

Did You Know?

(NAPS)— By using GeneSight, a genetic test to determine how your genes may affect your mental health medication, doctors can treat depression, anxiety, ADHD and other conditions more efficiently. Learn more from your clinician and at www.genesight.com.

According to Speedtest Intelligence results from Ookla, the global leader in fixed broadband and mobile network testing applications, 5G home Internet struggles to consistently maintain broadband speeds over 25 Mbps during peak times. Learn how cable or fiber-based Internet can help at www.5ghomeinternetreviews.com.

Eliminating the enticing flavors Big Tobacco uses to addict the next generation of users can mean a California where youth can enjoy the physical and mental benefits of a tobacco-free life. A free program, Kick It California, and the Tobacco Prevention Toolkit at kickitca.org can help.

Getting vaccinated or getting an updated vaccine if you've already completed a primary series is an easy way to prevent the worst outcomes from COVID. For more information and to find a vaccine near you, visit www.vaccines.gov.

Brushing and flossing are vital to maintaining a healthy smile, but if you want to expand your dental health from the inside out, consider vitamin and mineral nutritional supplements, advises Kiran Malhi, DMD, a dental consultant for Delta Dental of Washington. Learn more at www.deltadentalwa.com/blog.

A startling documentary by Exodus Cry, a leading global anti-trafficking nonprofit organization, reveals, on YouTube at beyondfantasy.com/watch, the porn industry's unethical behavior, coercion and abuse of teenage actors and viewers. Learn how to stop it at www.endteenporn.com.



When getting out lawn mowers, blowers, pruners, chainsaws, power washers and other outdoor power equipment from storage to work in your yard, it's important to put safe practices in place, advises the Outdoor Power Equipment Institute (OPEI). Learn more at www.LookBeforeYouPump.com and www.opei.org.

Poor quality indoor air, says the EPA, can aggravate asthma and increase the risk of other diseases. To breathe easier, get your air ducts cleaned by a professional from the National Air Duct Cleaners Association (NADCA). Find one and learn more at www.Breathing-Clean.com.

Poor quality indoor air, says the EPA, can aggravate asthma and increase the risk of other diseases. To breathe easier, get your air ducts cleaned by a professional from the National Air Duct Cleaners Association (NADCA). Find one and learn more at www.Breathing-Clean.com.

There is still time to surprise your Valentine with help from 1-800-Flowers. They offer a wide selection designed to win hearts on Cupid's big day with same-day delivery available nationwide.

A new book by a man who turned pain and danger into hope and healing offers surprising perspectives on race relations and how to improve them. "A Perspective on Race and Religion: A Pathway to Healing" by Gene Heil is available in paperback and on Kindle.