

YOUR HEALTH WEALTH & HAPPINESS



Buffalo Will Rise

COVID-19 WON'T KEEP US DOWN. HOW YOU CAN PREPARE NOW.



COVER ART BY MATTHEW STROKA

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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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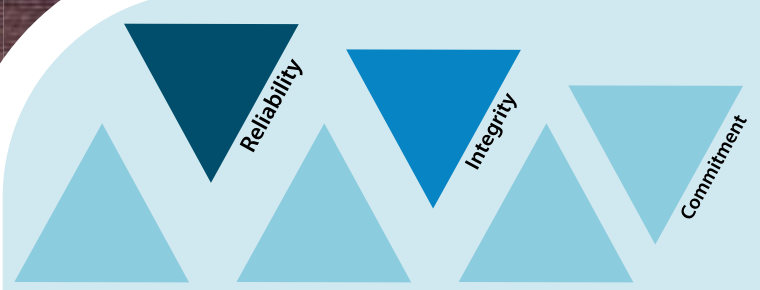
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Places to eat 'out' during the Quarantine

By Jessica Clare

With the widespread pandemic of the coronavirus happening, some of our favorite restaurants and cafes have closed dine-in services we would use on a daily basis. Many have taken the option to take-out and delivery through Dash Dash or GrubHub. Here are a few of these locations.

Buffalo

- La Verdad Café- Take-out or call in only
- Mustachio's Pizza-Take-out and delivery
- Don Tequila- Take-out
- Llyod Taco- Online order take-out. Delivery with Door Dash
- Resurgence Brewing- Curbside Pickup
- Barrel and Brine- Take-out, as well as free meals for those in need

East Aurora

- Bill-Bar Tavern- Take-out only

Amherst

- Andale Mexican Restaurant- Take-out and delivery through Door Dash
- Zoe Restaurant-Take-out only
- Tacocat- Take-out, delivery through GrubHub 11am to 8pm (Monday through Saturday)

Grand Island

- Brick Oven Pizzeria and Pub- Drive-thru open
- Pizza Amore- Take-out but delivery in GI only

North Tonawanda

- Brownie's Sports Bar & Tavern- Take-out
- Woodcock Brother's Brewery- Take-out

Lewiston

- Como Deli on Center- Free delivery on all orders over \$30.00
- Brick Yard Brewing/Brick Yard BBQ- Take-out and delivery
- Spicy Pickle- Take-out

Lockport

- Scripts Café- Take-out
- Kalamata Family Restaurant- Free delivery and Take-out

All Locations

- Mooney's- Take-out
- Applebee's Neighborhood Grill + Bar- Curbside pick-up or delivery everyday
- Chick-N-Pizza Works- Take-out and delivery
- Charlie the Butcher's Restaurants- Take-out only



The Growth of Conservation

By: Kayla Kenig

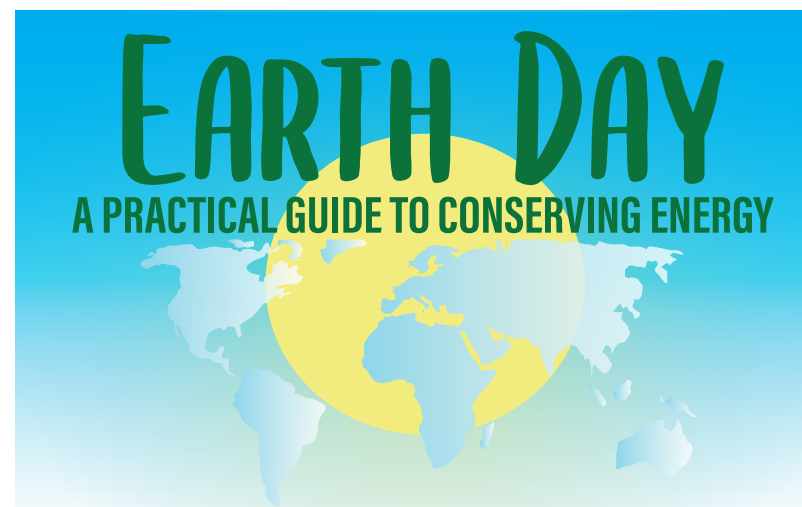
Energy conservation over the years.

Energy pollution is an issue many people do not consider. If you compare a night sky in the Catskills to a night sky in New York City, there will be a drastic difference. A night sky in the beautiful Catskills shows bright, beaming stars. If you look at New York City, it's a dark, cloudy sky. The reason for that being is due to amount of lights that give off pollution into the atmosphere that clouds our skies, also known as light pollution.

In recent years, to reverse the effects and put a halt to light pollution, many households and corporations switched to energy saving lightbulbs to reduce the light pollution in the air. In addition to energy saving lightbulbs, more houses and corporations have even started using solar energy to reduce emissions. The University at Buffalo has implemented a solar panel system that generates power for the whole school as opposed to traditional electricity methods.

Major corporations have also invested in energy conservation protocol. Johnson Controls, CBRE, and General Electric have invested in Energy Efficiency as a Service. This allows for customers to have the option to use more energy efficient methods, thus having them use less energy and therefore pay less in energy bills. Customers will save energy, save money, and save the planet all at the same time.

The City of Buffalo has also moved towards other methods of energy conservation. The wind turbines on Lake Erie are ready to be set in motion to cut reduce energy emissions. Governor Andrew Cuomo has also pushed for further legislation to enhance the use of solar and wind energy in New York.



Unplug Chargers: Many battery chargers can draw power even after the device is charged.

Air Dry Clothes: Let mother nature do the work.

Let Your Computer Sleep: Set your computer to sleep or hibernate mode so it uses less electricity during periods of inactivity. Screen savers are so last decade.

Use Those Curtains: Open curtains facing the sun to let that light and heat in. Close them at night to keep heat from escaping.

Turn Off Those Lights: If no one is in the room to see the light is it still on? Yes. And it is still using energy.

Insulate That Old Water Heater: Adding a flame resistant insulation blanket to an old water heater can reduce standby heat loss by 25-40%.

Don't Block Vents: Keep the area around vents and radiators clear so all that hot or cold air can flow freely.

A Bright Idea: Consider replacing incandescent light bulbs with LED bulbs. They last longer and use less energy.

Air Dry Dishes: Let the air do the work.

Full Loads: Try to do full loads of dishes and clothes.

NOT ONLY CAN THESE TIPS HELP THE EARTH BUT ALSO YOUR WALLET.



Infographic by Matthew Stroka



REVIEW OF THE AMAZON ORIGINAL SERIES: HUNTERS TV-MA | 1 HR / EP

BY WEBSTER TILTON



Hunters, starring Al Pacino, is a series about a group of (mostly) Jewish residents of New York city who investigate Nazis living in the United States during the late 70s, and kill them. It's done in a deliberately comic-book style that will (forcefully) remind you of a certain well-known director.

My verdict up front: The series is another nearly flawless offering from Amazon...but...be aware that toward the end the series does something that may leave you feeling like the victim of a bait and switch. I'll explain that later. As for the show itself I could only find one actual flaw. The setup for the ending is noticeably forced, and not well followed up on. When the hint is dropped for what will eventually happen in the final reveal, there is no reason for the characters who are present at the time to not become immediately suspicious and start demanding answers.

So, what did I mean about a bait and switch? In the field of robotics people talk about the 'Uncanny Valley'; a psychological phenomenon whereby the closer a robot gets to looking human without actually getting all the way there, the more negative a human's reaction to it will be when they see it. If the robot is noticeably not human, nobody minds it, and if it is flawlessly human nobody can tell the difference. But anything that falls in between those two markers just feels somehow wrong. Our brains can't decide what this thing we're looking at is supposed to be, and it messes with our heads.

I get this same feeling whenever I encounter anything from the genre known as Alternate History. The concept is simple; rewrite actual events to make a fictional narrative that suits the purposes of your story. AH has a significant fanbase, but I've never been able to tolerate it (or the fanbase). This is because, just like fan fiction, the AH feels inherently self-indulgent and immature. Rather than creating their own world, AH and FF writers take what someone else did and repurpose it as they see fit. And, this is why I hate it; knowing that this isn't how it happened in real life destroys my suspension of disbelief.

So, with the up-front acknowledgement that just because I dislike

something doesn't mean it was objectively bad, here is my big problem with Hunters. The last couple of episodes combine a badly telegraphed plot twist with a jarring genre switch into Alternate History. It doesn't derail the momentum of the plot, but it also doesn't take the audience to the advertised destination. The very last scene of the final episode made me cringe.

And then I remembered that this series is supposed to be like a comic book, which at long last helped me understand the underlying problem: It's trying to be two things at once and only mostly pulling it off. Hunters is an original story written for Amazon, but it feels like an imperfect adaptation of a graphic novel. I was reminded of the Netflix movie "Polar", which had the exact same problem to a much greater degree. By comparison, Hunters merely forgot to use the clutch when switching gears.

So in the end, yes, I do recommend it. It isn't perfect, but it's still one of the best things streaming right now. A lot of hard work and creativity went into Hunters, I just wish the road it took me on hadn't ended with a speed bump and a pothole.



LET'S STAY HEALTHY TOGETHER!

If you experience these symptoms, you may be at risk for the Coronavirus (COVID-19)

_____ Fever

_____ Cough

_____ Shortness of breath

If you develop **emergency warning signs** for

COVID-19 get medical attention immediately. Emergency warning signs include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

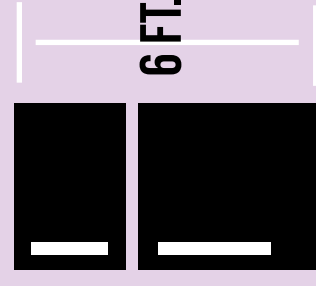
www.cdc.gov

These symptoms may appear within **2-14 days of exposure**. Please call your doctor if you experience these symptoms, or have come in contact with a person with COVID-19.

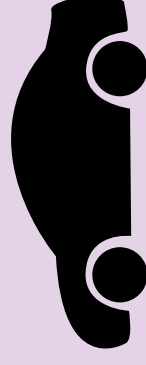
Wash your hands with soap and water



Maintain at least 6 feet distance from others



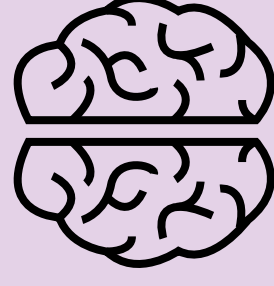
Avoid all unnecessary travel



Don't touch your face



Stay informed. Follow advice from health professionals



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Competence. Compassion. Collaboration.

Make the Most of This Challenge!

By: Lucy Connery, Associate Director, The Wellness Institute of Greater Buffalo

Staying Sane at Home

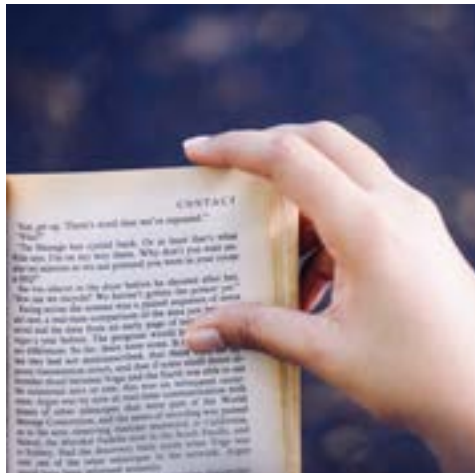
For the kids experiencing boredom, the parents going crazy, and the older adults feeling isolated (and everyone that feels a mix of all three), you are not alone. Here are some suggestions on activities to do under quarantine/social distancing, and some resources that might help you get through this tough time:

- Reading books (for fun!)
- Organize your to-watch list on every app
- Co-stream movies with friends at your individual homes
- Organize your closet and donate old clothes
- Try keeping a quarantine diary – people who didn't live through this will definitely be curious
- Do a tutorial on a new skill – sewing, teaching your dog to roll over, etc
- Keep your brain working: search for apps like **Epic!** (kids books and videos); Quizlet (flashcards & study tools); **Khan Academy** (for learning anything)
- Self care.** Take one of those showers where you really take care of yourself (clean behind your ears, actually scrub your feet, etc.). Do a face mask! Have you ever carved out 20 minutes for mindfulness? It can be meditation, reflection, journaling, drawing – anything that helps you relax and have a quiet mind.

Resources:

www.withadair.com/live for FREE mindfulness workshops online

www.CreatingHealthyCommunities.org has plenty of videos and information on health



Quarantine vs. Isolation vs. Social Distancing

There is, of course, a lot of confusion, fear, and restlessness during this ever-changing time of the coronavirus crisis. Here is some helpful information that might help clarify things:

Quarantine is used to separate/restrict the movement of healthy people who may have been exposed to coronavirus to see if they become ill. This can help limit spread of potential disease.

Isolation is used to separate ill people who already have a communicable disease from those who do not have it. Similar to hospitals separating TB patients from other.

Social Distancing is a set of actions that help to slow down or stop the spread of a communicable disease (online classes, event cancellations, etc.). KEEP IN MIND that when we say social distancing, we often mean physical distancing. Stay away from groups of people if you don't know their exposures, but keep in touch with family, friends, neighbors, and co-workers to keep your social supports close during this difficult time.

Face Masks

Misconception Alert: wearing face masks does not fully protect you from contracting coronavirus; this use of personal protective equipment is best-used for individuals who already have the illness and want to avoid spreading it to others. Face masks alone do not protect healthy people completely because if an individual gets respiratory droplet residue on their hands, arms, or clothes, it does not prevent the droplets from entering the body through the eyes, nose or mouth.

For more resources or health/wellness information, please contact the Wellness Institute of Greater Buffalo at BeActive@City-Bufferalo.org or call (716) 851-4052.



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In 1948, the World Health Organization held its first health assembly.

In 1950, the WHO dedicated April 7th as World Health Day.

Aiming to create awareness of a specific health theme such as mental health, maternal and childcare.

This years theme is, giving people access to healthcare without the prospect of financial hardship.

World Health Day
April 7th

Infographic by Jessica Clare

50 YEARS OF **EARTH DAY**

The very first Earth Day was on April 22nd of 1970, after the 1969 oil spill in Santa Barbara, California. Wisconsin Sen. Gaylord Nelson sought to educate individuals on the environment with the proposal of this day.

By 1990, 200 million people in 141 countries participated in Earth Day celebrations.

1970
WORLD'S FIRST EARTH DAY

190+
COUNTRIES INVOLVED

1 BILLION
INDIVIDUALS MOBILIZED FOR ACTION EVERY EARTH DAY

400 YEARS
TO DEGRADE.

PLASTIC TAKES MORE THAN

88 GALLONS
OF WATER A DAY AT HOME.

EACH AMERICAN USES AN AVERAGE OF

WHAT CAMPAIGNS + GROUPS HAVE FORMED SINCE EARTH DAY'S GENESIS?

Campaigns for **global warming**, clean energy, **eradication** of pesticide usage, **loss** of wilderness, **extinction** of wildlife & **endangered species**, oil spills, raw sewage, **toxic dumps**, beach cleaning, freeways and many more have formed since Earth Day's origin.

CRITICALLY ENDANGERED SPECIES LIST

- Amur Leopard
- Black Rhino
- Bornean Orangutan
- Cross River Gorilla
- Eastern Lowland Gorilla
- Hawksbill Turtle
- Javan Rhino
- Orangutan
- Saola
- Sumatran Elephant
- Sumatran Orangutan
- Sumatran Rhino
- Sundra Tiger
- Vaquita
- Western Lowland Gorilla
- Yangtze Finless Porpoise

<https://www.worldwildlife.org/>

The U.S. is the **#1 trash-producing country** in the world at 1,609 pounds per person per year. **This means that 5% of the world's people generate 40% of the world's waste.**
"Aluminum Recycling Facts." Recycling Facts

We're losing 18.7 million acres of forests annually.

This is equivalent to 27 soccer fields every minute.
www.wwf.org

VISIT <https://www.earthday.org/>

Infographic by Kaylee Barger

APRIL EVENTS: ONLINE

APRIL 7, 14, 21, 28

Female Entrepreneur Special: Break Away from your Limiting Beliefs!

Jennifer Willemsen, an intuitive transformational coach, is hosting a remote online class for all of you female entrepreneurs out there! For \$22, you can learn about the laws of the universe and manifestation, and how to use that to grow or build your own business. The event is held four times this month at 4PM. For more info or to reserve your spot, go to the event page on eventbrite.com.

APRIL 5, 12, 19, 26

How to Tame Stress and Eliminate Reactivity in Less Than 8 Weeks

Art Burns is hosting a FREE online event this month to help those who are dealing with stress. Burns teaches you how to tame the stress with techniques and tools he learned himself. You will also learn about how the stress affects you mentally and physically. The event starts at 2PM on the given dates. Ready to sign up? Go to his event page on eventbrite.com

ALL OF APRIL

How to Make \$100 Online in a Day

Want to learn how to make money online? Life Achievers Academy is offering several online courses throughout the month to teach you how to do it! And the best part is that the event is FREE! Go to their event page on eventbrite.com for more information or to sign up! Hope to see you there!

APRIL 18

Energy Healing Event

Toronto Bodhi Meditation Centre is hosting a free event online to help those who want to ease body pain, improve sleep, decrease anxiety and promote positive energy with their certified energy healers. Go to the event page on eventbrite.com for more information or to sign up.

APRIL 20

Resume Writing Workshop

Are you someone looking to spice up your resume so it stands out to potential employers? If so, we have just the event for you! Markham Public Library is hosting a free resume-writing workshop online that teaches you how to write an outstanding resume. The event is from 10AM-12PM. Want to sign up? Go to the event page on eventbrite.com.

MARCH MADNESS SOLUTION

BASKETBALL
FLOWERS
KOBE
LUCK OF THE IRISH
POPCORN
SCORE

CHAMPIONSHIP
HOOPS
LEPRECHAUN
MOVIES
POT OF GOLD
SPRING

GLOVER
IRELAND
LIMERICK
PARADE
RAINBOW

MARCH MADNESS BONUS GAME SOLUTION

ARKS
ION
SAP
RUTS
BED
LOG
SAT
HAUNT
ZOO

JAG
RUB
BUD
MARE
VOLT
SHE
PIES
SEAR

PUB
BEE
RIP
HEAR
SOB
MIME
VOW
SEW

MARCH CROSSWORD SOLUTION: PREPARE FOR SPRING

BASEBALL
SPRETT
LCH
H
DAYLIGHTSAVINGS
UN
BLOOM
E
EASTER
DAF
FODIL
BUNY

coloring corner

EARTH DAY

springtime!

X E C Y S P R I N G C L E A N I N G B L
O M B U D D I N G K W S T F X I U R F E
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FLOWERS
GROWTH
OUTDOORS
BUDDING
PASTELS
SUNNY
REJUVENATING
SPRING AHEAD

SPRING
FRESH
WARM
MELTING SNOW
GOLASHES
BREEZE
CHERRY BLOSSOMS
BBQ
HAPPINESS

RAIN
SPRING CLEANING
GREEN
BUTTERFLY
FRESH
FLOURISHING
CLORING
RENEWEL