

YOUR

Your
• Health
• Wealth
• Happiness
• Spirit



Virtual Learning: Students POV
Coffee's Healthy Benefits
Four Types of Wealth

HWH IS NOW

**HEALTH WEALTH HAPPINESS
& SPIRIT**

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OUR MISSION

Your Health, Wealth, Happiness and Spirit explores the power of overall wellness. We look to push past the boundaries of physical health and explore the aspects of mental health, financial health, and health of the spirit. Our goal is to bring you information and guidance that you can use to live a happy, healthy, and spirited life. We find tips and tricks for the short term as well as more expansive information for the long term. The ever-expanding technology, knowledge, and evolution of the health field, there is a growing supply data to take from. With HWHS we find the information for you and put it all in one place. Every month we bring you new articles on a wide range of topics so you can live a more fulfilled and whole life.

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A Note From the Editor

Hello Readers!

As you may have noticed, our magazine has gotten a new name. The past few months have been a journey of finding our new look as we prepared for our re-branding launch. We will still be committed to bringing you information and tips on how to be healthy in mind, body, and wallet; we've just added focus on a healthy spirit to our goal.

Spirit means different things to different people. It can range from practicing religious beliefs to taking the time to take personal inventory and work on new ways to improve and grow. However, if you do incorporate spirit into your life, we are here for you. If you have any guidance for the rest of our readers please email us at submit@yourhwh.com. We would love to hear from you!

Your HWHS is dedicated to bringing information for the entire WNY community and we take pride in being an inclusive publication. If you know of something we need to cover, please, reach out to us.

We hope that you enjoy our new look and continue to gain knowledge and happiness from Your HWHS.

We hope that you are all staying safe and healthy.

Sincerely,



Melissa Rothman
Executive-Editor



Photo By: Katy Siwirski



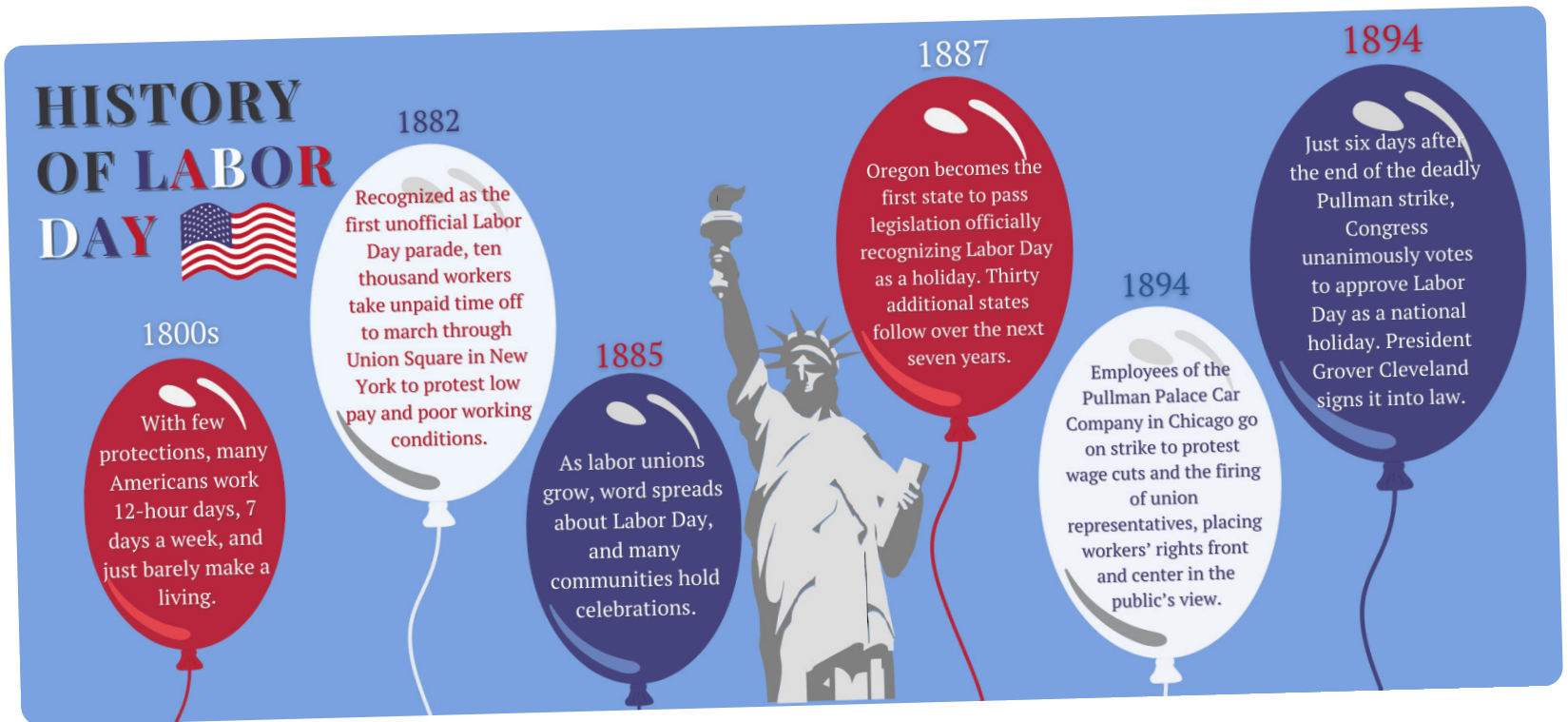
Photo By: Brody Walsh



Photo By: Nick Green

History of Labor Day

By: Caitlyn Conibear



Labor Day is a national holiday that for most people symbolize the end of summer and a time for a big party, but it seems that many have forgotten the real reason behind this yearly celebration. Labor Day is the creation of the labor movement and is in dedication to the social and economic achievements of the American workers. It is in tribute to those workers who made contributions to the strength, prosperity and wellbeing of this country. This annual celebration was not easy to establish as it originated during one of the American labor history's most dismal chapters.

At the height of the Industrial Revolution, in the late 1800s, the average American would work 12-hour days, seven days a week in order to squeeze out a basic living. In some states children as young as five worked in the mines and factories, earning a small wage to help their parents. Many of these workers endured extremely unsafe conditions with insufficient access to fresh air, bathrooms and no breaks. As the Industrial Revolution moved forward and manufacturing increasingly passed agriculture in employment numbers, labor unions also grew more prominent and vocal. They began to organize strikes to protest poor working conditions and encouraged workers to negotiate better hours and pay. Unfortunately many of these events quickly turned violent with both policemen and workers getting killed.

Then on September 5th, 1882 over 10,000 workers in New York City took unpaid time off and marched from City Hall to Union Square, making it the first Labor Day Parade in U.S. history. Soon the movement spread

across the country and other industrial centers began celebrating this "workingmen's holiday" on the first Monday in September. Many states passed legislation to recognize this holiday but it was not until 12 years later in 1894 that an event took place, putting worker's rights in the public's view. On May 11th, 1894 the Pullman Palace Car Company cut the wages in the factories and fired union leaders. The disgruntled workers quickly joined the American Railway Union (ARU) led by Eugene Debs and launched a boycott of all Pullman cars on the railroads. Members across the nation refused to switch Pullman cars onto trains. Once the owners had enough of the boycott they disciplined the workers which only made things worse. Within four days, rather than continue handling Pullman cars, over 125,000 railroad workers from 29 different railroad companies had quit. Because of the overwhelming number of workers who quit, President Grover Cleveland decided to end the strike by sending United States Marshals and some 2,000 army troops. President Cleveland explained this move of power by saying the strike was interfering with the U.S. mail service. During this strike, 13 people were killed and 57 were wounded. After all of this President Cleveland finally put reconciliation with the labor movement and on June 28th, 1894, Labor Day became a federal holiday.

So this Labor Day, while you are meeting with family and friends and having a great time, take a moment to remember all of the people who fought for their rights and finally got a day to celebrate.

Coffee's Healthy Benefits

By: Emily Wu

For many of us, coffee is a staple of our mornings. We grab a cup to wake us up for the day's adventures and maybe another cup later on to keep us energized. With September 29th being National Coffee Day, here are some health benefits of drinking coffee to celebrate.

As we all know, the caffeine that's in coffee is a stimulant that will speed up your central nervous system. That causes the alertness and less fatigue that we want when we have our morning coffee. Besides enhancing your energy level, this stimulant could also improve brain functions, such as memory, mood, and vigilance. This is because caffeine blocks the inhibitory neurotransmitter adenosine, allowing other neurotransmitters to increase in production, like dopamine. It will also increase epinephrine levels, otherwise known as adrenaline, releasing fatty acids from fat tissues, and positively impacting physical performance.

Coffee beans contain a lot of essential nutrients that will be included in our drink. Potassium, magnesium, riboflavin, and niacin are a few. It also helps provide antioxidants and fiber. Along with getting your daily vitamins, studies have shown that coffee could prevent certain serious illnesses. Coffee drinkers are shown to have a reduced risk of Type 2 Diabetes, Alzheimer's, Parkinson's, dementia, and multiple sclerosis. The drink may also protect your liver from cirrhosis and liver cancer. While coffee may briefly increase your blood pressure, it's not believed to raise your risk of heart disease. Rather,



while drinking in moderation, it may actually reduce your risk, particularly with strokes and blood pressure. The reduced risk of these illnesses has led to possible conclusions that drinking coffee may help life longevity.

Studies have also shown that those who drink four or more cups of coffee per day had lower risks of mild to moderate depression and suicide. This may also be dependent on how caffeine affects each person individually, but the stimulant is linked to enhancing positive emotions such as kindness, happiness, and calmness due to helping the release of dopamine be more effective. It's also important to drink in moderation as excessive caffeine could cause side effects such as trouble sleeping, jitters, anxiety, and irritability.

It's also worth noting that while coffee contains a lot of health benefits, adding sugar, cream, or flavored creamers may negate these benefits. This makes sense when thinking of how black coffee may protect against cavities and periodontal disease, but additional sweeteners would reduce this protection. Whichever way you drink your coffee, you'll be getting some positives to your health, but be sure to note any side effects and consider cutting back to a moderation that suits you.



COFFEE FOR YOUR HEALTH



POWER UP

Coffee contains caffeine, which is a stimulant. This enhances your energy level, and can improve brain functions such as mood, memory, and vigilance.



ILLNESS PROTECTION

Studies have shown that coffee drinkers are at lower risk of developing certain illnesses, such as Alzheimer's, Parkinson's, dementia, and Type 2 diabetes. It may also lower risk of liver and colorectal cancer, as well.



HAPPY LIVING

Studies have found that those who drink 4 or more cups of coffee per day had lower risks of depression and suicide. Drinking coffee is also linked to positive emotions like kindness, friendship, and calmness.



GET YOUR NUTRIENTS

Coffee beans contain lots of important vitamins that make it way into your cup of coffee. Potassium, magnesium, manganese, and pantothenic acid are a few.



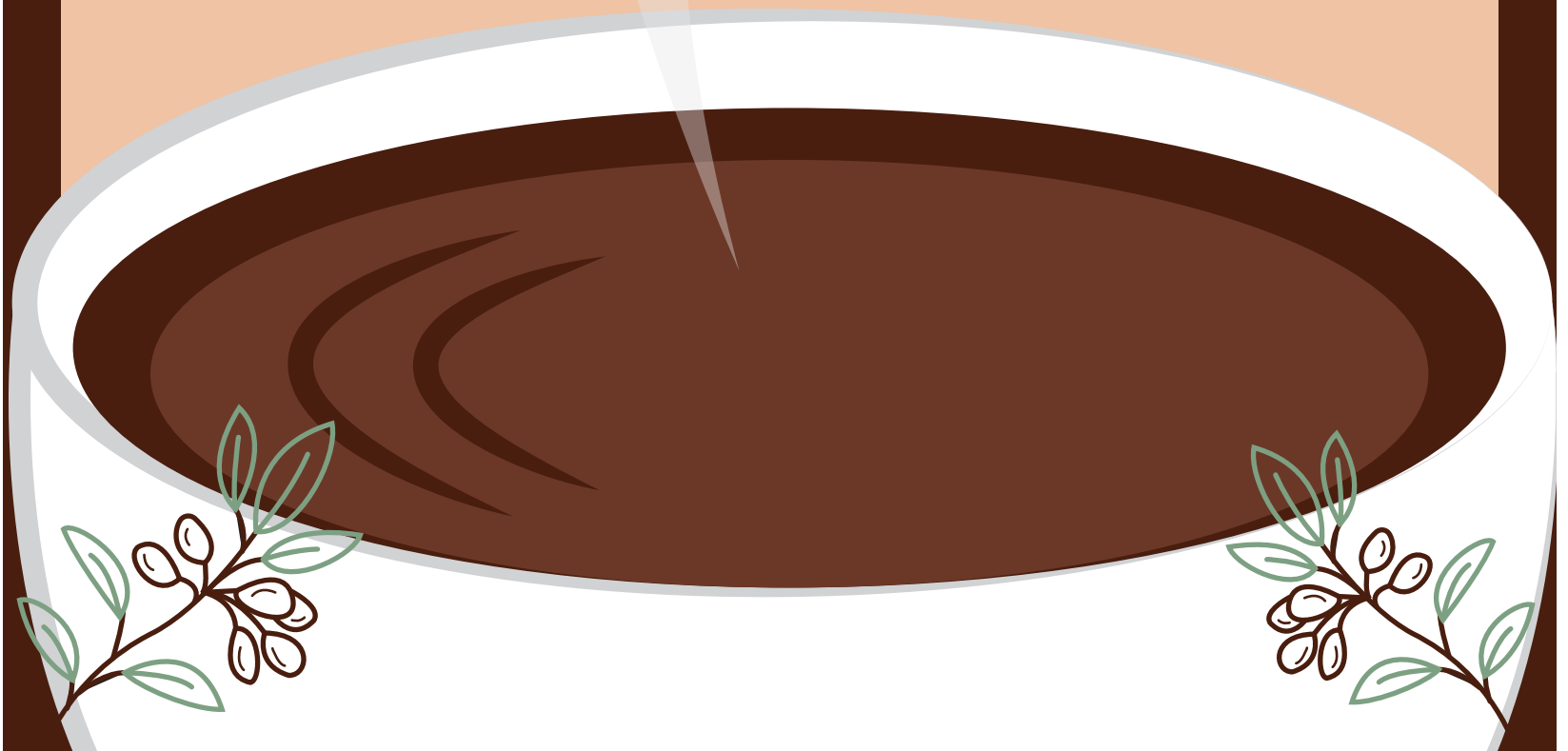
HEART HEALTHY

Drinking coffee in moderation may protect against heart failure as well as benefit cardiovascular health, such as blood pressure.



LONG LIVING

Since coffee reduces risks of illnesses that typically cause premature death, it would ultimately help life longevity. You can live longer, healthier, and happier.



Virtual Learning: A Perspective From Current Students

By: Katie Steckstor, Thao Nguyen, Nick Green, and Caitlyn Conibear

*How did the switch to online learning impact you?
How did you adapt to it?*

T: My school rushed and closed during spring break, when a lot of kids had already gone home or gone on vacation. It was stressful to go pack my dorm and to be on two flights so close together. Online learning wasn't bad since most of my classes had me using my laptop anyways. I just set myself into a routine like I would at school.

K: My school decided to close during spring break. I was away when it happened but I knew I would be home before classes started so I wasn't that worried. Online learning wasn't terrible, I have done online classes before so it was a familiar experience.

C: When my school decided to close, they did not go about it the right way. Students and teachers found out about the closing mid day during classes from a news channel notification. So the media found out before any employee or student. It all happened very quickly, which in the end I guess worked out for the better but should have been handled differently. I fortunately was not impacted by this swift change as I have taken many online classes before.

N: We also closed during spring break. All my classes were able to get things in order pretty quickly. It wasn't much fun as being in class everyday and seeing my friends. I wouldn't want to go back to online though.



Katie is a graphic design student at Villa Maria College and has an unhealthy obsession with pugs! She is a Junior with hopes of becoming a Creative Director or Senior Graphic Designer.



Nick is a pizza loving Senior at Villa Maria College with hopes of becoming a Director of Photography on film sets. He is really into movies and music and even plays the bass in a band!

What could've been done better about the switch to online learning, had there been more time?

T: Not kicking us out in 48 hours, give professors more time and structure for them to plan their classes since they've never taught online, and consider refunding tuition. This is especially for NYU's art school, who relies on studio and performance time. Professors could have also been trained with Zoom better, to better decide how group projects and presentations would work.

K: My school could have prepared us or provided materials for us to take home. Adobe programs are expensive and not everyone has a computer to use at home. Since, there aren't any dorms at Villa Maria, I think that really saved them from making any potentially harmful decisions for students out of state. Also, not every professor kept the same schedule as our inperson studios/lectures which made the switch confusing. Lots of emailing and not understanding how class was going to run gave me a lot of anxiety. Plus, my tuition rate was the same, I paid for studio time, materials, etc. and never got a refund for the unused money.

C: Making sure teachers are taught and prepared for the switch to ensure that students would still be receiving the best education. Also making sure all students have access to a computer and internet before sending them home.

N: Everything worked out pretty well this time. If it happened again I would like our tuition to be less. There should be no reason that we had to pay full price.

What were some aspects that you liked/disliked about online learning?

T: My attention span dropped a lot, I wouldn't pay attention at times because my teacher can't see or hear me. It wasn't the same level of seriousness, which was good and bad. We had more flexibility, but not a lot of incentives to do the same amount of work as pre-Covid.

K: I liked my schedule a little better because some of my classes were cut shorter and we usually only met once a week and the rest we used for projects. My motivation did drop for school and I felt rushed to complete assignments. I also really missed interacting with my peers and professors. The lack of a fun atmosphere made it harder to concentrate as well.

C: Many teachers were not certified or had any background in teaching online when everything happened, this led to many students passing classes on the fact of teachers not knowing what to do. Thankfully, all of my classes had started to become quite close with each other and we all really enjoyed helping one another so we were always in contact. We still got to meet by Zoom every Monday and Wednesday. I like that by having a class online you can still have deadlines and responsibilities, while having the freedom to do that work on your own time.

N: I liked the fact that I could do some of my classes on my own time. I also liked being able to be in class in bed. I didn't like how some teachers would just post the lecture, and you had to figure out everything else.



Thao is a rising junior at New York University, studying Integrated Digital Media with a minor in business. She is hoping to be an Art Director in the marketing or advertising. She is bilingual loves boba and Korean Barbecue and her life goal is to live in the city with two corgis.

For the fall semester, would you prefer to go back to in-person or stay online?

T: Go back in-person because I'm used to a different pace of life in the city and I've become accustomed to learning in that environment.. There's a loss of community and communication, and not everyone may have the same resources at home.

K: I would prefer to attend in person, online classes lack a lot for art majors. I liked being in a studio, having materials, and doing hands on projects. Plus, it is way easier to get feedback in person than online. I do see the health downfall of going back to school so I would be more than happy with a hybrid schedule.

C: I would prefer to go back in person if the school feels they are able to keep us safe. Although I enjoy online classes better, you get a much better education by attending in person. The first hand experience that professors , who have been in the business, offer is like no other. Also the chance to work in a team environment with your classmates, prepares you for what it is like when you land a job in the real world.

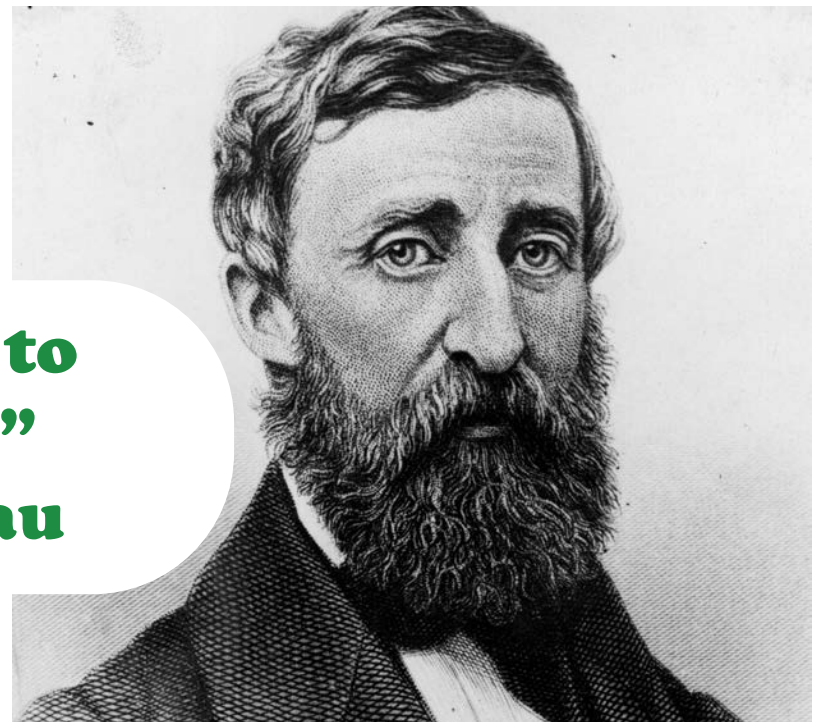
N: It being my last year I really want to go back to campus in the fall. It will be my last time experiencing everything.



Caitlyn is a Senior at SUNY Buffalo State College. She is a Public Relations and Advertising major with hopes of becoming a Marketing and Special Events Coordinator. She is an avid animal lover who can not wait to travel the world.

Four Types of Wealth

By: Audrey Todd



“Wealth is the ability to fully experience life.”
- Henry David Thoreau

Most people when they talk about “wealth”, tend to focus on the aspects surrounding money; but money is not the only way to gain wealth. Physical, Social and Time are three other areas of wealth that are often forgotten. These other forms are just as important as money as they all contribute to a happy, balanced life. So here are the four types of wealth, some ways to achieve your new “wealth” goals and how you could be holding yourself back.



Financial

about money again. So to fully understand financial freedom and break those habits you must first master the fundamentals:

- *Investing (Assets vs Liabilities)*
- *Spending (Needs vs Wants)*
- *Budgeting*
- *Long Term over Short Term*
By working on these fundamental changes, financial wealth will be no problem. Creating financial wealth will also ensure the development of the other three forms.

Financial turmoil and worries are one of the main causes of stress in a person's life. So it comes with no surprise that financial freedom is the form of wealth everybody works toward. Having this freedom allows the mind to focus on other parts of life. Many people struggle with the concept of money which can lead to some bad habits. Do any of these like you?

- *Lacking financial literacy*
- *Not investing (in yourself as well)*
- *Spending more than you earn*
- *Short Term over Long Term*

By not staying up to date on your finances or learning how to properly invest, you can make it easy to spend without thinking. Spending more than you earn does not allow for adequate budgeting and when it comes to money the worst thing to do is not think about the long term. These habits are easy to break and with a little commitment you will never have to worry



Most people do not fully understand how important our health is in our lives; physical health is the glue that holds a person's life together. Without the physical vitality of our bodies we can not achieve the other types of wealth in a wise or long term fashion.

Many turn their heads on investments for the mind and body and do not consider themselves worthy



Social

Social wealth or status is very much underrated as many people do not view it as a form of wealth. Social wealth boils down to how you interact and are perceived within the social world. Yes, fancy cars and houses are a part of this but it mainly deals with the kind of character you create and how that character behaves with others. Below are a few traps people can get stuck in, which can hinder their chances of social wealth.

- Negative social reputation
- Ignorance of human nature and psychology
 - Obsession with material things these traps can be overcome with a solid understanding of social wealth fundamentals. Use these changes to master the art of social wealth
 - A high quality character
- Positive body language
- An understanding of human nature and psychology

By focusing on having a higher quality character and look on life, it will allow for a better interaction with the social world. More and more of these positive interactions can lead to a fuller understanding of human nature and increase the chance of lifelong social relationships.



Time

Despite what most people think time is finite, so make the most of it. Being wealthy with time is so rare to come by in this day in age as the majority of people become so focused on dedicating their resources to earning money. Achieving time freedom will support a life of spending time on what you want and when you want. Unfortunately there are many traps that people find themselves in that prevent time wealth.

- Staying in a "secure" job
- Acting like time is infinite
- Spending too much time on overall hedonism

Avoiding these traps consists of learning time wealth fundamentals so it is easier to value and spend time in a more appropriate way.

- Earning money outside of the traditional job structure
- Understanding that time is finite
- Understanding how people trade time for money

When it comes to looking at all four of these at once, do not fall into the false belief that they can not be worked on simultaneously. Achieving all four is a long life process full of dedication, practice, learning and understanding. There is never an end as there is no formal destination to these forms of wealth; there is only ever improvement.

- Low quality nutrition and sleep
- Lack of movement and training
- Unhealthy environments (places and people)

Turning these traps into healthy habits is easy when you realize the fundamentals can be achieved by having a better understanding of bodily energy systems. Learning how the body breaks down and repairs energy will lead to proper sleep and nutrition.

Staying up to date on health literacy can also increase the chances of proper training and open up the possibilities of a healthier environment.

sical of pursuit in terms of wealth. With this thinking, people fall in these common traps.

Lemon Blueberry French Toast

Ingredients



1 1/2 cup of blue berries
1/4 cup of coconut sugar
1 lemon for zest and juice
2 cups of milk
1 block of cream cheese
1 loaf cinnamon raisin bread

3 eggs
1 tbsp vanilla
1 tsp cinnamon
1 tub of cool whip



Directions

Combine eggs, milk, vanilla, and cinnamon in an 8x8 dish. Once combined soak the cinnamon raisin bread into the mixture. Then add them onto a warm skillet. Cook both sides until they are golden brown. Once all the bread is cooked begin to make the filling.

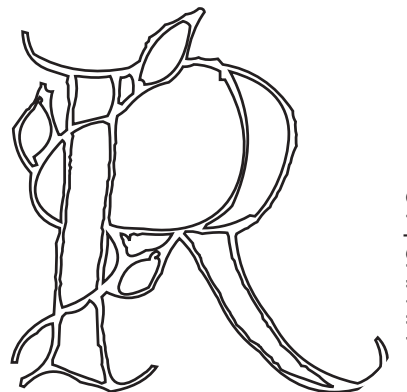
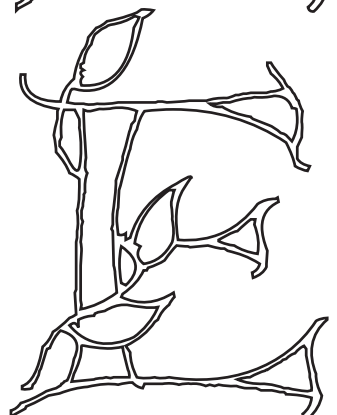
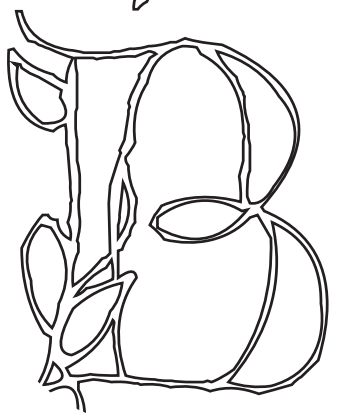
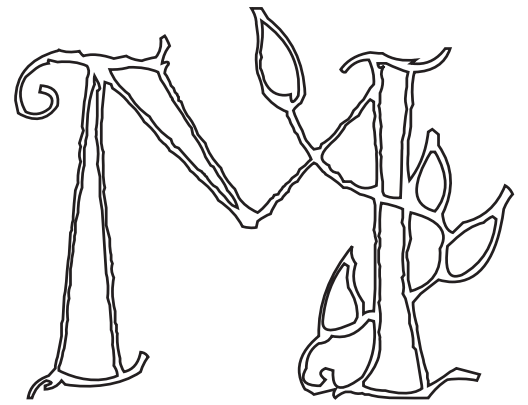
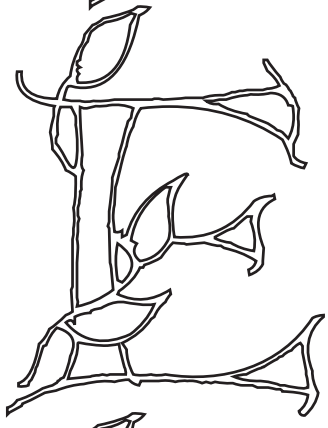
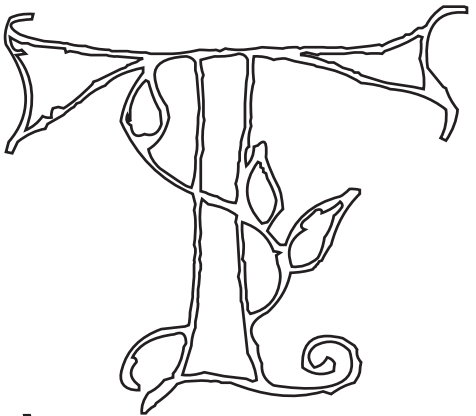
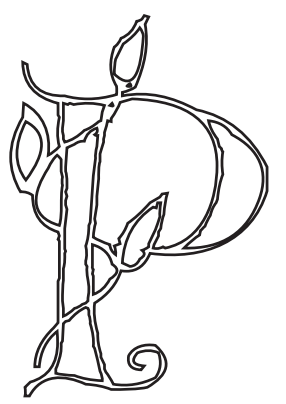
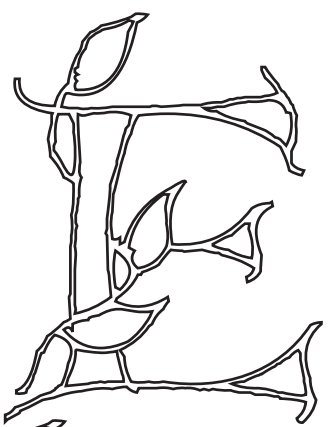
In a medium sized bowl add in soft cream cheese and mix with an electric mixer until smooth and fluffy. Add in the tub of cool whip and mix on medium speed for one minute. Then add the filling between two slices of french toast.

In a sauce pan add in the blueberries, sugar, lemon zest, and lemon juice. Bring to a boil and stir constantly until the blueberries have softened and the mixture has begun to thicken up. Finally, serve over the stuffed french toast.





COLORING CORNER





MEDIA CORNER

COVID Catch-Up Pt.2: Peaky Blinders and Norsemen

By: Webster Tilton

Maintaining a consistently high level of quality is hard. When I was growing up in the nineties most American TV series were airing 26 episodes per year. Try to imagine that now. Of course back then a handful of networks dominated the (if you can believe it) airwaves. Now, anyone with a smartphone and a YouTube account can have their own show.

But one super-heavyweight that always, always, always delivered was the BBC. Their shows tend to be what we in the US would call mini-series. Six episodes of a show is typically all you get for an entire year but it delivers as much quality in those six episodes as in most series twice or three times as long.

Last month I raved about **Peaky Blinders** seasons 1 and 2, which I had ample time to binge owing to the death of socialization due to the COVID-19 pandemic. With no end in sight, I continued gorging myself, knowing that all too soon this outstanding, standout among standouts would be consumed and I'd be rewatching it from the beginning just for something to do.

But it wouldn't be a waste of time if I did. Seasons 3 and 4 deliver the same caliber of acting, production value (I should just leave production value out when I'm talking about the BBC, it would be strange if it weren't the industry benchmark), writing, pacing, directing and overall immersive quality.

Tommy Shelby and his family continue their bloody, bitter struggles to maintain control over the Birmingham underworld in a desperate attempt to

somehow, eventually, go legitimate. Cillian Murphy continues to shine as the series lead, but let me take a moment to praise Helen McCory who plays Polly Gray, Tommy Shelby's aunt and the treasurer of Shelby Company Ltd.

No actor or actress in this series ever looks, feels or sounds like they're acting. Nothing ever feels contrived or forced and while Cillian Murphy serves as the lynchpin of the story arch it's Helen McCory that ties everything together around him. Where Tommy is dead inside with only ambition and the fearlessness of a man who has been to hell itself (the trenches of World War One in France), his aunt Polly has a much more complex and fleshed out and dynamic character.

Tommy does have an arc; specifically, one that seems to always loop back to how he started out no matter how hard he tries to change it. But the character of Polly is a different person every season while still managing to be the same recognizable entity. Her trials and travails across the shows seasons are the roadmap of where the characters have been.

And while she too always manages to come back to more or less her original self, she's the only one with enough surviving emotions to come off as truly alive.

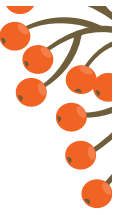
So go watch seasons 3 and 4 of Peaky Blinders if you haven't already. Moving on.

Norsemen Season 3:

Norsemen season 3 is actually season zero, which is to say a prequel season that sets the stage for the first two seasons. This is excellent because it means we get an entire season with actor Henrik Mested as chieftain Olav, who dies in the second episode of the first season. And since a few other characters got killed off along the way, we get to see more of them also.



September Search



A L E A V E S B T R I C D P V Z G
 T C P D M U L U N A L O R L O E R
 D R O H K Z I F U R D L E I T A H
 F G E R L F Y R T E G D A E I L F
 S A P A N G K I M N S R K H N A O
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- ACORN
- TREAT
- NUTMEG
- SCARECROW
- HAYRIDE
- FALL
- APPLES
- FOOTBALL
- PUMPKIN
- JACKET
- GOURD
- SPICE
- AUTUMN



I was wondering if they could actually find a way to make this dark comedy even darker and oh dear God did they ever. It's almost as if they were daring themselves to go there...and then then went there and decided, 'Actually, we could go quite a lot farther...'

Honestly, the only other thing I've seen recently that was this funny was What We Do in the Shadows.

Imagine The Office (which I hated) set in ancient Viking times, with a hard R rating and you've got a sense of what Norsemen is like. Except, unlike The Office, which was only occasionally funny, Norsemen is always funny because it takes The Office style awkwardness and juxtaposes it against an iron age backdrop where people are allowed to say naughty words and spill a lot of blood.

I don't know how to explain this properly to someone who actually thought The Office (which I hated) was enjoyable, because such a person is clearly a space alien with a brain that doesn't function like that of a human. But in the spirit of education I'm going to try; Awkwardness is painful to watch, and therefore not funny, unless you've found a way to make the awkwardness itself absurd. The awkwardness in The Office wasn't absurd, it was plausible. So much so as to be physically cringe inducing, and therefore the show was mostly just painful.

Norsemen doesn't have that problem. But when you're filming a show in Norway where they aren't as prudish about blood, swearing and skin, you have a lot more options to work with. All hail the streaming age for liberating us from the tyranny of the FCC. We may be stuck indoors all day but at least there's something good to watch.

August's Word Search Solution



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