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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.

Contents

Introduction	3
Domestic Violence Infographic	4
Is Your Teen in an Unhealthy Relationship?	5
Medicare Advantage Plan Vs. Medicare Supplement Plan	5
Elderly Pharmaceutical Insurance Program	6
New Year Brings Medication Price Hikes	6
Abusive Relationships	7
Minimum Wage Vs. the Cost of Living	8
Give the Gift of Love This Season	9
Is Apple on the Decline?	10
January Crossword Answers	11
Review of the Netflix Original: Bird Box	12
Spend the Season of Love Alone	13
February Crossword: Multiple Meanings	14
February 2019 WNY Events	15
Recipe Corner	15

Stop Dating Violence



Nearly 20 people are physically abused by an intimate partner every minute in the US. That's over 10 million people a year!



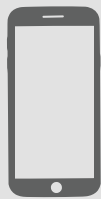
1 in 3 women and 1 in 4 men have experienced some form of physical violence by a partner.

15%

Intimate partner violence accounts for 15% of all violent crime.



Domestic victimization is correlated with a higher rate of depression and suicidal behavior.



Nationwide, there are more than 20,000 phone calls placed to domestic violence hotlines daily.



An estimated 9.7% of women and 2.3% of men have been stalked by an intimate partner during their lifetime.

50%

Nearly half of all women and men in the United States will experience psychological aggression by an intimate partner in their lifetime.

Sources:
ncadv.org/statistics
safehorizon.org/get-informed

Is Your Teen in an Unhealthy Relationship?

By Katy Siwinski

The season of love is in full swing, and your teenager may be experimenting with dating for the first time. It can be an exciting time, but also a very unsettling time. Teenagers are typically in an immature mindset, and they may not make the most rational decisions or know how to properly treat their significant other. Here are some tips and some signs to look for to ensure that your teen is in a healthy relationship.

At a young age, it can be hard to differentiate between what's right and what's wrong. When it comes to relationships, just remember to be yourself! Be honest, have trust, and communicate well. Your relationship should feel well-balanced and equal, not eerie and unsteady. Your significant other should make you feel safe and secure. You should be able to rely on each other to talk about your problems. Your teenage years can be filled with drama and problems, so having someone there to fall back on during the hard times is a strong upside. Being equal in a relationship is also important. This means sharing the power, and not bossing each other around. Equality can also refer to sharing communication efforts. If you call or text your partner often, but they don't seem to have time for you, your relationship may be unequal.

It's healthy to argue from time to time because disagreements give you a chance to explore different perspectives and express your feelings. If you are fighting all the time, or saying cruel things, then you should express some concern. It is important to remember that physical violence is never OK, and should be reported if it arises. If you are fighting online, it is still important to be fair. Be respectful, and think before you send the message. Once you send it, you can't take it back. If you wouldn't say it in person, don't say it online.

With the season of love being in full swing, it is important to take extra precautions with your teenager's love life. Pay attention to the people around them, and ensure that their significant other is in the swing of things, as well. As a parent, don't be afraid to stand up and ensure the quality of your child's life and the people they choose to have in it.

Medicare Advantage Plan Vs. Medicare Supplement Plan

By Christina Finkle

The first thing I generally hear from my new to Medicare clients is, "I need a supplement plan to go with my Medicare." They are confused and surprised when I tell them, "Actually, you probably don't."

The term "supplement" is often used in a general sense, but if you don't understand the difference, it can lead to confusion. It can also propel you to spend money you don't necessarily need to spend at this time.

Both a Medicare Advantage plan and a Medicare Supplement plan (Medigap) are offered by private insurance companies, but there are differences. A Medicare Advantage Plan is best utilized when your health is relatively average for your age and demographic, with minor bumps in the road such as, joint replacements, out-patient surgeries, stents, etc.

Some are offered at a zero premium, some have a premium attached. Whichever one you are on is reimbursed by a percentage of the Part B premium you pay to the federal government for administering your health care. All advantage plans MUST offer at the very least, the same benefits you would get if you just stayed on original Medicare. The majority however offer much more above and beyond original Medicare.

A Medicare Supplement plan, also known as a Medigap plan, is best suited for that time in life when your health is failing and probably won't return to "average" or if you have been diagnosed with something big such as Stage 4 cancer. During either of these situations you know that on average every month your co-pays on an Advantage plan would definitely exceed what a premium for a supplement plan would be. Always remember that a supplement plan does not EVER include a Part D, so you must purchase a stand-alone drug coverage.

Now I am sure you are wondering, "What if? How will I change my plan if something happens?" There are Special Election periods you may qualify for so please do not worry. I will go over those in the future. One however does include EPIC so please do read that article on page 6 of this issue.

If you have a Medicare concern or question you would like addressed in a future article, please feel free to email your question to s.o.s.seniorsolutions@gmail.com.

Elderly Pharmaceutical Insurance Program

By Christina Finkle

You may have heard the word "EPIC" in your circle of friends or vaguely remember something about it from your parents having had it, but are unsure what it is all about.

The Elderly Pharmaceutical Insurance Coverage Program (EPIC) is offered through NYS to help you save money on your prescription costs by supplementing your Medicare Part D plan.

You must reside in NYS, be 65 or older, on a Medicare plan that includes Part D and your annual income below \$75,000.00 if you are single, \$100,000.00 if married. You also qualify if you are an eligible senior with a Medicaid spend down, but not receiving full Medicaid benefits.

There are two sides to EPIC. A fee side which includes incomes up to \$20,000.00 annual for a single person and \$26,000.00 for a married couple. The fee side of EPIC includes an annual fee determined by your income, which EPIC will break down into quarterly payments. The fee side gives those of lower incomes immediate assistance to afford their medications, limiting their co-pay for prescriptions to between \$3.00 - \$20.00. This is very beneficial if your meds are falling on a tier 3, 4, or 5 on your current plan. Being on the fee side also means EPIC will pay up to \$39.75 per month towards the Part D premium of whatever plan you are on.

The deductible side of EPIC works a little differently. Based on your income, there will be a deductible you must meet before EPIC assistance kicks in. This is not additional money out of your pocket.

How it works is...

Whatever co-pay you pay for your prescriptions currently, your pharmacy will report it to EPIC. For example, you have a deductible on EPIC of \$150.00. In February, you were prescribed 4 medications and the co-pays you had to pay according to your plan totaled \$120.00. Your pharmacy reported what you spent out of pocket and now your deductible is \$30.00. In March, you are still taking 2 of those medications. One has a copay of \$42.00. OK, you have now finished meeting your deductible and EPIC is going to start assisting with your costs, lowering your co-pays significantly for the rest of the year.

I definitely suggest that if you fall onto the deductible side of EPIC, regardless of if you take any medications or not, please sign up. It will cost you nothing but it will give you an additional benefit of 1 special election period per year to change your plan outside of annual enrollment in case the need arises. If you are on the annual fee side of EPIC, please take time to consider if it will benefit you based on your current prescription costs.

You can enroll in EPIC at any time during the year, just know that if you have a deductible to meet, it runs on a calendar year. For more information you can call the EPIC helpline at 1-800-332-3742.

New Year Brings Medication Price Hikes

By Brandi Aurelio

Drug-makers rang in 2019 with price hikes on a whole lot of medications, with more increases to be expected in the coming months. Twenty-eight separate drug-makers filed notifications with California in November announcing their plan to increase the prices of their drugs by an overall average of about 6 percent. This is a substantial hike. The increase in the prices is coming at a faster rate than the rate of inflation or wage increase. So really, medication prices are getting more expensive quicker than we can pay for them! No matter what, we, as consumers, will or already have felt the effect from this.

The price increase goes against President Trump's self-declared plan to halt Big Pharma increases. Originally, companies delayed the price hike, but ultimately began raising their prices anyways. The increase is expected to generate around \$20 billion this year alone.

So far requests to lower prices and resulting to extremes like public shaming haven't worked with Big Pharma. Many of the big name companies producing well known drugs have declined to comment on the price hike. Others are saying that the rise in price does not directly equate to more profits for the companies. Though, it is hard to see how not.

Companies manufacturing the drugs are claiming that they must raise prices to fund the development and production of more medications. Why should consumers be forced to pay more when they are getting the same old product? The medications haven't had any changes. There aren't more pills in the RX bottle. Many people need these medications to live. They can not simply stop taking them because of the cost. But it is not fair, especially for those who cannot afford it. Do you have an opinion on this topic, or have you noticed the price of your medication going up? We want to hear from you! Email us at submit@yourhwh.com.



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Abusive Relationships

By Sue Perbody

Abusive relationships can be mentally, physically, and verbally relevant. Under my circumstances, I dealt with a nearly three year long verbally and mentally abusive relationship with an individual I would consider to be a narcissistic sociopath. I attempted to leave this relationship on multiple occasions, but his persuasive ways with words made me stick around much longer than I intended to. What you are about to read may be disturbing to some, so please proceed with caution.

I was wrapping up my second semester of college at Buffalo State in the spring of 2014 when I received a Facebook friend request from a man named Edward. We had some mutual friends, so I figured, why not? Edward and I began your typical poke war and had some conversation. I didn't think too much of it, I let my summer be and I began my third semester of college. September 18 came along, and Edward was having a party at his house. I had some free time after my classes. I thought to myself, once again, why not? What harm could going to a party with this individual do? I met some of his friends, and took place in some adult activities, such as drinking and smoking. It wasn't as weird and awkward as I thought it would be. He walked me out to my car at the end of the party, and he gave me a kiss before I went back home. That was a moment I would never forget.

This is when our friendship started building up, and we started talking nearly every day. Things got personal pretty quickly, and I wasn't sure how I felt about that. November came, and Buffalo got blasted with the November storm. The driving bans were lifted, and I really wanted to see Edward. He convinced me to travel during unsafe travel conditions, just so we could see each other. My mom wasn't happy with this idea, but I did it anyway. Was it a smart idea? Definitely not. I had to park a block away from his house because the snow was so bad. He met me half way and helped me climb over cars and feet of snow, just so we could spend time together. It seemed a little suspicious at the time, but I was too head over heels for this guy to even pay attention. We went inside his apartment, and I met his mom more formally this time around. The physical desires were definitely there, but was it actually him I was attracted to?

We went into his attic and he insisted that I give him pleasure. I was not too comfortable with the idea, but I wanted to make him happy. So I did it on that cold, snowy day. After that, he was so happy that he finally asked me to be his girlfriend. How romantic, right?

The relationship went ok for the first year. We met each other's friends and family. We had minor bickering, but nothing too extensive. I found out more personal information about him, including the fact that he has had nearly 100 sexual partners during his life. Him being 22 years old at this time, it was very shocking to hear. I had only had about 6-8 partners at the time, so this immediately made things unsettling for the remainder of the relationship.

One year had passed, and issues began arising. He received a back injury that would cause him to be out of work until further notice. The situation was a little sketchy because he did not immediately report the accident that caused the injury. If an accident does occur at work, you should report it immediately. Don't report it once they find an injury, because that makes you look bad. Regardless, that means that I was the breadwinner, I was the one providing the money for fun and entertainment. He claims to have felt bad, but I didn't believe that for a second. Arguments became more frequent, and he was becoming more aggressive. He was forcing himself upon me more frequently, and I was not comfortable with this. He was not allowing me to spend time with my closest friends because he claimed that they were toxic and bad for me. He made up stories about his past, and developed a superficial charm to his personality. Narcissistic sociopaths have a tendency to uplift and persuade their partners with the whimsical attitude. My friends noticed that I wasn't acting the same. Edward kept insisting that I was mentally sick, and that all of these arguments and bad things that were happening were my fault, not his. He was failing to take responsibilities for his actions, which is another characteristic of a narcissistic sociopath. These

Continued on page 8...

feelings and complications went on for another year and a half. I noticed my mental health depleting, and I began seeing a therapist and psychiatrist for these matters. He claimed it was his idea for me to get help, when it was a good friend of mine inspired me to seek out for help.

As time went on, we decided to break up. I was at a benefit for a good friend who had a terminal form of cancer. I was speaking to my mom about how I didn't want to be away from him, and how much I missed him. She knew I was brainwashed by his manipulative ways, and tried persuading me to stay away from him. But of course, being in that type of situation, I went back to him a week later. Arguments increased, bickering grew, and my mental health began cycling out of control. We lasted a few more months, until we officially called things off in the winter.

The time after the relationship ended was one of the most heart-wrenching times of my life. We tried staying friends, we still got together from time to time, and we still told each other personal information. We went to a concert with friends, where he got mad at me because I was flirting with men at the show. This was absurd because he was also flirting with girls on Facebook. He constantly posted about how miserable and depressed he was, although he was happily talking to other females. Finally, January came along, and our breaking point finally hit. He posted pictures with this girl, saying that she was the happiness in his life that he's been searching for, and that he's not miserable and sad anymore. I thought to myself, did our time together mean nothing to him? I told him off, deleted, and blocked him. I had finally eliminated myself of this toxic energy that had been ruining me for over three years. Now I am thankful for our break up because I find myself in a stable and healthy relationship, and know what one looks like.

Abusive relationships should be taken seriously under every circumstance, whether it's physical, verbal, or mental. Pay attention to this person's actions, and articulate if what they're doing is morally right or wrong. Listen to the advice of your loved ones, and remember that stepping away is safe and ok. If you believe you are a victim of physical, mental, or verbal abuse, reach out to Family Justice Center of Erie County in Downtown Buffalo at 716-558-7233.



Minimum Wage Vs. the Cost of Living

By Emma Jackson

Often times, people hear about minimum wage going up and think it's a good thing. You're making more money! That's awesome, right? Well, when minimum wage goes up, so does the cost of living. So you're making more money, but spending more basically just to live. It is not as much of a win/win as you had originally thought.

The cost of living, or living wage, refers to the amount of income needed for a decent living. The purpose is to ensure that those working full-time have enough money to survive above poverty. This does not include costs of emergencies, eating out at restaurants, medical or automotive insurance, etc. It's just the bare minimum to get by.

Often, the living wage is confused with minimum wage. They are not the same. Minimum wage is an amount set by law, the living wage is determined by costs. Originally, the minimum wage was set to keep workers out of poverty. However, it has not kept up with the cost of living. Therefore, people working 40+ hours a week at minimum wage cannot afford to survive with their expenses.

As a result, there is something called the living wage campaign. The goal is to make sure that the minimum wage is comparable to the living wage. There are two different campaigns worth mentioning. The first is called Raise the Minimum Wage. This works with the National Employment Labor Project to coordinate campaigns across the US. The second one is called the Universal Living Wage Campaign. This group seeks to sync the minimum wage increases with the cost of housing. Its goal is for no one to pay more than 30% of their income for their housing situation.

Overall, we need to demand a fair minimum wage that actually compares to the cost of living instead of people working full-time and still struggling to make ends meet. Hard working citizens should not be living paycheck to paycheck and people should not be put out on the streets because of unfair living wages.



Give the Gift of Love This Season

By Canney Savanney

So, it is that time a year again; Valentine's Day, or for half the world, Single's Awareness Day. The supermarkets and outlet shops are filled to the brim with hearts, chocolates and cuddly plush toys with googly eyes that pierce deep into your soul, yearning for your love and affection.

Everywhere you look, there are posters of advertisements or commercials thrown in your face about giving the gift of love and how to shower your significant other in this flashy manner. When you are on a fixed income, it is easier said than done. They deserve a little special treatment and acknowledgement of how you feel about them, even if they drive you up a wall sometimes. Even if you do not have someone to spoil, spoil yourself! You deserve a little pampering every now and then and do not need a partner to do it for you!

How though are you going to do this on a fixed income? Here are some ideas to help unwind and enjoy the "holiday" as they were meant to be. Sit back and enjoy these sweet tips.

1) Mason Jar Date Ideas

You're not sure what to do with your partner for the holiday. Take an hour of your time one afternoon with the following supplies; a mason jar, a piece of paper, pen and scissors. Write down on that sheet of paper date ideas you and your partner like. Perhaps it is simple a walk through the park, building a fort out of blankets and pillows, going sledding or building a snowman. Not all the activities have to cost something. Sometimes the best gifts are the gifts that simply give you the best quality time with the other person. Cut those ideas into strips and store them in the mason jar. When it comes to the holiday, let your partner pick one out and that will be your plans for the evening. Heads up, it might be beneficial to have them make the selection a day or so ahead of time, so they are dressed for the occasion. No one wants to freeze making frosty, even if you do have some hot cocoa afterwards.

2) The "Old Fashioned" Make Them Something

Nothing shows you care more about your partner than by taking the time to make them something you pour your heart into. Granted, not everyone is good at arts and crafts, but it is the thought that counts! If you are worried that you cannot hand craft something, try buying or printing a blank card and leaving your own hand-written personal message in it. It will mean more to them than generic corporate message everyone else receives.

On top of that, try something simple. Check what you already have in stock in the freezer. If you are not the one who normally cooks, try making a nice gesture of giving them a break and cooking for them for a change. If you do not know how to cook and the books are not helping, try going to YouTube. There are plenty of tutorial videos on how to cook a simple meal.

3) Be Your Own Best Date

Take an afternoon to pamper yourself! Options include going golfing, watching a game, painting your nails or trying that new make-up mud mask you bought. It's the time to just kick back and enjoy a glass of wine or beer. Turn on Netflix or Hulu and check out that one movie you have been postponing to watch. Simply take this time to enjoy taking care of you! Everyone deserves to take care of themselves, even on a dime's budget. You are worthy of good treatment and you don't need anyone to define your value. Make the most of your holiday by remembering to treat yourself how you would want someone to treat you. At the end of the day, you'll be so glad you did as you feel valued and recharged to take on what the world throws at you.

Now that you have some ideas, it is time to put them into action! Whether those tips are for your partner, or for yourself, go do it, you will be grateful you did. If you enjoyed some of these tips, send an email to your Savvy Shopper and tell them about what you tried at submit@yourhwh.com or if you have any of your own unique ideas or want to share your testimony. Until next readers, stay savvy with your savings.



Is Apple on the Decline?

By: Tony Investo

Apple's stock took a severe hit recently. The biggest hit came to their iPhone product, which had a decline of over 11% over the year. Shares in Apple have dropped by 33% since October. Tim Cook (Apple CEO) is blaming it on tariffs that are harming the US-China financial relationship. The truth is that the smartphone market is already saturated, the iPhone has gotten way too expensive, and their updates aren't novel enough to justify the price. The global economy as a whole has also slowed down, which doesn't help demand for luxury goods, especially as iPhones are lasting longer with their relatively new battery replacement service. Even Netflix has terminating their business relationship.

Apple needs to diversify, or they need to reduce the price of their phones. Or both! The biggest decrease for this fortune 500 company occurred in China, whereas previously they had almost doubled their sales in the prior two quarters. Investors should not be surprised to find when the second fiscal quarter ends, Apple is still on the decline, according to analysis predictions. If you are looking to make a solid decision, whether it is time to sell or invest in Apple, take time to set up an appointment and talk to a local representative stock broker.

Despite all the current events, Apple shows some promising increments in the future with their Apple Music and iCloud products. Both products showed an increased by over 20% this past year for the company. Even though Apple seems to be hitting a current rough patch, it is still the first company to have ever been valued at one point over \$1 trillion in August 2018. Times might seem trying this quarter for the tech giant, so they still have time to bounce back.



Stay tuned...

Information on the 1st Your HWH Expo
is coming your way!

Don't miss it!

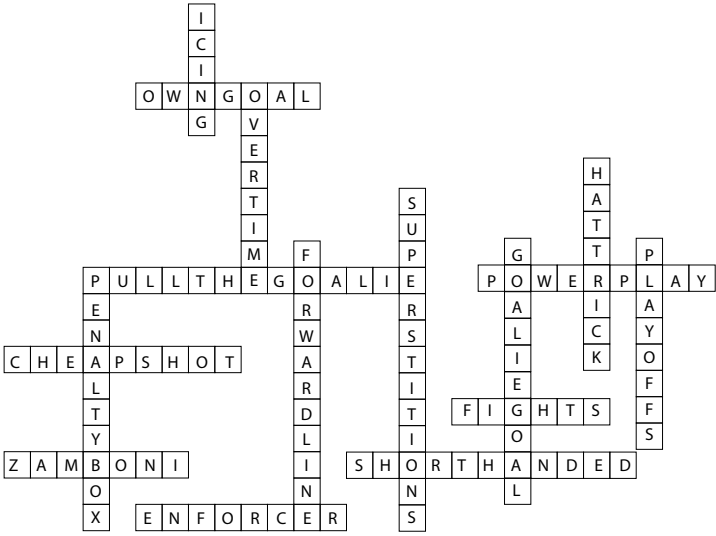
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January Crossword Answers

Hey, our hockey team
is good again!*

*at the time of printing



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Review of the Netflix Original: Bird Box

By Webster Tilton

Badly overhyped but still ok.

When a movie inspires a behavioral meme, my usual instinct is to hate it on principal. But I've been wrong before, so I watched Bird Box on the recommendation of a friend.

My Verdict: In spite of a painfully bad opening 30 minutes full of forced plot points and clichés, the movie is rescued by its 2 second half which focuses on fewer characters and it isn't bogged down with teaching the audience what the monsters do; making anyone who sees them kill themselves.

I realize that fiction can't function without some cooperation from the audience. And this requires more than just willing suspension of disbelief. We also have to make a few allowances for convenient events that are necessary to get the plot in gear, and we have to understand that perfect consistency with the movie's internal logic is difficult to achieve.

That being said, the first act of this movie was so badly botched that I almost turned it off. I was shouting "Oh c'mon, really!?" at regular intervals. The story is loaded with insulting stretches of plausibility. Example: In spite of living near San Francisco and having a TV and (presumably) phone, the main character Malorie has to actually be told by her sister that mass suicides in the tens of thousands are spreading across Russia and eastern Europe. Why? Well, it's explicitly stated that she's an artist who rarely leaves the house and that her sister gets her groceries for her, and that she avoids calling their mother. Very importantly, during this conversation Malorie writes off the reports as possibly bogus because they're from Russia (fake news).

Five minutes later Malorie sees one person banging her head on a wall in a hospital (you know, where a lot of sick people go) and instantly concludes that "whatever it is that's making people crazy in Russia is here now", and her sister believes

her. Think I'm being too harsh? Imagine it's 1994 and you tell an ignorant friend that there's a genocide going on in Rwanda. Her reaction: 'it's fake news'. Five minutes later she sees one person get mugged in an alley (you know, where a lot of muggings happen). Then she runs to you and says, 'the genocide in Rwanda is here now!' Do you (a) agree with her and head for the nearest bunker or (b) ask her 'What the heck are you talking about?'

Malorie's transition from indifferent doubt to absolute certainty is so jarring and difficult to accept that I had to watch it three or four times to make sure I wasn't missing something. There are also some eye-roll-provoking thriller movie clichés. On not one but two occasions a black guy sacrifices himself to save the rest of the (mostly) white cast.

The movie's other major sin is to reduce the monsters to a 'move the plot forward' button by ignoring their own rules for the sake of convenience. They're all over the place, and at one point it's established that even seeing them on a computer screen will kill you (a necessary scene or everyone would just strap a phone to their face). But, the main characters have watch TV broadcasts of mass suicides and riots and they're all fine. It's not impossible to contrive an excuse for why this works but you shouldn't need to. Worse still is when the survivors are betrayed by someone who is, at a minimum, bending the rules into a pretzel.

The movie is saved by its excellent acting and well-crafted atmosphere, but I can't shake the feeling there would have been a lot more viewer backlash if it'd cost \$11 per person to go and watch it. People are a lot more forgiving when the movie feels like it's free because the price of admission is auto-charged to their credit card once a month without them noticing or caring.



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Spend the Season of Love Alone

By Lauren Antkowiak



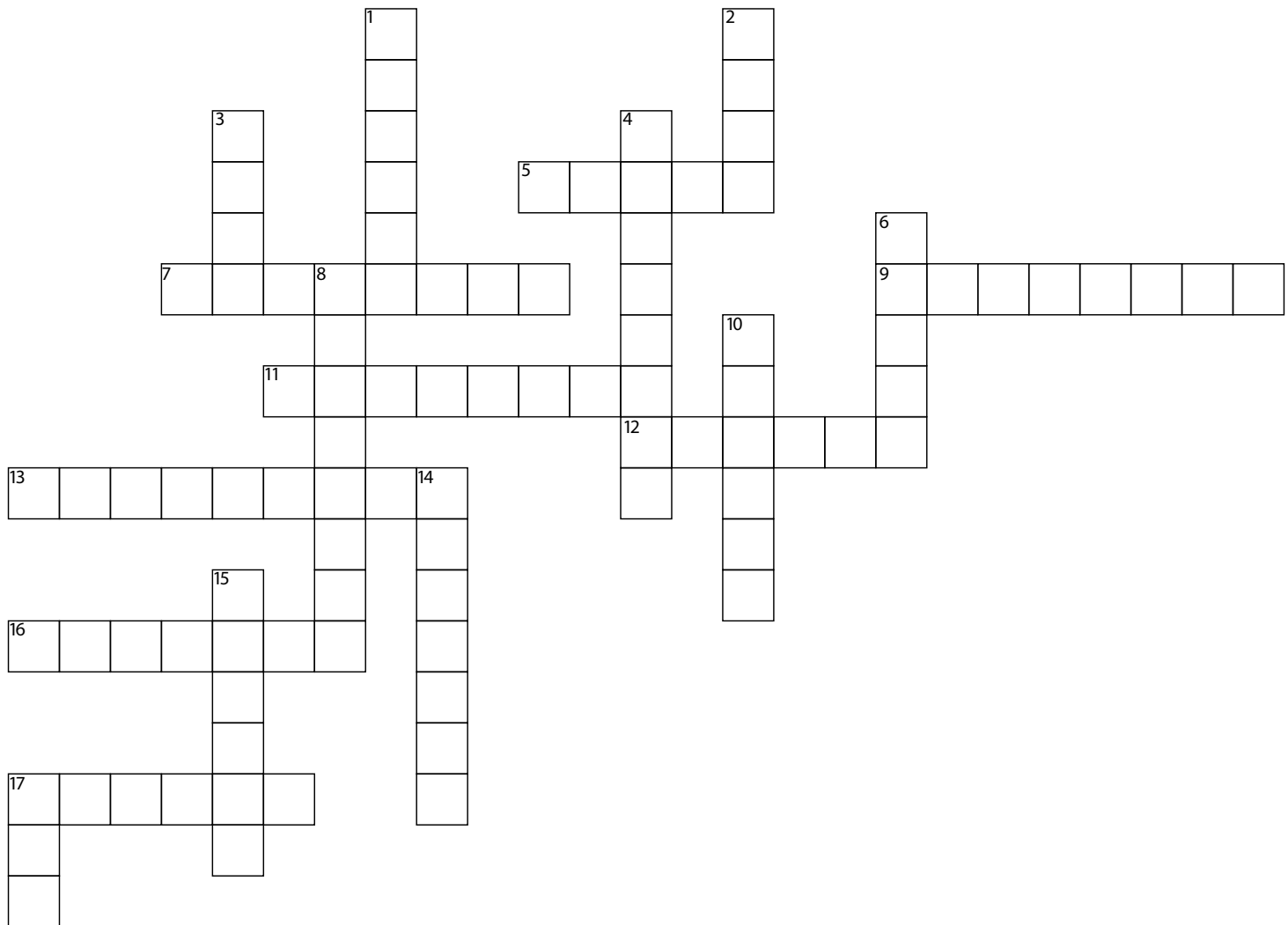
The season of love is upon us. Some are readying to spend Valentine's Day with their significant other, and some are dreading facing the holiday alone. Even those that are without someone special can still enjoy the holiday by making the most of being single.

One way to get through this holiday when single is to embrace it. Look at it as something to be grateful for; you can do the things you want without dragging someone who doesn't want to be there. Go to the movies, or see a show at your local theatre. Let's say that you pass a bakery on the way to work. You tell yourself you are going to stop there one day. So, make today that day! Create goals you want to achieve and build self-esteem from accomplishing those goals. See how much happier you are when you do things that are important to you and make you happy. And while you developing a more positive outlook on life, dating becomes less of a daunting task, making you more motivated to put yourself out there to meet the right person.

It can be difficult to stay positive during this time of year, but it's not impossible. Turn those negative thoughts into positive ones by thinking about all the wonderful things you have in your life. Create a positive list or positivity journal to keep nearby; the more you see them, the more likely you are to start believing them. Also, know that you are worthy of love; how do you expect someone to love you if you don't love yourself first? One thing that will help is realizing that there are several other people going through the same thing as you. Most of the people you see in relationships started where you are now and eventually found themselves on the other side. You are not alone, keep a positive mindset, and remind yourself that if others can get through it so can you.

This time of year may be hard now, but look at the bigger picture; the time will come when it's not expected. There is a future where you are happy in a relationship and look back on this time with fondness. Enjoy the "me" time you have because you never know what is around the corner.

February 2019 Crossword Multiple Meanings



ACROSS

5. Wide open, divine love, or slack-jawed.
7. What monetary profits are called, or to move forward on a project.
9. Failure to observe something, an observation location on a road trip.
11. A door is a point of _____ to a building or room, or a _____ fee for a contest
12. There are 60 of these in a minute, or if you don't come in first place you come in _____ place.
13. Term for being released from a hospital, or releasing a liquid from where it was confined
16. Academic topic, or the people under a queen is referred to as her _____.
17. Timber, or _____-jack.

DOWN

1. 60 seconds is equal to one _____, or a very small object is _____.
2. Hand gesture for a greeting, what the ocean produces, or a carrier for sound.
3. Light-skinned is referred to as being _____, or equal and reasonable.
4. A list of passengers on a plane is called a _____, or to appear out of thin air.
6. A motorized motorcycle, or if you acted gloomy all day people will say you _____ around.
8. Written agreement, or constriction.
10. Recreation time during grade school, or a space at the back of a room.
14. When something is becoming level it is _____ out, or referred to as the part of day after dusk.
15. Something written to another person, or one glyph of the alphabet.
17. To deceive is to _____, or if you are sick you should _____ down.

February 2019 WNY Events

Sweet Charity: February 7th from 5:00 PM to 8:30 PM at the Adam's Mark Hotel in Downtown Buffalo, NY. For more information, please visit foodbankwny.org

Labatt Blue Pond Hockey Tournament: February 14th to 17th at various times at Riverworks in Downtown Buffalo, NY. For more information, please visit labattbluepondhockey.com

Buffalo Soup-Fest: February 17th, 11:00 AM to 6:00 PM at the Buffalo Niagara Convention Center in Downtown Buffalo, NY. For more information, please visit buffalosoupfest.com

Harry Potter and The Sorcerer's Stone in Concert: February 21st, 22nd, and 24th at various times at Shea's Performing Arts Center in Buffalo, NY. For more information, please visit sheas.org

Snow Roll: February 24th at 12:00 PM at Macky's Shamrock Room in Buffalo, NY. For more information, please visit slowrollbuffalo.org

Ongoing Events

Healthy Options Cooking Classes: February 6th and 19th from 6:00 PM to 8:00 PM at Artisan Kitchen & Bath's Culinary Loft and D'Avolio Kitchen in Amherst and Williamsville, NY. For more information, please visit healthyoptionsbuffalo.com

The Ice on Canalside: All month long at various times at Canalside in Downtown Buffalo, NY. For more information, please visit canalsidebuffalo.com

Ice Skating at Rotary Rink: All month long at various times at the Fountain Plaza in Downtown Buffalo, NY. For more information, please visit buffaloplaza.com/rotaryrink

Restorative Yoga: Various dates and times at Start With Sleep in Buffalo, NY. For more information, please visit startwithsleep.com

Recipe
Corner

Heart Kabobs

Ingredients:

- 1 cantaloupe
- 1 honeydew melon
- 1/2 watermelon
- 1 6-ounce container plain low-fat yogurt
- 1 tablespoon frozen orange-juice concentrate, thawed
- 1 tablespoon honey

Directions:

- 1.) Cut fruit into 1-inch-thick slices. Using a small heart-shaped cookie cutter, cut hearts from melon slices. Poke a hole in each heart with a toothpick, going from top to bottom. Then thread fruit on ice-pop sticks
- 2.) Stir together yogurt, orange-juice concentrate, and honey until well combined. Serve with melon hearts





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HEART
this Valentine's season?

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