



Women's History Month
**The Caregiving Power
of Healing & Hope**

Foods to Avoid at Night
**Five Snacks That Can
Mess Up Your Sleep**

Speech-Pathology & Music
**How Music Therapy Helps
Speech-Language Patients**

Meet Our Team!



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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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A Note From The Editor:

Happy March, fellow readers! Katy here, and I am helping to take Your HWHS to the next level. This year has been quite the transition, and we appreciate you sticking around. Our magazine is looking to grow, and we couldn't be more excited!

Currently, you can find our magazine throughout Western New York Tops and Wegmans stores. We are also in select Walgreens, Rite Aid & CVS pharmacies. It isn't stopping there, though!

By the end of the year, we hope to increase our circulation back to higher numbers before the start of the pandemic. This will include local hospitals, medical facilities, nursing homes, and additional pharmacies. Stay tuned for more news!

Women's History

"Providing Healing, Promoting Hope"

By: Samantha Barron

Women's History Month is a time where we honor and celebrate the dedicated and progressive contributions women have made in our history. The theme of 2022 is, "Providing Healing, Promoting Hope." According to the National Women's History Alliance website, "Healing is the personal experience of transcending suffering and transforming it to wholeness... Together, healing and hope are essential fuels for our dreams and our recovery." This year, we focus on history's famous caregivers that have made an historical difference.



Anna Eleanor Roosevelt was the longest serving First Lady throughout President Franklin D. Roosevelt's (FDR) four terms in office. She was an early and vocal supporter of civil rights for African-Americans and oftentimes was criticized early in her husband's administration for her outspoken stance on many issues of the day. Eleanor Roosevelt transformed the role of the First Lady reflecting her sincerity of purpose and graciousness. When her husband was diagnosed with polio in 1921, she tended him devotedly. She became active in the women's division of the State Democratic Committee to keep his interest in politics alive. From his successful campaign for governor in 1928 to the day of his death (in 1945), she dedicated her life to actively helping achieve his objectives, oftentimes representing him on extensive tours throughout the country.

After her husband's death she remained active in politics serving as a United States delegate to The United Nations. In 1961, President John F. Kennedy appointed her chair of his Commission on the Status of Women, and she continued with that work until shortly before her death. According to The White House website, Eleanor Roosevelt "grew into a woman with great sensitivity to the underprivileged of all creeds, races, and nations. Her constant work to



improve their lot made her one of the most loved—and for some years one of the most revered—women of her generation."

According to biography.com, "**Anne Sullivan** was a gifted teacher best known for her work with Helen Keller... At only 20 years of age, Sullivan showed great maturity and ingenuity in teaching Keller and worked hard with her pupil, bringing both women much acclaim. Sullivan even helped Keller write her autobiography." Her child-centered teaching method became the blueprint for education of children who were deaf-blind that still continues today. Thanks to the outstanding nature support of Sullivan, Keller was the first deaf-blind person to graduate from college. Overall, Anne's story lives on through theatre and Broadway productions . and, interestingly it was Mark Twain who dubbed Anne "The Miracle Worker". Bishop James E. Freeman stated at her funeral, "The touch of her hand did more than illuminate the pathway of a clouded mind; it literally emancipated a soul."

As Black History Month and American Heart Month have just passed, I would like to honor **Queen Latifah**. She has shown a larger-than-life career in the film and music industry. More importantly, she was a caregiver for her mother, Rita Owens, upon diagnosis of heart failure in 2004. Ideas of fear turned into a motivation upon development of the Rise Above Heart Failure movement in 2016, partnering with other organizations throughout that time. Finally, Latifah states "The truth is, caregiving can be hard. Like most things in life, there is a certain element of trial and error. When I look back, I realized I've learned a lot from my past experiences. Like anybody else, my mom and I are human."

Overall, Women's History Month is a time to honor those who have made a difference. If you would like to make a difference this month, donate to or volunteer for a local women's empowerment organization.

Make "HER-story!"

Irish Heritage in Buffalo

✿ The first immigrants to join the Yankees in what we now call Buffalo, NY were the Irish.

✿ The Irish were a key part in digging the Erie Canal.

✿ After 1855, there were 10,000 Irish citizens in Buffalo.

✿ The first Irish Catholic family to settle in Buffalo was Patrick O'Rourke's around 1815.

✿ In 1841, the Irish elected their first mayor and built their first church, called St. Patrick's.



Psychiatry: Care for the Mind

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Speech-Language Pathology & Music Therapy:

A Q&A with Erika Stevens, by Caitlyn Conibear

Music can benefit many parts of our daily lives. With March being Music Therapy Awareness Month, I spoke with Speech and Language Pathologist, Erika Stevens about the importance and benefits of using music in her sessions.

Erika graduated from Niagara County Community College with her associate degree in liberal arts. She graduated summa cum laude from SUNY Buffalo State College with her bachelor's degree in speech-language pathology. She is currently attending Buffalo State College to receive her master's degree in speech-language pathology. She has worked with clients at the Speech-Language-Hearing Clinic at Buffalo State College and is now working with clients at St. Joseph University School and People Inc.

What sparked your interest in this field?

I've always loved the idea of having a career where I could help people on a daily basis. I wanted a career where I would never get bored and could interact with other individuals. Once I heard about speech-language pathology, I instantly fell in love with it and knew it was the career for me. Knowing that I could help clients work on their speech and/or language skills to help them communicate better was so exciting to me. I love being able to plan fun and engaging activities for each client that target their goals and objectives. Creating new ideas for therapy makes each session fun for me as well! Now I know what people mean when they say they're working a "dream job."

What is the hardest part of your career?

The hardest part of my career choice has been the intense grad school program. It is such a different experience from undergrad and between coursework and clinic, it is a lot. Being able to finally apply the knowledge that I have learned in class when I am working with clients has made it worth it though. Working with clients and seeing their progress has opened my eyes to the impact I have on each of their lives. It is helping me to stay motivated and finish grad school so I can be the best clinician I can be.

What is your relationship with music?

I have always had a passion for music. I sang in the choir and danced throughout elementary, middle, and

high school, and went to many competitions. I also have been performing in musicals for many years. I listen to music on a daily basis and find that it is a great way to relax and ease my stress. I consider music to be a huge part of my life and love listening to many different genres.

How can music impact your industry?

Music can be a great tool for speech and/or language therapy. There are plenty of songs out there to work on different speech and/or language skills! I think it can positively impact speech-language pathology because it can be a great way to engage clients and make them feel more comfortable.

How can your clients benefit from music?

Clients can benefit from music in their therapy sessions because it can focus on physical, emotional, social, and cognitive aspects. I think that incorporating music into therapy sessions can benefit individuals of all ages. I know there are plenty of music therapists out there who collaborate with speech-language pathologists to help clients as well.

Do you have a favorite song to use in therapy?

I do not have a favorite song because each therapy session is based on the client's concerns and needs. I make each therapy session specific to that client and what works best for them. My ultimate goal is to figure out what therapy tools and strategies I can use to achieve the best progress. While music may work for some clients, it may not work for others. I also love to plan therapy sessions based on what the client enjoys. If I am incorporating music into therapy, then I will let them choose a song or genre of music that they enjoy and work my therapy into that. I want them to be as comfortable as possible while working with me and just like with any other interest, I can always find ways to combine their interests with the goals and objectives I have set for their therapy sessions!



Five Foods to Avoid at Night

By: Sue Perbody

From early morning risers to late night prowlers, it can be agreed that once we finally decide to lay our heads down, we want to sleep. But did you know that the food you eat before bed can affect your ability to get a good night's sleep? There's nothing wrong with a nighttime snack, but choose wisely, or else you may be tossing and turning in bed for a while. Here are some foods to avoid before bed.

Red Meat

Red meat is loaded with protein and fats that will make your body work hard throughout the night. If you want a good night's sleep, you want your body to be at rest when you go to sleep. Meat takes longer to digest than any other food, so it is best to avoid them at night. This is not saying to avoid red meat, all together. Red meats have high levels of iron and tryptophan, which is important for one's daily intake. Simply avoid this type of food close to bedtime.

Cereal

Most cereals are high in sugar and carbohydrates. This can cause a spike and crash in your blood sugar levels, leaving your body feeling very off. It is not a good way to maintain your sugar levels before bedtime. If you feel like cereal is the answer for your late night snack, pick a cereal with whole grains and low levels of sugar.

Chocolate

Chocolate is loaded with calories, sugar, and caffeine. It's not a very filling snack either. You may crave it,

but that doesn't mean you're hungry. Your sweet tooth is simply looking for some attention. Chocolate also contains stimulants, such as theobromine, which is known to increase one's heart rate. If you insist on satisfying this craving at night,



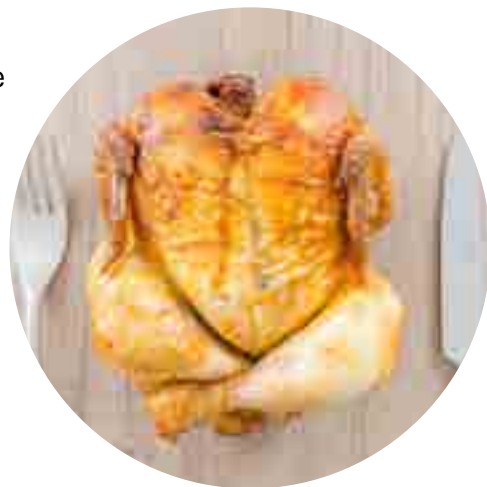
give white chocolate a try. It does not contain theobromine and usually has low caffeine levels.

Spicy Foods

Spices are a natural cure for a variety of ailments, but should be avoided when craving a snack late at night. Spicy food may upset your stomach, which is never fun when trying to fall asleep peacefully. Chemicals in spicy food may also stimulate your senses, which will make it even harder to fall asleep. Most of these foods are high in fat and calories, too. If you can't satisfy your late night craving for spicy food, try making a cheese quesadilla with corn tortillas, low-fat cheese, and cooking spray. If that isn't enough, there are low calorie frozen burritos out there that can satisfy that spicy desire.

Chicken

Chicken is similar to red meats on the night time snack list. Chicken is loaded with protein that will force your body to work harder during the night while you are trying to rest. It is said that your body digests food 50% slower when you are asleep, compared to when you are awake. Once again, do not avoid chicken all together. Chicken aids in maintaining vitamin and mineral levels, losing weight, and reducing the risk of cancer. Simply avoid eating chicken when you're about to go to bed.



There are a variety of benefits and disadvantages of food before bed, but it is important to be careful with what you consume. Try snacking on apples, peanut butter or maybe avocado toast to ensure a better night's sleep and try to avoid caffeine, alcohol, and soda before bedtime. These three are empty calories that can trigger heartburn and stomach aches. If you are craving something to drink before bed, try low or non-fat milk, hot tea, or water. It may not satisfy your cravings, but you'll definitely get a better night of sleep, and that's what matters most.

Eight Tips for a Healthy Home Setting

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

You want to reflect on your current home setting. Get a piece of paper and actually describe your current environment. How does it make you feel?

Then, envision your ideal environment. Once you have an image in your mind, or on paper, of how you want your home to look – there are a few simple steps you can take right away.

- 1)** Fill your home with houseplants. Plants are great for purifying the air, boosting your mood, improving health and sharpening focus.
- 2)** Clean and de-clutter your living space. Take a little time each day to pick up a few things here and there. Staying consistent with this will develop into a habit and help you feel better mentally.
- 3)** Light soy scented candles (the ones that are pure and toxin-free) or use a diffuser with essential oils throughout your house. Different essential oils have different benefits and can help you feel better physically and mentally.
- 4)** Hang pictures and artwork throughout your living space. Artwork has been shown to increase creating thinking, boost self-esteem and increase brain connectivity. Having pictures of loved ones around your house can bring back happy memories and boost your mood.
- 5)** Start an herb garden inside – not only will you have the benefit of year-round fresh herbs grown in a toxin-free environment, it will end up saving you some money from buying them in the store.
- 6)** Create a cozy sleep space. This one is so important! Getting enough quality sleep is so vital to your physical and mental health. Invest in good quality and comfortable sheets, pillows, blankets. Make sure the temperature is comfortable, keep outside light out with blinds/curtains, don't have TV or other bright screens in your bedroom. In the morning, get into a habit of making your bed.
- 7)** Paint your walls warmer colors or hang tapestries on your walls.
- 8)** Organize your kitchen pantry – you will be more likely to want to cook at home if your kitchen area is organized. Which means you will create more nutritious meals and spend less money going out to eat or ordering take out.



Lana Shapiro was born in the Soviet Union into a military family life, where she spent most of her childhood, then immigrated to the United States in 1993 at the age of 12.

Lana is a holistic mentor for awakening Starseeds, she is a practicing reiki master, astrologer, and mystic. Her work is all about mind, body and soul connection. She gained initial recognition after co-authoring a chapter in the book “Our Transformative Journey”.

In the beginning, Lana studied psychology and the human mind and spent the first 16 years of her adult life providing traditional mental health counseling.

Feeling the urge to teach people the importance of connecting mind, body, and soul, she enrolled in an integrated health and nutrition program, which focused on biodiversity. During this time, she also completed her certification to become a group fitness exercise instructor.

In the second phase of her life, starting around 2017, Lana began studying energy work and delving into esoteric and mystical studies. She connected with her angels and spirit guides, as well as her past lives and the higher self.

In the third phase, beginning in late 2020, Lana began incorporating Lifepath Astrology and Tarot into her work, which led to the Starseed Mystic movement and training program for the purpose of guiding Starseeds to embrace their wholeness.

In early 2021, Lana founded the Starseed Mystic methodology and later created a movement to help awaken the Divine Feminine energy.

Lana is a community leader who is nurturing and offers understanding and intuitive guidance. She understands there are many solutions to any given problem, but bases her philosophy on a belief that “All the answers are already within you”.

Where Did My Money Go?

By: Timothy Kelheart

It's that time of year again when the W-2s start coming in the mail and you remember just how much you made last year. Usually, it is less than what we want to be making and seeing all the taxes that were taken out in the year is even more discouraging. But after all of the sighing and rubbing of your forehead you have to collect all of your statements and figure out just where your money went this year.

The first step to this long process is collecting all your monthly bills from the year. Those being credit card statements, bank records, car and insurance payments, utilities, school and property taxes, and any other documents you can round up. But don't just find all your bills, find any statement that contributed to money you made this year, this could be stock and bond statements, new assets you acquired, or anything of value that you could sell if need be.

I recommend starting with bank statements and seeing if you gained or lost money in your accounts. Simply put if you didn't see an increase in your bank statement you most likely were in the negative for the year. But don't fret just yet, most people get a hefty

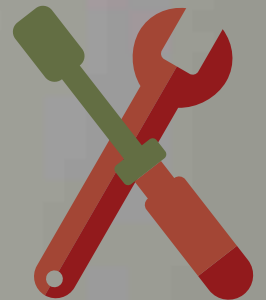


sum of their taxes back in their tax returns meaning that you very well could have ended up in the positive this year.

For those who lost money, broke even, or gained wealth, it is important to remember that looking to see where your money was spent will give you the ability to cut out unnecessary expenses and tame your budget for 2022!

If you need a better source for tracking your expenses, there are smart phone applications available! According to NBC, the best overall free smartphone application is Mint, and the best application for beginners is Goodbudget. These are available on both Apple and Android devices.

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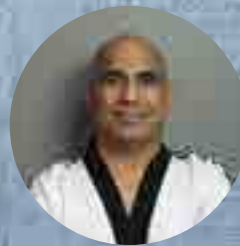


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Optimism Optimizes Business

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

Optimism is to business as a healthy lifestyle is to the body. A healthy lifestyle is mainly the outcome of a positive outlook on life. It defines one's relationship with body, soul, loved ones, and one's living environment. Our living environment is the manifestation of our imagination. What we imagine starts happening around us, about us, and our reality starts shaping itself accordingly. A great example of that is the Sci-Fi program called Star Trek which came out in the 1960s. Most of the gadgets imagined for that futuristic television program are in our hands today, and we use them without thinking twice. Optimism energizes the imagination, capitalizes on opportunities, and captures possibilities.

In business, or in general, when things go haywire, optimism is the tranquilizer that soothes you for a better tomorrow. Is there an organized way to induce optimism at a difficult moment? Is there a way to spread optimism throughout an organization? Can optimism be used to turn around a business prospect? Does optimism need a reality check? Shall it be tamed by the resources at hand? The answers

to these questions will come from the perceived behavior of the business's leadership.

For us to get up in the morning and go to work is a tribute to optimism itself. Inducing optimism first thing in the morning by smiling and encouraging team members to do their best is just a start. Having periodic facetime with organizational stakeholders reminding them of the progress that has been made, the challenges that have been overcome, and the objectives that need to be achieved will help in spreading optimism throughout the organization. Optimism ignites hope. Hope gives the energy to plan for the future; with careful choices, one can turn any business around.



Health Tip: Magnesium Deficiency & Benefits

By: Dr Riffat Sadiq, President & CEO, WNY Medical



Did you know that three quarters of Americans are believed to suffer from a magnesium deficiency? This mineral helps regulate blood sugar, as well as boosts energy levels. The recommended daily allowance of magnesium is 310-420 mg, depending on age and gender.

It is believed that efficient magnesium levels may boost exercise performance, combat depression, promote heart health, and support better sleep. This mineral plays a critical role in brain function, meaning that lower levels can be linked to increased risk of depression. Reviews also link high magnesium intake to a lower risk of stroke and high blood pressure. Finally, magnesium regulates the

neurotransmitters involved in sleep. Quality rest, and enough of it, is the first step in boosting energy levels for the next day. Maintaining those magnesium levels thereafter is just as crucial.

Bananas are a great fatigue-fighting snack, containing 32 milligrams of magnesium to boost energy levels. One cup of black beans contains 120 milligrams of magnesium. Additionally, 2 slices of whole wheat bread contain 46 milligrams of magnesium. A great mid-day snack to boost energy levels can be a peanut butter and banana sandwich! Seeking a low carb snack? Cashews and almonds are a great addition, too!

If you believe your body can benefit from magnesium, speak with a medical specialist. Your health care provider can assist with determining the right additions to your daily intake, in order to live a happy and healthy lifestyle. You should not take additional supplements before first consulting with your doctor.



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Funeral Directors: The Strength of Caregiving

By: Anne Roberts Dobmeier, Funeral Director, John E. Roberts Funeral Home, Amherst, NY



My name is Anne Roberts Dobmeier, and our business has been involved with serving the community for over 100 years. Growing up, I observed my mom and her mom take care of families who have lost a loved one, which helped me find my calling and inspiration to be a caregiver.

Before attending Mortuary Science School, I earned a bachelor's degree from Bryant University where I played NCAA Division I softball. Upon moving back to Buffalo, I worked at a few different companies, shortly realizing I wanted to go into the family business. I applied and was accepted to American Academy McAllister Institute.

Shortly before I graduated, my mom, Margaret Mary "Peggy" Roberts Dobmeier, became ill and passed on May 10, 2012. I was 25 at the time and devastated. I always knew my mom was special, but it wasn't until after she left this world that I learned of her impact. Over the past ten years, many families have mentioned her kindness and how she made a difficult time a little easier.

The life of a funeral director can be challenging. Every day is a little different than the next. Somedays we hold visitations; somedays we head to a church or a mosque. Every day, I am able to help someone going through one of the hardest times in their life.

Death takes no weekend or holidays; we are available to serve 24/7.

"I have realized funeral directors are true caregivers. Every day I am able to help people, and that is an honor."

I meet with new families that we have never served, and I meet with families that have known my family for generations. I get to hear stories about my mom, grandmother, grandfather and uncle helping people through their tough times. I hear about parties that my grandparents held. I hear about my mom and her siblings delivering the newspaper and the connections and friendships they created with the neighbors.

After almost ten years of being a funeral director, I have realized funeral directors are true caregivers. Every day I am able to help people and that is an honor. I am able to give someone peace of mind because their loved one has now become family and will be treated as such.



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March 2022 Events Happening in Buffalo

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Date/Price: Thurs-Sun, March 10-13
Times Vary / \$10 (Age 10 & under free)
Location: The Fairgrounds in
Hamburg, Hamburg, NY 14075
More information? Visit:
EriePromotions.com/wny-sport-show

4th Annual LepreCon Bar Crawl



Date/Price: Saturday, March 12
1:00 - 6:00 PM / \$5.00 - \$24.99
Location: Downtown Buffalo,
Buffalo, NY 14203
More information? Visit:
EventBrite.com

Albright-Knox Yoga for Kids



Date/Price: Sunday, March 13
12:00 - 12:30 PM / Free for Members
Location: Albright-Knox Northland,
612 Northland Ave, Buffalo, NY 14211
More information? Visit:
AlbrightKnox.org/Community/Northland

Buffalo Motorama 2022



Date/Price: Fri-Sun, March 25-27
Times Vary / \$13.00 - \$35.00
Location: Buffalo Niagara Convention
Center, Downtown Buffalo, NY 14202
More information? Visit:
VisitBuffaloNiagara.com/event

A Review of The Legend of Vox Machina

By: Alex Tilton



Our story begins with the most successful Kickstarter campaign in history. A bunch of nerdy voice actors started a Dungeons and Dragons (D&D) game which eventually got livestreamed on the internet, and they called it Critical Role (CR). It quickly became massively popular.

And it came to pass that the CR team announced that they were starting a crowdfunding campaign to raise money for a 20-minute animated special featuring part of the story from their (years long) D&D game. Their initial goal was \$750,000. They got over \$1 million within the first hour. By the end they had raised over \$11 million. And so CR decided to do a 12-part series called “The Legend of Vox Machina”, which subsequently got picked up by Amazon...who promptly screwed the backers.

In exchange for their money they’d been promised advanced viewings of the series...and then that just didn’t happen. Amazon now owned the streaming rights, and the Critical Role team couldn’t fulfill this

promise. They advised their backers to start up free Amazon trial accounts to watch the show at the same time as all the other people who didn’t help fund it. Outraged postings by longtime fans followed quickly.

Without making apologies for the way the backers got screwed, I must admit that this is a very first world problem. The point was to help CR launch their dream, and it worked. So...what about the actual show? Quick verdict: 5 stars, A+. Go Watch it.

This one is for an adult audience. There’s copious cursing, blood, gore, and animated nudity. It’s a bunch of grown-up nerds having some highly unapologetic grown-up nerd fun...and it is glorious. LVM has the ultra-rare 100% rating on Rotten Tomatoes, with a 93% audience score to go along with it. Huge promises were made, and they were delivered. The humor is gleefully crude. The action is cheerfully violent, well drawn, well-paced and frequent. The character development is very solid, albeit a little on the nose. But forgoing subtlety feels like a deliberate choice to keep the viewers informed rather than some kind of directorial failing. And it’s fitting too, because the characters in this story are the least subtle people ever. They are oafish, aloof, reckless, oversexed, and violent, but also very well intended when things get serious. At any other time, they’re the kind of party guests you wish you could turn back time and uninvite.

Throughout the story you get the sense that most of them have been through enough horror that they just give up on being conventionally decent. They've seen enough death, destruction and betrayal dished out by polite society that they're incapable of putting out any effort to try and join it. There's an honesty in their obscenity. Vulgar, destructive, uncouth louts they may be, but they aren't going to lie to you, gaslight you, stab you in the back, or give up on you. Their collective sense of guilt for being a crew of irresponsible jerks gives them the strength to move mountains. It's impossible not to root for them.

Of course, that doesn't stop some people.

Courageous keyboard warriors sniping from the safety of anonymous usernames have always felt free to unload vast amounts poorly thought out, whiney drivel in the comments section. And although 92% of the Amazon reviews for LVM were 5 stars, there were, of course, some angry detractors. But strangely enough, not the kind I was expecting.

Whenever Amazon releases a show week-week fans pitch an epic of impotent, bad-faith, first-world whining. "I PAY FOR AMAZON SO I CAN BINGE!!

I WILL CANCEL MY SUBSCRIPTION!" And since LVM was releasing three episodes each week, I naturally expected a hurricane of such infantile noise. But instead there were a bunch of pearl-clutchers moaning about the cursing and the nudity. Well, mostly. There was also another much more sinister flavor of review arguing in favor of what we call 'Respectability Politics'.

Respectability Politics is a repressive tool used to defang the expressions of marginalized people, unpopular opinions, or new types of artistic work. Frequently all at once. And it is sometimes self-inflicted in the name of broader acceptance. These reviewers argued that the highest responsibility of the CR team should have been to make the show palatable to general audiences, and their decision to produce an unapologetic series was unacceptable.

If you're at all familiar with the personalities of the CR team you know they would respond to talk in the best possible way: by ignoring it to death. We are in no danger of this show losing its edge to make itself presentable. That's just not what they do. This one was of the fans, by the fans and for the fans: exactly as it was intended.

"It's a bunch of grown-up nerds having some highly unapologetic grown-up nerd fun...and it is GLORIOUS."



St. Patrick's Day Bracelet



1. Cut (2) 8" lengths of string. Line up the string together and fold in half.

2. Create a loop and knot where you folded the string.

3. Secure looped end to a flat surface with tape.

4. Create your knot pattern referencing images 4-6. Make it long enough to fit your wrist.

5. Tie a large double knot at the end of the knot pattern. This knot, along with the loop at the other end will secure the bracelet to your wrist.

6. Trim excess string.

Supplies:

- Green string/twine
- Tape
- Scissors
- Patience



Step 1: Make four pom poms using any color yam and a pom pom maker. You can use a cardboard cut out in a semi-circle or a store bought pom pom maker.

Step 2: Arrange your felt colors and cut out each arc for the different color section of the rainbow. Start with the largest arc and work towards the center. Measure to make sure each arc fits underneath the larger arch.

Step 3: Once you have all the pieces made, arrange them on the bag and use the fabric glue to secure it onto the bag working from largest to smallest.

Step 4: Then attach the fluffy "cloud" pom poms to the bottom of the arc. You can glue on the pom poms and secure them with a needle and thread, or fabric glue.

Materials:

- Blank Canvas Tote
- Felt in Assorted Colors
- Yam
- Fabric Glue
- Pom Pom Maker

RAINBOW POM POM TOTE BAG



By: HelloWonderful.com

Millionaire Pie

For more recipes visit insanelygoodrecipes.com



Prep Time
5 Minutes



Total Time
3-4 Hours



Serving Size
16 Servings

Ingredients

- 1 (8 ounce) package cream cheese (softened)
- 1 (14 ounce) can sweetened condensed milk
- 3 tablespoons lemon juice
- 1 (12 ounce) container frozen whipped topping (thawed)
- 1 (20 ounce) can crushed pineapple (well drained)
- 1 cup maraschino cherries (chopped)
- 1 1/3 cups and 1 tablespoon chopped pecans
- 2 (9 inch) prepared graham cracker crust



Directions

1. In a large bowl, beat together cream cheese, condensed milk, and lemon juice. Using a spatula, gently mix in the whipped topping.
2. Gently mix in the pineapple, chopped cherries, and pecans. Pour the mixture into pie crusts and chill for 3 to 4 hours.
3. Slice and enjoy!

Slice Into Pi Day

Tips

Add a can of drained mandarin oranges to the pie filling to give the pie a citrus taste is an option. It will make your pie even more refreshing and brighter.

Almonds, macadamias, and other nuts can be incorporated for an extra crunch along with pecans.

Be sure to let the pie chill in the fridge for the full 3-4 hours, otherwise the filling may be runny when it's out.



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