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August 2019

# Breastfeeding

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**Editor-in-Chief**  
Faizan Haq

**Executive Editor**  
Brittany Maxwell

**Copy Editor**  
Katy Siwinski

**Contributors**  
Melissa Rothman  
Webster Tilton

**Graphic Design**  
SunSpin Media

**Staff Writers**  
Webster Tilton  
Katy Siwinski  
Kristen Peek  
Mike Panzarella  
Kim Korhummel  
Sue Perbody

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To Reach Us:

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**Calendar Submissions:** [calendar@yourHWH.com](mailto:calendar@yourHWH.com)

**Subscriptions:** [subscriptions@yourHWH.com](mailto:subscriptions@yourHWH.com)

**Editorial Submissions:** [brittanym@yourHWH.com](mailto:brittanym@yourHWH.com)

## Advisory Board

Joe Cirillo, Director of Public Relations and Communications , ECMC  
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4011 Bailey Avenue | Amherst, NY 14226 | 716-362-7849  
[submit@YourHWH.com](mailto:submit@YourHWH.com) | [www.YourHWH.com](http://www.YourHWH.com)

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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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# BENEFITS OF BREASTFEEDING



## BENEFITS FOR MOTHERS

- Breastfeeding burns about 500-600 calories a day.
- Prolongs the time before periods return to around 6 Months.
- Releases the hormone Oxytocin which acts to return the uterus to its regular size, and reduces postpartum bleeding.
- Lowers risk of breast cancer, ovarian cancer, heart disease, stroke, type-2 diabetes, and postpartum depression.

## BENEFITS FOR BABY



- Breast milk contains all the nutrients needed by your baby for first 6 months.
- Helps develop the eyes, brain, and jaw.
- Lowers baby's risk of common illnesses.
- Breast milk has antibodies and white blood cells this helps baby fight against infection.

## FACTS ABOUT BREASTFEEDING

### Your baby can smell you!

Newborns have a strong sense of smell, and knows the unique sent of its mothers breast milk within days of being born.

### Colostrum does what?

Colostrum (the first milk) contains proteins that coat your babies intestinal tract to protect from harmful bacteria.

### Breast milk contains live cells!

The live cells in breast milk contain things such as stem cells that become other body cells such as the brain, heart, bone tissue and the kidney.

# Breastfeeding 101

By Katy Siwinski



Disclaimer: Please speak with your doctor to configure if you and your body are secured and ready to breastfeed.

Pregnancy season is in full swing, and it's never too soon to begin educating yourself on the concept of breastfeeding. Is breastfeeding the right way to go for me and my baby? Do I need to be careful with my diet, for the safety of the baby? When should I convert from breastfeeding to bottle-feeding? How will I know when my baby is full? Through a series of interviews, I was able to gather some tips and advice from various mothers that have breastfed their little bundles of joy.

My first interview was with Rachel. She specifies that you can ensure if your baby had enough milk by the amount and frequency of wet diapers. The baby should also be gaining weight. Most babies will unlatch from the nipple when they are full. When it comes to food, spicy and gassy foods can carry over into breast milk, causing the baby's tummy to be upset. Beverages can also carry over into breast milk, which means that you should eliminate alcohol from your diet during this time. If you do end up having a few drinks, you should use the "pump and dump" technique, to avoid any harm to the baby. When it comes to bottle-feeding, she states that "introducing baby to a bottle is different for everyone. If you are returning to work, it's necessary to have that available for feedings. I was fortunate to be able to stay home, so it wasn't a concern. Introducing too early can cause 'nipple confusion,' so try to hold off until breastfeeding is well established."

Newborns will cry when they're hungry, and they do an action called "rooting." This is when they open their mouths and turn towards the mother's body, looking for a nipple. Rachel states that a huge benefit to breastfeeding is that it's free! The body is a great supplier of food for the baby. It also helps with weight loss because you are continuing to eat for two. Finally, Rachel states that it's a challenge, at first. Always do what is best for you baby.

You always have the option to pump milk, so that other family members or siblings can also feed the baby to gain that bond with their little one.

My next interview was with Marina. She states that babies will stop eating when they are ready. Some babies eat more less often, others may eat less more often. She emphasizes that any kind of dairy bothered her son while breastfeeding. Due to a lack of milk production, she introduced her baby to a bottle after a month or two. She states that "breastfeeding is the most natural way to connect with your baby, and it also has the most health benefits. If your baby is sick, your breast milk will adapt to whatever the baby has." Finally, Marina states that breastfeeding is the most natural way to bond with the baby, but ensures that you shouldn't feel like a failure if you cannot breastfeed.

My next interview was with Sam. She states that she knew her baby was full when they fell asleep or stopped suckling the nipple. She read that foods causing gassiness is a myth, but emphasizes that vegetables like broccoli or brussel sprouts would make her baby gassy. Sam breastfed for about a week, and stopped upon finding out that the baby was losing more weight than they were gaining. She wanted to breastfeed to gain a proper bond with her baby. The lactation specialists say that skin to skin contact helps the body know if it needs to produce more milk. Finally, Sam says to prepare for breastfeeding, in advance. Take classes to better educate yourself, and do any necessary research.

My final interview was with Sarah. She described to me that her baby had a full tummy, upon pulling away from the nipple. She states that it can be difficult finding out which foods cause gassiness and fussiness in the baby. She introduced her baby to a bottle after 3 months. The baby will typically grab for their mother's breasts to inform them that they are hungry. Finally, she verifies that breastfeeding is a wonderful bonding experience for the mother and the baby.

A woman should never feel ashamed for breastfeeding her baby, whether it be in the comfort of her home, or out in public. Take classes, do online research, or seek advice from friends and family to properly educate yourself as to whether or not breastfeeding is right for you, or not. The human body can do amazing things, and it is crucial to take the right steps moving forward, if you wish to breastfeed your newborn.

Whatever you decide to do, pay attention to how your baby is reacting to taking your breastmilk.

# SAVE MONEY THIS SEMESTER

By Kristen Peek



Saving money in college can be a daunting task. Student debt is one thing, but how can students save more money before they graduate? Forget looking to your (21-year-old) friends for help, they'll just suggest another beer, or two. In college, and in life, it's up to the individual to save correctly and be disciplined enough to trust the process. Here are a few tips your wallet is screaming at you to follow:

**Buy or rent books from Amazon:** Amazon is just one example of a bookseller that offers a better alternative than the college bookstore. And if you've rented from Amazon before, this process is a no-brainer. Simply order your book, determine your preferred shipping and the prices, compared to the alternative, are very affordable. Many professors seem to recommend this method, even though students forgo the college bookstore. In addition, if you can find an online copy of the book, that might serve as an even better option. Instant access and even cheaper prices make buying textbooks a breeze.

**Choose streaming services over cable:** We can all use a break from that nagging 10-page paper or the final exam hanging over your head. Movies and television shows are great ways to escape mentally but don't make your wallet a victim. Instead of subscribing to cable, choose options such as Netflix or Hulu that offer affordable plans once a month, often under \$10.

**Limit heavy drinking and buy that water bottle you saw on Instagram:** If there were a college experience handbook, this wouldn't be on the list. Peer pressure is difficult and students may find it challenging to refrain from having a good time, all the time. Limiting drinking will save you money, especially if you do most of your drinking out on the town. Take care of yourself, and invest in a water bottle that'll keep you properly hydrated throughout the day. The benefits of staying hydrated and getting more than the standard eight cups a day will help you feel sharper, and may in-fact provide that extra edge heading into your next exam.

**Look into a campus gym:** Odds are, your college or university provides a gym on campus, especially if they have an athletic department. Rather than signing up at the local fitness center, create a routine to show up at the gym on campus, even if it means hopping on the treadmill for ten minutes. Plus, campus gyms do not usually have any additional cost to go!

**Start a side-hustle:** There's no pressure to create the next Facebook. And please, don't seriously consider dropping out in pursuit of that side hustle unless you're 99% that it could take off. A side-hustle in college could be anything from babysitting, to dog-walking or note taking. Most of all, a side hustle should start small and provide extra money for your pocket. Until that side hustle turns into a feasible business, schooling should always stay in perspective.

**Most importantly, stay focused on classes:** It's not fun to fail a class, let alone fail multiple classes and lose your scholarship in the process. If you've been down that road, you know that it isn't easy to rebound. Make it a point to build organized, productive habits in order to avoid paying more money than you should.

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**John Bauers, MD**

Dr. John Bauers has been with WNY Medical, PC since 2007. Dr. Bauers is certified as a Master Practitioner in Neuro-Linguistic Programming and Hypnosis. He maintains a primary care practice of Internal Medicine for adults of all ages at the WNY Medical, PC Amherst location.



**William Bermingham, LCSW-R**

William is a licensed clinical social worker since March 1990. He started working with WNY Medical, PC effective August 2013. He is currently seeing patients at our Amherst location.



**Amanda Smith, PA-C**

Amanda is NCCPA board certified and is licensed in the State of New York. Amanda is also a member of the Western New York Physician Assistant Association. She has been working with WNY Medical, PC since 2015. She treats patients at our Depew location.



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In many ways, negotiating is an art form. As a branch of communication in the business world, it's arguably the most prized form. It requires organization, confidence and a whole lot of persuasion. But most of all, to persuade effectively, I believe it's imperative to display empathy.

Empathy isn't some psychic power that only mind readers can achieve, it involves simple tactics, like listening and asking questions that build more understanding from the other parties' point of view. So understanding where you are, whether young or old and being honest about what you bring into the company is important when starting negotiations.

Offentimes, your employer wants you for a reason. You were brought into the company with set expectations and responsibilities. However, maybe you've exceeded those expectations or the responsibilities heightened. These are good indicators that maybe the money should follow.

Like any task, coming prepared is important. Especially in negotiations, coming in with a straight forward attitude shows confidence and attention to detail that your employer will appreciate.

Some things to prepare ahead of time include asking yourself, "What's the bottom line?" Understanding the lowest you're willing to accept is important because it can provide a guideline as to where the negotiations should start. For example, if your bottom line is \$75,000, starting negotiations at \$125,000 should give you some wiggle room in the negotiation room. Gain a better understanding of the pay in your industry by visiting websites like Glassdoor, PayScale, and Salary.com

Also, you should identify a negotiation strategy before heading in. Some of this prep could include practicing your body language or the questions/requests that you plan to ask. All in all, once you have some ideas in place, repetition is key. Keep practicing until you feel confident. If you want to ensure that you're practicing the right things, there are a ton of resources online that could point you in the right direction. Websites that offer extensive learning like LinkedIn and Udemy are great places to start.

Finally, remember that there's more to your earnings than just salary. Companies may vary in their perks and benefits but some of these packages may include, health and fitness, university tuition reimbursement, professional development and much more. Calculate the value that the benefits and perks bring to the table before settling on a final decision.



Do you have a lot going on at your workplace? Are you feeling overwhelmed with the amount of work you have to do? Are you stressed about how you might accomplish all of your tasks? If you answered yes to any of these questions, keep reading and you can find some tips on how to conquer some of the stress that you might be feeling in the workplace.

**1. Stay Organized:** Maybe the files on your computer are all over the desktop, maybe your desk has papers and files all over it, or maybe you threw a bunch of stuff into the top drawer and thought that you would come back to it later. Either way, staying organized can reduce the amount of stress you might feel. If your area is clean and everything has a spot, it can be easily found, and you will have a lot of room to work. After all, a clean area is a happy area.

**2. Prioritize:** Make a list of the most important things that you need to accomplish. This way, you know what you have to get done first and you can make goals to finish it.

**3. Take a Deep Breath:** If you are feeling very overwhelmed, take a minute, inhale for five seconds, then exhale. Do that a few times to calm you down on a busy day.

**4. Go for a Walk:** Sometimes a change of scenery can make all the difference in the world. You don't need to go on a long or far walk; maybe you just take a lap around the office or go visit a co-worker on the opposite side. Getting up and moving can help alleviate some stress you might be feeling by clearing your mind and giving you something else to think about. You will also be able to get in a little break and some exercise for the day!

**5. Avoid Unhealthy Snacks:** If you know you are going to have a long day at work, plan to bring healthy snacks such as fruit, nuts, or granola bars, something that is not filled with sugars and will keep your body energized, healthy and feeling good.

Being stressed is never fun. And feeling stressed can make you more stressed. Take time to care for yourself and distress. You will feel better and have better outcomes.

# Movie Corner

## Review of the Netflix Original: **Murder Mystery** ★★★★★

By Webster Tilton

There's a fine line between guilty pleasure movies and movies that pander. A guilty pleasure movie is self-aware; it's a candy shop and it knows it. Pandering is the exact same content; but they call it a restaurant for people who don't want to admit that they consider candy real food. As an example, you can contrast any one of the 'Expendables' movies with the recent box office bomb 'El Chicano'. You've probably never even heard of El Chicano, so let me summarize; Take 'The Expendables', surgically remove the self-aware sense of humor, give it a totally straight face, and try to sell it as a serious action movie. That's pandering. And if you take one giant step beyond pandering, you arrive in the realm of Adam Sandler.



Jennifer Aniston

Films that pander can at least be funny-bad. As humans we're amused by watching people fail, the more spectacularly the better. Unintentionally funny is still funny, and thus, we enjoy a bad movie.

But Adam Sandler does not make movies. Adam Sandler makes lazy, insulting, lowbrow feature length commercials. An Adam Sandler 'movie' feels like a slap in the face. It's as though you're being told: "We simply don't care, and we aren't going to exert any effort whatsoever. Just sit there and eat your popcorn while we collect our product placement checks." In a real movie, you will occasionally see a name brand beer, or the Apple logo on the back of a laptop, or someone might drive a BMW. In an Adam Sandler movie, every pixel of the screen has been monetized, because that's the whole point. Take this example; very early on in the film Sandler's character gets a text from his wife (Jennifer Aniston) asking him to pick up allergy pills, specifically Claritin. So, he goes to a convenience store. We watch him browse a rack of gift cards before selecting an Amazon one. Then he locates the Claritin on the shelf. It's right next to the Allegra which is \$0.50 cheaper. The camera holds on a closeup of the two boxes for three

full seconds, and he picks the cheaper Allegra. The next scene at dinner the Amazon gift cards get a mention, and fifteen very awkward minutes later, the couple has an argument about whether Claritin and Allegra are the same thing or not.

Ostensibly, the function of this scene is to establish that Sandler's character is a cheap, thoughtless jerk of a husband. But what it really does is tell the audience that they aren't worthy of an actual story. The only interesting



Adam Sandler

thing about this was that for this to have happened both Claritin and Allegra must have agreed to it. And Amazon, one of Netflix direct competitors, apparently paid Netflix money to put their gift cards in the movie, and then have Amazon gift cards get trash talked as being crappy, thoughtless presents given by people who don't care. There's also

an Apple gift card clearly visible but it isn't mentioned, possibly because the shot callers at Apple read the script and declined.

Watching this scene, I assumed that the movie would forget to pay it off later. I was wrong about this, but the payoff is so perfunctory and lame that it might have been better if they hadn't done it at all. Throughout the entire movie, Sandler looks like he's bored to within an inch of falling asleep, and Aniston is clearly using only 1% of her brain, which is approximately double what this movie requires.

The couple gets invited onto a mega-yacht where the onslaught continues. Sandler dons an obvious pair of Ray-Bans and we get a close-up shot of a bartender

pouring Chandon Champaign (I looked it up; it's \$18.00 per bottle...on a mega-yacht). Twenty minutes later we're at a car race where there are corporate logos smeared on every possible surface. Chandon gets another extended shot, as do Rolex, Red Bull, Dell, Renault, Hilton, Ferrari, AirGain, CNBC, Tag Heuer, Peroni Beer, McLaren, UBS Bank, Apple, Petrobras, Richard Mille, FxPro and Kimoa.

But this is a 'comedy', so what about the humor? Imagine a housecat laying on its side under the sunbeam coming through a window. A mouse runs up to the cat, well with striking range. The cat does nothing. Then the cat notices you watching it do nothing. The cat looks at you with an expression of bored irritation, rolls its eyes, and slowly swipes one paw in the mouse's general direction, only covering half the distance. The mouse shrugs, gets bored, and walks away. That's how the 'jokes' in Murder Mystery feel. The jokes may as well be coming from speakers strapped to cardboard cutouts because the movie makes no attempt whatsoever to make the characters sympathetic, likable or interesting. There's also zero

tension and zero excitement. This is partly because of the indifferent, perfunctory writing but mostly its because the cast members look like they'd rather be anywhere else, and you can't blame them. Part of the bad-movie charm of films that pander is the amusing notion that in spite of how awful they are, the people in the movie believe that it's good. If any of the cast members of Murder Mystery believed in this project, then they did an Oscar worthy job of acting like they didn't.



The movie exudes disrespect for the audience at every moment, and exists for no other reason than to suck people in with Sandler and Aniston's names to get them to watch a commercial. That's it, that's all. The only conceivable justification for this atrocity is that it might generate revenue that Netflix can spend on good movies like Paddleton and I Am Mother. And, cynically, I feel that if the Adam Sandler fans of the world are willing to finance quality filmmaking by watching a lazy, feature length commercial that holds them in the deepest contempt, then we should let them.



# VOLUNTEERS NEEDED!

## Sunday August 25th

Martin Luther King, Jr. Park

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contact [wnymuslims@wnymuslims.org](mailto:wnymuslims@wnymuslims.org) or call 716-923-4386 to volunteer!



August 2  
**Cobblestone Live Music Festival**  
Buffalo Ironworks

August 6  
**Incubus**  
Canalside

August 10  
**Thunderstruck**  
Tralf Music Hall

August 13  
**Iron Maiden**  
Key Bank Center

August 27  
**Jonas Brothers**  
Key Bank Center

August 30  
**Nas**  
Canalside

# Buffalo Concerts to Catch this August



By Kim Korhummel

August is packed full of concerts! It's time to go show your Buffalo pride while listening to some great music and enjoying this nice weather before it's gone. Is there a band you enjoy on our list?

Any rap fans out there? Well if you are, then Nelly is coming to Canalside on August 10. Tickets start at \$10 before fees and gates open at 5pm. If you really enjoy his music, grab yourself a meet and greet ticket or purchase the merchandise pack that includes express entry, a water bottle, beach ball, T-Shirt and a drawstring bag to throw it all in! The meet and greet tickets are \$100 before fees and the merchandise pack is only \$40 before fees. If you buy your tickets at any of the 17 WYN Consumers Beverages locations and on the Canalside's Boardwalk you will receive a coupon for a free beverage at the show (water, pop or alcohol).

For some of our country fans here in Buffalo, Florida Georgia Line and Tim McGraw are coming to town! On August 17th you can see Tim McGraw perform at the Seneca Niagara Events Center at Seneca Niagara Casino. His high-energy concert starts at 8pm and tickets start at \$55 before fees. One lucky winner will win two seats up front the day of the show! To enter take a picture with the giant cowboy boot outside, post your picture with the hashtag #MoveMySeats to Instagram before the show. Your pictures will be featured on the big screen and the winner will be announced! Florida Georgia Line will be at Darien Lake Amphitheatre on the 24th. These guys are selling out due to their popularity and their many honors from the AMAs, ACM Awards, CMA Awards, Billboard Music Awards, and CMT Music Awards. This summer they will also be performing at the Indianapolis Motor Speedway for NASCAR inside of turn 4. Tickets for the Darien Lake concert start at \$75 before fees for the lawn, so hurry and rope in some country tickets this month!

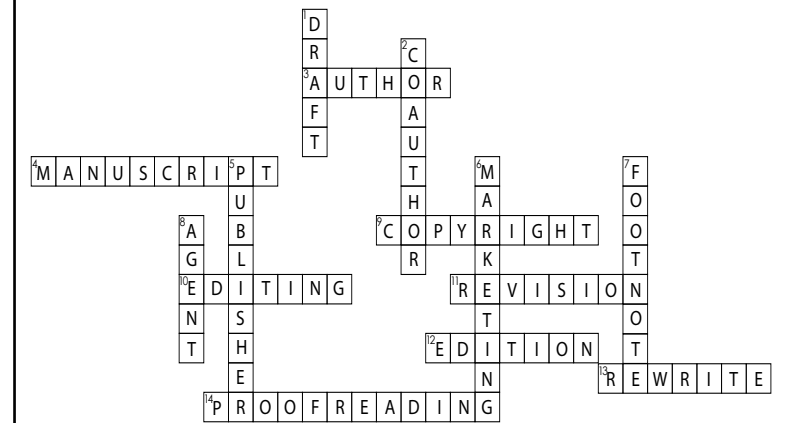
One of the most anticipated concerts this August is the Jonas Brothers on the 27th at KeyBank Center. There's nothing more welcoming than the title of their tour "Happiness Begins". This GRAMMY® nominated multi-platinum powerhouse trio are back and ready to perform after their long break. They finally brought back the band, and are back on tour, bringing their old fans and new fans together at their 40-city shows. Gates open at 6:30pm the concert starts at 7:30pm. Tickets start at \$35.45 before fees for the 300 level, but hurry before it sells out!

Finally, our last highlight is KISS, as they are on their "End of The Road" world tour. Catch them now as they are on their "The Final Tour Ever"! They will be performing at Darien Lake Amphitheatre on August 23rd at 7:30pm. Tickets start at \$39.50 before fees for lawn tickets. As one of the most well-known rock bands in the world and being America's #1 Gold Record Award winning group of all time in every, you better bet that tickets will be selling fast.

August has even more concerts than the few we highlighted, so if there wasn't a band here you recognized then search through Live Nation and Ticketmaster for additional concerts! A few more coming to Buffalo include Breaking Benjamin, Slipknot, Iron Maiden, and Foreigner, but there is still a lot more. Now get out and enjoy the concerts while it's still hot out!



## July 2019 Crossword Publishing Process

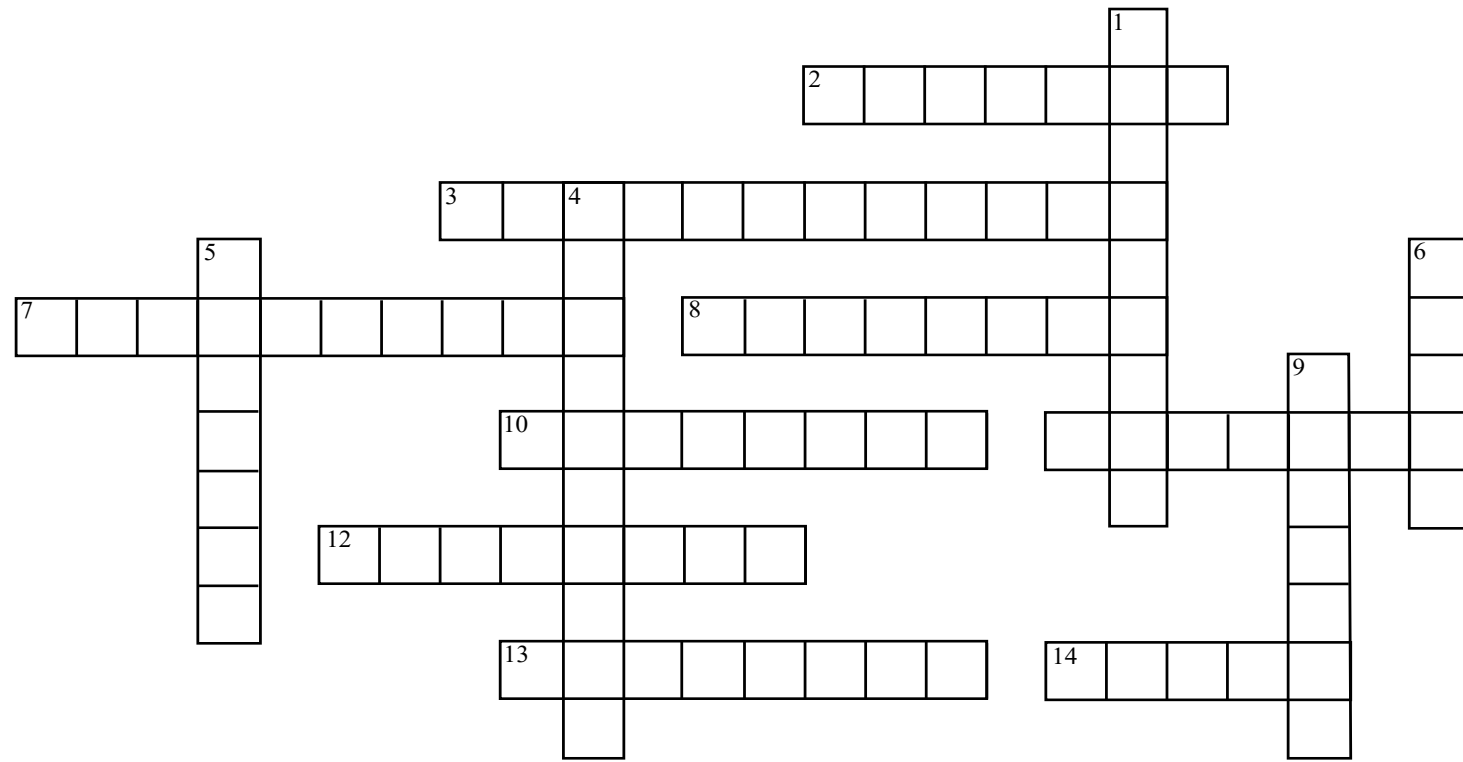


How did you do?



# August's Crossword

## Home Buying



### ACROSS

- 2 Professional who helps you with the house hunt
- 3 General area where a house is located
- 7 May or may not be left behind by the seller
- 8 Storage space below the living area
- 10 Number of sleeping areas in the house
- 11 Your trip from home to work and back
- 12 The most important thing in real estate, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ (same word)
- 13 Loan to purchase a home
- 14 Area above the house, sometimes a crawlspace

### DOWN

- 1 The kind of shape the house is in
- 4 On site viewing of the home by an expert
- 5 \_\_\_\_\_ costs. Fees associated with completing the deal
- 6 Property \_\_\_\_\_ (the cost of owning the home)
- 9 Expensive heating item, often needs updating

### [EVENTS]

# August

August 1-18

#### SHAKESPEARE IN THE PARK

Shakespeare in the Park is a Buffalo summer favorite. This month, Delaware Park plays host to Love's Labour's Lost. This is a free event for everyone, so bring the whole family!

August 2

#### BUFFALO BREWFEST

Buffalo Brewfest, Buffalo's original craft beer festival, is set for Friday, August 2nd from 5:00 pm – 9:30 pm at Buffalo Riverworks! All proceeds will benefit the programs and services of Buffalo Hearing & Speech Center. Craft beer lovers have the chance to enjoy more than 100 craft beers from local, regional, national and international breweries.

#### COBBLESTONE MUSIC AND ARTS FESTIVAL

Buffalo Iron Works & Lockhouse Distillery & Bar Present The Third Annual Cobblestone Live Music & Arts Festival, to be held on Friday August 2nd, 5:00 pm and Saturday August 3rd, 11:45 pm in the heart of the Historic Cobblestone district in Downtown Buffalo.

August 4

#### DRUMS ALONG THE WATERFRONT

New Era Field in Orchard Park welcomes the 22nd annual Drums Along the Waterfront — Tour of Champions, Western New York's premier "music in motion" event, at 6:30 pm Sunday, August 4.

August 7-18

#### ERIE COUNTY FAIR

The Erie County Agricultural Society is a private not-for-profit membership corporation, which annually produces the Erie County Fair. The Society is the oldest civic organization in Western New York, established in 1819. The Society does not receive funding from New York State or from the County of Erie. Advance tickets available at Tops until August 6th!

August 10-13

#### LEWISTON ART FESTIVAL

Lewiston's signature event, now in its 53rd year, features work by more than 175 exceptional artists and fine crafters. Meet the artists one-on-one, and enjoy more than 20,000 original works.

August 31

#### FOOD IN THE FIELD: FOOD TRUCK RODEO

Sunflowers of Sanborn presents the 2nd annual Food in the Field. Enjoy food trucks of WNY in the field of sunflowers in Sanborn, NY from 12-5 pm.

## Recipe Corner

### REFRESHING GAZPACHO

#### • INGREDIENTS

- 2 1/2 lb. plum tomatoes, cored; roughly chopped
- 1 c. diced english cucumber, plus more for garnish
- 1/4 c. diced red onion, plus more for garnish
- 1 clove garlic, grated
- 1/2 c. extra-virgin olive oil, plus more for drizzling
- 4 tsp. white vinegar
- 1 1/2 tsp. kosher salt
- Freshly ground black pepper
- 1/4 c. Sliced green onions

### FIVE EASY STEPS!

- 1 | In a large pot of salted boiling water, cook farfalle according to package directions until al dente. Drain and transfer to a large serving bowl.
- 2 | Make dressing: In a small bowl, whisk together olive oil, red wine vinegar, oregano and garlic powder.
- 3 | To serving bowl add cucumbers, tomatoes, olives and onions. Add dressing and toss until evenly coated. Season with salt and pepper and add dill, top with feta.
- 4 | In the bowl of a food processor, add tomatoes, cucumbers, red onion, garlic, olive oil, white vinegar, salt, and pepper. Pulse until well combined and smooth, or desired texture. Store in refrigerator until ready to serve.
- 5 | Serve in soup bowls. Drizzle with olive oil and garnish with cucumbers, red onion, pepper, and green onions.







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