



YOUR
HWHS

Health, Wealth, Happiness & Spirit

A Fresh Start

Pg. 10

2022 is your time to start fresh!

Making A Workout Plan

Pg. 15

Start the New Year with a new workout plan!

Cowboy Bebop

Pg. 18

How was the remake of the classic anime?

FREE

January 2022

Meet Our Team!



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Join our team with your dreams!

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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 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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Letter From the Editor:

Hello!

I'm Aaron, and I've recently joined Your HWHS as the managing editor and a staff writer. If you see any major changes to the magazine within the next couple months, that's most likely my work!

I'd love to hear what everything thinks of the magazine and what we can do to improve it. If you have any suggestions or even want to write something for the magazine, shoot us an email at submit@yourhwhs.com.

Cheers to a better 2022!

Aaron Clift

Bullet Journaling: Everything

By: Sue Perbody



By now, you've probably seen plenty of people on social media brag about the beautiful bullet journals they plan on making or 2022. They might look intimidating, but there's nothing to fear: they don't have to look that good. Let's figure out how you can get started with bullet journaling and see if it works for you!

WHAT IS A BULLET JOURNAL?

A bullet journal (or BuJo for short) contains a good mix of a planner, diary, and written meditation. It helps turn your daily planning into a streamlined system that helps you keep track of personal and professional goals and achieve them! There are plenty of sections you can add to make it your own, from calendars to daily-to-do's you can make your journal to fit your needs!



WHERE DO I START?

Let's start by getting your supplies. A simple dot grid notebook and some no bleed pens will do the trick! If you're feeling adventurous, look into fun and colorful gel pens, dual-tip brush pens, highlighters, or even fun bullet journaling stencils to help guide your creativity! If you're not the creative type, there's even premade journals for you to use.

Now, don't get ahead of yourself, we don't need to think about the aesthetics of your journal yet. The first thing we should be asking ourselves is, "What should this journal do for you?" Take this into consideration as we plan what to put into your journal.

You Need To Know!

I GOT THE JOURNAL, NOW WHAT?

It might be difficult to figure out exactly what pages or spreads you want to put into your notebook, however, we have the basics for you to start with:

The Index: The index lives at the front of your notebook and works as a way to locate content in your journal. Keep note of the major things you put in your journal, like the start of each month, drawings, or important notes, or anything else you might want to look back on later.

The Future Log: Dedicate a couple pages to outline your future plans and goals. Organize these by month, and when you reach that month in your journaling, migrate these things over to your monthly log!

The Monthly Log: The monthly log consists of two things: A **Calendar Page** and a **Task Page**. The calendar page should give you a simple bird-eyes view of everything you have going on in a month, while the task page is there to narrow down your monthly priorities. Did you finish everything from last month? Add those tasks here as well if relevant.

The Daily Log: This log is designed for day to day use. Record the date at the top of your page and simply take notes of your important events. Don't plan these super far ahead, you'll never know how much space you'll need!

You can always add a custom log to track things like workout plans, food logs, diary, a sketchbook, or more!

BULLET JOURNALING SHORTHAND

At this point, you might be thinking to yourself, "Wow, that looks like a lot of writing." Don't worry, we've got you covered there as well! The BuJo community has plenty of shorthand symbols you can use to denote the importance of things. You can always change these to suit your needs.

TASKS: •

NOTES: -

EVENTS: O

PRIORITY: *

INSPIRATION: !

There is plenty more to learn about bullet journaling that I couldn't cover in this article. To find out more, head to bulletjournal.com for some more tips and tricks on how to start!





Nupur Sandlesh is our HR Director at Edinocom Corp and its affiliates. She first joined the company in 2012, and her role has continued to evolve as the company has progressed and expanded.

Nupur focuses on how to help our team oversee internal and external events, managing recruiting, training, and orientation. In addition, managing employee relations, employee performance, benefits, and compensation. Finally, she works towards maintaining a positive relationship between employees and executives. "As an HR professional, I get a chance to create meaningful and lasting relationships by doing my best to support our company's biggest asset - our team. I believe in "serve by leading, and lead by serving." "

Thank you Nupur for all your hard work and dedication to our WNY Medical team!

National Glaucoma Awareness Month

According to the American Academy of Ophthalmology, Glaucoma is a disease that damages your eye's optic nerve. It usually happens when fluid builds up in the front part of your eye. That extra fluid increases the pressure in your eye, damaging the optic nerve.

THERE ARE TWO TYPES OF GLAUCOMA:

PRIMARY OPEN GLAUCOMA: In this type of glaucoma, the fluid that needs to be drained doesn't drain properly causing the damage to the optic nerve, just like a clogged drain. This is among the most common glaucoma. This type is painless and causes no vision loss at first. The people who have higher than normal pressure in their eyes need to see a doctor regularly to make sure that they don't develop this type of glaucoma. The regular eye exams are helpful to detect the early signs

ANGLE CLOSURE GLAUCOMA: This type happens when someone's iris is very close to the drainage angle in their eye. The iris can end up blocking the drainage angle. It's like a piece of paper sliding over a drain. When the drainage angle gets completely blocked, eye pressure rises very quickly. This is called an acute attack. It is a true eye emergency, and the ophthalmologist should be seen right away, it can cause blindness

Here are the signs of an acute angle-closure glaucoma attack:

1. Vision is suddenly blurry
2. Have severe eye pain
3. Have a headache
4. Feel sick to your stomach (nausea)
5. Throw up (vomit)
6. See rainbow-colored rings around lights

Many people with angle-closure glaucoma develop it slowly. This is called chronic angle-closure glaucoma. There are no symptoms at first, so they don't know they have it until the damage is severe or they have an attack.

Angle-closure glaucoma can cause blindness if not treated right away.

There are three methods for the treatment of this disease

- Eye Drops
- Medications
- Surgery

These methods will not cure the disease but will make it manageable. There is no cure for glaucoma and that's why its important that it is caught at early stages to prevent permanent blindness.



How To Use Focus To Stop Procrastinating

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

Ever feel like you are so busy all the time, but you don't actually get important things accomplished?



There is a big difference between being busy and being productive. That difference is FOCUS!

I get the most things accomplished when I am in my focused cocoon- no distractions, no noise - just me, my to-do list, and my intense concentration- I get more accomplished in a few hours than I sometimes do in a week full of distractions.

I'm going to share a few tricks that help me beat my procrastination and help to increase my overall focus

ASK YOURSELF, "AM I ENJOYING WHAT I'M CURRENTLY WORKING ON?"

Not enjoying the task you are working on is one of the biggest reasons why people procrastinate, feel distracted and put things off until last minute. If it doesn't set your soul on fire and feels like a daunting chore, delegate it to someone else.

PUT AWAY ALL DISTRACTIONS

That means putting "do not disturb" on your phone or putting the phone away altogether. If you are working on your computer, the only tab to have open should be the one you are working on. Turn off all the "dings" for notifications that may come through while you're working. All those emails can wait, trust me - they are not going anywhere

SCHEDULE SPECIFIC TIME BLOCKS WHEN ALL YOU DO IS THE TASK YOU ARE FOCUSED ON

Set an actual timer for an allotted period of time to focus on your task and when that timer goes off that means you are done. This will prevent over-working and eventual burnout, which again will make whatever you are working on feel like its less of a chore and more of an exciting project

SCHEDULE MEAL BREAKS AND WATER BREAKS

Your brain can only focus for so long before your mind starts to wonder and distracting thoughts start interrupting your flow. Having designated breaks for meals, snack, and water is so important - it will ensure you are nourishing your body with well thought out meals and keeping your body fully hydrated, which will help to keep your vibration high

FIND AN ACCOUNTABILITY BUDDY

Ideally this could be someone who is working on similar projects and/or has the same passion for the project being worked on. External accountability helps to keep you motivated and sharing energy of excitement to share your progress with someone who is just as passionate about it will once again raise your vibration.



Put Options & Being a Wise Stock Trader

By: Timothy Kelheart

Disclaimer: Invest at your own risk and after you have conducted your due diligence on stocks mentioned in this article.

January, a new beginning in the world of business and the stock market; Usually a time of uncertainty as 4th quarter earnings from the following year won't be released till the very end of the month and sometimes not until the beginning of February. This release date varies from company to company as they all are not on the same fiscal calendar but most of the big stocks are grouped together.

The day traders are just warming back up after the holiday recess and closing of the stock market with all looking to make a big splash in the new year. With the start of a new year, it is the perfect time to talk about put options or the betting that any given stock will increase or decrease in a set time. The advantage of put options if wagered correctly can result in great gains if you have done your homework and have a good feeling about a stock price's movement. A put option states that you are willing to buy or sell a certain stock for a given price on a specific date. If you believe that a stock is going to hit rock bottom it would be wise to put a put option to sell your stock for roughly the price it is valued at or more than the current asking price for it if those who would be purchasing the put option believe that the stock will rise in price, allowing them to believe that they are getting a deal on the future value of the stock. And the same can be said about the reverse in buying put options.

But be very wary of put options and those who offer them in the market and watch out for the whales they will sink your financial boat.



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Buffalo January Community Events

Wedding Happy Hour

Takes place at Pearl Street Grill & Brewery on Thursday, January 6, 2022 from 6:00 PM to 8:00 PM. This event is free for all wedding professionals. Visit eventbrite.com to reserve your spot.



Buffalo Bridal Show

Takes place at the Buffalo Niagara Convention Center on Saturday, January 8, 2022 from 11:00 AM to 3:00 PM. Visit feshund.com for more information.



Ice Dye Party

Takes place at The Buffalo Institute for Contemporary Art on Friday, January 14, 2022 from 5:00 PM to 8:00 PM. Visit thebica.org for more information on this event, and how you can purchase tickets.



Drummers Only Show

Takes place at Stamps... the bar on Saturday, January 14, 2022 at 6 PM. Please visit ftmpevents.com for more information and how to proceed with purchasing tickets for the show.



Onesie Bar Crawl

Takes place downtown on Chippewa Street on Wednesday, January 15, 2022 from 4:00 PM to 12:00 AM. Please visit eventbrite.com for more information on this event, as well as how to buy tickets.



The Detective Dinner

Takes place at The Hilton Garden Inn Downtown Buffalo on Saturday, January 22, 2022 from 6:00 PM to 9:00 PM. Visit thedinnerdetective.com for more information on this event, as well as how to purchase tickets.



PANTONE COLOR OF THE YEAR

17-3938 Very Peri

WHAT IS PANTONE?

Pantone is a company that specializes in everything color, from psychology to branding and even trend reports. In 1963, they developed the PANTONE MATCHING SYSTEM, which allowed anyone in any industry to accurately reproduce any color anywhere, whether it be in print or fashion. For over 20 years now, they have declared a color of the year, but only recently have they pushed it to be part of their marketing plans.

HOW IS THE COLOR PICKED?

According to their website, Pantone hosts a meeting in a European Capital with the world's various color standard groups. After two days of presentation and debate, they pick their color. The selection process is no joke, the panel of representatives from these color standard groups take into mind all areas of media, lifestyles, socio-economic conditions, new technologies, big world events, or even just a new textile.

WHY IS THE COLOR OF THE YEAR IMPORTANT?

Many designers of all backgrounds use the color as a starting point to explore. You might notice in the months following the color's reveal that more items of that color are surfacing.

Last year, the colors were *Ultimate Gray* and *Illuminating* (a shade of yellow). Did you notice a lot of yellow and gray in clothing or furniture trends? The Pantone color of the year is why!

A PALETTE TO INSPIRE YOU FROM PANTONE: WELLSPRING



As we move into a world of unprecedented change, the selection of PANTONE 17-3938 Very Peri brings a novel perspective and vision of the trusted and beloved blue color family, encompassing the qualities of the blues, yet at the same time possessing a violet-red undertone, PANTONE 17-3938 Very Peri displays a spritely, joyous attitude and dynamic presence that encourages courageous creativity and imaginative expression.

Leatrice Eiseman, Executive Director, Pantone Color Institute

Hope Means Never Giving Up

By: Faizan Haq



Every New Year we make resolutions to change our lives and we fall short of those goals and resolutions. The main point is that we are here to make the resolutions.

We have hope that things will change. In the end, that's what matters the most.

The pandemic that lingers on, the restrictions that continue, and the uncertainty that never ends. We, during this time, continue to manage from dawn to dusk and try to achieve our dreams by hoping that things will change and our efforts no matter how little, will matter in the end. Believe it or not, this is what life has always been about; continuing to live, continuing to do everyday chores, and continuing to hope. The question arises, what about our big dreams and plans? When will we be able to pay attention to them so we can build our futures to our liking?

Another challenge that we face is that as much as we are living in poverty of time, we have continued to be victims of the time bandits. They keep stealing our time from us. They keep snatching those precious moments that we need to do little detailed tasks and take baby steps to work on our great plans and realize our dreams. These time stealers are endless streams of videos on our favorite channels, tiring ourselves out on strolling social media apps and constantly worrying about what strangers are thinking about us.

The most simple thing to do is to make a list of three essential tasks that are required for you to get ready to work on your great plan or New Year's resolutions. For every task completed reward yourself. It can be a cup of your favorite coffee or a little piece of chocolate. The only thing you can not reward with is using any of the time stealer's tricks. The satisfaction you will feel by completing those three tasks is addicting. It gives you a temporary high. Then you move on to the next three tasks. Even if you are unable to complete all three, don't worry, keep trying and never give up.

HOPE MEANS NEVER GIVING UP.





We Offer:

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& 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

Love these guys over at SunSpin Media! I am a photographer and I get all my marketing material printed through them. I was so happy with how the prints turned out. **The price was great and I had them in my hands within days of ordering.** I am so impressed by these guys.

- Jillian Barrille

From the first day we gathered to discuss our goals, to the day that final edits were made, the staff at SunSpin was **creative, energetic and responsive to our needs and goals.**

- Frank Borgese

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

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Finding A Workout Plan That Fits You

By: Isaiah Kennedy; Professional Wrestler



After you set your goal the next step would be to find a workout routine that fits you. Designing a routine should be based on your lifestyle and goals. If you are working or in school and can only workout 3 days a week your routine will reflect that.

When I first started, I was going to the gym by myself but when my father saw how serious I was about losing weight he came up with a plan for me which I still use today but have tweaked it a bit because my goals have changed.

When I first started I would workout afterschool Monday to Friday and give myself the weekend recover. I would start my Monday's with Back and Biceps and for each exercise I would do 3 sets and 10 reps. Tuesday I would do Chest and Triceps, Wednesday would be Legs followed by Thursday being Back and Biceps and ending the week with Chest. Each day I would 10-15mins of cardio and I would do 3 sets and 10 reps. My sets and routine may be different from yours because our goals could be completely different.

For the people that can only make it to the gym for three days your routine may look something like having a day where you focus on Upper Body, a day for Lower Body, and a cardio/recovery day. That third day may be strictly easy cardio and recovering but this all depends on your goals.

If you are having trouble with finding exercises, I would suggest going to YouTube to watch Athlean-X. He is someone I watched at the start of my fitness journey and he breaks down each exercise, explaining which hit specific muscles. The second person I would suggest is JP Gallardo from TikTok (@JPCoaching), he has great exercises and variations to go along with them!

A last tip that I have when finding a workout plan that fits is have fun! The journey is long and can get stressful when there is little results or if you are tired but make sure you have fun the more fun you have the better the journey is.

What To Add To Your Workout Plan

If you are looking to push your legs to the next level or finish your workout strong, here's something to add:

On my leg days I like to work on quads. I do 3 sets of legs curls on the leg curl machine and 30 free squats right after. So, I do 10 leg curls and right after I am done go straight in to 30 free squats for 3 sets.

This is an exercise that will push your limits, but you will be thankful later!



A Review of the Netflix Original: Cowboy

By: Webster Tilton



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As one friend of mine put it when I first told him it was happening, “It had better be a ##### masterpiece.”

But how do you remake the Mona Lisa? Answer: by honoring the spirit of the original while unapologetically putting your own twist on it. Netflix’s *Cowboy Bebop* was a single bullet fired at a tiny target through the swirling winds of a hurricane... and it landed dead center of the bullseye. Mostly. Ok, some parts of it are unnecessarily messy and cheesy but it’s still an A-. Much as I was hoping for the aforementioned masterpiece, it isn’t there. That being said, it’s still quite good. The fanboy in me is mostly satisfied. So, let’s break it down.

The showrunners wisely decided against a shot-for-shot remake, because then there would have been nothing new or interesting about it. They wisely kept

the musical spirit of the show at the center forefront because anything less would have been blasphemy. The characters aren’t photocopies of their anime counterparts, but rather they’ve been transmuted into living humans in a way that feels faithful, fresh, organic, and gritty, albeit somewhat clunky in places. The hour-long episode structure gives the story time to breathe and let the show demonstrate its excellent pacing. Every character is cast well. Some people are complaining about John Cho’s job playing Spike, but I don’t know how a living breathing human could have done that anime character any better than this. It just wasn’t ever going to be a clone-job, and I mostly like his interpretation. Mustafa Shakur as Jet Black and Daniella Pineda as Faye Valentine likewise did great work.



© 2021 Netflix, Inc.

Bebop (Live Action)



The reviews are a split decision that I just can't understand. Reading through the summaries on Rotten Tomatoes I felt a lot of insincere snobbishness and point-dodging. A good example comes from the Hollywood Reporter reviewer who said "[Cowboy Bebop's] version of a dinged-up future looks like nothing so much as a

knockoff Firefly". It doesn't matter that Firefly aired four and a half years after the original Cowboy Bebop anime (provoking the same comparison in reverse) because this critique is disingenuous to begin with. It's a false-pious comment from someone who made up their mind to hate the thing they're reviewing long before they sat down to watch it. Someone who found the whole concept unacceptable and felt it was their duty to argue with the premise rather than the result. This reviewer in particular made tons of pseudo-intellectual-sounding gripes without citing specifics and using

them to defend her point. The Entertainment Weekly reviewer was a lot more honest about his biases, but still somehow managed to have a 'negative' review of a series that 'didn't quite live up' to the original which he more or less sanctifies as perfect. So...it 'didn't quite live up' to 'more or less perfect'? Wow. What a horrible failure. Other reviews claimed that it isn't capturing the spark of the original, while still more attacked it for being 'faithful to a fault' and 'not going off on its own.' The other half of the reviewers gave favorable reviews sprinkled with specific complaints about the particular issues, but at least they seemed to grasp that the series as a whole did a very good job.

So what made me love it? Characters that work well both on their own and together. Stories that are engaging and fun to watch. An unapologetic mixture of grittiness and pulp-noire that I happen to think works extremely well. And, of course, a mountain of joy that I get from seeing someone do sincere, high quality work with source material that I loved. That being said there was one thing about the show I didn't like. They tried to do their own thing with the main villain and it wasn't good. It wasn't awful either, but it distracted from the rest of the show and it wasn't necessary. But that's the only serious problem. So for season 2 perhaps the more erudite and upper-crusty reviewers will have found something else to complain about besides a deeply sincere, mostly well executed and joyful love letter to the best anime ever made.





A Fresh Start

By: Roberta Schlehr

January 1 – the start of a new year, new resolutions! I am not writing to tell you how to keep your resolutions that you make year after year.

I want you to think of January 1 as the start of a new day, just as it is every day you get up! **START FRESH** – every day of the year – if you need to!

One small change a day can make a big difference!

We all have struggles, physical or emotional, even internal conflicts. Uniquely our own. Yes, people will say they understand what you may be going through or feeling, but do they? The point is we can change our lives, one small change to start. How can we do this? Start with what we can control – our health, environment, the people we associate with daily. Change the way we think! Get a self-help motivational book, talk with a friend who has a positive outlook on life, a therapist to give you the tools to be successful. You can change, but you must take the first step.

Take a hard look at who is in your life, are they good for you? Supportive? Are you around people who are always negative, nothing good to say? Take a step back, I am not advising you to cut important people out of your life, I am not advising you at all! Just evaluate the

relationships. Do they need work? What can you do? We know you can only change yourself, not others! Start Fresh – start with yourself!

I introduced a series of weekly workshops for students; We explored the habits and talked about our learning styles. We set goals, both short and long-term. Group discussions provided different perspectives on how we handle different situations.

To grow, we need to have a sense of awareness of ourselves. Ask what to do to create a life you want to live? Recently a student said to me – Live the life you love.

**START TODAY FRESH, A NEW DAY,
EVERY DAY IF NEEDED. CREATE
THE LIFE YOU WANT TO LIVE.**



Buffalo Chicken Chowder

By Aaron Clift

INGREDIENTS

2 tablespoons butter
1 onion, diced
2 carrots, diced
2 stalks celery, diced
2 cloves garlic, chopped
1/4 cup flour
3 cups chicken broth
1 lb chicken breast
Cooking Oil
hot sauce to taste
1 large Yukon gold potato, peeled
and cut into bite-sized pieces
salt and pepper to taste
1 cup heavy cream
1/4 cup crumbled blue cheese

RECIPE TIPS AND TRICKS

If you find your chowder isn't thick enough, mix a small amount of corn starch with some water until it combines fully and add it a little at a time over low heat. This will help thicken it up in no time!

If you want to cook this recipe low and slow in a slow-cooker, you can! You can place everything but the cheese and cream cheese into a slow cooker for 2-4 hours on high, then add the cheeses. For this method, also make sure to use raw chicken, it'll cook in the chowder!

A couple of years ago, my boyfriend and I went to the Chocolate Bar on Chippewa for the first time. We sat down, ordered some spiked milkshakes, and began to peruse their menu until our eyes settled on one thing, Buffalo Chicken Chowder. I ordered myself a bowl, and needless to say, it was the best Buffalo Chicken Soup I ever had, even beating out Danny's famous chicken wing soup in my book!

We quickly made it a date night tradition to head over to Chippewa and order bowl after bowl of buffalo chicken chowder until, one day, they took my beloved chowder off their menu. I was devastated. It was at that point I began my hunt for an alternative and I think this is the closest I'll be able to get!

DIRECTIONS

1. Cook your chicken. I suggest seasoning it up with oil, salt, and pepper and cooking it in a pan with vegetable or canola oil for around 10-14 minutes, flipping it halfway through, and adding an extra knob of butter. Once it's slightly undercooked (it'll finish cooking in the chowder), take it off the heat and shred.
2. Melt 2 tbsp butter in a large saucepan over medium-high heat, add the onion, carrots, and celery and cook until tender, about 8-10 minutes.
3. Add the garlic and cook until fragrant, about a minute.
4. Mix in the flour and let it cook for 2-3 minutes.
5. Add the chicken broth, chicken, hot sauce, and potatoes, bring to a boil, reduce the heat and simmer until the potatoes are tender about 10-15 minutes. I personally judge the amount of hot sauce I need by the chowder's color, so it'll take a bit of experimentation to figure out what's perfect for you!
6. Season with salt and pepper, mix in the blue cheese to taste and cream cheese and remove from heat when the cheese has melted. Serve with extra blue cheese crumble on top.

Unwind With Our Activity Corner!

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

Hot Chocolate Day

Tu Bishvat

Religious Freedom Day

World Braille Day

Hug Day

Orthodox Chirstmas

New Years

Epiphany

Martin Luther King Jr

Frosty

Pinecones

Materials

Pinecones
 White Acrylic
 Paint
 White Glue
 Large Grain Silver
 or White Glitter
 Silver or White
 Cord
 Bowls



Instructions

Step 1: In one bowl, mix together the paint and glue (6 to 4 ratio)

Step 2: In another bowl fill with a shallow layer of glitter

Step 3: Roll the pinecones around in the mixture of the paint and glue

Step 4: While still wet roll the pinecone lightly in the glitter and wait to dry

Step 5: When dry, tap the any loose glitter off and glue the cord to the bottom of the pine cone.

Last Month's Answers

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

Giving

Hanukkah

Holidays

Cookies

Kwanzaa

Candy Cane

Sweater

Snowflake

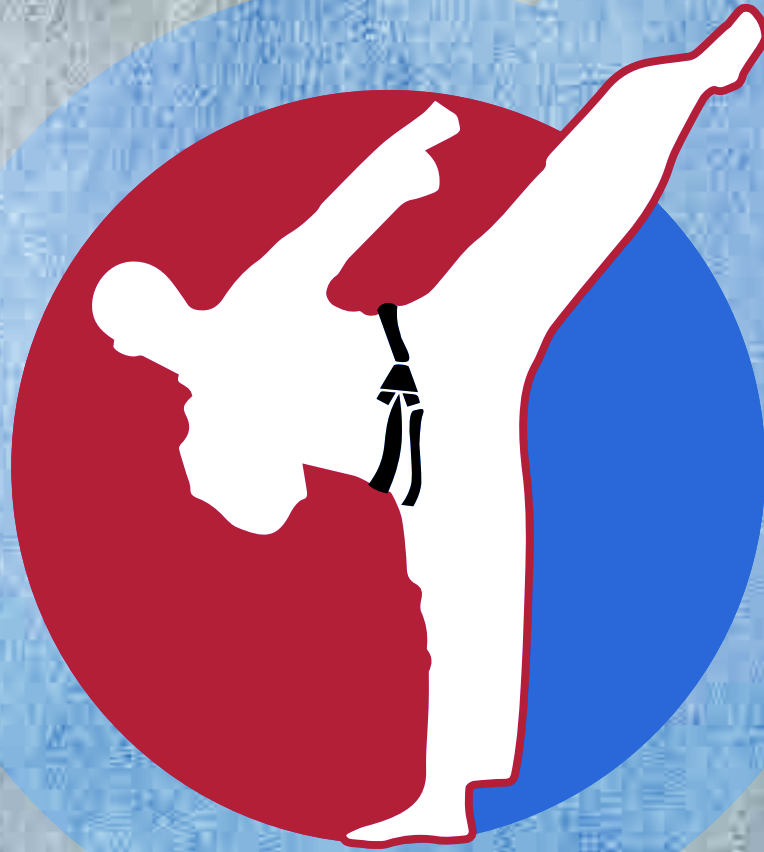
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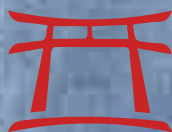
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