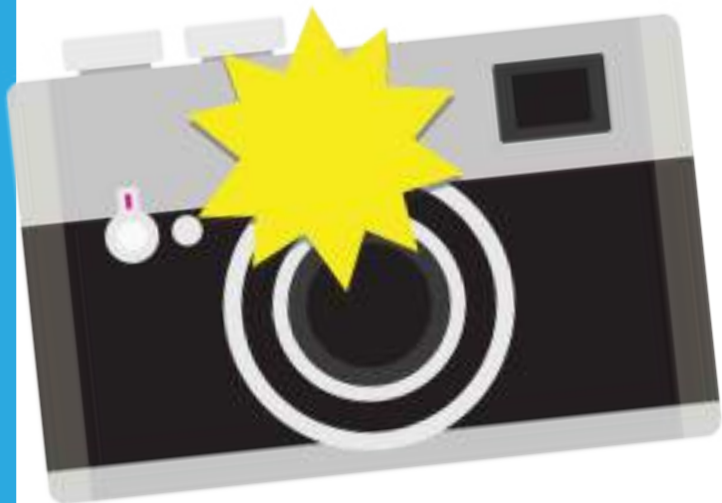
In summary, there are several different causes of heart disease. Some are related to viruses or bacteria that may attack the heart. However, other factors are under your control, such as following a healthy diet and lifestyle. It is up to you to help take care of your heart.

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## May 31st: Memorial Day

By: JOHN KOLARIK



While many people will spend Memorial Day welcoming warm weather and the unofficial start of summer, others will be spending their days at various monuments and cemeteries honoring those who lost their lives serving in the military. For a little brush up on Memorial Day, here are some facts you should know on this day of Remembrance:

Memorial Day used to be called Decoration Day, named for the practice of decorating graves and memorials with flowers, wreaths, and flags. The first Memorial Day began after the Civil War to honor and mourn the approximately 620,000 Union and Confederate soldiers who died. The holiday was originally celebrated annually on May 30th.

The passing of the Uniform Monday Holiday Act in 1971 officially made Memorial Day the last Monday in May. Memorial Day is commemorated annually at Arlington Cemetery in Virginia. The President or Vice President traditionally lays a wreath at the Tomb of the Unknown Soldier in remembrance. Lastly, in 2000, the National Moment of Remembrance Act was signed which designated 3:00 P.M. on Memorial Day as the National Moment of Remembrance.

***Memorial Day is a time to reflect and a time of remembrance, for the people who fought for this country to make it what it is today.***

Remember those who have lost their lives to give us our freedoms and reflect on how far we have come, and how far we still have to go.

# Media Corner: Solar Opposites Season 2

By: WEBSTER TILTON

*We really need a word for this.*

There are many phrases for this kind of show; 'adult animation', 'savage humor' and 'edgy content' all come to mind. However what we really need is a word. One that encompasses the spirit of a series that leans hard into its M rating and doesn't so much break the fourth wall as it proudly camps out on it. A word for a show that mocks its own audience as viciously as any of its other targets and earns their praise for it. A show which exhibits the kind of ruthless, cheerful, energetic nihilism that leaves the rules of politeness in a bloody heap on the floor within the first sixty seconds before moving on to more challenging targets like your prudishness, your pride, and your illusions.

Solar Opposites is not subtle, it is a gleeful, vicious wrecking ball that recognizes only one sin: pretentiousness. The show's title sequence openly mocks its own premise, most episodes savagely dunk on the Hulu streaming service for having the show on their platform to begin with, and the dialogue is openly contemptuous of the audience.

## It is essentially perfect.

For those who haven't watched, Solar Opposites is about four refugee space aliens from the planet Shlorp who crash landed on Earth only to discover that nobody very much cared. Their job is to terraform the planet for themselves, but they have a tendency to get distracted or obsessed by human cultural quirks. The leader, Korvo, is a neurotic, rules obsessed, pedantic misanthrope who openly despises humanity, Earth itself, and his own alien crewmates. Those crewmates include two (theoretically) high school aged clones Jesse, and her "brother," Yumyulack (the Shlorprians are genderless but still exhibit some gender-typical traits), a pupa who will eventually evolve into a weapon that wipes out all human life on Earth, and Terry, the "pupa expert", who knows nothing whatsoever about the pupa.



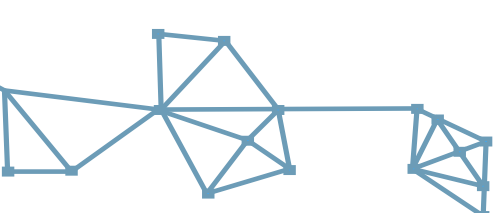
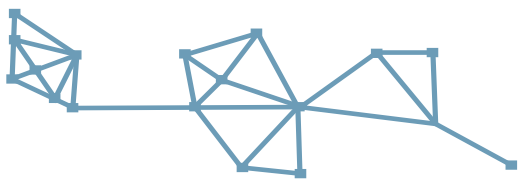
Like season one, season two spends a significant amount of time in The Wall, a terrarium like environment where Yumyulack has miniaturized a large number of humans so he can observe them building a new society. The first season saw the downfall of a cruel dictator (of The Wall) and the rise of a new leader...who quickly became a corrupt dictator. This functions as a B plot in some episodes and is also the entire plot of episode seven. And whereas the main Solar Opposites setting serves to butcher one pretentious human tendency or another, The Wall setting is focused on takedowns of overused TV tropes from the post-apocalyptic genre.

*The jokes are savage, consistent, and effective.*

*The voice acting is superb.* The animation is what you'd expect given a high budget and the subject matter it tends to cover; it won't be winning any awards, but it works very well for what it needs to do. The pacing of the episodes is difficult to describe because the plots tend to aggressively wander off topic while the characters point out the fact that the plot is wandering off topic.

It's an eight-episode season so you can polish it off in one or two nights. If you have more self-control than I did you might be able to parcel it out to an entire week, but good luck with that. This one is very, very hard to stop once you start it. And no, I didn't think of the word yet. I only said we needed one, not that I knew one we could use.





## The Future of Cloud Computing

By: JORDON STOCKWELL

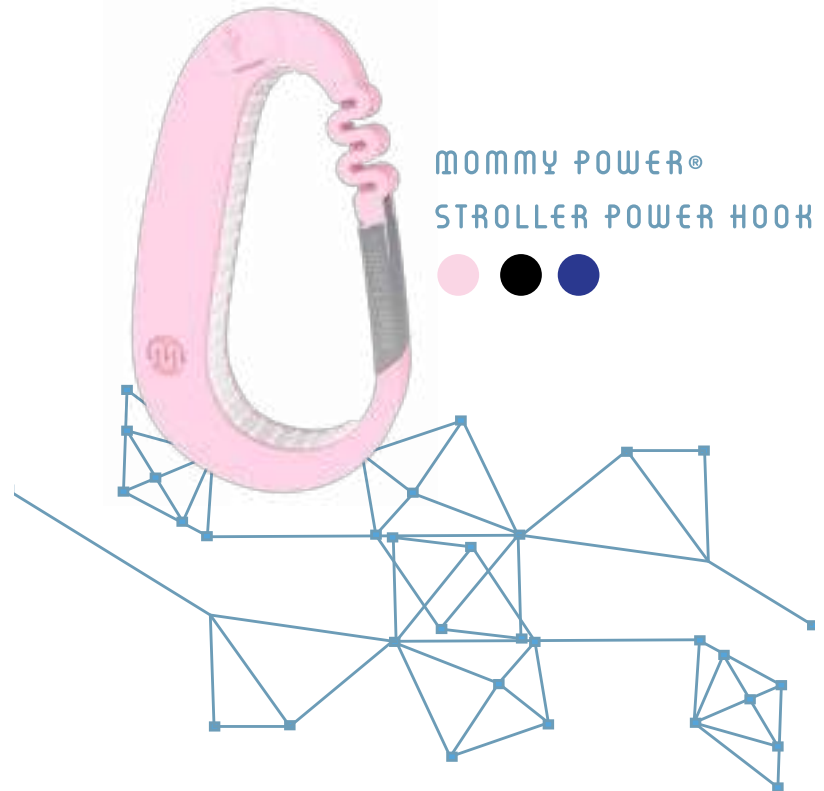


In the past few years, a new technology trend emerged called cloud computing. **Cloud computing is the delivery of on-demand computing services, from applications to storage and processing power, usually over the internet and on a pay-as-you-go basis.** Some of the major players, AWS (Amazon Web Services), Microsoft Azure, and Google Cloud Platform dominate the market. The adoption of cloud computing is still growing, as more and more businesses migrate to a cloud solution. However, a new extension of computing called Edge has emerged.

As the quantity of data organizations continues to multiply, many have realized the limitations of cloud computing in some situations. Edge computing is designed to help solve some of those problems by bypassing the latency caused by cloud computing and getting data to a data center for processing. It is called "Edge" because the data can be closer to where the computing needs to happen. Therefore, edge computing can be used to process time-sensitive data in remote locations with limited or no connectivity to a centralized location. Resulting in Edge acting in the way of mini datacenters.

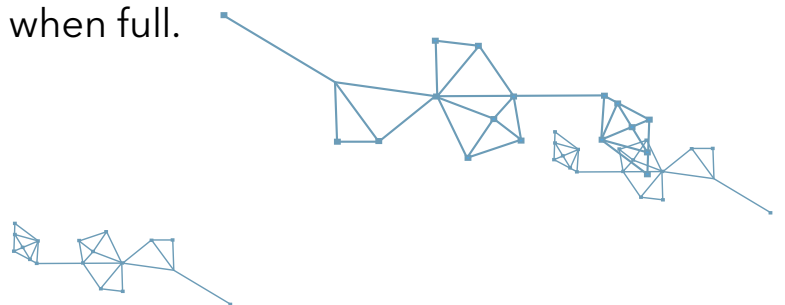
Edge computing will be an essential part of data processing as the use of the Internet of Things (IoT) devices increases. **By 2022, the global Edge computing market is expected to reach \$6.72 billion.** This emerging technology is only meant to grow, creating various jobs, especially for those in software engineering.

## SUMMER GADGET PICK



It may be called "Mommy Power" but this is perfect for any parent on the go. This power bank and carry-all hook has a hook to hang bags on and a charging port for tablets and phones.

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# Workout of the Month 4 Week Plan

## Day 1 - x3

- 25 Squat Touches
- 25 Knee in Lunge
- 25 Air sumo squats
- 30 Side to side squats
- 20 Front kicks

## Day 2 - x2

- 20 Scissors X
- 25 Crunches
- 15 Butt ups
- 30 Hip twist
- 50 Heel touches

## Day 3 - x3

- 25 Triceps Dips
- 30-sec Plank
- 20 Couch climbs
- 30-sec Hamstring stretch
- 30-sec Side plank

## Day 4 - x2

- 25 Push ups
- 50 Jumping jacks
- 15 Burpees
- 30 Sit ups
- 45 Plank shoulder taps

## Day 5- x3

- 25 Russian twist
- 20 Knee pull ins
- 25 Butt kicks
- 30 sec. Run in place
- 30 Heel raises

## Saturday & Sunday

No rest days this time. Push yourself  
to do 1 set from each day.

# Recipe of the Month

## One-Pan Chicken Parmesan Pasta



### Nutrition Facts

Calories: 538  
Protein: 41g  
Carbs: 55g  
Dietary Fiber: 7g  
Sugar: 6g  
Fat: 17g  
Saturated Fat: 4.8g  
Cholesterol: 77 mg  
Sodium: 611mg

### Ingredients

- 2 tbsps extra virgin olive oil
- 1/4 cup whole wheat panko breadcrumbs
- 1 tbsp minced garlic
- 1 lb boneless, skinless chicken breast
- 1 tsp Italian Seasoning
- 1/4 tsp of Salt
- 3 cups low sodium chicken broth
- 1 1/2 cups crushed tomatoes
- 8 oz whole wheat penne
- 1/2 cup shredded mozzarella cheese
- 1/4 cup shredded parmesan cheese
- 1/4 cup chopped fresh basil

### Directions

#### Step 1

Heat 1 tablespoon oil in a large oven proof skillet over medium-high heat. Add panko and 1 teaspoon garlic. Cook, stirring, until the panko is golden brown, 1 to 2 minutes. Transfer to a small bowl and set aside. Wipe out the pan.

#### Step 2

Heat the remaining 1 tablespoon oil in the pan over medium-high heat. Add chicken, Italian seasoning, salt and the remaining 1 tablespoon garlic. Cook, stirring frequently, until the chicken is no longer pink on the outside, about 2 minutes. Add broth, tomatoes, and penne. Bring to a boil and cook, uncovered, stirring frequently, until the penne is cooked and the sauce has reduced and thickened, 15 to 20 minutes.

#### Step 3

Meanwhile, position an oven rack in the upper third of the oven. Preheat the broiler to high. When the pasta is cooked, sprinkle mozzarella over the penne mixture. Place the pan under the broiler; broil until the mozzarella is bubbling and beginning to brown, about 1 minute. Top with the panko mixture, parmesan and basil.

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