



Freedom Day

JUNE

TEENT

JUNE 19



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COVER FEATURE

PG 21

Taking a dip in oceans, lakes or rivers – whatever the weather – gives a health kick unlike any other, awakening senses and delivering a huge host of health benefits. This is why open water swimming is the new favorite pastime of so many people.

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You are a unique and valuable individual, with a lot to be proud of. Take the time to acknowledge your accomplishments, your strengths, and your positive qualities. By celebrating yourself, you'll feel more confident, content, and fulfilled in your life.

(A)SCIENCE



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Hurricanes, known generically as tropical cyclones, are low-pressure systems with organized thunderstorm activity that form over tropical or subtropical waters. They gain their energy from warm ocean waters. As storm systems strengthen into hurricanes, the surface winds move continuously in a circular motion.

AYME'S TABLE



PG 16

This easy salad recipes are perfect for lunches, summer cookouts, and dinner parties! Healthy and delicious, each one can double as a main or side dish!

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(A) LIFESTYLE:

Pride & Wellness

You are a unique and valuable individual, with a lot to be proud of. Take the time to acknowledge your accomplishments, your strengths, and your positive qualities. By celebrating yourself, you'll feel more confident, content, and fulfilled in your life. Pride involves exhilarated pleasure and a feeling of accomplishment. It is related to "more positive behaviors and outcomes in the area where the individual is proud". Pride is associated with positive social behaviors such as helping others and outward promotion. We worry it's a little egotistical and possibly even narcissistic to talk about our achievements, even though we have every right to. More importantly, we have the right to be proud of them. You have every right to be proud of your achievements, your successes, your steps forwards, and your learnings. Truly loving yourself helps you develop self-worth, self-confidence, and self-control. All these traits, when combined, help you lead a healthy and wholesome life. They also help you improve your life by appreciating all your accomplishments, whether big or small. Every day presents an opportunity for personal growth, and being proud of yourself is justified when you acknowledge the progress you've made in terms of learning, evolving, and becoming a better version of yourself. People with healthy pride genuinely feel good about themselves. That explains why such pride is routinely associated with high (though not artificially high) self-esteem. Pride is a positive emotion that helps to build self-esteem, while also developing a tolerance to making mistakes. Feeling proud is a happy and positive emotion that boosts self-confidence and a can-do attitude. These differing types of pride — authentic and hubristic — produce very different outcomes. In studying 1,000 people, a team led by University of Miami psychologist Charles Carver found that those who habitually experience authentic pride have greater self-control, perseverance, and goal attainment. Those who frequently experience hubris, however, tend to be more impulsive and motivated solely by monetary or related

external rewards. The differences between authentic and hubristic pride don't end with motivation, however. Hubristic pride also tends to be associated with a fragile ego, and with anxiety and aggressive tendencies as people strive to keep up the illusion of competence and control. Authentic pride, on the other hand, is associated with increased social support, lower anxiety, and a greater desire to help others by sharing one's expertise. We can see similar patterns at the neurobiological level. Whereas hubristic behaviors are often accompanied by elevated testosterone, those related to authentic pride (for example, mentoring and outreach) are accompanied by lower testosterone and, more important, higher serotonin, which is associated with increased motives for bonding and social support, as well as feelings of well-being. For pride to work, it must be paired with humility — a humility to know that no matter our skill set, each of us depends on what others have to offer. Since none of us can be an expert in all areas, we must be humble enough to recognize that we cannot be great at everything; there will be times when we need to rely on others. People who follow this advice are the ones for whom pride, like gratitude and compassion, becomes a virtue, not a vice. One strategy to use pride in our own lives is to keep a journal where we track our success and our aspirations. Just as we should feel compassion for ourselves if and when we miss a goal, we should take pride when we successfully take steps toward a goal, as well as anticipate the pride we'll feel when reaching the next step. By doing this, we'll be charting our advancement through time, with today's achievement likely being yesterday's aspiration. At each step, it can be quite motivating to feel pride, much more so than if we only allowed ourselves to be proud upon reaching a final goal. However, it's also essential to remember that progress toward goals doesn't always follow a linear trajectory. It often goes in fits and starts. What matters most is a continued upward trajectory irrespective of the rate. Taking pride in the direction of progress benefits perseverance most.





(A) SCIENCE

Science & Hurricanes

Hurricanes, known generically as tropical cyclones, are low-pressure systems with organized thunderstorm activity that form over tropical or subtropical waters. They gain their energy from warm ocean waters. As storm systems strengthen into hurricanes, the surface winds move continuously in a circular motion. Development of a tropical depression into a mature hurricane requires heat energy from the ocean surface. For this reason, hurricanes do not usually develop over land or outside of the warm tropical oceans where the sea surface temperature (SST) is colder than $\sim 26.5^{\circ}\text{C}$ ($\sim 80^{\circ}\text{F}$). In the image below, the orange areas indicate where the sea surface temperature was at least 26.5°C (79.7°F) on September 24, 2009. In the North Atlantic Ocean, this area extends westward along a narrow swath from the west coast of Africa to the northern tip of South America. At the western end of this swath, the warm water also extends northward through the Caribbean Sea and into both the Gulf of Mexico and Sargasso Sea (off the east coast of Florida). The size of the warm water area changes with the seasons. In the North Atlantic Ocean, September generally has the largest area of the warmest water; earlier or later in the year, the area of warm sea surface temperatures is smaller. It is not a coincidence that the peak of the Atlantic hurricane season also occurs in September.

Heat is transferred from the ocean to the atmosphere when water at the ocean's surface evaporates to become water vapor. This causes the ocean to cool slightly. The heat transferred to the atmosphere from the ocean is stored in the water vapor as latent heat. To understand why evaporation of ocean water transfers heat from the ocean to the atmosphere, please see Basic Science. It is important to note, however, that underneath a hurricane,

other processes within the ocean usually cause the sea surface to cool much more than evaporation does, as described in Interaction between a Hurricane and the Ocean. In the lower troposphere, air parcels carry heat energy obtained from the ocean. These air parcels spiral inward towards the center of the developing hurricane. Once an air parcel reaches the hurricane's eyewall, it turns upward and rises due to a process called convection. The added heat from the ocean causes the air rising in the eyewall to be warmer than the surrounding environment, allowing it to continue to rise.

Once the air parcel reaches the tropopause, the boundary between the troposphere and the stratosphere, it begins to spiral outward. As the air parcel spirals outward, it loses heat to outer space by long wave radiation. At some point far away from the center of the hurricane, the cooled air parcel begins to sink back towards the lower troposphere. Then, this cycle, which is known as a hurricane's secondary circulation, is complete.

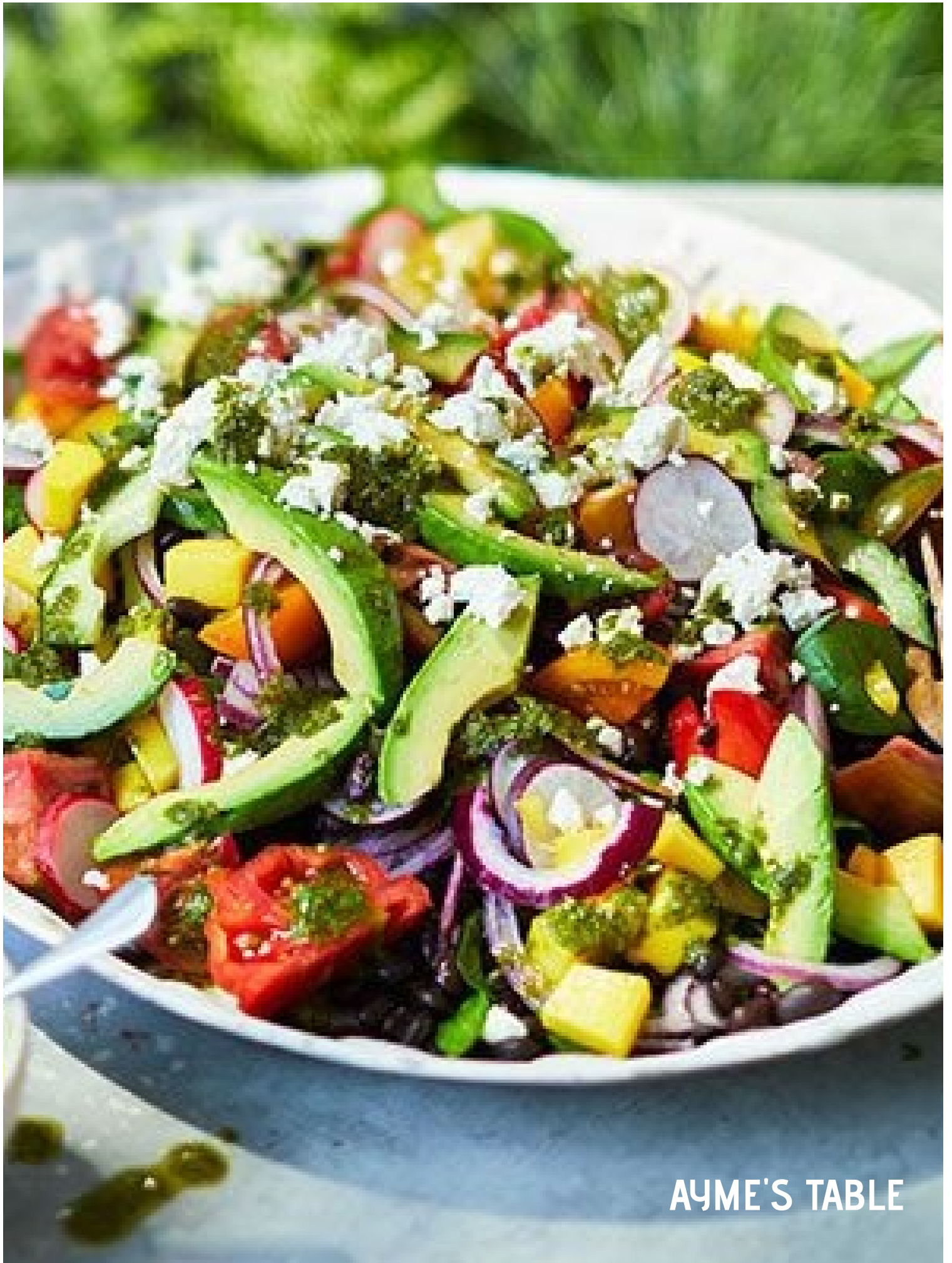
Since the conversion of heat energy to mechanical energy drives the hurricane's secondary circulation, a hurricane can be treated as a heat engine. For the engine to continue working, air must flow into the system (the hurricane) at a higher temperature than it exits the system. As long as the air parcels can rise in the eyewall and then spiral outward at the tropopause faster than other air parcels can spiral inward towards the eyewall in the lower troposphere, the central pressure in the developing hurricane will fall. A falling central pressure is one way to measure how much a hurricane is intensifying. Increasing winds increase the transfer of heat from the ocean, creating a positive

feedback. When the central pressure falls, air parcels begin to spiral inward towards the eyewall faster to fill the vacuum. If the air parcels spiral inward faster, then the maximum wind speed will increase. Increasing maximum wind speed is another way to measure how much a hurricane is intensifying (more intense hurricanes have faster maximum sustained wind speeds). Eventually, a hurricane may reach a near steady state (in theory), where the heat energy coming in from the ocean is balanced by the energy lost to frictional dissipation in the atmosphere. In this "quasi-steady state", neither the hurricane's central pressure nor its maximum wind speed changes much over time. In reality, though, a hurricane rarely remains in quasi-steady state for an extended period of time because changes in the surrounding atmosphere, the underlying ocean, or the hurricane's internal structure can cause the hurricane's intensity to change.



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AYME'S TABLE

AYME'S TABLE

Epic Summer Salad

Ingredients

400g black beans, drained
2 large handfuls baby spinach leaves, roughly chopped
500g heritage tomatoes, chopped into large chunks
½ cucumber, halved lengthways, seeds scooped out and sliced on an angle
1 mango, peeled and chopped into chunks
1 large red onion, halved and finely sliced
6-8 radishes, sliced
2 avocados, peeled and sliced
100g feta, crumbled
handful of herbs (reserved from the dressing)
For the dressing
large bunch mint
small bunch coriander
small bunch basil
1 fat green chili, deseeded and chopped
1 small garlic clove
100ml extra virgin olive oil or rapeseed oil
2 limes, zested and juiced
2 tbsp white wine vinegar
2 tsp honey
Method

STEP 1

Make the dressing by blending all of the ingredients in a food processor (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.

STEP 2

Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands. Top the salad with the avocados, feta and herbs, and serve the dressing on the side.



Created Cassie Best of BBC Good Food (bbcgoodfoodtime.com)





June is National Rose Month, and June 12th is National Red Rose Day. Roses have a long history of symbolism, representing love, beauty, peace, and the United States. In 1986, President Ronald Reagan signed a resolution making the rose the national flower of the United States.



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COVER FEATURE

COVER FEATURE

Swimming & Water

If you've ever gone on vacation to a lake or beach, you probably noticed that the air just felt fresh and clean. This is because water can charge the air with negative ions, helping your body absorb oxygen easier. Clean, fresh air is especially helpful for people with lung conditions such as asthma.

Taking a dip in oceans, lakes or rivers – whatever the weather – gives a health kick unlike any other, awakening senses and delivering a huge host of health benefits. This is why open water swimming is the new favorite pastime of so many people. Studies have also found that open-water swimming helps to produce endorphins within the body which acts like a natural pain reliever. These endorphins also give a 'swimmer's high' which makes you feel on top of the world and boosts your overall mood. Vital for effective brain function and a strong immune system, reported benefits include an increased metabolism and an improvement in mood. Being in and near water reduces the stress hormones cortisol and adrenaline that course through our bodies and make us feel unwell. Swimming in natural waters can help to reduce stress, anxiety, and depression, a new review finds. Swimmers often form close bonds with each other, which can provide social support and a sense of belonging. Open-water swimming can help people connect with nature, which can improve mood and boost self-esteem. Clinical Psychologist, Richard Shuster, reports that staring at the ocean changes our brain waves' frequency. And puts us into a mild meditative state. Ergo, the relaxing effect on the senses when we watch the swell's ebb and flow.