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LIKE THAT?**



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Modeling by Megan Blair  
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Dress by Holy Clothing  
Headpiece by Vardressa Fairy  
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Bijouterie  
Choker by Eric Duckworth of Cultist Crafts  
Location: Spring Grove Cemetery





## COVER FEATURE | PGS 15 -20

Modeling by Megan Blair

Photo by Kenneth Drayton of Modstudios Photography

Dress by Holy Clothing

Headpiece by Lory Sun Artistry

Earrings by Tiffany Lewis of Immortelle Bijouterie

Necklace by Eric Duckworth of Cultist Crafts

Location: Ault Park, Cincinnati

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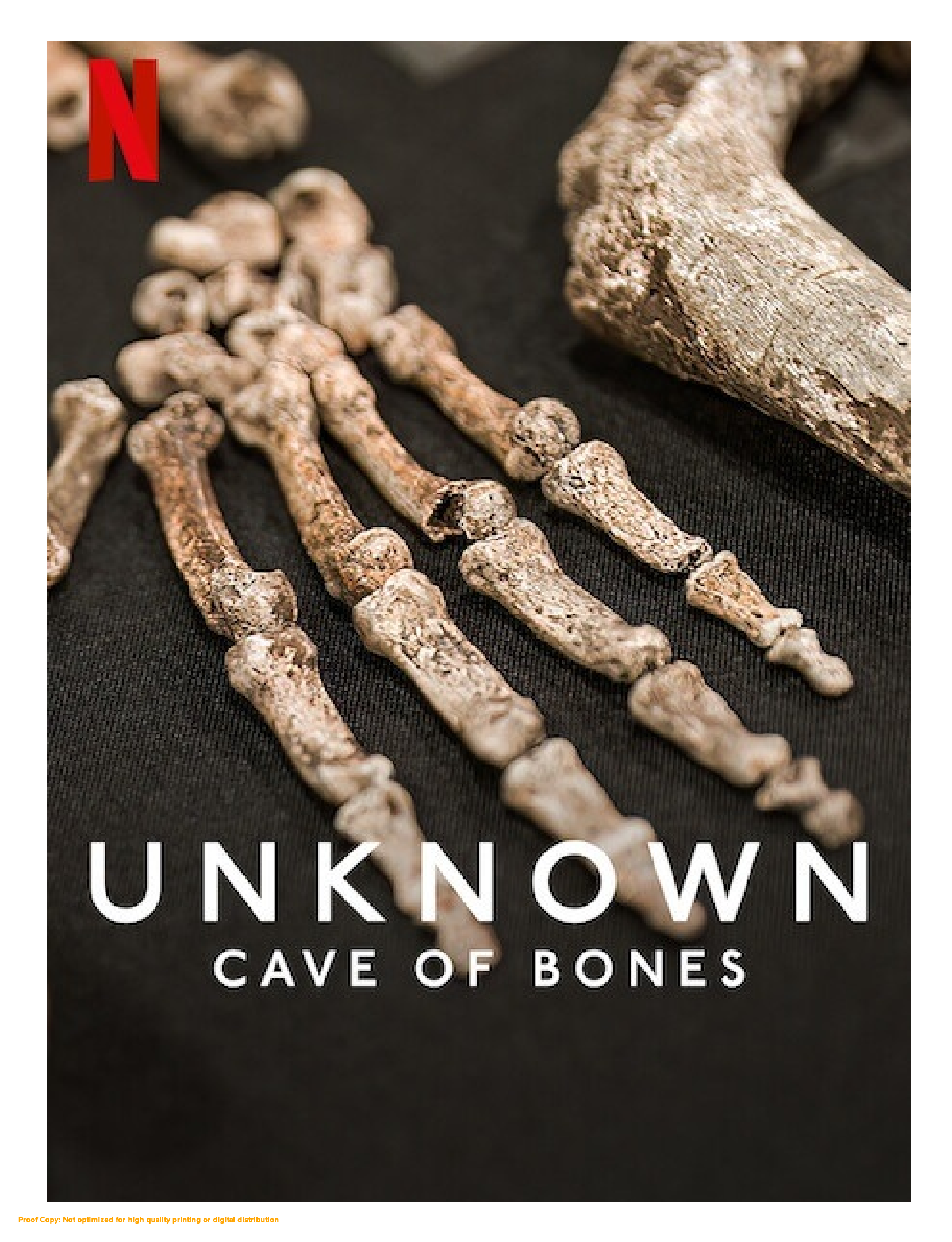




## (A)WILDLIFE : Newly Discovered Species

Scientists have discovered more than 5,000 new species living on the seabed in an untouched area of the Pacific Ocean that has been identified as a future hotspot for deep-sea mining, according to a review of the environmental surveys done in the area. It is the first time the previously unknown biodiversity of the Clarion-Clipperton Zone (CCZ), a mineral-rich area of the ocean floor that spans 1.7m sq miles between Hawaii and Mexico in the Pacific, has been comprehensively documented. The research will be critical to assessing the risk of extinction of the species, given contracts for deep-sea mining in the near-pristine area appear imminent. Most of the animals identified by researchers exploring the zone are new to science, and almost all are unique to the region: only six, including a carnivorous sponge and a sea cucumber, have been seen elsewhere.

Contracts for mining exploration in the CCZ have been granted to 17 deep-sea mining contractors in an area covering 745,000 sq miles. The companies, backed by countries including the UK, US and China, want to exploit minerals including cobalt, manganese and nickel, in part to sell to the alternative energy sector. In July the International Seabed Authority, a quasi-UN body based in Jamaica that regulates deep-sea mining, will begin accepting exploitation applications from these companies. To better understand the impact of mining this fragile ecosystem and its newly discovered inhabitants, an international team of scientists has built the first “CCZ checklist” by compiling all the records from expeditions to the region. Published in the journal *Current Biology*, it includes 5,578 different species, of which an estimated 88% to 92% had never before been seen. To study and collect specimens from the ocean floor, biologists have joined research cruises in the Pacific that send remote-controlled vehicles to traverse the seabed 4,000 to 6,000 meters below. Dr Adrian Glover, a deep-sea biologist at the NHM and senior author of the study, who has taken part in several expeditions to the CCZ, most recently on the UK’s Smartex expedition, described it as an “incredible privilege”. The expedition, funded through the Natural Environment Research Council and others, is backed by UK Seabed Resources (UKSR), a deep-sea mining company that operates the UK’s exploration area. The NHM has previously worked with UKSR and Deep Green, now the Metals Company, another mining firm, as a contractor in the area to provide baseline biodiversity data. It insists all data gathered is open-access in peer-reviewed literature. The scientists watch operations by video link direct from the boat, as new species are gathered by remote operating vehicles in the darkness below. The seabed, Glover said, is an “amazing place” where, despite the extreme cold and dark, life thrives. “One of the characteristics of the abyssal plane is the lack of food, but life has a way of persisting down there,” he said. “It’s a mystery.” One of the deep-sea animals discovered was nicknamed the “gummy squirrel”, because of its huge tail and jelly-like appearance, he said. There are also glass sponges, some of which look like vases. The most common categories of creatures in the CCZ are arthropods, worms, members of the spider family and echinoderms, which include spiny invertebrates such as sea urchins, and sponges.



N

# UNKNOWN

## CAVE OF BONES

# WHAT IS A SEXUAL NETWORK?

**LET'S SAY YOU HAVE SEX WITH ONE PERSON.  
THAT PERSON HAS SEX WITH OTHER PEOPLE.  
THEY HAVE SEX WITH OTHER PEOPLE.  
AND SO ON.**

This is called a sexual network.  
It shows how people are linked by sex.

When you have fewer partners, you have a smaller sexual network. And a lower chance of contact with someone who has HIV.



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GET TESTED REGULARLY**





**NATIONAL**

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**PREVENTION**

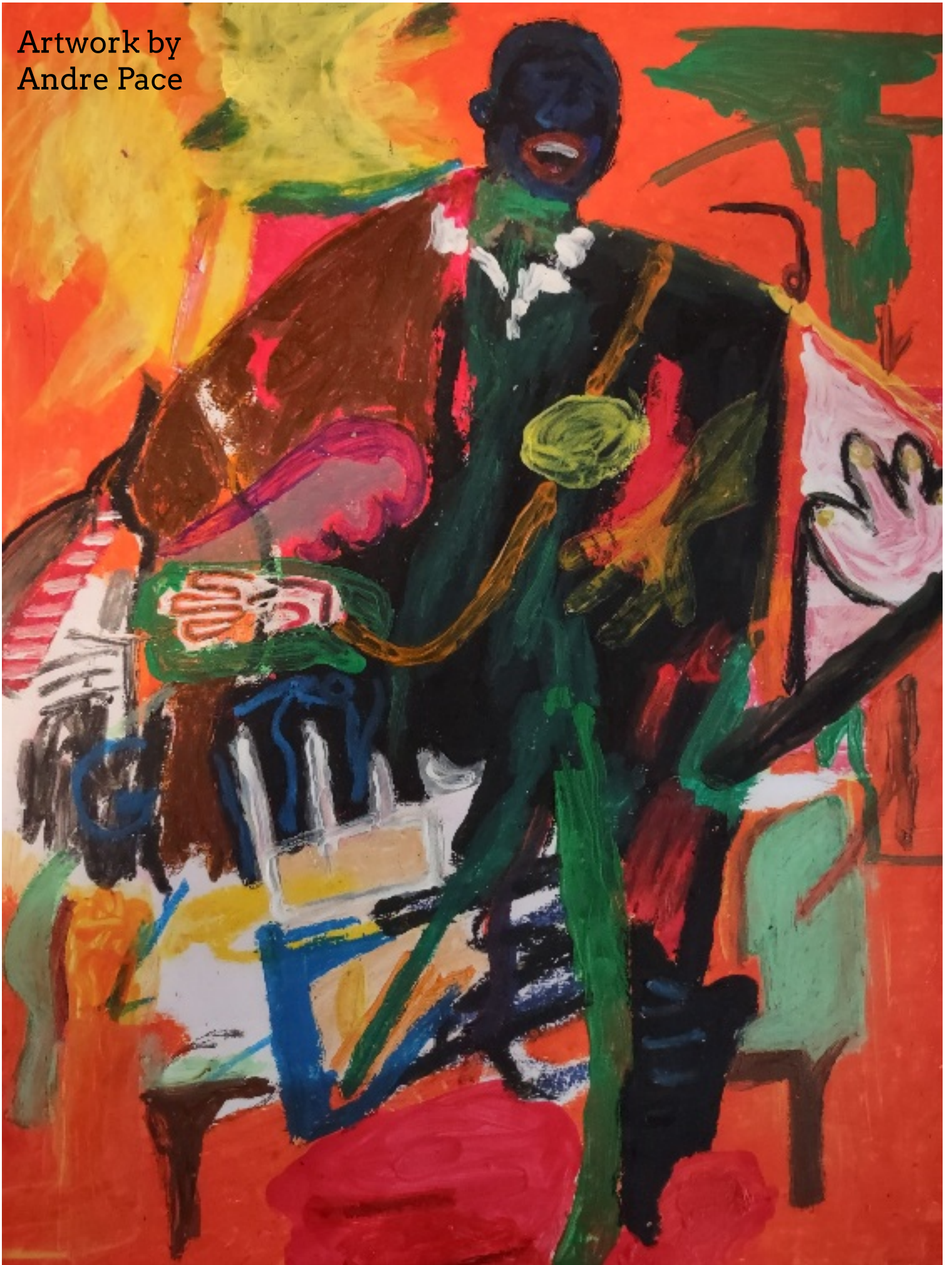
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## (A)HEALTH

### Restful Sleep by Ian Shah



Sleep. We all wish we had more of it. Yet it's still. So. Elusive. And while yawning and feeling tired all the time can be a bummer, a lack of zzz's can actually have a big impact on your health. Experts say you should aim to get between seven and eight hours of shut-eye each night, but what does that really do for you?

#### 1. Sleep Can Boost Your Immune System

When your body gets the sleep it needs, your immune cells and proteins get the rest they need to fight off whatever comes their way — like colds or the flu. And according to the well-rested sleep specialists over at the American Academy of Sleep Medicine, proper sleep can also make vaccines more effective, which is obviously a plus.

#### 2. Gaining Zzz's Can Help Prevent Weight Gain

Racking up eight full hours of sleep isn't going to result in losing the lbs. by itself, but it can help your body from packing on the pounds. If you don't get enough sleep, your body produces ghrelin, a hormone that boosts appetite. Your body also decreases the production of leptin, a hormone that tells you you're full. Put 'em both together and that's one dangerous combo for late-night snacking, my friend. Plus, when you don't sleep enough you get more stressed and don't have the energy to fight off junk food cravings. We're exhausted just thinking about it.

#### 3. Sleep Can Strengthen Your Heart

Not getting enough sleep can lead to heart health problems like high blood pressure or heart attacks. That's because lack of sleep can cause your body to release cortisol, a stress hormone that triggers your heart to work harder. Just like your immune system, your heart needs rest in order to function powerfully and properly. Just another reason to "heart" sleep.

#### 4. Better Sleep = Better Mood

There is some truth in the old saying, "Getting up on the right side of the bed." It has nothing to do with which side of the bed you roll out of, but sleeping can lead to good moods. And really, it makes sense. If you sleep well, you wake up feeling rested. Being rested helps your energy levels soar. When your energy is up, life's little challenges won't annoy you as much. When you're not annoyed, you're not as angry. If you're not angry, you're happy. So, go to bed early and everyone around you will thank you for it.

#### 5. Sleeping Can Increase Productivity

You may think you're wowing your boss by burning the midnight oil, but putting off a good night's rest could be having an adverse effect at work or school. In fact, sleep has been linked to improved concentration and higher cognitive function, both of which can help you be successful at work. But one restless night can leave you feeling frazzled, making it more likely that you'll make mistakes that a pot of coffee won't be able to fix. Speaking of coffee, the more tired you feel, the more likely you are to reach for that afternoon cup. And while that may seem to fix the afternoon crash problem you experience, the extra caffeine late in the day could set you up for another sleepless night. Talk about a counterproductive cycle.

#### 6. Lack of Sleep Can Be Dangerous. Literally.

According to a study from the AAA Foundation for Traffic Safety, you're twice as likely to get in a car accident when you're cruising on six to seven hours of sleep compared to if you get a full eight hours. Sleep less than five hours and your chances of a crash quadruple! That's because your reaction time slows down when your brain isn't fully rested. We don't know about you, but those statistics have us ready to climb into our PJs and hit the hay ASAP.

#### 7. Sleep Can Increase Exercise Performance

Someone studied the effects of sleep deprivation on basketball players and guess what they found? When they didn't sleep well, they weren't very good basketball players. (#Duh) You might be thinking, "So what? I'm the only MVP in my dreams." Well, sleep affects all types of exercise performance. Under-the-covers recovery helps with hand-eye coordination, reaction time and muscle recovery. Plus, depriving yourself of sleep can have a negative impact on strength and power.

#### 8. Sleep Improves Memory

Even though sleep gives your body the rest it needs, your mind is still hard at work. It's actually processing and consolidating your memories from the day. If you don't get enough sleep, who knows where those memories go. Or worse, your mind might actually create false memories.

**The bottom line:** Sleep is good. And necessary. Roy Kohler, MD, who specializes in sleep medicine at SCL Health in Montana, reaffirms all we know about the benefits of sleep, citing research that shows people who get less sleep tend to be heavier, eat more, have a higher BMI, and are more likely to be diabetic. "Consistent sleep of seven hours a night is what's recommended for adults just for daytime functioning—being on task, being alert for the day and being able to concentrate and not be so moody and tired during the day," says Dr. Kohler.

While there will certainly be ebbs and flows to your sleeping patterns, we hope this is enough evidence to convince you to aim for seven to eight hours a night so your mind and body can fully reap all the benefits.

Need some help counting sheep? Create a nighttime routine to get your mind and body relaxed, maybe try meditating. Oh, and stop looking at your phone or tablet — those social media alerts will all be there in the morning.

# FASHION FORWARD

## Who created shorts?

Shorts are a garment worn over the pelvic area, circling the waist and splitting to cover the upper part of the legs, sometimes extending down to the knees but not covering the entire length of the leg. They are called "shorts" because they are a shortened version of trousers, which cover the entire leg, but not the foot. Shorts are typically worn in warm weather or in an environment where comfort and airflow are more important than the protection of the legs. There are a variety of shorts, ranging from knee-length short trousers that can in some situations be worn as formal clothes to beachwear and athletic shorts. Some types of shorts are typically worn by women, such as culottes, which are a divided skirt resembling a pair of loose-cut shorts. The British English term, *short trousers*, is used, only for shorts that are a short version of ordinary trousers (i.e., *pants* or *slacks* in American English). For example: tailored shorts, often lined, as typically worn as part of a school uniform for boys up to their early teens, and by servicemen and policemen in tropical climates. *Shorts*, used unqualified in British English, refers to sports shorts, athletic shorts, or casual shorts; the last nowadays commonplace in warm weather in the UK. Shorts are also known as "half pants" in India. The dated American English term, *short pants*, is probably the nearest equivalent in the U.S., where they might now be called *dress shorts*, a term that has not gained much currency in Britain. A somewhat similar garment worn by men in Australia is called *stubbies*. The term, *boxer shorts*, is an American coinage for a particular kind of men's underwear, and is now also common in Britain. However, boxer shorts are often referred to merely as *boxers* in the USA. Moreover, whereas the American English usage of the word *pants* refers to outerwear (i.e., *trousers* in British English), the usage of *pants* in British English refers to the garment worn under one's trousers, such as boxers; such a garment, however, is referred to as *underpants* in American English (note the qualification of the word *pants* by the word *under*). Alongside the term *boxer shorts*, *undershorts* or simply *shorts* were synonyms for underpants during the time of this coinage; while *jockey shorts* was a synonym for men's briefs. In much of Europe and the Americas during the 19th and early 20th centuries, shorts were worn as outerwear only by young boys until they reached a certain height or maturity. When boys got older, typically around puberty, they would receive their first pair of long trousers. This produced the perception that shorts were only for young boys. Because of this, men would not wear shorts to avoid looking immature, even when the weather is hot. Women tended not to wear shorts in most cultures, due to social mores: they were expected to wear dresses, or skirts and blouses.

In the 1890s, knee pants (an early type of short pants) became the standard wear for American boys. Many urban school portraits from the 1890s show all but the oldest boys wearing knee pants. North American boys normally wore knee pants with short stockings. This began to change after the 1900s when North American boys began wearing knickerbockers during the winter, while short pants became



more popular in Europe. In the 1930s, shorts started to be worn for casual comfort (e.g. outdoor and athletic activities) by both men and women. However, it was still taboo to wear shorts outside of certain activities.

Since about the time of World War II, when many soldiers served in tropical locations, adult men have worn shorts more often, especially in summer weather, but the perception of shorts as being only for young boys took several decades to change, and to some extent still exists in certain circles. By the late 20th century it had become more common for men to wear shorts as casual wear in summer, but much less so in cooler seasons.



ASTORIA NEWS SERVICE

POWELL



## AYME'S TABLE PASTA

Despite its many forms and the countless texts in which it has appeared, pasta seems to be universally associated with Italy. According to history, however, pasta's earliest roots begin in China, during the Shang Dynasty (1700-1100 BC), where some form of pasta was made with either wheat or rice flour. Pasta made its way to the New World through the English, who discovered it while touring Italy. Colonists brought to America the English practice of cooking noodles for at least one half hour, then smothering them with cream sauce and cheese. The earliest pasta shape was a simple sheet, which was treated more like bread dough. It probably didn't have the toothsome quality known as "al dente" associated with Italian pasta today, and would have been similar to unleavened matzo bread with sauce on it. Italian pasta typically has strict government quality standards and control around it, and is made with 100% durum wheat, called semolina flour, or semola di grano duro in Italian. This means that not only is the pasta higher in protein, but more importantly it stands up to the rigors of cooking well. There are four great Roman pastas, all connected: Gricia, Cacio e Pepe, Carbonara, and Amatriciana. They each play off of the others and reveal different sides to the same concept. Arguably the most well-known of the Roman pastas, cacio e pepe is the foundation of all the subsequent dishes. Like many Italian dishes, cacio e pepe is made from just a few simple ingredients. The healthiest types of pasta include whole wheat pasta, as well as bean and

vegetable based noodles. Serve a balanced portion of pasta ( $\frac{1}{4}$  of your plate) and go easy on the sauce and cheese. In 2022, pasta consumption per capita varied significantly across countries. Italy topped the list, with its citizens consuming an average of 23 kilograms of pasta annually. Tunisia ranked second with a per capita consumption of 17 kilograms. The Garden State (New Jersey) is a U.S. pasta powerhouse second only to New York. The state boasts a vibrant Italian culture and is home to almost 1.5 million Italian immigrants. Like its neighbor to the North, New Jersey is famous for incredible Italian restaurants like Cenzino Ristorante and Axton's by Chef Anton. Spaghetti is perhaps one of the most popular pasta types in the world, spaghetti consists of long, thin noodles which can be paired with a wide variety of sauces. Possibly the most well known dish is Spaghetti Bolognese, where pasta is paired with meat in a marinara sauce. The average person in Italy eats more than 50 pounds of pasta every year. The average person in North America eats about 15.5 pounds of pasta per year. Pasta can be good for you.



# COVER FEATURE



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