



Extend



Your



Summer

**HAVING A FUN &
SAFE SUMMER**

**SMART INVESTING
AFTER COVID**

**DOS & DON'TS OF
BREASTFEEDING**

CONTENTS

- 3 | Introduction
- 4 | Editor's Note
- 5 | Safe and Fun End of Summer
- 6 | Eye Health
- 7 | Enjoying a Mosquito Free Summer
- 8 | The Dos and Don'ts of Breastfeeding

4 TIPS ON
PREVENTING MOSQUITO BITES



THE DO'S AND DON'TS OF BREASTFEEDING



AUGUST 2020

SMART INVESTING
AFTER COVID-19



- 10 | Smart Investing After COVID-19
- 12 | Word Search
- 13 | Coloring Corner



- 14 | Media Corner : Peaky Blinders
- 15 | Spotlight : Black Business Month



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.

To Reach Us

Advertising Department: submit@yourHWH.com
Calendar Submissions: calendar@yourHWH.com
Subscriptions: subscriptions@yourHWH.com

Follow Us!



[/YourHWH](#)

[/YourHWH](#)

[/YourHWH](#)

To Reach Us

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

Staff and Contributors

Editor-in-Chief
Faizan Haq

Managing Editor
Sana Iqbal

Executive Editor
Melissa Rothman

Copy Editor
Katy Siwinski

Graphic Design
SunSpin Media

Published by
SunSpin Media

Staff Writers

Christian Green
Audrey Todd
Emily Wu
Webster Tilton
Caitlyn Conibear
Katie Steckstor

Contributors

Melissa Rothman
Audrey Todd
Katy Siwinski
Caitlyn Conibear
Katie Steckstor
Nick Green
Thao Nguyen

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!

A Note From the Editor

The Summer is ending and it is safe to say that we did not have the summer we had planned on. We made the best of it, and we remained strong and loud in our beliefs. We made it through one of the tumultuous times a lot of us can remember.

We still have a little bit of Summer to enjoy, so let's have fun and be safe while doing so. Buffalo is known as the city of good neighbors and we need to find that again and show the world that Buffalo is more than a few bad press stories. As a woman who has spent her whole life here, I know there is goodness and kindness here.

While HWH and I fully support and believe in the movement currently happening and believe wholeheartedly that change needs to happen for our community to become a better and stronger place, I think we also need to remember that it isn't 100% bad.

I believe in our city and I believe we can make it through this stronger. Enjoy the rest of your Summer and be safe. Happiness can still be found and if you do something fun please share it with us via submit@yourhwh.com or tag us on Instagram @YourHWH. We love to hear from our readers.

Stay safe out there and have fun!

Melissa Rothman
Executive-Editor

Photo by Katy Siwirski



Photo by Katie Steckstor



Photo by Nick Green

How to Have Fun and Stay Safe for the End of Summer

By: **Katie Steckstor**

Go For a Swim

If you or a close family member have a pool you can go swimming, since Covid-19 hasn't been proven to transmit through water. However, if you decide to throw a pool party wear a mask and practice social distancing outside of the pool. Additionally, limit the number of people you invite.

Going to the beach or swimming at a lake may increase risk, but if you isolate yourself from others you can still enjoy the sun and the sand.

Neighborhood walks and Bike Rides

Walks are a great summer activity as physical activity is vital to strengthening your immune system. It's a great way to keep you moving during the nice weather. Bike rides also provide the same safety and health benefits as walking!

Drive in movie theater

By visiting a local drive-in movie theatre, you can still enjoy the snacks and atmosphere of a movie theatre while in the safety of your own car. Plus, you don't have to wear a mask while watching the movie!

Golfing

Golfing is a great activity because it is easy to maintain social distancing standards. In fact, any non-contact sport/recreation can be enjoyed this summer.

Camping

If you go camping with those who live in your household it is a great option to bond in the great outdoors. Most campsites provide a decent amount of space between you and other campers, which is a plus. If you decide to camp with others, make sure to follow the 6-foot rule. That means separate tents and plans for enforcing the rule.

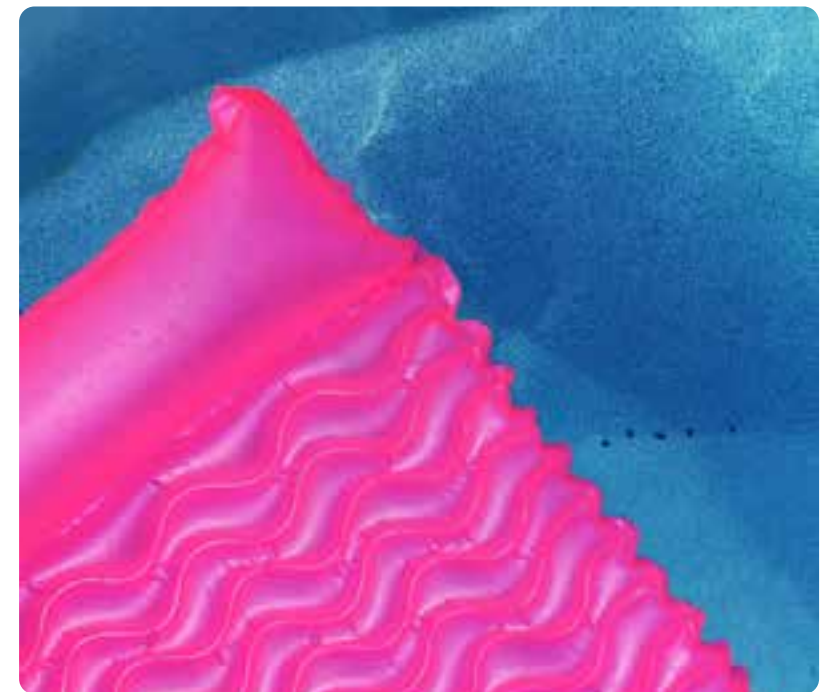


Photo By: Katie Steckstor



Photo By: Brody Walsh



Your HWH | 5

Your Eyes Keeping Them Safe

By: Thao Nguyen

Our eyes are an essential part of our well-being, but it's easy to take them for granted. As we get older, we may start to notice some changes in our vision. However, there are ways for us to protect our eyesight and prevent further decline so that we can continue seeing the world around us.

Keeping our bodies healthy will also help our eyes. Being active decreases your risk of health conditions such as diabetes, high cholesterol, and high blood pressure, which can have side effects that cause eye problems. Part of staying healthy means keeping a well-balanced diet. Dark leafy vegetables like spinach, kale, or collard greens are full of antioxidant vitamins that will help your vision. Citrus fruits, like lemons, oranges, and grapefruits are also rich in vitamin C. Omega-3 fatty acids from fish, such as salmon or tuna, help prevent dry eye syndrome and glaucoma.

With summer in session, warm weather and sunlight means more outdoor activities. Excessive exposure to UV radiation could cause long-term damage to the eyes, especially for children, whose retinas are less developed. It's important to remember to wear sunglasses that can block 99% to 100% of UVA and UVB radiation, even on cloudy days where sunlight can still shine through.

We all like using our phones, laptops, or televisions for entertainment or work. However, staring at a screen for too long will tire out your eyes, causing digital eye strain. Give your eyes a break every 20 minutes and make sure the screen glare isn't too harsh.

For those that are using contacts or glasses, it can be easy to forget to clean them thoroughly. Always wash your hands before touching your contacts and disinfect them. Replace them routinely and clean your lens case too. Wash your glasses at least once a day with detergent, warm water, and a soft cloth. Keeping them clean means, your eyes won't have to strain to see past any smudges or dust.

Whether your vision is perfect or not, it's important to routinely go to the eye doctor. Many eye diseases don't have warning signs, so it's best to check for them sooner rather than later. You may not notice any small changes to your vision, but your eyes will still be working harder, so it's best to get them checked to make any adjustments to your glasses or contacts.

YOUR EYES

How to Protect Them + Prevent Further Decline



Eat Your Leafy Greens

Dark, leafy vegetables, like spinach, kale, and collard greens, contain antioxidant vitamins that are great for your eyes! So are oranges and other citruses.



Remember Your Sunglasses

UV light from the sun can damage your eyes, even when it's cloudy. Wearing sunglasses that block 99% to 100% of UVA and UVB radiation can protect you when you're outside.



Let Your Eyes Rest

Staring at a screen for too long will tire your eyes, causing eyestrain and dry eyes. Take a break every 20 minutes and make sure the lighting isn't too harsh.



Clean Your Contacts/Glasses

Taking care of your contacts prevents any bacteria or pathogens from infecting your eyes. Washing your glasses once a day keeps your eyes from having to strain to see through any smudges.



Keep An Active Lifestyle

Physical activity helps your whole body stay healthy. This lessens the risk of health conditions that have side effects of eye problems, such as diabetes, hypertension, and autoimmune diseases.


ENJOYING YOUR SUMMER MOSQUITO FREE!

By: Caitlyn Conibear


It is hard to believe, but summer is finally here. The start of long, hot days filled with endless swimming and family barbecues; but along with all the fun comes the pesky little mosquito. Now I must admit that I am allergic to mosquitos and yet they always choose to bite me over someone else. So, I was surprised to hear that according to the American Mosquito Control Association (AMCA), "over one million people worldwide die from mosquito-borne diseases every year." They also go on to explain how those bites can cause severe skin irritation, red bumps and itching, from an allergic reaction to the mosquito's saliva. With more than 3,000 species all categorized into 39 genera, only about 174 can be found in North America but it does not limit the chance of disease.

Here in the United States you will find four main types of mosquitoes: House, Southern House, Asian Tiger and Yellow Fever. Different types of mosquitoes have varied breeding and feeding habits which are important when considering how their diseases spread. The "House" mosquito is the most common in the Northern part of the country and is often found in standing polluted water; places like birdbaths, storm drains and even pet dishes. They can transmit a variety of viruses and parasites to humans. The "Southern House" can be found in tropical and sub-tropic regions. They are nighttime feeders and can transmit West Nile virus. The "Asian Tiger" are daytime feeders and only the females bite. They can be quite aggressive biters but also tend to be weak fliers.


4 TIPS ON PREVENTING MOSQUITO BITES




REMOVE HABITAT



Empty or change any standing water in birdbaths, fountains, rain barrels, old tires, etc. once a week



Drain or fill temporary pools of water with dirt




Keep swimming pool water treated and circulating

USE APPROPRIATE REPELLENTS

When used as directed insect repellents are proven safe and effective. The Environmental Protection Agency recommends these ingredients:

- DEET
- IR3535
- Para-menthane-diol
- Picaridin
- Lemon Eucalyptus



STRUCTURAL BARRIERS

- Cover all gaps in walls, doors and windows
- Check that all window and door screens are in good condition
- Completely cover baby carriers and beds with netting





AVOID GETTING BITTEN

Keep exposed skin covered with long sleeves, long pants and socks

Replace outside lights with yellow "bug" lights which attract less mosquitos

Mosquitos are weak fliers, so use a fan.



HEAD TO MOSQUITO.ORG FOR MORE INFO AND TIPS!

They are a vector of over 30 viruses, but only a few are known to influence humans. Birdbaths and flowerpots are perfect for their breeding. Finally, the "Yellow Fever" mosquito, which has been around the United States for centuries. They caused a significant amount of troop casualties during the Spanish- American war from transmitting the yellow fever. They also breed in standing water and can be found primarily in cities along the southern coast. So, although most of these mosquitoes are just a nuisance, some can be very dangerous.

Preventing mosquito bites are essential to staying safe from these diseases and against my better judgement, a citronella candle is not enough. Joseph Conlon, a technical advisor for AMCA, stated "in the amount and concentration that is put in via candles, it is not very effective." Experts would agree that DEET is the most effective repellent and is available in a variety of lotions and sprays. Conlon offers another simple repellent, a fan. Because most mosquitos are weak fliers, they will have trouble navigating a decent breeze. Plus, this breeze will dissipate body odors and other scents that mosquitoes would typically be attracted to. Another easy way to stop them is to remove their habitat by draining or changing any standing water. Some other quick prevention tips would be to ensure structural barriers, dress with long sleeves, long pants and socks to avoid getting bitten and change any outdoor lights to the yellow "bug" lights. Taking these precautions will help decrease your chance of getting bit and contracting a severe virus or disease. If you are interested in more information or prevention tips, please head to mosquito.org.

THE DO'S AND DON'TS OF BREASTFEEDING



DO...

Begin to establish an adequate milk supply as you want to start breastfeeding right away. The flow of colostrum is ideal to help a baby learn how to properly suckle and swallow. This suckling will also help stimulate the mother's production.

DONT...

Offer anything, milk or water, from an artificial nipple in the first few days after birth. Babies may develop a preference for artificial nipples as they deliver a quicker flow of milk and begin to reject the mother's.



DO...

Express breast milk to store in the freezer once the supply is established. Even if you do not plan on bottle feeding. It can come in handy for emergencies or if the mother has to go on medication for a couple of days.

DONT...

Express full feedings of milk as it stimulates the breasts to create more milk. If you need to produce less milk, you need to signal the body to reduce the production. Express only enough to relieve pressure and then apply a cold compress

DO...

Store breastmilk in plastic or glass containers with tight-fitting lids. Breastmilk will keep for one day in a cooler with frozen packs, five to eight days in the back of the refrigerator and six to 12 months in a freezer.

DONT...

Store breast milk in plastic bottle liners or regular kitchen storage bags. Once milk is frozen, don't add additional fresh milk as it will partially thaw milk. Toss out any leftovers after feeding.



DO...

Ensure proper thawing by defrosting the breast milk gradually in the refrigerator over several hours, or quickly under warm water. Milk doesn't need to be very warm unless the baby prefers it.

DONT...

Leave breast milk to thaw at room temperature and don't heat it in a microwave or stove. By doing this you can destroy the milk's immunity properties and run the risk of scalding the baby if the milk is too hot.




What You Should Know About Breastfeeding*

By: Audrey Todd

Experts and mothers agree that when it comes to feeding your newborn, breastfeeding is the way to go. Breastfeeding not only creates a special bond but also provides balanced nutrients, while offering both the mother and child multiple health benefits. According to the American Academy of Pediatrics, exclusively breastfeeding for the first six months provides all the nutrition needed for the infant to grow. A mother's breast milk just after birth is called "liquid gold," which refers to the deep yellow coloring. This milk contains colostrum which is very rich in nutrients and includes antibodies which fight off germs and help protect the baby. As the next few days go by the milk will actually change to meet the baby's needs. This new mature milk, although thinner than colostrum, has the perfect amount of fat, sugar, water and protein the baby needs to continue to grow. The milk also protects the baby from many health problems like respiratory illness, ear infections, sudden infant death syndrome, type 2 diabetes, asthma and allergies. Mothers also benefit from breastfeeding as it is linked to lower rates of breast cancer, type 2 diabetes and ovarian cancer. It can also help with post pregnancy weight loss. After the first six months have passed, it is recommended to gradually combine other soft foods with breastfeeding until at least 12 months.

Many mothers after a couple months will want to move to formula, but do not fall for those effortless meals as formula is not as healthy as natural milk. For most babies, especially those born premature, breastmilk substitutes like formula are harder to digest. Breastmilk substitutes are made from cow's milk which the baby's stomach needs to adjust to and this will take some time. Some researchers believe that in an infant's saliva are transferable chemicals that help the mother's body create milk to meet the changing needs; formula will not change for your baby's needs. Not to mention the extra expenses of buying formula over what nature freely provides. As the baby gets older, the more milk they will need and formula supply costs can easily reach over \$1,000 per year. And by not buying formula cans and bottle supplies, there is less trash and plastic waste. Breastfeeding is the healthiest start you can give your baby. Take special care to encourage milk production and check out our "Do's and Don'ts" to avoid habits that could easily diminish the beneficial nutrients your baby needs.



 WNY MEDICAL, PC®

Amherst | Buffalo
Cheektowaga | Depew
Derby | East Amherst
Grand Island
Lackawanna | Lancaster
Orchard Park

**HERE FOR YOU
THROUGHOUT WNY!**

716.923.4380 wnymedical.com

Competence. Compassion. Collaboration

*This article is not meant to replace the advice of medical professionals. please ask your doctor for specific advice to help you and your baby.

Investing Smart After COVID-19

By: Emily Wu

The sudden onset of the coronavirus pandemic caused a strong hit to the stock market and job market and forced many of us to reassess our finances quickly. Even as we cautiously progress back to normalcy this summer, the virus is still very much a threat thus making investors and the market wary of a second wave.

While the pandemic brought a mass of uncertainty, there's also a lot we can learn from it to be safe with our money in the future. Stocks have dropped in the midst of the global lockdowns and Americans have experienced the importance of having money saved. Big companies who suffered from the closure of their stores and from reduced spending on material items, such as Apple and Nike, are smart investments since their stock will eventually grow from pent-up consumer demand once the pandemic fades. Reliance on technology has grown from the new normal of working from home and staying indoors, so demand for Netflix

and Amazon will only grow as more resources shift to a digital space. If you're thinking of investing, reflect on whether the companies you're investing in can still survive a sudden change in normalcy, such as this pandemic, and can eventually recover their losses afterwards. Find companies that are consistent but typically remain under the radar. Adobe, for example, is a staple in workplaces that won't be going away anytime soon.

Once coronavirus gripped America, there was a noticeable spike in balance of savings accounts, a positive change compared to research that Americans are bad at saving. With stimulus money and additional unemployment benefits, we're learning why it's important to save the money we have access to due to uncertainty of the future. The same idea goes with investing in that you should never day-trade with money you're afraid to lose and to not invest it all in one stock.

Take into account the stock that will gain a big pay-off from the pandemic. Zoom and Instacart certainly fit in this trend, as well as Chegg. There's a risk that this trend may not remain positive so be smart with how you want to take chances with your money. However you're looking to invest, it's essential to do proper research on what you're investing in and your own finances.

GARLIC SHRIMP ALFREDO BAKE

total time 25 mins serving size 4
prep time 10 mins

INGREDIENTS

- 12 oz penne
- 3 tbsp butter
- 3 cloves of garlic, minced
- 1 lb raw medium shrimp, peeled
- 1 tbsp freshly chopped parsley
- kosher salt
- 2 tbsp all-purpose flour
- 3/4 cup milk, whole or 2%
- 1/4 cup low sodium chicken broth
- 1 cup shredded mozzarella
- 1/4 cup plus 2 tbsp, freshly grated parmesan
- freshly ground black pepper
- 1 cup chopped tomatoes

DIRECTIONS

Pre heat oven to 350 degrees.

In a large pot of salted boiling water, cook penne according to the package directions until al dente. Then drain. In a large oven-safe skillet over medium heat, melt one tbsp of butter.

Add garlic, shrimp and parsley. Season with salt. Cook until shrimp is pink, two minutes per side. Add the remaining two tablespoons of butter to the skillet. Let it melt, then stir in flour and cool for one minute. Add milk and broth, bring to a simmer. Stir in 3/4 cup of mozzarella and 1/4 cup of parmesan, season with salt and pepper.

Add shrimp, tomatoes, and cooked penne, toss until combined. If the mixture is too thick add another splash of milk.

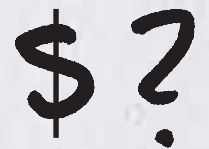
Sprinkle with remaining mozzarella and parmesan. Bake until cheese is melty, five to seven minutes. Add parsley before serving.




SMART INVESTING AFTER COVID-19

Evaluate Your Finances

Be smart with determining how much money you're able to invest. Start maintaining your savings in case the market goes south or unexpected events occur again.



Do Your Research

Don't blindly invest. Do research on what stocks you're investing in, the trend of how the stocks have been doing, and take into account current events that may affect your payoff.

Understand the Risks

Factors that are out of your control can affect how your stocks are doing and there's a chance you may lose your money. Don't invest money you can't afford to lose or might need until the pandemic is officially over.



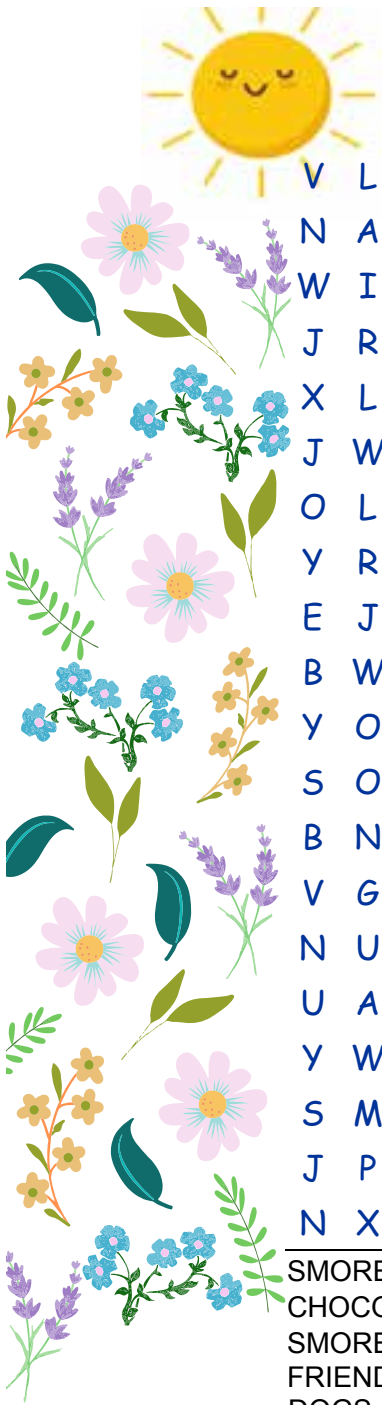
Safely Invest with Big Names

Stocks from companies such as Apple or Nike are popular, but you can still get a good pay-off in the long run. These are names that are too big to fail and are able to rebound from the pandemic. Consider investing while their prices are low.

Think Ahead

Don't just look at the top tier stocks. Research lesser known ones that are benefitting from the pandemic. Lockdowns and working from home have boosted Zoom and Instacart valuations. Spread your portfolio so you have diversity in stocks.





SUMMER

SOLUTIONS

Vol.3

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

- | | | |
|------------|-----------------|----------------------|
| SMORES | CAMPFIRE | GRAHAM CRACKERS |
| CHOCOLATE | WOMENS EQUALITY | NINETEENTH AMENDMENT |
| SMORES DAY | DAY | BEACH DAY |
| FRIENDSHIP | ICE CREAM | VACATION |
| DOGS | FLOWERS | SWIMMING |
| | SMOOTHIE | |

June's Word Search Solution

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

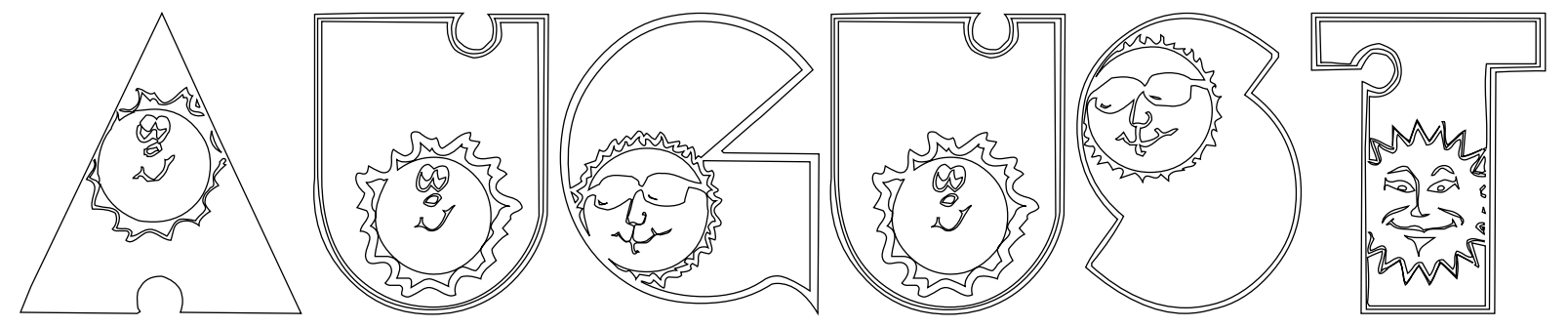
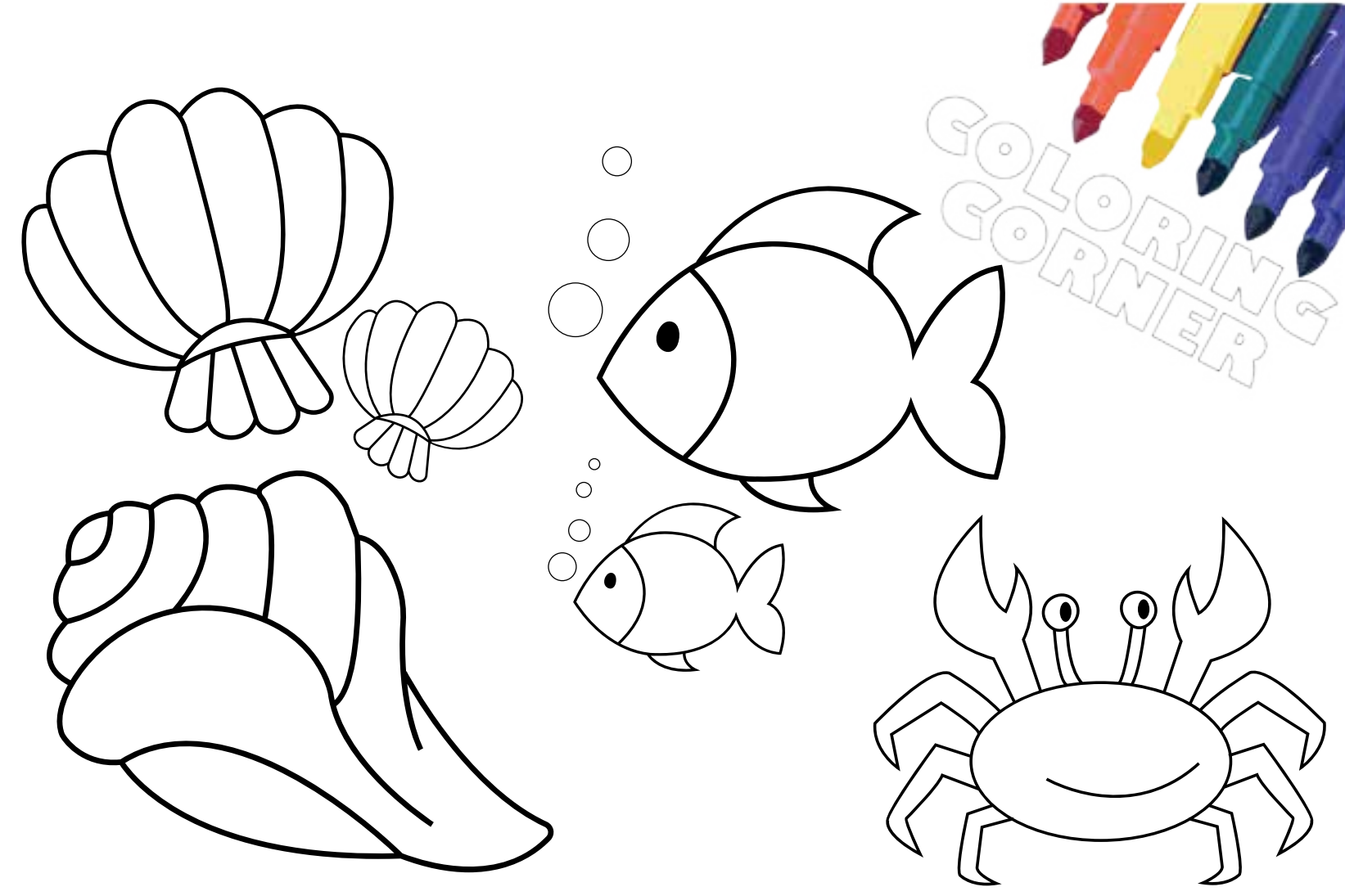
SUMMER vol 2.

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

WE ARE LOOKING FOR WRITERS!

YOUR **HWH**

APPLY AT SUBMIT@YOURHWH.COM OR CALL US AT /// 716 362 7849



MEDIA CORNER

COVID Catchup: Peaky Blinders

By: Webster Tilton

This one had been lurking in my Netflix queue for over a year, giving me sideways looks as if to say, "sooner or later, you'll come around." And I probably would have come around a long time ago if I hadn't been in an impatient mood the first time, I tried to watch the first episode. I wish now that I'd given it another ten minutes of my time back then, but then again, if I'd done that, I wouldn't have the pleasure of binging it now.

Peaky Blinders is another BBC creation presented as a "Netflix Original", by Netflix is the exclusive distributor thereof here in the United States. They're up to season 5 now, and since the seasons are short, I've no doubt that I'll have polished this off by the time you read this.

Peaky Blinders follows the Shelby family, a group of midlevel gangsters who run the illegal betting in Birmingham, England in the years after the end of the first world war. The usual BBC attention to period detail is on display, as is their typically impeccable casting, pacing, and writing. The chemistry between the cast members crackles constantly. The show never flatlines, slows down, or veers off course. Every character has depth, and all of the major ones have an arc.

So what's left to say? I can't find anything to extensively complain about and I don't want to spoil it for anyone who hasn't had the pleasure yet. We could talk about Cillian Murphy in the lead role as Thomas Shelby, the half-gypsy, emotionally deadened WWI veteran who leads the Shelby family in their quest for stability, fortune and, one day, legitimacy. His grim determination and

creative ruthlessness just barely masking a man who knows he left the better part of himself in a trench in France. We could talk about Sam Neal (an actor that I'm old enough to remember from the first Jurassic Park movie twenty-six years ago) in the role of Chief Inspector (and later on, Major) an Ulster Protestant Irish policeman who comes to Birmingham to alternatively hunt the Shelby family and use them as leverage in his government sanctioned black ops crusade against the IRA. And how he rationalizes his evil in the name of punishing those he views as traitors and lowborn scum.

We could talk about how the show seamlessly weaves in and around real historical events without ever one coming off as contrived or forced. The squalor and hopelessness of industrial slums that gave rise to a class of criminal more admired than despised by the very people they were preying upon We could spend a few pages



on the soundtrack. The show runners made the overt choice to use modern songs and build the tension around them. Many songs from the artist PJ Harvey are employed for the smoky tenor of her voice and the dark themes of her lyrics.

It's not quite flawless. There are one or two characters who are slightly predictable, and a few others who fade from their own prominence to become merely supporting parts. Which was a shame because they were much better when they had their own heat and an independent trajectory. But if I'm complaining about that then I'm in the privileged position of enjoying a nearly flawless work of art. I have no idea how closely the story matches that of the real-life Peaky Blinders gang; I'd not be surprised if all it had in common with the real thing was the name and the time period. But it doesn't matter. I'm not looking for historical authenticity, I'm looking for a story I can sink my teeth into and savor, where everything is done right, and no-lose ends are left. Peaky Blinders delivers this in spades and there is no reason not to sit down and watch it from beginning to end at your earliest convenience.

Black Business Month Spotlight

August is Black Business Month and we wanted to spotlight Sunspin Media's client Christian Green. Below is his perspective on his business and his relationship with sunspin Media

A Unified Fight

By: Christian Green

"One of the Greatest impediments to black advancement is lack of unity." Dr Claud Anderson.

Unity is indeed the key ingredient that causes the desires of your life, to become an immediate reality. It is the forefront of effect change, because without unity, your message, your vision & your dream could never be understood.

Now ask yourself, "AM I UNIFIED?" Is my journey prepared to interact with others, to help and produce whatever is necessary? Have I ever listened to the needs of others to see how they relate or contrast to my own?

Personally, in my own findings, some of the very first connections I ever made in a business, came from a unified measure of complete strangers.

Not from friends, not from family, but from strangers. These people that I have never met in my life, determining what we can do or offer to help each other reach the mountain tops of success.

At one point in my journey, I was the sole stranger. That all ended when I reached out to SunSpin Media. I was welcomed into the facility which happened to be in a diverse, culture rich community where I grew up in here in Buffalo.

The atmosphere was inviting, and on my first visit I noticed a group of dedicated women all leading their own departments and juggling the needs of their customers. It was systematic in operation, it was neat, & it was exactly what I needed. Not only in my own services and business startups created, it was what I needed to see as a young black man.

I am drawn to the history and the inaccuracies associated with who is typically the ones running a business. It was very influential to witness the camaraderie of the workplace. SunSpin Media is of such an inviting group of people, who understand where a unified fight makes an impeccable business.



Photo: Nick Green

Christian Green, Owner C-10's Xpress

For more information on Black Business Month and how New York is moving forward, visit blackbusinessmonth.com/new-york-nbbm

MYB | Manage Your Business

5792 Main Street, Williamsville, NY 14221
716-923-4385
manageyourbiz.com

Invested in the success and growth
of small businesses

Our Services

Information Technology
Accounting Services
Human Resources
General Business Services
Media Management
Web Development
Branding & Advertising
Real Estate Management

Western New York Community Health Centers Presents

COMMUNITY HEALTH FAIR



Saturday, August 29, 2020 • 12:00 PM - 6:00 PM

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

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

M&T Bank



WNY MEDICAL, PC



Western New York
Community Health Centers Inc.



WESTSIDE
BUSINESS & TAXPAYERS



WINDSONG
RADIOLOGY

Promoting wellness with unity in our community!