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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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## Your HWH Review: Migraines/Headaches

By Sue Perbody

Many people are familiar with the dreaded feeling of headaches of various forms. Some of these include migraines, cluster headaches, and tension headaches. Headaches are an issue that not all people know how to treat or identify properly. I am here to discuss the symptoms, treatments, and general information about this issue that is all too common.

Migraine pain is an intense pulsing from deep inside your head. They are throbbing and usually one-sided. Approximately 90% of the population has experienced a headache, and amongst them, 60% have experienced a migraine. People who endure migraines are often sensitive to light and sound. Migraines can have visual disturbances alongside the actual ache, known as an aura. These disturbances may include, but are not limited to, flashing and shimmering lights, blind spots, and zigzag lines. Migraines can run in the family genetically, but environmental factors can also play a key role.

Based on personal experience, I can say that environmental factors play a large role in migraine complications. Thanks to the miraculous DENT Neurologic Institute in Amherst, NY, I discovered that I had a severe vitamin deficiency that was causing my migraines. Upon receiving prescription strength vitamin supplements, my migraines completely went away. I will be forever grateful for DENT for helping my pain and agony go away completely.

The most common form of a headache is a tension headache. These are dull, aching sensations all throughout your head. Tenderness in the neck, forehead, and shoulder muscles can also be a contributing factor. These types of headaches are often triggered by stress, and can easily be resolved with over-the-counter medications. These medications include aspirin, ibuprofen, and naproxen. My personal favorite form of pain relief is naproxen, or Aleve, because it is long-lasting and works right away.

Next, we transition into cluster headaches, which are best characterized as a severe burning and piercing pain. They occur behind one eye or on one side of the face at a time. Nasal congestion and eye tearing can also occur. After one headache resolves, another one will follow. Cluster headaches commonly form in the spring and fall. They are also three times more common in men. Doctors are not entirely sure what causes cluster headaches, but they have a variety of solutions for the problem. Oxygen therapy and local anesthetics can provide pain relief. It is important to set up a proper pain prevention plan with your doctor to keep your lifestyle running as smoothly as possible.

Based on personal experience, don't hesitate to reach out to the DENT Neurologic Institute for help in resolving your treacherous headaches. They did wonders for me, and can do the same for you.

Remember to always consult with your physician if you should experience any prolonging symptoms.

## Heed the Warnings on Your Toddler's Toys

By Brandi Aurelio

With the holiday season quickly approaching, you're probably starting to finish up your gift purchases. You might be looking into gifts for children and toddlers. How can you be sure what you are buying is safe for your young loved one? With these tips from Baby Center, you'll be able to pick out the perfect gift and keep those little ones safe!

### Pick age-appropriate toys.

Most toys have a "recommended age" sticker which is a perfect starting point when beginning to choose gifts. Be realistic when picking out the gift. Don't choose something that you know is above your loved one's abilities and maturity level. For example, don't get something with small parts for a child that still tends to put everything in their mouth.

### Choose toys that are well-made.

Often times used toys tend to be worn down and prone to breaking, which could become dangerous in the hands of a child. Check toys for any loose or frayed parts before giving them to young ones to ensure that the toy is safe for use. Make sure that buttons and beads are thoroughly secured on toys like stuffed animals to prevent any harm to children.

### Think big, but not heavy.

Small children put everything in their mouths. It's a yucky but common habit among children. To prevent something like a choking episode in children under 3, choose gifts that are bigger than the child's mouth. A good rule of thumb is to compare it to the opening of a toilet paper tube. If it is larger than that opening, it should be safe for the child. If it can fit inside, then it might be best to wait until the child is older to purchase that gift. In another point, don't choose gifts that are too heavy for the child that it is intended for. Could the child be harmed if it fell on him or her? If so, then pass on that gift.

### Make sure your child is physically ready for the toy.

For older children, don't buy a gift that you know is above the child's age level. This could lead to injury when used. For example, don't buy a bike that is too big for a child just so that you will not have to buy a bigger one the following year. This could result in harm to the child when he or she tries to ride it.

### Don't pick toys with a long string or cord.

A cord or string on a toy can easily wrap around a young one's neck, which could result in disaster. If the cord or string is longer than 12 inches and the toy is intended for a younger child, pass on that toy until they are older. It is not worth the risk!

### Watch out for toxic toys.

The final tip is to choose toys that are non toxic. Research toys without chemicals such as phthalates, which are often referred to as plasticizers. This chemical is used to make plastic more flexible and durable and can be found in many children's toys, but can be toxic to children. Other chemicals to look out for that are common in toys are Cadmium, lead, mercury and arsenic. Yes, arsenic. Be sure to research the toys you are purchasing to ensure a safe and happy holiday season!

# What you need to know about toy safety!

35%

About 35% of toy-related injuries are sustained by children under the age of 5.



- Keep in mind when shopping:
- Stuffed toys should be washable
  - Painted toys must use lead-free paint
  - Art materials should say nontoxic
  - Crayons & paints should say ASTM D-4236 on the package (evaluated by American Society for Testing & Materials)

Always read labels to make sure a toy is right for a child's age; if a piece is smaller than a toilet paper roll hole then it is too small for young children.



1/2

About a quarter of a million children are seen in hospital ERs in the US each year due to toy-related injuries.

Nearly half of those injuries occur to children's heads and faces.

# Bariatric Surgery: An Essential Tool for Weight Loss Success

By ECMC



According to the American Heart Association, 70 percent of Americans are either overweight or obese. For those who struggle with obesity, bariatric weight loss surgery can be a path to success. Awarded a 2018 Women's Choice Award as one of America's best hospitals for bariatric surgery, Erie County Medical Center (ECMC) prides itself on treating the whole patient and not simply the condition of obesity.

Dr. Joseph Caruana, Director of Metabolic and Bariatric Surgery at Erie County Medical Center, explains how bariatric surgery changes the lives of those struggling with weight loss, diabetes, or cardiovascular conditions that stem from obesity.

Candidates for bariatric surgery range from those who are at least one hundred pounds overweight to obese individuals who struggle with diabetes, sleep apnea, or cardiovascular conditions such as hypertension. While this surgery can be seen as a last resort, Dr. Caruana hopes patients with diabetes and other medical conditions will consider this surgery before those conditions become desperate. Dr. Caruana says candidates need to show they have tried to keep the weight off but were unsuccessful. "Many of our patients have tremendous willpower and can lose twenty, forty, even one hundred pounds, but their body just fights them."

Bariatric surgery works to alter the signals that go from an individual's stomach to the brain. With multiple types of surgery available, it is important for the doctors to help patients determine the best course of treatment.

"We'll try to understand all of the complex factors contributing to obesity. Many patients have a long history of trial and failure, discrimination, or bullying that just adds to their stress," explains Dr. Caruana. "Surgeons have to meet the patients on their level and understand both the physical and psychological stakes to properly inform them for surgery."

While there are other options for bariatric surgery like gastric bypass, sleeve gastrectomy is the most commonly performed procedure. "The surgery received this name, because we remove a good portion of the stomach and what remains looks like the sleeve of a coat or jacket," states Dr. Caruana.

"The removed portion impacts hormone signals that trigger hunger, eating, and other metabolism-related factors."

The procedure requires a short recovery time of one or two days in the hospital, but most patients are up and walking the same day of surgery. After surgery, there are some adjustments patients need to make to their eating and drinking schedule.

These shifts can take time for individuals to become accustomed to, but according to Dr. Caruana, a majority of patients still recover quickly. The social and psychological pressures that often entice individuals to undergo this surgery continue to play a role in the healing process. Enlisting plenty of support and utilizing the services provided by ECMC ensures a successful outcome for patients.

"We offer dietary services, some exercise assistance, and a regularly scheduled visitation program to assist recovery," says Dr. Caruana. "We are called 'Synergy Bariatrics' because we realize that a myriad of factors—not just the procedure itself—need to come together for the successful care of our patients."

For more information, visit [www.ECMC.edu](http://www.ECMC.edu) or call (716) 565-3990.

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# Winter Blues and "Cuffing Season"

By Katy Siwirski

Now that winter is practically here, it is time to focus on the holidays and your surrounding loved ones. It is important to embrace friends and family during the holiday season. If available, it is quite typical to spoil your significant other during the holidays. This can elevate into the concept of "cuffing" season. Cuffing is best described as the psychological necessity to have a significant other during the holiday season, so that you don't feel lonely or left out. This can also be beneficial for those chilly nights by the fireside, when all you want is someone to snuggle up with. Although it may seem like a good idea, at first, you should ultimately avoid it at all costs.

Cuffing season pretty much means that you are setting yourself up for heartache. Falling in love is always a risk, so doing it forcefully can be even riskier. On the bright side, think of all the money you will save by being single! You don't have to worry about buying gifts for your significant other, and you can spoil yourself even more. If you break down the system logically, you will realize that humans do not particularly have specific mating patterns. It makes more sense to cuff in the fall/winter months because people are attending fewer events and staying indoors more than warmer months. It leads humans to believe that we do in fact have a mating pattern, giving a

strong desire to cuddle up during the winter months.

Humans are guilty of feeling insecure at some point in their lives, but you do not want to become part of the insecure cuffing statistics. Cuffing, simply to have a partner during the holiday season, is a typical sign of insecurity. Avoid the fear of being seen as less just because you are single. Use this absence to get to know yourself better. The best way to find your soulmate is to be in touch with your inner self. There are thousands of other singles that are on the same boat as you, except you're too busy being with someone for the season. Take the time to get to know someone, instead of just coming up with a temporary solution.

Cuffing season can work for some, but you shouldn't feel obligated to join the club. Cuffing helps develop a physical bond with someone, and it will make the break-up more difficult in the end. If you are looking for something long term, you deserve that, and should avoid cuffing all together. If you do decide to take the risk, maybe you'll get lucky and find your happily ever after. Or maybe you'll just find a hot babe for the season. Give it a shot, and find out!

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## Ring in the New Year with Reliable Stocks

By Oliver Clarke

The US stock market has been bullish for a long time now, which means that it is important to invest in solid stocks that have performed consistently well in the past, and are expected to continue to do well in the future. For example, Johnson & Johnson (JNJ) is not only active in supermarket goods (baby care, wound care, skin care, etc), but the majority of its business is in pharmaceuticals and medical devices. If you are a diabetic, you may have heard of Animas or LifeScan, which are Johnson & Johnson brands. Johnson & Johnson's product line is diverse, and meets needs that are not expected to go away. Therefore, it is likely that the company will be able to weather any economic storm, making their stock a solid bet.

Starbucks (SBUX) is only expanding its Asian market, with 3,400 stores in China alone and plans to expand to 6,000 stores by 2022. The company is localizing its menu by crafting drinks targeted to appeal to Asian tastes. With these plans, it is likely that SBUX will rise.

Apple (AAPL) is growing more modestly than in the past, but like Johnson & Johnson, Apple is not going away any time soon.

Some stalwart corporations are not household names but should be in your stock portfolio. Two in particular are Berkshire Hathaway (BRK.A, BRK.B) and the Centene Corporation (CNC).

Berkshire Hathaway is Warren Buffett's company, whose name you might recall as that of one of the most successful investors of all time. His net worth is currently \$88.8 billion. Berkshire Hathaway owns over 60 companies, which includes familiar names such as Geico, Duracell, Dairy Queen, and Fruit of the Loom, as well as owning significant shares in the Kraft Heinz Company, United Airlines, and Delta Air Lines. With his 77 years of investment experience and unmatched success, it's not a bad idea to trust Warren Buffett.

Centene Corporation is less immediately appealing. It is a middle-man for health insurance, including Medicare, Medicaid, the ACA Health Insurance Marketplace System, Tricare, and commercial insurances. But with the aging population and therefore rising healthcare costs, it is smart to bet on healthcare.

This brings me to my last point: the elder care industry. Start looking into this. For the first time, seniors are expected to outnumber children in the US by the year 2035, according to the Census Bureau. Because the older generations vote at higher rates than younger generations, Medicare and Social Security are likely to expand over time, which means more business for companies like Centene Corporation.

## Go Big During the Holidays with These Savings

By Canney Savanney

Every holiday, people seem to be more and more inclined to participate in the vanity of gift giving. If you are still into the whole "going to the store" you will find yourself amongst sparse crowds. Most days, majority of the traffic you will be fighting is online in bidding wars to get the best deal on items like a new PS4 for your family. Insights show this past Cyber Monday was the most successful since it launched.

We are society that loves to have that information available in 3.5 seconds with the hottest gadgets such as new phones, iPads, etc. Those gifts come with a hefty price tag though, and unless you are racking in serious dough you most likely do not have a couple hundred dollars lying around. So, it's time to make sacrifices for the ones we love to save some change. Don't worry, it is usually temporary.

### 1) Cut back on the Coffee Runs

Yes, as one of the biggest coffee lovers around I cannot believe I am saying this. Coffee costs can seriously rack up quicker than you like for that extra foam on a latte or mocha. But with an average medium luxury coffee costing \$4.15 before tax and you find yourself going to a local coffee house 3-4 times a week, it can rapidly add up. Cutting back on going out for coffee for about 3 months could save you roughly \$150. Think of what you could do with that money?

### 2) Save the Change

If you are one of the few select people who still chooses to handle cash than this tip is for you. Instead of trying to dump all your change on the counter for the cashier to handle, save

those pennies! Go up in the attic and dig out that old piggy bank. Start building up that spare change. Once it is full, let your kids or grandkids count it instead of taking it in and losing a percentage of the profit to a machine or bank. Make it a fun rainy afternoon project amongst the family. Chances are when the holidays come around, they are going to be asking for some help spotting the presents they are trying to buy anyways.

### 3) Direct Deposit

If when pay day comes around and you are feeling like a queen being able to flash that cash maybe you should instead look into setting up a direct deposit account. Most companies already have this procedure implemented into their system when hiring new staff members. One thing you can ask at any time is to have the check broken down into being stored into various accounts. Ask to have about 5-10% of your check to go into what you call your holiday funds instead of 50% in checking and so on. If you start this early in new year, and do not touch this account until the holidays you will have enough to not look like a Scrooge during the season of giving.

No matter what method you try, just remember everything your Savvy Shopper has taught you all throughout the year of 2018 and you will be able to surely ring in the New Year with some new attainable goals. If you have something you would like to see covered in 2019 by your Savvy Shopper submit your request to submit@yourhwh.com and address your request to Savvy Shopper. On behalf of Your HWH, happy holidays and New Year's!



# 10 Tips So You Don't Break the Bank This Holiday Season

By Emma Jackson

The holidays are upon us. It is the season of giving, but you don't have to break the bank to celebrate! The Bank of America offers 10 tips to help you save on gifts this holiday season.

## 1. Value your relationships

Make a list of all of the people you plan on buying for this year, then write a dollar amount next to their name of what you are planning on spending for them. Setting a limit for each person will help you stay on track with your spending.

## 2. Price check on your phone

Make sure to cross compare prices before making big purchases this year. If you find the perfect gift at the store, do a quick price check on your phone at other stores to ensure you get the lowest price before making the purchase.

## 3. Don't procrastinate

It is easy to overspend when you wait until the last minute to purchase your gifts. Often the prices are marked up closer to the holidays because of that reason. Don't fall victim to paying an arm and leg, as well as all the stress that comes with it. Start your shopping early!

## 4. Buy last year's electronics

Saving is easy when you aren't spending your entire income on the latest gaming console or cell phone. Try gifting last year's model instead! You'll save money and your loved ones will be just as excited for their gift.

## 5. Know the truth about Black Friday and Cyber Monday

You've been keeping track of those doorbusters in preparation for your gift purchases. But did you know that studies show that there aren't huge differences in markdowns between those two days and normal holiday sales? Focus on those every-day holiday deals instead to keep your stress level manageable.

## 6. Stay on top of your spending

Keep track of your account statements this season to stay on top of your spending. Take actions like downloading your Bank's app so you can check your finances no matter where you are.

## 7. Consider making gifts

DIY is very in. Handmade gifts always hold more meaning because you took the time to put thought and work into the gift that you are giving. Consider making the gifts you can this season to save some money and showing your loved ones how much you care.

## 8. Save up for expensive presents

There's always that one gift that is crazy expensive but you know that you just have to get it for that special someone. Start a little savings on the side and put aside money from each paycheck, even if it's only a small amount at a time. It's always better to have a savings for large gifts than to have to fork out all of that money at once.

## 9. Try to avoid shopping sprees

Everything in a store is carefully thought out and strategically placed. Aisle displays, lighting and even music is all used to entice shoppers. It is called the shopping momentum effect, which just helps shoppers to keep shopping and spending once they start. Make a list and stick to it to avoid overspending on things that you don't really need.

## 10. Factor in shipping

Finally, factor in shipping costs when doing online shopping this holiday season. Products may have a great price but the shipping cost could be out of this world. Make sure you budget in those added costs when choosing gifts online.



# Careem Brown: May You Find Peace

By Katy Siwirski

Modern R&B, Soul, and Hip Hop music is still as popular as can be. Buffalo artist Careem Brown proves this with the release of his new album, "May You Find Peace." The album is a blend of an old school R&B lyric style mixed with smooth, soulful beats. Brown is influenced by The Sound of Music, as well as Lenny Williams, Sammy Davis Jr., Bill Withers, and Luther Vandross. Before producing the album, Careem tried out for American Idol, The Voice, and Americas Got Talent. He has been singing since age four, and first performed to Mary J. Blige in front of the TV in his mom's living room. He got largely inspired by his grandfather's Jazz records, and has easy access to them. From that point onward, the rest is history.

The album begins with the powerful track "Get You A Me" with an introduction of the artist and an overall humorous interpretation of what is to be expected on the rest of the album. The album breaks down into a slower, more easeful track entitled "That's What I Want," giving a sensual feeling to

the listener. You will notice more of these tracks as you continue to listen, such as "See It Through." This track is a representation of focusing on the struggles of life, pushing through, and overcoming them. The soft beat in the background gives a feeling of ease, while the lyrics express power and serenity.

Continuing onward, "Speck In My Eye" is a soft, soulful track about being happy in a relationship. The lyrics express living your life, putting yourself first, and rising up with no regrets. Jumping ahead to "How Deep My Love Goes," Brown sings about feeling better about himself on the inside and being shown that dreams come true. Overall, you can feel the soul and emotion throughout the album. The listener is overwhelmed by a sensual feeling of power, soul, and satisfaction. Check out Careem's album on any and all online listening platforms, and follow his social media to stay tuned for future live performances!



# Review of The Holiday Calendar: A Netflix Original Movie

By Webster Tilton

If you go to the store and buy a can of Spam, you are not allowed to complain that it wasn't fillet mignon. You saw the label. You knew what was in it, and you picked the Spam anyway. As for me, my only excuse is that there were exactly two choices, and this one looked marginally less awful. Apparently, November is a dry month for the Netflix release schedule. Who knew?

So in spite of the cheesy title and the teeth-clenchingly awful trailer I felt obliged to give this movie a fair shake and not judge it too harshly. Let it be what it was intended to be and then ask the question; did it do a good job of that? No. No it didn't.

Our main character is Abby, a girl in her mid-twenties stuck in a dead-end job-from-hell as an assistant photographer at someone else's studio. And credit where credit is due, the lead actress Kat Graham does a good job of making her job look soulless, miserable and dull.

Here's the gimmick; Abby gets an antique advent calendar from her Grandfather. Lo and behold the calendar is magic and every day another door on the calendar opens and whatever pops out of it is what Abby winds up getting in real life. The gimmick is fine, there's nothing objectively wrong with the gimmick. What's wrong with the movie is everything else.

Somewhere someone came up with a checklist of how to make a movie that (A) doesn't have any glaring continuity errors, (B) has enough production value that it doesn't look crappy, (C) has a plot a coma patient could follow and (D) doesn't offend anyone.

Check, check, check, check.

A) The story makes sense and nobody does anything contradictory

B) Netflix spent enough money; the movie looks ok.

C) Everything that happens is spelled out and spoon fed to the audience no matter how obvious.

D) The movie is aggressively PC. Whoever wrote the script made damn sure that even the nit-pickiest, hypersensitive family entertainment watchdog group couldn't complain. The film is so preoccupied with being inoffensive that every joke falls flat.

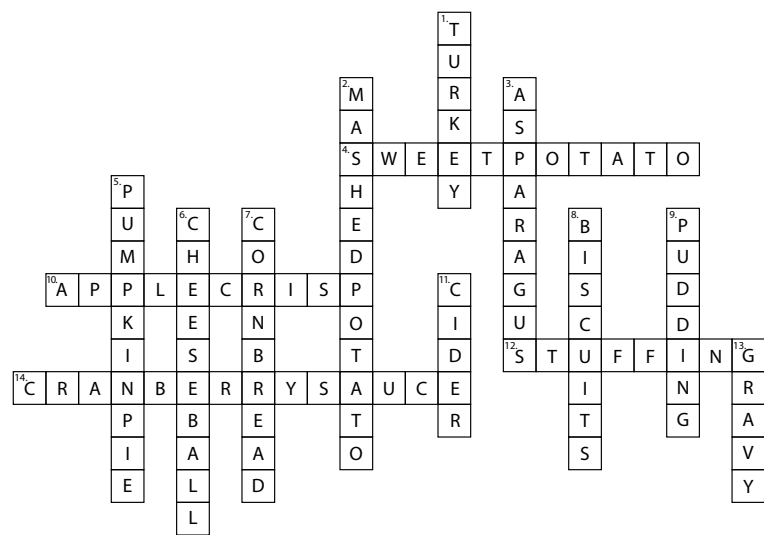
There's one exception to D; Abby's boss is a gigantic middle-eastern-small-business-owner stereotype. This is a serious problem because, apart from Abby, her boss is the only person in the whole damn movie with any kind of a flaw, and therefore the only person in the movie that feels human. Everyone else feels like they were drafted from the set of a toothpaste commercial.

And when she's not being miserable at her job, Abby doesn't

feel very human either. She doesn't have any bad habits, never offends anyone, is loved by all, and her only flaw is that she's addicted to the safety of her crappy job. But that's fine because this film was intended for people who are addicted to the safety and inoffensiveness of crappy movies. But I really can't blame anyone; after all, the label said Spam.



## November Crossword Answers



How did you do?

# Fun Winter Festivities

By Lauren Antkowiak

Buffalo is built for winter with endless opportunities to enjoy all that comes with it. Instead of dreading the winter months, which can feel like they last forever, embrace it. Get ready to enjoy all these wonderful winter festivities!

The outdoors offers some of the best ways to spend winter. All over town one can find places for ice skating, skiing, snowboarding, snowshoe walks, tubing, sledding, and more. The most popular place in the last few years is Canalside. The Ice at Canalside is the place to ice skate, play a game of curling, enjoy coffee and hot chocolate while watching skaters, and to try out the newest attraction, ice biking, which is unique to the Buffalo area. Another popular area to ice skate is at Rotary Rink at Fountain Plaza in the heart of downtown Buffalo. Here you can skate with a view of downtown's Christmas Tree, which is lit in a ceremony on December 1st, and can be viewed all month long. If ice isn't your thing, check out Kissing Bridge or Holiday Valley for skiing, snowboarding, tubing, and snowshoe trails. Chestnut Ridge is also a wonderful place to go sledding or tobogganing, plus it's free! There are plenty of other ice rinks and places to go sledding in your own neighborhood, so be on the lookout for events they have planned just for you!

Buffalo is home to other opportunities unique to winter. Hamburg Fairgrounds is famous for their Fairground Festival of Lights. Walk around the fairgrounds to shop for gifts from local vendors and check out their beautiful light display. At the Buffalo Zoo experience the Arctic Edge polar bear exhibit. In Medina go for a train ride on "The Polar Express" at the Medina Railroad Museum. And don't forget to cheer on our professional hockey team, the Buffalo Sabres at KeyBank Arena. The winter is also a perfect time to see one of the natural wonders of the world, Niagara Falls. During winter it is a breathtaking experience and creates unbelievable picturesque scenes.

We hope with these few suggestions you can truly enjoy winter in Buffalo. And be sure to tell us about your favorite winter activity!



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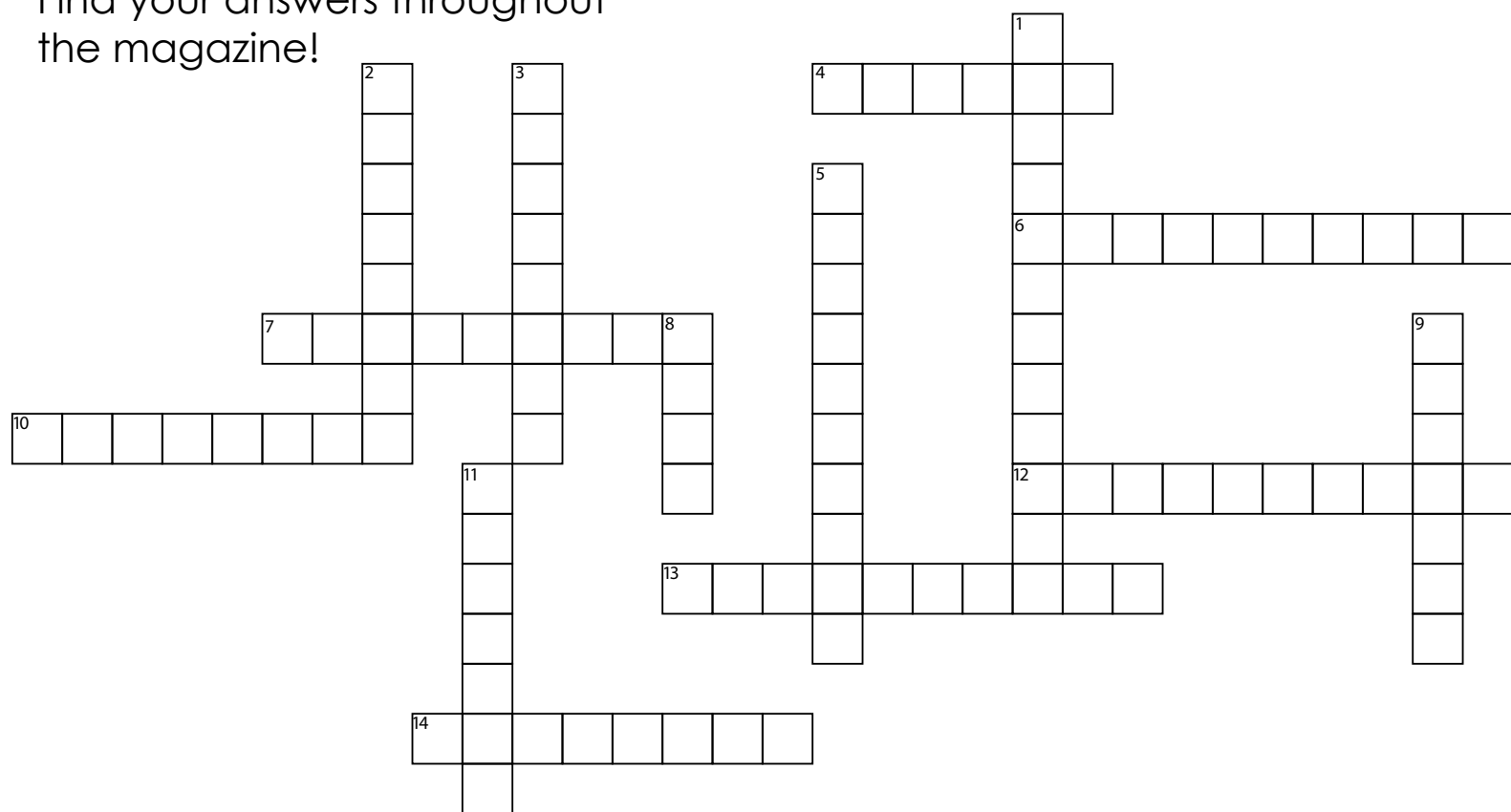


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# December Crossword

## Winter is Coming

Find your answers throughout the magazine!



### Across

- 4.) A sweetened dairy-based drink served during the holidays.
- 6.) Direction that the snow blows during high winds.
- 7.) Special tires for your car used in the winter time.
- 10.) Thrown on the ground to melt ice and snow.
- 12.) A liquid used to keep your car's radiator from freezing.
- 13.) The type of snow that we frequently get in Buffalo. Also a local diner and ice cream shop!
- 14.) \_\_\_\_\_ savings time.

### Down

- 1.) A drink to warm you up, often served with whipped cream or marshmallows.
- 2.) A term used when it's snowing so bad that all you can see is a wall of snow, also a tool used for correcting when writing with a pen.
- 3.) When the road looks wet but is actually frozen \_\_\_\_\_, can cause spin outs and accidents.
- 5.) Crucial tool used to remove frozen water and snow from your windshield.
- 8.) Let it \_\_\_\_\_, let it \_\_\_\_\_, let it \_\_\_\_\_!
- 9.) A \_\_\_\_\_ temperature occurs when the temperature drops below 0 degrees.
- 11.) A type of clothing material that will keep you warm, also referred to as long johns.

## December 2018 WNY Events

**2018 Downtown Christmas Tree Lighting:** December 1st from 5:00pm to 8:00pm at the Fountain Plaza in Downtown Buffalo, NY. For more information, please visit [buffaloplace.com/treelighting](http://buffaloplace.com/treelighting)

**Healthy Options Cooking Classes:** December 5th from 6:00pm to 8:00pm at Artisan Kitchen & Bath's Culinary Loft in Buffalo, NY. For more information, please visit [healthyoptionsbuffalo.com](http://healthyoptionsbuffalo.com)

**Trans-Siberian Orchestra:** December 15th at 3:00pm and 7:30pm at KeyBank Center in Buffalo, NY. For more information, please visit [keybankcenter.com](http://keybankcenter.com)

**The Nutcracker Ballet:** December 22nd and 23rd at various times at Shea's Performing Arts Center in Buffalo, NY. For more information, please visit [sheas.org](http://sheas.org)

**New Year's Eve Buffalo Ball Drop:** December 31st from 10:30pm to 12:00am at the Electric Tower in Roosevelt Plaza in downtown Buffalo, NY

### Ongoing Events

**The Ice on Canalside:** All month long at various times at Canalside in Downtown Buffalo, NY. For more information, please visit [canalsidebuffalo.com](http://canalsidebuffalo.com)

**Fairgrounds Festival of Lights:** Various dates from 5:00pm to 9:00pm at the Hamburg Fairgrounds in Hamburg, NY. For more information, please visit [the-fairgrounds.com/festival-lights/](http://the-fairgrounds.com/festival-lights/)

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

Recipe  
Corner

## Sparkling Ornament Cookies



### Ingredients

- 1 1/2 cups salted butter, softened
- 3/4 cup granulated sugar
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon almond extract
- 3 3/4 cups all-purpose flour
- Food coloring gel
- White sparkling sugar or sanding sugar
- Assorted sprinkles, sugar pearls, silver dragées

### Directions

- 1) Beat butter and sugar until creamy; add vanilla and almond extracts and beat until incorporated. Gradually add flour, and beat until incorporated after each addition.
- 2) Divide dough into 4 equal portions and place each in a small bowl. Add food coloring to each bowl and stir. Cover bowls and chill 1 hour.
- 3) Preheat oven to 250 degrees Fahrenheit. Shape 1 dough portion into about 1.5 inch balls and roll in sparkling sugar or sanding sugar. Press sprinkles, sugar pearls, or silver dragées into dough balls. Place about 2 inches apart on parchment paper-lined baking sheets. Repeat with remaining dough portions.
- 4) Bake in preheated oven until lightly browned on bottom, 25 to 30 minutes, switching pans top rack to bottom rack halfway through baking.





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