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CELEBRATE EARTH DAY 2026

Earth Day, Wednesday, April 22, 2026, calls for celebration and dedication in helping support and contribute by taking small steps to protect the planet.

First proposed by U.S. Senator Gaylord Nelson on April 22, 1970, the first Earth Day was dedicated to a nationwide environmental teach-in about acts citizens could take to aid in protecting the Earth.

The theme for 2026 is “Our Power, Our Planet.” Given the damage caused by fires, chemical releases, excessive use of plastics, and oil spills, Earth Day organizers have proposed steps to help advance sustainability.

Rethink, Refuse, Reduce, Reuse, Repair, and Recycle is about everyday decisions as small steps citizens can take in helping reduce the threats to the Earth. For example, “Rethink” the purchase of new items and “Reuse” what you have by repairing items.

“Refuse” excessive packaging and plastics. “Recycle” paper, cardboard, junk mail, and materials that can be transformed into new products. Those living in condo buildings can do balcony gardening of herbs, vegetables, and plants to help in promoting bio-diversity. Composting food scraps and food waste is also an important practice.

While we may all celebrate the NASA team’s trip around the moon, we on earth should not neglect taking small steps to reduce, reuse, and recycle excessive materials “for the Earth is what we all have in common.”

- Sidney Elkin



PEANUT BUTTER AND NUT SPREADS

Peanut butter may, at one time, been considered to be a food product for children's lunches. Currently, peanut butter and other nut spreads are widely used by adults as well.

Because there are so many varieties of peanut butter and nut spreads, it is worthwhile considering the differences in these tasty spreads. Shoppers have to make a decision as to which type of peanut butter to purchase – the no-stir kind or the need-to-stir.

No stir keeps the nut and seed oils from separating due to small amounts added of highly saturated palm or coconut oil. Shoppers could find peanut butter labeled “fully hydrogenated oil” which contains grapeseed and soy bean oil which also prevents separation. Researchers have noted that adding small amounts of palm or coconut oils does not make no-stir peanut butter a danger.

The stir peanut butter results in oils separating and staying on top. Well-known brand Skippy is a no-stir type of peanut butter, while Smuckers requires stirring. The variety of peanut butter and nut spreads appeals

to consumers who desire different tastes and are willing to pay for these options which are usually more expensive than ordinary peanut butter.

Consumers should carefully read labels for additions and ingredient details which can be helpful in selecting healthy peanut butter and nut spreads.

Today there are a variety of nut spreads – cashew butter, almond butter, vanilla almond, and hazelnut chocolate spreads. Each type contains a variety of ingredients which may enhance taste and/or healthfulness of the spread.

Shoppers should be aware of “ultra-processed” ingredients and spreads containing vegetable oils and high amounts of added sugar. Health experts strongly suggest selecting products with “fully hydrogenated” oil if no-stir peanut butter is chosen.



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Stress Awareness Month -- *Are your symptoms stress-related?*

Stress isn't just about your emotions -- it affects your physical wellbeing, too, with physical symptoms and potential health consequences that can manifest before you're even ready to acknowledge how stressed-out you really are.

Our body's natural stress response -- the fight-or-flight instinct -- helps us manage stressful situations. But according to the Cleveland Clinic, our stress response can wreak havoc on our bodies if we're struggling with chronic long-term stress, such as high-pressure jobs, long-term illness or financial hardship.

Some of the symptoms of chronic stress include:

- Body aches and pains
- Problems with sleep, such as extreme fatigue or insomnia
- Chest pain or a racing pulse
- Elevated blood pressure
- Headaches, dizziness, shaking
- More frequent illness from a weakened immune system
- Hives
- Psychological symptoms like anxiety, depression, or

- panic attacks
- Substance abuse
- Excessive gambling, shopping, or other compulsive behaviors



Chronic stress can also contribute to long-term problems with your immune, digestive, cardiovascular, and reproductive systems.

There are things you can do to manage stress and protect your health. Daily physical activity, positive thinking, and taking the time to set achievable goals can all help you manage day-to-day stress. Your doctor or a therapist can also evaluate your symptoms and determine whether medication or talk therapy might be appropriate for you.

Remember that stress happens in life. While you can't always control the sources of your stress, you can control how you respond to it.

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