



# SWIPE RIGHT FOR WRINKLES

Beauty influencers have found their newest enemy — and their newest cash cow. A recent Wall Street Journal report spotlighted the growing panic over “tech neck,” the horizontal lines that form across the neck from constantly looking down at smartphones. Influencers have swooped in with a parade of solutions: specialty neck creams, silicone masks, massage rollers, and futuristic LED red-light collars, turning a modern insecurity into a booming profit center.



But creased necks are just the opening act. Americans now average roughly five hours a day on their phones, and the body is keeping score. Digital eye strain — headaches, dry eyes, and blurred vision — affects millions who blink half as often while scrolling. Tilting your head down at 45 degrees puts up to 60 pounds of pressure on the cervical spine, leading to chronic neck and back pain. Then there’s the invisible toll: disrupted sleep from blue light exposure, increased rates of anxiety and depression, and studies linking heavy screen time to reduced gray matter volume in the brain.

So the next time an influencer sells you a \$90 neck serum, maybe just try looking up.



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**VICKI L. LOPEZ**  
MIAMI-DADE COUNTY - DISTRICT 5



My Miami and Miami Beach offices are open and ready to welcome you. If you have a concern, need assistance, or want to connect with County services, my team and I are here to listen and support you.

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**CONTÁCTENOS:**

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# The Patron Saint of Wi-Fi



The Catholic Church officially has a millennial saint. Carlo Acutis, canonized by Pope Leo XIV in September 2025, is believed to be the first saint born after 1980. Nicknamed “God’s influencer,” the English-born, Milan-raised teenager was a computer whiz who taught himself programming and web design, built a website cataloging Eucharistic miracles, and managed his parish’s digital presence — all before his death from leukemia in 2006 at age 15. Unlike the robed and haloed saints of centuries past, Acutis is typically depicted in jeans, sneakers, and a red polo shirt, often with a laptop. The Vatican has embraced his tech-savvy image, and a new mobile app inspired by his work launched earlier this year. He is widely regarded as the unofficial patron saint of the internet. Not bad for a kid who also really loved playing video games.




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