

YOUR

HEALTH, WEALTH & HAPPINESS

FREE

JULY
2020



CELEBRATING DIVERSITY



WE CAN RECOVER



**Choosing Healthy
Seafood**

**Staying
Safe From
Heatstrokes**



**Celebrating Nelson
Mandela**

CONTENTS



3 | Introduction

4 | Editor's Note

5 | Celebrating Nelson Mandela

6 | Tips for Camping Safely



7 | Choosing Healthy Seafood

8 | COMING SOON!

WNY Community Health Centers



10 | Staying Safe from Heat Strokes in Summer

13 | Coloring Corner

14 | Media Corner : Space Force





Editor-in-Chief

Faizan Haq

Executive Editor

Melissa Rothman

Managing Editor

Sana Iqbal

Copy Editor

Katy Siwinski

Contributors

Melissa Rothman

Ralph Hernandez

Katy Siwinski

Caitlyn Conibear

Katie Steckstor

Thao Nguyen

Graphic Design

SunSpin Media

Staff Writers

Emily Wu

Caitlyn Conibear

Katie Steckstor

Published by

SunSpin Media

Follow Us!



/YourHWH



/YourHWH



/YourHWH

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.

Don't miss out! Sign up for our newsletter at yourhwh.com

To Reach Us:

Advertising Department: submit@yourHWH.com

Calendar Submissions: calendar@yourHWH.com

Subscriptions: subscriptions@yourHWH.com

Editorial Submissions: brittany@m@yourHWH.com

Advisory Board

Joe Cirillo, Director of Public Relations and Communications, ECMC
Philip L. Haberstro, Exec. Director, Wellness Institute of Greater Buffalo

Dr. Riffat Sadiq, MD, President & CEO of WNY Medical

Dr. Joe Serghany, MD, Western New York MRI

John M. Hatcher, CEO JMH Advisement, LLC

Your Health, Wealth & Happiness

4011 Bailey Avenue | Amherst, NY 14226 | 716-362-7849

submit@YourHWH.com | www.YourHWH.com

The contents herein are the property of Your HWH and not that of the customer. Contents of this publication are covered by Copyright and offenders will be prosecuted under the law. Diligence is used in checking advertising copy for accuracy but no warranty is implied or given by the publisher. Advertisers and Your HWH are not responsible for typographical errors, mistakes or misprints.

PRINTED FOR YOU AT SUNSPIN MEDIA Marketing, Branding and Print Services.

©2020, SunSpin Media Productions. All rights reserved.
Reproduction in part or it whole without permission is prohibited.

Hello Readers!

The world is in a state of conflict amongst the call for change and evolution of our systems throughout our country. Buffalo has been through a lot in the last months, and throughout it all we have shown strength and resilience.

At HWH we want to show support for the Black Lives Matter movement and everything it stands for. We stand by our neighbors here and beyond, in their fight for justice and reform. In no way do we support use of power to exact any form of violence or brutality.

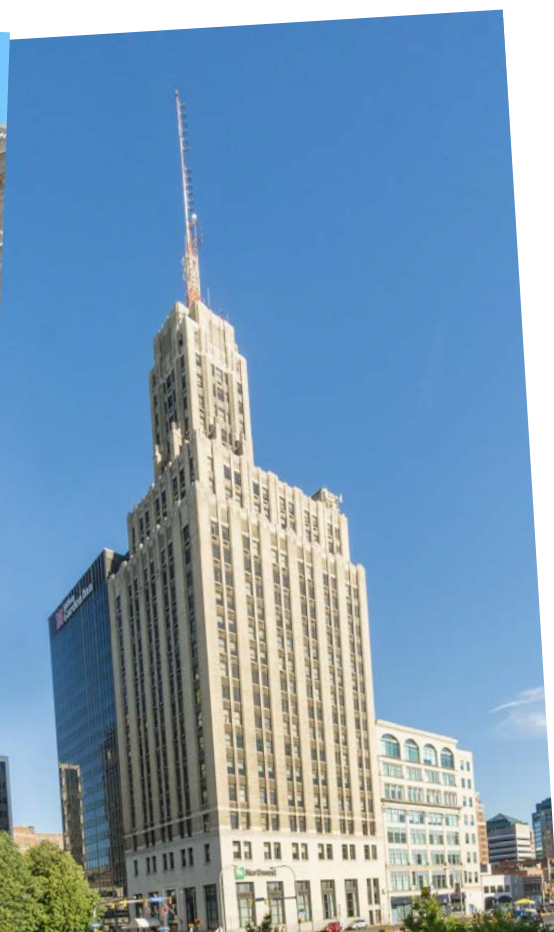
HWH is a magazine that promotes health and wellness in all aspects of life and being your editor, I want to let you know that you matter. You are part of our community and our readership and your part in our story and the story of Buffalo is important. We could not do it without you.

If you are the owner of a black owned business and want to share your story, please write to me and submit@yourhwh.com. We want to showcase the core of our communities.

Sincerely,



Melissa Rothman
Executive-Editor



July 18th: Celebrating Nelson Mandela

By: Emily Wu

In 2009, the UN General Assembly declared July 18th as Nelson Mandela International Day, in recognition of the former President of South Africa's birthday and his fight against apartheid and for the civil rights of South Africans, inspiring his country and the whole world.

Mandela led many protests and resistance efforts as part of the African National Congress against the oppressive regime of South Africa and its racial segregation against African Americans. He co-founded Umkhonto we Sizwe ("Spear of the Nation") as an armed wing of the ANC. Though originally only pursuing peaceful and nonviolent measures, it became an unrealistic method since their peaceful demands were met by force from the government. However, in 1963, Mandela and other leaders of the resistance stood trial for planning to overthrow the government and were sentenced to life imprisonment. During his time in prison, Nelson Mandela became the face of the anti-apartheid movement and as a symbol of resistance for never wavering in his beliefs despite being inhumanely treated in prison for being a black political prisoner. From prison, Mandela earned a bachelor of law from the University of London and mentored fellow prisoners, as well as smuggling out his political statements and his autobiography, "Long Walk to Freedom."

Pressure from an international campaign led to his release in 1990 and Mandela immediately continued to work with the ANC for reform and peace, while negotiating with the South African government. In 1994, South Africa held its first democratic election where Mandela was inaugurated as their first black president. He worked to transition from apartheid to black majority rules and to promote reconciliations between whites and blacks. He protected South Africa's economy from collapsing, funding the creation of new jobs, housing, and health care. In 1996, Nelson Mandela signed a new constitution into law, which established a strong central government based on majority rule, while protecting the rights of the minorities, no matter their race, and freedom of expression.



Nelson Mandela devoted his life to promoting global peace and fighting for the rights of humanity, to ensure that no voice is exploited or oppressed. After declining a second term, Mandela continued to address global problems, such as hunger, education, and homelessness and his legacy lives on to bring about a world of peace and equality. On July 18th, we remember Mandela's achievements in human rights and peace. It has become tradition that many around the world take 67 minutes of that day to volunteer or participate in some way that brings good to their community and the people around them; a small gesture to the 67 years Mandela fought for social justice.

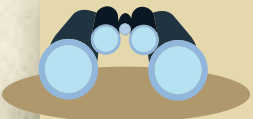
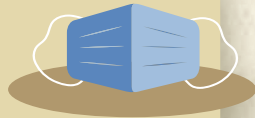
CAMPING & COVID SAFETY

KEEPING CAMPING FUN AND SAFE



Arrive fully self contained with all food, water, & items needed for the trip.

Practice social distancing & camp with immediate family members.



Keep activities low risk
Do not mountain bike or rock climb

Consult safety precautions enforced by local, state, & camp ground authorities



Visit virtually & explore national parks through google earth

Camping Safely to Prevent the Spread of Covid 19 While Still Having Fun with Your Family By: Katie Steckstor

Times are still uncertain but, that doesn't mean you have to stop having fun. The great outdoors is a great place to unwind and bond with your family. There are several ways you can enjoy your camping trip while following Covid-19 safety protocols.

Take Care of Your Health

Prioritize your health. Adhere to the CDC guidelines for washing hands, disinfecting items and social distancing. Constantly cleaning down any equipment or objects you bring with you will help prevent the spread of coronavirus. Wash your hands often, use soap and water, and scrub for twenty seconds. If you don't have access to running water, sanitizer with at least sixty percent alcohol will do.

Keep groups small, avoid crowds and only camp with members of your immediate family. Continue practicing social distancing from other campers and wear a mask if you must come in contact with others.

If you do start to have symptoms such as fever, cough, or shortness of breath, cancel your site reservations and return home immediately. It is also important to alert campground management of your symptoms.

Self Contain

Arrive fully self contained with all your supplies needed for the trip. Limit stops along the way there and back, to prevent further human interaction. If you bring items keep them with you and pick up after yourself. Many parks are not offering trash services to reduce employee numbers.

Participate in Low Risk Activities

Keep all your activities low-risk. Do not mountain bike or rock climb if you are inexperienced, in order to avoid injuries needing hospitalization. Some fun and safe pastimes include: fishing, swimming, having a picnic, creating a bonfire, and bird watching.

Explore Online

The best way to prevent the spread of Covid-19 and maintain your health is to quarantine at home. If you fear camping you can explore national parks all over the United States by using Google Earth.

Quick Guide to Healthy Seafood

By: Caitlyn Conibear

When it comes to eating any sort of seafood the most important thing is having a source for healthy, fatty acids like Omega-3. Omega-3 is known as a polyunsaturated fat which helps cells communicate with each other. This fat can be found in cell membranes and have even been linked to lowering the risk of many conditions. Julia Zumpano, R.D., who is a dietitian at the Miller Family Heart and Vascular Institute in Cleveland, explained that "Omega-3s have been shown to reduce blood clots because they prevent blood platelets from getting sticky." Reducing that risk is crucial for healthy aging. The fatty acids can also help prevent muscle and bone loss.

The American Heart Association recommends eating fish at least twice a week as they are lean and a great source of protein. One concern about constant fish consumption is the increase of mercury intake. High levels of mercury can cause neurological problems and result in memory loss, weakness, numbness and tremors. Due to pollution, mercury is in the oceans and rivers and it starts to accumulate in the flesh of large, long lived fish. Luckily there are many fish with low levels of mercury and high in omega-3s. So here is a quick guide on what seafood choices have the highest levels in omega-3, some that have lower levels but are still healthy for you and ones you should stay away from.

Fish High in Omega-3s

Alaskan Salmon (Wild)
Anchovies
Atlantic Mackerel
Herring
Oysters
Sardines
Trout

High in Mercury

Bigeye Tuna
Marlin
Orange Roughy
King Mackerel

Fish Lower in Omega-3s

Canned Light Tuna
Catfish
Crab
Haddock
Lobster
Tilapia
Scallops
Shrimp
Squid (Wild)

5 HEALTHY SEAFOOD CHOICES

SALMON



Alaska's wild-caught salmon are packed with 1,210 mg of omega-3s per 3-ounce serving and carry few contaminants. They are a great, healthy option and more sustainable than just about any other salmon fishery.

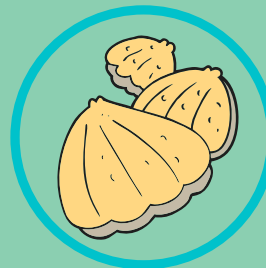
ANCHOVIES

If you can get passed the smell, anchovies are a great source of omega-3. They are also an excellent source of protein, with a fish of average size providing around 9g of protein and only 55 calories.



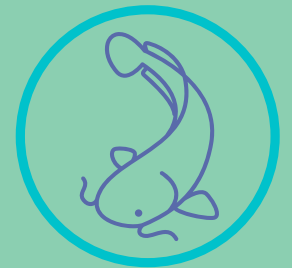
OYSTERS

Farmed oysters are good for you with a 3-ounce serving containing over 300 mg of omega-3s and about a third of the recommended daily values of iron. They are also great for the environment.



CATFISH

Catfish is a low calorie, high protein seafood that's a great source of nutrients, including vitamin B12, selenium, and omega-3 and omega-6 fatty acids.



SHRIMP

Shrimp is high in several vitamins and minerals, and is a rich source of protein. Eating shrimp may also promote heart and brain health due to its content of omega-3 fatty acids



Food Safety

By: **Katie Steckstor**

Avoiding Food Poisoning

Food safety is a very important part of every kitchen. You should avoid cooking for others if you have any type of spreadable illness. Make sure to consistently check for recalled food due to outbreaks. Furthermore, food poisoning peaks in the summer, because warmer temperatures allow foodborne germs to multiply quickly. Therefore, following the steps provided below makes it less likely to spread germs and get food poisoning.

Things to Avoid

Avoid eating raw cookie dough, bread batter, or cake mixes as they contain raw ingredients that can be contaminated with a plethora of harmful germs. These germs include bacteria, viruses, and parasites. Fully baking pastries is the safest because the cooking process kills bacteria.

When grocery shopping, make sure to pick up meat, poultry, and seafood products right before hitting the checkout line. Additionally, separate these items from the others in your cart to keep from cross-contamination.

Always divide leftovers into small portions and put them in covered containers. This method allows the food to cool properly, preventing bacteria from growing.

Rules to Follow

Make sure to wash your hands with warm soapy water before and after preparing food. Remember to wash for at least twenty seconds!

Wash fruits and vegetables well. Be cautious and keep them from touching any surfaces or utensils that were exposed to raw meat.

Safe Practices

Use a food thermometer to make sure that meat is cooked all the way through. Cooking at a hot enough temperature will kill harmful bacteria and germs.

Do not eat food passed its use-by date. The use-by dates are based on scientific tests. They show how quickly harmful bugs can develop in packaged food.

Store meat and poultry in the fridge until you are ready to start cooking. Keeping meat cool will not only prevent spoiling, but will stop the growth of bacteria and germs.

AVOIDING

Food Poisoning

avoid

Avoid eating raw cookie dough, bread batter, or cake mixes as it contains raw ingredients that may be contaminated with a variety of harmful germs.



When shopping, always pick up meat, poultry, or seafood right before checking out. Do not mix with other items placed in your cart.



Stay away from putting big portions of food in the fridge right away. Instead, divide leftovers into covered containers with smaller portions. This allows the food to cool properly to prevent bacteria from growing.



safe practice

Keep meat and poultry in the fridge or a cooler until you are ready to start cooking. This prevents harmful germs from growing and multiplying.



Don't eat food that's past its use-by date, even if it looks and smells okay.

USE BY
5/1/2020

Use a food thermometer to make sure that meat is cooked all the way through, to a temperature hot enough in order to kill harmful bacteria and germs.



rules

Wash your hands with soap and warm water before and after preparing foods.



Wash fruits and vegetables well and keep them from touching any surfaces or utensils that were exposed to raw meat.





PRESS RELEASE July 2020
COMING SOON!

Buffalo, NY - WNY Community Health Centers, Inc., a new nonprofit, 501 (c) 3 medical practice integrating innovative health and wellness services, will open for business July 6, 2020 at 15 Northland Avenue, Buffalo NY.

The new facility will provide traditional and holistic family practice care, and physical therapy. Our family practice will be open weekdays from 8am -5 pm and has family practitioners available for all your medical, pediatric, and gynecologic needs. We also offer a comprehensive occupational medicine program, weight loss and smoking cessation, and suboxone treatment. Other services include:

- X-Ray and Laboratory Services
- School, work, sports, pre-operative, and insurance physicals
- Cost-effective care for uninsured patients

WNY Community Health Centers, Inc. operates under a *sliding scale* model. This means that it *may not* be free depending on your income. You will be required to prove financial need to receive free services or services at a reduced cost. This means even if you have no insurance you can be covered. Our health center is also income based for those making an income. For more information, please contact our administrative office at 716-923-4385 ext. 3120.

It is the policy of WNY Community Health Centers, Inc. to treat all patients and not to discriminate with regard to race, color, religion, national origin, age, sex, sexual orientation, gender identity or expression, or disability.

Ralph Hernandez Director of Administration and Medical Services

HEAT STROKES

- staying safe in the summer heat -

What is it?

heat strokes occur when the body can no longer sweat due to dehydration, causing the body to overheat



Signs & Symptoms



dry, hot,
red skin



nausea
& vomiting



dizziness
& headaches



strong
rapid pulse

Who's Most At Risk?

- those older than 65 years or younger than 15 years
- outdoor workers and athletes
- those with chronic illnesses such as heart and lung disease
- those on certain medication such as vasoconstrictors or diuretics



Treatments & Preventions



call 911
immediately



help the victim
cool down by any means



wear loose-fitting
lightweight clothes



drink plenty
of water



wear sunscreen
& use an umbrella



limit your
time outdoors



don't stay in closed car
or leave kids and pets



check up on
family & friends

Preventing Heat Strokes

By: Thao Nguyen

Summertime weather means more opportunities to go outside and enjoy the sunlight. However, it could be easy to underestimate the effect of being in the sun for too long, especially as it gets brighter and more humid out. The CDC reports that while heat-related deaths and illnesses are preventable, more than 600 people in the United States die from it every year. Heat stroke is the most serious form of heat injury, and if suspected, immediately call 911 and try to cool down the victim with any means, such as with a cold shower or by using cold towels.

Long exposure to high temperatures combined with dehydration causes the body's temperature to rise faster than it is able to cool down by sweating. The body can no longer sweat, and if left untreated, heat stroke could damage organs and can also be fatal. Symptoms include hot, red, and dry skin but no sweating, nausea and dizziness, a rapid pulse, slurred speech, confusion, and a strong headache.

Young children, adults over 65 years, and overweight individuals are more susceptible to heat strokes. Physical exertion in hot weather, such as exercising or doing outdoor work, without proper hydration could also bring on heat strokes. Those with chronic illnesses could have increased risk, as well as those on certain medication, such as antidepressants, vasoconstrictors, or diuretics, which affects how the body responds to heat and hydration.

So you're planning on spending a lot of time outside, make sure to take some of these precautions, as suggested by the CDC:

- Wear loose-fitting and lightweight clothes that will allow the body to cool properly
- Make sure you're drinking enough water to replace the fluids lost by sweating
- Remember to wear sunscreen, as well as a hat or an umbrella to lessen sun exposure
- Take breaks from being outside too long and spend time in the shade or near an air-conditioner
- Never leave yourself or someone else, especially children and pets, in a sealed car, where temperatures can rise quickly.

Sheet Pan Greek Chicken

prep time 15 mins
 cook time 25 mins
 marinating time 1 hr

total time 1 hr 40 mins
 course dinner
 serving size 4
 calories 698 kcal



TIPS FOR SUCCESS

Single, even layer. Don't stack ingredients on top of each other otherwise they will cook unevenly. High oven temperature to get everything roasted nicely. Broil as a final step to get that crispy, browned look and taste

Ingredients

FOR THE CHICKEN

- 1.5 pounds bone-in, skin-on chicken thighs
- 1 large green bell pepper, roughly chopped
- 1 large yellow bell pepper, roughly chopped
- 1 large red onion, roughly chopped
- 1 pound cherry tomatoes, halved
- 1 lemon quartered
- 3/4 cup pitted Kalamata olives
- 2 ounces feta cheese, crumbled
- chopped fresh parsley for garnish



FOR THE MARINADE

- 1/4 cup extra virgin olive oil
- zest of 1/2 large lemon
- juice of 1 large lemon, about 1/4 cup
- 3 cloves garlic, minced
- 1 teaspoon oregano
- 1/2 teaspoon thyme
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

Instructions

- Whisk marinated ingredients together in a small bowl.
- Trim excess skin from chicken then place in a large bowl.
- Pour marinade over chicken, reserving 2 tablespoons for later.
- Turn chicken to coat fully in the marinade and place in the refrigerator for at least 1 hour or up to 24 hours.

- Preheat oven to 425°F. Remove chicken from the marinade and place skin side up in the middle of a large baking sheet.
- Toss the peppers, red onion and tomatoes with the reserved 2 tablespoons of marinade in a bowl then scatter around the chicken on the baking sheet. Nestle lemon quarters into the vegetables on the baking sheet.
- Roast for 20 minutes, then broil for 3-5 minutes until chicken is golden brown. Remove from oven, scatter olives and feta onto the baking sheet. Garnish with freshly chopped parsley and serve.

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

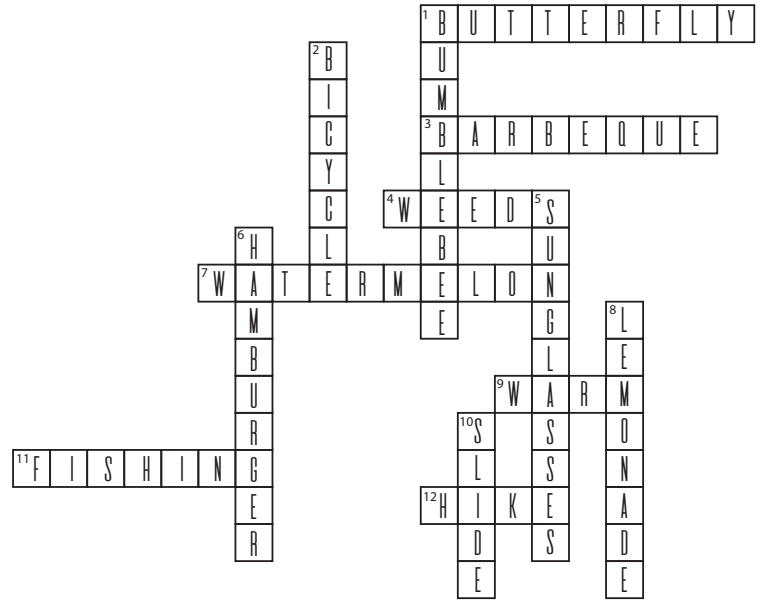
SUMMER vol 2.

- BOATING
- POOLTIME
- FIREWORKS
- LAWN MOWING
- HEAT WAVE
- CELEBRATIONS
- SAND CASTLES
- FLOWERS
- THUNDERSTORMS
- PICNICS
- DRIVEN
- SHADE
- GARDENING
- WATER BALLOONS

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

June's Wordsearch Solution

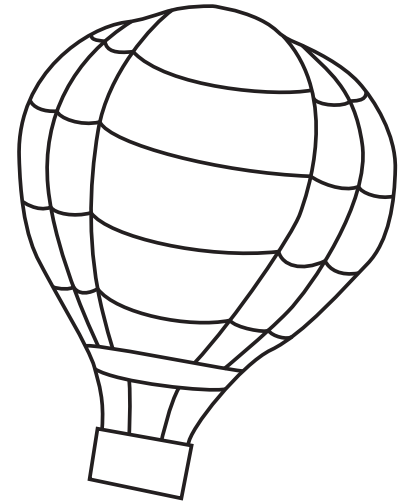
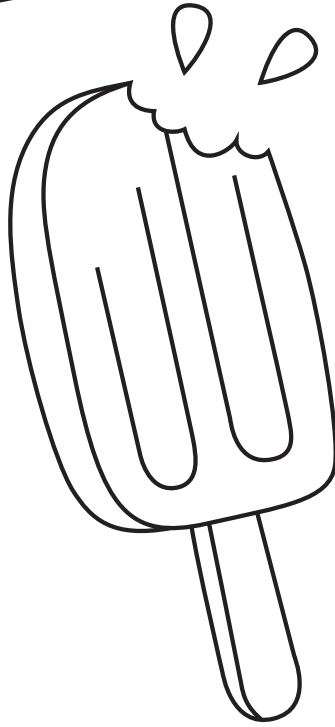
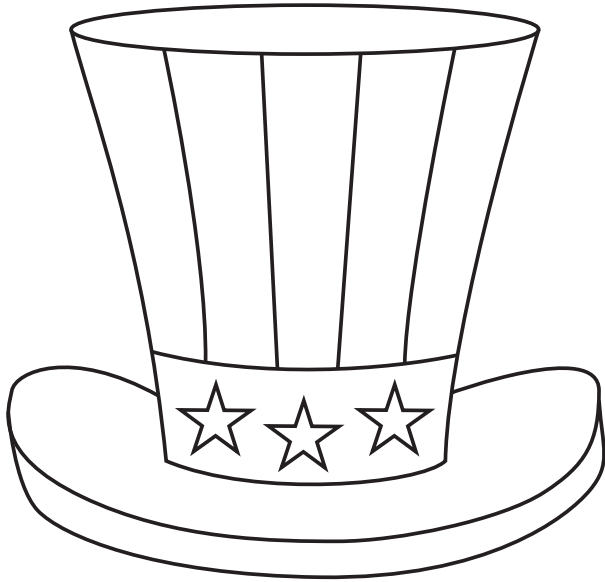
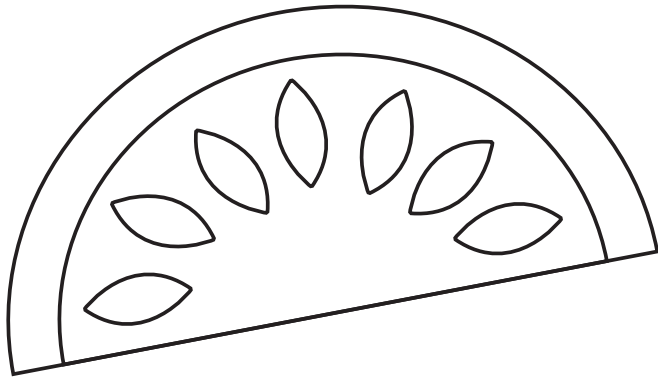
June's Crossword Solution



YOUR HWH

We are Looking for Writers Like You!

Apply At submit@yourhwh.com
 or call us at 716-362-7849



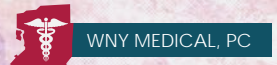
COMMUNITY HEALTH FAIR

SATURDAY, AUGUST 29, 2020
9:00 AM - 3:00 PM

M&T Bank
130 Grant Street, Buffalo, NY 14213

For more information, or to reserve a booth,
please call (716) 312-8209
or visit wnychc.com!

M&T Bank



Your HWH | 13



MEDIA CORNER

COVID Lockdown

TV Binging

By: Webster Tilton

A review of the Netflix original series: *Space Force*

Well, they really, really tried.

This review is a bit of a mixed bag because that's what *Space Force* turned out to be. Some elements of the show worked well and others fell flat. But let me start by expressing my thanks to Steve Carrell for not playing the lead character General Naird as a rehash of Michael Scott from *The Office*.

I hated *The Office*. I really, really hated it. It was long stretches of painful awkwardness punctuated with fleeting moments of comedic brilliance. I concede that some episodes of that show (which I was obliged to watch because when your girlfriend loves a certain show, you watch that show) were excellent television and that everything about *The Office* was done well. It was just the flavor of the thing that I despised.

And Steve Carrell was the reason to watch it. My then girlfriend thankfully lost interest in the show after he moved on from the series and I was spared any further awkward humor shows, until she discovered *Arrested Development*. *Arrested Development* had such a smug sense of its own cleverness that I was convinced that the writers of the show probably carried around hand mirrors so they could make out with their own reflections. Once again, the show was very well done. The casting, the production value, all of it. And I absolutely hated the flavor.

Thus, I approached *Space Force* with some trepidation. I was reassured and encouraged by the fact that they somehow got John Malkovich to

co-star in it, because I've never seen him in anything I didn't like. But Steve Carrell does awkward humor; it's just who he is.

So I sat down to watch the first episode and I was pleasantly surprised. There was awkward humor, but it was done in a shorter, self-aware way that didn't involve long stretches of pain for the viewer. And the character of General Naird was mostly competent. There are definitely echoes of Michael Scott going on here, but they're muted.

The show maintains a consistent low level of funniness with occasional peaks. It doesn't pack the same punch as a better written sitcom like *Roseanne* (the first time it was on, before she got herself canceled), but the characters endear themselves to you quickly. You find yourself actually caring about what's going to happen to them next, and the plot is interesting enough by itself that the lack of gut-busting laughter isn't a deal breaker. And there are some of those laughs, to be sure. As a Netflix show *Space Force* has the freedom to have people use adult language when they feel like it and to talk about things you couldn't get away with on network TV. Consequently, *Space Force* feels like getting on the highway and finally getting to put the pedal down after hours on slow surface roads. Sitcoms where the characters are allowed to drop f-bombs used to be the sole province of HBO, and hence they held a monopoly on edgy, adult humor. But that hegemony has been shattered in the streaming age.

My final verdict here is that you should watch *Space Force*, because in spite of its flaws it is still a good show, and it shows serious promise for season 2. And speaking of season 2...

I also watched *What We Do in the Shadows: Season 2*.

Season 1 was a huge hit. The r-rated FX comedy series had a better sense of when to throw a punch than any TV comedy I've ever seen. And the punches always landed. Jokes in that show simply don't misfire.

Expectations were high for season 2.

And, mostly, those expectations are met. It isn't quite as funny, but only because it isn't quite as novel. The first season attacked with the element of surprise. Now that you know what to expect from the show the shock value is a little diluted, but the consistency is still there. And what they lost in shock value, they made up for by leveraging the established character arcs and storylines. Every episode is good, but episode 6 was my favorite because it leaned hard into the best thing about the show: Each character has a gift for making a patently absurd statement as though it were as obvious as $2+2=4$, and then somehow making that statement true.

The vampires' casual disdain for human life contrasted with their misunderstandings of an occasional infatuation with human culture provides a rich and deep well of material for the writers to draw from. And one thing in particular pleases me about this show. Although it's done in the style of a documentary, like *The Office* was, in this show the film crew is directly referenced and occasionally involved in the plot. The show doesn't forget that they're there. It's only done sparingly, but it's all the more effective because of it. Just as the audience is about to forget about the film crew, one of them will die horribly or be forced to flee from some monster or other. Likewise, the writers seem to be aware of when they've forgotten about something from a previous episode and then reference it with that in mind. Because if they've forgotten, then that means that the vampires have forgotten, and that's funny.

The writers of *What We Do in the Shadows* have a keen sense of how to avoid overdoing things. Each character has their foibles, but none of them becomes a cliché. Different personality quirks are combined together in

MYB
Manage **Your** Business

OUR SERVICES INCLUDE

- ▶ **Business Services**
- ▶ **Web Development**
- ▶ **Human Resources**
- ▶ **Accounting Services**
- ▶ **Information Technology**

...and more! Call us today!

716.923.4385 | www.manageyourbiz.com

chaotic and hilarious ways, with guest stars providing the impetus (or excuse) for interactions that would otherwise never happen.

Assuming nothing catastrophic happens to the cast or creative team we can expect *What We Do in the Shadows* to have a long, excellent run. They got this one right folks.



MARKETING DESIGN PRINT VIDEO



SUN SPIN MEDIA

Your **ONE STOP SHOP** for all things media.

716.775.7776 4011 Bailey Ave, Amherst NY 14226

ssm@sunspinmedia.com

sunspinmedia.com