

Prince Harry, Jennifer Lopez make voices heard at Vax Live

Jonathan Landrum Jr.
ASSOCIATED PRESS

INGLEWOOD, Calif. – President Joe Biden spoke about the COVID-19 vaccination being safe, Prince Harry urged for the vaccine distribution everywhere and Jennifer Lopez embraced her fully-vaccinated mother on stage during one of the largest concert gatherings in Southern California since the pandemic rocked the world more than a year ago.

Celebrities and political leaders gathered Sunday night to talk about the importance of vaccine equity at Global Citizen's "Vax Live: The Concert to Reunite the World" at SoFi Stadium in Inglewood, California. The taped fundraising event will air May 8 on ABC, ABC News Live, CBS, YouTube and iHeartMedia broadcast radio stations.

The concert included performances by Lopez, Eddie Vedder, Foo Fighters, J Balvin and H.E.R.

Ben Affleck, Chrissy Teigen, Jimmy Kimmel, Sean Penn and David Letterman appeared as special guest speakers.

Everyone in the audience was fully vaccinated. Media and production staff needed to show a negative COVID test before entering the stadium.

"The vaccines are safe. I promise you. They work," said Biden, who was accompanied in a video message with first lady Jill Biden. Both appeared as part of the "We Can Do This" initiative to increase confidence in COVID-19 vaccines.

"We're working with leaders around the world to share more vaccines and boost production to make sure every country has the vaccines they need," the president continued. "If we get this done, we won't have to miss another moment."

The event was part of a growing chorus seeking wider, more equitable distribution of COVID-19 vaccines.

Global Citizen said \$53.8 million in philanthropic and corporate commitments helped procure nearly 10.3 million doses, exceeding the goal for the Vax Live campaign.

Prince Harry said providing vaccines across the globe is imperative, particularly those in the poorest countries. He said that he is standing solidarity with India, who is experiencing a "devastating" second wave of the virus.

"The vaccine must be distributed to



Jennifer Lopez performs with her mother, Guadalupe Rodriguez, at "Vax Live: The Concert to Reunite the World." JORDAN STRAUSS/INVISION/AP

everyone everywhere," the Duke of Sussex said. He along with his wife Meghan are leading an effort to raise money for the vaccine-sharing program COVAX, which hopes to produce \$19 billion to pay for the vaccines for medical workers.

"We cannot rest or truly recover until there is fair distribution to every corner of the world," he said. "The virus does not respect borders and access to the vaccine cannot be determined by geography."

The event also highlighted first responders and health care workers efforts during the pandemic. Selena Gomez, the show's host, called essential and frontline workers "reliable" and "brave."

Each musical performance made things seem almost like normal with attendees standing at their seats side-by-side while others danced with their masks on. Some hugged each other with enthusiasm.

Before Lopez's performance, she told the audience that she was unable to spend Christmas with her mother. The singer went on to invite her fully-vaccinated mom on stage, then the two sang their rendition of Neil Diamond's "Sweet Caroline."

Foo Fighters rocked on with AC/DC frontman Brian Johnson during a performance of the rock anthem "Back In Black."

"We ain't out the woods yet. But let me tell you, I'm a firm believer and idea that music should be shared with people," Foo Fighters frontman Dave Grohl said. "Let's work as hard as we can to make sure we can do this every night."

In Loving Memory

We remember those who made the ultimate sacrifice and those who are especially dear to us on Memorial Day

For Memorial Day we will publish a special page devoted to those who are gone but not forgotten. The names will be placed in a format that is similar to the sample on the right. You can choose from a verse & an image to be included in your ad as well, please see those options below.

1 Choose one of the following verses

- The year will never wipe away those happy days we spent together.
- In our heart we keep the memories of the one we loved so dear.
- The smile you wore, the way you talked and a thousand more things we remember.
- In our heart your memory lingers touching our lives forever.
- Sweetly tender, fond and true, there's never a day that we do not think of you.
- Your memory is dear today as the hour you passed away.
- In our home you are fondly remembered, sweet memories cling to your name.
- We miss you today as much as we did when God called you home.
- Life is very empty without you as we were so happy together.
- Your absence to us is a sorrow and your loss we will always regret.
- Your presence is ever near us; your love remains with us yet.
- On earth you nobly did your best, may Jesus grant you heavenly rest.
- Fondly loved and deeply mourned; heart of my heart, I miss you so.
- There is a link death cannot sever, love and remembrance last forever.
- A star so bright your spirit has come to be and it's there for us to see.

2 Choose one of the following image option

Civilian



Military



In Loving Memory



Mary Jane Dean
Aug. 10, 1942 - May 28, 2018
The smile you wore, the way you talked and a thousand more things we remember.
Your Loving Husband and Family



Peter Smith
Navy
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Improve your mood with the Mediterranean Diet by Sebastien Saitta



May is mental health and Mediterranean diet month. It just so happens that eating the traditional Mediterranean Diet can give a big boost to your mood. While mental health is a complex issue that needs to be addressed from different angles, diet is an important tool that can deliver promising results. A study published in Nature Journal Molecular Psychiatry found a robust association between a higher adherence to a Mediterranean diet and a lower risk of depression. In fact, study author Camille Lassale noted that "people with a more Mediterranean-like diet had a 33 percent lower risk of developing depression than people whose diet least resembled a Mediterranean diet."

What is the Mediterranean Diet and how does it help with mood? The Mediterranean diet is based on commonalities found in traditional eating patterns of people who live in the Mediterranean region, particularly bordering the Mediterranean sea. In fact, two of the five Blue Zones (Ikaria, Greece and Sardinia, Italy) have adapted this style of eating. It has been found that in addition to an active lifestyle, this diet rich in nutrient dense foods like extra virgin olive oil, fruits and vegetables, grains, beans, nuts and fish has many health benefits that includes improving mental well-being.

Nutrients commonly found in Mediterranean diet foods are known to help increase production of brain-derived neurotrophic factor (BDNF) also known as the other 'feel

good' brain chemical. This includes foods with omega-3 fatty acids like fish, seeds, and walnuts. Plant-derived foods found in the Mediterranean diet like spinach, nuts, and tomatoes contain dietary flavonoids also used in the production of BDNF.

A 2019 study published in Advances in Nutrition found a statistically significant effect of certain phytochemicals named polyphenols for depression suggesting that they can effectively alleviate symptoms. Polyphenol rich foods found in the Mediterranean Diet include coffee, fruits, olive oil, and red wine (in moderation).

Increasing evidence supports the link between positive mood and the gut microbiome - a complex community of trillions of microbes that live semi-permanently in the intestines. A study published in GUT medical journal revealed that after 12 months on the Mediterranean diet, participants had better bacterial diversity in the gut, compared with peers from the control group.

People who suffer from diabetes are twice as likely to also suffer from depression, and also more likely to have anxiety according to a meta-analysis published in Diabetes Care. A Mediterranean-style diet has shown to be protective against type 2 diabetes. "A Mediterranean meal plan helps reduce diabetes risk especially by including all the low glycemic, high fiber grains which turn to sugar and fat more slowly in the body," said Audrey McKernan, Registered Dietician and Certified Diabetes Educator at von Arx Diabetes and Nutrition Center - NCH Healthcare Systems. "This meal plan also helps manage weight and contains many foods that have anti-inflammatory properties which prevent disease."

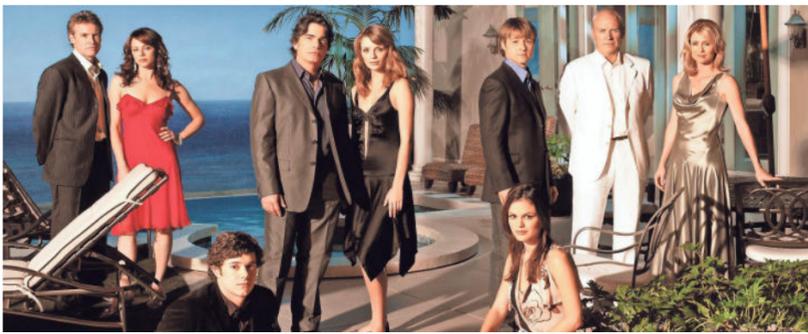
It's no wonder why the Mediterranean Diet has been voted the best diet in the world

for the fourth year in a row according to the US News and World Report rankings. The good news is, we don't have to live in the Mediterranean in order to eat like one. Simple diet modifications like incorporating more leafy greens, beans, fruits, seeds and nuts, and substituting other cooking oils with extra virgin olive oil will go a long way towards eating a more Mediterranean-style diet.

It's also important to not be deceived by the word "diet." The Mediterranean way of eating also includes a lifestyle that promotes moving naturally and enjoying meals with friends and family. These can all be associated with better mental health. "Many of my patients follow a Mediterranean way of eating because it is realistic and easy to follow long term," says McKernan. "At our center we promote lifestyle change programs rather than "fad" diets. We assist patients with behavior modification techniques to help them achieve long term weight management success and prevent disease."

While diet can play an important role in treating and preventing mental health issues, it is important that it is not used as a single approach. For those struggling with mental health, reach out to appropriate resources like a medical provider or David Lawrence Centers for Behavioral Health for treatment.

Brought to Southwest Florida by NCH Healthcare System, in collaboration with Sharecare, Inc., Blue Zones Project is a vital part of Southwest Florida's well-being improvement initiative that encourages changes in the community that lead to healthier options. For more information about Blue Zones Project Southwest Florida, visit southwestflorida.bluezonesproject.com.



The mid-2000s Fox series “The O.C.” is the subject of a new rewatch podcast. The teen soap starred (standing from left): Tate Donovan, Melinda Clarke, Peter Gallagher, Mischa Barton, Benjamin McKenzie, Alan Dale, Kelly Rowan, (seated) Adam Brody and Rachel Bilson. ART STREIBER/FOX

‘O.C.’ podcast a trip back to early-2000s California

Erin Jensen
USA TODAY

California – and everywhere podcasts are available – here we come.

Two co-stars of Fox’s teen soap “The O.C.,” Rachel Bilson and Melinda Clarke, are reuniting as hosts of a rewatch podcast, “Welcome to the OC, Bitches!” (now streaming), and it feels like Chris-mukkah morning!

The four-season series premiered in 2003, centered on the drama-drenched lives of a wealthy community.

The show reignited the reliable genre and kicked off a fascination with the So-Cal county, where MTV’s high-school reality drama “Laguna Beach: The Real Orange County” (2004) and Bravo’s inaugural “Real Housewives” franchise (2006) followed.

In the series pilot, Bronx-born public defender Sandy Cohen (Peter Gallagher) takes in Ryan Atwood (Ben McKenzie), a kid with potential staring down a future of crime. Ryan forms a bromance with Seth (Adam Brody), the nerdy son of Sandy and well-to-do Kirsten Cohen (Kelly Rowan), who is obsessed with Bilson’s Summer Roberts.

The Cohens’ neighbors include Kirsten’s ex, Jimmy Cooper (Tate Donovan), a scheming stock broker/money manager, and his wife, shallow vixen Julie, played by Clarke. Their troubled daughter Marissa (Mischa Barton) becomes the object of Ryan’s affection.

The series, created by Josh Schwartz, drew viewers: At its height, “The O.C.” pulled in 12.7 million same-day viewers, according to Nielsen, several times that of Schwartz and “O.C.” executive pro-

ducer Stephanie Savage’s next series, CW’s “Gossip Girl” (2007-2012), which peaked at 3.7 million. (XOXO!)

With their new weekly podcast, Bilson, 39, feels the pressure to satisfy fans. “I hope that we’re not boring,” she says in an interview. “I don’t think we are, and we are having so much fun.”

The “Hart of Dixie” star says the podcast features new behind-the-scenes stories and interviews with the cast and crew, including Gallagher and Donovan. Ahead of its premiere, USA TODAY chatted with the hosts, and just like the backside of then-popular velour track-suit pants, the convo got juicy.

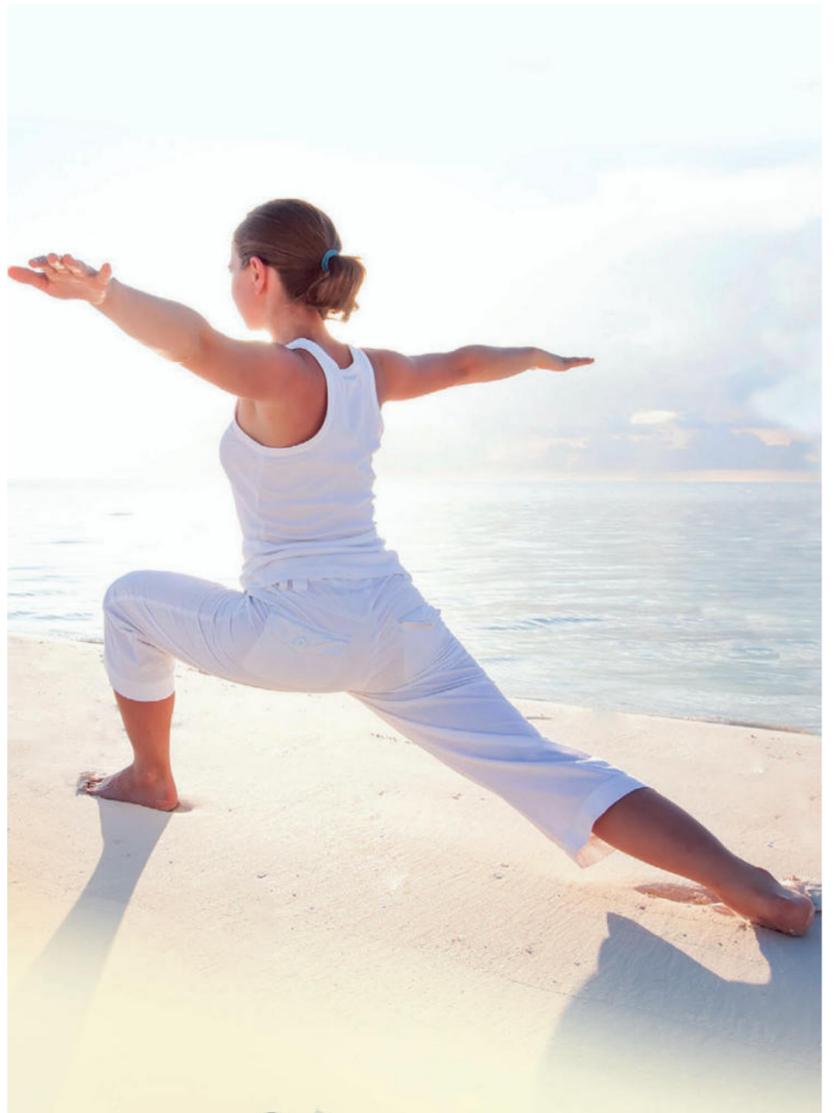
If they had their way, Clarke and Bilson would erase Marissa’s fatal car accident from the Season 3 finale. “I would keep Marissa alive to see what happens,” Bilson says.

Clarke, 52, agrees: “Killing characters is a huge thing. I’m just a little softie; I don’t want anybody to die.”

Barton wanted to pursue other projects, she claimed to The New York Times in 2019. “I felt like things were really heavily reliant upon me, and I was getting no time to do any of the other offers that were out there,” she said.

Just like their characters, Summer and Seth, Bilson and Brody dated during filming but split before their characters tied the knot. (Brody has been married to “Gossip Girl” star Leighton Meester since 2014.)

“We were so young; I don’t think we really thought about it much,” she says. “I know people always say ‘Don’t date your co-star,’ but in that sense, it was nice to go on this ride with someone experiencing it at the same time.”



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