

CARLOS SANTANA COLLAPSES ON STAGE BEFORE SHOW

By Sharon Stice

SUGAR LAND, TEXAS—On Wednesday, April 23, Guitarist and Song leader, Carlos Santana's show at the Smart Financial Center in Sugarland, Texas was postponed after he collapsed on stage during a sound check. The following message was posted on Santana's webpage by, his manager, Michael Vronis:

"Santana is postponing his Oneness Tour 2025 show at Smart Financial

Center tonight, (Wednesday, April 23, 2025) in Sugar Land, Texas. Mr. Santana has tested positive for covid and is resting at his hotel.

As some of you are aware, we postponed last night's show in San Antonio. Unfortunately, out of an abundance of caution, this decision was made to also postpone tonight's show in Sugar Land.

Carlos experienced dehydration yesterday and has since tested positive for

covid. I am happy to report that Carlos is doing well and will be back on his tour this Friday in Thackerville, OK.

We appreciate everyone's well wishes and concern. Carlos is looking forward to seeing y'all very soon. Please hang on to your tickets. We will advise on the rescheduled show as soon as possible."

Carlos Santana, now 77, is the leader of his own band. He has kept a presence

on the rock n' roll stage for over 50 years. His fans say, if you ask him, he'll tell you he's the leader of the Santana band, and so he is.

Whether he's playing at the Hard Rock Café' in San Juan, Puerto Rico, or in Thackerville, Oklahoma, entertaining his crowd comes natural to him, because his fans say, he's just loving what he does best.

HOW CONVENIENCE CULTURE MESSES WITH LONG-TERM WELLNESS

By Staff

UNITED STATES—Everything today is built around speed. You can get food delivered in under ten minutes, answer work emails from your phone at midnight, and stream anything at any time of day. The goal seems to be doing more with less effort, but there's a cost, especially when it comes to health. Convenience often looks helpful in the moment, but over time, it changes how people move, rest, eat, and take care of themselves.

This shift doesn't always happen suddenly. It starts with replacing one thing for another, swapping a walk for a delivery app, a home-cooked meal for something prepackaged, or a break for one more task. The problem isn't that modern tools exist. It's how quickly they become replacements for habits that build well-being. Once routines disappear and decision-making goes passive, wellness turns into something that's maintained out of habit, not awareness.

Routine Gets Disrupted

Routines tend to disappear when every solution is designed to skip steps. The idea of slow mornings, repeated meal habits, or regular movement gets lost when everything can be adjusted instantly. Even the small things like making your coffee or preparing a quick breakfast are often replaced with mobile orders or prepackaged options that don't ask for much thought.

Take someone who starts grabbing a protein bar on the way out the door instead of sitting down for breakfast. That choice seems minor, but over time, it becomes the default. Their day now begins in "go" mode rather than with any real structure. As that habit sticks, movement, mindful eating, and even hydration become hard to track. This is why having a simple wellness routine matters. It's not about rules but about consistency that fits real life. That might mean sitting down for breakfast three times a week, taking a walk before work, or having a go-to snack that supports your energy. These types of routines don't need to be complicated to be effective.

Food choices play a big part in that, and pairing supplements with meals can support a health-friendly lifestyle. Someone with a steady eating routine might benefit from adding a multivitamin, omega-3s, or specific nutrients based on their lifestyle or goals. However, go for supplements from brands like USANA Health Sciences, as they offer good options.

Rest Gets Ignored

When everything is available all the time, taking a break starts to feel optional. It's hard to rest when work, notifications, and entertainment are just one click away. The result is people working late, checking in constantly, and avoiding downtime without even realizing it.

Picture someone working a full-time remote job who picks up extra freelance tasks because everything is handled through quick uploads, apps, or platforms. They start eating meals at their desk, answering messages after hours, and filling their nights with more screens. Nothing about their day allows space for actual rest. The tools that were meant to free up time end up filling every spare moment.

Food Loses Quality

Convenience food often looks like a solution—quick, simple, and consistent. But behind the neat packaging is a trade-off. These meals are designed to sit on shelves for long periods, which means they're full of preservatives and often missing a variety of fresh, whole ingredients. Over time, relying on them too often can change how someone eats.

Consider someone living alone in a city apartment surrounded by fast food, vending machines, and meal replacement bars. After a few weeks, cooking stops feeling worth the effort. They stick to what's easy to grab, even if it never really satisfies them. Eating becomes about convenience, not enjoyment or nourishment.

Boundaries Blur

Having access to everything all the

time removes natural breaks in the day. When work messages can come in at midnight or when you can scroll for hours without noticing, it becomes difficult to know when you're supposed to rest or recharge. This constant availability makes it hard to separate work from life or even recognize when your body is asking for a break.

A student might bring their laptop to lunch, finish assignments in bed, and wake up checking notifications. There's no real "off" switch. Even when nothing urgent is happening, the habit of being available leaves them feeling mentally overstimulated and physically tense.

Responsibility Slips

Meal kits, automated workouts, reminder apps—they all sound helpful. And sometimes they are. But when every part of wellness is handed off to something else, personal responsibility fades. It becomes less about building healthy habits and more about checking off a list made by someone else.

Imagine a person who relies entirely on a subscription meal service and a pre-designed fitness app. They follow it for months but never actually learn what types of food work for their energy or what kind of movement their body enjoys. When they stop using those services, they're stuck because they haven't built the skills or awareness to keep going on their own.

Movement Fades

Time-saving tools can seem like productivity wins, but they often cut out natural movement from daily life. Walking to the store, carrying groceries, or taking the stairs all get replaced by faster, less active options. Over time, even low-effort movement disappears, and with it, many of the physical and mental benefits come from staying active in small, consistent ways.

Picture a parent juggling a tight schedule. They start ordering groceries online, using delivery for everything, and booking appointments digitally. It's efficient, but after a while, they realize they barely leave the house during the week.

Movement becomes something they have to plan for rather than something that's built into the day. The absence of physical effort creates a noticeable dip in energy and mood.

Impulse Wins

Convenience gives impulse a fast track. One-tap orders, suggested products, flash deals—they all encourage quick reactions. That's not always a problem, but when health-related purchases or choices are made in a rush, they're often based on emotion, not need.

Take someone who scrolls through fitness ads late at night and impulsively buys gear or plans they'll never use. In the moment, it feels like a step forward. But those purchases don't reflect what they actually want or what they're ready for. Over time, these choices clutter routines and drain motivation.

Focus Suffers

With entertainment always a click away, it's harder to shut off. Constant stimulation from shows, videos, and scrolling shortens attention spans and pushes bedtime later and later. Even when people know they should rest, the habit of watching "just one more episode" or checking updates one last time pulls them away from recovery.

Imagine someone who falls asleep every night with a show running in the background. They wake up groggy, don't remember half of what they watched, and feel unrested. But the habit sticks because it feels normal. Awareness fades, and the pattern continues even when it's not working anymore.

Convenience isn't the enemy, but without awareness, it quietly rewrites how we take care of ourselves. It turns thoughtful habits into automatic ones, reduces movement, limits rest, and replaces intention with reaction. The promise of doing more in less time sounds appealing, but it often comes at the cost of consistency.