



The Bathroom Sensation That's Sweeping the Nation

Happy Valentines, Cougars! Even if you're not in a relationship, it's always nice to have an excuse to eat candy and chocolate! After Valentine's Day, check the clearance aisles for some bargain candy! Have fun at the dance, if you're going!

American Heart Month

February, alongside being Black History Month, is also American Heart Month! So, here's a few facts about the heart!

- The heart pumps about 2,000 gallons of blood a day!
- If the heart still has a supply of oxygen, the heart can continue to beat outside of it's body because of it's electrical impulse, which is separate from the rest of the body.
- The heart generates enough energy that it could be compared to the energy used to drive a truck 20 miles.
- On December 3, 1967, in South Africa, the first heart transplant was performed by Dr. Christiaan Banard on a patient named Louis Washanky. The recipient lived for 18 more days.
- The heart beats an average of 100,000 times a day.
- Because levels of stress are higher on Mondays and in the morning, heart attacks statistically happen more on Monday mornings.
- There are around 60,000 miles of blood vessels inside the human body.
- Some of the capillaries in the human body are ten times smaller than a human hair.

estimate over 16.3 million Americans have coronary heart disease (CHD), and 82.6 million Americans have one or more forms of cardiovascular disease (CVD), which CHD falls under the umbrella of.

The risk factors of heart disease are namely stress and lack of exercise, alongside other factors which are worsened by inflammation, or cause inflammation, like smoking, or medical conditions.

Heart disease is preventable! Doctors recommend reducing alcohol intake and smoking, at least 30 – 60 minutes of physical activity, eating a healthy diet, getting good sleep, and managing stress. Avoiding infections is also important, as many illnesses can also lead to heart disease. It's important to get regular health screenings with the doctor.



Heart Health

Heart health is pretty important. So how do you maintain it? The National Institutes of Health

Upcoming Events

Wednesday 2/12	Thursday 2/13	Friday 2/14	Saturday 2/15	Monday 2/17	Tuesday 2/18
Band Concert @ Auditorium (7pm)	Girls & Boys Varsity Wrestling States @ Ball Arena (TDB)	Girls & Boys Varsity Wrestling States @ Ball Arena (TDB) Boys Basketball v Mesa Ridge @ Home (3:30pm) Girls JV & Varsity Basketball v Mesa Ridge @ Mesa Ridge (5:30pm) Unified Varsity Basketball v Doherty @ Home (6:30pm)	Winter Dance (7pm) Girls & Boys Varsity Wrestling States @ Ball Arena (TDB)	President's Day – NO SCHOOL Boy's Volleyball & Boy's Swim starts	

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