



The Holmstead Gazette



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FEBRUARY: NATIONAL HEART MONTH

Friday, February 5, is Wear Red for Heart Health day.

We are asking everyone to wear red to show their support for hearth health and healthy living.

The "Go Red" Dress organization symbolizes your willingness to be proactive towards good cardiovascular health. Please go to www.americanheartassociation.org to see all the many ways you can strive to be healthy.

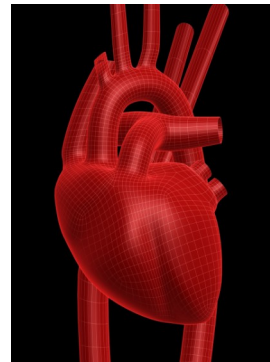
Did you know that the human heart is one of the most powerful muscles in the human body or that the heart pumps about 1 million barrels of blood? Did you know that the heart

beats roughly 35 million times a year, or that most heart attacks occur between the hours of 8 and 9 AM and mostly on a Monday?

Can you believe that a healthy heart beats about 100,000 times a day? Whew! Who knew!?

Did you know that just 30 minutes of moderate exercise a day like walking can help reduce high blood pressure and bad cholesterol? Just move! Walk up stairs rather than take an elevator; park your car farther from the entrance to a store; walk your dog rather than let him out in the yard; take the stairs

whenever you can. Ride a bike or play some tennis. Swim at the Y or roller blade in your neighborhood. Eat healthy by following the nutrition guidelines from the newly revised Food Pyramid. Cut back on salt and eliminate saturated fats from your diet. Give up soda and drink more water. Love your heart!



Did You Know... Some Heart Facts and News from Cleveland Clinic

- Your system of blood vessels - arteries, veins and capillaries - is over 60,000 miles long. That's long enough to go around the world more than twice!
- The adult heart pumps about 5 quarts of blood each minute - approximately 2,000 gallons of blood each day - throughout the body.
- When attempting to locate their heart, most people place their hand on their left chest. Actually, your heart is located in the center of your chest between your lungs. The bottom of the heart is tipped to the left, so you feel more of your heart on your left side of your chest.
- The heart is capable of beating 100,000 times each day.
- In a 70-year lifetime, the average human heart beats more than 2.5 billion times
- An adult woman's heart weighs about 8 ounces, a man's about 10 ounces
- A child's heart is about the size of a clenched fist; an adult's heart is about the size of two fists.
- Blood is about 78 percent water.
- Blood takes about 20 seconds to circulate throughout the entire vascular system. *Con't on page 2*

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Volume I Issue 6

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Special points of interest:

- Women's Heart Issues
- Go Red
- Honoring African American Women
- Valentine Tirvia

Did You Know....con't. from page 1

- The structure of the heart was first described in 1706, by Raymond de Vie-sens, a French anatomy professor.
- The electrocardiograph (ECG) was invented in 1902 by Dutch physiologist Willem Einthoven. This test is still used to evaluate the heart's rate and rhythm. The first heart specialists emerged after World War I.

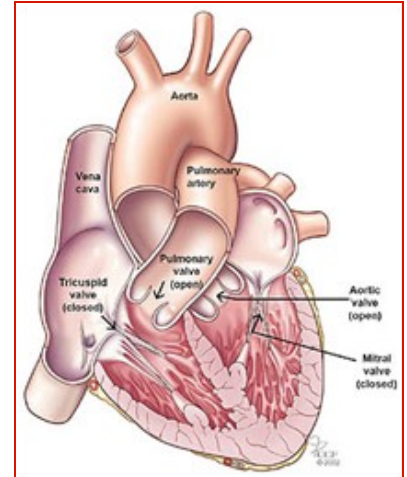
Feel Your HEART! Take your Pulse!

- You should feel a tapping or pulsing against your fingers.
- Count the number of taps you feel in 10 seconds.
- Multiply that number by 6 to find out your heart-rate for one minute

- Pulse in 10 seconds x 6 = ____ beats per minute
When feeling your pulse, you can also tell if your heart rhythm is regular or not.

Check your BP

- **Systolic pressure:** pressure in the arteries during the period of the heart's contraction (the higher number)
Diastolic pressure: pressure in the arteries when the heart is relaxed, between heart-beats (the lower number) It should be less than 120/80.

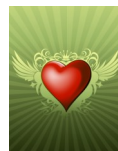


HOLMSTEADERS ... GO RED !!!



Many of the students and staff wore red on Feb. 5 to signify their concern and awareness for Heart Health sponsored by the American Heart Association. The original program is the Red Dress Program called Go Red for Women, due to the fact that death from heart issues is the number one silent killer of women of all ages, even more than breast cancer deaths. Good heart health is so easily achieved by following the recommended heart -healthy good living food choices. Wear Red, and be kind to your ...

HEART !



www.goredforwomen.org.

Love Poems...by S.H.

“How do I love thee? Let me
count the ways.
I love thee to the depth and
breadth and height
My soul can reach, when feeling
out of sight
For the ends of Being and ideal
Grace.
I love thee to the level of every-
day's
Most quiet need, by sun and
candlelight.
I love thee freely, as men strive
for Right;
I love thee purely, as they turn
from Praise.
I love thee with the passion put
to use
In my old griefs, and with my
childhood's faith.
I love thee with a love I seemed
to lose
With my lost saints,—I love thee
with the breath,
Smiles, tears, of all my life!--
and, if God choose,
I shall but love thee better after
death.”

~Elizabeth Barrett

Browning

“There's lots of things
With which I'm blessed,
Tho' my life's been both
Sunny and Blue,
But of all my blessings,
This one's the best:
To have a friend like you.
In times of trouble
Friends will say,
'Just ask... I'll help you through it.'
But you don't wait for me to ask,
You just get up
And you do it!
And I can think
Of nothing in life
That I could more wisely do,
Than know a friend,
And be a friend,
And love a friend... like you.”

~Author Unknown

Editorial

It is February, and we are finally half way through the academic year. Winter is finally almost over, only a few more weeks of cold weather!. I can't wait until Spring. Winter Break starts on Friday the 12th and we have an early dismissal. Hope all of you enjoy your week off, I know I will =).—j.v.

Valentine Things to do...single or duo...

Top 14 Things to Do on February 14th (Valentine's Day) E.R.

w/Date

- ◆ See a romantic comedy at a movie theatre
- ◆ Order dinner and stay in
- ◆ Go out and enjoy a romantic dinner
- ◆ Organize a couples games night
- ◆ See your favorite artist perform in concert
- ◆ Catch a play in the city
- ◆ Surprise your significant other with a gift at school or work (go to next page for more suggestions!)

More fun things to do on valentine's Day....single or duo.... con't

Dateless at the moment? Here are some fun things to do on Valentines Day if you don't have a date...

Send an anonymous gift or card to your crush... keep them guessing!

Organize a game night with friends...

Have dinner with your best friends at a restaurant...

Have a movie night in with your family...

Invite a few people over to bake V-Day goodies, you can't go wrong with cupcakes

Go ice skating with some friends...

Go to a party, socializing with others when you don't have a V-Day date is a great way to spend Feb 14th

Be creative... do something....don't sit home and mope! Be happy! Be Heart Happy!



Honoring African-American Women for Black History Month

February is Black History Month. This article is dedicated to all the African-American women that made an impact in history. There are some names that everyone knows and have learned about for years. One of them is Rosa Parks, the woman who would not give up her seat and move to the back of the bus for the convenience of a white man. There is also Harriet Tubman. Ms. Tubman escaped slavery, and assisted

in giving freedom to other slaves in that time period, which was the 1800s.

Names which have not been mentioned so much in school when it comes to learning about African American women would be Shirley Chisholm and Mae C. Jemison. Shirley Chisholm was the first black woman elected for the U.S. Congress and Jemison was the first African-American woman to go to

space. Mae C. Jemison was also a doctor – a surgeon to be precise. All of these women had an effect on not only black citizens of both genders, but proved how powerful women could be, and the change they encouraged help alter the perception of the female population. — M.S.



Top 25 Love Songs

by MS & K

- 1) Falling For You – Colbie Callait
- 2) Alone – Heart
- 3) 1, 2, 3,4 – Plain White Tees
- 4) Crazy On You – Heart
- 5) Girl – The Beatles
- 6) I Love You I Do – Jennifer Hudson
- 7) All My Loving – The Beatles
- 8) Your Song – Elton John
- 9) Goodbye To You – Michelle Branch
- 10) Broken – Seether featuring Amy Lee
- 11) If I Fell – The Beatles
- 12) Lips Of An Angel – Hinder
- 13) A Little More – Skillet
- 14) Somebody To Love - Queen
- 15) Silent Lucidity – Queensryche
- 16) Michelle – The Beatles
- 17) Sorry – Buckcherry
- 18) Thinking of You – Katy Perry
- 19) I Wanna Know What Love Is – Foreigner
- 20) Total Eclipse of the Heart – Bonnie Tyler
- 21) When I First Saw You – Jamie Foxx & Beyonce Knowles
- 22) I Got You Babe – Sonny & Cher
- 23) Kiss From A Rose - Seal



Did you know that worldwide, more than a billion Valentine's Day cards are sent each year and that this holiday is the second largest card-generating holiday only to Christmas? Did you also know that more men buy Valentine's Day cards than women? Twice as many!



The Gazette staff wishes one and all a wonderful Valentine's Day...keep a song in your heart! And remember...

Love is the answer! Love is all you need; "And in the end, the love you take is equal to the love you make..." PMcC.