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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. With the ever-expanding technology, knowledge, and evolution of the health field, there is a growing supply of 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 Your Editor



Hello Readers!

Summer is just about to come for it's annual visit and we want to encourage all of you to spend as much time safely outdoors as you can while the warm weather is here.

With everything starting to open up again and vaccines being given to our community, Buffalo is beginning to wake up and that is why this issue is focused on having fun locally and taking advantage of Western New York's geographic location.

Our removable middle section is dedicated to a Buffalo Summer. We explore our picks for day trips from our area and ways to make the most of the road trips there.

We also touch on Father's Day and how to treat dad this year and keep within your budget.

Our pet section is finally here and we are excited to launch this new portion of our publication. This makes three new sections added this year to try to bring you the most diverse types of content. Flip to page 18 to check out this months pet adoptee!

If you want specific topics covered, reach out to me at the email below, or write to us by mail using the address listed on the previous page. We would love to hear from you!

Stay safe and have fun!

Sincerely,

Melissa Rothman
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June 20th: Father's Day Gift Ideas

By: JULIET NABINGER



Father's Day is upon us once again. Every year, while we spend this day appreciating and showing gratitude to the important men in our lives, we're faced with a challenging question. **What should you get them for a Father's Day gift?** Whether you find shopping for gifts difficult or easy, we've curated some ideas that will hopefully spark your imagination.

Especially if you have children, try making a homemade gift. The younger ones can create their finger-painting masterpiece to present to their dad or grandparents. The painting process might get messy, but it's a gift that he is sure to cherish forever. Another homemade gift that's full of nostalgia is a photo re-creation. If there are older children in your family, take an old photograph from when the kids were younger and try to recreate it. You can find inspiration online from other families that have done this. Place the old photo next to the new image in a frame, and it's the perfect gift!

When it comes to store-bought gifts, just because you don't make a gift yourself, doesn't mean the present is any less thoughtful.

Try to think of what your father enjoys doing in his free time. Maybe his favorite thing to do is sit and watch the game; he'll love some merchandise from his favorite team. Perhaps he has a green thumb and loves to garden. Try getting him some gardening tools or an indoor garden so he can grow his herbs and vegetables all year round.

Does he enjoy getting outside and being active? A new pair of running shoes or hiking boots could be the perfect gift. Or maybe your father is the ultimate handyman; around Father's Day, there are all kinds of specials on tool kits.

It can also be helpful to think of what your dad likes to eat or cook. Is your father the master of the grill? A personalized set of grill tools might be the perfect gift. Does your father love spicy foods? Put together an array of unique hot sauces for him to try. Or maybe your dad has a sweet tooth, support your local bakery and purchase a selection of baked goods for him to try. Feeling brave? Try to make some baked goods yourself! Nothing says I love you quite like a freshly baked pie.

It may also help to think of what your dad needs. If he suffers from back pain, try getting him a pillow that's designed for lumbar support. If he shaves or has a beard, introduce him to beard oil. Now that summer is just around the corner, give the gift of sun protection and give your father a moisturizer and sunscreen combo to keep him safe from the beating sun.

No matter what you decide to give your dad this Father's Day, any thoughtful gift comes from the heart will be perfect and appreciated. If receiving gifts isn't your father's favorite thing, give the gift of time. We all know time flies by; spending quality time with your dad this Father's Day may be the best gift of all.

"When it comes to store-bought gifts, just because you don't make a gift yourself, doesn't mean the present is any less thoughtful."



MEGAN

Coming out is a big hurdle, an accomplishment, which can lead to happiness, and struggles along the way. I don't know how I could have survived in the closet without sharing my story. The hard part is surviving along the way.

My name is Megan. I came out to my parents when I was about 13. I started realizing I was different when I was 10, having feelings for my female classmates and friends. I never thought of myself as different, but a natural feeling. I was very open with my parents, and I could talk to them about anything. My mom told me she loved me and to be myself no matter what. Luckily, my dad felt the same way. Coming out to my parents might have been easy, but what came after that was a different story.

No teenager can prepare themselves for high school. Being bullied based on race, religion and sexual orientation is the most frightening. My pride always stood strong. Even though I got bullied, I remembered being confident.

For those who are afraid to come out, I would say that you cannot let people bring you down. Focus on being true to yourself. *Loving yourself is the most important thing.* All you need is one person to believe in you. The journey is hard, but in the end it is worth it.



The Meaning of PRIDE

As Told by the LGBTQIA+ Community



ALEYNA

From a very young age I had developed childlike crushes on both men and women. Everywhere from Alexa Vega, to Steve from Blue's Clues, to fellow classmates. *It wasn't anything I thought twice about.* They attracted my attention. It was simple.

Not until freshman year of high school did I learn the label for that. My first encounter with the word Bisexual was during lunchtime shenanigans. I was telling a friend how I had thought the girl that sat two rows in front of me was cute. I could see the surprise in their face when they exclaimed, "but you like boys. I know you do."

"Of course, I do. I think girls can be cute too."

"So, you're bisexual?"

At that point I didn't have the slightest clue on how to answer that question. Looking back, it all seems so innocent. A lot has changed since then, after all.

During that time, I had googled everything that could possibly be googled about bisexuality. If only I had spent even half the effort I spent researching why I feel the same towards women as I do men, maybe I could've graduated with a better GPA. But I digress!

After many years I still hadn't considered myself a part of the LGBTQ+ community, until 2016. Gay marriage was finally legalized. I found myself celebrating this with other members of the LGBTQ+ community when it finally clicked. **The 'B' represented me! This is my community!** It felt like my whole childhood I had been so ignorant about my orientation and my identity that when I finally reached that conclusion; it was like I was discovering myself for the first time.

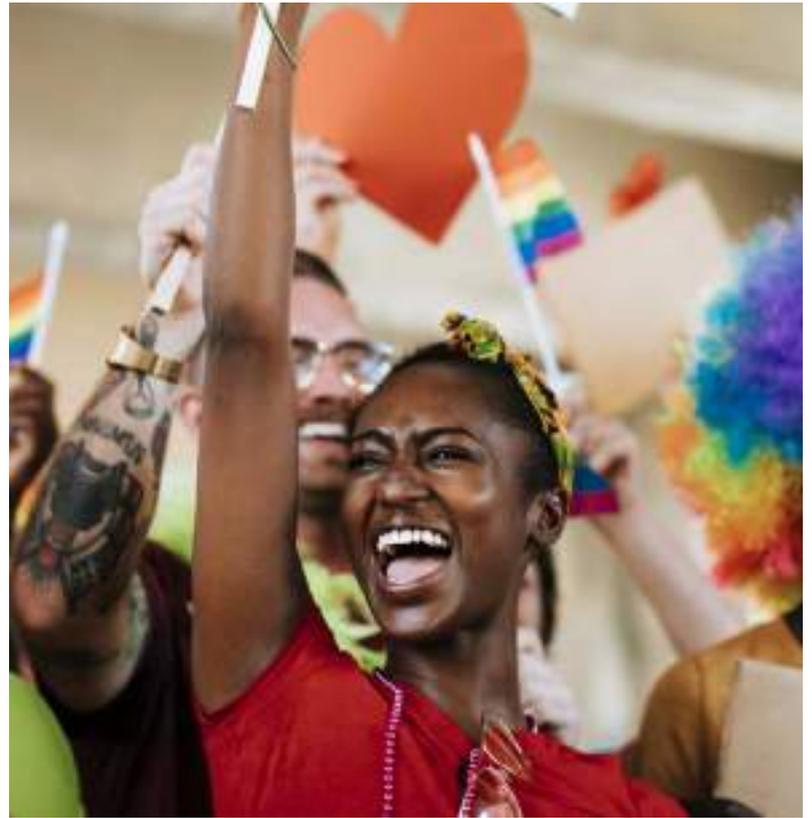
AARON

I'm Aaron (he/him) a FTM (female to male) transgender person born and raised in Buffalo, NY. I came out in my freshman year of high school but only began my physical transition a couple of years ago.

When I came out, I was attending a Catholic all-girls high school here in Buffalo. Though you might not expect a place like that to be super accepting, I was able to find plenty of people here that were accepting of me and loved me all the same, including some of the faculty. This acceptance has carried on through college.

The hard part for me in coming out was to my parents. My mother has come around since I came out to her, but my father is still pretty strict on the, "you're my daughter" thing. I don't know if that will ever change or what might happen when I legally get my name and gender marker changed within the next few weeks. **However I do know no matter what happens, I'll have the family I've formed over the years, my found family.**

If there's anything you take away from this, know that **it's the family you find that matters.** Though it might be hard to accept that your parents/family never might get it, you'll always find people that do.



ALLISON

My name is Allison, a 26 year old Buffalo native and proud member of the trans community.



My process began in 2011 when I started coming out to my family and friends. The first was my mother whom I told through a letter left on the kitchen table. She found my letter and took it to work with her that morning, texting me about an hour after classes started: "I read your letter, we'll talk when you get home. I love you," which admittedly made me panic.

When I finally made it home my mother brought me to her room where she told me that no matter who I am, no matter what I do she will always love me the same and hugged me tight. From that day, my pride has never wavered. **Thank you for giving me the courage to be proud, mom.**

LOVE IS LOVE <3

Para-Social Relationships and the Age of Social Media

By: MELISSA ROTHMAN



Social media is a powerful tool for any business nowadays and is a social hub for many in the newest generations. It can connect us with people from all over the world, peers, and celebrities alike. **As a woman who grew up without social media, it is even hard for me to separate the online world with reality.**

Social media has become even more entwined with our daily life than usual, especially with the pandemic for most of 2020 and the start of this year. For those of us who struggled with cell phone attachment before, the isolation has increased this feeling. Social platforms are the way we see and speak to friends now. They are also spaces in which we can connect to celebrities. What happens, though, when you get a reply or a like from your favorite public figure? How does that effect your thoughts and actions?

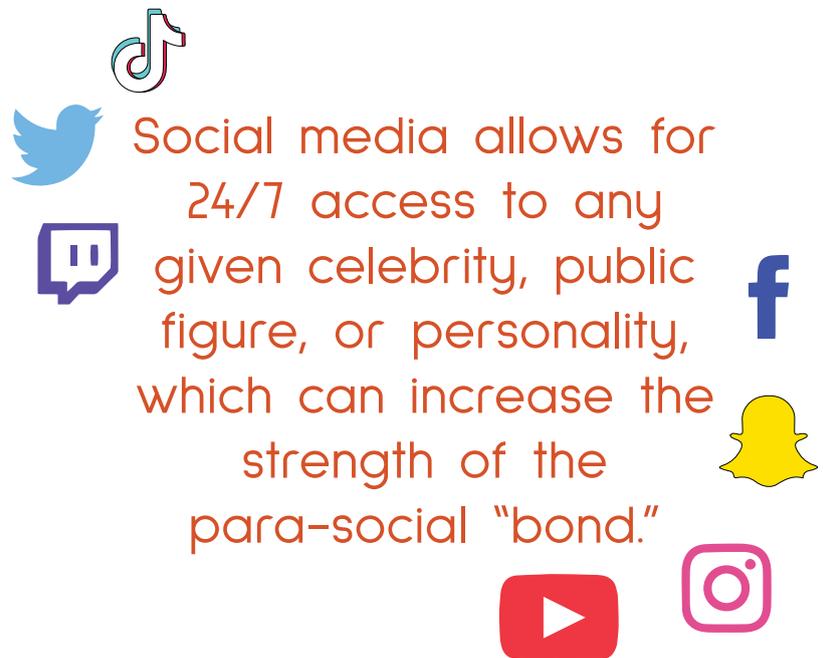
Para-social relationships are one-sided relationships, where one person expends emotional energy, interest and time, and the other party, the persona, is completely unaware of the other's existence. Repeated exposure to a public figure, any interactions, or personal experiences with that person can start to cause development of feelings of intimacy and friendship within the fan or the viewer.

Social media allows for 24/7 access to any given celebrity, public figure, or personality, which can increase the strength of the para-social "bond."

This phenomenon has been identified and talked about since 1956 and has not been previously deeply investigated in terms of the internet. However, the increased occurrences of Para-Social Interactions (PSI) have warranted a closer look into this experience.

Some cases of para-social relationships can be positive, allowing for the person to get through rough times and want to better themselves or their situations. It can be dangerous and detrimental to emotional well-being.

Becoming self-aware is essential to maintaining a healthy boundary and protecting your mental health. Asking yourself daily if you are getting anything positive out of an interaction is one thing you can do to ensure you are maintaining a healthy boundary. Also, be sure to spend time with people in the real world. Find time to visit a friend or family member and have real life conversations. Make sure your validation is coming from people who can also return your feelings of admiration or love.



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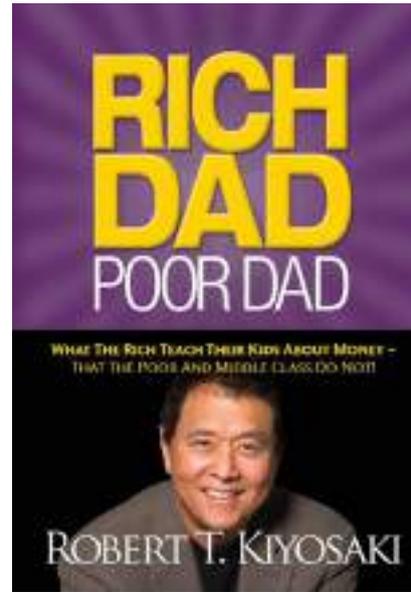
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Book Review: Rich Dad, Poor Dad

By: *JAWAD TUNG*



"*Rich Dad Poor Dad*" has been a New York Times best-selling book for over six years and tells a story about Robert Kiyosaki and his life growing up with "two dads". He talks about how these father figures helped shape his thoughts about money and investing while also looking at the different types of

mindsets between social classes. Now, after being on the New York Times best-seller list for that long, the question is not "is the book good," the real question: "is the book still relevant?"

Kiyosaki explains that the concept of income is different for everyone. For most people, their profession is their income, while a person of means views their assets as income. This means money is then spent differently and a smart way to handle it, is to reinvest any excess income back into your assets. With long term financial planning, more income should not be your only objective. Look for more assets and opportunities as those are key elements in your planning. You should also work on keeping your expenses low and reducing your liabilities.

"Work to learn, do not work to earn," is another lesson Kiyosaki talks about. View every opportunity as a chance to learn something. Whether it be about accounting and investing, sales and marketing, leadership, writing or anything you find interesting; find a career that can teach you these skills and never stop learning. He also makes a point of the mindset to have when entering the market. When it comes to investing, don't jump right into it. You should never follow the crowd or try to time the market.

Continued on page 17.

Photo credit: Emma Lopez, Flickr

Roth IRAs: What Are They? Are They Worth It?

By: *TIMOTHY KELHEART*



A Roth IRA is an Individual Retirement Account that, "under US law that is generally not taxed, provided certain conditions are met. The tax law of the United States allows a tax reduction on a limited amount of savings for retirement. The Roth IRA's principal difference from most other tax-advantaged retirement plans is rather than granting a tax reduction for money placed into the retirement plan, the money withdrawn from the Roth IRA plan during retirement is not taxed, with some restrictions."

The main advantage to this type of retirement plan to others is that it is generally not taxed. This could save you, the investor, thousands of dollars in the lifetime of this account when compared to other retirement accounts that have applicable taxes. ***Taxes can vary for many reasons and can be staggering. You could end up having to pay 15% to 20%+ of what you have invested upon the closure of the account and receiving payment from the financial institution.***

Like other IRAs, your investment will be diversified within the stock market in securities, common stock, and bonds, mutual funds, notes and possibly even real estate depending on the financial institution that is managing your investment. You should contact a financial advisor

before opening any retirement account and make sure that you will be getting the highest return with the ability to move your funds if a better investment opportunity arrives.

With all IRAs the IRS (Internal Revenue Service) has specific eligibility and restrictions on the investments that can be made within the Roth IRA retirement plan. If you are 49 or younger you can invest \$5,500 annually into a Roth IRA, and \$6,500 annually if you are 50 or older. In terms of marriage both individuals can contribute the amount listed separately without worry. It would be worth your investment and the investment of your partner to both obtain and invest into a Roth IRA.

With all investments there are unavoidable risks and costs associated by choosing to invest in the stock market and for your retirement. Please consult a financial advisor before changing or altering your investments.

This article does not constitute as financial advisement and will not be held responsible for any losses or failure upon the reader to do proper due diligence and obtaining personal financial advisement.

Beginners Guide to a Buffalo Summer



Buffalo
AN ALL AMERICA CITY

Our Top Picks for Day Trips from Buffalo

By: JULIET NABINGER

Although the winters may be harsh, there's no denying that Buffalo is the perfect, centrally located area. Finding a destination for a day trip isn't difficult with so many natural attractions and cute towns. Usually, day trips could include some visits to Canada, but this year our list will consist of exclusively New York attractions. Here are a few suggestions if you're looking to get away for a day.



NIAGARA FALLS

This first one is obvious, but visit Niagara Falls! Whether you've seen the Falls dozens of times or a native that's never gotten around to visiting, Niagara Falls is an excellent option for those who want to spend some time outside but might not be up for an extensive hike or lengthy drive. After visiting the Falls, explore some of the nearby towns, like Lewiston. While in Lewiston, check out the local attractions like the Artpark or Freedom Crossing.



LETCHWORTH

If you're feeling more adventurous, visit what's called "The Grand Canyon of the East" in Letchworth State Park. Only 50 miles from Buffalo, Letchworth State Park is a local oasis and a perfect destination for a day trip.



ELLCOTTVILLE AND ALLEGANY STATE PARK

Another destination for those looking to spend the day outside is Ellicottville. Close to Allegany State Park, Ellicottville boasts numerous shops and restaurants to keep everyone in the family occupied. Simultaneously, Allegany State Park provides beautiful hiking trails and opportunities to cool off in the lake.

If you'd like to stay out of the sun, explore one of the dozens of local museums here in Buffalo. If you fancy a drive, visit the Strong Museum of Play in Rochester or the Corning Museum of Glass.



OLD FORT NIAGARA

If you have any history buffs in the family, visit Old Fort Niagara in Youngstown. The oldest, continuously occupied military site in North America is a sight to see right off the coast of Lake Ontario and the Niagara River.

Just 25 miles south of Buffalo lies the beautiful town of **East Aurora**. Home of the Roycroft Arts & Crafts movement, East Aurora is a quaint village with lots of attractions to enjoy. Visit the Millard Fillmore House, or just enjoy strolling the streets and stopping by the local shops and restaurants.

Most of us have spent the last year inside, and many of us have had travel plans postponed or canceled. Western New York is a beautiful area that can be explored while remaining safe. We encourage everyone to enjoy the warm weather, and perhaps the travel bug will be satisfied with these exciting day trips.

CHECK OUR WEBSITE FOR EVEN MORE OF OUR FAVORITES!

Having Fun on Long Road Trips

By: JEAN HUND



With summer lurking just around the corner, people have started planning their vacations. Unfortunately, with the current state of things, some of us are hesitant about getting on airplanes again, so we're opting for car rides and road trips for getaways instead!

FUN is the name of the game here - why not make a long road trip as fun as possible? Here are a few tips and tricks to do just that.

Stopping at the Weird Attractions You Find

One thing that can keep the conversation and miles flowing are some good, weird, or just plain unique attractions. Roadsideamerica.com has thousands of awesome offbeat tourist attractions to check out all over the U.S. and Canada!

Read Spooky Stories

A good classic to enjoy is the Scary Stories to Tell in the Dark series. Telling spooky stories out loud, even on a car trip, is just as fun as if you were around a fire!

Activity Log or Journal

Having a journal while on a road trip is a great way to memorialize your travels, keeping daily logs of what you did, the things you saw, where you stayed, and even what you ate.

Go Off-Road For Some Fun

A lot of great places are sometimes off the beaten track. Going for a hike or on an off-road vehicle gives you the opportunity to explore some of the best landscapes, and allows you to get closer to nature than ever before.

Put Together a Great Playlist

This is typically done before hitting the road but can be a fun time nonetheless! It's important to include music that everyone enjoys and could even include an audiobook or podcast if you want to break it up a bit.

Take a Rest

Sometimes road trips can be tiring, so it's important to remember to rest once in a while. Take turns napping so everyone is fully rested when it's time to do all the fun stuff!

Road Trip Bingo

Crossed a state line	Told stories	Ate snacks	Stopped at a random attraction	Listened to a podcast
Watched the sunrise	Kept a road trip journal	Stopped at a diner	Played 20 Questions	Sang songs together
Went camping	Read a book	★ Free	Watched the sunset	Played I-Spy
Played Mad Libs	Went off-roading	Listened to a road trip playlist	Played a video game	Took pictures
Stopped for a picnic	Watched a movie	Took a nap	Played the state license plate game	Stopped to stargaze

Making the Most of Summer Weekends

By: SARA HALTER



Following the frigid winter months, it's safe to say that many of us living in Buffalo look forward to the warmth and sunshine that the summer brings. Sometimes, the 13 weekends of summer we have fly by; leaving us wondering what we have done to enjoy them. Luckily, there are several fun activities to do and places to see around WNY to fill those summer weekends.

To make the most of the summer weather, an adventure outside is always a great option for summer weekends. Going berry picking at a local farm is an excellent way to soak up the sunshine while also supporting a local business. Plus, then you'll have delicious fresh fruit to enjoy throughout the following week! Another wonderful way to get outdoors on the weekends is to have a picnic at a local park. Invite a few friends or loved ones to join you, and spend an afternoon together, watching the clouds drift by. Everyone can bring their own picnic food, or each person could be assigned to bring a different type of dish; it's up to you! If you aren't much of a cook, fret not, take the opportunity to try out a new local restaurant and pick up takeout on the way.

For those in need of a break, a weekend trip to a nearby town or city, or a camping trip are good options. If you find yourself dealing with screen fatigue, *a weekend away can be a great opportunity to unplug from social media and instead, rest and focus on the present moment.*

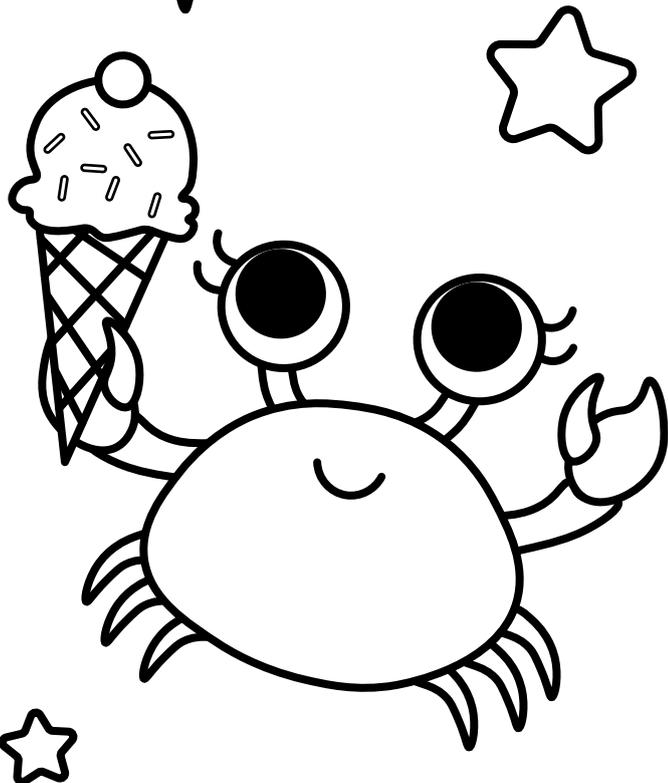
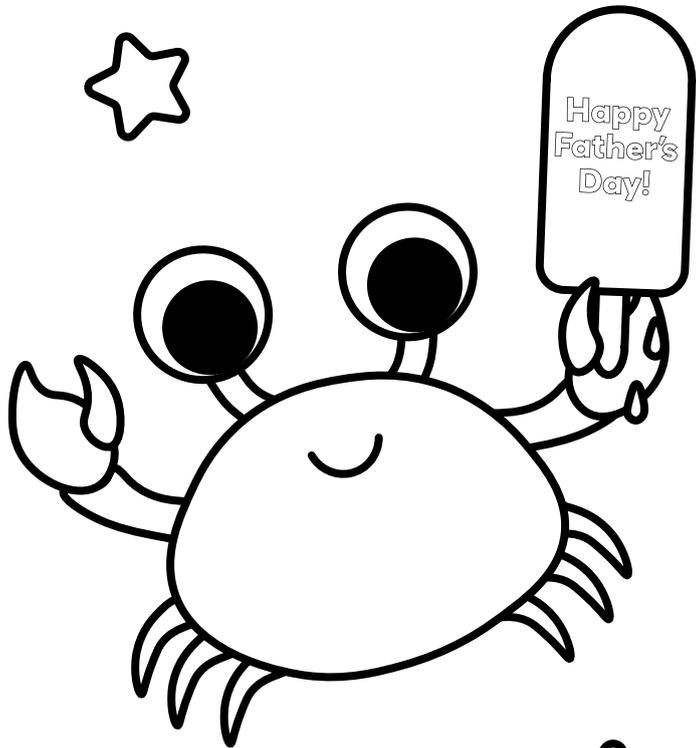
Sometimes, we just want to enjoy the summer weekends relaxing in the comfort in our own homes. However, if you find yourself out of things to watch on Netflix, consider having a few close friends or family members over for a dinner party. Though solitude can be refreshing, having the company of the people we love most can be as well. You can try out the recipe you've had in the back of your mind for weeks and share it with your favorite people. For extra laughs, pull out some board or card games to play after dinner; you're sure to make some memories along the way.



Whether you venture to a local park or museum you have not yet visited, or toast marshmallows over a campfire in your backyard; *the most important thing to do with your summer weekends is to enjoy them.* Take time to do the things you love with the people you love.



Activity Corner



X N Z K T Y H Y S B A Z O D C O
 S F N C I O U B K G Q P A W A S
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 O L R Z M M V N L W T I U U Y J
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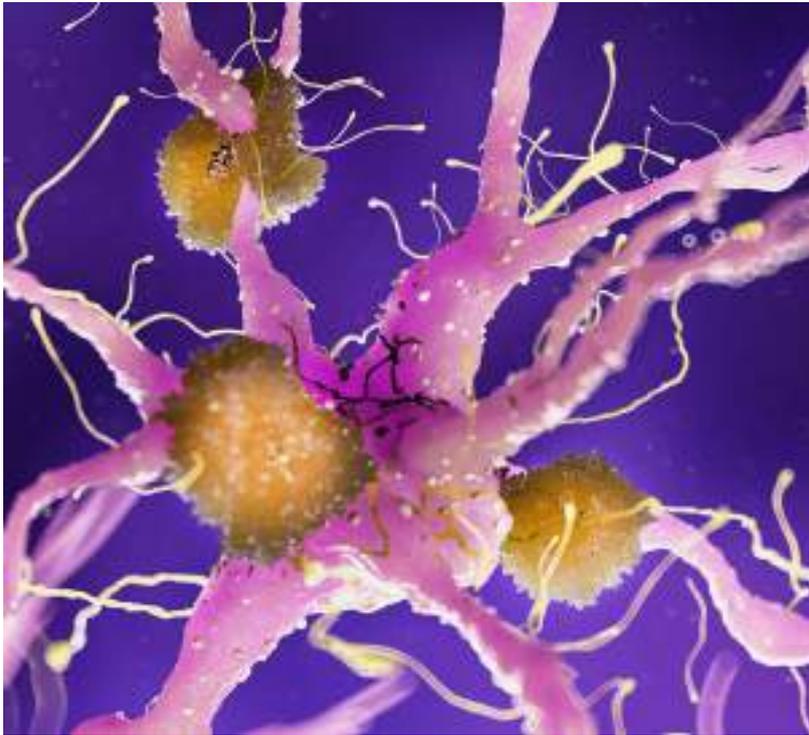
- FATHER'S DAY
- BUFFALO SUMMER
- BERRY PICKING
- INTERNET OF THINGS
- NIAGARA FALLS
- PRIDE
- ROAD TRIPS
- BRAIN HEALTH
- OPPORTUNITIES
- PARASOCIAL WEEKENDS
- SPONTANEOUS
- HONEY KIWI

May's Word Search Solution

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

Alzheimer's vs. Dementia: What is the Difference?

By: WILL BERKOWITZ



It is very common for people to confuse Alzheimer's and Dementia, due to the detrimental cognitive impairment that occurs from both of them. Despite a commonly occurring link between Alzheimer's and Dementia, Dementia is a symptom, characterized by at least two impaired brain functions, while Alzheimer's is the disease. Alzheimer's happens to be the most common disorder to lead to Dementia among Huntington's Disease, Parkinson's Disease, and others.

According to the Center for Disease Control and Prevention (CDC), it is estimated that about 5.8 million Americans over the age of 65 have Alzheimer's. According to the World Health Organization (WHO), about 50 million Americans have Dementia. **Dementia mainly comes from aging, but other reasons for Dementia can derive from drug abuse, tumors, metabolic disorders, stroke, vascular disease, and hypoglycemia.**

In Alzheimer's, damage to the brain occurs years before symptoms appear. There is excessive production of toxic protein deposits that form into plaque and tangles in the brain. When this happens, connections between the cells are lost, and they begin to die.

In severe cases of Alzheimer's, the brain shows significant shrinkage. Symptoms of Alzheimer's include forgetfulness, apathy, impaired judgment, disorientation, depression, confusion, and behavioral changes. In advanced stages, it can lead to difficulty speaking, swallowing, and walking.

When Alzheimer's turns into Dementia, behavioral changes often create depression and aggression. Memory and reasoning continue to get worse and, unfortunately, are usually irreversible. People can also have more than one type of dementia, known as mixed dementia.

Unfortunately, there is no cure for either Alzheimer's or Dementia. They both tend to become apparent in later stages of life and are natural occurrences. If you or someone you know is dealing with Alzheimer's or Dementia, it is best to speak with a medical professional about what lifestyle changes you can make to best adapt to your cognitive state.

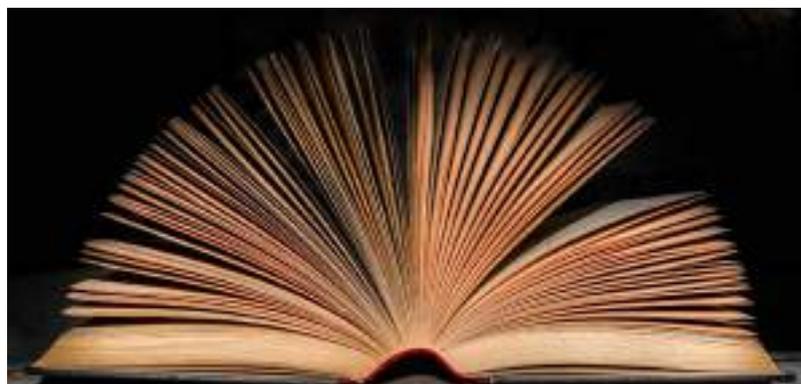
QUICK FACTS

- **More than six million Americans are living with Alzheimer's. By 2050 this number is expected to rise by 13 million.**
- **Almost two-thirds of those Americans who suffer with Alzheimers are women.**
- **Dementia is not a specific disease, rather a group of diseases that is characterized by impairment of at least two brain functions.**
- **It is estimated that five million adults aged 65 or older suffer with Dementia. This number is being projected to reach 14 million by 2060.**
- **Research shows that regular exercise can help prevent or slow the progression of Alzheimer's. For Dementia the risk was reduced by 30 percent and for Alzheimer's the risk was reduced by 45 percent.**

STRENGTHEN YOUR BRAIN WITH THIS SUDOKU PUZZLE!

MEDIUM DIFFICULTY

					6	5	7	
	1			5	8			2
		7		4				
9	8				2		4	
3			6		9			5
	6		5				2	3
				9		8		
5			8	2			3	
	7	8	3					



Continued from page 9.

Book Review: Rich Dad, Poor Dad

Profits are made when you buy, not when you sell so take the time to learn the basics.

Basic financial principles are universal, and that is why I think this book is still relevant to today's economy. "Rich Dad Poor Dad", works to change the readers mindset from spending to saving, which is a timeless lesson. Finance and investing is not like most sectors. It is not like IT where things are ever changing and new practices are put into place. It is stable and stagnate and by learning the basics and having the right mindset, your view of investing will always be relevant.

LAST MONTH'S BRAIN GAME SOLUTION

6	3	5	8	2	7	9	1	4
4	9	8	6	1	5	7	3	2
1	7	2	4	3	9	5	6	8
8	1	3	5	6	2	4	7	9
2	4	7	3	9	8	1	5	6
9	5	6	1	7	4	2	8	3
7	6	1	9	4	3	8	2	5
3	8	9	2	5	1	6	4	7
5	2	4	7	8	6	3	9	1

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Little Pet Pantry

By: Zoë-Grace Kerr and Rachael Rothman-Kerr



The Kenmore Little Pet Pantry is a Take Action Project made by the Juniors in Girl Scout troop 30657. The pantry was created to provide free pet food and pet care supplies to families struggling to take care of their pets after the pandemic struck. The LPP has been active for almost a year, and with the support of our community, neighbors, and even donors from out of town, we have been able to keep the pantry full and provide food and supplies for furry friends since last summer.

Since we rely on donations from the community, we are aiming to keep this sustainable long term, and we would greatly appreciate donations from you. *Even if all you can spare is one can of dog food, every donation counts, and it would mean a lot to families in need.*

I am writing this as a junior myself and am looking to reachout to as many places as possible to help make sure the pantry is sustainable long term. You can reach out to us on Facebook at Kenmore Little Pet Pantry and we are located at 166 E. Hazeltine Ave if you would like to drop off or take supplies.

Adoption of the Month



Silas

A very special guy who will need an adopter who understands he's going to be a homebody. He really loves other dogs and kids. Unfortunately with adults he's still timid, but he'll find his way into your bed and lay next to you. Silas doesn't have an aggressive bone in his body, he just needs some TLC. Some requirements would be a fenced yard(not leashed trained), another dog, a loving family with kids, and just someone to love.



Rescuing is a team effort and there are many ways in which you can help volunteer for a local rescue. To find out more about Silas and 716 PAWS please visit their website: 716paws.org

A Conversation with Faizan Haq Communication Educator & Entrepreneur



D.O.T. Strategies for Business

Three pillars of successful business leadership are directions, operations and tracking.

Like a camera sitting on a tripod, your business stands on these three legs for its stability. All three are equally important and need a coordination among them to be effective and to make the business stable and successful. Direction comes from the leadership at the top. They must be able to set a clear, decisive and profitable direction for business ventures. It is their job to capitalize on opportunities, perceive and mitigate threats, employee organizational strengths and overcome weaknesses. Opportunities not capitalized on turn into liabilities and will weaken the organization. Challenges not dealt with become threats and threats not managed are turned into emergencies. Organizations dealing with endless emergencies become directionless and often operations start to collapse.

Operations dictate organizational competence and the cost of running the business. Operations must be strategized for maximum output. A regular audit of operations should be implemented so productivity can be measured along with the influx of revenue. As the cost of operations goes up, profit margins go down and organizations can get into the red very easily. This is why systems should be introduced for the tracking of daily accountability.

Tracking is the nerve center of any business, this is where all business activities should be logged; such as cash flow, expenses, productivity, projects and timelines. The more comprehensive systems are in place, the better organizational objectives can be achieved. In the last few decades, enterprise resource planning (ERP), has become essential for business survival and expansion. Manage Your Business has been customizing

an ERP system. This system has the capacity to work with many different environments, to enable efficient communication and achieve maximum productivity. It is recommended that businesses see what their needs are and accordingly implement an ERP system suitable for those needs. Simple spreadsheets, hand written registers, emails and SMS services can all be implemented. At the end of the day, what matters is the level of coordination that exists between the D.O.T.



Health Tips with Riffat Sadiq, MD Teenage Drivers vs. Aging Drivers

Stories about older drivers causing deadly auto accidents have made headlines across the country. Although industry experts say that teenagers are involved in more accidents than drivers over the age of 65, due to inexperience, distraction and driving under the influence, older drivers face some different challenges; most including longer reaction times, slowed reflexes, stiff joints, weakening muscles, and decreased flexibility.

Because of this, simple acts like turning the steering wheel or braking suddenly may become more difficult with age. Hearing and vision can also deteriorate and cognitive abilities may decline. Certain medical conditions and medications may limit driving ability, including arthritis, diabetes, Parkinson's disease and stroke. Regular doctor visits and ongoing communication about issues that may affect driving can help.

At WNY Medical, we utilize the state-of-the-art DEXA scanner. This cutting edge technology allows us to perform a total body assessment and provide a more accurate determination of bone tissue status. Contact a WNY Medical location near you to schedule an appointment for evaluation.

Media Corner: Spontaneous

By: WEBSTER TILTON

"I'd never seen these cast members or heard of this director before but I'm sure they've all got bright futures. Spontaneous is really, really, really good. As in, 98% positive at Rotten Tomatoes good. Mild spoilers ahead."

I honestly can't remember the last time I reviewed a feature film because, honestly, reviewing streaming series that I was watching anyway meant I didn't have to do extra work to generate review material. But when Amazon shows me a banner ad for an R-rated comedy wherein high school seniors are forced to examine their lives because they start exploding for no reason, then I will find the time to watch it.

I'd never seen these cast members or heard of this director before but I'm sure they've all got bright futures. Spontaneous is really, really, really good. As in, 98% positive at Rotten Tomatoes good. Mild spoilers ahead.

In spite of its title Spontaneous doesn't actually contain any spontaneous human combustion.

The high school students (played by a shockingly age-appropriate cast) simply pop like huge blood balloons. Faced with the possibility of a random, unavoidable death, they either crack under the pressure or do some serious growing up. Or, in the case of our main character, both.

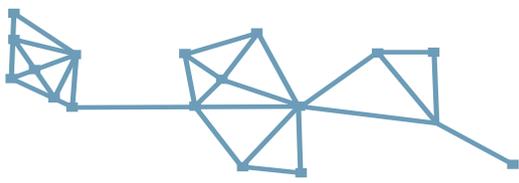
Mara (Katherine Langford) is a senior trying to stay awake in math class one day when another girl in the room, apropos of nothing, explodes in a shower of gore. Mara and her best friend Tess (Hayley Law) frankly admit to one another that they have no idea how to feel about it, and furthermore that they have other things on their mind like graduation and college applications. They resume their lives with one change; a boy in Mara's class named Dylan (Charlie Plummer), is motivated by this death to confess he has had a crush on Mara for two years and flat out tells her that he wants to pursue it. Impressed by his disarming honesty and his ability to turn a phrase, she agrees to spend some time with him. But things change radically when another student spontaneously explodes at the homecoming game. **No longer an isolated incident, the students**



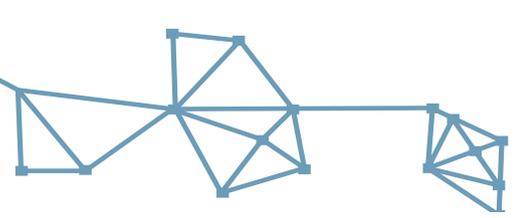
are herded into a containment facility and examined. Not long after, they start examining themselves.

Not all of them, of course. This is a movie, not a series. But Mara, Dylan and Tess all take a hard look at themselves and what they expected from life. Dylan has the best grasp on their situation, having already confessed his feelings to Mara and taken further steps to get what he can out of life knowing that he might die at any moment. As events progress more students die, and with an explanation still illusive, those who survive start to break under the stress. Mara takes solace in her new boyfriend and his remarkably clearheaded attitude, while Tess starts to feel the fear. And while a treatment is eventually discovered (too late for too many) that will stop further explosions, the movie does itself the favor of never explaining why the students started exploding; because that just isn't what this movie is about.

The thing to watch for here is the quality of the acting and the overall skill with which the story is told. All three leads are outstanding. They're conscious of the fact that they're in a horror-romance-comedy, but still manage to feel extremely human and relatable. This movie has not one ounce of cynicism anywhere in it; Director Brian Duffield's does not pander or apologize. This combined with his obvious talent for pacing and character direction results in a movie which, while not very subtle, accomplishes everything it sets out to do in exactly the right way. Go see it now.



Tech Center



What is IoT? The Internet of Things Explained

By: JORDON STOCKWELL



IoT is another promising emerging technology trend. Many "things" now have Wi-Fi connectivity, allowing them to link to the Internet and to one another. As a result, the Internet of Things, or IoT, was born. The Internet of Things is the wave of the future, and it has already allowed computers, home appliances, vehicles, and much more to link to the Internet and share data.

We are already using and taking advantage of IoT as users. We can lock our doors remotely if we fail to do so before leaving for work, preheat our ovens on our way home from work, all while keeping track of our health with our smartwatches. Businesses, on the other hand, have a lot to gain right now and in the near future. As data is collected and analyzed, the IoT will help businesses improve their safety, performance, and decision-making. It has the potential to allow predictive maintenance, enhance medical care, and provide benefits we have not even considered.

And we are just at the start of this emerging technology trend; estimates say that by 2030, about 50 billion IoT devices would be in use around the world, resulting in a huge network of interconnected devices ranging from smartphones to kitchen appliances. *In 2022, it is anticipated that global spending on the Internet of Things (IoT) will cross 1.1 trillion dollars.* If you want to work in this lucrative field, you will need to learn about information security, AI and machine learning basics, networking, hardware interfacing, data analytics, automation, embedded systems understanding, and computer and design knowledge.

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Our Must Have June Gadget



Water Proof Sleeve

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Workout of the Month

4 Week Plan

Day 1 - x3

- 25 Squat Touches
- 25 Knee in Lunge
- 25 Air sumo squats
- 30 Side to side squats
- 20 Front kicks

Day 2 - x2

- 20 Scissors X
- 25 Crunches
- 15 Butt ups
- 30 Hip twist
- 50 Heel touches

Day 3 - x3

- 25 Triceps Dips
- 30-sec Plank
- 20 Couch climbs
- 30-sec Hamstring stretch
- 30-sec Side plank

Day 4 - x2

- 25 Push ups
- 50 Jumping jacks
- 15 Burpees
- 30 Sit ups
- 45 Plank shoulder taps

Day 5- x3

- 25 Russian twist
- 20 Knee pull ins
- 25 Butt kicks
- 30 sec. Run in place
- 30 Heel raises

Saturday & Sunday

No rest days this time.
Push yourself to do 1 set from
each day.

RECIPE

Of The Month

Grilled Kiwi-Chicken Kabobs with Honey-Chipotle Glaze

visit: tasteofhome.com for more recipes

Makes 8 Kabobs

Ingredients

- 6 garlic cloves, minced
- 2 Tablespoons lime juice
- 1 Tablespoon olive oil
- 1 Teaspoon of salt
- 1lb boneless skinless chicken breast
diced into 1 inch cubes
- 8 Medium kiwifruit, halved
- 3 Tablespoons honey
- 1 Tablespoon minced chipotle peppers

Nutrition Facts

Per 2 Kabobs:

Calories: 284

Fat: 12g

Satfat: 5g

Carbs: 37g

Fiber: 5g

Sugar: 27g

Sodium: 380mg

Protein: 25g

Directions

Step 1

Combine garlic, lime juice, oil and salt. Add chicken and kiwi; turn to coat. Refrigerate, covered, 30 min

Step 2

Mix honey and chipotle peppers. Drain chicken and kiwi, discarding marinade. On 8 metal or soaked wooden skewers, alternately thread chicken & kiwi.

Step 3

Grill, covered, on an oiled rack over medium heat, turning occasionally, until juices run clear, 10-12 minutes. During last 4 minutes, baste frequently with honey-chipotle mixture.

Serve with fresh lime juice and rice if desired.



IF YOU OWN A RESTAURANT AND WANT YOUR RECIPE TO BE FEATURED IN NEXT MONTHS ISSUE PLEASE REACH OUT TO US

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**Pictured:
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Harlem location**

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