



Health, Wealth, Happiness & Spirit

FREE

Avoiding Overspending

Pg. 8

How to avoid overspending this holiday season

Seasonal Depression

Pg. 10

It's more than just being SAD

Winter Solstice

Pg. 12

The significance and pagan roots.

Starting Your Fitness Journey

Pg. 15

Tips & Tricks on how to stay fit

December 2021

Meet Our Team!



4011 Bailey Avenue
Amherst, NY 14226
(716) 362-7849

Join our team with your dreams!

Staff and Contributors

Staff Writers

Ralph Hernandez
Faizan Haq
Dr. Riffat Sadiq
Webster Tilton
Sue Perebody
Aaron Clift
Isaiah Kennedy

Editor-in-Chief Managing Editor Graphic Design Publishing Copy Editors

Faizan Haq
Katy Siwinski
SunSpin Media
SunSpin Media
Katy Siwinski
Caitlyn Conibear
Aaron Clift

Contributors

Sara Loft
Lana Shapiro
Roberta Schlehr
Dee Barczak
Mack Hill, Jr.
Sydney Haen
Katy Siwinski
Oliver Clarke
Ra'd Htoo
Lauren Trautwein

Advisory Board

Joe Cirillo, *Director of Public Relations and Communications, ECMC*
Dr. Riffat Sadiq, MD,
President & CEO of WNY Medical
Dr. Joe Serghany, MD,
Western New York MRI
John M. Hatcher, CEO
JMH Advisement, LLC
Elizabeth Hatcher
Sue Asquith



Health, Wealth, Happiness, & Spirit

4011 Bailey Avenue 716-362-7849
Amherst, NY 14226 yourhwhs.com

Follow Us!



/YourHWH4011



/YourHWHS



/YourHWHS

© 2021, SunSpin Media Productions. All rights reserved.
Reproduction in part or its whole without permission is prohibited.

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 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.

Contents

November 2021

- 4) New Years Resolution Planning
- 6) WNY Medical Spotlight
- 6) The Importance of Handwashing
- 7) Q&A on Mental Health
- 8) How To Avoid Overspending
- 10) Seasonal Depression
- 11) Shop Local: West Side Bazaar
- 12) Winter Solstice
- 13) Cash Envelope Budgeting
- 14) Reminiscing On Traditions
- 15) Starting Your Fitness Journey
- 16) Holiday Recipes For Everyone!

- 18) Media Corner: Narcos Season 3
- 20) Community Events
- 21) Packing Your Message
- 22) Activity Corner



**Hello! We
could use
your help!**

Scan me to assist
with targeting our
age demographics
and our overall
reading audience.

Stuck On Resolutions for

By: Sara Loft

It can be tough planning out your new year resolutions, we've come up with some ideas to get you started on how to make your resolutions more achievable!



CREATE MORE

1

Are you always on the go? Daily, we run to fulfill our responsibilities at home or at work. Sometimes, we need to slow down. Create more memories with your loved ones. Create more projects. You will feel fuller in life after building an idea in a wholesome way.

2

DECLUTTER THE MIND

Sometimes, life can get messy. Make a list of what small goals you want to complete for the month and stick to it. Your stress levels will lower.

3

NEVER STOP LEARNING

Is there something that interests you but you haven't sought after it? Visit a local library, pick up a book and take notes.

WATCH YOUR HEALTH

4

Staying healthy is usually the first goal mentioned. It shouldn't be the last nor the first. Maintaining a healthy lifestyle should be part of your daily routine. Keep up with your electrolytes and water intake. Exercising can be just a walk a few laps around your park or neighborhood. Seeking help when needed is better than letting it all build up. Ensure a good night's sleep after completing your preparations for the next day.

AVOID BURN OUT

5

Sometimes, we forget to take a break and end up feeling burnt out from it. Remember that it's okay to take a break sometimes, you deserve it! This year, make sure to be watching out for yourself and your own mental health by making sure you can handle the amount of work you take on.

2022? Use These!



6 MAKE YOUR RESOLUTION MEASURABLE

Many people very quickly lose the drive to achieve their new year resolutions because they simply don't see progress. Not everything will come in a day, but having a measurable goal in mind will help you see that, even though it might not be quick, it's happening.

7 IT'S ALL ABOUT FORMING HABITS

When you make a new year resolution, it's usually about changing your behavior in the long term or adding things to your routine. These changes will take time to get used to and adapt to. It's okay if you aren't going to the gym every day at first, one day a week is progress towards your goal!

What are some of your New Years resolutions? Let us know!
submit@yourhwhs.com



Jameela Y. Khan (PA) (IM) has been a Physician Assistant (PA) with WNY Medical, PC since 2010. She earned her physician assistant degree from Daemen College in May of 2010 and is currently working as a board certified PA at the main office on Harlem Road in Amherst. Jameela has a MBBS degree from India also from 1991. She has post graduation research experience at the Buffalo Psychiatric Center under Dr. Grace in schizophrenia/clozapine in 2006.

Jameela Y. Khan (PA) (IM) provides services at WNY Medical, 4985 Harlem Rd., Amherst NY. Call 716-923-4380 to schedule an appointment today!

The Importance of Handwashing

By: Lauren Trautwein

National Handwashing Awareness Week is December 6-12. Washing your hands is one simple way to keep you and your loved ones safe. This event seeks to bring attention to the importance of washing one's hands.

Not only can it keep you safe, it can keep everyone around you safe by limiting contamination. Germs can live on your hand for 3 hours and the number of germs on your fingertips doubles as soon as you touch a toilet. In order to insure you are keeping your hands as clean as possible, you should follow these 5 steps:

WET YOUR HANDS

Wetting your hands can help the soap lather and reach the entire surface of your hands

LATHER

Making sure the soap foams and bubble ensures that it is properly coating your hands

SCRUB

This doesn't just mean rubbing your hands together... you should be going between your fingers and under

your fingernails, and even up to your wrist to make sure you are thoroughly cleaning your hands

RINSE

Make sure to once again scrub as you rinse off the soap

DRY

Remember, you can spread 1,000 times more germs with damp hands than dry hands

While hand sanitizer has really come to the forefront of the hygiene discussion in recent months, it is important to remember that hand washing and hand sanitizer have different roles in keeping us safe. If your hands are visibly soiled, or you have the option of washing your hands, opt for washing your hands. It's gentler on your skin and can clear away any dirt or grime. Hand sanitizer is great as an on-the-go option: after grocery shopping, pumping gas, or before eating if there is no sink available. Remember, just like with washing your hands, it is important to scrub your hands until they are dry for hand sanitizer to be effective.

Q&A

With Dr. Sadiq

We sat down with Dr. Riffat Sadiq, President & CEO of WNY Medical PC to talk about the stigma around mental health. You can find the whole interview on our Youtube Channel!

Q WHY IT IS IMPORTANT TO BOOST AWARENESS FOR MENTAL HEALTH ISSUES?

A IN THE LAST DECADE, MENTAL HEALTH CONDITIONS AND SUBSTANCE ABUSE ISSUES HAVE RISEN 13%, AND IT'S VERY IMPORTANT TO RAISE AWARENESS BECAUSE OF THE STIGMA THAT CAN PREVENT PEOPLE FROM SHARING OR SEEKING HELP.

Q WHAT ARE SOME OF THE STIGMAS AND STEREOTYPES THAT THOSE SUFFERING FROM MENTAL ILLNESS MIGHT FACE?

A IN OUR CULTURE TODAY THERE ARE PEOPLE WHO WILL LABEL SOMEONE WITH ANXIETY AS COWARDLY, OR SOMEONE WITH DEPRESSION AS LAZY. EVEN SEEKING HELP CAN BE MET WITH THE LABEL OF BEING CRAZY. THESE ARE ALL HARMFUL, AND INCORRECT IDEAS.

Q NOW HOW CAN WE IN OUR DAY TO DAY LIVES HELP OVERCOME THOSE STEREOTYPES AND STIGMAS?

A EACH OF US CAN START ON THE PERSONAL LEVEL, TRY TO MAKE SURE THAT THOSE AROUND YOU KNOW YOU CARE ABOUT THEM, AND THAT YOU'RE THERE FOR THEM IF THEY NEED ANYTHING. SHOWING COMPASSION AND UNDERSTANDING CAN HELP MAKE PEOPLE MORE COMFORTABLE WITH BEING HONEST ABOUT HOW THEY FEEL AND WHAT THEY'RE STRUGGLING WITH.

Q WITH QUARANTINES AND OTHER ISOLATING EVENTS, HOW HAS THAT EFFECTED MENTAL HEALTH?

A THE SOCIAL ISOLATION FROM THE COVID 19 LOCKDOWNS HAS CREATED AN EVEN SHARPER INCREASE IN MENTAL ILLNESS. IN THE US ALONE REPORTS OF MENTAL ILLNESS IN ADULTS HAVE REACHED 4 IN 10. IN 2019 THE REPORTS WERE ONLY 1 IN 10 ADULTS.

Q ARE THERE SOME WAYS WE CAN ADDRESS STIGMA IN A BROADER SENSE?

A YES OF COURSE. IT IS VERY IMPORTANT TO ADVOCATE THE SERIOUSNESS OF MENTAL HEALTH ISSUES AND BRING AWARENESS TO THE HARM THAT IS CAUSED BY THE STIGMA. IT IS IMPORTANT TO CREATE AN ENVIRONMENT WHERE PEOPLE WHO ARE SUFFERING CAN BE TREATED FAIRLY AND WITHOUT DISCRIMINATION AND GET THE HELP THEY NEED.



How To Avoid Overspending During the Holidays

By: Ralph Hernandez

From when you wake up in the morning, to when you go to sleep at night, you are overloaded with hundreds of advertisements, flashy products, and other more subtle marketing techniques. When you're trying to live on a budget, these things are your enemy. Here's how to avoid the urge to overspend:

MAKE A LIST, AND STICK TO IT

Many times, when we intend to make a shopping list, we end up getting in a rush and running out the door. Then we end up buying a lot of stuff we didn't intend to and probably don't need.

The easiest way to make a list is to keep a notepad in your house and write an item down when you run out or realize you need it. Then, when you get to the store, only buy what's on the list.

NEVER SHOP HUNGRY, SAD, OR ANGRY.

We've all heard that you shouldn't shop hungry. If you've ever decided to hold off eating to go food shopping, you know why. Always remember to eat a snack before heading into the grocery store.

But hunger isn't the only thing that can alter your spending habits. Many people are more likely to spend money when they are emotional as a to make themselves feel better. While you can't always control when you need to go shopping, try to hold off on your trip if you're having a really bad day!



NEVER BUY A PRODUCT SIMPLY BECAUSE IT'S ON SALE

If you can get virtually the same product for a lower price tag, go ahead and do it. But if you never buy frozen dinners, don't buy one just because it's on sale. You end up leaving with a lot more than you meant and increase your spending.

BUY ONLY WHAT YOU NEED, ESPECIALLY IF IT'S PERISHABLE

Often, stores offer sales only if you buy larger amounts of a product. Sure, you get each one cheaper, but you end up spending more money in the end. If the item is perishable, it may end up going to waste. If the item isn't perishable, you still need to look at how the extra purchase will affect your budget. Saving a few dollars may not be worth it if you must go without something else you really need or overdraft your checking account.

Also, take a closer look at the policies of the stores you shop at. Stores like Wal-Mart may put up signs such as "2 for \$10", but if you only buy one, you still get the \$5 price tag!

PRIORITIZE WHAT YOU WANT VS. WHAT YOU NEED

Occasionally, even people on a budget can spoil themselves with little treats or even a large splurge. The key is not doing it all the time so that you can stay within your budget.

Make a list of all your expenses and prioritize them based on your wants and needs. Take care of each need in order. If you have money to spoil yourself when you get near the bottom of the list, then you know you can afford an extra purchase. Just remember to include a savings account near the top of your list in case of emergencies. By watching yourself and using a little control, you can keep yourself from going overboard.



Ride Into Savings!

Emcompass Agency can freeze a snow-stopping bargain on your insurance this winter!

ENCOMPASSAGENCY

VIRTUAL INSURANCE AGENTS
FROM BUFFALO, NEW YORK!

encompassupstate.com



We Offer:

Printing
Graphic Design
Video Production
Social Media Marketing
& Photography

Our Reviews Speak For Themselves!

This was an absolutely wonderful experience. **The SunSpin Media team exceeded my expectations** especially after doing my due diligence other companies as well, there was more stars they would definitely get them. Simply put **they want to know everything about you and your business so that they can best fit your needs** as well as your budgets. I'm glad to have teamed up with such a great group!

-Brian West

GET IN TOUCH TO SEE WHAT WE CAN DO FOR YOU!

www.sunspinmedia.com | (716) 775-7776 |

ssm@sunspinmedia.com

4011 Bailey Ave. Buffalo, NY 14226

Seasonal Depression: More Than Just Feeling Sad

By: Aaron Clift



As things get colder and days grow darker in Buffalo, you might start feeling a little blue. You aren't the only one.

WHAT IS SEASONAL AFFECTIVE DISORDER?

If you usually feel blue this time of year, you might be one of millions of people who suffer from Seasonal Affective Disorder (SAD). About 10% - 20% of people have some form of it, and it most commonly occurs in climates where there is less sunlight at certain times of year, like here in Buffalo.

Symptoms of SAD can include:

- A persistent low mood
- Hopelessness
- Fatigue & Lethargy
- Social withdrawal
- A craving for carbohydrates & weight gain

WHAT CAUSES SAD?

Though the exact cause of SAD is still not understood, we know it's linked to the reduced exposure to sunlight on autumn and winter days. This lack of sunlight can affect:

- **The production of melatonin:** Melatonin is a hormone that makes you feel tired. People with SAD may produce it at higher levels.
- **The production of serotonin:** Serotonin is an important hormone that affects your mood. A lack of sunlight leads to lower serotonin levels which leads to feelings of depression.
- **The body's circadian rhythm:** Your body uses the sunlight to time out it's important functions, like waking up and going to bed. The lower light levels may mess with your circadian rhythm and lead to symptoms of SAD.

WHAT CAN YOU DO TO TREAT SAD?

With SAD being so common, there are many ways you can treat your winter blues:

- Get as much indoor daylight as possible
- Go outside as much as you can
- Get regular exercise
- Take vitamin D
- Use a light box or dawn simulator

As with any treatment, communicate with your doctor and figure out which of these might work best for you, your lifestyle, and the climate you live in.

DID YOU KNOW?

People can also experience Seasonal Affective Disorder during the summer months. This version is believed to be linked to *too much* sun. Those who do experience it even have different symptoms than those who experience it in the winter, including:

- Episodes of violence
- Weight loss
- Poor appetite
- Insomnia
- Restlessness
- Anxiety

They're almost exact opposites!

Support Local: WEDI & West Side Bazaar

By: Ra'd Htoo

WEDI's purpose is to focus on "business and educational opportunities for the citizens of Buffalo's West Side." WEDI continues to bring together those who want to make the West Side a viable community and those who have the resources to do so. WEDI's economic development program was born out of local needs. The West Side of Buffalo, notably Grant Street, was once a flourishing business sector but has since lowered over the years.



WEDI's current initiatives include the ENERGY after-school program, company development, mentorship, micro-loans, and West Side Bazaar.

Westside Bazaar debuted on March 3, 2011, at 242 Grant Street near Lafayette Avenue, housing six freshly minted company entrepreneurs from Rwanda, South Sudan, Peru, Indonesia, and the USA. Westside Bazaar immediately became a gathering spot for locals to

shop, eat, and chat at. Since then, three entrepreneurs have successfully expanded their enterprises beyond the Bazaar.

In 2012, Westside Bazaar received a 21st Century Grant from the Community Foundation of Greater Buffalo and extended its storefront in the center of Buffalo's Grant and Ferry Marketplace. Exotic handcrafted items, apparel, and jewelry from all over the world, as well as fresh fascinating ethnic meals, are available at 25 Grant Street.

Almost 10 years later, Westside Bazaar is looking to expand to a much bigger space. In the next year, Westside Bazaar is looking to move into a new location on Niagara Street. This new location will have room for 20+ restaurants, a variety of retail and different businesses, and a second floor that will be used as a community space. This will be big for people that have visited Westside Bazaar over the years and people that are new to seeing Westside Bazaar for the first time. There will be more places to visit and see and more business opportunities for the local community.

JOB & CAREER OPPORTUNITIES

IT Interns
Sales Interns
Contact: hr@manageyourbiz.com
(716) 362-1558

FT & PT Medical Assistants & Front Desk
Contact: jobs@wnymedical.com
(716) 923-4380

Maintenance & Repair, Property Improvement, Landscaping & Snow Removal
Contact: jobs@hawkdevelops.com
(716) 256-1673

Internships: Marketing, Video & Photo, Journalism, Graphic Design & Print
Contact: ssm@sunspinmedia.com
(716) 775-7776

Spiritual Significance of the Winter Solstice

By: Lana Shapiro, Holistic Life Coach, Reiki Master & Lifepath Astrology Reader



Winter Solstice marks the beginning of winter in the Northern Hemisphere. In 2021, it will take place on December 21st, at 10:59 am EST. We will experience the longest, darkest nights of the year and the shortest day of the year with the least amount of daylight. The word

Solstice is derived from Latin, “Sol” meaning Sun and “sistere” meaning to make stand.

During the time of Winter Solstice, the Earth axis pauses and stands still, then shifts and starts moving in the opposite direction. This process typically takes place in three days.

To some, this time may sound dreary and dark and even depressing, but Winter Solstice is actually a very sacred day. It marks an important milestone for many cultures throughout the world. In Pagan tradition, the Winter Solstice is referred to as the day of “Yule”, marking the birth of a new solar year.

TIME TO GO INWARD

Winter is a time for patience, silence, and going inward - a hibernation in a way. This is a time to lean into the darkness to find your inner light. A time to envision where you want to see yourself in the future projects to work on that you want to birth in the Spring. The possibilities of using your imagination are limitless.

Winter is also a good time to clear our thoughts out. Having more time to sit in solitude with your thoughts, is an opportunity to concentrate exactly on what kinds of thoughts you have running through your head daily and get rid of any thoughts that no longer serve your highest good.

Did you know that you can actually be much more productive when you are in a state of rest and aren't constantly thinking about “what comes next”? Being able to focus more on the here and now, helps you ground yourself and stay more mindful throughout the day.

TIME TO GET IN TOUCH WITH YOUR SPIRITUAL SELF

The energy of winter is a sacred time of rest and reflection, it is not the time to run around frantically to stores and stress about the holidays. That's not the true meaning of holidays anyway, but we'll save that topic for another post. What we need is to rest and gather our strength for the upcoming season of renewal in the spring. Break down the old paradigm that resting and relaxing is a sign of laziness. Rest is very necessary for future growth.

Let's all take a lesson from mother nature. While the earth silently sleeps, seeds rest, animals hibernate, it is all in preparation for the massive growth that will take place in the Spring.



DON'T BE AFRAID

We are all cyclical beings, so it is important to allow ourselves to experience nature's cycles. Winter is a time to bring awareness to those feelings you may have been hiding from, trying to suppress by staying busy. Negative emotions can certainly feel uncomfortable, but they are necessary to understand and not hide from. Not hiding in the darkness can be one of the biggest catalysts on our transformation journeys. We grow by what we go through and allow ourselves to fully experience. An opportunity to find that inner light, allow your feelings to guide you.

There is a metaphorical significance to the Sun standing still during the Winter Solstice. It is a reminder of the immense power we have within us (reflected in the power of the Sun) and being still is like a built-up of energy waiting to be released as we enter into the new year.

No matter what happens, your inner light never dims.

Cash Envelopes: A Physical Money Saving System

By: Sue Perbody

Dave Ramsey's Cash Envelope system has taken over social media by storm within the last few months. From small businesses popping up to sell custom envelopes and holders for them, to TikToks showing people how to do it, what's the hype all about?

WHAT IS THE CASH ENVELOPE SYSTEM?

The cash envelope system is self explanatory, you put your cash into different envelopes based on various budget categories you set. You decide what amounts go in which envelopes. This forces you to use cash for these expenses so you can't just swipe your card and forget about it.

People use the cash envelope stuffing method to help manage variable expenses like groceries, entertainment, hobbies, gas, etc. Fixed expenses like rent payments or car payments are not covered in this budget planning, as you stuff your envelopes with your fixed spending in mind.

HOW DOES IT WORK?

Let's say after my fixed expenses of rent, car payments, insurance, and etc. I have \$900 left in my monthly budget, or \$450 biweekly, how would I go about stuffing my envelopes?

First, let's create our envelope categories. Mine will be Groceries, Entertainment, Clothing, Ordering Out, Savings, and a Vacation Fund. Go down your list and determine what is most important/necessary and stuff those envelopes first.

If you've been observing how much you spend on these things, that's great, this makes things easier! If you haven't, this might take some experimentation, and it's okay to not be perfect right away.

You can also always add/subtract categories each month, for example, some people might have holiday gifts in their categories this time of year.

Here's what my monthly envelope budget might look like:

CATEGORY	BUDGET
Groceries	\$250
Clothing	\$150
Eating Out	\$100
Entertainment	\$150
Savings	\$150
Vacation Fund	\$75
Total:	\$875

If you have any extra cash like I do in this case, save it in your bank account for emergencies, this extra cash can add up over weeks!

Keep track of how much you put into/take out of the envelopes so you can easily track just how much you use each month.

HOW DOES THIS HELP ME SAVE?

The cash envelope system makes it easy to keep track of how much you spend and what you spend it on. Seeing where the money is going can be a transformative process on it's own, however, having these envelopes can make you think twice about that impulse purchase, as you might not have a lot of money left in your envelope.

GO GET SOME PLAIN ENVELOPES AND GET BUDGETING!



Reminiscing on Christmas Family Traditions

By: Oliver Clarke



Like many other children and grandchildren of immigrants, my family does Christmas a little differently. Ever since my Dutch grandmother Hendrika married my American grandfather Jim, we have celebrated it twice—Sinterklaas Day on December 6th, and Christmas on December 25th.

We are the obnoxious neighbors who start hauling out the decorations immediately after Thanksgiving, or one memorable year, after Halloween. As children, little was more fun than putting out our wooden shoes on the hearth, filled with grass and carrots for Sinterklaas' flying white pony, filled with anticipation for the next morning, when my brother and I knew that the pony snacks would be gone, to be replaced with silly riddles that had us giggling and hunting all over the house for our candy.

Of course, Christmas was a more elaborate affair. On Christmas Eve, my family would have a little special dinner together, open one present each to heighten anticipation for the rest, and set out milk and cookies for Santa Claus... Nothing for his reindeer, unfortunately. Christmas morning, our parents soon learned that if we were allowed to dive into our candy-filled stockings first thing in the morning, they would be spared an early wake-up call. After we had sufficiently gorged ourselves on candy, the floor littered with shiny wrappers, my parents would finally get up, and we would have fresh-baked cinnamon rolls for brunch. At this point, the very peak of our sugar high, we each took turns tearing into our presents.

After we all cleaned up the living room, my mom would prepare two of her family-famous pies while my brother and I played with our new toys, excited to continue the festivities at our grandparents' house as soon as the pies were put together. I can still taste my Nama's spinach salad, roast beef, mashed potatoes and gravy, and of course, the clove sweetness of her show-stopping pickled beets (yes, really!).

The holidays now are a little less intense in their sugar-fueled, technicolor vibrancy than they were when I was a child, and instead of hunting for treats, we just buy stroopwafels and boterkoek and call it a day. I may not have my mother's baking talent, and I've never been able to perfectly reproduce my Nama's pickled beets, no matter how many times she explains them. But still, if I have children one day, I want to give them the best double Christmas holiday season I can, just like my family did for me.

Tips For Starting Your Fitness Journey

By: Isaiah Kennedy; Professional Wrestler



I started my fitness journey over 5 years ago and throughout the years I have experimented with all sorts of workout plans, exercises and etc. Going back to when I first started there is a lot I would change now that I am older. I hope to inspire people to take that first step in their fitness journey and push themselves to be a better version of themselves.

Choosing to go to the gym is a hard decision to make because there could be a fear of failure or a sense of being lost. When I first started it was a bit challenging because I didn't know where to start, what do to do, and simply what I am doing there. I noticed years later one of the reasons why I had initially found it challenging is because I did not have a goal.

If someone does not have a goal planned it is going to be difficult for them to consistently go to the gym because the thought process over time would be why am I going to the gym in the first place? When starting to plan your goals you must be specific in what you want to achieve. For example, one goal could be, "I want to lose 20 pounds by the end of April." This goal is perfect because there is a measurable objective planned and a time to achieve it planned with it. It is crucial that you have both: that goal that you have planned will keep you motivated until you fulfill that goal.

Over time your goals will change but along with them will be motivation. Motivation will get you far along in your journey but over time you may not feel as motivated as you once did and that's okay! When motivation is no longer there, your discipline or routine will kick in and keep you on your journey.

Having a goal is the most important part of starting your fitness journey but there are also other things that are just as important such as patience, dieting, recovery, and a workout plan that fits you. You can look forward to those tips in future editions of Your HWHS!

What To Add To Your Workout Plan

If you are looking to lose weight, one cardio exercise that you can add is an incline walk on the treadmill for 30 minutes.

I have the treadmill at a 12% incline and a speed of 3.0. If you want to go higher or a bit lower you can, do whatever you can handle. Doing this for 30 minutes will help you burn a lot of



Happy Holiday Recipes

This Holiday season, join us as we bring in the new year with with three fun, festive, and flavoursome recipes!

Eggnog French Toast

INGREDIENTS

- 1 loaf crusty country-style bread, sliced 1-inch thick (dried for 1 hour in open air)
- 1 1/2 cups eggnog, store-bought or homemade
- 2 tablespoons dark rum (optional, can omit or use 2 teaspoons rum extract)
- 4 large eggs
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- 3 to 4 tablespoons unsalted butter

INSTRUCTIONS

1. Place a metal wire rack in a rimmed baking sheet. Place it in an oven and turn the oven to 250°F.
2. Combine the eggnog, rum (if using) eggs, cinnamon, nutmeg and vanilla in a large bowl. Whisk until uniform in color. Dunk two or three pieces of bread into the batter, flipping over to make sure both sides get covered.
3. Heat 1 tablespoon of butter in a large skillet or griddle on medium heat. Once the butter has melted, move the soaked bread from the bowl (or baking pan) using tongs or your fingers, letting any excess batter drip off the bread. If you left the toast to soak overnight, be careful as the bread will be more fragile. Fry the toast for 2 to 3 minutes, or until the bread is golden brown. Flip the toast with a spatula and continue to cook for an additional 2 or 3 minutes until both sides are equally brown. While the toast is cooking, place more slices in the bowl to soak up the batter.
4. Move the finished toast to the wire rack in the oven, and repeat with the remaining bread, soaking first then frying. Serve immediately with maple syrup or whipped cream.



The Grinch's Roast Beast

INGREDIENTS

1 (5-pound) bone-in rib eye roast
1/4 cup packed light brown sugar
1 tablespoon sweet paprika
2 teaspoons ground black pepper
2 teaspoons sea salt
3 tablespoons olive oil
3 tablespoons butter
2 heads garlic, halved
2 bay leaves
4 sprigs fresh thyme
2 sprigs fresh rosemary
1/2 cup beef broth
1 (12-ounce) bottle stout beer ex.
1 (15-ounce) can diced tomatoes

INSTRUCTIONS

1. In a small bowl, combine brown sugar, paprika, pepper, salt and olive oil.
2. Pat roast dry and place in a shallow baking pan and generously coat all sides with spice mix.
3. Marinate, uncovered in the refrigerator, for 1 hour, preheat oven to 375 degrees.
4. Heat a large, heavy-bottomed pot on high and brown roast on all sides, add butter, garlic, bay leaves and fresh herbs.
5. When butter melts, add broth, beer and tomatoes with juice and bring to a boil.
6. Cover and transfer to the oven. Braise until meat is very tender, up to 2 hours.
7. Remove the roast from the pan and rest for 15 minutes before slicing.
8. Meanwhile, strain the pan juices and return to the pan. Boil until reduced by half.
9. Serve sliced roast with pan sauce.



Sugar Cookie Cut-Outs

INGREDIENTS

1 pkg. (8 oz.) Cream Cheese, softened
1 cup butter, softened
2/3 cup granulated sugar
1/4 tsp. vanilla
2-1/2 cups flour
1/2 cup colored sugar

INSTRUCTIONS

1. Beat cream cheese and butter in large bowl with mixer until blended. Add granulated sugar and vanilla; mix well. Gradually add flour, beating well after each addition. Refrigerate several hours or until chilled.
2. Heat oven to 350°F. Roll out dough to 1/4-inch thickness on lightly floured surface. Cut into desired shapes with 3- to 4-inch cookie cutters; sprinkle with colored sugar. Place, 2 inches apart, on baking sheets.
3. Bake 12 to 15 min. or until edges are lightly browned. Cool on baking sheets 2 min. Remove to wire racks; cool completely and then ice with your desired frosting .



A Review of Narcos: Mexico, Season 3 &

By: Webster Tilton



Photo by JUAN ROSAS/NETFLIX/JUAN ROSAS/NETFLIX - © 2021 Netflix, Inc.

SPOILERS AHEAD!

For three years *Narcos: Mexico* has served as the companion series to the original *Narcos*, set in Columbia. And for three years it has done a great job of telling the Mexican side of the story. But as much as I loved how it was done, there were a few issues. Three issues, to be precise.

First, if you've read my other reviews you know I get tired of any series after this many seasons no matter the quality. The second is related, and that's the issue of predictability. You can only have so many years' worth of a show where drug dealers betray other drug dealers and cops make morally gray decisions to try and stop them. The third problem takes longer to explain but, boiled down, can be summarized as me being irritated when I'm asked to feel good about good things happening to bad guys. Before I jump in let me clarify. I love complex, multilayered villains who feel human, and I do not moralize when I'm watching TV shows. TV shows are entertainment, and *Narcos* is the last show ever where moralizing has any place. It is far, far too grounded in reality for that.

Here's the issue: there are some scenes where the show wants to audience to view the drug lords

sympathetically. This season gives us a good example with Amado Carrillo Fuentes, the so-called 'Lord of the Skies'. Amado doesn't torture or kill civilians, and when he kills other drug dealers they're ripping him off, and he's shown to be pretty decent with his employees. There's also a subplot where his daughter with his ex-wife dies of asthma, which triggers a slow change of heart that ultimately yields his decision to get out of the business. In other words, he's (giant quotes around this one) 'not a terrible guy'. Even the DEA is focused on other much more outwardly destructive drug lords. Towards the end of the series, Amado enacts his plan to escape with a woman he's fallen in love with. The final scene of the series all but flat out confirms that he succeeded. This is played as a (kinda sorta) good thing and it feels wrong. My suspension of disbelief is broken when a drug lord who killed lots of people (but they're all corrupt cops or gangsters... so it's ok right?) smuggled thousands of tons of cocaine, gets a happy ending set to a jaunty Mexican ballad. The show isn't exactly screaming its approval of Amado's ending, but it isn't an unhappy moment.



Photo by JUAN ROSAS/NETFLIX/JUAN ROSAS/NETFLIX - © 2021 Netflix, Inc.

Contrast this with another character in this season who didn't get a happy ending despite a very well-

a Narcos Retroretrospective

executed redemption arc. An ordinary-ish Mexican police officer named Victor Tapia, who engages in ordinary-ish corruption (including the murder of drug dealers) to supplement his pathetic police salary. At the beginning of the season Victor starts investigating



Photo by JUAN ROSAS/NETFLIX/JUAN ROSAS/NETFLIX - © 2021 Netflix, Inc.

the disappearance of a teenage girl from her job at a sweatshop factory, but only to satisfy his wife who asked on behalf of a neighbor. Initially almost indifferent, he rapidly begins to care when his lukewarm efforts reveal many such young women disappearing and winding up brutally murdered. He realizes that his perfunctory investigation is the only effort that anyone is putting in, and almost nobody cares. But eventually, Victor himself cares enough to volunteer as a DEA informant in exchange for their help. And when that

isn't enough and he's forced to go it alone. The real tragedy comes when he does get the man he's looking for, only to find out that this killer was just one of many who are using the female maquiladora (factory) workers like disposable dolls. And in the end, he gets shot in the head by his police partner for being a DEA informant.

Victor's depressing and predictable ending works so well because it was both played as a tragedy and felt tragic. It perfectly expresses Narcos' primary theme; the futility of trying to do the right thing. Amado's ending is played as a kinda-sorta good thing, but it didn't feel good because Amado didn't do anything to make himself good. Get it now?



Photo by JUAN ROSAS/NETFLIX/JUAN ROSAS/NETFLIX - © 2021 Netflix, Inc.

Not that you shouldn't watch season 3. It took me 456 words to express my only real problem with this season. It's excellent and you should watch it immediately. And after that, you can watch Cowboy Bebop, and The Witcher season 2, The Expanse season 6, and whatever Christmas crap Netflix blesses us with this year. Enjoy!

WINTER IS HERE...



HAWK
DEVELOPMENT
(716)-256-1673
WWW.HAWKDEVELOPS.COM
Property Solutions

STAY PREPARED.

DECEMBER COMMUNITY ***EVENTS



Create Holiday Magic Presents: Sensory Friendly Event

In partnership with Autism Speaks, Sensory Friendly Santa Experience for the community at the Fashion Outlets of Niagara Falls, 1900 Military Road, Niagara Falls, NY 14304.

Sunday, December 5, 2021
9:30 AM - 10:30 AM • FREE!

Polish Falcon Club Presents: Santa's Helpers Craft & Vendor Fair

Come on out to support your local small businesses. We have some fabulous and unique crafters as well as some of your favorite vendors, too! Located at 445 Columbia Avenue, Depew, NY 14043.

Saturday December 11, 2021
11AM - 3 PM • FREE!



GROW Buffalo Business Presents: Monday Night Impact: Francis Fernando

Free for GROW members, join us for an impactful talk with real estate agent, investor, and entrepreneur Francis Fernando! Gathering will be at 5416 Main Street, Williamsville, NY 14221.

Monday, December 13, 2021
5 PM - 8 PM • \$15 non-members

Blood Is Blood Presents: Semi-Annual Gay Alliance Blood Drive

The American Red Cross asked Blood is Blood to hold a Winter LGBTQ+ Blood Drive. If you donate at this Blood Drive you will receive a Pride Pin and T-Shirt. Held at 786 Delaware Ave, Buffalo, NY 14202.

Wednesday, December 15, 2021
YOUR HWHS • FREE!



YOUR AD COULD GO HERE!

**Find Out How:
716-362-7849**



OUR TEAM



YOUR FOCUS

Accounting	Web Development
Human Resources	Branding & Production
Information Technology	Real Estate Management
General Business Services	Non-Profit Administration



MYB

Manage Your Business

5792 Main Street
Williamsville, NY 14221
manageyourbiz.com
(716) 923-4385 (office)
(716) 923-4389 (fax)

Packing Your Message

By: Faizan Haq, President & CEO, Manage Your Business LLC



A gap in communication. Communication breakdown. Lost in translation. The message didn't get through. We hear this in organizational meetings all the time. Something said in a hurry gets misinterpreted, written instructions are followed to the letter but the outcome is

the opposite of what was intended, or a misread policy causes setbacks to the organization. In such situations, the problem may not be the communicatee but it may very well be creating, packaging, shipping and delivering of the message. So, my conclusion is, "Always engage in proactive and contextual communication."

Contextualizing the message forces the clarity of the message, first in your own mind and then in the mind of the messenger and the receiver. The choice of

communication technology as a medium to carry the message is equally important. One needs the right tool for the right job; such as, in-person meetings, direct emails, a group chat, or a simple phone call. Think before you speak (communicate). A century old cliché so true it shall be followed to the letter.

Practicing proactive communication requires anticipating the reactions to your message. It means to know and understand your audience; their capacity, their limits, their position, their history and if possible, their cultural identity. It is not easy, however, if one continues to practice, eventually you get good at it. The key is to remain consistently interested in the lives of the people around you. This also helps in promoting productive teamwork and forging life-long friendships. This holiday season, while you sit with your coworkers or loved ones, don't forget to contextualize your communication, and proactively engage in their lives.



Tahir M. Jaffri, LUTCF®

Financial Services Executive,
Financial Advisor
CA Insurance Lic. #0F09115

Tel: (716) 650-6449

Fax: (716) 634-1747

tjaffri@fpuny.com



Retirement Plan Solutions

The most appropriate retirement plan depends on your goals and the demographics of your business. Generally, if you are older and receive a higher salary than your employees, you may benefit the most from an Age Based or New Comparability plan. Under either of these plans you may receive a larger share of your company's contribution without violating IRS nondiscrimination rules.



FINANCIAL PARTNERS
OF UPSTATE NEW YORK

a MassMutual firm

Retirement Plans

- An Aged Based Profit Sharing Plan
- New Comparability Profit Sharing Plan
- Nonintegrated Profit Sharing Plan
- Integrated Profit Sharing Plan

Employer costs can be further reduced if the Age Based or the New Comparability Profit Sharing Plan is combined with a 401(k) plan, which gives employees an option to defer on a pre-tax basis.

6500 Sheridan Drive, Suite 300 | Williamsville, NY 14221 | www.fpuny.comLocal

Local firms are sales offices of Massachusetts Mutual Life Insurance Company (MassMutual), and are not subsidiaries of MassMutual or its affiliated companies. Securities and investment advisory services offered through qualified registered representatives of MML Investors Services, LLC. Member SIPC. 400 Meridian Centre, Ste 101, Rochester, NY 14618. (585) 241-5200. Not all representatives are licensed and appointed to offer all the services listed. CRN202410-982580

Unwind With Our Activity Corner!

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

Christmas
Holidays
Candy Cane

Giving
Cookies
Sweater

Hanukkah
Kwanzaa
Snowflake

SNOWY OWL PINECONE

Thing you will need:

- ❖ Pinecones
- ❖ White, beige and orange felt
- ❖ Cotton Balls
- ❖ Googly eyes
- ❖ Glue
- ❖ Scissors
- ❖ Pencil or small round stick



STEP 1: Tear up the cotton balls and stuff them in the pinecone with the pencil or round stick.

STEP 2: Cut the beige felt into a small oval shape for the head. Cut the white felt into a pair of wings and a smaller oval. Cut a beak out of orange felt.

STEP 3: Glue the beak to the bottom of the beige oval and then glue the small oval on top of them. Glue the googly eyes to the white oval.

Step 4: Glue the wing to the sides of the pinecone under the head.





DAWN

MARTIAL ARTS AND FITNESS CENTER



CALL TO
ENROLL NOW! **716-882-8990**

www.dawnmafc.com • info@dawnmafc.com

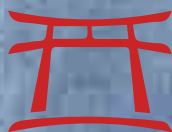
No Contract Packages starting at \$40 a month!

Family Discounts Available!

 Dawn Martial Arts and Fitness Center

 Dawn Martial Arts

 DMA_fc



**5959 Main Street
Williamsville, NY 14221**