

Veterans Day: 5 Facts You May Not Know PG 5

What to Know About Alzheimers PG 9

Navigating Difficult Holiday Discussions PG 10



**FREE | Nov 2020**



**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!

Fall has made itself comfortable and settled in Western New York, means the weather is cooler and the days are shorter. It also means the holidays are approaching us.



Thanksgiving starts us off to the major holiday season. Family is important during the holidays and this year it may be a little different than we are used to. We here at HWHS want this month's issue to be a blueprint of ideas and fun activities you can do with your family, both near and far.

Our team knows that no matter what happens this holiday, a reminder of what you are thankful for is most important. We can get caught up in all the things we missed out on because of COVID-19, and get bummed out about canceled plans and vacations. It is very easy to get stuck in a funk. We want you to know that there are some positives to this year. Even small ones.

Look at us! We have a new name, a new look, and our audience is growing and evolving with our new content. We are so thankful for all of you that have been loyal readers to our magazine since it's inception. We truly couldn't be here without all of you.

Please remember you can always reach out to us at [submit@yourhwhs.com](mailto:submit@yourhwhs.com) and through our social media pages with any questions, concerns, or submissions.

We hope you are all staying safe and healthy and having fun when you can.

Sincerely,

Melissa Rothman  
Executive-Editor

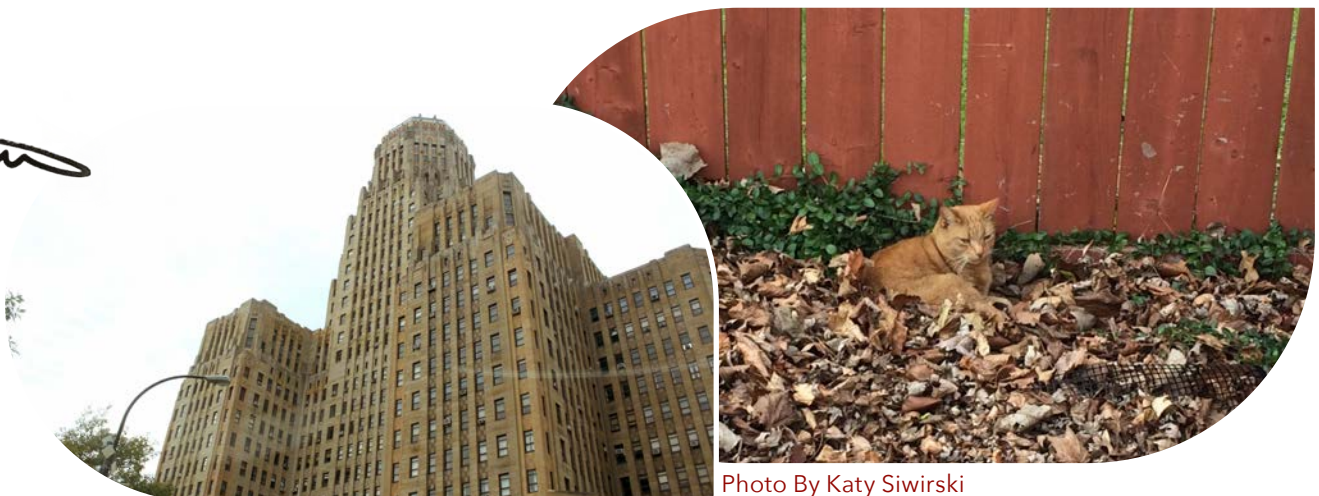


Photo By Katy Siwirski

Photo By Anthony Sodaro

# November 11th: Veterans Day 5 Facts You May Not Know

**By: Emily Scripps**

Your Health, Wealth, Happiness, and Spirit is proud to celebrate Veterans Day, a tribute to all Americans who have served/are currently serving our country during peace or wartime. In honor of these heroes, we've put together a list of 5 interesting facts you may not have known about the holiday.

## 1: Veterans Day does NOT have an apostrophe

A lot of people think it's "Veteran's Day" or "Veterans' Day," but they're wrong. Shocking right? The holiday is not a day that "belongs" to one veteran or to specific multiple veterans, which is what an apostrophe implies. It's a day that honors ALL veterans— so no apostrophe needed.

## 2: Veterans Day Name and Date

Veterans Day occurs on November 11 every year in the United States in honor of the "eleventh hour of the eleventh day of the eleventh month" of 1918 that signaled the end of World War I, or Armistice Day. Armistice Day was changed to Veterans Day in 1954 by President Eisenhower.

## 3: Current Veteran Statistics

Here are some facts about the veteran population of the United States:

18.2 million living veterans served during at least one war as of 2018.

9% of veterans are women.

7 million veterans served during the Vietnam War.

3 million veterans have served in support of the War on Terrorism.

The 16 million Americans who served during World War II, about 496,777 were still alive as of 2018.

Connecticut was home to the highest percentage of World War II veterans as of 2018 at 7.1%

2 million veterans served during the Korean War. As of 2017, the top three states with the highest percentage of Veterans were Alaska, Maine and Montana, respectively.

## 4: Other countries celebrate Veterans Day in their own way!

Canada and Australia both call November 11 "Remembrance Day." Canada's observance is pretty similar to our own. In Australia, the day is more akin to our Memorial Day.

Great Britain calls it "Remembrance Day," too, but observes it on the Sunday closest to November 11.

## 5: Understanding PTSD

While Posttraumatic Stress Disorder (PTSD) extends far beyond the military, the problem is especially acute among war veterans.

According to the American Psychiatric Association, PTSD is defined as "Posttraumatic stress disorder (PTSD) is a psychiatric disorder that may occur in people who have experienced or witnessed a traumatic event".

"People with PTSD have intense, disturbing, thoughts and feelings related to their experience that last long after the traumatic event has ended. They may relive the event through flashbacks or nightmares; they may feel sadness, fear or anger; and they may feel detached or estranged from other people."



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# Is This Gluten Free?

**By: Kari Seep**

It seems these days we all know someone with an eating restriction whether it be gluten, dairy, meat, or all of the above. In society today, fad diets can misconstrue information about medical conditions that require dietary restrictions. Among these medical conditions is Celiac Disease. Celiac Disease only affects ~1% of the American population, and as a result the general population lacks a sufficient education about the disease and its stipulations. Celiac disease is a congenital autoimmune disease that results in self-destruction in the microvilli of the intestines whenever gluten is ingested. This directly interrupts nutrient absorption in the intestines and can lead to malnutrition in celiac patients who do not maintain a gluten free diet. This leads us to an important question: What is gluten? Gluten is the word for a combination of two proteins (prolamin and glutelin) which is found in wheat, barley, rye, and malt products. Thus, anything containing one of those proteins is not gluten free.

People like me who have Celiac disease and must maintain a gluten-free diet often joke that gluten is in everything! Although sometimes it truly feels that way, it is not hard to eat a well-balanced and gluten free diet once you adapt to reading product labels. Many layers of the food pyramid are naturally-gluten free which means we as Celiac patients don't need to look for an alternative. These items include fruits, vegetables, and any un-breaded meats. Any dairy products without additives are also a safe gluten free option.

The part of the gluten free diet that becomes tricky is carbohydrates, as many of them contain some form of wheat. Going to the right grocery stores such as Wegmans, Tops, or Trader Joe's makes finding gluten carbs much easier, but you shouldn't have an issue finding gluten free carbs if you know what to look for. The key to gluten-free carbs is to look for the flours used in the

products your buying. Avoiding wheat flours and replacing them with rice flour, corn flour, almond flour, tapioca flour, or any other flour made with no gluten containing ingredients. It is best to lean on the side of caution with products who's labels say "processed in a facility that manufactures wheat products," because this is that company's way of telling you they cannot guarantee that an item is gluten free or not. It sounds difficult when it is first introduced to you, but as a seasoned pro I can reassure you, reading labels to ensure the dietary safety of your gluten free friends or family is worth the time. That way, you'll know the answer when someone asks you "is this gluten free?"



# Antibiotics Resistance

By: Ayesha Khan



Antibiotics have become one of the most important medications in today's society. Antibiotics work to fight off bacterial infections by destroying or stopping growth. Many mild bacterial infections get better on their own without use of antibiotics. However, severe bacterial infections require antibiotic assistance. Although, over the years, the overuse and misuse of antibiotics have become factors contributing to resistance within the body. Antibiotic resistance has become one of the world's most pressing health problems.

The finding of antibiotics is one of the greatest advances in medicine. In 1928, a man of the name Alexander Fleming discovered the first antibiotic, penicillin. It did not come into use as a treatment

for infections until over a decade later. In the 1930s, an antibiotic called prontosil, developed by German biochemist Gerhard Domagk, was commercially introduced. From the 1940s to the early 1960s, this was marked as the golden age of antibiotics. During this time, most antibiotic classes were discovered and made available in market. In the pre-antibiotic era, suffering was frequent and bacterial infections from germs were severely dangerous to many. The discovery of antibiotics was a great medical achievement that still affects our world today.

Antibiotics work to destroy and reduce bacterial growth. Bacteria are living organisms, and can exist as single cells. Antibiotics are effective against bacteria by stopping its growth and reproduction. Not all bacterium are bad; in fact, some can be beneficial. However, some can be harmful and cause illnesses by invading our bodies. Our own body's immune system can typically kill the bacteria we come into contact with. The white blood cells that exist in our body are able to attack harmful bacteria and fight off infection. Yet, some bacteria can be detrimental and excessive, so our system can't take care of them all. Antibiotics cannot fight off viral infections. Viruses, unlike bacteria, are not living organisms and cannot exist on their own. Both bacteria and viruses are germs and can cause infection in the body, but it is important to distinguish whether an infection is bacterial or viral in order to effectively treat it. Antibiotics cannot treat viral infections such as cold, flu, most coughs, some ear infections, some sinus infections, stomach flu. Some infections antibiotics can treat are: strep throat, whooping cough, urinary tract infections, and E. coli. There are also different kinds of antibiotic classes, some to mention are penicillin, cephalosporins, aminoglycosides, etc. Antibiotics can be taken several ways including orally (by mouth), topically (cream, spray, ointment, drops), and through injection (I.V.). There are several side effects of antibiotics that go from minor to very severe. Some include: nausea, rash, diarrhea, yeast infections, allergic reactions, etc. There can also be misuse of antibiotics when a

**Continued on pg. 9**



# What You Need to Know About Alzheimers

By: Valeria Marquez Luna

Alzheimer's is a disease that is well known by many to take the lives of our loved ones. More than 5 million Americans are living with Alzheimer's and that number is projected to rise, according to the Alzheimer's Association. The National Institute of Health states that Alzheimer's is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills. This type of dementia effects the learning part of the brain. It eventually deteriorates the ability to perform the simplest tasks. According to the Alzheimer's Association, two-thirds of Alzheimer's cases are found in women, African-Americans being twice as likely as Caucasians to have Alzheimer's or other dementias and Hispanics being one half times as likely as Caucasians.



Although there is currently no specific known cause for Alzheimer's, there are symptoms that can help you have a better idea of when to seek help. The most common early symptom is difficulty remembering newly learned information. Because of the effect that this disease has on the brain, learning new things is the first thing that will start to become affected. As it advances, symptoms can include disorientation, mood and behavior changes, deepening confusion about events, unfounded suspicions about family and friends,

**1 in 3 older adults around the age of 65 will be diagnosed with Alzheimer's or other dementias**

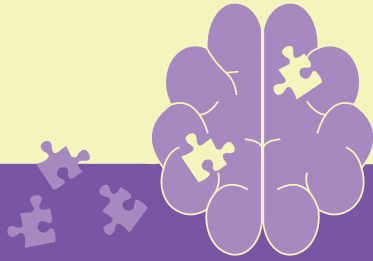
difficulty speaking, swallowing, and walking. Many online questionnaires are available for free to be able to check your memory and determine if you should seek treatment from your primary care physician.

Unique to Alzheimer's and other dementias, there are many Americans that provide unpaid care for people with the disease because of the impact and severity that it is. According to the Alzheimer's Association, 1 in 3 older adults around the age of 65 will be diagnosed with Alzheimer's or other dementias. Along with this, earlier diagnoses and intervention methods are improving with drastically more research being performed in the area. Some of the research being done is looking at the role of plaque and tangles in the brain that could be a cause for Alzheimer's. There are no treatments known to cure Alzheimer's, but there are drug and non-drug options to help with symptoms such as behavior and mood. With the push in research and the many clinical trials happening, it is promising that we will be getting closer to understanding more about this disease and find treatments available to help improve the quality of life for people suffering from this deadly disease.



# WHAT IS ALZHEIMER'S DISEASE

Alzheimer's disease is the most common form of dementia and causes memory loss, difficulty performing daily task, and changes in judgment, reasoning, behaviors, and emotions.



## WHO IS MOSTLY AFFECTED?

OLDER PERSONS  
SUFFERING FROM  
DEPRESSION: **4 TIMES**  
HIGHER AT RISK

72% of patients are female

25% 85+ years old

5% 65+ years old



## IDENTIFYING THE WARNING SIGNS: ONSET SYMPTOMS OF ALZHEIMER'S DISEASE

### EMOTIONAL SIGNS

- Strong feelings of depression, confusion, fear, and anxiety
- Expresses sudden confusion with daily and simple repeated task

### BEHAVIORAL SIGNS

- Withdrawal from social activities
- Exercising poor judgment, acting impulsively, or being easily influenced
- Difficulty recalling words

### COGNITIVE SIGNS

- Frequent memory loss that requires extensive reminders or begins to disrupt daily life
- Solving simple problems becomes more challenging
- Understanding images and navigating spaces can be confusing

## NEARLY 60% OF CASES GO UNDIAGNOSED

If you feel that a family member or a loved one is experiencing many of the symptoms of the disease listed above, please have them visit a doctor for a professional diagnosis.

# Antibiotics Resistance

## Continued from pg. 7

person is prescribed the wrong antibiotic, the wrong dosage of the drug, or the wrong length of time to take the medication.

The inappropriate usage and overuse of antibiotics can lead to resistance within the body. It can cause the bacteria and microbes to change resulting in antibiotics working against them. Therefore, it is very important not to use too much as it can result in dangerous side effects. When antibiotics don't work, it can result in longer illnesses, longer recovery, more doctor visits, the use of stronger and more expensive drugs, and

even more deaths.

Antibiotic resistance is a widespread global problem. The Centers for Disease Control and Prevention (CDC) announces that antibiotic resistance is, "one of the world's most pressing public health problems". Therefore, it is absolutely essential to take antibiotics safely and efficiently. They should be taken as directed and for the whole time instructed as well.

The discovery of antibiotics has greatly impacted our world today. Antibiotics are important medications that treat and fight against bacterial infections. The overuse and misuse of the drug has led to the problem of antibiotic resistance, one of the most urgent threats to our society. Antibiotics should be used cautiously to prevent resistance, providing for a safer and healthier lifestyle.

### References:

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# Navigating Difficult Holiday Discussions

By: Lauren Trautwein



Come November, do you think of politics or turkey? November always brings these two to the front of Americans' minds. But this year, as has been the recent trend, will bring a particularly divisive election result. According to NPR, over half of Americans dread having to discuss politics at the

Thanksgiving table. While there may be fewer people sitting around the Thanksgiving table this year, that does not mean that the likelihood for a controversial conversation is eliminated. So if you, like the majority of Americans, have some apprehensions about Turkey Day conversations, how do you navigate these difficult topics, or better yet, avoid them altogether?

## 5 Facts You May Not Know: Veterans Day

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More than 300,000 veterans of the wars in Iraq and Afghanistan have been diagnosed with PTSD.

Best ways to support someone with PTSD:

Accept the individual and their condition without judgment or criticism.

Commit to them and your relationship with them, building trust and safety.

Empathise - the emotional toll of trauma has a deep impact.

Grounding - taking slow, deep breaths and describing the environment reduces dissociation.

Reassure them and point out their capabilities, strengths, positive qualities and past successes.

Resist telling them "It will all be okay", or "It could be worse", or other unhelpful clichés - it is what it is.

Support - respect their boundaries while encouraging communication, contact, and connection with others.

Understand their behavior may seem irrational or volatile, but remember that it is triggered by the trauma, not you.

Watch for signs of anger or agitation and diffuse the situation before emotions erupt.

*For more information on Veterans Day and/or PTSD, please visit any of the websites below:*

<https://www.defense.gov>

<https://www.stress.org>

<https://www.omnimilitaryloans.com>

<https://www.ptsd.va.gov>

<https://www.psychiatry.org>

<https://www.history.com>

<https://www.ncbi.nlm.nih.gov>

The best course of action for avoiding political conflict is to avoid the topic. Some easy topics to keep in mind include the football game that day. While there may still be some disagreement on the preferred outcome, this is typically less personal. Another good conversation starter would be to focus on the name of Thanksgiving itself. What are some things from 2020 to be thankful for? How have these "thanks" changed from previous years?

If a member of your table seems insistent about debating, rank the dishes on a Thanksgiving table from best to worst. Debate cranberry sauce vs gravy, rather than Trump vs. Biden. These topics should lead the conversation away from any politics.

If the previous topics just aren't working, and the table keeps coming around to the political climate or the recent election, it is important to keep a few things in mind. For one thing, try to approach any conversation with the idea that both sides are trying to find the best solution to an issue; the sides just have different views on the best solution. Always listen before disagreeing. While it might be a familiar argument, perhaps there are new points or reasons for the belief. You don't necessarily have to agree, but perhaps there are points you misunderstood previously. If you think you misunderstood, ask questions. If you think they may have misinterpreted a fact or something you said, politely clarify. But at the end of the day, remember that the world will never agree, and if your Thanksgiving table can't share political beliefs, that is okay. At least you can share pie.



# Au Gratin Potatoes



## Ingredients

- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1 1/2 teaspoons salt
- 1/8 teaspoon pepper
- 2 cups 2% milk
- 1 cup shredded cheddar cheese
- 5 thinly sliced peeled potatoes
- 1/2 cup chopped onions

## Directions

Preheat oven to 350 degrees. In a large saucepan, melt butter over low heat, stir in flour until smooth. Gradually add milk. Bring to a boil; cook and stir until thickened. Remove from heat. Stir in cheese until melted. Add potatoes and onion.

Transfer to a greased 2-qt. baking dish. Cover and bake for 1 hour. Uncover; bake for 30-40 mins or until the potatoes are tender. Add salt and pepper to taste



# MEDIA CORNER

## COVID Catch-Up Pt. 3:

### The Umbrella Academy S1 & S2

By: Webster Tilton

Poe's Law states: "Without a clear indication of the author's intent, it is difficult or impossible to tell the difference between an expression of sincere extremism and a parody of extremism."

*This is an example review of The Boys, season 2 from Amazon Prime Video:*

"Bingeing is like jumping into a lake from the mountain top and this stingy weekly episode thing is like sitting in a bathtub. Totally different experiences. Just to be clear, season-2 gets full 5 stars. But Amazon is now my public enemy no.1 for not dropping all the episodes at once. It feels like I am transported back to the dark middle ages, waiting for weekly episodes to arrive."

This would be brilliant if it were a parody of a spoiled, entitled, fanboy review bomb, but sadly this is an actual one-star review left on Amazon video for The Boys season 2.

Here's what happened. The producers of The Boys (not Amazon) decided on a weekly release schedule because they wanted people to keep talking about the show for more than just the two weeks immediately following its release, as tends to happen nowadays with major titles. In other words, they wanted to stay relevant longer.

And many, many people have pointed out the first three episodes did drop all at once, so (obviously)... just wait a month and binge it!

**The show has the dark sense of humor ... but it isn't nearly as savage as The Boys.**

While it is understandable that you may feel frustrated by the fact things don't happen immediately, however, please do not let that take from the the quality of the show. Because, it is fundamentally perfect. Just like season one the dialogue is taut, tense and never wasted. The acting is not just well done, it's well framed in the context of the show. The writing and pacing of each episode is, again, flawless. The production value...you know what? It's an Amazon original. I'm going to stop mentioning that. It's assumed from now on.

Season 2 keeps it's hard M rating without flinching or slowing down for even a moment. The character arcs continue to twist in interesting ways and it is legitimately difficult to predict what will happen next. A+, five stars, whatever you want to call it. And I can say much the same for...

### *The Umbrella Academy, seasons 1 and 2*

Umbrella Academy was recommended to me by a friend who knew I was hurting for content while waiting for The Boys season 2. If you're unfamiliar with it, The Umbrella Academy is a Netflix Original adaptation of a well known comic book series. It follows the adventures of a dysfunctional "family" of superheroes who were raised by an eccentric billionaire after being adopted as infants when they were all born on the same day to women who weren't



pregnant. They reunite for their adoptive father's funeral after having drifted apart over the years. They know the world will end in a week but they don't know how or why.

And truthfully, figuring that out is the B plot. The A plot is this group of siblings trying to reconcile years of damaged relationships and finally, well into their thirties, figure out who they are as individuals.

The show has the dark sense of humor that I prefer, but it isn't nearly as savage as *The Boys*. This is solid TV-14 rating that'll make a decent alternative to those who don't want a profanity laden, blood soaked murder fest. That being said there are still plenty of bodies on the floor at the end of any given episode. But what this show excels at is being witty. The dialogue is justifiably in love with how clever it is and how well it's being delivered. Of particular note is cast member Aidan Gallagher, playing a character known only as Number Five. He's the only teenage actor in an otherwise adult cast, but he's the saltiest of the lot by far and he's awesome at it.

The advent of streaming brought us shows that are predominantly plotted out over an entire season's worth of a story arc, and once again we are well served. Someone really knew what they were doing when they divided up the action, dialogue and character development scenes for each episode. It's a different kind of storytelling than *The Boys*. In *The Boys* everything is very linear. There might be flashbacks, or scenes that reveal something which was deliberately concealed from the audience, but the events of the series feel like they're happening in a pretty centralized way.

In the *Umbrella Academy*, it isn't uncommon for most of the major characters to not even encounter each other until the last couple of episodes of a season. They're off in groups of two or three doing unrelated things that get skillfully woven together as events build to a head. Consequently, while *The Boys* is overall higher quality, *The Umbrella Academy* tells a more interesting story; that is, if you like moving parts.

The plot can get complicated and while they do explain things to the audience from time to time, it's a show where you need to be paying attention in order to follow the action. And, oddly enough, this has nothing to do with the fact that the plot is heavy on time travel. That aspect of things is neatly dealt with by one of the major plot elements; an agency whose function is to oversee the smooth flow of the timeline.

So any time travel issues can be hand waved, and therefore are not an encumbrance to the plot.

Much like *The Boys*, every aspect of *The Umbrella Academy* is good. But it isn't quite perfect and I'll tell you why. Season one kept me guessing right up until episode seven, at which point it became kind of predictable. All of the major plot elements had been set up and their resolutions felt inevitable. There were still a few big surprises, and I appreciated that, but the ending felt telegraphed to me. Right up until the moment they swerved into the beginning of Season 2.

Season 2 takes place during a different time period, which is all I'll reveal. This was an excellent decision because it forces the characters to deal who they are and what they become when forced to adapt to a radically different time and place; one far less socially evolved than they're used to. Once again the group is splintered and must reunite. Once again the world is on the line again, and, once again, they don't know how or why, but only when it will end.

But the characters are pointedly aware of this and reference it constantly, so it works. Season two maintained the same high level of quality and this time they didn't telegraph the ending. The threads of the plot are even more colorful than before and woven together with the same expert timing. Season 3 is quite a ways off yet, but assuming Netflix doesn't inexplicably decide to kill another amazing series after season 2 (pour one out for *Altered Carbon*), then we can expect to enjoy further adventures with the Hargreeves siblings. Season 3 of *The Boys* is already confirmed, so in spite review bombings we can look forward to that as well. And if 2020 has the tiniest shred of mercy in its endlessly evil heart, maybe

Amazon will even give us some news about *Carnival Row*. Fingers crossed.

**“it’s a show where you need to be paying attention in order to follow the action.”**

# All Things November



THANKFUL  
ELECTION DAY  
CORNUCOPIA  
DENIM  
ORCHARDS  
SPICE  
HIKING  
EMPIRE  
SQUASH

FAMILY  
KING TUT DAY  
GRATEFUL  
CRANBERRY SAUCE  
MASHED POTATOES  
LEAF PILE  
PUMPKIN PATCH  
GOLDEN  
RED DELICIOUS

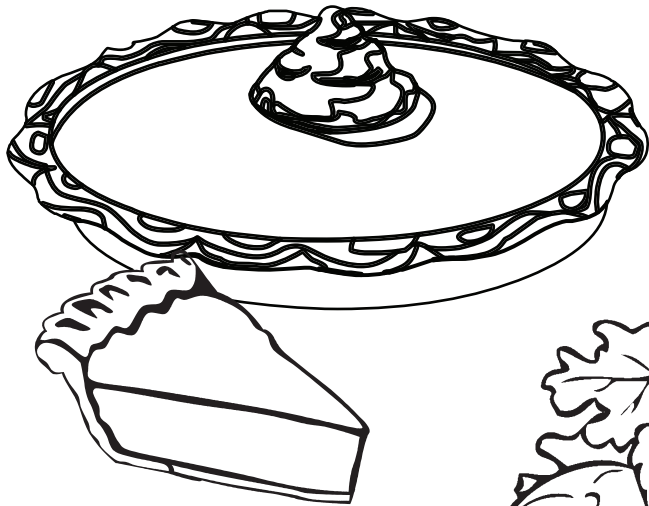
PUMPKIN PIE  
BREEZE  
VOTE  
THANKSGIVING  
FLANNEL  
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CRUNCHY LEAVES  
CRISPIN

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