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The Beauty Bulletin

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My Journey Back to the Scouts

REDISCOVERING ADVENTURE AND BONDING WITH MY SON

As a kid, I joined the Cub Scouts and absolutely loved it. However, I also started playing soccer around the same time, which I liked a little more. So, before I turned 10 and could officially join the Boy Scouts, I decided to pursue soccer instead, and I left the Cub Scouts.



I don't necessarily regret choosing soccer over the Scouts, but I do feel like I missed out on a lot. So, decades later, when my son Joseph showed an interest in joining the Scouts, I really pushed him to participate. Part of the reason I was so eager for him to join was, of course, to gain the incredible skills and knowledge the Boy Scouts offers young men. But another reason I wanted him to join was so that I could get involved with the Scouts again, too — *and I did.*

When Joseph officially became a Scout, I became an assistant Scout leader in his troop. I was finally able to learn and experience the outdoor skills I missed out on all those years ago, but in a way better way; I got to learn and experience them all with my son. Together, we've done it all, from cycling for miles to earn a cycling badge to living on a deserted island in the Florida Keys for a week to test our skills.

Joseph — and me — stayed involved with the Scouts until he was 17, when he decided to become an Eagle Scout, the highest rank possible in the Boy Scouts. To receive this rank, Joseph had to plan, secure funding for, and execute a project to help his community all on his own. He was able to enlist the help of some of the younger scouts in his troop, but as many of you can probably guess, getting a dozen or so teenage boys to follow directions can sometimes feel like herding cats.

But, in some ways, that's the point. The Boy Scouts are designed to put obstacles in young men's paths so they can learn to overcome them. Much

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of the Eagle Scout project is a lesson in real-life leadership, where things don't always go smoothly or as planned. Outside of that, the Boy Scouts teaches boys how to work together with people from different backgrounds, overcome conflict, persevere, support their friends, and dust themselves off when a challenge knocks them down. In my eyes, it instills in them all of the things a sports team would do. It offers boys not into athletics an outlet to obtain these skills and experience this level of camaraderie.

Joseph has graduated college now, and we're not as active in the Scouts anymore as we'd like to be, but it's an experience that holds a special place in my heart. It brought my son and me closer together, providing us with those unique experiences my younger self dreamed of all those years ago.



—Dr. Sam Sukkar

Choosing the Right Pillow for a Pain-Free Morning

Waking up with a stiff neck or a throbbing headache is the worst way to start your day. Often, the culprit is as simple as the pillow you rest your head on. Choosing the right pillow based on your sleeping position is not just about comfort but neck health and sleep quality. Here are three options for your best pillow based on how you sleep.

Back Sleepers: A Balancing Act

Back sleepers need a pillow that supports the natural curve of their neck. A too-high pillow can strain neck muscles, while a too-flat one can cause your head to fall back, both leading to morning discomfort. Ideally, a medium-thick pillow, preferably memory foam, works best. It cradles your head and neck, providing a balanced alignment.

Side Sleepers: Height Matters

Side sleepers have a larger gap to fill between their head and the mattress. A firm, high pillow is

essential to align your head and neck with your spine. Memory foam or a high-fill down pillow are excellent choices as they conform to the shape of your neck and head, ensuring optimal support.

Stomach Sleepers: The Flatter, the Better

Stomach sleeping is generally not recommended due to the strain it puts on your neck and back. However, if this is your preferred position, choose a flat or no pillow. This helps keep your neck as straight as possible. A soft down pillow or a thin memory foam can work wonders in providing just the right amount of comfort without compromising your neck's position.

If you're unhappy with your sleep position, gradually shift your sleep position. For instance, if you're a stomach sleeper, try moving to side sleeping with body pillows for support. Remember, changing habits takes time, and comfort is the key to a good night's sleep.



Your pillow plays a pivotal role in ensuring a pain-free wake-up call. Choosing the right one for your sleeping position enhances your sleep quality and invests in your neck's long-term health. Say goodbye to those pesky neck pains and unwelcome headaches, and embrace mornings filled with pain-free vitality.

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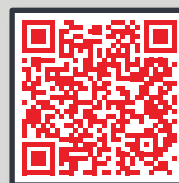


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So, this Valentine's Day, embrace the glow, embrace each other, and celebrate your love with our Signature PS Glow & Go Facial. To make an appointment for you and your loved one, you can always call us at **281-940-1535** or scan the QR code to book online.

Fitness Knows No Age

DRAW INSPIRATION FROM MARK WAHLBERG

Achieving a healthier you is within reach, regardless of age or fitness level. Mark Wahlberg, the Hollywood icon renowned for maintaining impeccable physical fitness over the years, has a routine that can help you. So, grab your sneakers, lace up, and explore the path to achieving fitness like Mark!

Rise and Shine

Wahlberg is known for his early morning workouts, but there's no pressure to set your alarm for dawn. Morning exercise has many benefits, including boosting your metabolism and mood, but the key is finding a routine that suits your lifestyle. Whether you prefer sunrise workouts or hitting the gym after work, consistency matters most.

Work Smarter, Not Harder

Wahlberg's secret isn't about spending countless hours at the gym; it's about high-

intensity interval training (HIIT). HIIT workouts involve short bursts of intense exercise followed by rest. It's an efficient way to burn calories and build muscle without feeling overwhelmed, making it perfect for beginners and seasoned gym-goers.

Keep It Varied and Enjoyable

Variety is essential to make fitness fun. Wahlberg keeps things interesting by incorporating weightlifting, boxing, yoga, and swimming into his routine. You don't have to try every exercise in existence; the goal is to find activities you enjoy. Make exercise a part of your life that you look forward to.

A Positive Mindset

Wahlberg's journey is about more than physical strength; it's about mental resilience. Staying motivated doesn't require superhuman determination, just achievable goals and believing

in yourself. Visualize your success, big or small, and watch your confidence grow.

Nourish Your Body Wisely

Fitness is more than just exercise; nutrition also plays a crucial role. Wahlberg focuses on balanced eating: lean proteins, whole grains, fruits, and veggies. Staying hydrated is just as important. Good nutrition and proper hydration are the fuel that powers your fitness journey.

Wahlberg's routine isn't limited by age; it applies to everyone, regardless of where you are on your fitness journey. There's no need to feel overwhelmed or pressured. Take it one step at a time, embrace the process, and work toward your fitness goals at your own pace. These practical yet effective tips can unlock the secret to staying in great shape. So, lace up those sneakers and join the club — it's an adventure worth pursuing!

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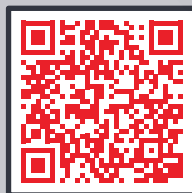
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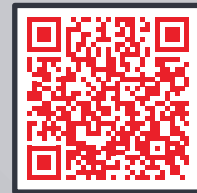
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Unlock History's Strangest Secrets

OUR ANCESTORS WERE WEIRD

History is more than just a chronicle of battles and treaties; it's a rich tapestry woven with odd and almost unbelievable events that can mystify us now. A dive into the quirky corners of the past can reveal historical anomalies, including ancient beverages and victories from beyond the grave. Besides entertaining us, our history shows our ancestors as multifaceted, creative, and peculiar as we are today.

The First Beer

In ancient Sumeria, people were not just trailblazers in writing and architecture but also avid brewers. Archaeologists unearthed a 5,000-year-old Sumerian tablet depicting individuals consuming a beer-like substance through reed straws from a shared bowl. This ancient concoction, possibly the earliest known beer recipe, underscores the longstanding human passion for alcohol and communal gatherings.



Racing to the Grave

One of the most astonishing stories in sports history involves jockey Frank Hayes. In a 1923 horse race at Belmont Park, New York, Hayes achieved victory from beyond the grave. Suffering a fatal heart attack mid-race, he miraculously remained in the saddle, and his horse, Sweet Kiss, crossed the finish line in first place. This extraordinary event

remains the sole known instance in sports where a participant posthumously claimed the gold medal.

A Smoking Monkey

Looking to the East, North Korea's Pyongyang Zoo featured another oddity in 2016: Azalea, a smoking chimpanzee. Trained to ignite and puff on cigarettes, this chimpanzee was a peculiar draw for visitors. In sparking controversy over animal rights, Azalea illustrates the bizarre and often questionable ways humans have historically interacted with animals.

These stories demonstrate that the annals of history are not just repositories of conventional wisdom and significant events but also a collection of the bizarre, the unusual, and the extraordinary. These peculiar tales help us gain a more nuanced and colorful understanding of our collective past, shedding light on the complexity and eccentricity of our history.