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2019
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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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TWO HOLIDAY HOUSEHOLD

BY: RACHAEL ROTHMAN-KERR



The winter holidays are hectic for everyone, and when your family is celebrating more than one of them, there is a little extra balancing that's needed to keep the holiday season happy.

Christmas is still relatively new to me, and it is a lot more stressful for me than Hanukkah ever has been; since we've had kids, my husband and I have tried to find a balance that honors both traditions, and keeps the kiddos from becoming present-hungry monsters. It's still a work in progress, but we have gotten pretty good at it over the years, and we have embraced the Chrismukkah season for the beautiful, crazy thing it is.

From our inter-faith family to yours, a holiday primer:

The Big (Guy) Issue is, as you may guess, The Man In Red himself, Chris Kringle. While we can't stop the endless parade of strangers from asking our girls what they want from Santa, we have been very clear that the presents under the tree come from family and friends, and have done our best to discourage family members from talking about Santa Claus from the time our kids were very little.

We have also made sure to teach them the sacred duty of every Jewish child: do not disenchant your Christian friends of their belief in Santa Claus. Keeping that bit of magic in Christmas for our friends has been the seasonal job of Jewish kids since public school was invented, and it

is serious business, especially as kids reach the age where they start asking each other seriously, "Do you believe in Santa?"

My nine year old needed a refresher course recently after two friends brought up the subject, and she told me her first instinct was to challenge her friend who was on the fence about St. Nick to explain his existence logically. After I reminded her of the importance of our Santa related secrecy, she nodded seriously and recommitted to the Claus cause.

The omnipresence of Christmas is a challenge for Jewish kids. Christmas is everywhere, from the day after Halloween—and increasingly, for some reason—before it, and sometimes, there might be one or two Hanukkah decorations, or a solitary book featuring a menorah among the aisles and aisles of tinsel, lights, and lawn decorations. Honestly, even as an adult, it's a bummer. It would be easy for Christmas to overshadow Hanukkah, so we have made conscious steps to make sure Hanukkah gets its time to shine, too.

In recent years, more often than not, the two holidays have overlapped, so in those years, we decorate our Christmas tree with blue, white, and silver. We have a Happy Hanukkah sign above our stockings. We have lights shaped like dreidels and menorahs, and a Star of David for the top of the tree. It's a Chrismukkah tree.

Underneath it, though, are only Christmas presents. Hanukkah gifts are carefully kept separate, so that they, and the holiday, and our Jewishness, remain special and do not get subsumed by Christmas.

Despite the extra care needed to maintain Hanukkah's uniqueness, the overlap is nice, actually, as it allows us to condense the gift-giving portion of the season into a smaller space, when Hanukkah is early, it stretches it out in a way that when the kids are little, they start to think that they should be getting gifts every day of the month. This means hiding away the Christmas presents an extra long time, to avoid tempting curious little hands, and also explaining that today is not an "opening presents" day, daily, until Christmas Eve.

We have also trial-and-over-spent our way to a balanced gift-giving approach. Each holiday gets one "big" present, and the rest are smaller, including the obligatory new outfit, and, in our family, the "Hanukkah Art Kit", a tradition unknowingly started by my parents, who would give my sister and I a new plastic case of crayons, colored pencils, markers, and paints every year.

The socks get stuffed in the stockings.

Maintaining each holiday's specialness is important to us, and one way that they both differ greatly and have a lot in common is the significance of food. We get them involved in making latkes and jelly doughnuts for several nights of Hanukkah, and they help in the kitchen preparing side dishes for Christmas dinner at my in-laws. Like with a lot of Jewish holidays, the food is really important to Hanukkah, so while we cook, we talk about why we cook with oil, and they learn family history in the kitchen with their grandparents at Christmas.

The first Hanukkah that my husband spent with my family, he surprised us all by singing along with the prayer as we lit the menorah; he had spent some time on YouTube, learning the words. I knew then that he was a keeper, and ever since, lighting the menorah has been a little extra special, even before we had kids, and even when we weren't with my family (all eight nights are hard to do). We have made sure that the ritual of lighting the menorah has become special for our kids as well, they get to help put the candles in, and with some help, they take turns lighting them. We guide them through the prayers, and make sure to tell them they've done a good job, and try to gently enforce a quiet moment before they run off to play or choose a present.

Though getting through two holidays, and splitting time between two sides of the family, makes for an often hectic, and sometimes stressful December, the new traditions that we've made as a family, and that our interfaith friends and family have shared with us, are truly a source of holiday joy for me.

HWH'S 2019 BUFFALO HIGHLIGHTS

1 FIRST ANNUAL HWH HEALTH EXPO

2 BUFFALO ON THE BIG SCREEN:
THE FILMING OF A QUIET PLACE 2

3 APOLLO 11: THE 50TH ANNIVERSARY

4 DAVID BELLAVIA: MEDAL OF HONOR
AWARDEE NOT RUNNING FOR CONGRESS

5 BUFFALO'S GARDEN WALK:
THE 25TH ANNIVERSARY

6 EXPLORE & MORE: THE RALPH C. WILSON JR.
(CHILDREN'S MUSEUM, NEW AT CANALSIDE)

Home Energy Saving Tips

By: Mike Rickard II

That chill in the air is letting you know that winter will be here soon, and with it, those dreaded heating bills. Whether we love winter or hate it, nobody loves paying extra for their utility bill, which is why your friends at Your HWH have some ways to reduce your heating bills.

1. Turn down your water heater: Turn down your water heater from 140 degrees to 120 degrees. According to some sources, you'll save 3-5% on your energy bill for every 10 degrees you lower your heater.

2. Change your furnace filter: It's a good idea to routinely change your furnace filter (typically every 2-3 months) for health and energy savings purposes.

3. Get a programmable thermostat: A programmable thermostat allows you to lower your temperature while you're away at work or school, but raise it before you get home so you save money and have a warm house (or apartment) to return to. While this requires an initial investment, the long-term savings will make up for it.

4. Wear a sweater/hoodie/flannel/blanket: Netflix and chill shouldn't mean lowering your thermostat and freezing. Consider layering yourself with a sweater, hoodie, or blanket to stay warm and save some bucks. This tip may not be an option for those with certain health restrictions.

5. Curtains are your friends: This old-school trick can help keep drafts out. Use curtains (preferably heavy ones) the right way and you can cut your heating loss by 10%.

6. The sun is your friend too: While it's a smart move to close your curtains at night, you should utilize the

daylight to help warm your home. Your windows facing the south will receive the most light so be sure to keep the curtains there open during the daytime.

7. Seal those drafts: You may notice a draft coming in from one or more windows, or a door. Fortunately, there are assorted items available to seal them such as weather stripping or caulking. Your local hardware store will have these and if you're not sure how to install them, go on YouTube which has videos for just about everything. If you have an unfinished attic in your home, consider having it insulated. Not only will it warm the attic, but more importantly, it should reduce your home's



heat loss.

8. Seal those windows: Single-paned glass windows are going to lose heat, even if you weather strip them. While double-paned glass windows are much more energy-efficient, you may not be able to purchase them. However, you can purchase insulation kits which seal the entire window with transparent plastic that reduces heat loss and still allows you to get sunlight and see outside.

9. Double down: While you should never use your stove as a heating source i.e. "oven heat," you can benefit from the heat generated when you use it to prepare a meal. If the extra heat normally has you opening a window, lower the thermostat instead to benefit from the increased temperature. You may be surprised at how this helps.

10. Get a check-up for your heating and cooling system: If you own your home, you owe it to yourself to get your heating and cooling system (HVAC) checked by a professional. Preventative maintenance can save you unnecessary repair bills and a well-maintained heating system can save you on your heating bill.

11. Check for energy-saving programs in your area: Depending on where you live, you may be eligible for assistance with your heating bill such as New York State's Home Energy Assistance Program (HEAP).

An Important Note: If you're renting or leasing your home, you should check the terms of your rental agreement or lease to ensure you are authorized to make minor changes such as installing weather stripping, adjusting the water heater, etc. While a landlord should be happy to help you save money on your heating bill (and make minor improvements to the property), take care. In some cases, you may even be able to get the money you spend on these items taken off

your rent or lease payment.

These tips are just for starters. For more details, check out some of the following sites:

<https://www.libertymutual.com/masterthis/save-on-your-heating-bill>
<https://www.today.com/home/10-tricks-reducing-your-heating-bill-2D80555200>
<https://otda.ny.gov/programs/heap/>



Tea For Every Ailment

By: Cat Crawford

As an avid tea drinker myself, I know full well the added health benefits a single cup of tea could have to my immune system, besides its soothing and comforting value. Different types of teas have different healing properties, and it is important to know which types of teas can aid you best in your daily life; and important to drink it black to receive all the benefits (with no added sweeteners or creams!)

1. Green Tea

Green tea is best known for housing anti-inflammatory properties and antioxidants that is key to lowering your risk of stroke and certain kinds of cancers. According to a 2017 study published in the Journal of the American Chemical Society, it can even help Alzheimer's. Green tea has also been linked to being responsible for bettering your memory and promoting weight loss; an overall over-achiever and personal favorite of mine.

2. Oolong Tea

A staple in East Asian households, oolong tea is best known to help prevent diabetes and heart disease, reducing blood sugar and insulin levels with regular consumption. This ancient Chinese tea has also been believed to better the appearance of skin and help reduce eczema, as well as promote weight loss, making it a popular tea amongst youths.

3. Jasmine Tea

What we most commonly refer to as jasmine tea is made up of the aforementioned and revered green tea mixed with jasmine flowers, creating the tea's signature soothing aroma. Jasmine tea is the most popular drink for Japanese people, specifically those living in the Okinawa Prefecture, which has led many to believe that the tea is responsible for the long and healthy lives that many Okinawan inhabitants live. The jasmine plant is also well known for being able to reduce stress and induce a calming sensation through one's sense of smell.

4. Rooibos Tea

If you have high blood pressure, often have tense muscles, or hate caffeine,

rooibos tea can alleviate all your troubles (except for your hatred for caffeine). This South African tea houses just as many antioxidants as green tea, proving to be able to protect the liver from stress as well as manage weight loss. Unlike black or green tea, rooibos tea does not contain caffeine, so it is safe to drink at night!

In his book, *The Book of Tea*, Okakura Kakuzo once said that, "tea began as medicine and grew into a beverage". Primarily used less for pleasure and more as a mindfulness aid, tea has evolved from a medicinal aid to an everyday staple. There are many other kinds of teas not listed above that produce special medicinal properties, so don't strike them out on your next visit to the grocery store!



Frugal Living and Early Retirement

by: Stephen Vulpis

In a survey with over 600 millionaires, many of them said one of the main keys to their success was spending below their means. The FIRE movement is a growing trend among millennials aimed towards an early retirement. FIRE stands for "Financial Independence, Retire Early" and many who take part in this save over 50% of their income to retire in their 30s. In one specific case, a New York City lawyer who makes \$270,000 a year lives in New Jersey to avoid high taxes, owns a total of five suits for the work week, doesn't turn the heat on during the winter, lives off rice and beans, and saves over 70% of his income. At the age of 36, he is set to retire in three years. While most people do not have an income that high, or simply are not willing to sacrifice their current lifestyle to that extreme, that does not mean that you can't work towards an early retirement.

Frugal living does not mean being cheap. It means coming up with a plan for your money, buying what you need and saving the rest for your future. The first step towards early retirement is to pay off any debt you owe. Whether it be student loans, credit card debt or any other debt it is important that you put extra money towards your debt payments. When you are debt free, you can then start saving and investing money towards your future. Another key is to look for a second form of income. Pick up night or weekend shifts at a restaurant, deliver pizza or do anything else that will add another stream of cash into your wallet. While it may be an inconvenience to you now, this extra money can be used to help pay off your debt, or it can be invested to turn into more money in the future.

One thing you should do is build an emergency fund. This fund should be used in situations such as one of your household appliances breaks or your car needs some repairs. The reason that this fund is imperative is so that you will not have to incur more debt to solve these problems. If you are able to spend cash, you will save yourself having to pay interest down the road.

Another key aspect to frugal living is meal planning. Write out your weekly meals so when you go grocery shopping you avoid extra purchases that will go to waste. You should also consider making your lunch the night before. Instead of forcing yourself to wake up earlier than you have to and make your lunch for the day, prepare it



and refrigerate it the night before. By doing this, you are getting extra sleep, as well as cutting down costs on buying lunch if you forget to make it in the morning, or overslept and don't have the extra time.

All of these steps can you help you save more, but how can you turn extra savings into an early retirement? The first step is to find how much money you will need to have saved before you can retire. It is recommended that you have 25 to 30 times your annual expenses invested or in a savings account, while having an additional years worth of expenses in cash. Once you have your target number there are many things to do to reach it.

One thing you should do is to max out your retirement accounts. In 2019 you can put up to \$19,000 into a 401(k) and up to \$6,000 in an IRA. The more money you put into these accounts now, the more you will have in the future. If you still have money leftover after maxing out your retirement accounts, you should look to invest elsewhere. Low cost index funds are commonly used by those saving for retirement as they provide low risk to the investor and diversify your money. There are many ways you can invest your money to gear up for an early retirement.

The key to achieving your early retirement is to save money where you can, and take that extra money and turn it into more money in the future.

SPIRITUALITY & HOLIDAYS

By: Maxie Ryan

Dashing through the snow to spend some time with your fellow extended family or in laws is not always the most pleasant endurance. There are far too many movies to count out there that show just how rough it can be. National Lampoon's Christmas Vacation and let's not forget Die Hard (yes, it does count as a Christmas movie), are just a few demonstrations. Despite all the chaos each movie presents us with, it brings us back to peace and serenity in the end for a touching moment of love.

The holiday times are supposed to help us reflect on those moments of love and sacrifices that were made for us. At least, that's what is taught to most who attended a religious class. It's a time to reflect if you're a Christian on the Lord and Savior who was born to save us from our sins. Now, I'm not going to get too religious and preachy here on you, but it is a nice radical thought, that there may be something greater for us in the afterlife. An opportunity presents itself to relish and bask in this hue of utter bliss if we do as we are called to do fulfilling our purpose.

There's no doubt you do feel a sense of calmness if you attend a Christmas Eve candlelight church service. Seeing everyone's face basked in a glow of warmth from the candles for a moment of acknowledgement is a sight to see. It can help take the Grinch and Scrooge out of your attitude as another cold year of hard work has caused your heart to grow colder. For a moment all is not as it seems, and you can relax and enjoy this scene. It's like looking through the Dolorian's window and seeing yourself as a child again. Remembering all the beauty and treasures the world holds. Instead of learning, as you grow up the world has sharp teeth and will sweep you on your butt so quickly, you'll think you have whiplash.

Now, I know from my grim writing, you might think that I do not have the "cheeriest" of spirits, but let me put your mind at ease; I do love Christmas. The whole idea of everything the holiday encompasses and embodies. Christmas is a time of renewal when all life around our snowy environment is dormant. A mystic being was sent for mankind's salvation. For everyone's impurity and troubles we have caused and endured. Such a time to be alive and to know something greater exists out there.

It's a time to reflect and repent. A chance to forgive yourself, for things that have been festering in your mind. The hardest part of life is being our own worst enemy. So many people put too much pressure on themselves. They think of themselves at times as unworthy of forgiveness, or love and compassion. This is a time to come and find your center and be right by yourself and your beliefs, whatever they may be.

Don't let the fact that your cousin keeps bragging about how much they succeeded this past year, or the fabulous vacation they plan on taking in the spring get you down. Do not envy them, but rejoice for them that they are able to spend them with their loved ones and make fond new memories. Remember that the holidays show us it is a time to be giving, loving and demonstrate forgiveness. Rejoice in the family that boggles your mind completely on how you maintain everyday functionalities. Remember, family doesn't have to be flesh and blood too. Give back by loving one another and remember that this celebration stems from history's gift that was giving to the world. Happy holidays to you all!



WHEN IS THE BEST TIME TO INVEST IN PROPERTY?

By: Steven Vulpis



If you are in the market for a new house, looking for a vacation home, or maybe you want to buy a house so you can improve it and flip it, then you should know when the best time to buy real estate is. While some people may say it is hard to time the market and that there is no "best" time to buy a house, the fact of the matter is, the best time to buy property is during the winter months.

There are various reasons why winter is the best time to invest in property. First of all, you will be facing less competition from other buyers. Many families that are searching for a new home will put off their search in the winter because they do not want their children to change schools in the middle of the school year. Additionally, most people will stop looking for houses in the winter due to their busy holiday schedules and because of the bad weather. Less competition from other buyers means that you are less likely to engage in a bidding war and increases your negotiating power with sellers.

In addition to increased buying power, prices for homes in the winter are significantly lower than the rest of the year. One study shows that single-family homes cost about 8.5% less in the winter than they do in the summer months. Some reasons for why the prices drop so much is that many houses that are still available in the winter have been listed for multiple months. If a house has been listed for a large period of time, it may become unattractive to potential buyers, thus, the property owners will be more willing to enter negotiations and seal a deal as soon as possible. Additionally, if someone lists their home in the winter they may want to get a deal done quickly so that their home is not overlooked in the summer due to it having been listed for many months.

Another reason that prices drop in the winter is because people who list their home are motivated to sell. Most realtors will recommend you list your house for sale in the peak summer months. If people are being pressured to sell their house due to personal reasons and list it in the winter, then they most likely need to sell their house now and will be easier to work a deal out with.

In addition to the financial reasons for winter being the best time to invest in property, one non-financial reason is key as well. If you look at homes in the winter you can see how they hold up against a challenging climate. You will be able to tell how well the house keeps out the cold, if the heat works properly etc. By doing this you can also save money on possible future repairs and improvements.



MEDIA CORNER

Review of the Amazon Original Series: JACK RYAN

BY WEBSTER TILTON ★★☆☆

It never bodies well when my choice for a review is dictated by the total lack of other options. I was avoiding season 2 of Jack Ryan because season 1 committed one of the most annoying sins in fiction; the main character has the superpower of being able to do whatever the situation requires of him at any given moment. Need an economics nerd to explain the money trail that links your enemies together in a conspiracy? Check. Need a commando who excels at every type of combat? Check. Need someone who speaks (almost) every language the plot requires? Check.

And since there was very little that Jack Ryan couldn't do, the only tension in the series came from the fact that the main bad guy also had main character superpowers. I also don't like TV / movie heroes that have no personality defects. Jack Ryan as portrayed by John Krasinski, is completely honorable, has no bad habits and is respected by everyone except when the plot needs them not to. This is the opposite of what happened in The Boys, and it's the reason I stopped watching Jack Ryan Season 2 after episode 4. In a good series, like The Boys or Carnival Row, the protagonist has some kind of a flaw or personal problem that they need to overcome. This gives them an arc, which makes them interesting as opposed to static.

In JR-2, the only major character with a flaw is Jack's friend Jim Greer, who is concealing the fact that he has a heart problem, which makes him medically unfit for duty. Maybe he was stressed out because his bosses assigned him (the only black man in Moscow) to run around the city doing spy stuff. JR's love interest also has a flaw, sort of. She owes her life to one of the main bad guys and doesn't want him killed, although she knows he has to be stopped. It's like someone forgot that the characters were supposed to be interesting.

It's also very procedural; JR says what needs to happen, then he goes and does that. Then he says what needs to happen next, then he goes and does that. If he needs to talk to the CEO of a powerful corporation, he knows just who to call to blackmail this man into meeting with him. If

he needs some evidence analyzed by the lab, it happens instantly. There is never any obstacle to him getting what he needs to do his job. Even when he's briefly told that he can't work on the case anymore, he just calls up a senator (in the most stilted phone call ever) and *poof* he now has permission to continue his investigation.

This show was designed for people who like predictable action. There's not much to say about it, and I got bored in a hurry. So instead I watched another show, an Amazon original animated series called 'Blade of the Immortal.'

Blade of the Immortal is not for everyone. It's an R rated Anime set in feudal Japan. But it has a few things that Jack Ryan is missing. 1) An interesting, flawed protagonist who experiences an arc, 2) The villains aren't cardboard cutouts 3) the show has real grit and isn't afraid to get its hands dirty, 4) I didn't get immediately bored, 5) the show didn't feel like it was made with a checklist, 6) the animation was beautiful, 7) the world this story happened in was interesting and 8) the show made me care about what happened to the characters.

So, if you're looking for something safe and predictable, where you know exactly what you're going to get, then watch Jack Ryan. But if you're willing to go a little beyond your comfort zone to watch something much, much better, then try Blade of the Immortal. It may not be your thing, but at least it was made by someone who cared about television as an art form, instead of a checklist approved by a committee. Think of Blade of the Immortal as that foreign restaurant down the street that you've never tried and think of Jack Ryan as McDonald's. Choose accordingly.



Holiday FUN FACTS

Christmas

- 1 On average, it takes 6-8 years for a Christmas tree to be fully grown before it can be harvested.
- 2 The first Christmas was celebrated in America in 1539.

Kwanzaa

- 1 During the 7 days of Kwanzaa, there are 7 primary symbols and 7 principles practiced (Kwanzaa is spelled with 7 letters too!).
- 2 Kwanzaa comes from a Swahili phrase meaning "first fruits".

Chanukah

- 1 After night falls, The Chanukah candles must burn, since their purpose is to bring light into darkness.
- 2 Chanukah celebrates military victory and miracle.

BUFFALO CONCERTS: DECEMBER

BY KATY SIWIRSKI

December 4
Kerfuffle Before Christmas
Buffalo Riverworks

December 5
Celine Dion
Key Bank Center

December 7
Smokey Robinson
Shea's Buffalo

December 10
Aaron Carter
Showplace Theatre

December 11
Home Alone with Live Orchestra
Klienhan's Muisic Hall

December 13 & 14
Every Time I Die: 'Tid the Season
Buffalo Riverworks

December 13
Kerfuffle Before Christmas
Rapids Theater

December 14
Tran-Siberian Orchestra
Key Bank Center

December 15
Goo Goo Dolls/Rob Thomas
Buffalo Riverworks

December 20
Matisyahu
Town Ballroom



TRANS-SIBERIAN ORCHESTRA: IMAGE PROVIDED BY BILLBOARD.

Oh, the weather outside is frightful, and the concerts are so delightful! And since you've no place to go, go to shows, go to shows, go to shows! That's right, the holiday season is here, and so are the holiday concerts. Are you ready to get yourself into the true holiday spirit of the season? Check out some of these performances coming to Buffalo, this month.

Get ready for one of the biggest concerts of the year, Buffalo! Trans-Siberian Orchestra will be astounding the KeyBank Center on Saturday, December 14, 2019 at 3:30 PM and 8:30 PM. According to their website, Trans-Siberian Orchestra was formed in 1996 by Paul O'Neill who immediately approached long time friends and collaborators Robert Kinkel and Job Oliva to form a core writing team. The platinum selling band quickly became one of Lava/Atlantic's top artists. O'Neill's goal "was to create a progressive rock band that would push the boundaries (of the genre) further than any group before... Way, way further." According to Spotify, their biggest hit is Christmas / Sarajevo 12/24. This is a catchy rendition of Carol of the Bells, bringing the power of rock music and orchestra classics together into one powerful composition. The majority of their other hits are progressive metal renditions of popular holiday tunes. These tickets will surely go fast, so make sure to get yours, before they're gone. I got to experience them several years ago, and it is a show that you won't want to miss!

Trans-Siberian Orchestra sounds like a rocking-good time, but maybe you're not huge into the Christmas music. Have no fear! Buffalo natives Every Time I Die will be putting on their annual Christmas show, 'Tid The Season, at Buffalo Riverworks. This event has grown so much in popularity, that it is now a two-day event; Friday, December 13, and Saturday, December 14. Fans travel from all around the country to witness these hardcore punk legends in their home turf, munching on chicken wings and good brews while enjoying some snazzy tunes. If you were one of the lucky ones to get tickets to this show, prior to selling out, then you are in for a treat! Every Time I Die, also simply known as ETID, began blowing up the industry in 1998, releasing their first studio album in 2001. Their 2003 album, Hot Damn!, reached #49 on the Top Independent Albums that same year. The success didn't stop there, though. Their 2005 release, Gutter Phenomenon, reached #10 on the Top Independent Albums & #71 on the Billboard 200. My personal favorite track from the band is the opening track from their 2012 record, Ex Lives. The song is called Underwater Bimbos from Outer Space, and the song is pretty much that. It has

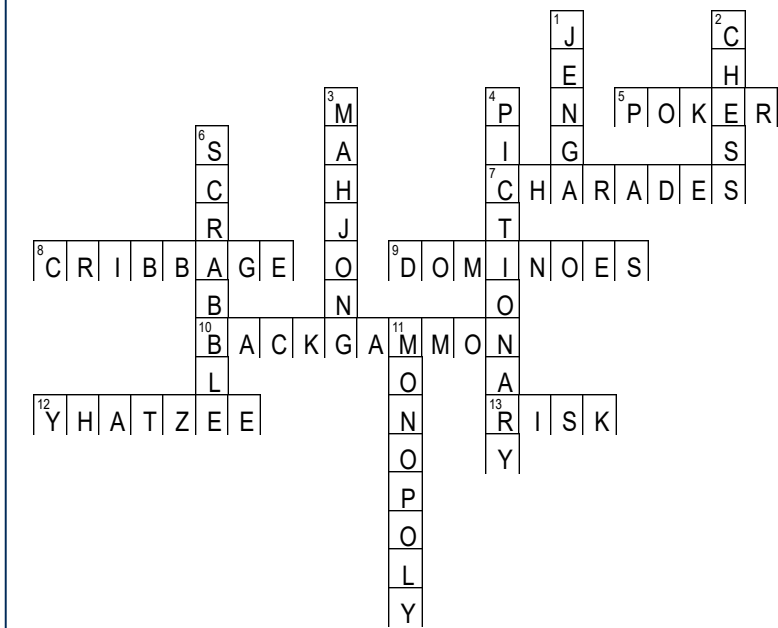
a wacky introduction that continues throughout most of the song, balancing out with vocalist Keith Buckley's raw, edgy style. This album peaked #3 on the U.S. Billboard Vinyl Albums chart. Successfully, their most recent album from 2016, Low Teens, peaked #2 on the US Billboard Independent Albums, and #1 on the US Vinyl Albums. This album has a song entitled "It Remembers" that features pop music icon Brendon Urie, famously known as being the lead member of Panic! At the Disco. This just goes to show that these Buffalo legends are not losing their success anytime soon. I've heard from various sources that you can find their members wandering throughout Buffalo, when not on tour. I have personally met a couple members on a few occasions, and they are extremely friendly guys and are very supportive of their hometown fans. Needless to say, you are one lucky person if you were able to get tickets to this show.

We have some unique shows on the line-up this month, so let's keep them going! Matisyahu will be at the Town Ballroom on December 20. Simply called Matthew Paul Miller, this talented musician broke through the industry, as of recently, with his unique style of Jewish reggae, rap, beatboxing, and alternative rock. His 2005 single, King Without a Crown, quickly became a Top 40 hit in the United States. Since 2004, he has released five studio albums, on top of two live albums, two remix records, and two DVDs that feature live performances. Miller is known to stick to his foundations, enhancing the traditions of his faith throughout his performances. He is also known for high-reigning success in his studio albums. Three of his albums reached #1 on the Billboard charts, successfully. These include Youth (2006), Light (2009), and Spark Seeker (2012). Needless to say, I don't think this talented individual isn't going anywhere anytime soon. Still, we don't know when he'll be back in Buffalo. Try to enjoy it while you can!



MATISYAHU: IMAGE PROVIDED BY HOLLYWOODREPORTER.COM

November Solution GAME NIGHT



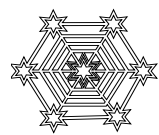
Both the concert and holiday season are in full swing, and it is easy to get caught up in the season of chaotic shopping, money spending, and gift giving. Take a night away from the holiday chaos, and enjoy one of the spectacular shows that you see listed here.

Happy Holidays to you and yours!

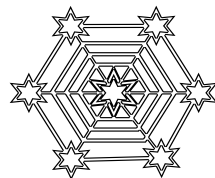
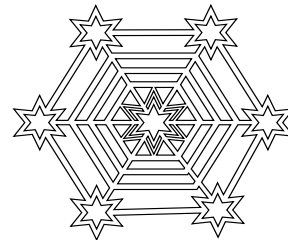
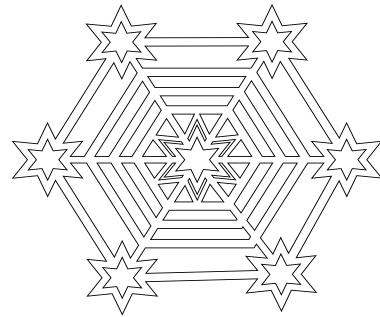
WINTER IS HERE...



STAY PREPARED.



coloring corner



HOLIDAYS

L E C X S D Y N V C F L E T H K K B V M
 B N O G L N T Y E T I K V V A D F N X C
 U R E G R B E Y P G F W I Z C X Q A J D
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CANDLES
 CELEBRATE
 CHANUKAH
 CHRISTMAS
 COCOA



DECORATIONS
 ELVES
 FAMILY
 FESTIVE
 FIRE

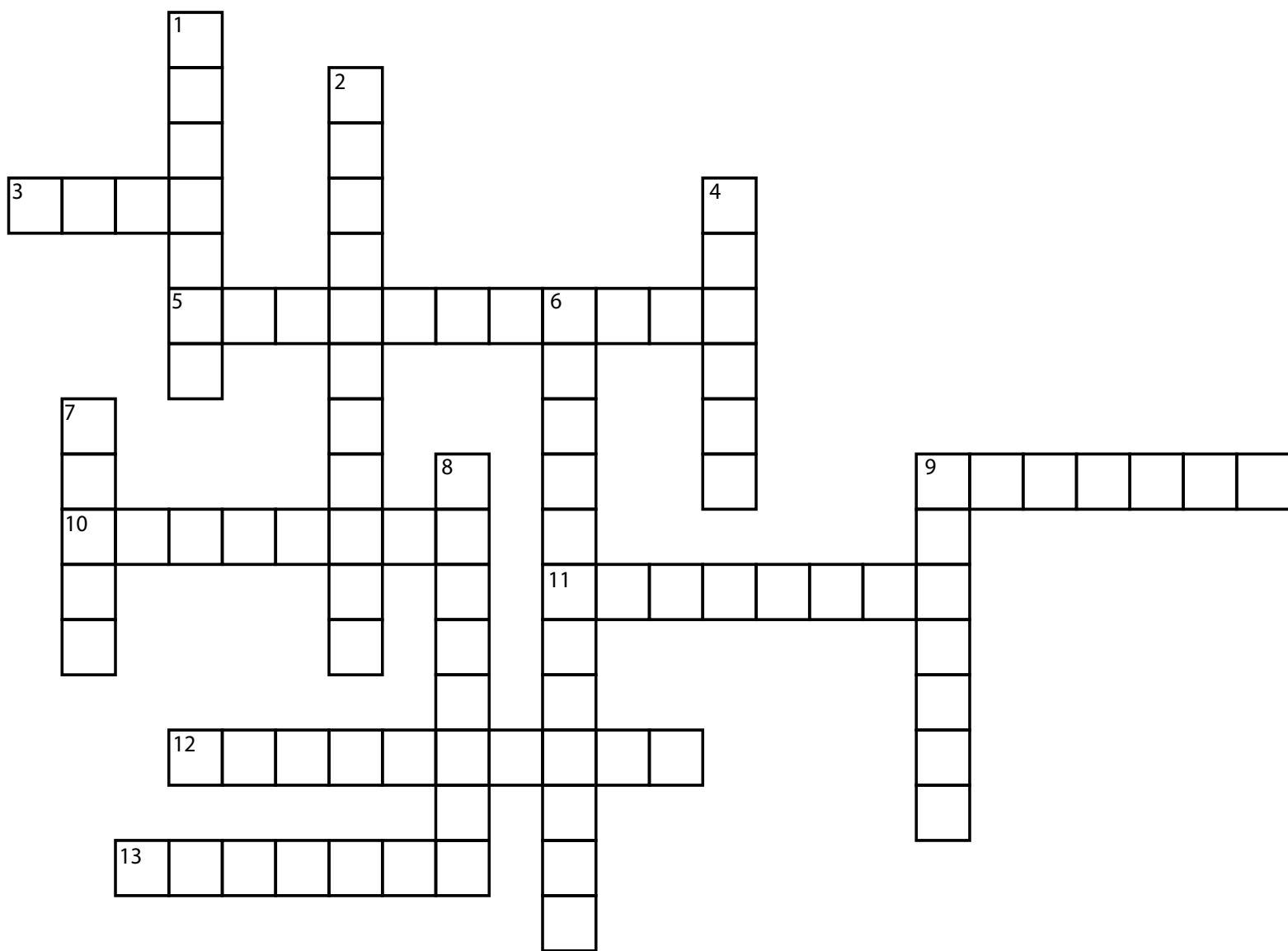
GIFTS
 GINGERBREAD
 GREETING
 ICICLES



KWANZA
 LIGHTS
 MITTENS
 SNOW



STRESS RELEASE: THINGS THAT HELP



ACROSS

- 3 just give it _____
- 5 Inhale and exhale a few of these
- 9 Getting it off your chest
- 10 Get this at the gym
- 11 Pharmaceuticals to help you stay balanced
- 12 Fun activities
- 13 Work out the kinks

DOWN

- 1 Those who know you best
- 2 Look at it from another _____
- 4 Don't take it lying down
- 6 Positive statements about yourself
- 7 Resets the body and the mind
- 8 Empty your mind & reflect
- 9 Help from a professional

[EVENTS]

December

December 7th & 8th

TOTALLY BUFFALO 716MAS FESTIVAL

This incredible TWO DAY – SHOP LOCAL event is at Buffalo RiverWorks from 11 AM - 6 PM. Featuring 100 vendors selling their amazing Buffalo inspired crafts, jewelry, apparel, shirts, and more! Live music & entertainment from local school, church and community choirs. Crafts for kids. SANTA will be there both days! There will be Buffalo food, desserts & gifts! This event is \$5 for admission and FREE for kids 5 and under. Visit welcome716.com for more info on tickets.

December 7th

SANTACON BUFFALO

SantaCon is a mass gathering of people dressed in Santa Claus costumes parading publicly on streets and in bars in cities around the world. The focus is on spontaneity and creativity, while having a good time and spreading cheer and goodwill. Participants will meet up at 1:30 PM at VENU at 75 W Chippewa. Don't just show up in a hat, be creative and modify if needed. Chanukah Harry, Reindeer, Biker Santa, Sugar Plum Fairy, and Elves are all welcome!

December 12th

MENORAH LIGHTING & CHANUKAH CELEBRATION

Community celebration at the Tops International at 3980 Maple Road, Amherst. Lighting will be done by Aviva Abramovsky, Dean of UB Law School. Hot latkes, donuts, Menorah kits, Music, and prizes for kids will be offered.

December 13th & 14th

12TH ANNUAL LAST MINUTE PANIC MARKETPLACE

The Book Arts' Last Minute Panic Holiday Marketplace is a vendor market just in the nick of time for this upcoming gift-giving season. A collection of 40+ artists and makers take over both floors of the Book Arts Center, showcasing unique, quality handmade goods from housewares, knitwear, and jewelry to hand-printed greeting cards & posters. This event is from 4 PM - 8 PM on the 13th and from 11 AM - 5 PM on the 14th at WNY Book Arts Center. 486 Washington Street, Buffalo NY 14203.

December 31st

NYE BALL DROP

Be part of the the 2nd largest New Years Eve Ball Drop in the US! Join the folks at the downtown iconic, Iskalo Development Electric Tower, as they usher out 2019, and ring in 2020! A spectacular fireworks display follows. This top event in the city of Buffalo brings everyone together for a salute to health and prosperity in the New Year!

Recipe Corner

SLOW COOKER BEAN SOUP

- 2 strips (2 ounces) bacon, finely diced
- 2 large leeks (white and light green parts only), sliced lengthwise, and thinly sliced
- 2 large celery stalks, diced (roughly 1 cup)
- 2 dried bay leaves
- 1 large hefty sprig of fresh rosemary, plus more for garnishing
- 1 lb Bob's Red Mill Heritage Cannellini Beans, rinsed and picked over
- 6 cups (48 ounces) low-sodium chicken broth
- kosher salt
- freshly ground black pepper
- good-quality extra virgin olive oil, for drizzling

30 MIN | 8 HRS
PREP TIME | READY IN

JUST 5 STEPS

- 1 If you own a stovetop-safe slow cooker insert (alternatively, you can do this in a normal saucepan or skillet and transfer it to the slow cooker): Heat the insert over medium heat. Add the diced bacon and cook, stirring frequently, until the bacon is crispy and most of the fat has rendered. Using a slotted spoon, transfer the bacon, leaving the rendered fat behind, to a small bowl.
- 2 Add the sliced leeks to the pot and reduce the heat to medium-low. Sauté the leeks, stirring occasionally, until they are just beginning to soften, about 3 to 4 minutes. Add the diced celery, dried bay leaves, and fresh rosemary sprig, and sauté for an additional 5 to 6 minutes, stirring occasionally.
- 3 Transfer the insert to the slow cooker base. Add the cooked bacon, the rinsed cannellini beans, and chicken broth. Stir together. Cook on low heat for 8 hours, or until the cannellini beans are cooked, tender, and very fragrant. Remove the dried bay leaves and any tough rosemary stalks, if present.
- 4 Transfer one large ladleful of soup (roughly 1 cup) to a small food processor blender and puree until mostly smooth. Transfer the pureed soup back into the slow cooker with the remaining soup and stir.
- 5 Serve hot with a glug of extra virgin olive oil and a sprinkling of fresh chopped rosemary.



Recipe and photo found at abeautifulplate.com

TAKE CONTROL OF YOUR SUGAR LEVELS THIS HOLIDAY SEASON



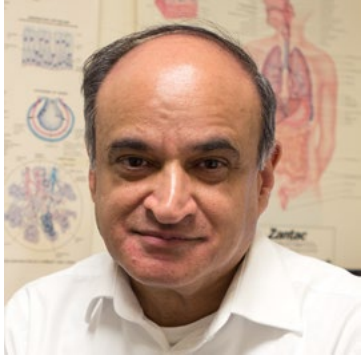
DR. JACK CUKIERMAN, MD

Dr. Jack Cukierman is an endocrinologist in Amherst, New York. He received his medical degree from University at Buffalo, School of Medicine and Biomedical Sciences and has been in practice for more than 30 years.



DR. NORMA QUIJADA, MD

Dr. Quijada is merging her practice Norma Quijada, MD PLLC with WNY Medical, PC effective March 2016. She has been a physician for 20 years & specializes in internal medicine, including Diabetes & Endocrinology



DR. SHAHID HAQUE, MD

Dr. Shahid Haque is an endocrinologist in Amherst, New York. He received his medical degree from Downstate Medical Center College of Medicine and has been in practice for more than 20 years.



NANCY KAWECKY, NP

Nancy recently joined WNY Medical in April 2019. She is a board-certified Nurse Practitioner in Family Health, specializing in Endocrinology. Nancy completed her Masters of Science in nursing from D'Youville College.



WNY MEDICAL, PC

Competence. Compassion. Collaboration.

THE HOLIDAYS ARE HERE. KEEP YOUR SUGAR LEVELS IN CHECK WITH WNY MEDICAL!

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