```java
package com.trendsphere;

import org.springframework.boot.SpringApplication;
import org.springframework.boot.autoconfigure.SpringBootApplication;
import org.springframework.web.bind.annotation.GetMapping;
import org.springframework.web.bind.annotation.RestController;
import java.util.List;
import java.util.ArrayList;

@SpringBootApplication
public class TrendSphereApplication {

    public static void main(String[] args) {
        SpringApplication.run(TrendSphereApplication.class, args);
    }

    // Controller to manage all endpoints for news and blogs
    @RestController
    public static class ContentController {

        // Endpoint to fetch Latest News
        @GetMapping("/api/news")
        public List<String> getLatestNews() {
            List<String> news = new ArrayList<>();
            news.add("Global Economic Trends in 2024");
            news.add("Breakthrough in AI Technology");
            news.add("Top Health Trends You Should Follow");
            return news;
        }

        // Endpoint to fetch Trending Blogs
        @GetMapping("/api/blogs")
        public List<String> getTrendingBlogs() {
            List<String> blogs = new ArrayList<>();
            blogs.add("How to Travel the World on a Budget");
            blogs.add("10 Wellness Habits to Start Today");
            blogs.add("Exploring the Future of Technology");
            return blogs;
        }
    }
}
```