

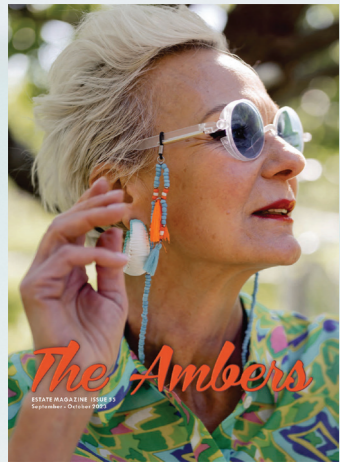


HIGHWAY

ISSUE 13 • NOVEMBER 2023

Unlimited

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We provide a platform for those optimistic business owners out there who get up each day and make the most of it. We won't let you down, we will get print copies out everywhere we can, and you will also be in our on-line issues on the website. To support your trust, we will pack each issue with articles that mean something. Earth issues, Health, Ideas and Solutions for the Communities because we are incredibly special, this is a unique part of the world - Hillcrest, Hilton and Howick.



Kaleidoscope Media Publishing
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Highway UNLIMITED

Our newest addition to the Kal-Media stable of magazines. This Bi-monthly publication gives focus to business owners wishing to attract Highway residents and other business outlets.

Delivered via Shopping Centres, Supermarkets and Coffee Bars, we have no doubt that this 'baby' will flourish and grow rapidly.

Hilton Life

Was launched in 2014, originally as a quarterly publication. It was extended to a bi-monthly publication in 2019 at the request of the advertisers. There is a uniqueness about the region and the magazine has captured this special trait.

Like all publications in the Kal-Media stable the magazine is 'shared' not 'thrown away', which of course makes excellent value for the advertisers. The publication is delivered to residents of the Garlington Estate in Hilton as well as popular retail outlets in Hilton, Howick and Nottingham Road.

It is an ideal advertising vehicle for business wishing to attract the Hilton and Midlands residents.

The Ambers Magazine

Was established in 2012 and has grown leaps and bounds. Packed with features about the residents of this popular gated community the magazine also features a Health and Medical Directory.

Residents are encouraged to contribute articles and cover shot photography, which is why it always makes such interesting reading. In 2018 due to demand by the advertisers and readers alike the publication grew in pages and became bi-monthly, which of course makes immense value for the advertisers.

The publication is delivered to residents of the Ambers Estates as well as popular retail outlets in Howick. It is an ideal advertising vehicle for business wishing to attract the senior residents of The Ambers.

Digital media won't replace print media. Print media is evolving in the same way as cars didn't replace horses. Horse riding evolved from transport to sport to recreation. Print has moved away from broad base to the concentrated.

Dear Readers

In the blink of an eye, we have nearly completed 2023, time certainly didn't stand still this year. They say that time waits for no man. Its funny how these idioms can mean so much. It's true to say that time is free, but it's priceless. You can't own it, but you can use it wisely. You can't keep it, but you can spend it. Time lost can never be regained. So I would say therefore, that time is far more valuable than money – every day, every hour, every minute is precious.

The festive season is just around the corner, and if you thought that Christmas was not the same as it used to be, just take a look at some of the centres where the ho-ho-ho is brightly decorated on every available space.

This issue ends our 3rd year and the last issue for this year; I would like to thank all our advertisers for their loyal support, because without them this magazine would not be the success it is. Please, as I have said before, support them!

To you all have a restful festive season with your loved ones, live, laugh and be happy, and wherever you go be safe!!

Till we meet again in the New Year
Best wishes



Best wishes

Pat Franken

082 552 3027

Ive learned...that everyone who is in your life are meant to be in your journey, but not all of them are meant to stay till the end!

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JUST A THOUGHT



Why do parents take small children shopping when they are clearly tired? And then when they throw a tantrum, and hold their breath, and fling themselves on the shop floor for everyone to look at or walk around, the parent/s just carry on with what they are doing, and it does not seem to faze them one iota! No one wants to raise a spoiled kid. But would you know one if you had one. Few parents have the iron hand of previous generations, and for the most part that is good. But sometimes in the effort to be kinder, gentler parents, moms and dads let their sweet little darlings get the upper hand. Some parents put up with truly awful behaviour.

Of course, all toddlers interrupt, whine, and throw tantrums, you say. Those behaviours are normal ways for kids to assert their independence, you say. No! What is important, is how parents react. Spoiling occurs when kids are predominantly in charge in the family. The parents have minimal authority, and kids continually get their own way by acting up. In other words, your child is not spoiled because he whines; he is spoiled if whining consistently works to get him what he wants. Granted, all toddlers have bratty and less-bratty days, we all do, lets face it. And all parents have days when they cave in instead of standing by the house rules. But when whining, nagging, and misbehaving to get their way becomes a constant, repetitive behaviour, you have a problem.

So where do you, as parents, stand today? Do you usually give up in exhaustion rather than enforce limits during a typical day? Do you let your child regularly butt in and take over adult conversations? It is important to address spoiling now because you are setting up patterns that will stay with your family for years to come. If your 20-month-old has never heard the word no, for instance, how will she (or he) handle hearing it when she (or he) is 13 and wants to get her navel or his top lip pierced? Spoiled kids are those who never had a chance to handle disappointment early on. The lessons they learn as toddlers - delaying gratification, acting within limit - will carry through to adulthood.

When my children were small, and I had 4, there was no such thing as terrible twos, or temper tantrums, and no they never got a hiding, ever! It does not really matter what the rules are; it is how consistently you apply them. For me there were three non-negotiable rules, like "No hitting or biting," "Don't interrupt adults," and most definitely for me "don't whine".

It may be tough to resist spoiling now, but the payoff will be huge. Your child will learn how to manage feelings, cooperate, follow rules, and have self-control. These lessons will be beneficial throughout your child's life. And what is more will never let you down in public.

Maybe that unfazed mom will read this and think before allowing that display in public again. Just saying!!!!

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HOARDING

The word hoarding sounds quite harsh. It sounds mean and withholding, like someone who accumulates excess, clings onto it and will not share it or give it away.

As a disorder it is harsh, stubborn, and often difficult to manage.

Hoarding is different from collecting although there may be some overlap eventually.

Collecting is often an active process where someone would seek out certain things that they have an interest in - eg vintage cars, certain ceramics from an era or a particular maker, memorabilia from the war, from rock stars etc. There is pleasure in finding them and collecting them. Collectors often know a lot about what they collect and display or categorize them in some way.

Hoarding can be on a continuum from mild to very severe but generally to be called hoarding, over time, any storage space is stuffed full, there are less and less working surfaces and floor space. Living spaces become less usable and often cars cannot be put into the garage. Often the extent of the hoarding makes it impossible to retrieve things. Some hoarders are organized but often not. Usually, it is others who become fed up with the invasion of

shared space and so is easier for people who live alone. People who are extreme hoarders often become quite isolated and cannot invite others around as the space is too cluttered.

Hygiene in the home is often compromised as it cannot be properly cleaned due to the amount of accumulation on floors, surfaces and in cupboards. True hoarders often battle to throw mouldy food out of the fridge and let it accumulate, despite the fact that it will never be eaten.

Probably the most characteristic aspect of hoarding is that the person /family have extreme difficulty and become very anxious about discarding items.

A lot of what is kept or accumulated is not needed or even usable by the person. A simple example is, amongst other things, never throwing away a newspaper, a cardboard box, a plastic container that food comes in. It is handy to hold onto a few of these but it is easy to see where the extreme of this gets to.

The person may have insight into this as a problem ie that there is too much stuff, that a lot of it is useless, excessive or unlikely to be used, that they have difficulty in parting with it, that it impairs their lifestyle, makes their living space difficult to use and that it is embarrassing to have others around.

The person may have little or no insight into this being a problem eg someone with dementia, brain damage. They may not be capable of clearing things out or even notice that they have accumulated. Distrust of memory can lead to distrust of others and a paranoia that their things have been stolen if cleared out.

Hoarders will usually resist interventions and become anxious and aggressive if others try and organize ie reduce their belongings. The rationalization is often one we all use at some stage. "I or someone else will need it in the future and I won't be able to get it again." Paperwork, screws, plastic cutlery, anything can fall under this rationalization.

Things have memories, associations with events and relationships. While one person may keep the program and some photos from their child's school concert, the hoarder will keep every bit of memorabilia from a holiday, major and minor events. They cannot discriminate what is enough.

Hoarding involves this but so much more. It is a complex and difficult problem and often when people move or downsize, they have to face their resistance or indecision of what to discard. Usually, this is better done with a 'clutter buddy' who can hold one accountable.

As a serious pathological condition hoarding disorder is fairly rare, but many of us find it difficult to make the decision to let things go.

We can all look systematically through our cupboards, drawers, clothing, paperwork, garages and living space to see what we can throw away or give away to help others and breathe fresh life into our spaces.

HOW TO STAY AWAKE WORK...OR IN CLASS

Everybody gets tired at work, particularly in the early afternoon. Here are some ways to defeat sleepiness at the office or in class.

1 Eat less sugar and carbohydrate
Sugar and carbs cause your blood sugar to spike...then crash. Cut back on the carb-heavy breakfasts (bagels, muffins, toast, juice, fruit) and go with eggs, bacon, vegetables. For lunch, skip the pasta bowl and go for a salad. For a snack, have a few nuts or some biltong.

2 Get 10 minutes of sun
Pretend you're a smoker and take a smoke break...then go get some rays. Sun exposure wakes you up. That's why people get black-out shades when they sleep - it's harder to sleep with the sun shining on your body.

3 Take a power nap
10 minutes goes a long way. Find a place in your office building (or outside) where you can take a little snooze. The bathroom stall works in a pinch.

4 Stand up
Try standing up to work. It puts you in an active frame of mind. Imagine trying

to work while lying down in a soft bed. Its Difficult, right? So do the opposite.

5 Keep it cold
When it's a little chilly, it's harder to fall asleep. Turn down the thermostat, open a window, or lose the sweater.

6 Exercise
On your lunch break, go workout at a nearby gym or go for a run. You'll have an exercise buzz for hours.

7 If you drink caffeine, try to keep it slow and steady
If you're a caffeine drinker, avoid that enormous spike of caffeine in the morning, because you'll crash a few hours later. A better strategy is to drink coffee or tea a bit slower over a longer stretch.

8 Listen to upbeat music
An old trick.

And lastly...Get more sleep at night



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HOUSEHOLD DANGERS

what you need to know



Can you believe the end of 2023 is in sight!! And what a year it's been, and I'm sure a lot of people cannot wait for the end of year shut down to get some much needed R&R (rest and relaxation not Rum and Raspberry, well maybe both for some).

As the year comes to a close and Christmas is ever so fast approaching too, we often see an increase in the number of new additions to the family, kittens and puppies as Christmas gifts. While it is always such an amazing privilege to introduce a new pet into the family, it should always be noted, that if the kitten or puppy is being given as a gift, that the person or family receiving the gift are able to take care and assume full responsibility for the new pet.

Sadly it happens far too often that the person or family receiving the pet as a gift may not have wanted a new pet or don't have the capacity to look after it as it should be looked after. We all know just how cute puppies and kittens are too, but they grow up, and it is when they have grown and aren't so "cute" anymore, that families opt to get rid of the pet as they didn't realise the responsibility involved in having one. Always ask and make sure that whoever is receiving the pet as a gift a) wants one and b) is capable and prepared to take on the long term commitment.

If you're a first time pet owner, or have had pets before, here are a few tips to make sure their new environment is safe for them.

Pet Proofing your Home

Just as parents "childproof" their homes, so should new pet parents too. Like infants and small children, your new four legged family member will be

naturally curious to their new surroundings, and this includes exploring with their paws, claws and mouths and could potentially very easily injure themselves while exploring. Accidents happen, but thankfully kittens and puppies are usually incredibly resilient and manage to get on with their exploring even after an accident.

In and around the home

- ▶ If you live in an apartment block or double story, ensure that windows have screen mesh installed, this way the windows can stay open but (particularly kitties) won't be able to fall out. It will also keep the monkeys outside too.

- ▶ Many house plants are very toxic to both dogs and cats. Lillies (pretty much all varieties) are very toxic, the whole plant including the pollen. Philodendrons are stunning indoor plants, but also toxic. Daffodils, Chrysanthemums, Tulips, Poinsettia, Ivy, Peace Lillies, Hyacinths to name but a few, and most will be available now over the festive season too. Keep them well out of reach particularly for puppies and kittens, or use hanging baskets or macrame plant hangers.

- ▶ Where there are human settlements, there will be rats. Rat poisoning is more common than you'd think, not only for our pets, but our wildlife too, especially owls and other raptors. Bait should NEVER be in a place where a pet can reach it, and better still for the environment, use a non toxic method of vermin control.

- ▶ Puppies in particular (as will kittens) will investigate with their mouths so make sure any electrical cables, device charger cables etc are out of reach and cannot be chewed.

- ▶ Kittens and puppies should never be left unsupervised in an area where there are potential hazards.

In the garage

- ▶ Antifreeze in our car radiators has seen a steady increase in cat and dog poisonings. Even though we don't get subzero temperatures, manufacturers automatically put antifreeze in car radiators, should they leak, the taste of the antifreeze contaminated water is very appealing to pets and will result, if untreated or caught early enough, permanent kidney damage, which sadly often results in death. If you have a bottle of antifreeze, make sure it is well out of reach and not leaking.

- ▶ Cats also LOVE warm cosy places to sleep, like on bonnets or even under the bonnet on or next to the engine, so it's a good idea to honk the hooter to make sure they aren't under or near your car.

- ▶ Many other chemicals, paint, paint thinners, petrol etc should be kept well out of reach.

In the kitchen, laundry and bathroom

- ▶ Cupboards that contain cleaning products like bleach and other hazardous chemicals need to be securely shut at all times. Most cats will love to find a nice cosy cupboard to have a nap in or hide in, and being exposed to these chemicals is far from ideal.

- ▶ The same can be said for medications, shampoos, washing detergents, sunscreens etc.

- ▶ Keep your washing machine and tumble drier doors closed if they are perhaps in the kitchen, or better still, keep the laundry door closed at all times. Puppies and kittens that are exploring and adults cat and even sometimes dogs, can find themselves inside the washing machine or tumble drier.

Out in the garden

- ▶ As for indoor plants, there are many outdoor plants that are very toxic too. Always a good idea to check your garden for potentially toxic plants. Generally adult pets don't just randomly nibble on or eat plants (except grass) in the garden, puppies and kittens on the other hand will often chew or eat anything that goes into their mouths.

- ▶ Covering of swimming pools, hot tubs and ponds is essential as your pets (of any age) could fall in and not be able to get out again.

- ▶ If you've fertilised your garden with bone meal, chicken litter or other chemical fertilisers, keep your

pets away from those areas and off the grass as they will often eat the soil that contains the various fertilisers and they can be extremely toxic if ingested.

The festive season

- ▶ Many a delicious treats are available around this time of year, and what is delicious to us, is also usually delicious to our pets, however, there are many ingredients that we enjoy, which are toxic to dogs and cats include but not limited to the following - Grapes/Raisins Sultanas and currents in fruit cake and fruit mince pies. Chocolate - dark chocolate being more toxic than milk chocolate, but toxic non the less. Sweets containing Xylitol - extremely toxic to dogs. There are other consumables such as some Peanut butter that also contains Xylitol, as do most of the chewing gums on the market, so make sure your dogs cannot get hold of these items or any item containing Xylitol.

- ▶ **Fatty foods** - while turkey is often bland and dry, duck and gammon can be very fatty. A large intake of fat, particularly in dogs, can aggravate the pancreas and could result in pancreatitis. Flying ants are like peanuts with wings and both dogs and cats can engorge themselves on them when they appear, resulting in vomiting and possible diarrhoea and it's also not impossible that it could also aggravate the pancreas as well.

- ▶ **Ribbons and wrapping materials**, pets can easily become tangled and possibly swallow these items causing intestinal issues and possible obstructions, so make sure they aren't left lying around.

- ▶ **Christmas tree decorations**, lights and other ornaments, especially with cats, provide an almost irresistible play toy with potentially disastrous repercussions.

During this holiday festive season, accidents can and will happen. Getting your pets on Pet Insurance couldn't be more important. Over new years with the firework celebrations, make sure your pets are safe! Get them microchipped in case they do escape. If your pets are already chipped, bring them in to make sure the chip is still working and your contact details are up to date. It is a time of giving and sharing, why not support a local pet rescue organisation with food and blankets instead of letting off fireworks which cause untold distress to our pets, wildlife and even people. If you are travelling for the festive season, enjoy, travel safe, and be kind. Wishing you all a happy and prosperous festive season, from all of us at Watercrest Veterinary Clinic.



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SPANISH PAELLA

INGREDIENTS

- ▶ 300 grams spanish paella rice (or basmati rice)
- ▶ 2 packets pancetta cubes
- ▶ 1 chorizo (sliced)
- ▶ 100 grams frozen peas
- ▶ ½ teaspoon saffron strands
- ▶ 500 ml chicken stock
- ▶ 1 onion (finely chopped)
- ▶ 3 cloves garlic (minced)
- ▶ 2 tablespoons olive oil
- ▶ ½ teaspoon salt
- ▶ ¼ teaspoon black pepper (ground)
- ▶ 4 chicken breasts (cut into cubes)
- ▶ 100 grams king prawns (frozen)
- ▶ ½ lemon (juice of)

METHOD

1. Heat the oil in a wide paella dish on a medium heat and add the onion. Cook the onion for about 4 minutes then add the chopped garlic.
2. Stir in the chorizo and pancetta and cook for another 5 minutes. Add the chicken and cook for 10 minutes until the chicken is cooked.
3. Season with salt and pepper and the saffron-scented chicken stock, rice, frozen peas and prawns. Cook it for 15-25 minutes on a medium heat until the rice has absorbed the stock and the peas and prawns have defrosted, stirring occasionally.
4. Stir in the lemon juice, give it a little stir and serve.



Who would have thought that Collecting Dolls could be a valuable hobby?

Do you love dolls? Do you enjoy the activity of collecting? Then this may be the hobby for you. This hobby is the second largest hobby worldwide. The earliest dolls were found in Africa, Greece, Egypt, and Rome.

Many parents have started young children to have an interest in dolls. The child may continue this interest or not. Some adults develop an interest in dolls for many reasons. Perhaps he or she was deprived of dolls when they were children, or it took the adult years to acquire an interest in this hobby.

Are you interested in dolls as a financial investment? You may be disappointed to learn that not all are money makers. If investment is your motivation in this hobby do much studying and research. Knowledge will be essential as there are no guarantees for financial rewards.

WHAT MAKES A DOLL VALUABLE?

There are times when a contemporary doll will be more valuable than an antique, vintage, or collectible. Consider manufacturers, historical significance, the doll's physical attributes for cuteness or beauty, celebrity status, popular athletes, famous movie and television stars, metal novelties, reborn and much more.

Knowledge will be the turnkey for deciding if a doll is an antique or vintage. Financial value is determined by the perceived value.

OTHER VALUABLE MEASUREMENTS

Love, memories, token of affections, limited quantity, desirability, originality, condition, limited editions, collectible, historic, difficult to locate, limited production, unusual or unique, highly sought after, and rare.

COLLECTING TIPS

- ▶ Know what you want and select cautiously

- supported with knowledge.
- ▶ Do not rush; take time. This helps to avoid mistakes.
- ▶ Maintain an inventory in order not to duplicate.
- ▶ Relax and enjoy each doll as you add it to your collection.

DOLL LOCATIONS

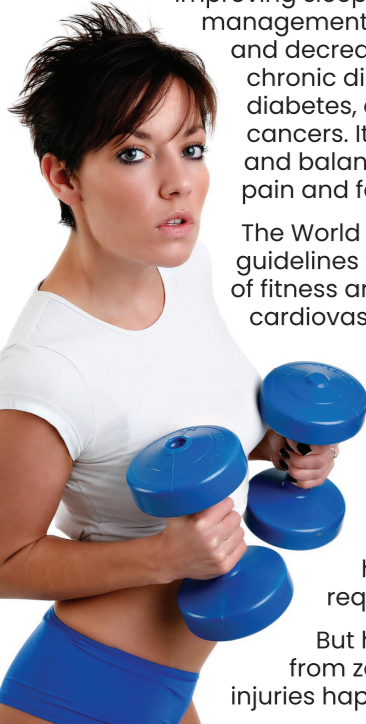
- ▶ Department and Hobby Stores
- ▶ Toy stores, Specialty doll stores
- ▶ Online
- ▶ Private owners
- ▶ Garage, car port, and yard sales
- ▶ Flea markets
- ▶ Antique and Collectible shops

TYPES OF DOLLS

- ▶ Antique - American standard 100 years old or before the 18th century
- ▶ Contemporary - Barbie Dolls are the most famous.
- ▶ Celebrity - Shirley Temple is in high demand.
- ▶ Collectible - a variety of vintage dolls
- ▶ Baby - Newest trend among women and therapy application
- ▶ Children - huge selections
- ▶ Ethnic - racial identity
- ▶ Paper - Inexpensive
- ▶ Fashion - A must have for fashion designers.
- ▶ Vintage - Dolls which are 50 years old; however, some may be considered antique.
- ▶ Metal - Comic figures are the most popular.
- ▶ Puppets
- ▶ Mechanical and Robot - A favourite among boys and men
- ▶ Rag - Raggedy Ann and Raggedy Andy
- ▶ Wood - Russian matryoshka nesting dolls
- ▶ Straw - a non-permanent doll

NEW YEAR'S RESOLUTIONS & EXERCISE

At this time of year, a lot of people are exercising more, whether it be to work on their beach body or finally pay more attention to their health! Exercise is one of the best things that you can do for yourself. It has a multitude of benefits, including improving mental health and mood, improving memory and brain function, improving sleep, assisting in weight management, improving physical health and decreasing the risk of many chronic diseases, like heart disease, diabetes, osteoporosis and some cancers. It improves muscle strength and balance and reduces stiffness, pain and fatigue.



The World Health Organisation guidelines to sustain a minimum level of fitness are thirty minutes of cardiovascular exercise daily, or sixty minutes three times per week. In addition, it is necessary to do at least two weight/resistance training sessions per week, or even more if you are older! Obviously, this is for general fitness and health – sports training requires a lot more.

But here is a tip – don't go from zero to hero! A lot of injuries happen because people do

too much, too soon. Sound familiar? I often repeat the phrase: "Start low. Go slow." Let your body get time to adjust to the new challenges that it is facing and adapt accordingly. This is how our bodies make the changes that we want to see and feel.

The general guideline is to increase no more than 10% per week. Only increase ONE thing at a time – whether it be frequency of work-outs, distance, speed or degree of difficulty. This is a very rough guideline, and lot of people need to take things even slower, especially if they have recurrent/chronic musculoskeletal conditions, are older, or have chronic health conditions, or a variety of other reasons. In this case, a physiotherapist would be useful to guide you safely and provide an individualised exercise program, tailored to your unique needs.

Be sure to warm up, hydrate sufficiently, use the correct shoes and equipment, correct your training techniques and give your body enough time to rest and recover. Cross training (doing various different exercise) is very useful as it works different parts of the body in different ways, leading to a more balanced athlete, and one who is less bored and prone to injury.

I wish you a relaxing December, with sufficient time to relax with friends and family AND to work on your exercise goals. May you have a peaceful festive season and a happy and healthy start to the New Year!

Juli-Ann Riley -
Riley Physiotherapists

AREN'T WE UNIQUE?

How do you explain the word "sommer" to someone who is not a South African? It's a foreign concept. Perhaps the English never do anything "just sommer". There really is no equivalent! "Why are you laughing? "Just sommer".

Bakkie is another one, very useful around the house for all sizes and shapes of containers and dishes. Also used for what they call "utes" down under and pickup in England. I find this word so indispensable. We all know 'voetstoots' of course. Its been officially adopted into the South African English. There is no concise, one-word equivalent in English. "As is" just doesn't hack it. And its such a humorous word conjuring all sorts of images of pushing that brand

new car home. Another one - "dwaal" there is just no good English word for that either it doesn't mean dreaming or in a daze. Its close to absent-mindedness, but that's not quite right either. Being in one myself so often, I'm not likely to stop using it.

I think "gogga" is the most delightful word for insects. Children all over the world use this word and "insect" just doesn't stand a change.

"Gatvol" Ok know it sounds rude, but its so expressive, ne? "Fed up" doesn't quite have the same impact. "gatvol" is a word used more frequently than ever in the workplace these days, with increasing intensity. Whilst we are on the subject, another phrase which outstrips any English attempt is "Hy sal sy gat sien" which should be:- He will get his come-uppance" definitely doesn't have the same compact does it?

"Donder" is another very useful word, used as an all-purpose swear-word, which again has no English translation. Used as a verb, it can express any degree of roughing up. As a noun, it is a pejorative, as they politely say in dictionaries to mean whatever you want it to mean and there no other translation for "skiet and donder" either.

It says something for the jovial English when they don't have a word for "jol". Probably the dictionary will regard it as slang, but its widely used for "going out of town; kicking up ones heels, all derived from the Old English. So somewhere along the line the English forgot how to 'jol' – wow last night we had a "lekker jol".

I've yet to meet a South African over the age of two who doesn't use the word "muti". Translation is impossible – nearest one would guess at was "witches potion". It needs a long historical cultural explanation, however, between "muti" and "medication" there is just no contest.

The best is yet to come "Kak en betaal" which says it all doesn't it? A bland translation would be cough and pay, or breathe and pay, but it doesn't cut it by a long drop. How about "I'm going to bliksem you" – such a wonderful Afrikaans expression and there is nothing to compare in the English language, at least nothing that would give one more satisfaction. There is Maltabela, Tasty wheat, Kreemy Meal and these all mean porridge. Nothing compares to "pap" or "mielie pap".

"Why are you so mislik, you little skelm"? such a lekker word. The nearest one could get to skelm would be baddie but that just doesn't have that same sneaky connotation of a proper skelm, does it? Would the English understand if I said, "Sorry I forgot - Im such a Loskop"?

And finally, "moer". There simply isn't another word here that denotes the feeling of dread when someone says, "If you don't clean your room, I'll moer you".



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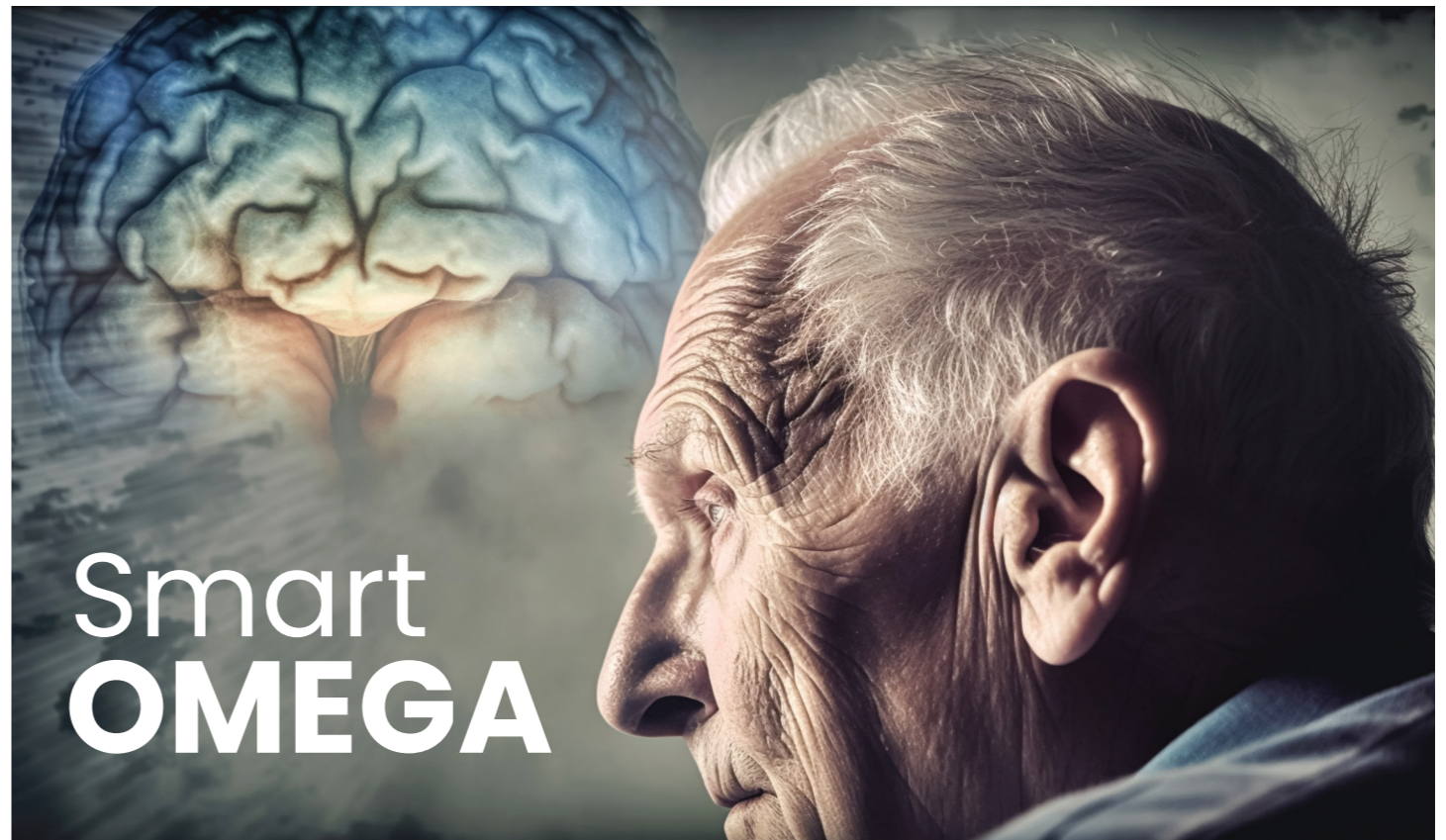


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In our last article, we discussed the essential fatty acids, EPA and DHA, and the correlation between children with ADHD and low levels of EPA, DHA, and total omega 3 levels in their blood. This month we shall focus on omega 3 fatty acids and cognitive health throughout one's lifespan. Normal aging is associated with structural changes to the brain, leading to cognitive decline as DHA levels in the brain phospholipids naturally decrease. Omega 3 fatty acids (mostly DHA) make up parts of neural membranes and play a vital role in our ability to learn and retain memory.

Within the brain, DHA is needed for neural health, synaptic transmissions, and membrane integrity. More than a dozen studies have reported that reduced levels or reduced intake of omega 3 fatty acids is associated with an increased risk of age-related cognitive decline or dementia, with Alzheimer's Disease being the most common form of dementia in older adults and the 7th leading cause of death.

Analysis of data and studies shows that fish oil supplementation has beneficial effects on the prevention of memory decline if it is taken at an earlier age rather than later in life when the damage has occurred and is irreversible. A recent study, conducted in 2022, found that compared to those with low DHA blood levels, people with higher levels of DHA:

- Are 49% less likely to develop Alzheimer's Disease
- Are predicted to have an estimated 4.7 additional Alzheimer's Disease-free years of life
- Live approximately 2.4 years longer.

The impact of delaying onset Alzheimer's Disease, cognitive or brain health decline with something as simple as supplementing with additional DHA or omega fatty acids in our diet is very

significant. DHA is not only neuroprotective against several risk factors for dementia and head trauma, but it is also beneficial for cardiovascular health too. Therefore, increasing one's intake of omega 3 fatty acids early on may be a strategy to delay age-related health conditions, the onset of memory decline and reduce the risk of premature death.

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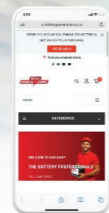


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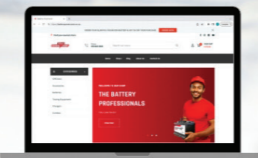


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What do you want?

Do you ever find yourself pulled between what you want and what others want for you? Are you too afraid to be your true self or share your real thoughts? Do you care too much about what other people think?

From childhood, a lot of us begin our lives learning to live for our parent's approval and the approval of those around us—our peers, teachers, or society in general. This comes out of our desire for love and a sense of belonging.

We seek love and acceptance from others, which is understandable, as one of our psychological needs. Eventually though, we must learn to love ourselves, and find within us the love, approval, validation, and confidence we've been yearning for. Thus begins the journey of discovering internal validation over external validation.

Living for yourself means just that; living the life that YOU want for yourself, regardless of the opinions of others. It's living a life you feel aligned with, a life you love, and a life you are proud of.

Living for others, however, means living to please others, and caring about what others think. You're setting your goals based on what others want for you, or chasing what society deems as success. It can also mean wanting to do things to impress others, please others, or get approval from others, so you're not really being your authentic self and doing what you want. You're doing things because you care about how you appear to others.

Let's first clarify that "living for yourself and not others" doesn't mean you should live a selfish life without considering or helping others. It means learning to put your own needs first and making choices that align with your values; doing things because you want to, and not because other people are influencing you too.

If you want to help others, and it's coming from an authentic place, then great. But don't do it just because you feel obligated or pressured to. First things first, you must

know yourself and know what you want. In the book "101 Essays That Will Change the Way You Think," Brianna Wiest explains that you cannot predict what's going to make you happy, because everything your brain knows is from experience. Everything that you think will make you happy is just based on the past. Therefore, it's so important to go out and explore, meet people, seek out a variety of experiences and perspectives so that you open your mind and see what's possible for you. Then, and only then, can you decide what kind of life you want to live.

Secondly, you have a voice, you have a personality, you have a certain energy about you. Let it show. This is about you! Create your own definitions for happiness and success. What kind of life do you want to live? What does a fulfilling life look like to you?

What values are important to you? Honesty, integrity, kindness, compassion? Or strength, determination, and perseverance? What areas of life are the most important to you?

There's rarely a perfect balance of all areas, so you must choose & prioritize which areas matter to you most. After setting your own standards for what you desire out of life, you will feel good, you start loving your life more. It's no longer about impressing others, it's about doing it for yourself, because that's what you decided you wanted out of life. This is not selfish it is called living for yourself.

To live a truly fulfilling life, you must aim to live a life you're proud of. This includes stepping outside your comfort zone, doing things that scare you, and always doing your best.

Understand that your life is in your hands, and if you give away that power to anyone else, you're taking away from your own.

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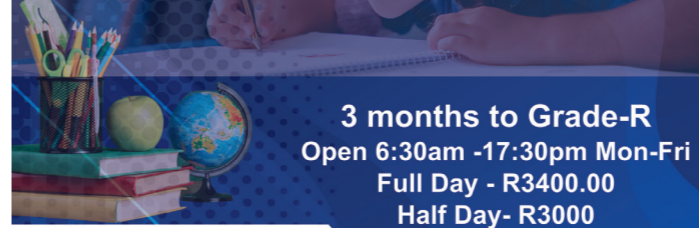


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"If we are asking for the world to be kind, we must first ask what are we doing to add more kindness to the world. If we are asking for the world to be more loving, we must first ask what are we doing to add more love to the world. We are the vessels for the things we seek."

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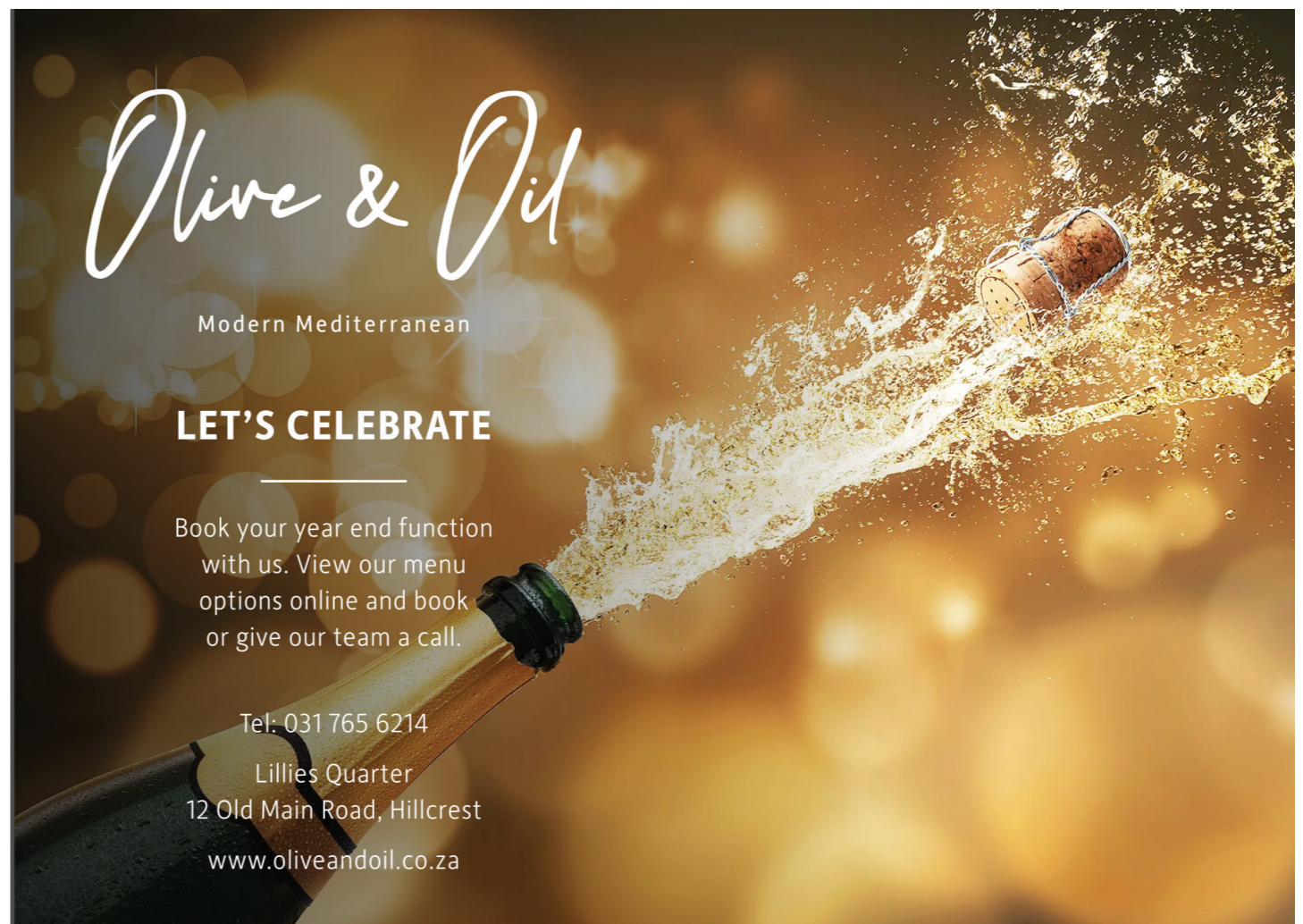
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HERE'S WHY EVERYONE SHOULD HAVE A HOBBY



Yes, everyone should have a hobby, especially those who work in an office every day and complete the same routine tasks. Do you ever give yourself time to do something enjoyable, a project or activity you might even consider to be fun? Many people have a list of ideas or projects they would like to complete, and the sentence which usually precedes the list is: If I only had time I would get started. Does that sound familiar?

What if you could do something right now that would benefit your well-being overall, and allow you to tap into the best part of yourself, which also means discovering the best of who you are? You might be using this strategy now without considering the benefits of it or how it helps you manage stress. What I am referring to is being involved in a hobby or form of pastime activity, doing something that could involve more than working on a crafts type of project. A hobby is a project or activity that allows you to change your thought process while being involved in a productive or creative process.

What Does It Mean to Have a Hobby?

The very idea of a hobby may seem fun and exciting, or something you would do only if you could take a break from all of your other responsibilities, it could include reading, writing, gardening, working on a car, baking, working on a home improvement project, or some other activity. A hobby may also include working on a craft project, which is the usual activity associated with the name itself. Whatever you have chosen, or decide now to get involved in, it should be an activity that engages the mind in a productive or creative manner.

At first it may feel selfish to think about developing an activity which only interests you and not someone else; however, that is part of the purpose of taking time away from your daily routine and what will continue to motivate you to be involved in it. If you choose something that makes you happy, and helps you relax, there will be no question about making time for it.

Why is a Hobby So Important?

Regardless of the name you use to describe an activity such as those I have listed, there is something that occurs while you are engaged in it which can be transformative. It is often a very peaceful time when every day thoughts can be tuned out and a sense of calm can be experienced. It is a conscious process of being focused and quiet. In contrast, someone who cares for a garden, bakes, or works on a car may also find they become so focused on their tasks they experience something referred to as “zoning out” or tuning out other distracting thoughts. This is a time of tapping into the creative part of your mind, along with higher order cognitive functions. It is a time when you become productive and focused on the work you are involved in, you may become inspired, develop new ideas, solve problems, write new articles, build new projects, or complete anything else your mind can imagine.

That is why hobbies are viewed as fun, depending upon the activity chosen. That is also why people

tend not to engage in pastime activities, as adults are taught to take care of their serious responsibilities first. There is a lot of guilt associated with taking downtime or doing something “fun” when a person has a busy schedule and many responsibilities. Yet that is a reason more than ever to have a form of an outlet. A change in your thinking, especially one that helps you tap into a creative side of your mind, can help to manage stress. It can also provide a reboot whenever you feel stuck and in need of a break, or you have run out of new or creative ideas.

Sometimes when you think about a subject for too long, especially while you are trying to solve a problem, it prevents you from seeing new options or coming up with new ideas. That is when a change in your thought process can be very helpful.



Make a Hobby a Conscious Decision

There may be an activity or project you are involved in now, one that you consider to be a hobby and have found is very calming for you to be involved in. If so, my recommendation is that you pay attention to that activity and make time for it on a regular basis. The next time you find yourself “in your zone”, see if you now notice how good it feels and the productive, positive feelings you experience. This is a time of not only relaxing, but allowing you to discover the best of yourself. This is not a time to judge yourself or engage in self-criticism. It is about self-discovery, learning about your strengths, and more importantly, discovering how you can acquire new skills and knowledge as you are engaged in the activity.

If you do not have a hobby or pastime activity now, this would be a good time to make a list of projects you would find enjoyable or fun.

Whatever you decided to do, try to unplug from other distractions, especially technology, so you can focus on your thoughts and give yourself time for self-development. This process will require some effort at first to get started, but once you have experienced the benefits of feeling good about yourself by doing something you enjoy, you will easily make time for it again on a regular basis.



BEST CHOCOLATE CHIP COOKIES

Ingredients

- ▶ 1 cup salted butter softened
- ▶ 1 cup granulated sugar
- ▶ 1 cup light brown sugar packed
- ▶ 2 teaspoons pure vanilla extract
- ▶ 2 large eggs
- ▶ 3 cups all-purpose flour
- ▶ 1 teaspoon baking soda
- ▶ ½ teaspoon baking powder
- ▶ 1 teaspoon sea salt
- ▶ 2 cups chocolate chips (14 oz)



Instructions

Preheat oven to 190 degrees C. Line three baking sheets with parchment paper and set aside. In a medium bowl mix flour, baking soda, baking powder and salt. Set aside.

Cream together butter and sugars until combined. Beat in eggs and vanilla until light (about 1 minute). Mix in the dry ingredients until combined. Add chocolate chips and mix well.

Roll 2-3 Tablespoons (depending on how large you like your cookies) of dough at a time into balls and place them evenly spaced on your prepared cookie sheets.

Bake in preheated oven for approximately 8-10 minutes. Take them out when they are just barely starting to turn brown.

Let them sit on the baking pan for 2 minutes before removing to cooling rack.

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TO EAT OR NOT TO EAT ?!



One minute, you're innocently going about your day—the next, you're in the clutches of desire. Your object of lust: a chocolate cupcake with butter cream icing. Next thing you know, you're licking frosting off your fingers. Ah, what just happened here? Food cravings and no amount of will power could stop it!!! Most of us will know that feeling late at night when suddenly you have a massive craving for sugar!

It's as if that chocolate bar you grabbed at the deli, or those random jelly beans you have in the kitchen are sinking deeply into your thoughts. No matter how much you try to shake the image of the food you are craving out of your mind, the image grows larger and more vivid. Within minutes, your stomach feels empty even though you just ate dinner an hour ago. Then you reason with yourself, "Alright, I'll have one bite to get it off my mind". One bite invariably leads to more bites until you slam down a day's worth of sugar right before bed.

If this sounds eerily familiar to what you experience, you are not alone. In fact, everyone experiences food cravings at one time, or another, with some feeling it more frequently and more intensely than others.

Making your subconscious habits conscious to identify in what situations you start to have cravings, it could be the most important step you take. Writing down the situations when you feel the cravings, or simply doing this as part of your food diary can help stop the food cravings from happening, or directly allow you to address them. The sight, or the smell of food, location, time of day, your emotional state such as if you are stressed, or lack of sleep are just some of the situations that can spark a food craving.

Cravings can rear their ugly head when you are experiencing a stressful situation, or even lack of sleep. Grabbing a piece of gum can help stave off that craving for pastries, chocolate, or whatever the vice. The thought of taking out the gum, then putting the gum back in after snacking is not that appealing for most people.

Water is not only very important for maximal fat

loss and improved health, but it can also help prevent cravings. Often, our bodies can have trouble differentiating between dehydration and hunger. When all you need is a glass of water, your body can trick you into thinking you will be satisfied with some more food. When you feel a craving, drink a glass of water and wait a few minutes. The cravings may subside. Tighten your belt one notch, this can help remind you of the flab you are trying to lose and help motivate you to avoid unhealthy food. It's a simple psychological trick that creates a physical association that you can tie to the negative impact of succumbing to your cravings.

Purge your apartment, your desk at work, and any other place that you may have foods devoid of nutritional value. Empty calories belong in the garbage, not in your stomach! The power of "out of sight, out of mind" cannot be underestimated. There's no reason to create any more cues, because our minds are getting assaulted with savoury images of food all day long.

Many times when we eat late at night, it's by force of habit, not because we are really hungry. Another tactic is to avoid the kitchen after a certain time at night, say 8pm. Many of us go in the kitchen like mindless zombies looking for stuff to munch on, so this "no kitchen re-entry" rule can be very helpful. Brushing your teeth and making this commitment can help prevent you from digging into that stash of Oreos right before bed. Finally, some herbal tea can do the trick.

The next time that you get this urge to eat something, and it is invariably anything that you can get your hands on, ask yourself, why am I doing this? If the answer is that you are stressed out then comfort foods loaded with sugar and fat basically "apply the brakes" to the stress system by blunting this hormone. When you reach for food in response to negative feelings such as anger or sadness (like potato chips after a fight with your spouse), you inadvertently create a powerful connection in your brain. So, when you get the urge to binge again, walk away!!! Walk away from the fridge or the treats cupboard. Cravings come in waves, if you can just get over the crest of that wave, you have made it!

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