

▶ HEALTH & WELLNESS:



Egg Yolks Linked to Healthier Hearts....

The concept that egg yolks are harmful for our heart health may be a myth after all. According to two recent studies, there appears to be no added risk of heart disease from the consumption of whole eggs. Surprisingly, statistics show that enjoying the entire egg may actually protect your heart from the disease.

On May 7, 2018, *The American Journal of Clinical Nutrition* published a study that tracked the cardiovascular health of two different groups, whose subjects are all affected by Type 2 Diabetes or prediabetes; both of which place subjects at a higher risk of stroke and heart disease. The first group consumed 12 eggs per week, while the second group consumed only two eggs or fewer per week. After six months, the study reports no significant differences in the subjects' cardiovascular risk factors (including bad cholesterol levels and high blood pressure). Additionally, both groups ate the same weight loss diet throughout the study. After six months there was no difference in average weight loss between the groups.

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▶ SCIENCE & NATURE:



98.6 Degrees May Not Be 'Normal' After All...

Forget whatever wives' tale you've heard about 98.6 being a 'normal' resting temperature for your body- it simply is not true. That number, based on a study from 1986 (over 30 years ago), vastly overlooks daily bodily fluctuations and environmental factors. A newer study, that was released in the *Journal of General Internal Medicine*, uses a sample of 11,485 temperatures to disprove the old rule of thumb. Jonathan Hausmann, publisher of the study and rheumatologist at Boston Children's hospital and Beth Israel Deaconess Medical Center in Boston, claims that someone's body temperature can differ for a variety of reasons. For example, women have a slightly higher temperature than men, while children have higher temperatures than adults. Your temperature will be higher in the evening than when you first wake up in the morning.



Warm up... chances are, your temperature is lower during that first cup of coffee.

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▶ ART & ENTERTAINMENT:



Fortnite: An Indicator of What's to Come....

You may have heard of *Fortnite*, the insanely popular video game, from the rapper Drake or from Los Angeles Laker Josh Hart, both of whom are players and fans. If you haven't, you should: the game has taken over social media and is known by seemingly every teen in America. Video games have always been popular, but *Fortnite* is different; here's why.

So, what exactly is *Fortnite*? *Fortnite* is an online game most known for its madcap multiplayer mode, which airdrops 100 players onto the same multiplayer map. Players battle, build, and fight against a battlefield that shrinks around them until only one winner is left standing. It is a simple concept, but one of its main draws is that Epic Games (the studio that created the game) has made *Fortnite* into a user-friendly game where skill is not a prerequisite for fun. Erin Wayne, a 32-year-old woman who streams herself playing the game online, claims that "With *Fortnite*, I can be not good, and log in and play and have fun, and not have to feel that stigma". Wayne streams on Twitch, an Amazon-owned service that provides a platform for users to

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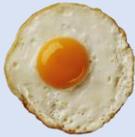
LOCAL FEATURE: Over \$200,000 Donated to Local Homeless Initiative....

The Orange County Rescue Mission, partnered with TravisMathew, hosted a charity golf event at the SeaCliff Country Club and raised over \$205,000 to be allocated to 95 different services including healthcare, counseling, and career & education opportunities. The resounding success shines a light on

the generosity of local Orange County residents and represents a strong starting point for continued charity events. For more information or to volunteer, visit the Orange County Rescue Mission's website (www.rescuemission.org)⁴.

Continued: Egg Yolks Linked to Healthier Hearts....

A second study, published by *Heart* on May 21, 2018, took a broader approach and studied the eating habits of 416,000 people, tracking their health for nine years. In this study, the participants had an average age of 50 and did not have diabetes or heart disease. The statistics clash with the commonly-held belief that eggs are detrimental to our heart health. Among the 416,000 subjects, those who averaged one egg per day had a 28% lower risk of a fatal stroke and are 18% less likely to die from heart disease.



The correlation between egg yolks and lowered risks of fatal heart issues remains unconfirmed, but one possible explanation is the folate, omega-3 fatty acids, and other heart-healthy ingredients that eggs contain.¹

Continued: 98.6 Degrees May Not Be ‘Normal’ After All....

This means that a temperature of 99 degrees at 6 a.m. could indicate that you have a fever, while it could be benign at 8 p.m. on the same day.

The scientists claim that 97.7 is a more accurate number for the average adult temperature, with fever beginning as low as 99.5 degrees. Traditional common knowledge has been that you don't have a fever until your temperature is at least 100 degrees, with some believing the threshold is 101 degrees. So, if you feel sick in the morning and record a temperature of 99.5 degrees, you may have a fever after all.

Temperatures will vary based on age, time of day, gender, blood pressure, exercise level, and more. Hausmann wants temperature to be viewed as ‘flexible’, rather than a singular, universal concept.

Hausmann won't stop at disproving 98.6. He plans to study whether fever-reducing medicines, such as Advil, can prolong an illness.⁵

Continued: Fortnite: An Indicator of What's to Come....

stream themselves playing games to millions of viewers. According to Michael Aragon, Twitch senior vice president, “billions of minutes” of *Fortnite* are streamed on Twitch every month.

Streaming is a large part of the future of video games. Kids, teens, and adults stream video games like older generations used to watch NFL games. E-Sports leagues have hundreds of millions of dollars in funding for competitions. Streaming will only add to the rapid growth of the \$100 billion (in 2018 alone) gaming market.

Fortnite has already made \$1.2 billion, and did it while pioneering a new model: offer the game as a free download and make revenue from in-game purchases. This method leads to a higher volume of downloads and users. Smaller gaming studios can use this business model to compete with established industry giants who have dominated the landscape with titles like

Entertainment Spotlight:



**Saegerstrom Center for the Arts:
Candlelight Gala (Nov 30, 2018)**
An evening to celebrate the center's 42nd anniversary, featuring a red carpet reception, gourmet dining and performances by world-renown artists.

First American to Direct Next James Bond Film....

Not a single American has directed a film in the iconic James Bond series since its inception in 1963- until now! US filmmaker Cary Joji Fukunaga is set to direct the next Bond blockbuster, which is scheduled to premier worldwide on February 14, 2020.

Who is Fukunaga? He is most well-known for directing the first (and frankly, the best) season of ‘True Detective’, HBO’s hit dark drama/thriller. His unique, innovative style helped land his biggest job yet, and will surely bring a fresh energy to the Bond series.

The 25th Bond film is significant for another reason too- it marks Daniel Craig’s last performance as 007.

British director Danny Boyle was the original selection for the job, until he left the project sighting “creative differences”. Fukunaga has big shoes to fill; Boyle and the Bond screenwriter, John Hodge, won an Academy Award together in 2009 for ‘Slumdog Millionaire’. But if there’s any American who can do it, it’s Cary Joji Fukunaga.²

Sources:

1) Harvard Heart Letter (Vol 29, Number 1) 2) <https://www.france24.com/en/20180920-first-american-picked-direct-next-james-bond-film> 3) Time (<http://time.com/5394933/fortnite-gaming/>) 4) Orange County Patch <https://patch.com/california/orange-county/orange-county-rescue-mission-raises-over-200k-homeless> 5) Wired (<https://www.wired.com/story/98-degrees-is-a-normal-body-temperature-right-not-quite/>) 6) Harvard Men’s Health Watch (Vol 23 Number 2) 7) <https://www.hollywoodreporter.com/thr-esq/solid-oak-sketches-argues-lebron-james-cant-license-his-tattoos-1146891>

Did you know...

30 Minutes!

Studies show that 30 minutes – or even less – of exercise per day will reduce risks of heart disease.⁶

Lebron James Can’t License His Own Tattoos...

A lawsuit claims that James can sell his likeness for use in upcoming video game NBA 2K, but that his tattoos’ copyrights are owned by the artists. Legitimate? We’ll find out.⁷

Westworld Continues...

Popular action/drama/sci-fi series is set to film a third season. The release date hasn’t been announced but expect 2019 or 2020.

New Restaurant...

Award-winning chefs Marin & Chef Noan von Blöm will open ARC Butcher & Baker on 30th St. this fall!