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## Happy Thanksgiving!

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**Why You Should  
Watch Your Sugar**

**When Should You  
Buy Your Flights  
for the Holidays?**

**Classic Thanksgiving  
Traditions**

See recipe  
for this pie  
on page 15!





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# Our Mission

Your Health, Wealth & Happiness explores the truth and facts not only within, but beyond the confines of your health, personal wealth, and individual happiness. We have one goal; to bring you the information you need to live a healthy, wealthy, and happy life. We find simple tricks to improve your health, and long term goals to stay on top of it. In this new age of ever expanding technology, there is an endless supply of new recipes, health care improvements, new operations, machines, vaccines, cures, research, even robots, and more. Keeping on top of Your HWH is crucial to living the best life possible. Cheers to growing a more healthy, wealthy, and happy lifestyle.

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# The Eight Commandments of Dialysis

By Veronica Golden

## 1. Be patient with your body.

Often times there is an adjustment to dialysis when you first start. Your body is used to accumulated toxins in your body. Sometimes you feel worse before you feel better. There are bumps in the road for even the most "seasoned" dialysis patient- including vascular access issues, side effects from medication, etc. Make dialysis a priority and your issues will become less and less.

## 2. Educate yourself about dialysis.

Know the diet and fluid restrictions. Talk to the Doctor, Dietician, and Nurses if you have questions. You will feel more comfortable, in control, and at ease when you know about how your kidney functions and the job the dialysis machine is doing.

## 3. Acknowledge the support you have.

It's not easy to come 3x/week for 3.5 hours per treatment, especially if you have other obligations. Say thank you and cherish those who may drive you, or buy you a snack, or ask how you are doing. Somebody cares about you, and it's that TLC that helps to keep you going at times when you feel burdened or frustrated.

## 4. Mental health

If you've been feeling depressed or anxious, reach out to the Social Worker at your dialysis center for help. We can help you resolve issues you're having in the moment, and we can refer you to ongoing counseling sessions, if you're willing. There is the Kidney Support Group offered every 3rd Thursday of the month on the 3rd floor in Conference Room C at ECMC Hospital. There are also many options of counselors in the WNY region that you can be referred to. The more you express your feelings, the better you will feel.

## 5. Make sure you have a ride to dialysis.

There are different options including Medicaid taxi, NFTA Bus or Paratransit, Erie County Senior Van, or family/friends. Some factors that need to be considered are if the person in the chair in front of you has complications or if you need extra time to stop bleeding (reference Commandment #1).

## 6. Insurance Changes

Be aware that insurance providers change their plans occasionally due to a number of different factors. Consult a professional when you have to or need to change your insurance company or plan to have better coverage of prescription medications or co-pays for medical visits. Erie County Senior Services has an insurance expert who can be reached at 716-858-7883 if you have further questions about which insurance plan will benefit you most with your medical needs.

## 7. Befriend at least one other person on dialysis.

While your waiting in the lobby or at the scale, say "hi" or "How are you doing?" to someone you see. We all have something in common. It's nice to know someone and build a rapport

with someone while you're here -it will make those 3.5 hours easier to bear.

## 8. Don't be afraid of the HCP question.

It's important for everyone, whether on hemodialysis or not, to have a Health Care Proxy (HCP). Accidents are not scheduled and unfortunate circumstances are not planned. That's why it's important to have a plan in place that is discussed with your family member or friend so there is less confusion when decisions have to be made and you cannot speak for yourself.



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# DIABETES AWARENESS

*Different types of Diabetes include prediabetes, type 1, type 2, and gestational*



*Type 2 Diabetes is the most common form of Diabetes*



*30.3 Million Americans have Diabetes  
(23.1 million diagnosed, 7.2 million undiagnosed)*



*1.25 Million American adults & children  
have type 1 Diabetes*

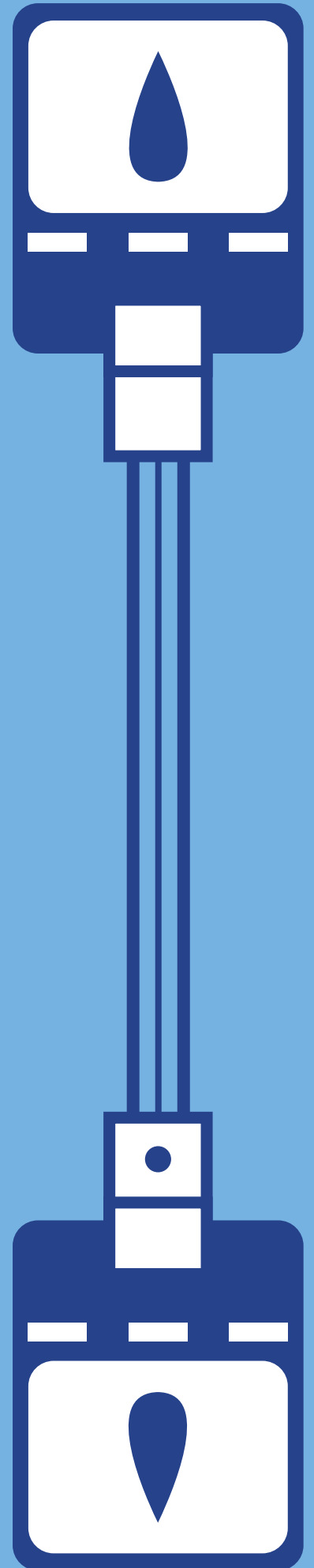


*1.5 Million Americans are diagnosed  
with Diabetes every year*



*Diabetes is the seventh leading cause  
of death in the United States*

*Source: American Diabetes Association*



# Keeping Fit During the Holidays

By Katy Siwirski

With Halloween ending and the holidays approaching, now is the time to focus on keeping up on your physical health. You're trying to avoid that big pile of candy, and you're worrying about finances for the upcoming holiday season. The approaching time of festivities is typically a stressful time, so what can you do to stay physically fit and active during this chaotic time of the year? Follow these tips for a healthy holiday season.

## Plan Ahead

Most people travel for the holiday season, and planning ahead can make a world of difference. Do some research on the area in which you are traveling to. Pack some warm clothes, and look for some walking trails nearby. Are you staying with family members? Ask them if they have any fitness equipment in their home. Ask near-by gyms if they allow guests to use their facilities. Talk to your family ahead of time and suggest doing something physically active together to make it more fun and interactive. The key point is, plan ahead! Things are bound to change while traveling, but you have already made your commitment to exercise, so stick to it no matter what.

## Use Every Opportunity

Planning and preparing ahead of time is nice, but plans can get messed up during the holidays. If it seems impossible to get some kind of work-out in, think outside the box. Walk as much as possible. Take a few extra laps at the mall. Use stairs instead of the elevator or escalator. Play a game of football or hide and seek with the kids. Watching a game of football? Get on the floor and start doing some sit-ups or push-ups. If you lack lifting equipment, pick up some full water bottles or soup cans for a quick lateral or overhead exercise.

## Make It Official

Are you afraid of staying dedicated to a workout routine? Sign up for a race, competition, or awareness walk. Not only are they for a good cause, but they're also good for your body! A simple walk or run goes a long way. Plan a hiking or biking trip, if the weather is accommodating in your area. Start a tradition with your family that you have to stick to. Invite family and friends to your gym for their latest exercise class, or to do a simple cardio workout. Most gyms offer deals and specials during the holidays, so this is the best time to get out and be healthy!

## Treat Yourself

No, we do not mean treat yourself to that last piece of pumpkin pie! If within a reasonable budget, invest in some new workout clothes or fitness equipment before Thanksgiving to boost that motivation needed to stay active during the holiday season. Don't forget to get your friends and family involved! Plan workout routines with your best friend, parent, sibling, or cousin. You'll be more motivated to work out if you have some motivation by your side. Take a bike ride or walk together. Do some research on group activities that are both fun and stress-relieving.

Don't let the stress of the holidays ruin your potential at staying fit and active. Use the tips and suggestions listed above to keep a positive outlook during a tense time of the year. Remember, the holidays are meant to be full of fun and cheer! So, put down that Halloween candy, and get out there and make yourself proud!



# Holiday Happiness for Diabetic Patients

By Diane Woolverton

With the holiday upon us, people with diabetes may find it difficult to resist all those holiday sweets and yummy temptations. It may be easy to turn away from the candy offered in the mall as we shop, but when it comes to sitting down to those scrumptious holiday meals desserts may be hard to refuse. If you follow a smart plan, you may be able to have the best of both worlds.

Whether you have diabetes or not, a good rule for anyone to follow is to not go overboard. If you choose to have that piece of pie, cut back on your serving of mashed potatoes. In other words, watch those carbs! Worrying about gaining weight can in itself raise blood-sugar levels, so if you want a dessert remember to reduce the amount of carbohydrates you consume. To fulfill both desires, try having a half serving of each, but not a full serving of both.

Planning ahead is important to your holiday success. Decide ahead to only have that half serving of dessert and don't feel guilty about saying, "No thank you" to the pressures of people wanting to serve you more food. Volunteer to bring a low-sugar desert and don't take a holiday from your daily exercise. Contact WNY Medical, PC at 716-923-4380 for information on gaining more tips, or stop in at the office at 4979 Harlem Rd.



# Why You Should Watch Your Sugar

By Shahneel Ahmed

Naturally occurring sugar is found in foods that contain carbohydrates, such as fruits, vegetables, grains, and dairy. Consuming this sugar is not harmful to one's health. The body digests foods that contain natural sugar slowly, and the sugar offers a steady supply of energy to the cells of the body. Consuming too much added sugar is harmful. Sugar is made up of glucose and fructose.

Although glucose is an essential nutrient and can be metabolized by most of the body, fructose is not. The liver is the only organ that can metabolize fructose. When large amounts of fructose are consumed, it gets turned into fat. The liver already has enough glycogen. Some of the fat may get transported out of the liver. The fat that gets left in the liver may build up over time and lead to Non-Alcoholic Fatty Liver Disease.

In addition, most high-sugar products contain very little essential nutrients. Those who consume such high-sugar products instead of more nutritious foods may develop a deficiency in many important nutrients. High-sugar products are often called "empty" calories due to their inefficient and minimal nutrient content. The fat that is produced in the liver gets transported out as Very Low Density Lipoprotein (VLDL). These are high in triglycerides and cholesterol.

According to HealthLine, people were assigned to drink 25% of calories as either a glucose-sweetened drink or a fructose-sweetened drink for 10 weeks in a controlled study. Those who consumed the fructose-sweetened drink had an increase in blood triglycerides, glucose and insulin, and fat in their abdominal cavity, compared to those who did not consume the drink. Such effects may lead to obesity, heart disease, diabetes, and overall poor health.

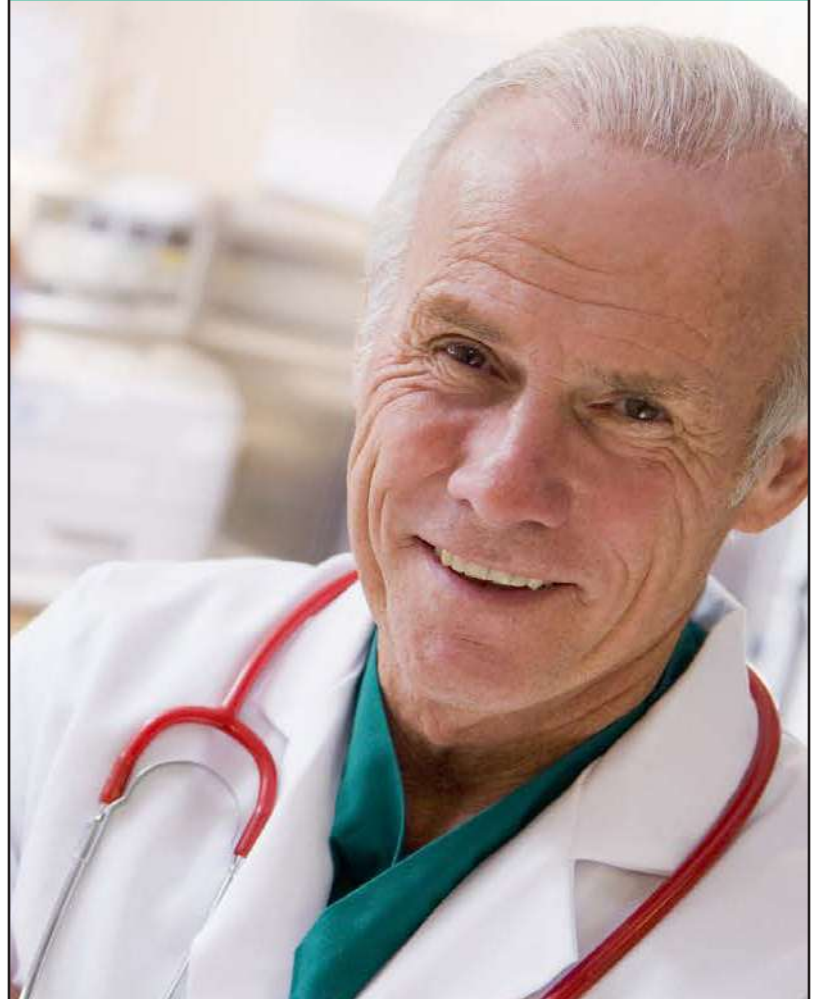
Sugar also causes a resistance to the hormone Leptin, which is secreted by our fat cells. Leptin functions as a signal to tell the brain when we are full. When leptin resistance occurs, the brain thinks that the body's fat cells are empty and that the body needs to continue eating. Sugar can also affect one's teeth by causing cavities. The bacteria that cause cavities thrive by consuming the sugar left over in the mouth. Sugar is also known to cause inflammation within the body. Therefore, high sugar consumption can worsen joint pain and increase one's risk of developing rheumatoid arthritis. Furthermore, the inflammation caused by high sugar consumption may make one's skin age faster.

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ECMC, Department of Health and Human Services (HHS) conferred Three Stars on ECMC's Outpatient Dialysis services and Successful 5-year reaccreditation



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## Stock Picks Trending This Season

By Oliver Clarke

Friday, November 23rd, 2018 is the day after Thanksgiving, also known as Black Friday. Major retail brands will hold massive sales, both online and in-store, for shoppers preparing for the Holiday Season. Shoppers will turn out in droves. Over the course of the 2017 holiday season, the average shopper spent \$967.13, for a total of \$682 billion. Retail stocks rise ahead of Black Friday, anticipating significant highs for the holiday season. It may be a good idea, therefore, to buy in early November, when the sales are just starting, and sell later in the month or in December, capitalizing on the strong Q4 retail performances.

Large chains, such as Macy's (M), Walmart (WMT), and Target (TGT), are always good bets. Five Below (FIVE), Skechers (SKX), Express (EXPR), and Urban Outfitters (URBN) have all performed well, and are expected to perform well this holiday season, too.

Skechers in particular may be an attractive choice for the beginning investor, as the stocks are currently rather low—for the past 6 months, the price has not exceeded \$35 per share, however, they did much better late October 2017-early April 2018, and company stock buybacks indicate that it will rise again. This may actually be a stock to hold onto, rather than a quick turnaround. The holiday season is not only known for retail sales, but for travel, as well.

Spirit Airlines (SAVE) has a more modest 5-year returns, just 3.10%, but their 1-year returns was a staggering 39.26%. SAVE would have been better to buy in May or June, but the stock is still not the highest it's been in recent years, which was about \$60, in December 2016 and again in May 2017. Over the past year, its percent increase/decrease curve seems to follow Southwest Airlines' (LUV) fairly closely, despite being a much smaller airline. Take from that what you will.

Allegiant Travel Co (ALGT), however, is currently experiencing a low price, at about \$122 at the time of writing. Merrill Lynch's analyst Andrew Didora approves of this stock in the long-term, and believes their strategy of switching to all Airbus planes will increase reliability and fuel efficiency, while decreasing their maintenance costs.

American Airlines (AAL)'s stock price is at a 52-week low, at barely over \$30 a share. Buy quickly, because AAL will likely not stay low for long. Didora expects a third-quarter rise of 3.5% in revenue per available seat mile, above the company's expectation of 1-3 percent, and a continuation of growth in the fourth quarter by 3.3%.



# Debit Vs. Credit: Which Should You Use?

By Brandi Aurelio



In today's day, the amount of people carrying cash is rapidly decreasing. With that, more and more people are turning to plastic to make their purchases. More specifically, debit and credit cards. But both debit cards and credit cards come with pros and cons. Let's delve into the specifics on both.

Think of debit cards like a plastic check. Unlike credit cards, when you swipe your card, the money is taken directly out of your bank account. With credit cards, it is like a loan from the credit card company that you repay at a later date. Your credit line is determined by the company based on your credit history and your income and is used to help you build credit, which you need for pretty much anything these days. Because a debit transaction is coming directly out of your account, you are less likely to overspend than with a credit card where you'll be making a repayment later. On the other hand, a later repayment might be exactly what you are looking for. Sometimes, with larger purchases, being able to pay that off on a different day could be beneficial if you do not have the funds in your bank account at that time. But credit cards almost always come with a little thing called interest. The company will charge you a certain percentage of interest on what you owe them. Debit cards do not do that.

Credit cards do seem to entice people because of the rewards and benefits that many companies tend to offer their users that do not come with using debit cards. Things like a certain percentage of cash back on purchases, points with each purchase, and mileage points could be offered. There could also be a sign up bonus offered, often in the form of cash. That in itself is exciting. Credit cards also offer no holds when being used for things like hotels and car rentals when traveling. Imagine not being able to rent a hotel room for your family because the car rental company placed a large sized hold on your account and there isn't enough left to cover the room. That is a very real possibility when using your debit card for those purchases. You don't have to worry about that when using your credit card.

Finally, let's talk fraud when it comes to both credit and debit cards. With debit cards, fraud can be devastating. If your

card falls into the wrong hands, it is your own hard-earned money that they are spending. The Federal Trade Commission says, if you report your card lost or stolen within two days, the maximum loss that you could be responsible for is \$50. If you report in after more than two days the maximum loss could be up to \$500, and if you report it more than 60 days later you could be responsible for the full amount lost. With credit cards, it is the company's money that they are spending, not yours. There is limited liability on your end.

Chime Bank has offered these tips to help protect your debit card from fraud. First, don't share your PIN with anyone. Keep that information to yourself. This includes protecting the PIN pad when entering your PIN number. Review your transactions often. This will help you to notice as soon as something seems off or if there is a purchase on your statement that you know you did not make. Often times your bank will offer fraud alerts. Sign up for these. They can inform you if something seems off with your account and how it is being used. Finally, only carry around the cards you need. That way, if they are lost or stolen you still have backups at home until new ones come in.

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# When Should You Buy Your Flights for the Holidays?

By Canney Savanney

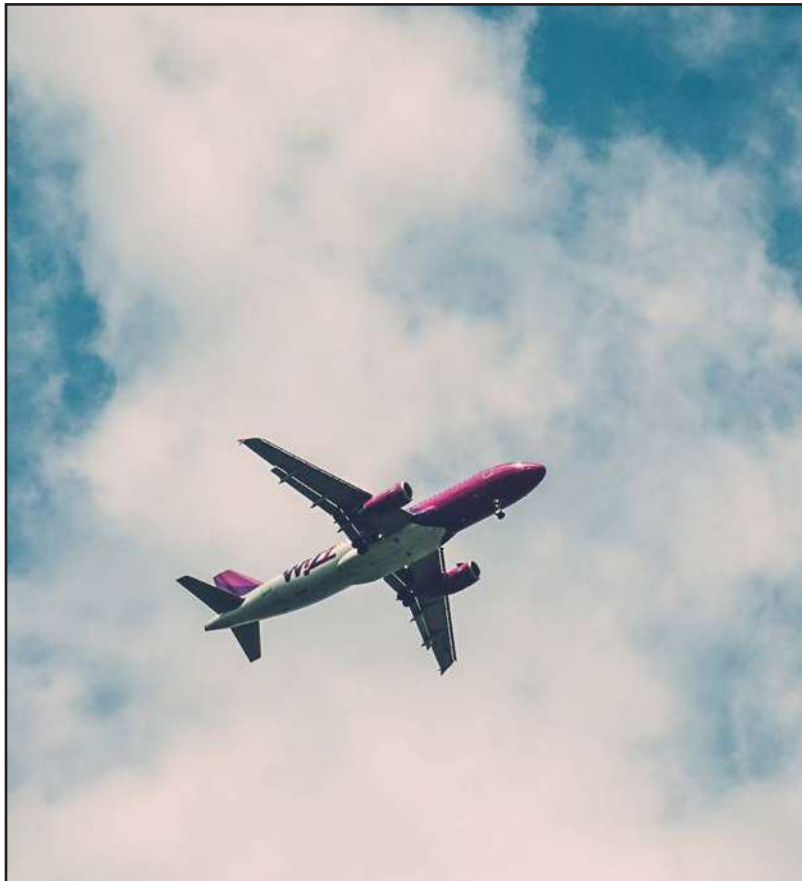
You are still munching on your children(s)/siblings(s) candy while you tune into your local radio station and hear the all too familiar tunes of holiday music. You haven't even had a chance to put away Casper and they've already got you flying in on a sleigh ride to the next holiday, surpassing good old butterball. The holidays can be at times outrageously expensive, but it doesn't have to be. Fear not! With these tips, you will not go bankrupt trying to make it home in time for the Holidays.

## 1) Sign up for newsletters

Believe it or not, many airlines still have newsletters that have great savings. They include flash sales that last for a few hours, but if you are lucky enough to catch one, you'll save a bundle. Look into an airline you like to fly with and keep a watchful eye out for their specials. If you hate being bombarded by emails, you can always mute the emails you receive. Better yet, create a special folder keeping them separate from your inbox so that doesn't become flooded, just don't forget to look at them for those deals.

## 2) Don't book too far in advance

This seems very counterintuitive to most people. The earlier you book, the better your deal will be, right?. That is not necessarily the case. It can absolutely be beneficial, but sometimes airlines have major deals right before the flights to make sure their seats are filled.



If you are still planning on flying home for Thanksgiving I would highly recommend looking at flights to book on the Monday (November 19th) before Thanksgiving, according to recent studies done by CheapAir. The average flyer could save as much as \$40 per ticket.

The same concept applies for Christmas. The best time to book your flights would be the Wednesday (December 18th) before the holidays. If you book your flights on one of these days, you will be getting the most bang for your buck. Sometimes procrastination pays off.

## 3) Set up alerts

If you do not feel like signing up for the newsletters or gambling at booking a last-minute flight, then investigate in setting up alerts. Many sites allow you to sign up for alerts for different airlines and their deals. Various options include Google Flights and Expedia. They will be able to cross compare multiple flight deals for you at once, and let you know when a great opportunity pops up.

## 4) Clear your Cookies

Often when people are looking to book flights they constantly go back to the same page. When you do that, your computer stores that memory in your history. It builds up cookies and cached data. When this occurs, finding a great deal might become harder because rates might only ever seem to go up and not fluctuate at all. When this occurs, go to your settings on your web browser and scroll down to clear browsing data. This will clear your history, cookies, other site data, cached images and files. Doing this might increase your chances of finding a better deal.

It helped your Savvy Shopper once in booking a flight from Buffalo to San Antonio, saving me about fifty dollars. If you do not feel like losing the saved data in your browser then I recommend opening a new browser in the form of incognito mode. To do this right click on your browser and select incognito mode. You will still be able to use it as you would any other browser but without the cached data being saved or cookies to your history.

When in doubt, planning to travel for the holidays does not have to be a huge undertaking. The holidays are already stressful enough with everyone always asking precarious questions that you still do not have new answers to from last year. Just make sure you secure some of your sanity by not paying an arm and leg to make the journey home.


If you have a topic in mind you would like your Savvy Shopper to write about next month make sure to submit the request to [submit@yourhwh.com](mailto:submit@yourhwh.com) and address it to Savvy Shopper on what you would like to have covered. Until next time readers, have a Happy Thanksgiving!



# Conversations Beyond the Thanksgiving Table

By Susanna Schenk

## EPIC



### Every Person Influences Children

The holiday season is quickly approaching and it's the time of year when we stop our normal day-to-day busy lives to celebrate with our friends and family. No matter what you celebrate at this time of year, it very often includes a meal and conversation. For example, some families have the tradition that on Thanksgiving everyone shares what they are thankful for. It may be one of the only times in a year when everyone sits down and enjoys a meal together.

Most of us will agree that this is a wonderful time to reflect and share special thoughts and memories with those people near and dear to our lives. But why wait once a year? In fact, the practice of sitting down, eating a meal and sharing a meaningful conversation is one that shouldn't be reserved for only holidays and special occasions. In our crazy daily lives of work, school, activities, sports, and social commitments, family meal time becomes more and more difficult to fit in. The half-hour to hour that you take to sit down without devices and focus on meaningful conversation can be some of the best time spent in your day. Young children are eager to talk about things that interest them and to have an adult's attention. These conversations help set the foundation for future conversations as your child gets older.



It may not be a nightly dinner. You may have to wait for car rides, bath time or before a bedtime story, but make sure to take the time to talk. If you ask what your child did in school today the answer is often "nothing". Instead, start with more open-ended or guiding questions and you will often learn a lot more. Here are some suggestions to create

meaningful conversations beyond the holiday table that will make you thankful for your relationship with your child each year.

#### Conversation starters:

- o What did you do today that you are proud of?
- o What mistake or challenge did you make or face today?

- o Tell me one thing you saw today that you really liked?
- o If you were in charge of the cafeteria what would you do?
- o Can you explain how lunch at school is different from our table...which do you like more...why? What is the same?
- o If you could sit with anyone in the world at lunch who would it be? Why?

**For the following statements fill in your answer and then follow up with - "How about you?"**

- o I'm so thankful for/that...
- o I wish...
- o One place or thing I would love to see...

#### Conversations help develop many important life skills:

- Language and vocabulary development
- Listening skills
- Respect for others' points of view
- Thoughtful reflection or debate
- Ability to express thankfulness for what you have and value
- Learning from mistakes and it's okay if they happen
- A sense of humor
- Most importantly, preparation for future social meals in school and on into adulthood

For more helpful parenting tips follow us on our social media pages: Instagram, Facebook and Twitter.



# Review of Hold the Dark, a Netflix Original Movie

By Webster Tilton

The film 'Hold the Dark' tells a story that at first appears bleak, savage and dark. But by the end the viewer is made to understand that this story is something much more frightening and sobering than that; it is indifferent.

In 2004, a retired naturalist and wolf expert named Russell Core travels to Alaska after receiving a letter from a mother, in childlike handwriting, asking him if he will come and look for her missing son who she believes was taken by wolves. Core makes the trip and meets the mother, Medora Slone. She entertains no hope; not of finding her son alive, or of anything else. Her husband who promised to never leave her went to war in Iraq leaving her to care for a sick child alone in a place that is both stunningly beautiful, and painfully lonely.

Slone asks Core if he has any family. Core tells her that he is estranged from both his wife and daughter. He has no one waiting for him. Spoilers ahead. My verdict, up front is this: Watch this movie, be aware that it is violent, dark, and somewhat disturbing. But it achieves these things because it is very, very good.

Core discovers the boy dead in his mother's basement and she flees. In Iraq the boy's father, Vernon Slone, casually kills one of his own men who is assaulting a local. He returns home and learns of his son's death. When police at the morgue assure him his wife will be caught, Vernon calmly murders them before stealing his son's body with the help of an Inuit friend named Cheeon. Cheeon assures Vernon that he understands what he needs to do and promises to buy him some time, which he does by attacking the police with a machine gun when they come to Cheeon's house to ask where Vernon is and why he killed the officers.

Before the gunfight Cheeon (more or less) explains to the police chief why Vernon did what he did and why he is helping. Go watch the movie to understand it completely, it's worth it. It is enough to say here that wolves do not have a moral code.

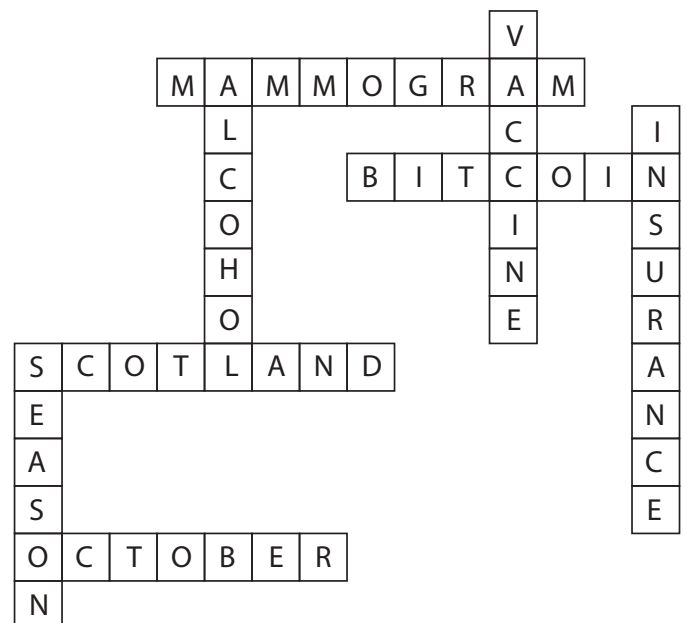
And therein lies the point; Human nature, and the world in general, is savage. Cheeon despises the police but he kills them only because they're in Vernon's way. After all morality is fake. In nature anything is permissible. Only Vernon and Cheeon (and possibly Medora) understand this.

As things progress we become increasingly aware that the people tracking Vernon aren't equipped to deal with him. Not because he is a well trained and deadly soldier, but because there simply isn't anything he won't do. The ending isn't ambiguous, but it is (deliberately) unresolved.

Don't let this scare you. Hold the Dark creates an atmosphere so potent, with high quality performances and excellent production value, that you will be pondering it long after you're done watching.



## October 2018 Crossword Puzzle Answers!



How did you do?



# Classic Thanksgiving Traditions

By Lauren Antkowiak

Thanksgiving has sort of fallen to the wayside in recent years. Everyone wants to jump right into the Christmas holiday without properly celebrating the Thanksgiving holiday. With stores being open for Black Friday earlier and earlier, some even dubbing it Grey Thursday, there is no time to sit down and really enjoy this holiday. I personally love Thanksgiving and I think it is time to bring it back and its time-honored traditions.

For me, the most important part of Thanksgiving is the people you spend it with. Thanksgiving is the busiest travel day of the year which just goes to show how people make the effort to spend it with loved ones. Once you are all together, find things to do and ways to connect with those you don't see as often. Watching the Macy's Thanksgiving Day Parade or one of the various football games is a good way to relax and catch up with each other. A tradition with my family is to watch Thanksgiving themed episodes of our favorite T.V. shows. Other great bonding moments include getting outside for some fresh fall air, such as playing a friendly game of football in the yard or going for walks after dinner.

Turkey, mashed potatoes, stuffing, sweet potatoes, cranberry sauce, and pumpkin pie are just a few of the staple of a Thanksgiving dinner. Many use recipes that have been passed

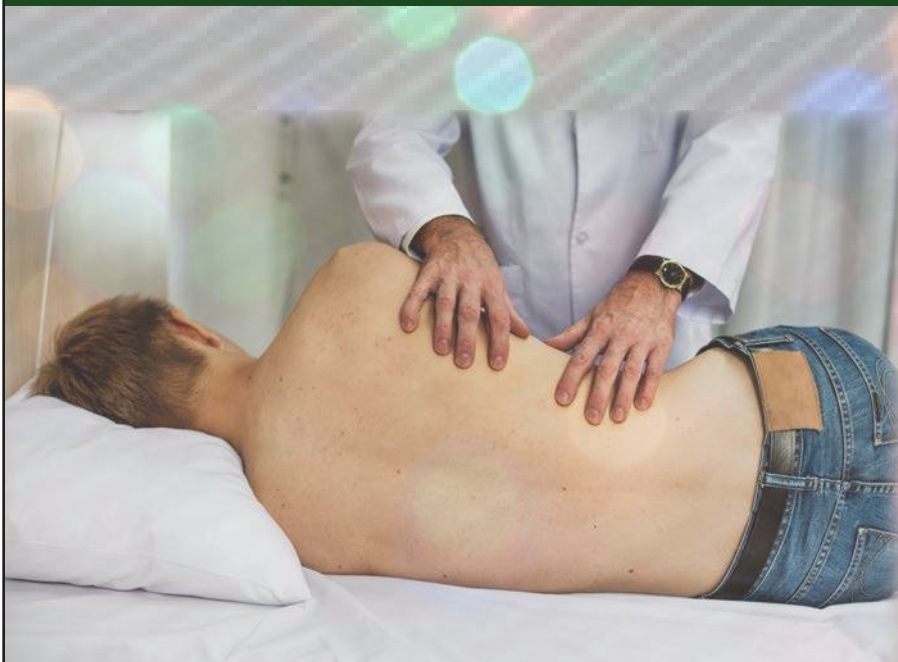
down from generation to generation. Others stick to the traditional menu but add something that's unique to their family. Since the dinner table is at the center of the day, many have special centerpieces or tablecloths that they use each year. There were a lot of kids in my family growing up and we couldn't all fit at the same table. So, the tradition in my family was to have a separate kids table. We continue this tradition even now that we are older to have time with just us kids.

Other traditions are independent from family and the Thanksgiving dinner. Early in the day many cities host the annual Turkey Trot. This has been a popular Thanksgiving Day event in Buffalo, with it taking place again this year at 9:00 am on Delaware Avenue. Thanksgiving is the official kickoff to Christmas, so after giving their all to Thanksgiving and those traditions, some immediately start their Christmas traditions. In my house, we watch our first Christmas movie of the season as everyone relaxes after eating too much. For others it means putting up the Christmas tree or other décor.

Whatever your tradition, focus on it this year and appreciate the time you can spend with your loved ones. Create new memories and maybe even some new traditions that you can pass down to the next generation.

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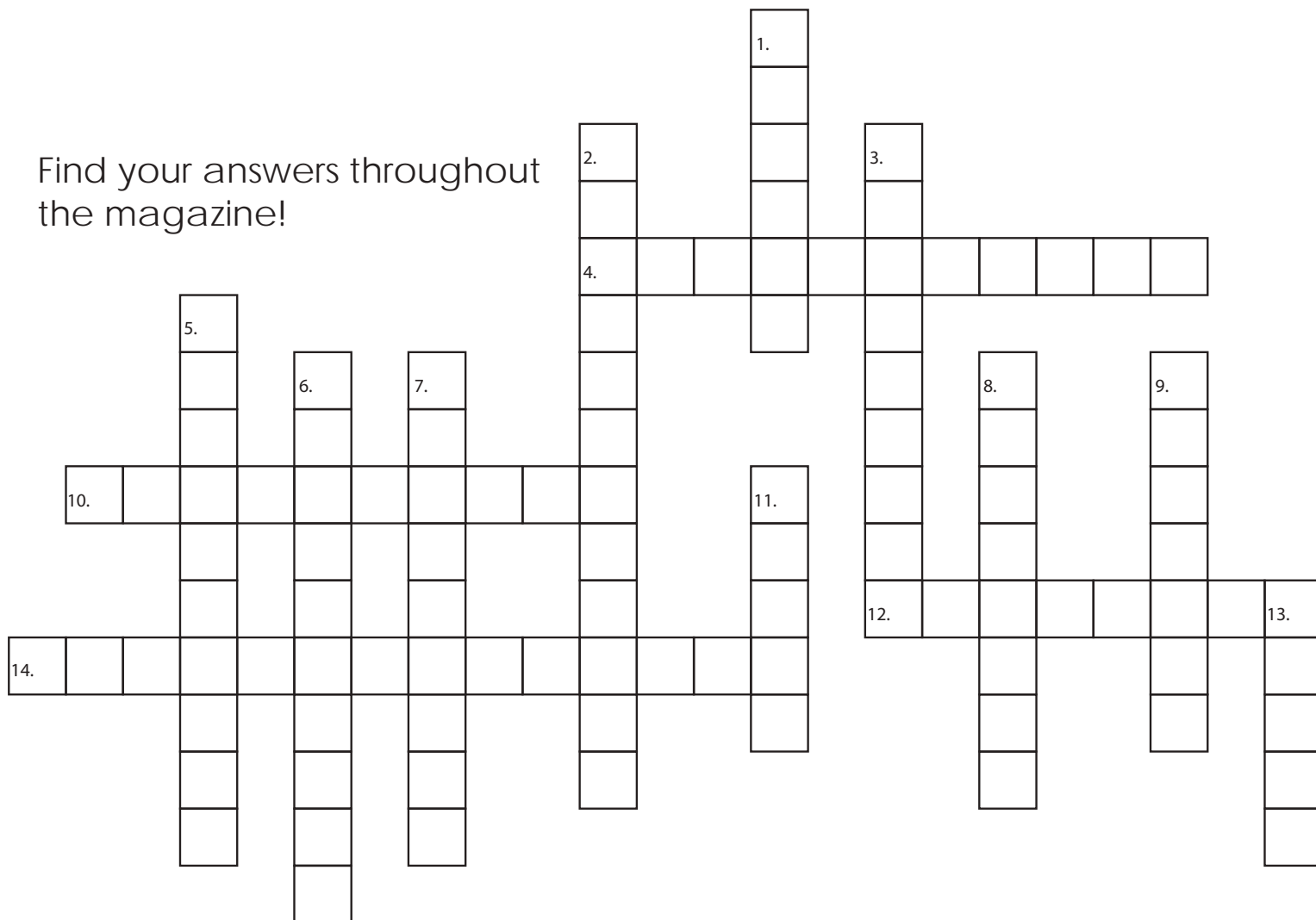
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# November Crossword

## Thanksgiving Foods

Find your answers throughout the magazine!



### Across

- 4.) This can be had as pie or as fries.
- 10.) This is steaming, sweet, gooey dessert made from a common fruit.
- 12.) This side dish is typically cooked inside of the main course.
- 14.) Out of a can is always better than homemade!

### Down

- 1.) Light meat or dark meat?
- 2.) This side dish is almost as fun to sculpt as it is to eat.
- 3.) This green side dish is often served wrapped in bacon.
- 5.) A dessert best served with cinnamon and whipped cream.
- 6.) A round appetizer typically served with crackers.
- 7.) A crumbly side dish best served warm with honey or butter.
- 8.) \_\_\_\_\_ and gravy.
- 9.) Rice or bread \_\_\_\_\_.
- 11.) This common fall drink is made with a press from a fruit.
- 13.) Served steaming, fresh out of the boat.



# November 2018 WNY Events

**Veterans 5K and 10K Race:** November 3rd from 9:00 AM to 1:00 PM at the Templeton Landing Restaurant in Buffalo, NY. For more information, please visit [buffaloparadigm.com/veterans-race](http://buffaloparadigm.com/veterans-race)

**Take a Breath for Life 5K:** November 10th from 10:00 AM to 2:00 PM at the Hamburg Fairgrounds in Hamburg, NY. For more information, please visit [takeabreathforlife.org](http://takeabreathforlife.org)

**Crafting Cocktails and Financial Plans:** November 15th from 6:00 PM to 8:00 PM at The Establishment in Buffalo, NY. For more information, please visit [theestablishmentnys.com](http://theestablishmentnys.com)

**Shop 'til You Drop Craft & Vendor Fair:** November 17th from 11:00 AM to 3:00 PM at the Polish Falcons Club in Depew, NY. For more information, please visit their Facebook page

**Turkey Trot:** November 22nd at 9:00 AM on Delaware Avenue in Buffalo, NY. For more information, please visit [ymcabuffaloniagara.org](http://ymcabuffaloniagara.org)

**World's Largest Disco:** November 24th from 9:00 PM to 1:00 AM at the Buffalo Niagara Convention Center in Downtown Buffalo, NY. For more information, visit [theworldslargestdisco.com](http://theworldslargestdisco.com)

## Ongoing Events

**Healthy Options Cooking Classes:** November 7th, 13th, and 20th from 6:00 PM to 8:00 PM at Artisan Kitchen & Bath's Culinary Loft, Sun Cuisines, and D'Avolio Kitchen in Buffalo and Williamsville, NY. For more information, please visit [healthyoptionsbuffalo.com](http://healthyoptionsbuffalo.com)

**Elmwood Village Farmers Market:** Every Saturday from 8:00 AM to 1:00 PM at the Bidwell Parkway in Buffalo, NY. For more information, please visit [elmwoodmarket.org](http://elmwoodmarket.org)

**Start With Sleep's Restorative Yoga:** Various dates and times at Start With Sleep in Buffalo, NY. For more information, visit [startwithsleep.com](http://startwithsleep.com)

Recipe  
Corner

## Sugar-Free Apple Pie

### Ingredients

- 2 (9 inch) pie crusts
- 3 Tbsp cornstarch
- 1 Tbsp ground cinnamon
- 12 fluid ounces of unsweetened apple juice
- 6 cups sliced green apples

### Directions

1. Preheat oven to 350 degrees Fahrenheit
2. In a small bowl whisk together cornstarch, cinnamon, and 1/3 cup of the apple juice concentrate. Set aside.
3. In a large saucepan simmer (just below boiling point) apples with remaining apple juice concentrate until apples are tender, about 10 minutes. Stir in cornstarch mixture and continue to let apples simmer until thickened. Remove from heat.
4. Spoon apple mixture into pastry-lined pie plate. Cover with top crust. Seal and flute edges. Cut steam vents in top.
5. Bake in preheated oven for 45 minutes, or until crust is golden brown.
6. Enjoy this tasty treat!





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