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An Entirely Different Approach

Instead of chipping away at the edges and playing along with how things work today, we started from scratch to build a system that's completely different.

**Access
PROBLEM**

Limited Interaction

Your body changes by the minute, but healthcare is still based on annual checkups and endless waits for appointments.

SOLUTION

Continuous Partnership

Thanks to sites across the country, a 24x7 Care Team, and our app, you and your doctor are always in sync and working toward results.

**Cost
PROBLEM**

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SOLUTION

One Flat Fee

Our business model is built for you, not insurance companies. So whether you have insurance or not, you receive high-quality care for one flat fee.

**Technology
PROBLEM**

Outdated Tools

You have a smartwatch, but your hospital still uses a fax machine. Healthcare is decades behind advances in software and hardware.

SOLUTION

Cutting-Edge Technology

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**Approach
PROBLEM**

Reactive

Hospitals bill for services, not for results. So your care becomes a perpetual whack-a-mole instead of fixing underlying issues.

SOLUTION

Proactive

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COVER FEATURE PG 19

At least three promising antivirals for covid are being tested in clinical trials, with results expected as soon as late fall or winter, said Carl Dieffenbach, director of the Division of AIDS at the National Institute of Allergy and Infectious Diseases, who is overseeing antiviral development.



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ALIEN ABDUCTIONS

Alien Abduction refers to the phenomenon of people reporting what they believe to be the real experience of being kidnapped by extraterrestrial beings and subjected to physical and psychological experimentation.



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Cookies On A Stick

Give trick-or-treaters something unique this year with this Halloween cookies-on-a-stick recipe. Decorate the chocolate cookies as pumpkins, mummies, ghosts and goblins, or anything spooky enough for a Halloween treat.



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Paranormal Activity

According to recent surveys, as many as three quarters of Americans believe in the paranormal, in some form, while nearly one in five claim to have actually seen a ghost.



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Moving On

The main question is: if you want to move forward so badly, why is it so easy to stay in the trauma? Meaning that if you know you want to move on, why can it be so hard?



HEALTH, Page 9

The Power of Walking

Walking can protect against chronic diseases, and there is less risk of injury compared to other forms of exercise. In some ways, walking is the perfect exercise, as it's accessible, easy, and free. By walking just 30 minutes a day, you can significantly transform your health.

A4ME MAGAZINE

MERCHANDISE

Page 12 & 13



THIS & MORE!



**CUSTODIANS & MAINTENANCE
APPRECIATION DAY
OCTOBER 2ND**

**THANK
Y♥U**
Custodians &
Maintenance Workers



(A) TALK WITH JANE

Moving On...

Article By Jane Verdel

How do we move on in life? When something traumatic happens, we are always expected to just move on. What does that look like to someone? Depending on the person, it could mean anytime or place, suddenly it may feel better.

Getting over a situation takes time and patience. It can take days, weeks, months and even years but eventually you will find a way out. The type of events people find traumatic vary. It can be loss of a loved one, a break up (romantic or otherwise), or anything else.

The main question is: if you want to move forward so badly, why is it so easy to stay in the trauma? Meaning that if you know you want to move on, why can it be so hard? I'll tell you one thing: some grief has no expiration date. Things like death stay close to you. Breakups too. After the trauma you are rarely the same.

Tips to get through loss of loved ones: think about them daily and remember the good times. Talk to them in your art and don't fear sadness. I've had to lose many close family members growing up. It was hard, but as



they say: the living have to keep living no matter what.

As for break ups (with friends and relationships) it can also feel like a loss. You have to grieve and come to terms with the fact that they aren't going to be in your life anymore. Don't lower your standards and force yourself to put up with things just because you're afraid to lose the person. Do better for YOU.

And as for traumatic events like bullying, where you never get closure, one day you need to decide that you want to be happy. Once you decide that, the grudges will fade. You won't feel hate or even think about that situation eventually, cause you know what? Time stops for no one.

Moving on and being happy is the best advice. Everyone is fighting battles others know nothing about. The happy ones choose happiness over negativity, and that is why they win. Be a winner. Forget the closure you'll never get and you won't even need it, because time heals all!



HEALTH
The Power Of Walking

If you can walk independently and maintain a speed of 4-6km/h for half an hour per day, then walking is sufficient exercise. Walking needs to sustain your interest in the long term. Walking can protect against chronic diseases, and there is less risk of injury compared to other forms of exercise. In some ways, walking is the perfect exercise, as it's accessible, easy, and free. By walking just 30 minutes a day, you can significantly transform your health.

According to researchers at the Ohio State University, varying your speed while walking burns more calories. You can burn around 20% more calories if you vary your speed as compared to walking at a steady pace. To further burn calories, you can walk in a curved path rather than a straight one or walk with a backpack. Unlike running, walking doesn't need shock absorbent and thus, no need for special shoes. However, if you had any past injury, then better opt for ones with a comfortable fit. And yes, no flip-flops or open sandals while walking. Invest in a good pair of sneakers or sports shoes. Walking can help protect the joints, including your knees and hips. That's because it helps lubricate and strengthen the muscles that support the joints. Walking may also provide benefits for people living with arthritis, such as reducing pain. And walking 5 to 6 miles a week may also help prevent arthritis. One study tracked 1,000 adults during flu season. Those who walked at a moderate pace for 30 to 45 minutes a day had 43 percent fewer sick days and fewer upper respiratory tract infections overall. Their symptoms were also lessened if they did get sick. That was compared to adults in the study who were sedentary. Try to get in a daily walk to experience these benefits. If you live in a cold climate, you can try to walk on a treadmill or around an indoor mall.

Walking increases oxygen flow through the body. It can also increase levels of cortisol, epinephrine, and norepinephrine. Those are the hormones that help elevate energy levels. Walking can help your mental



health. Studies also show it can help reduce anxiety, depression, and a negative mood. It can also boost self-esteem and reduce symptoms of social withdrawal.

To get started walking, all you'll need is a pair of sturdy walking shoes. Choose a walking route near your home. Or look for a scenic place to walk in your area, such as a trail or on the beach. You can also recruit a friend or family member to walk with you and hold you accountable. Alternatively, you can add walking into your daily routine. Here are some ideas:

- If you commute, get off your bus or train one stop early and walk the rest of the way to work.
- Park farther away from your office than usual and walk to and from your car.
- Consider walking instead of driving when you run errands. You can complete your tasks and fit in exercise at the same time.



Global News
PARANORMAL ACTIVITY



According to recent surveys, as many as three quarters of Americans believe in the paranormal, in some form, while nearly one in five claim to have actually seen a ghost. Paranormal events are purported phenomena described in popular culture, folk, and other non-scientific bodies of knowledge, whose existence within these contexts is described as beyond the scope of normal scientific understanding. The study of paranormal activity has a long and interesting history. Many ancient religious convictions are based on paranormal study, while the metaphysics of many ancient cultures included pantheons of ghosts, spirits, fairies, aliens, higher powers and other supernatural phenomena. The paranormal can best be thought of as a subset of pseudoscience. What sets the paranormal apart from other pseudosciences is a reliance on explanations for alleged phenomena that are well outside the bounds of established science. Thus, paranormal phenomena include extrasensory perception (ESP), telekinesis, ghosts, poltergeists, life after death, reincarnation, faith healing, human auras, and so forth. The explanations for these allied phenomena are phrased in vague terms of "psychic forces", "human energy fields", and so on. This is in contrast to many pseudoscientific explanations for other non paranormal phenomena, which, although very bad science, are still couched in acceptable scientific terms. Approaching the paranormal from a research perspective is often difficult because of the lack of acceptable physical evidence from most of the purported phenomena. By definition, the paranormal does not conform to conventional expectations of nature. Therefore, a phenomenon cannot be confirmed as paranormal using the scientific method because, if it could be, it

would no longer fit the definition. (However, confirmation would result in the phenomenon being reclassified as part of science.) Despite this problem, studies on the paranormal are periodically conducted by researchers from various disciplines. Some researchers simply study the beliefs in the paranormal regardless of whether the phenomena are considered to objectively exist. Approaching the paranormal from a research perspective is often difficult because of the lack of acceptable physical evidence from most of the purported phenomena. By definition, the paranormal does not conform to conventional expectations of nature. Therefore, a phenomenon cannot be confirmed as paranormal using the scientific method because, if it could be, it would no longer fit the definition. (However, confirmation would result in the phenomenon being reclassified as part of science.) Despite this problem, studies on the paranormal are periodically conducted by researchers from various disciplines. Some researchers simply study the beliefs in the paranormal regardless of whether the phenomena are considered to objectively exist. This section deals with various approaches to the paranormal: anecdotal, experimental, and participant-observer approaches and the skeptical investigation approach. Experimental investigation of the paranormal has been conducted by parapsychologists. J. B. Rhine popularized the now famous methodology of using card-guessing and dice-rolling experiments in a laboratory in the hopes of finding evidence of extrasensory perception. However, it was revealed that Rhine's experiments contained methodological flaws and procedural errors. In 1957, the Parapsychological Association was formed as the preeminent society for parapsychologists. In 1969, they became affiliated with the American Association for the Advancement of Science. Criticisms of the field were

focused on the creation (in 1976) of the Committee for the Scientific Investigation of Claims of the Paranormal (now called the Committee for Skeptical Inquiry) and its periodical, the *Skeptical Inquirer*. Eventually, more mainstream scientists became critical of parapsychology as an endeavor, and statements by the National Academies of Science and the National Science Foundation cast a pall on the claims of evidence for parapsychology. Today, many cite parapsychology as an example of a pseudoscience. Parapsychology has been criticized for continuing investigation despite being unable to provide convincing evidence for the existence of any psychic phenomena after more than a century of research. By the 2000s, the status of paranormal research in the United States had greatly declined from its height in the 1970s, with the majority of work being privately funded and only a small amount of research being carried out in university laboratories. In 2007, Britain had a number of privately funded laboratories in university psychology departments. Publication remained limited to a small number of niche journals, and to date there have been no experimental results that have gained wide acceptance in the scientific community as valid evidence of the paranormal. Some scientists have criticized the media for promoting paranormal claims. In a report by Singer and Benassi in 1981, they wrote that the media may account for much of the near universality of paranormal belief, as the public are constantly exposed to films, newspapers, documentaries and books endorsing paranormal claims while critical coverage is largely absent. According to Paul Kurtz "In regard to the many talk shows that constantly deal with paranormal topics, the skeptical viewpoint is rarely heard; and when it is permitted to be expressed, it is usually sandbagged by the host or other guests." Kurtz described the popularity of public belief in the paranormal as a "quasi-religious phenomenon", a manifestation of a transcendental temptation, a tendency for people to seek a transcendental reality that cannot be known by using the methods of science. Kurtz compared this to a primitive form of magical thinking. Terence Hines has written that on a personal level, paranormal claims could be considered a form of consumer fraud as people are "being induced through false claims to spend their money—often large sums—on paranormal claims that do not deliver what they promise" and uncritical acceptance of paranormal belief systems can be damaging to society.



AYME MERCHANDISE



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All AYME Magazine's Tote Bags come in nude or white, other colors can be requested and can feature any of our section titles!



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Cookies On A Stick

Over 10% of annual candy sales happen the days leading up to Halloween — that is nearly \$2 billion dollars in sales. Chocolate is clearly the preferred choice of sweets for many. Of the \$1.9 billion sold in Halloween candy each year, \$1.2 billion was on chocolate candy and only \$680 million on sugar candy. This year we're all about COOKIES!! On Sticks!

Give trick-or-treaters something unique this year with this Halloween cookies-on-a-stick recipe. Decorate the chocolate cookies as pumpkins, mummies, ghosts and goblins, or anything spooky enough for a Halloween treat.

(Step-By-Step Directions)

Equipment Needed

OVEN
BOWL
MIXER
MEASURING CUPS
RUBBER SCRAPER
COOKIE SHEET
WIDE SPATULA
WIRE RACK

Heat oven to 350°F. Beat butter, granulated sugar, brown sugar and vanilla in a large bowl on medium speed of mixer until creamy. Add eggs; beat well. Stir together flour, cocoa, baking soda and salt; gradually add to butter mixture, beating until well blended. Drop dough by scant 1/4 cupfuls onto an ungreased cookie sheet, about 3 inches apart. Shape into balls. Insert wooden sticks about halfway into the center of each. Flatten slightly. Bake for 10 to 12 minutes or until set. Cool 3 minutes; carefully remove from cookie sheet to wire rack. Cool completely. Decorate as desired with decorating icing.

Ingredients

- 1 cup butter or margarine (2 sticks), softened
 - 3/4 cup
- granulated sugar
 - 3/4 cup
- packed light brown sugar
 - 1 tsp
- vanilla extract
 - 2
- eggs
 - 2 - 1/2 cup
- all-purpose flour
 - 1/3 cup
- HERSHEY'S Cocoa
 - 1 tsp
- baking soda
 - 1/2 tsp
- salt
 - About 18
- wooden ice cream sticks
 - decorating icing

Ingredients & Directions

PREP TIME

35 minutes

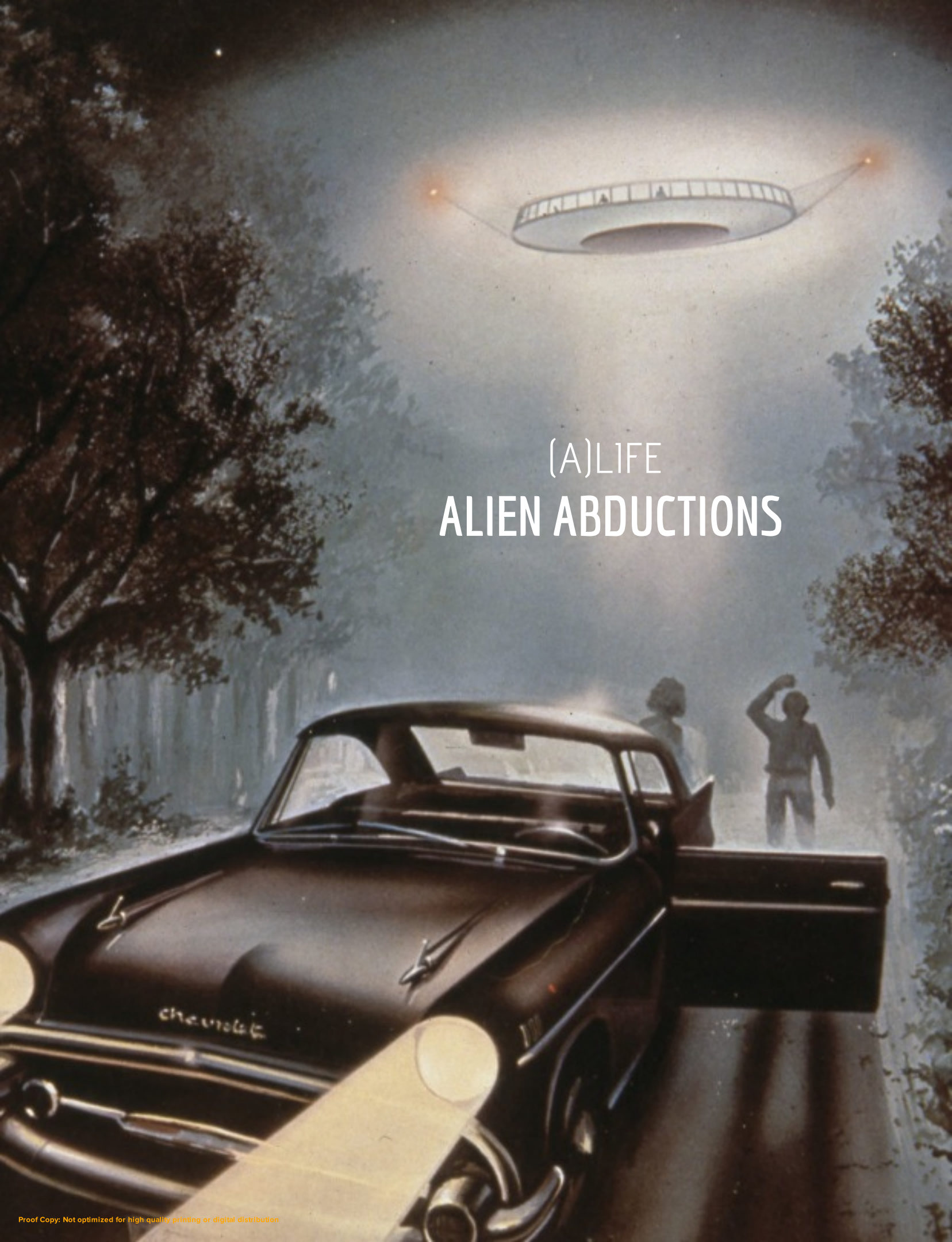
BAKE TIME

10 minutes

COOL TIME

33 minutes



A vintage Chevrolet car is parked on a road at night. The car's headlights are on, and its door is open. In the background, two people are standing on the road, one with their arm raised. In the sky, a UFO is visible, emitting a bright light. The scene is set in a wooded area with trees on either side of the road.

(A)LIFE ALIEN ABDUCTIONS

Alien Abduction refers to the phenomenon of people reporting what they believe to be the real experience of being kidnapped by extraterrestrial beings and subjected to physical and psychological experimentation. Reports of the abduction phenomenon have been made all around the world, but are most common in English-speaking countries, especially the United States. The first alleged alien abduction claim to be widely publicized was the Betty and Barney Hill abduction in 1961. UFO abduction claims have declined since their initial surge in the mid-1970s and alien abduction narratives have found less popularity in mainstream media. Skeptic Michael Shermer proposed that the ubiquity of camera phones increases the burden of evidence for such claims, and may be a cause for their decline. Mainstream scientists reject claims that the phenomenon literally occurs as reported. However, there is little doubt that many apparently stable persons who report alien abductions believe their experiences were real. John E. Mack, John Wilson, Rima Laibow and David Gotlib assessed that while psychopathology was associated with some cases, most reports were from sane, common people. Some abduction reports are quite detailed. An entire subculture has developed around the subject, with support groups and a detailed mythos explaining the reasons for abductions: The various aliens (Greys, Reptilians, "Nordics" and so on) are said to have specific roles, origins, and motivations. Abduction claimants do not always attempt to explain the phenomenon, but some take independent research interest in it themselves and explain the lack of greater awareness of alien abduction as the result of either extraterrestrial or governmental interest in cover-up.

The precise number of alleged abductees is uncertain. One of the earliest studies of abductions found 1,700 claimants, while contested surveys argued that 5–6 percent of the general population might have been abducted. Self-described abduction victims often join self-help communities of victims and may resort to questionable regression therapy, similarly to other self-reported victims of child sexual abuse or satanic ritual abuse. Some espouse conspiracy theories of sophisticated technological mind control, including the use of implants, to force them to serve an alleged New World Order, or for the purposes of the antichrist, considering it important to warn the world of such imminent danger. Although different cases vary in detail (sometimes significantly), some UFO researchers, such as folklorist Thomas E. Bullard argues that there is a



broad, fairly consistent sequence and description of events that make up the typical "close encounter of the fourth kind" (a popular but unofficial designation building on J. Allen Hynek's classifications). Though the features outlined below are often reported, there is some disagreement as to exactly how often they actually occur. Abduction claimants report unusual feelings preceding the onset of an abduction experience. These feelings manifest as a compulsive desire to be at a certain place at a certain time or as expectations that something "familiar yet unknown," will soon occur. Abductees also report feeling severe, undirected anxiety at this point even though nothing unusual has actually occurred yet. This period of foreboding can last for up to several days before the abduction actually takes place or be completely absent. Eventually, the person experiencing this will undergo an apparent "shift" into an altered state of consciousness. British abduction researchers have called this change in consciousness "the Oz Factor." External sounds cease to have any significance to the experiencer and fall out of perception. They report feeling introspective and unusually calm. This stage marks a transition from normal activity to a state of "limited self-willed mobility." As consciousness shifts one or more lights are alleged to appear, occasionally accompanied by a strange mist. The source and nature of the lights differ by report; sometimes the light emanates from a source outside the house (presumably the abductors' UFO), sometimes the lights are in the bedroom with the experiencer

and transform into alien figures.

As the alleged abduction proceeds, claimants say they will walk or be levitated into an alien craft, in the latter case often through solid objects such as walls, ceilings or a closed window. Alternatively, they may experience rising through a tunnel or along a beam of light, with or without the abductors accompanying them, into the awaiting craft.







COVID-19 VACCINE PILL TRIALS ARE UNDERWAY...

Antivirals are already essential treatments for other viral infections, including hepatitis C and HIV. One of the best known is Tamiflu, the widely prescribed pill that can shorten the duration of influenza and reduce the risk of hospitalization if given quickly. At least three promising antivirals for covid are being tested in clinical trials, with results expected as soon as late fall or winter, said Carl Dieffenbach, director of the Division of AIDS at the National Institute of Allergy and Infectious Diseases, who is overseeing antiviral development. On October 22nd, 2020 the U.S. Food and Drug Administration approved the antiviral drug Remdesivir also known as *Veklury* for use in adult and pediatric patients 12 years of age and older. Remdesivir injection is used to treat coronavirus disease (COVID-19 infection) caused by the SARS-CoV-2 virus in only hospitalized adults and children 12 years of age and older who weigh at least 88 pounds (40 kg). It works by stopping the virus from spreading in the body. Remdesivir (Veklury) is known as a solution (liquid) and as a powder to be mixed with liquid and infused (injected slowly) into a vein over 30 to 120 minutes by a doctor or nurse in a hospital. It is usually given once daily for 5 to 10 days. The length of your treatment depends on how well your body responds to the medication. Remdesivir injection may cause serious reactions during and after the infusion of the medication. A doctor or nurse will monitor you carefully while you are receiving the medication. Some patients have experienced some of the following symptoms during or after the infusion: chills or shivering; nausea; vomiting; sweating; dizziness upon standing up; rash; wheezing or shortness of breath; abnormally fast or slow heartbeat; or swelling of the face, throat, tongue, lips, or eyes. Your doctor may need to slow down your infusion or stop your treatment if you experience these side effects. Ask your pharmacist or doctor for a copy of the manufacturer's

information for the patient that's been approved to treat covid. Remdesivir should only be administered in a hospital or in a healthcare setting capable of providing acute care comparable to inpatient hospital care. Remdesivir is the first antiviral treatment for COVID-19 to receive FDA approval. This approval does not include the entire population. One challenge in developing antiviral drugs quickly has been recruiting enough participants for the clinical trials, each of which needs to enroll many hundreds of people, said Dr. Elizabeth Duke, a Fred Hutch research associate overseeing a vaccine trial. Participants must be unvaccinated and enrolled in the trial within five days of a positive covid test. Pfizer launched a combined phase 2 and 3 trial of its product Sept. 1, 2021 and officials said they expect results from phase 2 and phase 3 trials later this year. Clinical trials have followed, including an early trial of 202 participants last spring (2020) that showed that molnupiravir rapidly reduced the levels of infectious virus. Merck chief executive Robert Davis said in September 2021, that the company

expects data from its larger phase 3 trials by October 2021, with the potential to seek emergency use authorization from the U.S Food and Drug Administration "before year-end." Once sidelined for lack of interest, oral antivirals to treat coronavirus infections are now a subject of fierce competition and funding. In June 2021, the Biden administration announced it had agreed to obtain about 1.7 million treatment courses of Merck's molnupiravir, at a cost of \$1.2 billion, if the product receives emergency authorization or full approval. The same month, the administration said it would invest \$3.2 billion in the Antiviral Program for Pandemics, which aims to develop antivirals for the covid crisis and beyond.



Consult with your health
care provider for more
information