

Artifact 1: [Stranger Things injects over \\$1.4 billion into US economy: From tourism in Georgia to Eggo waffles](#)

Author: Kuhu Verma

Source: The Financial Express

Stranger Things injects over \$1.4 billion into US economy: From tourism in Georgia to Eggo waffles

Stranger Things Season 5: [Stranger Things](#) has become Netflix's biggest show. For nearly a decade, the sci-fi series has become a cultural phenomenon and garnered over 1.2 billion views on Netflix. With the Stranger Things Season 5 finale making huge waves on social media, it marks the end of an era of this decade-long saga. Since 2016, the show has created over 8000 jobs in the US and contributed \$1.4 billion to the GDP, as per a Variety report.

Stranger Things Season 5 came with its biggest opening for an English-language series, even before its release. The final season of the upside-down fantasy world even crossed other popular titles like 'Wednesday' and '[Squid Game](#)'. However, they rank above Stranger Things Season 4.

Stranger Things Season 5: Records broken

In just 25 days of its release, Volume 1 of the [final season of Stranger Things](#) gained over 102 million views. As stats predict record-breaking finale, the Millie Bobby Brown starrer ranks at No. 9 between Bridgerton's Season 3 and Night Agent Season 1. Given Netflix's parameters to measure the final viewership three months after a release, Stranger Things Season 5 might become number 1 by early 2026.

Overall, the final season of Stranger Things does rank as the most-watched title of the week in 90 of the 93 streaming countries. In fact, all four of its seasons dominated the top 10 ranking at once, across the month Season 5 debuted on Netflix.

Interestingly, the show made the song 'Running Up That Hill', released nearly four decades ago, rank among the Top 10 hits in the US. Used extensively in Season 4, the song that shields Max from Vecna became Kate Bush's first-ever entry to the list, along with Metallica's 'Master of Puppets' in the UK.

From waffles to games: How Stranger Things was so much more than cinema

As the finale hits the OTT screens near the end of 2025, the impact of Stranger Things stretches way beyond [Netflix](#). According to a Spotify report, several songs resurfaced after

the series was released, including Diana Ross' "Upside Down" (1980), which saw an increase in streams of 1,250% and Tiffany's "I Think We're Alone Now" (1987), which recorded a jump of 880%.

Similarly, [Gen Z](#) revisited the hits of The Chordettes' "Mr. Sandman" and ABBA's "Fernando" (1976). More than 200,000 users on the music streaming platform have created Stranger Things-themed playlists since its debut in 2016.

Not just songs, the series skyrocketed the interest of 'Eggs' – a snack popularly loved by Eleven. After the sudden popularity of the show, Kellogg's reported a 14% growth in the fourth quarter of 2017, with a continued effect in 2018. The board game played by the protagonists of the show, Dungeons & Dragons, also soared a newfound interest by 673%. Ahead of the release of the series finale, Nabisco released a Stranger Things-themed 'Chips Ahoy' cookie. The popular snack in the fandom world reached 11 billion impressions.

Any guesses why [tourism has boosted](#) in Georgia this year? Yes. It was Stranger Things. The popular Netflix show was shot in the city, which contributed to \$650 million to the state's GDP. More than 2000 vendors were involved in the production, followed by California, with a \$500 million boost in GDP from Stranger Things alone.

Artifact 2: [miss rosie](#)

Author: Lucielle Clifton

miss rosie

when i watch you
wrapped up like garbage
sitting, surrounded by the smell
of too old potato peels
or
when i watch you
in your old man's shoes
with the little toe cut out
sitting, waiting for your mind
like next week's grocery
i say
when i watch you
you wet brown bag of a woman
who used to be the best looking gal in georgia
used to be called the Georgia Rose
i stand up
through your destruction
i stand up

Artifact 3: [RFK Jr.'s new dietary guidelines end 'the war on saturated fats'](#)

Author: Allison Aubrey

Source: NPR

RFK Jr.'s new dietary guidelines end 'the war on saturated fats'

The Trump administration has unveiled a new food pyramid that stresses protein and whole foods and calls for an end to "the war on saturated fats."

Health Secretary Robert F. Kennedy Jr. has announced new dietary guidelines for Americans focused on promoting whole foods, proteins and healthy fats.

At a press conference Wednesday, the administration unveiled a new food pyramid with red meat, cheese, vegetables and fruits pictured at the top.

Kennedy described the guidelines as the most significant reset on nutrition policy in history, calling for an end to policies that promote highly refined foods that are harmful to health.

The guidelines will set limits on added sugar and encourage diets that include meat and dairy.

"Protein and healthy fats are essential and were wrongly discouraged in prior dietary guidelines," Kennedy said. "We are ending the war on saturated fats."

And they called for a "dramatic reduction" in the consumption of "highly processed foods laden with refined carbohydrates, added sugars, excess sodium, unhealthy fats, and chemical additives."

In an introduction to the new guidelines, Kennedy and Agriculture Secretary Brooke Rollins said, "we are reclaiming the food pyramid and returning it to its true purpose of educating and nourishing all Americans."

A food pyramid, which was narrow on the top and wide at the bottom, was introduced in the early 90s. Grains were at the bottom — a signal to eat plenty of them, and oils and fats were at the top, a signal to eat them sparingly. The USDA retired the entire pyramid concept in June 2011, replacing it with the simpler 'MyPlate' visual, introduced by First Lady Michelle Obama. Now, the plate has been retired, and the pyramid has made a come-back — but this time it's turned upside down.

"This approach can change the health trajectory for so many Americans," Kennedy and Rollins wrote, pointing out that more than 70% of American adults are overweight or obese due to a diet that has "become reliant on highly processed foods and coupled with a sedentary lifestyle."

For years, Americans have been advised to limit saturated fat, and the new pyramid is facing criticism.

"I'm very disappointed in the new pyramid that features red meat and saturated fat sources at the very top, as if that's something to prioritize. It does go against decades and decades of evidence and research," says Christopher Gardner, a nutrition expert at Stanford University. He was a member of the Dietary Guidelines Advisory Committee, which reviewed all the nutrition evidence. He's in favor of increasing plant-based sources of protein, such as beans, rather than emphasizing animal protein.

Both the American Heart Association and the Academy of Nutrition and Dietetics, which includes thousands of nutrition professionals, point to evidence that excess saturated fat is linked to heart disease. And the new guidelines do still include a long held recommendation to limit saturated fat to 10% of your daily calories.

The guidelines also elevate cheese and other dairy to the top of the pyramid, paving the way for the option of full-fat milk and other dairy products in school meals. There's growing evidence, based on nutrition science, that dairy foods can be beneficial.

"It's pretty clear that overall milk and cheese and yogurt can be part of a healthy diet," says Dariush Mozaffarian, a cardiologist, a public health scientist and the director of the Food is Medicine Institute at Tufts University. "Both low-fat and whole-fat dairy versions of milk, cheese and yogurt have been linked to lower cardiovascular risk," he says.

"What's quite interesting is that the fat content doesn't seem to make a big difference," Mozaffarian says.

And while whole grains are pictured at the smallest point at the bottom of the new pyramid, the guidelines instruct Americans to "prioritize fiber-rich whole grains." There's now a sharp distinction between whole grains and refined grains. The guidelines recommend two to four servings per day of whole grains, while significantly reducing the consumption of highly processed, refined carbohydrates, such as white bread, ready-to-eat or packaged foods.

Mozaffarian says he supports the recommendations to lower consumption of highly processed foods. "Highly processed foods are clearly harmful for a range of diseases, so to have the U.S. government recommend that a wide class of foods be eaten less because of their processing is a big deal and I think a very positive move for public health," he says.

While the guidelines do not use the word ultra-processed, they do stress that Americans should eat, "real food that nourishes the body." And they recommend no amount of added sugar for children under the age of 10.

The new guidelines also include changes to alcohol recommendations, removing specific daily limits, previously up to one drink a day for women and two for men. Instead, the guidelines simply state: "Consume less alcohol for better health" — without specifying any amounts.

In addition, the guidelines lists who should completely avoid alcohol including pregnant women, people recovering from alcohol use disorder and those who are unable to control the amount they drink, and people taking medications or with medical conditions that can interact with alcohol.

Though most Americans don't read the dietary guidelines, they are highly influential in determining what's served in school meals and on military bases, as well as what's included in federal food aid for mothers and infants, as the guidelines set targets for calories and nutrients.

Artifact 4: [Girl with a Pearl Earring](#)

Artist: Johannes Vermeer (1632-1675)

