

YOUR health, wealth, & happiness

FREE | MAY 2020



BUFFALO STRONG



TOGETHER WE CAN GET THROUGH ANYTHING

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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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Hello avid readers,

HWH print has returned! Last month, due to the extent of COVID -19 we took a break with print and were available solely online with our digital copy. Be that as it may, no pun intended, we are happy to share our magazine with you once again!

Life as we know it has changed. We will prevail over this, and as a society adapt to our new norm, because that is what us Buffalonians do. This issue is special, it will still touch on current issues and topics like other publications and it will also reflect on some of history and ways of life we are all accustomed to.

As we venture into what we hope will be more spring-like weather, take a moment to reflect and be thankful for the things you never realized we took for granted. Especially all those who have been hard at work on the frontline. Share thanks with those workers and all the mothers out there too who have made it possible for our way of life to continue. We hope you enjoy this edition.

Sincerely,

Brittany Maxwell
Executive Editor

Brittany Maxwell



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SUMMER 2020



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A Different Kind of Mother's Day



BY: CHLOE FERNEY

Like most holidays this season, it looks as though Mother's Day will have to be celebrated a little bit differently. But there is nothing wrong with different! You can still celebrate in style and have a great time, it may just have to be through Zoom! Here is a list of ways you can celebrate your mother this year (from six feet apart!)

Set up a Zoom call

In order to set up a Zoom call, you will have to make an account. From there, you can invite hundreds of family members to join the call. So, whether your family has 10 people or 85, there is room for the whole lot. This call will allow you to still see everyone you normally would on Mother's Day and gives everyone the chance to tell Mom how much they love her!

Send her a photobook

Don't all mothers love looking back at old photos? Shutterfly lets you create photobooks online and can have them delivered all over the country. They have tons of layouts so you can find the perfect one for you. In fact, it doesn't even have to be a photobook! Last year, I sent my mom a cookbook of all the recipes she has saved since she was young and included photos of holidays and family. She loved it! Maybe try out something extra special like that this year, since we can't see each other in person.

Garden

If you are living with your mother or if your mother lives with you, Mother's Day is the perfect time to start your summer garden. Whether you choose to plant flowers or vegetables, spending some quality time with Mom is all that really matters. You can order all the supplies you need on Amazon, but if you choose to brave the stores, please wear a mask!

Make a homemade gift

With all this downtime in quarantine, there is more than enough time to create something special for Mom. It could be a tie dye shirt, a stuffed animal, or even a simple homemade card will do! Pinterest has a whole bunch of ideas you can scroll through and has the steps to teach you how to make them. This gift shows Mom how much you appreciate her! If you don't live with your mother, you can mail it to her or drop it off, but again, please wear a mask and stay six feet apart!

However you choose to celebrate will be great! Don't put too much pressure on yourself because this year is certainly unique. Even if you just have an extra-long phone call with mom, that is still great. Just let her know you are thinking about her and you love her! Have a great Mother's Day and stay safe, Buffalo!

BEST DELIVERABLE MEXICAN CUISINE

#1 LA DIVINA TACOS

#2 CANTINA LOCO

#3 LLOYD TACO FACTORY

#4 DEEP SOUTH TACO

#5 DON TEQUILA MEXICAN RESTAURANT



Infographic by Jessica Clare

Mental Health and Isolation

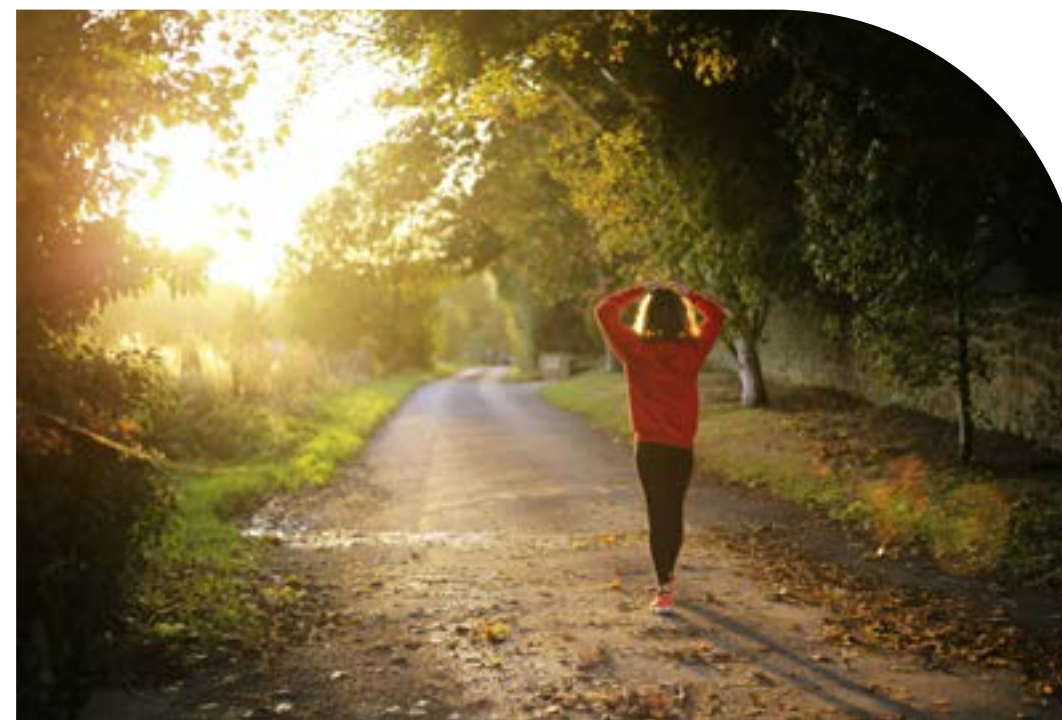
By Kayla Kenig

With COVID-19 only spreading faster, many government officials have mandated that citizens stay inside and isolate for the sake of their physical health, but how does this effect our mental health?

Many people have switched to a work-from-home style format, as well as many universities switching to an online style, distance learning format. This gives people no choice but to stay indoors and complete their daily tasks in the confines of their own rooms to limit the spread. However, although many of us had that one coworker that got on our last nerves, or a group partner that would talk about anything other than the task at hand, these social interactions were vital to our psychological health.

In quarantine, there are many people who live alone who will now be faced with increased loneliness, causing for increased feelings of depression, cognitive decline, and poor sleep habits. Some of these conditions can lead to becoming long term and have life-altering damage.

To help keep your mental health in check, psychologists recommend physical exercise, meditation and even going outside for some fresh air to help boost your spirits. In addition to keeping up with social interaction, make sure to check in on your friends to make sure they are staying home and staying healthy during the quarantine. With technology at our fingertips, we have the ability to call and video chat our friends and family daily to keep a social connection with them.



For more information about COVID-19, please visit the Center for Disease Control and Prevention website at www.cdc.gov and check back on our site regularly for updates.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Need distractions or uplifting activities this month? We've got you covered. We are all in this together.

3
Discover a new podcast.




4
Take a walk and try to find something starting with each letter of your name.

5
Start a journal and record how your experiences through out this time.

6
Make a list of your favorite songs and have a solo dance party.

7
Go blow bubbles outside!



1
Take a brisk walk. See if you can decrease your time by the end of the month.

2
Put some glow sticks in water bottles for night time bowling.

10
It's Mother's Day. Call her on the phone or maybe even make her breakfast in bed.


11
Learn a new card game.



12
Continue a project you started that is important to you.

13
Make popcorn and re-watch your favorite childhood movie.


14
Sit under a tree and draw a picture.



8
Notice 5 things that are beautiful in the world around you.

9
Call a loved one. Really connect with them and boost both your spirits.

15
Play messy Twister with shaving cream and food dye.




16
Have a paper airplane party. See who can make the one that flies the furthest.

17
Learn a new recipe. Maybe with the food that's been in the pantry for a while.

18
Plan out your dream weekend and do it when everything re-opens.

19
Write a letter to yourself and open it a year from now.

20
Thank three people you are grateful for. Let them know why.



21
Connect with nature. Take time to notice life continuing outside.

22
It's a new moon. A perfect opportunity to try to find some constellations in the night sky.

23
It's the weekend! Take a road trip or just go for a drive.



24
It's still the weekend. Cook dinner out on the grill!



25
Have a tech-free day. Skip the scrolling and turn off the news.

26
Take a small step with an important goal.



27
Find some positive news and share it with others.

28
Go try out a new park.



29
Play balloon tennis with a spatula, flyswatter, or anything.

30
Start that book you've been meaning to read. Maybe even read it outside.

31
Take a deep breath. You made it through May. Summer is closer than ever.

How To Start Your Own Indoor Garden

Step 1. Choose Your Plants

- Do you want to grow flowers or vegetables?
- Do you plan on transplanting it outside or growing to completion inside? Can it grow locally outside should you choose to transplant?
- Consider what time of the year you will grow the plants and how much room you have to accommodate the size of the plants.
- Carrots, Basil, Succulents, or Begonias are good options to plant in May.



Step 2. Basic Supplies

- Buying seeds will give you more planting options as less popular plants or newer varieties aren't often available in stores.
- A package may contain more seeds than you can use so you can save some for next year!
- Regular potting soil will be fine for most plants.
- Make, buy, or reuse containers. 2 Inches square by 2-3 inches deep is generally a good size. Be sure to add holes on the bottom to let extra water drain out.



Step 3. Plant

- Dedicate a spot in your house with plenty of sunlight or use artificial grow lights. Read the planting instructions on each seed bag to learn each plant's requirements.
- Planting too early can cause the plant to grow too large before it is time to transplant outside. Use a larger pot if planning on only growing indoors.
- Water regularly to just keep the soil moist.



Good Luck!

Indoor gardening

By: Kayla Kenig

Bring some green and color to your home by bringing the garden indoors. Growing your own herbs and small vegetables from indoors is not only that much fresher, but can also become a nice hobby or addition to your daily routine. Plus, once your herbs or vegetables are done growing, they make a great addition to your current recipes, and can even give inspiration to start new ones!

First things first, how do we garden from indoors without a plot of land? Also, with limited space? For gardening, you need three things: space, lighting and growing medium. The good thing with indoor gardening is that it can take up as much or as little space as you have or need. That being said, you can tailor gardening to what you have. In terms of lighting, if you have limited lighting due to a restricted living space, there are lightbulb available to accommodate to your plants and lighting situation. Lastly, growing mediums can be as simple as a pot or a full indoor gardening kit.

At home gardening kits can make gardening indoors much easier by knocking out all three requirements in one. For a more advanced kit, there is The Smart Garden 3, a smart pot that monitors your herbs and provides light and water when needed. This type of kit is definitely ideal for those who live in an apartment in a city or area where lighting is not the optimal. This is available on Amazon right now for \$100.

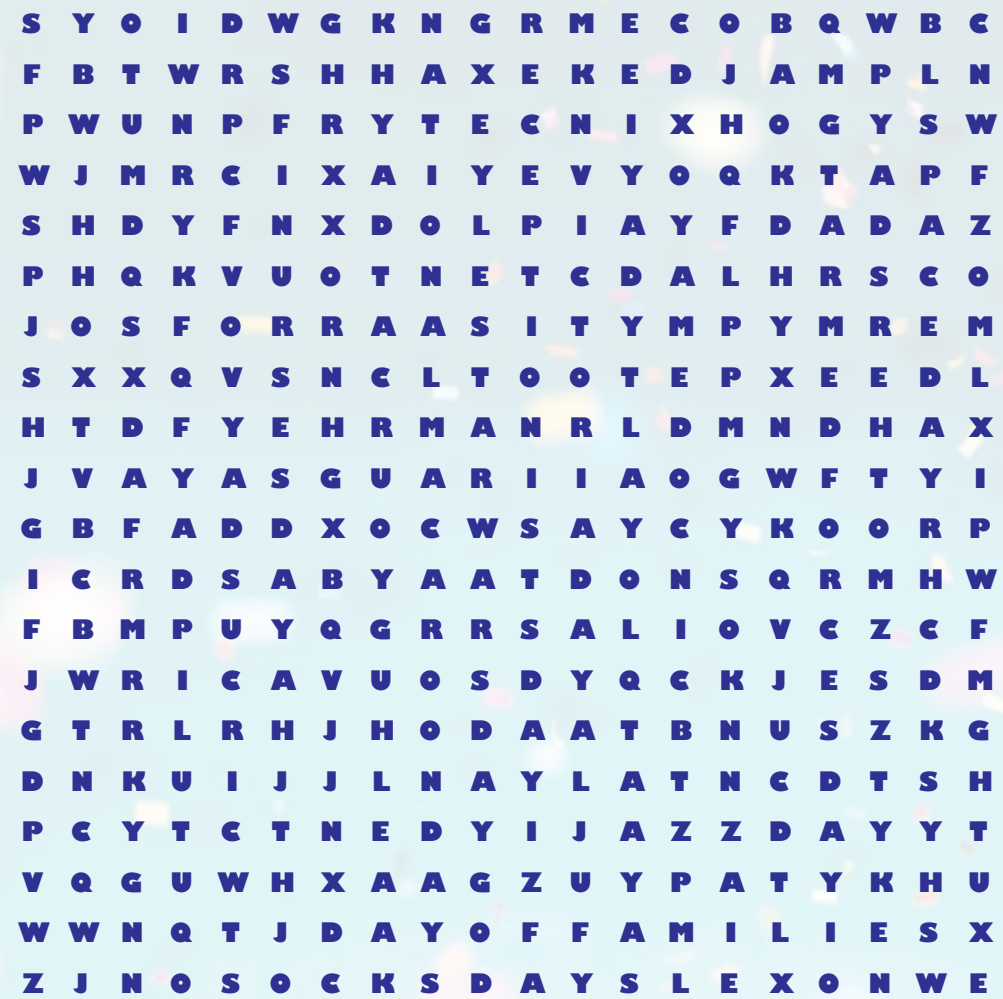
For something cheaper and more practical, there is Vertical Wall Garden. These resemble the shoe racks you put on the back of your door, where the pots are small pockets where you can add your soil and seeds. This would be most ideal for someone with large surface area and lots of sunlight, also a great way to get the same outdoor gardening effects indoors. This retails on Amazon for \$38.

Another good kit, especially if you have a fish, is the Back to the Roots Water Garden. This gardening kit is a 2-in-1 hybrid system of both a fish tank and a gardening system. This is meant mostly for very small greenery, and provides a self-cleaning system to the fish tank and nutrients for the fish. Best if used with a beta fish, and retails for \$60 also on Amazon.

A fun indoor gardening activity many people have been using is the Back to the Roots Organic Mushroom Growing Kit. All you have to do is spray the kit mushroom spawn and within a few days you have a nice bed of fungi. The beauty of this is it has multiple uses, and currently 2 for \$42 at HomeDepot!

Indoor gardening also requires that of monitoring humidity, temperature, and making sure the nutrients of your soil are up to par for your plants. The goal is to mimic that of the outdoors and to possibly move your plants from indoors from outdoors. However, this all comes with the experience of gardening, and depending on your plant effects the standards it needs.

During this time, advance your green thumb skills and bring gardening into your own home!



May Celebrations!

STAR WARS DAY
NO SOCKS DAY
NATIONAL MACARON DAY
ARMED FORCES DAY
JAZZ DAY

CINCO DE MAYO
SPACE DAY
DAY OF FAMILIES
VICTORIA DAY
RECEPTIONISTS DAY

MOTHERS DAY
LOYALTY DAY
HUG YOUR CAT DAY
NURSES DAY
TULIP DAY
CIRCUS DAY



Staying Safe While Grocery Shopping

By: Jenna Maul

With the stay at home order still in full swing, we should only be leaving our house for essential reasons, like grocery shopping.

Although this is a good step to support social distancing efforts, people now tend to all gather at the grocery store, making a simple shopping day a potentially risky task.

Some have assumed the best way to safely shop is to wear masks and gloves, and sanitize anything you touch and everything you buy. But surprisingly enough, all of that might not be necessary, or the best way to keep safe.

If you're wondering the best way to stay safe while out-and-about, you've come to the right place! Here are the do's and don'ts of safe grocery shopping!

1. **Go alone and with a list**

When going grocery shopping, it's best to go fast and efficiently. This means going by yourself and going with a list of items you know you need. You don't want to be in there longer than necessary.

2. **Wear a face mask**

Not only is this a statewide rule, but it's smart. Even if you don't have the virus, or don't think you have the virus because you don't show symptoms, you still might. And you don't want to be spreading it to others.

3. **You don't need to wear gloves**

That's right! Those gloves you haven't taken off all day might be doing more harm than good. Unless you're sanitizing them every so often, any bacteria that glove has come in contact with has spread to other things you've touched. It's better to just sanitize your hands often than to wear gloves 24/7.

4. **Give everyone space**

Distance yourselves, follow the 6 feet apart rule, especially with cashiers. They have more potential to come into contact with the virus than you, so do them and yourselves a favor and stay 6 feet away from them. If you see a person or two in an aisle already, maybe let them grab what they need before you go in for your item.

5. **Sanitize hands and carts**

Most grocery stores make this easy with having sanitation posts in front of their doors, but it's still a good reminder to wipe down the cart as well since that is something everyone is touching.

6. **Use credit or debit cards to pay**

Don't put the cashier at risk with using cash. Instead, go for the contactless method of payment and use your debit or credit card when checking out.

7. **There's no need to disinfect ALL your groceries, but if you do, don't use disinfectant products**

That's right! Not every item you purchased needs to be cleaned off. Since the bacteria can't survive over 24 hours, if you know you aren't going to eat something for a day or two, there's no need to wipe it down. You definitely can if it makes you feel better, but there's no need. And if you do wipe things down, soap and water will suffice. Disinfectants are meant for hard surfaces, not plastic and cardboard boxes.

8. **Rinse produce**

It's best to rinse your fresh produce in just cold water. If you rinse with soap and water, you risk ingesting the soap which can cause diarrhea and vomiting. If water isn't cutting it, you can use a brush to thoroughly clean it.

9. **Order your groceries online**

If you truly do not want to go to the grocery store, that's fine. Plenty of stores offer delivery or curbside pickup of groceries ordered online.

10. **Go shopping during the non-busy times**

This is probably a more obvious one. If you're not sure when the non-busy times are at your local grocery store, call and ask. It might be early in the morning or late at night, but at least you won't run into as many people. Just remember, most stores are reserving their first hour for senior citizens or who are at higher risk for contracting the virus. Don't go during these times unless you meet the store's criteria. It can save a life, or several.

11. **It may not be necessary to completely de-contaminate when you get home**

Unless you live in a household with small children, or people at high risk of contracting the virus, it isn't really necessary to immediately shower and change clothes after coming home from the store. But, if you feel more comfortable doing so, by all means do it.

Sources

https://www.npr.org/sections/health-shots/2020/04/12/832269202/no-you-dont-need-to-disinfect-your-groceries-but-here-s-to-shop-safely?utm_source=facebook.com&utm_medium=social&utm_term=nprnews&utm_campaign=npr&fbclid=IwAR3nYiwZKWw7Sc7tZYkUmxtCi-IH-Mm3ASRXYO2B4PYQVC-PrS25hX_cQYo

<https://www.consumerreports.org/food-shopping/how-to-protect-yourself-from-coronavirus-when-grocery-shopping/>



EXTRA!

SunSpin Media

Buffalo, New York May 1, 2020

Twenty-Five Cents

TODAY IN HISTORY IT HAPPENED IN MAY



MAY 1, 1931 - Empire State Building opens in New York City becoming the world's tallest building dethroning the Chrysler building.

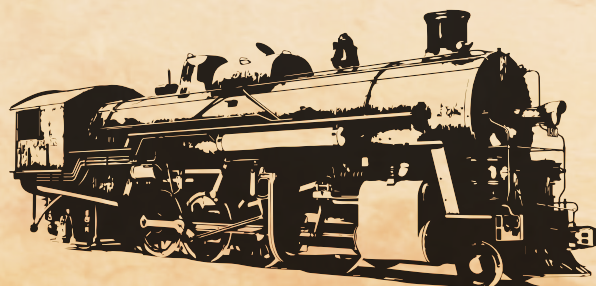
MAY 3, 1979 - Margaret Thatcher, won the general election to become the country's first female prime minister.



MAY 5, 1961 - Alan Shepard becomes the first American in space. aboard a Mercury-Redstone rocket.

MAY 7, 1945 - General Alfred Jodl signed the unconditional surrender of all German forces. WWII was over in Europe. The Allies could now focus on the Pacific Front.

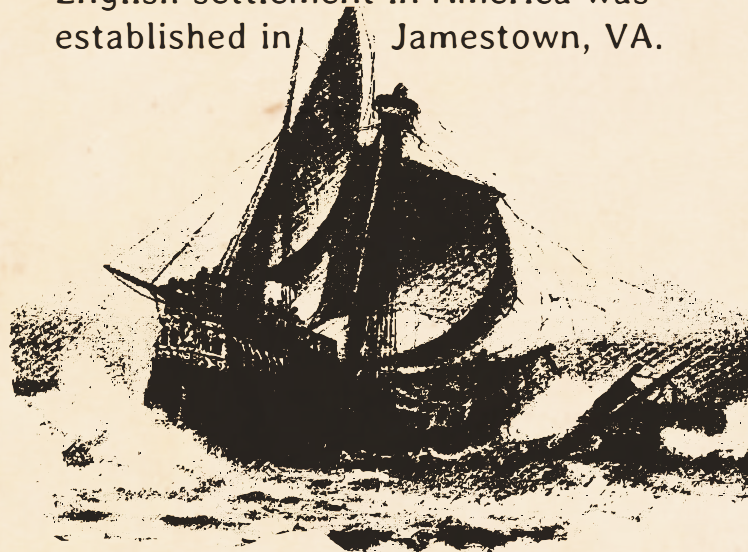
MAY 10, 1869 - The Union Pacific and Central Pacific rails were linked in Promontory Point, Utah.



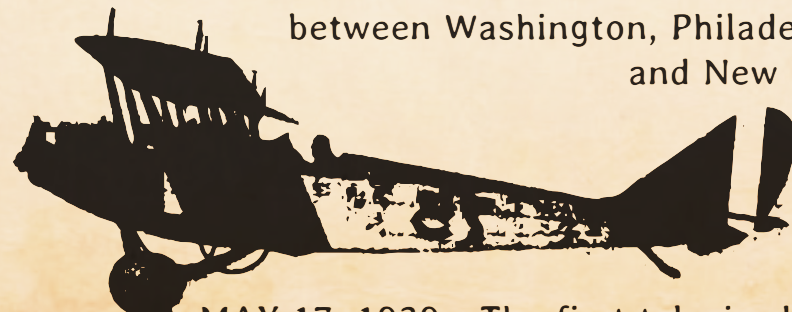
MAY 11, 1969 - the Battle of "Hamburger Hill" began in Vietnam as part of Operation Apache Snow.

MAY 13, 1981 - Pope John Paul II was shot twice in St. Peter's Sqaure, Rome.

MAY 14, 1607 - The first permanent English settlement in America was established in Jamestown, VA.



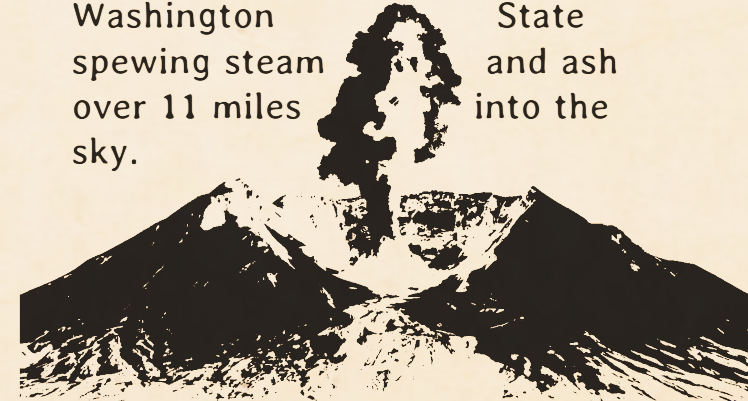
MAY 15, 1918 - The first flights for the new U.S. airmail service begins between Washington, Philadelphia and New York.



MAY 17, 1939 - The first televised baseball game is broadcast on NBC, with Princeton defeating Columbia.

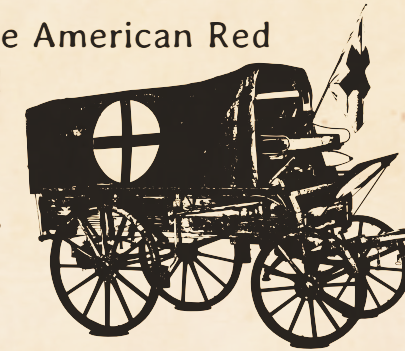
MAY 17, 1954 - In Brown v. Board of Education, the U.S. Supreme Court ruled that segregation of public schools "solely on the basis of race" denies black children "equal educational opportunity."

MAY 18, 1980 - Mount St. Helens volcano erupted in southwestern Washington State spewing steam and ash over 11 miles into the sky.



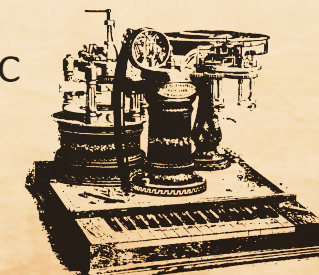
MAY 20, 1927 - Charles Lindbergh took off to complete the first solo nonstop flight between New York and Paris.

MAY 21, 1881 - The American Red Cross was founded by Clara Barton. Barton led the Red Cross for 23 years.



MAY 22, 1843 - The first wagon train with around 1,000 migrants, departs Independence, Missouri for Oregon.

MAY 24, 1844 - Telegraph inventor Samuel Morse sent the first official telegraph message, From Washington, DC to Baltimore.

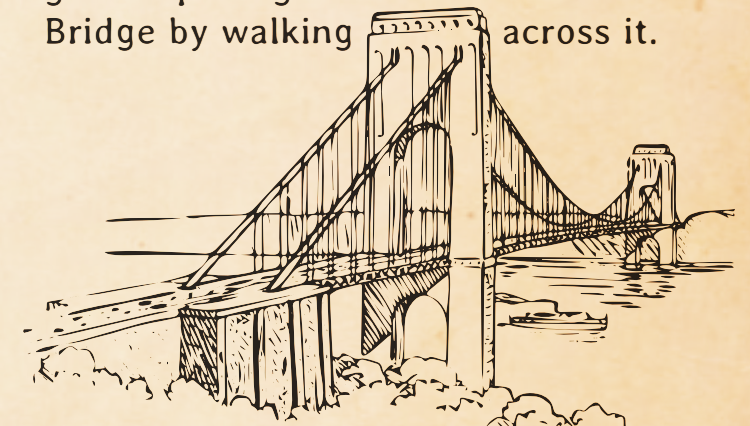


MAY 25, 1787 - The Constitutional Convention began in Philadelphia with delegates from seven states forming a quorum.



MAY 26, 1940 - The Dunkirk evacuation began in order to save the British Expeditionary Force trapped by advancing German armies on the northern coast of France.

MAY 27, 1937 - In San Francisco, 200,000 people celebrated the grand opening of the Golden Gate Bridge by walking across it.



MAY 29, 1787 - At the Constitutional Convention in Philadelphia the Virginia Plan was proposed calling for a new government consisting of three branches.

MAY 30, 1783 - The Pennsylvania Evening Post became the first daily newspaper published in America.

MAY 31, 1907 - The first taxis arrived in New York City. They were the first in the United States.



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