

HEALTH

I S S U E

An oceanic change has swept over national and international landscape, something swelling and churning for many years that, regardless of your sociopolitical orientation, seems with the recent election to have broken with all the force of a tsunami.

Regardless of whether we are now facing the collapse of Western civilization and the world as we know it or, instead, the prospect of becoming “great” again, a lot of people are feeling really antsy and uncomfortable these days. Nobody seems to feel fine. Anxiety is going through the roof. The forecast is uncertain.

For our annual Health issue, *EW* decided it best to take a look at quick, or at least quickish, routes to personal well-being — ways to relieve stress, to deal with input overload, to take the pressure off. Because, really, there’s no way to know what’s actually coming in the months and years ahead, but if you plan on sticking around, you might as well be in a decent and balanced frame of mind, to the extent that such things are possible.

Peace. — Rick Levin



NEW YEAR'S EVE
RACE: 11:59PM
This Saturday - Dec. 31, 2016

NEW YEAR'S DAY
RACE: 10:00AM
This Sunday - Jan. 1, 2017

RUN/WALK EVENT ON SCENIC COURSE. REGISTER FOR ONE OR BOTH EVENTS.

Go to: www.Level32Racing.com for event details and registration



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Here's to your
good health
in 2017!



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