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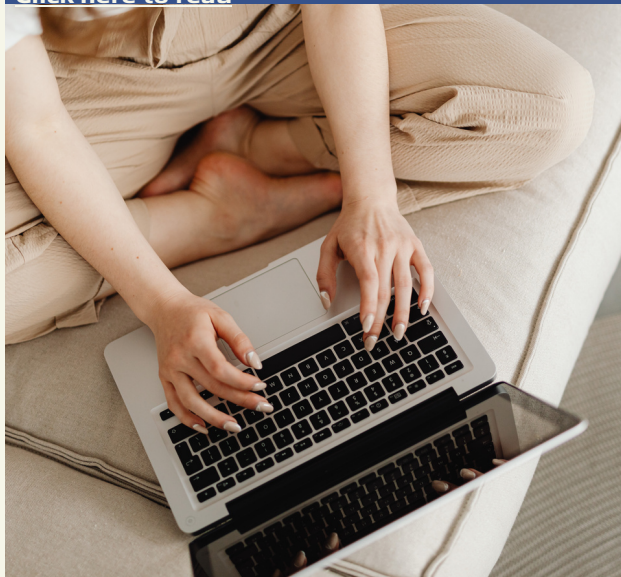


WHY TOO MUCH TIME ONLINE MAKES US UNHAPPY

BY KARA ALAIMO

Are you feeling crabby or stressed? Or are you not keeping up with your responsibilities at work, school or in your relationships? The reason could be that you're spending too much time online, according to research published Wednesday in the journal PLOS One...

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9 THINGS EXPERTS WISH YOU'D DO IN MIDLIFE TO INCREASE LONGEVITY

BY DANA G. SMITH

How you treat your body and brain in your midlife years, loosely defined as 40 to 60, can hugely influence how you age in the decades to come.

The seeds for many age-related diseases, including cardiovascular disease, diabetes, cancer and dementia, are sown in middle age, so it's important to start thinking about prevention early. And it takes a lifetime of healthy habits, not just a few weeks, to move the needle on your longevity.

"Midlife is the ideal time to make changes, not only to benefit you in the present, but also in the future," said Margie Lachman...

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HOW TO STOP PROCRASTINATING

BY JANCEE DUNN

Is there a more postponable task than getting a Real ID driver's license? I know I have to do it. I've made four appointments. And every time, the night before, I've canceled — for no other reason than I don't want to go.

I made my fifth appointment this week.

Though putting something off may feel, temporarily, like a relief, [decades of research](#) have shown an association between...

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THE SURPRISING WAY HOT WEATHER CAN AFFECT YOUR MOOD

BY RICHARD SIMA

Does warmer weather makes you feel down? Although it's rare — and much less common than seasonal affective disorder that can happen in winter — some people do have summer seasonal affective disorder.

A recent meta-analysis of 24 studies including over 32,000 participants estimated that 0.57 percent of people have summer SAD. (The prevalence of winter SAD was about 5 percent.)

The seasonal markers of summer — sweltering heat, oppressive humidity and allergy-inducing pollen — are likely causes. "It's a simple prediction to make that as the world gets hotter..."

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FEDERAL SURVEY SHOWS PROMISING TRENDS FOR YOUTH MENTAL HEALTH AND DRUG USE

BY DEVI SHASTRI

A key U.S. government report on mental health, substance use and addiction showed continued improvements in several metrics, especially among young people. There was some uncertainty about the future of the National Survey on Drug...

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COLORBLIND VIEWFINDERS MAKE APPALACHIAN STATE PARKS MORE ACCESSIBLE

BY DEBRA MURRAY

Virginia State Parks is the first park system in the nation to have a colorblind viewfinder at each one of its 43 locations — thanks to the dedication of one park ranger.

Ethan Howes, assistant park manager at Twin Lakes State Park, has a common form of colorblindness, which makes it hard to distinguish between red and green. In 2023, he was the chief ranger at Natural Tunnel State Park in Scott County, where he helped lead an initiative to install...

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