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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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SUPERBOWL PREDICTIONS

BY: JEFF JOHNSON

It's almost that time of year again when we find out who the best team in the NFL because the super bowl will be here before we know it on February 2 down in Miami. It will be without the New England Patriots this year because they lost in the wild card round to the Tennessee Titans.

The Tennessee Titans have become the talk of this years NFL playoffs by beating the New England Patriots in the wild card round and then beating the top seeded Baltimore Ravens in the divisional round. The Tennessee Titans played the Kansas City Chiefs in the AFC Championship game. The Chiefs are coming off a 24-point comeback against the Houston Texans becoming only the fourth team in NFL postseason history to overcome a 24-point deficit.

The NFC Championship game was played between the Green Bay Packers and the San Francisco Forty Niners. Both teams had first round byes, but looked impressive in the divisional round. The San Francisco Forty Niners beat the Minnesota Vikings 27-10 after the Vikings had defeated the New Orleans Saints in the wild card round. Green Bay is coming off a 28-23 win over the Seattle Seahawks, which was an easier win than the score may indicate. Seattle had a late comeback effort, but it was all for not. This will be the fourth championship game ever where both teams that finished below .500 like the Forty Niners and Packers did last year to make it to the championship game the next season.

Championship Sunday consisted of Tennessee Titans against the Kansas City Chiefs in the AFC Championship, and the NFC Championship was the Green Bay Packers against the San Francisco Forty Niners. Both games were not that close. The Kansas City Chiefs beat the Tennessee Titans 35-24 with Patrick Mahomes II continuing his dominance over the other teams' defenses. The Chiefs are unstoppable at the moment because they scored 51 points on divisional weekend against the Texans, putting up 35 points AFC Championship Sunday against the Titans. The San Francisco Forty Niners beat the Green Bay Packers 37-20 with the Forty Niners continuing their dominance running the ball and there amazing defense as well.

The Super Bowl has something for everyone, whether it be the advertisements within the game, the halftime show, or the game itself. This year's Super Bowl is going to be a memorable one as it has been in recent years. The halftime show this year will consist of performances by Jennifer Lopez and Shakira. Neither artist is new to the sports stage because Jennifer Lopez sang the night before Super Bowl of 2018 while Shakira the song for the 2010 FIFA world cup, which was called "Waka Waka".

Are you going to remember the halftime show, which has certainly had its good and bad moments recently, or are you going to remember a classic commercial by Coca Cola or Budweiser? Will there be a sensational comeback like the New England Patriots win over the Falcons a few years back, or are we going to see a last second field goal? We will have to wait and see. Enjoy the game, commercials, and half time show everyone. My prediction for the Super Bowl is that the San Francisco Forty Niners will beat the Kansas City Chiefs 27-24 with the Forty Niners getting a late field goal.



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How to Keep Loved Ones From Slipping on Ice this Winter

Sponsored Article by Elite Health Care

Winter can be a difficult season for seniors and it can be hard to know the right precautions to take for your loved one's safety. Are you worried about icy conditions this winter? Prevent a slip and fall before they start. Follow these tips to stop aging loved ones from slipping on ice.

Wear the right footwear. Wearing the proper footwear when walking on icy surfaces is essential to prevent slips and falls.

If your loved one has a pair of boots they like to wear in the winter, you can take a few steps to make them more slip-resistant. For example, you can spray the bottom with an anti-slip solution.

Keep walkways clear of ice. At the home front, make sure the driveway, entry stairs, back porch, and nearby sidewalks are cleared of ice.

The easiest way to clear ice is to spread rock salt over the ice and spray with water to loosen the ice. Then, you can shovel it away from walkways to protect your senior loved one.

Use handrails when possible. At home, consider installing handrails if there are stairs at the entrance to their home. Ice can form very quickly and if your loved one uses the stairs before ice is cleared away, the handrails can prevent a nasty fall.

When out and about with your loved one, try to use pathways

that have handrails to give them extra support and balance while walking. However, if a surface is particularly icy, it is best to avoid it altogether, or consider using a wheelchair for your loved one if you need to.

Run errands for your loved one. It's difficult to avoid ice when away from the home, so if you are able to run errands for your loved one, it can be a big help in preventing falls. Also, carrying bags of groceries on an icy surface adds an entirely new level of danger.

If you're unable to run errands for your loved one, consider hiring a home health aide to run errands and accompany your loved one when leaving the home. This way, your senior loved one won't be left on their own to traverse along ice-covered walkways.

Slipping on ice can quickly lead to a hospital visit for an elderly loved one. Without the proper care and awareness this winter, you might be putting your loved one in harm's way. But with these tips, you can be proactive and help prevent your loved one from having a painful slip and fall this season.

Elite Home Health Care takes extra care to keep your loved one safe from slippery surfaces by running errands, accompanying them to appointments, and making sure that they wear the proper footwear before going outdoors.

Contact us to learn more about what our home-health aides can offer and feel confident that your loved one is in good hands this winter.

Your Health, Wealth & Happiness | 5

WHY THE LEAP YEAR?

By: Melissa Rothman



Once every four years, an extra day is gifted to us. That extra day could be used for tackling that to-do list, seeing friends, or simply doing nothing. The point is, we get an extra day this month, so use it however you see fit. Whatever floats your boat, tickles your fancy, or makes you happy, take this extra day to do it. This year, February 29th lands on a Saturday, so it is a perfect day to take advantage of the extra 24 hours.

You may be sitting there rejoicing in the fact you have a whole extra day. And then you must ask yourself, “Why do we get this extra day?” That is a super question! Let’s delve into the reasons why we get this extra day.

A leap year, also known as intercalary year or bissextile year, is a year with an additional day to keep the calendar year synched with the astronomical or seasonal year. The addition of the extra day also helps to correct a drift in timeline of events that happen every year on the same day. For example, in the Gregorian Calendar, each leap year has 366 days instead of 365 by extending February to 29 days, instead of 28. The extra day occurs every four years. In the Bahá’í Calendar, leap days are added as needed to ensure the following year begins on the vernal equinox.

The term “leap year” stems from the fact that while a fixed date in Gregorian calendar normally advances one day of the week from year to year, the day of the week in the 12 months following a leap day will advance each day by two. The day “leaps” over a day to occur on the day after it. For example, if a holiday occurred on a Tuesday in 2019, instead of it being on a Wednesday in 2020, it will be on a Thursday.

To sum it up, we have leap years to balance out our calendars with other calendar types to insure they all remain in-synch. No matter the reason, I think we all can agree that we will be taking full advantage of our Saturday leap day this month.

Keep Your Heart Healthy in 2020

By: Jennifer Sanfilippo



The heart's primary job is to pump blood through the arteries, delivering oxygen and essential nutrients to cells, while carrying away waste products for processing and disposal by other organs. Problems arise when there is a build-up of LDL (bad) cholesterol with fats and other substances on the inner walls of arteries. This buildup contributes to the formation of plaque. Plaque can create blocks in the arterial pathways, restricting blood flow or even blocking it entirely by forming a blood clot. Blood clots can block blood flow to the heart, leading to heart attacks. When a clot blocks flow to or in the brain, it causes stroke. Atherosclerosis, or hardening of the arteries from this plaque buildup, is one of the most common forms of cardiovascular disease.

The good news is that by making simple healthy lifestyle decisions, you can help decrease your risk of heart problems. Evidence suggests that narrowing of the arteries can be slowed down, and sometimes even reversed, by eating a low-saturated fat, high-fiber diet and by making other changes including not smoking, getting regular exercise, and reducing stress levels.

We at WNY Medical care about your health every step of the way. We have EKG machines and other heart monitoring equipment to evaluate your heart health. If you are concerned about your heart's health, call your doctor, or visit our website, wnymedical.com to find a convenient location near you.

An advertisement for HWH (Your Health, Wealth & Happiness) features a person in a yellow jacket holding a large orange sign. The sign contains text about advertising with HWH. The background is a colorful watercolor wash. To the right of the sign, there is a call to action with a phone number. At the bottom right, there is a logo for HWH and a small text box that says 'YOUR'.

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Spoil Your Loved One and Stay on Budget this Valentine's Day

By: Canney Savanney

You are so enamored with your significant other, all you want to do is lasso the moon for them. Sadly, your budget is begging you to stay on track and not go off the deep end again after recovering from the last holiday season. Here is a list of some ideas to take advantage of this Valentine's Day.

1) Taking them out to dinner

Now that doesn't seem budget friendly to you, but if you scout it out right you may find some hidden gems in your area. For example, in Clarence there is a cozy old inn known as the Asa Ransom House. It is an historical treasure in this little town. Upon your arrival ask for their special menu that has a dining option for two. With this meal option you will receive courtesy bread, soup and salad plus an entrée each for roughly \$50 before tax and tip. That's not too bad for all that you get! The portion sizes are more than generous as well. You certainly will not go home hungry. Rates are reasonable, too, if you are looking to make it a weekend getaway for the holiday instead.

2) Flowers

Now would it truly be Valentine's Day without the cliché of obtaining flowers for your loved ones? Honestly, probably not. Look at the bouquets at your local supermarkets. Typically, your local supermarkets have a wide variety of flowers bouquets always available. What you might not know, or notice, is some of the markets have their affordable bouquets separated from the main flower displays. If you find yourself in a Tops or Wegmans these bouquets are normally found near the pharmacist areas. These are still very pretty bouquets at a fraction of the cost! You can get a lovely bouquet for about \$4 before tax. Aldi's slight competitive edge have similar bouquet options available for \$3.99.

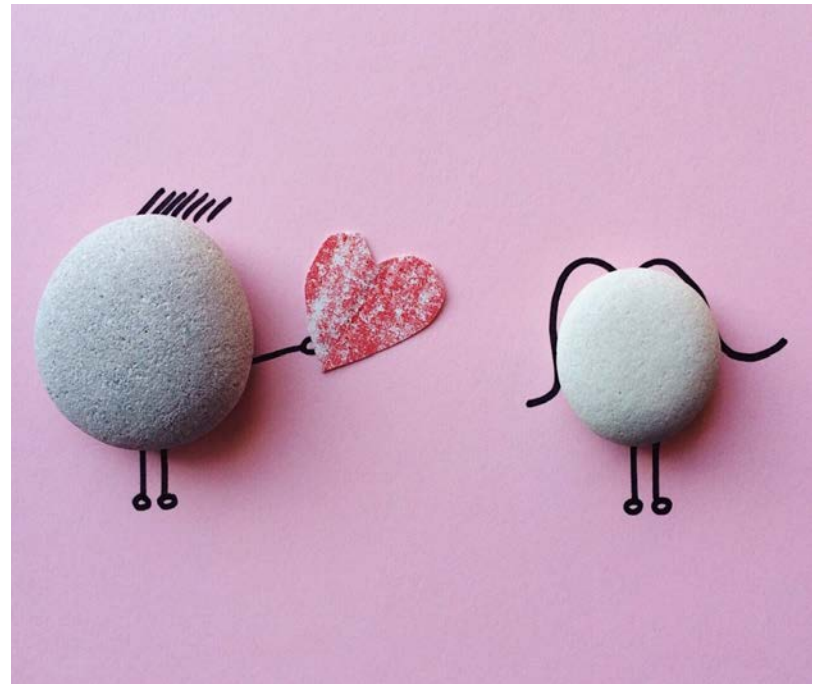
If you really want to impress them and not have store bought, support more locally with going to a local florist. Have the bouquet made for them and let them know your partner's favorite flowers. The fact that you put the time in to have it made with those flowers will have them gushing in no time.

3) Make them a Card

You're thinking, yeah right Ms. Savvy Shopper, my handwriting is terrible! Well even if you have sloppiest of handwriting, there is nothing quite like having a personal message addressed to you. If you're are truly worried about your handwriting type it up and look at getting it printed at a local print shop in the area to keep it looking professional. Some local businesses, like SunSpin Media, have affordable costs to print and design cards. Your loved one shall truly treasure the card you made and that you are helping support a local business at the same time.

4) Movie Night In

These days, there are so many different options available for



to you to stay in and be super comfortable at home without being gauged with outrageous prices. Stay home, cuddle, and pick out a movie you both have NOT seen that you both have interest in. Are you too tired to watch a full-length movie? Find a brand-new TV series to watch together. There are a wide array of streaming services to find something that suits both of your needs at a fraction of the cost. You could pay for one streaming service for a month of unlimited movies, at the same cost of one ticket to go to the movies! Nothing beats the comfort of your own home and judgement free zone if you fall asleep. Just remember to buy the popcorn, your loved one's favorite beverage and candy you can get from the Dollar Tree to munch on.

5) Learn a Dance

Maybe you have two left feet, that's okay. We all have struggles in our lives. The point of learning to dance is to sweep your partner off their feet with the effort you put forward. You may not be as smooth as those celebrities on Dancing with the Stars, but you could still have your own Moves like Jagger™. Set the mood with a great song you put a routine to by watching some YouTube lessons. They'll be so impressed and thankful that you'll be thinking why haven't I thought of this sooner?

Whatever you decide to do, do it with love this season. Remember, it doesn't have to cost a lot to mean a great deal. Simply saying Happy Valentine's Day and allowing them to know you remember what day it is goes a long way. When in doubt, you can never go wrong with sponge candy for a true Buffalonian.

Do you like the tips you read? Do you have something you would like to see covered? Submit what topics you would like Ms. Savvy Shopper to write at submit@yourhwh.com. Who knows, your topic could be covered next month!



1. THE FIRST VALENTINE'S DAY WAS CELEBRATED IN 496

Having a particular Valentine's Day is a very old tradition, thought to have originated from a Roman festival. The Romans had a festival called Lupercalia in the middle of February - officially the start of their springtime.


2. SAINT VALENTINE'S IDENTITY IS A MYSTERY

The day gets its name from a famous saint, but there are several stories of who he was. The popular belief about St Valentine is that he was a priest from Rome in the third century AD.


3. VALENTINE'S IS CELEBRATED ALL OVER THE WORLD

In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France and Australia. In Great Britain, Valentine's Day began to be popularly celebrated around the 17th century.

By the middle of the 18th, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes, and by 1900 printed cards began to replace written letters due to improvements in printing technology.




The Cause



Stumble with your words,
But you still show me you care.
Our hearts, they flutter like birds,
And I catch you as you stare.




I didn't think it could be
That I could feel this way again.
We grow just like a tree,
As we blossom into Zen.



Sometimes the past, it hurts,
But it stays there for a reason.
They made you feel like dirt,
So keep them a deletion.



Certain things, they happen here
There's nothing worth to dread.
So take a look in the mirror,
The next chapter's to be read.



I look back and I tell myself,
It can't get any worse, right?
Just sit here and remind yourself
It gets better, yes it might.



So as you lie here holding me,
These tears, they turn to smiles.
My past is gone, my future's free
And I'm ready to run for miles.

I love you so, I know that's true
Even through the flaws.
Now I don't feel always blue,



**I know that
you're the cause.**

Poem By: Katy Siwirski

Enjoying the **Single Life** on Valentine's Day

By: **Sue Perbody**



Valentine's Day originates as a day to celebrate and honor early saints named Valentinus within the Western Christian religion. It became associated with romantic love in the 14th century when the tradition of courtly love flourished. Hand-written valentines were created until the 19th century. This is when the transition to mass-produced greeting cards began. Overall, Valentine's Day is a day to honor and celebrate time with your loved one. This does not particularly mean your significant other! There are plenty of ways to enjoy Valentine's Day, even if you lack the joys of a significant other.

Make Valentines for your closest friends:

Your friends are an important factor in your life. Take this day to remind them how much they mean to you. Create hand-crafted valentines for your closest friends as a reminder of your loving and caring nature. Are you not very creative and crafty? Go to the store and buy some pre-made valentines to hand out to your friends! Remember, it's the thought that counts the most.

Go on a friend date:

You're definitely not the only person that's single on Valentine's Day. Find another friend that is also single, and go out on a friend date! See a movie, go out to dinner, or explore scenery. Based on personal experience, this is very successful. My single friend and I went to Pizza Hut on Valentine's Day, and had a blast! We bought each other cards and reminded each other how much our friendship means to the other. Not all dates have to be cute and romantic. Cherish your friendships.

Stay home and have a "me" Day:

Are you a rather shy person? Are you an introvert? Take this day to yourself and stay home and reflect on your own self-love. It is important to love yourself before you can love someone else. Take this time to reflect on your well-being. Are you happy? Are you ready to celebrate this holiday with someone else? Do you have no interest in a significant other, and want to stay single forever? Do what you love, do what makes you happy.

Spend the day with Family:

Are you a people person, but you just haven't found the right one? Your friends are all busy, and you feel left out in the dust. Take this day to reflect on and enjoy time with the people that mean the most to you. Friends and significant others can be temporary, but family is forever. Rent a movie and watch it with your parents. Get together with siblings and go out to dinner. Are you tight on money? Most people have Netflix or Hulu for movies and TV shows. Find a new movie, or watch an old classic. Not a big movie junkie? Get together and look through old family photo albums. Reflect on the memories that mean the most to you. And don't forget, your furry friend's need some love, too!

Overall, Valentine's Day is a day of love and embracement. Although it is commonly celebrated with a significant other, there are plenty of ways to enjoy the holiday without a special someone. Take this day to get out and enjoy what you already have in your life, instead of grieving on what you wish you had. Happy Valentine's Day!



DR. PERVEZ KHAN, MD

Dr. Pervez Khan has been with WNY Medical, PC since 2008. He received his medical degree from King Edward College in Lahore, Pakistan. He has been an instructor for the American Heart Association in their ACLS program at Mendota Hospital in Illinois.



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FEBRUARY IS NATIONAL KIDS DENTAL HEALTH MONTH

DID YOU KNOW

1 of 7 adolescents aged 12 to 19 years have at least one untreated decayed tooth

About 1 of 5 (20%) children aged 5 to 11 years have at least one untreated decayed tooth

Children aged 5 to 19 years from low-income families are twice as likely (25%) to have cavities, compared with children from higher-income households (11%)



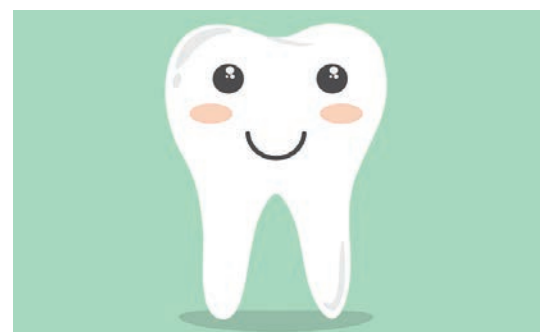
TO AVOID TOOTH DECAY IN KIDS



Brush their teeth 2x day with fluoride toothpaste.



Drink tap water that contains fluoride.



Ask your child's dentist to apply dental sealants when appropriate.



Review of the Amazon Original Series: **THE EXPANSE**

TV-14 | 1 HR / EP

BY WEBSTER TILTON ★★★★★

The list of impressive Amazon originals just keeps on growing. They definitely have their share of garbage and space filler (their collection of bad kung fu and monster movies is difficult to believe unless you've actually browsed it), but when they put their mind to it they deliver masterpieces like *The Boys*, *Carnival Row*, *The Man in the High Castle*, *The Marvelous Mrs. Maisel*, *Good Omens*, *Bosch*, *The Tick*, *Sneaky Pete*, *Electric Dreams*, *Trapped*, and now, *The Expanse* (season 4).

The Expanse was addictively good long before Amazon bought it from SyFy. Three seasons of ultra-high-end TV with perfect casting, writing, pacing and story arcs. Then the SyFy channel made the decision to cancel it for purely financial reasons.

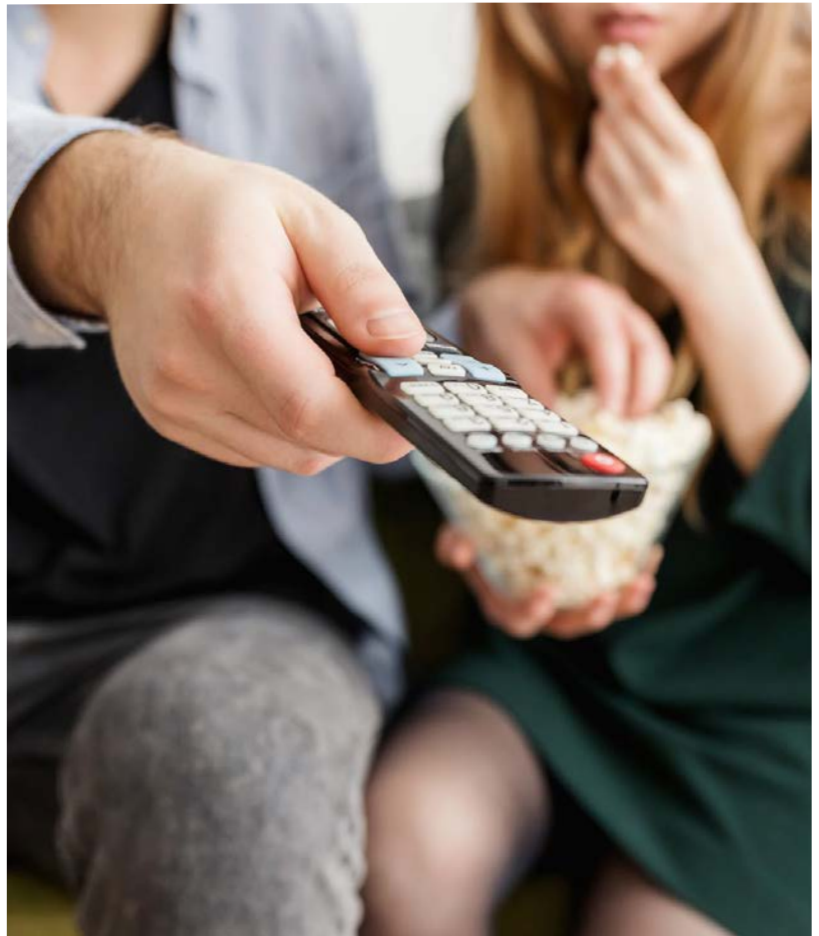
Enter Jeff Bezos, the world's richest man, and a giant *Expanse* fan. Amazon snapped up the IP immediately and renewed it for a 4th (and now a 5th) season. Oftentimes when a show is sold from one network to another there's a shift in quality, or at least in style, simply because there are a lot of different people involved. But in this case Bezos apparently bought the entire show (writers, directors and crew) because the transition was seamless.

So, we're back in outer space with the crew of the *Rocinante*, now tasked with finding out what's happening on the far side of a gateway in space, the creation of which was two seasons in the making. And instead of space battles we now get a colonial turf war between poor settlers and a corporate team who are both trying to exploit the natural resources of a new planet. The shift in scenery works well, giving the characters a new venue to explore which provides the audience with a breath of fresh air.

There are only good things to say about this series. The villains are complex and interesting, the heroes are flawed and compelling, and the story has a gravity that sucks you in immediately and doesn't let go until the last scene of the last episode. The dialogue is tight and well written, the acting is uniformly excellent, and the pacing is perfect. The audience never feels bored or exhausted, the directors knew exactly when to ratchet up the tension and the action, and exactly

when to step back and let things breathe for a while.

The problem that I have with a lot of series is that after a few seasons I'm just done with that world. *The Walking Dead*, for example, exhausted me after season 2. The same thing happened to me with a lot of other series like *Weeds*, *Family Guy*, *Suits*, *Bosch*, *Tin Star*, and *The Blacklist*. All excellent shows, but the world that these characters are in never really changed. Consequently, the series' got stale and I got bored. It's hard to imagine that happening here. The scenery keeps changing while the quality remains high and, most importantly, the characters grow and change, but are always easy to identify with. You care what happens to them. That by itself would be enough to forgive some significant flaws, but since I can't find any of those I guess I'll just have to sit back and enjoy what might legitimately be a perfect, high end TV drama.



SUNSPIN MEDIA EMPLOYEE SPOTLIGHT



MARKETING | BRANDING | DESIGN



MELISSA ROTHMAN
MARKETING AND GRAPHIC
DESIGN COORDINATER

Melissa joined Sunspin in July 2019. She graduated with honors from Buffalo State College's Graphic Design program.

She loves to continue to learn and grow as a graphic designer. She loves traveling and seeing new places and new cities. One of her favorite places state-side to visit is Los Angeles. Overseas she loves Paris the most. Her dream one day is to be fluent in French and return for a visit.

She has two nieces, aged 4 and 9 who she loves spending time with. She has a cat named Airr Jordan who she loves snuggling up with after a long day.

Working at Sunspin has been a great learning experience for her. Every day is a new lesson and something new learned.

Her philosophy is to always keep learning. No one is ever done with their education. Especially in an industry that keeps growing and changing so rapidly and so often.



KATY SIWIRSKI
ASSOCIATE CREATIVE DIRECTOR
OF DESIGN & PRINT

Katy has been with SunSpin Media since February 2017. She was an intern in the Fall 2016 semester before getting hired on permanently. She received her Bachelor of Fine Arts Degree in Graphic Design from Buffalo State College in December 2016. She also received her Associate of Applied Science Degree in Graphic Design from Bryant & Stratton College in December 2012. It's hard to say how an average day goes for her, because there are always new clients and jobs coming in. Client jobs vary from booklets and concert posters, to invitations and social media content. Her favorite part of SunSpin Media is her co-workers. "We're a small company, so we have to work closely with each other every day. It gives you a chance to get to know one another of a whole new level."

Katy loves cats, rock and metal music, and her niece. She loves showing off adorable pictures of her family's pets, and her niece, Chloe. But most importantly, you'll see her hard at work getting your creative media designed and printed. Get in touch with Katy today to move forward with your creative needs!

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BUFFALO CONCERTS: FEBRUARY

BY KATY SIWIRSKI

Feb 1
**RESPECT: A Tribute to
Aretha Franklin**
Kleinhans Music Hall

Feb 5
KISS
Key Bank Center

Feb 8
Machine Head
Town Ballroom

Feb 8
ABBA The Concert
Seneca Allegany Casino

Feb 10
Chance The Rapper
Key Bank Center

Feb 13
Badfish
Town Ballroom

Feb 15
Boyz II Men
Seneca Niagara Casino

Feb 22
**Thunderstruck: A Tribute
to AC/DC**
Tralf Music Hall

Feb 23
Jeff Tate
Town Ballroom

Feb 23
Elliot Brood
Babeville

Feb 25
Soul Fly
Rec Room

Feb 26
The Lumineers
Key Bank Center

Feb 29
**The BPO: Harry Potter and
the Chamber of Secrets**
Shea's Buffalo



The Lumineers perform in 2013

The holiday season may have finally come to a rest, but the concert season is still rocking and rolling! There is quite a variety of performances to attend this upcoming month, so make sure you and your wallet choose wisely. Read below about a few of popular acts coming through Buffalo this month.

Are you a classic R&B and Hip Hop fan? Then you will sure be excited for this one! The one and only Boyz II Men will be coming though the Seneca Niagara Resort & Casino Event Center in Niagara Falls, NY on Saturday, February 15. This dynamic trio (once quartet) is well known for their emotionally powerful ballads and a cappella harmonies. Current members include Nathan Morris, Shawn Stockman, and Wanya Morris. This talented group of men gained international success in the 1990's, setting big shoes to fill for various upcoming boy bands of the decade. Success began for Boyz II Men in 1991 with the release of their hit single "Motownphilly." Nothing beats their next years single, "End of the Road," that being my favorite song by the group. This classic ballad holds 148 million views on YouTube, as well as 127.5 million listens on Spotify. Needless to say, I think these guys knew what they were doing during their era to create a complete breakthrough in music. Unfortunately, their performance is nearly sold out. According to Ticketmaster, there are limited tickets available, and they come with a price. Tickets range from \$75 to \$343, depending on how good of a view you would like to get. Some tickets are "verified resale tickets," so please proceed as your own risk. If you end up being able to attend the show, let us know how it goes!



Boyz II Men

Get ready, Buffalo. We're about to "rock and roll all night. And party every day!" Well, at least for one night on Wednesday, February 5, when the one and only KISS rolls into the Keybank Center in Downtown Buffalo. Similarly to many bands during this peak era, KISS is known for their memorable face paint and stage outfits, as well as elaborate live performances. The band is also known for personifying themselves as comic book characters. We have the Starchild, the Demon, the Spaceman (Space Ace), and the Catman. Unfortunately, two of their founding members left in 1982, leading to an "unmasked" era that would last until

the 1990s. Drummer Peter Criss was replaced by Eric Carr in the 1980s until his passing in 1991. This would ultimately lead to a wave of KISS nostalgia, inspiring a reunion of the original line-up in 1996. The result of this tour was an astounding \$143.7 million, making it their most successful tour, to date. But that could all change over the next year and a half with "The End of the Road World Tour" happening. The tour began at the end of 2019, and is continuing through July 2021. And don't worry, fellow KISS heads, there are still a fair amount of tickets left on our stop! According to Ticketmaster, tickets start at \$41 before taxes and fees. Many of these are resale tickets, so it is best to proceed with caution. As someone who has attended a KISS concert in the past, I must say, this is a show you certainly won't want to miss!



Kiss Performs in Concert

Are you more of an indie folk rock fan? If so, the Lumineers will be making a stop at the Keybank Center on Wednesday, February 26. Founding members Wesley Schultz and Jeremiah Fraites began writing and performing in New Jersey in 2005, and became one of the most popular bands of their kind during the 2010 era. They are known for astounding live performances and several international hits, including but not limited to "Ho Hey," "Stubborn Love," and "Ophelia." Their first self-titled album was released in 2012, and peaked at No. 2 on the Billboard 200. Even more impressively, their second album released in 2016, Cleopatra, debuted at No. 1 on the U.S. Billboard 200. The three hits I listed are all catchy and uplifting in their own aspiring ways. My personal favorite is "Stubborn Love" for the concept of its light energy that transitions into a powerful tune towards the end, giving listeners an energetic sensation of power and tranquility. Tickets for this show start at \$34.50 before taxes and fees, and it will definitely be worth going out to see! Unfortunately, this is one I cannot catch. If you get a change to see it, please let me know how it goes!

The month of love is also the month of concerts. Make a few dates to some of these shows, and be sure to write to us how they went! If you know of any upcoming shows, both local and at a large scale, contact us at submit@yourhwh.com and we will be sure to include them in our March issue. Until next time, keep the volume up and your head bobbing to the jams.

JANUARY 2020

IT'S A NEW YEAR! WORD FIND SOLUTION

<p>RESOLUTION HAPPINESS OPTIMISTIC FOCUS DETERMINED JOY</p>	<p>RENEWAL CHANGE INSPIRED CELEBRATE INTENTION VOW HOPEFUL</p>	<p>MEMORIES WISFUL GOALS STRIVE MEANING GROW</p>
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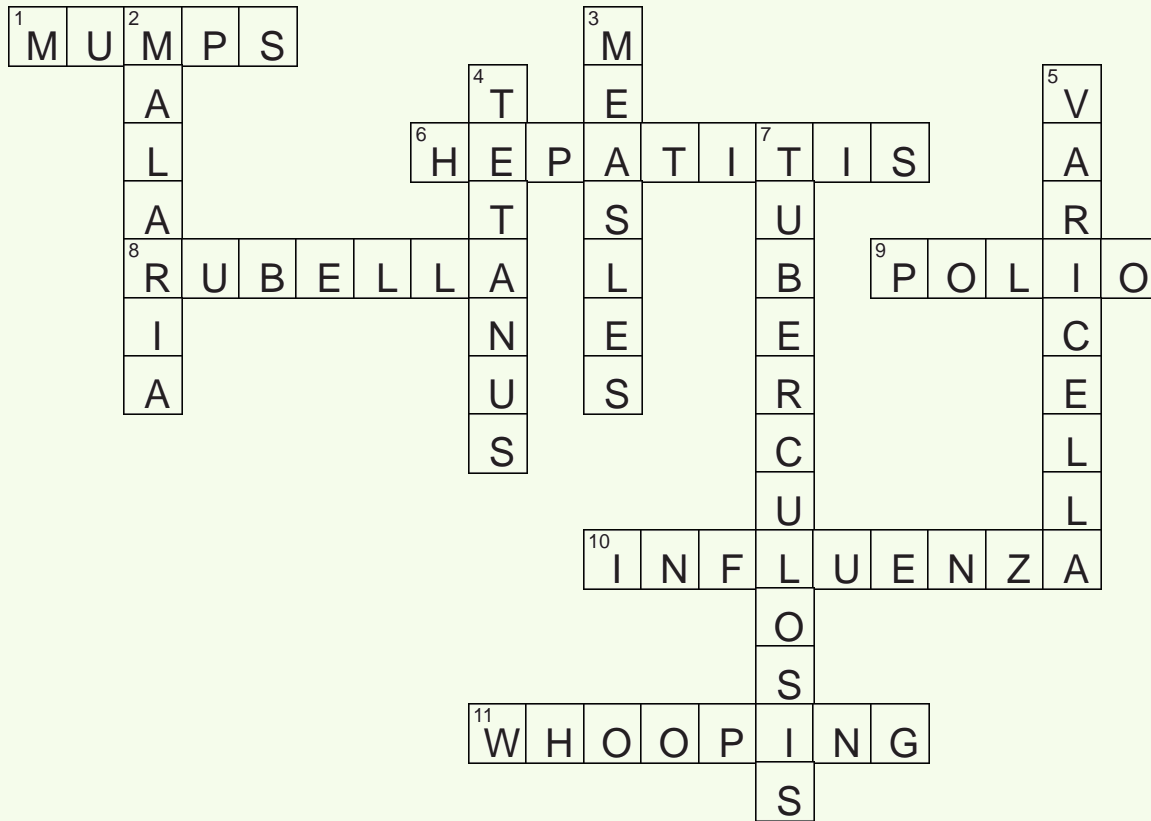
DECEMBER 2019

HOLIDAYS WORD FIND SOLUTION

<p>CANDLES CELEBRATE CHANUKAH CHRISTMAS COCOA</p>	<p>DECORATIONS ELVES FAMILY FESTIVE FIRE</p>	<p>GIFTS GINGERBREAD GREETING ICICLES</p>	<p>KWANZA LIGHTS MITTENS SNOW</p>
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Highlighted is a word that was missing due to a typographical error. Thanks to our readers for participating!

JANUARY'S SOLUTION: VACCINE PREVENTABLE



february

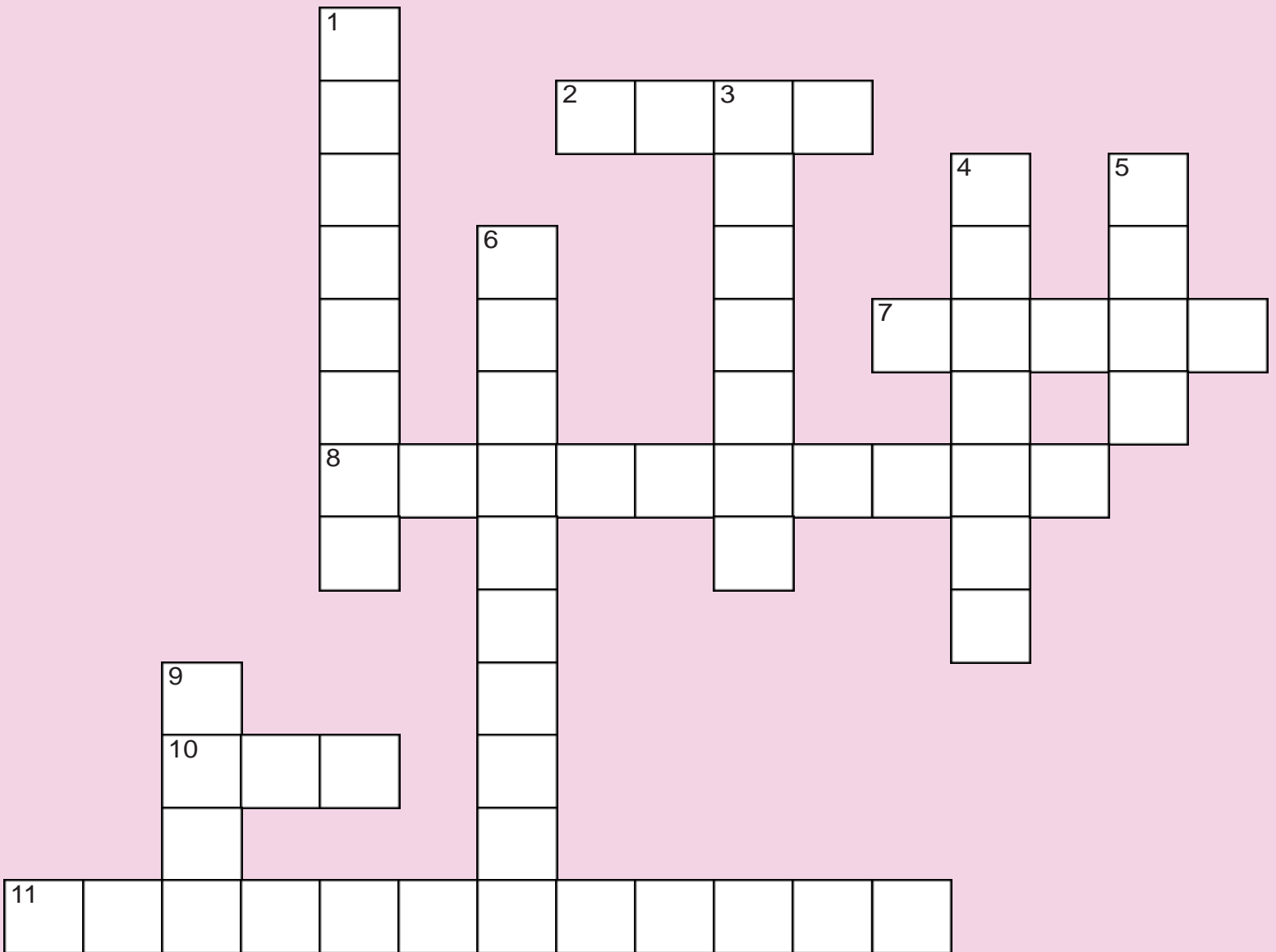
D K S N W W T H D S A C G G R
V G M S O A E W G O K H R X A
A S N D E A S W F B Z O I U E
A M A U R N O H I B U C E O Y
G H S T C I D L I N R O U T P
S P R I N G T N D N O L E V A
F R I E N D S H I P G A C V E
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Y C A T J U K S U D C W M R A
M S F E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

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GROUNDHOG
SPRING
LOVE

VALENTINE
WASHINGTON
KINDNESS
FRIENDS

CHOCOLATE
SHADOW
HEART
LEAPYEAR

FEBRUARY CROSSWORD: POWER SOURCES



ACROSS:

- 2. Utilizes tall turbines with three blades
- 7. Clean, requires equipment to harvest sunlight
- 8. Heats most homes
- 10. Crude ____, fossil fuel, powers our cars
- 11. Like the Niagara Falls power plant

DOWN:

- 1. Also known as lamp oil, used in camping stoves
- 3. Fusion Reactors
- 4. Used for gas grills
- 5. Cheap and abundant, burns dirty and must be mined
- 6. Uses the Earth's heat to drive steam turbines
- 9. Burn it in your fire place

[EVENTS]

FEBRUARY

February 6th - 9th

BUFFALO AUTO SHOW

Buffalo Auto Show brings together a large number of industry professionals and senior decision makers from this sector and the latest topical issues are closely deliberated upon during the show. A wide array of concept cars and speciality cars are displayed during the event, along with a host of other attractive and efficient car models. Head to the Buffalo Convention Center to join the fun! The expected hours are 9 AM - 6 PM.

February 8th

CORK HEAD WINE FESTIVAL

On Saturday, February 8th, 2020 5 PM - 8 PM at Hotel Lafayette, Step Out Buffalo presents a fun and approachable wine tasting experience - the second annual Cork Head Wine Festival. The world of wine can be an intimidating place...but not at this fest. We love wine and we love learning. We're passionate about trying new things and finding hidden gems - which is what this festival is all about. Whether you drink wine with every meal and travel the world trying new varietals and styles, or you enjoy the occasional wine tour and don't even know what a varietal is, we've got a glass for you.

February 16th

1ST ANNUAL COLLABEERATION

Our first ever CollaBEERation Festival! We took a handful of Buffalo Beer Geeks and teamed them with breweries across WNY to brew a one time beer to be served at the festival. We did this 27 times which means you will get the chance to taste 27 unique beers never made by the breweries before. There will be 2 sessions. Session 1: 11:30am-3pm. Session 2: 4pm-7:30pm For more information on ticket sales, check the Facebook Event page.

February 20th

ASPIRE'S WINTERVAL 2020

Our 2nd annual Winterval fundraiser brings families and friends together for an active, wellness celebration. This evening of food, drinks, skating and curling brings everyone together for a night to remember. Aspire's Winterval will take place on Thursday, February 20, 2020 from 5:30pm to 8:30pm at Buffalo Riverworks located at 359 Ganson St, Buffalo, NY 14203. There will be 2.5 Hours of open skating and curling from 6pm-8:30pm, a basket raffle, silent auction, cash bar and full dinner buffet included in every ticket. We will see you there!

February 22nd

7TH ANNUAL BURTFEST

Burt Fest is FTMP Event's Annual anniversary celebration featuring some of the best local acts we've been working with this year. Hundreds of people coming out to see local music is an amazing statement about our music scene. There is so many people working hard every day to create beautiful things here in our city. Your support means everything. None of us would be able to do this if it wasn't for every person who takes interest in what we don't included in every ticket. We will see you there!

Recipe Corner

STRAWBERRY SALAD

2 bunches of spinach, rinsed and torn into bite-size pieces
4 cups sliced strawberries
1/2 cup vegetable oil
1/4 cup white wine vinegar
1/2 cup white sugar
1/4 teaspoon paprika
2 tablespoons sesame seeds
1 tablespoon poppy seeds

- 1 | In a large bowl, toss together the spinach and strawberries.
- 2 | In a medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries, and toss to coat.

ALL ABOUT THE BERRIES 2 EASY BERRY RECIPES

DARK CHOCOLATE COVERED STRAWBERRIES

8 oz firm strawberries (12 medium strawberries)
3 oz dark chocolate chips *
1 teaspoon avocado oil

- 1 | Line a plate or a tray with wax paper.
- 2 | Wash the strawberries and pat dry with a paper towel.
- 3 | Melt the chocolate chips in the microwave, in 30-second increments, stirring after each microwave session. My chocolate chips were mostly melted after three such sessions.
- 4 | Stir the oil into the melted chocolate.
- 5 | Dip each strawberry into the melted chocolate. Lift up and twist around to get rid of any excess chocolate. Place on the wax paper.
- 6 | Chill the strawberries in the fridge for 30 minutes before serving.
- 7 | Enjoy!



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